

Newsletter



Inspiring. Nurturing. Learning today...Leading tomorrow.

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**God does not disappoint! He has placed hope in our hearts so that it can blossom and bear fruit.
Pope Francis**

Dear Parents

This week was **Mission Week** and we have had an opportunity to reflect upon our love and compassion for others. This morning we celebrated with a whole school Prayer Assembly led by the Year Six Pastoral Council. We all reflected upon and prayed for all those in Australia as well as overseas who may be in need. Thank you to all families for generously donating this week through a variety of fundraising activities for the Missions, helping those who are less fortunate.

Pope Francis reminds us that we are all called to care for the vulnerable:

We are all called to find Christ in them [the poor] to lend our voice to their causes, but also to be their friends, to listen to them, to speak for them and to embrace the mysterious wisdom which God wishes to share with us through them. Evangelii Gaudium #198

As part of Mission Week Ms Coniglio, Mrs Monterosso and Year Six leaders Ryan, Hayley and Aliyah attended the Inaugural "Anti-Poverty Mass" at Infant Jesus Church in Morley. At the Mass the children had the opportunity to donate some food for the needy in our community and present a cheque to Catholic Mission to assist them in the work they do.

A big thank you to P&F Committee member Alf Parolo and his band of helpers who ran a super smooth super sausage sizzle for the children to enjoy for lunch. The money from this sausage sizzle also goes towards mission fundraising.

We were very lucky with the weather for our **school faction carnival** on Thursday considering the rain we had earlier in the week! Congratulations to all factions for their wonderful participation and effort. Thank you to Mr Tsang for all his hard work. There is a lot that goes on behind the scenes which we do not see and I am very appreciative of all that Mr Tsang has achieved.

Thank you to all the staff who assisted in undertaking various roles to ensure that the carnival ran so smoothly. Big thank you to all the parent helpers who assisted before, during and after the event. Your help is always very much appreciated and we could not run the carnival without your assistance. Thank you to all the parents and grandparents who came along to support the children and cheer them on. It was great to see you all there. Special thanks to the Year 5 parents for coordinating the food stall at the carnival and to all families who supplied goodies. It was very much appreciated.

A big thank you to our Year Six Sports Captains and councillors and all the Year Six children as they demonstrated great leadership by assisting staff and organising children for events. I am proud of the way in which they demonstrate such great responsibility. Thank you to all the children of Aranmore as they displayed outstanding sportsmanship. The winning faction today was Moloney. Congratulations to Arranmore for winning the Principal's Trophy on the day. Our School Carnival is one in which all children participate and have fun however the Interschool Carnival is one in which only selected children compete and this is based upon individual skills and times recorded during the year. We wish all the competitors the very best as they compete next week. I know their terrific Aranmore sportsmanship will shine through.

The Royal Australian Chemical Institute (RACI) was founded in 1917 as both the qualifying body in Australia for professional chemists and a learned society promoting the science and practice of chemistry. Our Year Six students took part in the **Crystal growing competition** last term and a Ben Fletcher who is the RACI WA branch co-ordinator said "*whilst your students crystal did not win the competition we were most impressed with their report. It was of a very high standard, the best I have seen, and they are to be commended*". Well done Year Six. I am very proud of you!

Thank you to Valissa Foord for co-ordinating the final **P&F Disco** for children which is being held **Friday 3 November**. Session 1 for Pre-Kindy to Year 2 will start at 6pm and Session 2 for Years 3 to 6 will start at 7.30pm. Food and drinks can be purchased from the canteen or you can bring your own snacks and drinks too. Tickets will be available at the door on the night. Please check the P&F section of the newsletter for further details.

Thank you to those of you who have visited the official Aranmore Catholic Primary School Leederville Facebook page. Currently there are a couple of other Aranmore Facebook pages that have been set up by others. Please do not place photos, submit information or add information to these other pages as they are not in our control. **You must type in Aranmore Catholic Primary School Leederville in order to access the correct page. It must have Leederville in the Facebook page name. Please click on this Facebook icon and it will take you to the correct site.**

<https://www.facebook.com/Aranmore-Catholic-Primary-School-Leederville-529792703891050/>



Mrs Margaret Williamson
Principal

RELIGIOUS EDUCATION

THE ROSARY

October is the month when we celebrate Mary, the Mother of Jesus. Please try to pray a decade of the Rosary or at least one Hail Mary each day as a family during this month.

MISSION WEEK

Sincere thanks to all of the wonderful children and their parents for supporting Mission Week. From making donations, buying Sausage Sizzles, the Money Trail and to all sorts of fund-raising activities in classrooms as well as wearing free dress and gold coin donations, well done. More details in next week's newsletter on how much money was raised. Many thanks also to the P&F for organizing and running the Sausage Sizzle for us, especially Alf Parolo and his band of helpers.

MERCY MARCH FOR MISSIONS

Thank you to all the Aranmore Community for their generous support of the Aranmore Mercy March for Missions as part of Mercy Day. The children raised \$3932.90! The monies will go to Mercy Works, our sister school St John Bosco, Edmund Rice charities and the Little Sisters of the Poor in Glendalough.

FEAST OF ALL SAINTS – WEDNESDAY NOVEMBER 1

One of the most beautiful traditions of the Catholic Faith is the celebration of the lives of the Saints. Not only do these men, women and children give us inspiration by the way they lived their faith, and often died for it, they also continue to offer us help in our daily lives.

FEAST OF ALL SOULS – THURSDAY NOVEMBER 2

All Souls Day is when the Church commemorates and prays for the holy souls in Purgatory, undergoing purification of their sins before entering heaven.

Ms Adriana Coniglio
Assistant Principal



PASTORAL CARE

CATHOLIC BRAINSTORM CHALLENGE DAY AT SCITECH

On Tuesday, 21 October the Year Six Extension group was invited to participate in the Catholic Brainstorm Challenge Day at Scitech. There were over 150 participating students from both country and metropolitan Catholic Primary Schools. The students had to work in groups of three to complete four challenges and get points for their team.

The challenges the students had to complete were:

- CSIRO Lab Challenge – the children had to test different chemicals and their levels in water
- An Engineering Challenge – where the groups had to build a structure that could pulley children over a ravine using limited resources.
- Astronomy Challenge – where we watched an amazing presentation on the Solar System and Light in the Planetarium and then answered some questions.
- Maths Quest – where the students had to solve mathematical sequences to complete the challenge

The students are to be commended on their behaviour and conduct – they were a credit to themselves, their families and their school. They all competed very well and displayed great teamwork and problem solving. Congratulations to all the students – we are very proud of you!



AUSTRALIAN MATHEMATICS COMPETITION

Earlier this year, all the students in the Extension Program and a small number of selected students with a passion for Mathematics (including Year 3) participated in the Australian Mathematics Competition. Aranmore CPS entered 56 students and we received 25 certificates OF either Distinction or Credit. The following students were acknowledged at today's assembly:

Certificates of Distinction	Certificates of Credit
Llana Ly (3R)	Nina Burvill (3G)
Taylah Foord (4G)	Oliver Panotidis (3R)
Matthew Kerr (4G)	Evie Ferraro (4R)
Rebecca Puccini (4G)	Joshua Lucano (4R)
Douglas Newman (4R)	Sienna Ando (5R)
Fionn O'Brien (5G)	Bethany Clarke (5R)
Sebastian Raj (6G)	Estella Gillam (5R)
	Lucas Kelly (5R)
	Cooper Reynolds (5G)
	Amy Wright (5G)
	Chloe Brink (6G)
	Joseph Collins (6R)
	Emmanuel Ngugi (6G)
	Fraser Perkins (6G)
	Ryan Pryce (6G)
	Annalise Santoro (6G)
	Benjamin Smith (6G)
	Kiara Williams (6R)

The remainder of the students received Certificates of Proficiency and Participation.

Congratulations to all the participants on their efforts. A special congratulations goes to Rebecca Puccini of 4G for being awarded the Best in School Award for having achieved the school's highest standardised score.

Ms Adriana Coniglio
Assistant Principal

NUDE FOOD MONTH

October is Nude Food Month and as part of Aranmore's commitment to sustainability and healthy eating practices we will be celebrating Nude Food Day next Tuesday 24th October. Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging. The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly. Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment and their health. Which class will be the Nude Food champions this year?

Ms Laura Nelson
Sustainability Coordinator

SOCIAL WORKER

FIFTEEN WAYS TO LOVE YOUR CHILD CONFIDENTLY

All parents want their children to survive and flourish. That means we need to love our kids confidently, rather than protect and problem solve for our kids. Below are fifteen parenting ideas to help your kids thrive:



- When kids can, let them do – seek opportunities to develop self confidence
- Develop a growth mindset – talent and smarts aren't fixed – they evolve over time with practice and effort. Link success to effort. Hard work has as much to do with success as does natural ability
- Encourage them to play – self initiated free play enables kids to take risks and extend themselves and develop skills they didn't know they had
- Give them some tough stuff to do – kids need to learn that they can survive a little discomfort
- Make sure they do something that someone relies on – assuming responsibility builds confidence
- Give them psychological space – sometimes we suffocate them. Space gives kids a chance to problem solve, build confidence and resourcefulness
- Ask them to help you – show of faith!
- Let them teach you something
- Encourage your child to be a generalist – specialisation happens from around fourteen
- Problem solve together – kids benefit from workshopping where they gain your wisdom – but don't solve their problems for them
- Encourage assertion – teach your kids to be assertive and ask for what they want rather than giving in all the time or being aggressive
- Help them see beyond the label that they place on themselves – they might not be smart but they might be loyal

- Cue confidence not anxiety – kids take their cues about how they view events from their parents
- Turn the volume down on the news
- Help your child rationalise, rather than exaggerate their worries – call them out on their propensity to catastrophise

Building children's resilience and confidence is a basic parenting task. Some kids need more of a focus on resilience and confidence building than others. Best to take your cues from your kids and look for strategies that stretch them rather than restrict them or keep them dependant on you.

Mrs Ali Fisher
Social Worker

ADMINISTRATION

HATS & SUNSCREEN

Please ensure your child / children are bringing their hats to school each day. The children must wear their hat anytime when they are out in the sun. If there is no hat – there is no play. Even when the children are waiting in Kiss and Ride – they must wear a hat, unless sitting in the shade areas.

We also encourage children to come to school with sunscreen already applied. Sunscreen is available in the classrooms for re-application during the day and we would like children to be familiarised with re-applying for sun safety.

Thank you for your cooperation.

P & F

CAKE STALL

A big thank you to everyone who donated cakes or other baked delights to the P&F cake stall at the athletic carnival yesterday. A special thank you to Megan Clarke and the year 5 parents for hosting the stall. A grand total of \$1088.25 was raised!!

DISCO

A big thank you to Valissa Foord for coordinating the Disco on November 3. A sign up will come out next week for volunteers.

AGM

On November 14 the School Board and P&F hold the AGM. We will be running Market Stalls again. If you have a small business and would like to sell your product at the AGM for a fee of \$10 per stall, please contact Paula Buttigieg on 0408 100 420.

BUSINESS DIRECTORY

We are pleased to announce that our Business Directory is now live on the school website under the "Community" section! See link below. Directory comprises of businesses who have supported our school. If you would like your business to appear in the Directory, please contact Paula Buttigieg on 0408 100 420.

<http://www.aranmorecps.wa.edu.au/business-directory/>

Thank you for your support of the P&F.

Mrs Elle Gonzalez-Skuja, P&F President

MERCY VALUE OF THE WEEK

HOSPITALITY

Be welcoming, friendly and inclusive
in all you say and do

20 OCTOBER 2017 - KEY DATES

SPECIAL REMINDER DATES FOR TERM FOUR

- World Educator's Day – Friday October 27
- Kindy Green/Kindy Red Sports Carnival – Thursday November 2
- P&F Family Disco – Friday November 3
- Remembrance Day Prayer Assembly – Friday November 10
- AGM of the School Board and P&F – Tuesday November 14
- Gallery on Brentham – Tuesday November 14
- Music Afternoon Concert – Sunday November 19
- Volunteers Afternoon Tea – Thursday November 23
- Pre Primary Christmas Concert – Thursday November 30
- Kindy Red Christmas Concert – Tuesday December 5
- Thanksgiving/Gift Mass – Wednesday December 6
- Kindy Green Christmas Concert – Thursday December 7
- Year 6 Graduation Mass and Ceremony – Thursday 7 December
- Farewell Assembly – Friday December 8
- End of Term Four (Students) – Friday December 8
- End of Term Four (Staff) – Friday December 15

SPORT

2017 FACTION ATHLETICS CARNIVAL

What a fantastic day it was to see our students taking part and competing with pride for their faction in our 2017 Faction Athletics Carnival! A great day was had by all. The children's determination, team spirit and good sportsmanship set the tone for a hugely successful carnival that began with all PP – Year 6 students entering Britannia Reserve in their faction. We had a beautiful day and it was wonderful to see everyone working together to make our carnival a fun and enjoyable event.

A big thank you must go to our staff and parents who helped with the setting/packing up, and the running of the carnival. Your help is sincerely appreciated.

I would also like to thank our Sport Councillors and students from Aranmore Catholic College who assisted with the carnival as well as entertaining us all with a close win against our parents and students relay teams. Well done to Mercy in winning the Principal's Shield for Athletics this year.

Congratulations to Moloney in taking home the 2017 Faction Carnival Shield. Great work everyone.

2017 INTERSCHOOL ATHLETICS CARNIVAL

Our Interschool Athletics team will be competing in the "A Division" Interschool Athletics Carnival on Thursday 26th October. All children involved have been issued a permission slip detailing the carnival. A programme has been posted on the Sports Board. Children will need to be at school by 7.50am, as we will be departing at **8.00am sharp**.

Mr Phil Tsang
Sport Teacher

ARANMORE SWIM CLUB

I know I say this every week but once again it was a chilly Tuesday morning and my gosh it was wet. I think it started to rain just as everyone got out of their cars to come in to Beatty Park. So super effort to the 26 swimmers we had in the pool on Tuesday morning at swim club. It was so great to see so many familiar faces that I have not seen since the beginning of the year. Welcome back to all our previous swimmers and as always, great job on your breaststroke drills today to all our regulars.

We also welcome Sanay Rhode who is a newbie but has sat on the sidelines watching her older brother Jayden and sister Jazayla for the last four years. Finally it was your turn Sanay and what an enthusiastic swimmer you are.

Now that we have many more swimmers in the morning please be mindful of the coaches speaking. One coach, one voice. That means when the coach is talking then everyone is listening. Please also remember to look after your kit (flippers and board). Know your number and remember to pick up all your gear afterwards.

Have a great week everyone and see you toes in 7am Tuesday.

Mrs Roslyn Soanes
Swim Club Coordinator

ARANMORE NETBALL CLUB

I saw us with wet and cold conditions again but all three Aranmore teams played their best and are doing Aranmore proud. For team reports from weekend 17 October follow the link below:

<http://www.aranmorecps.wa.edu.au/category/netball-news/>

Mrs Julie Scherini & Mrs Jennifer Saliacus
Netball Coordinators

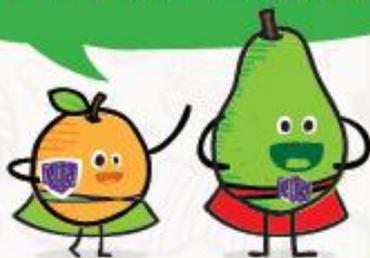
CANTEEN

MONDAY	23 Oct	Belinda
WEDNESDAY	25 Oct	Rachael
FRIDAY	27 Oct	Megan & Anna I
MONDAY	30 Oct	Belinda
WEDNESDAY	1 Nov	HELP
FRIDAY	3 Nov	Alison W & Carol Shaw

Mrs Belinda Civiletti
Canteen Manageress

HOW TO PACK A NUDE FOOD LUNCH

The Nude Food Warriors have created a step-by-step guide to make packing a Nude Food Lunch easy as 1, 2, 3!



STEP 1

Choose the main lunch item, it may be something from the list below or a Nude Food creation of your own

- Sandwich/ Roll
- Wrap/Pita
- Frittata/Quiche
- Pasta/Pasta Salad
- Salad
- Sushi/Rice Paper Rolls
- Noodles
- Stir Fry
- Egg Muffins

STEP 2

Select your fruit

Apple	Berries
Orange	Fruit Salad
Banana	Pear
Grapes	Mandarin
Watermelon	Kiwi Fruit

STEP 3

Pick a nutritious Nude Food snack

- Yoghurt
- Vegetable Sticks and dip
- Cheese and crackers
- Popcorn (natural)
- Rice Crackers
- Vege chips (homemade)
- Pretzels

STEP 4

Don't Forget Hydration!

Fill your favourite reusable drink bottle with filtered or tap water! Remember to refill throughout the day to make sure you stay hydrated!

Stuck on what to pack your Nude Food Lunch in? Turn over for some great storage ideas!



Join the Nude Food
MOVEMENT



Keep
Australia
Beautiful