

# Newsletter



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

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**"If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark." St. John of the Cross**

## Dear Parents

Our **Pre-Kindy (Three Year Old) 2019** programme running on **Mondays** next year is almost full. We will be running a **Friday** session as well as long as we have viable numbers. If you have any further queries regarding the programme please check the school website or contact the school office and speak with Amanda to enrol your child. If you have friends or neighbours with children who would be ready for a Three Year Old programme please encourage them to enrol.

**There are vacancies in Kindergarten for 2019 as well as some other year levels.** If you know of anyone looking for a position please recommend our beautiful school.

The teachers are very grateful of the wonderful work of **Parent helpers in the classroom**. Just a reminder to all parents that the classroom teacher is responsible for the children's education and monitoring the behaviour of the children. All parent helpers work under the teacher's direction, the latter being in a professional role. The school expects parents to respect the teacher's expertise and maintain a professional attitude as they work alongside the teacher. The teacher will make it very clear exactly what is expected of parents when they come to help. **The school stresses the importance of being professional and it insists that parents do not discuss details of any child's academic, social, emotional or behaviour outside the classroom.** Should you have any queries or concerns regarding your own child please speak with your classroom teacher.

Would you like to be permanently part of Aranmore catholic Primary School? Our P&F are offering you this opportunity! I invite you to participate in the **'Pavers for Progress' Multi-purpose Sports Court Appeal**. For \$50-\$60 you will receive a personalized engraved paver. This paver will then be permanently installed in the area surrounding our school hall. We hope that these special pavers will provide an enduring link between Aranmore's past, present and future and reflect the essential partnerships that make our school what it is – students, staff, parents and community. Thank you to Sandra Papantoniou for coordinating this.

The Aranmore School Board would like to thank those families who have paid their school fees and are up to date. Should you have any **outstanding fees, please pay these immediately. As per the school fee policy, the School Board Finance Committee will take action to recover any unpaid fees through a debt collection agency which may in turn affect your future credit ratings.**

There are a number of methods in which families at the school can pay their school fees. These include: credit card; EFTPOS, cash, cheque, direct debit and internet banking. Please see the Finance Officer, Ms Maureen O'Toole at the school office for further details on the direct debit and internet banking options and for payment of school fees. Parents are asked to direct all school fee queries to Ms Maureen Lloyd.

**The Annual General Meeting for the P&F and School Board will be held on Tuesday, November 13<sup>th</sup> in the school hall, commencing at 6.45pm.**

### ***Reasons you should come to the AGM:***

- Show your **support** of the hard working School Board and P&F
- Gallery on Brentham (our annual art exhibition) will be held on the same evening from 6.00pm onwards in the Hall. Come and see the wonderful work that your children have created. Please see the flyer at the end of the newsletter for further information. The **School Band** will play from 6.15pm till 6.30pm for your entertainment.

- There will be a brief review of 2018 School Board and P&F activities
- Office bearers for the Board and P&F will be elected
- **2019 staffing** will be announced. You will find out your child's year group teacher for 2018
- **2019 school fees** will be presented
- **Focus areas for 2019** will be shared by the Board and P&F
- You will be able to mingle with other parents, relax and enjoy a **delicious supper**
- Please rsvp your attendance for the AGM by clicking on the link:

<http://www.aranmorecps.wa.edu.au/event/school-board-and-pf-agm/>

Please consider if you would like to nominate/re-nominate for the P&F Committee and/or a class representative. Our P&F Executives are all retiring this year so please consider nominating for the role of P&F President, Vice President, Treasurer or Secretary.

<http://www.aranmorecps.wa.edu.au/wp-content/uploads/PF-Nomination-Form-2019.pdf>

We have three Board members retiring from their positions this year. If there is anyone who wishes to nominate for these three vacancies, you will need to complete a nomination form and return it to the school office by Wednesday 7<sup>th</sup> November. Please click on this link for a nomination form. Voting will then take place on the night of the AGM and candidates will be asked to speak for no longer than a minute in support of their application.

<http://www.aranmorecps.wa.edu.au/wp-content/uploads/nomination-form-for-2019.pdf>



**Mrs Margaret Williamson**  
**Principal**

## RELIGIOUS EDUCATION

### MISSION WEEK

Last Friday we held a fundraising Day Event for Mission Week. Students were encouraged to wear their favourite sporting team's colours for a gold coin donation. It was lovely to see all our children get into the spirit of the day, proudly showcasing their team colours for a range of sporting teams like soccer, netball, AFL, basketball and more. We sincerely **thank our students, parents and families** for helping us raise funds for Catholic Charities all over the world. 'You are Mission' is a message for all of us. As Pope Francis writes in his World Mission Day message this year, 'Every man and woman is a mission; that is the reason for our life on this earth'.

### FEAST OF ALL SAINTS – 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 – 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.

**Miss Tania James & Miss Sarah Lister**  
**Assistant Principals**

## PARISH NEWS

### ST MARY'S CHURCH LEEDERVILLE MASS TIMES

Monday & Tuesday	8:00am		
Wednesday	9:00am		
Thursday & Friday	8:00am		
Saturday	8:00am	6:30pm	
Sunday	8:00am	9:15am	10:30am
Reconciliation on Saturdays 5:00pm – 6:00pm			

## SUSTAINABILITY

**October is Nude Food Month** and as part of Aranmore's commitment to sustainability and healthy eating practices we will be instituting a weekly nude food day every Tuesday. 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. Buying food that is packaged in bulk rather than individually is also great for the family budget. 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.

How to pack Nude food information flyer is attached to the end of this newsletter.

**Ms Nelson**  
**Sustainability Coordinator**



The Music Count Us In Project is funded by the Federal Government to help promote the importance of learning music and to provide resources for all schools to use. This year's song is called 'One Song' and the students will all sing it together on Wednesday 31<sup>st</sup> October. The song was written by five students from different schools under the guidance of John Foreman and their mentor for this year, Justine Clarke. If you would like to listen to the song and have a look at the information about this project the website is:

<https://musicaustralia.org.au/program/countusin/>

### MUSIC EDUCATION HELPS IMPROVE CHILDREN'S ABILITY TO LEARN

Over the last four years, we have learned how music education improves working memory, phonemic awareness, development of complex spatial skills, impulse control development, auditory development that protects our brains from aging, and reading and comprehension skills. The list could go on and on. For more information on how learning music is a full brain workout have a look at the article by Dr Anita Collins at the ABC Education website.

[education.abc.net.au/newsandarticles/blog/-/b/2974240/music-education-helps-improve-children-s-ability-to-learn?sf199698138=1](http://education.abc.net.au/newsandarticles/blog/-/b/2974240/music-education-helps-improve-children-s-ability-to-learn?sf199698138=1)

**Mrs Roslyn Twine**  
Music Teacher

### ADMINISTRATION

**SANDALS:** A decision has been made by the Uniform Committee and ratified by the School Board to change the colour of our school sandals from brown to black as of Term 4 2018. (This will also align with our black shoes). There will be a transition period therefore if your child already has brown sandals they can still wear these. Once they grow out of them please ensure you purchase black ones. We are hoping that children will be in black sandals in 2019.

**Please note, students are to wear school uniform sandals and not fashion sandals. Acceptable sandals are pictured. If you are unsure, please see one of the Assistant Principals prior to purchasing the sandals.**

**Ms Tania James & Miss Sarah Lister**  
Assistant Principals



### SCHOOL SAFETY UPDATE No.1 Thursday 25<sup>th</sup> October 2018 (Week 3, Term 4)



*Over the coming weeks, Aranmore Catholic Primary School will be providing a series of safety updates to our community. Some of this information may just be reminders about existing protocols and policies while other information may be about new policies or upgrades. Above all, it is imperative that the school, parents, children and community work together to provide optimal care to our students at all times. Their health, safety and well-being is paramount.*

#### SUPERVISION TIMES

The school provides supervision before and after school to keep our children safe.

- Before school supervision commences at 8:15am
- After school supervision ceases at 3:20pm

Please ensure your children are not onsite prior to 8:15am. If you must be at school before 8:15am you must remain with your child until 8:15am when a teacher commences duty. Front reception is not responsible for the supervision of students. Alternatively, you can access Gum Trees Before and After School facilities (Ph: 0427 471 201 Email: [gumtree.oshc@ymca.org.au](mailto:gumtree.oshc@ymca.org.au)). Please note, that school grounds are closed at 3:20pm. This means gates are locked and access to the school, including toilets, are not available after this time. Please be aware of this if you choose to stay and play on the Adventure Playground.

#### P & F

The P&F and School Board AGM is fast approaching. This is an opportunity to hear about the year's achievements and activities and find out what is in store for next year. It coincides with the wonderful student Art Exhibition and band performance which are both not to be missed! As part of the evening, the P&F hold a small market for local and family businesses to promote and sell their wares. Previous years have seen a selection of clothing, gifts, Christmas cakes, cards, preserves, jewellery and make-up. We will also have a recycled book stall. ***Please contact Paula Buttigieg at [buttsoz@hotmail.com](mailto:buttsoz@hotmail.com) or 0408100420 if you are interested in holding a stall. The cost is only \$10 per table. First in best dressed ☺***

Hope to see you all there!

**Mrs Elle Gonzalez-Skuja**  
P&F President  
SPORTS

## MERCY VALUE OF THE WEEK

### EXCELLENCE

Always be your best and always do your best

**25 OCTOBER 2018**

### SPECIAL REMINDER DATES FOR TERM THREE & FOUR

- PPR Performance Assembly – Friday 26 October
- Year 4R/4G Mass – Friday 26 October
- Kindy sports carnival – Thursday 1 November
- Prayer Assembly 1R – Friday 2 November
- Prayer Assembly 2G & Remembrance Day – Friday 9 November
- AGM 7:00pm School Hall – Tuesday 13 November
- Performance Assembly 6G – Friday 16 November
- P&F Christmas Disco – Saturday 24 November
- PP Nativity Play – Thursday 29 November
- Kindy Green Nativity Play – Tuesday 4 December
- Thanksgiving Mass – Wednesday 5 December
- Kindy Red Nativity Play – Thursday 6 December
- Year 6 Graduation and Mass – Thursday 6 December
- Students last day of school – Friday 7 December

## STUDENTS LEAVING ARANMORE AT THE END OF 2018

Should your child **not be returning to** Aranmore CPS in 2019 could you please notify the school in writing as soon as possible or complete the form below and return to the office. We have some families who are currently on the waiting list and quite keen to enrol their children. (Yr 6 families do not need to send in this form).

**Child's name:**

\_\_\_\_\_

**Class 2018:** \_\_\_\_\_

**Destination school:** \_\_\_\_\_

\_\_\_\_\_

**Signed:**

\_\_\_\_\_  
**(parent/guardian)**

### SWIM CLUB

It was lovely to be back on the pool deck on Tuesday morning. We had 24 swimmers turn up. I would like to say a very big "Thank you" to Mrs Nicole Rohde who did a super job in my absence.

**Mrs Roslyn Soanes**  
**Swim Club Coordinator**

### CANTEEN

**Help needed for some Fridays this Term** in the canteen. Please contact Belinda on 0414 597 477 if you would like to put your name down.

<b>MONDAY</b>	<b>29 Oct</b>	Belinda
<b>WEDNESDAY</b>	<b>31 Oct</b>	Belinda
<b>FRIDAY</b>	<b>1 Nov</b>	Alison W & <b>HELP</b>

**Mrs Belinda Civiletti**  
**Canteen Manageress**



## ENGRAVING DETAILS

PLEASE FOLLOW THESE SIMPLE STEPS WHEN CREATING YOUR IMAGE.

1. ONE NAME PER PAVER.
2. Draw your image using a good quality medium thickness black marker pen (about 2mm thick).  
eg Artline 70 'High Performance' marker.  
Do not use a ballpoint pen, coloured texta or pencils!
3. Make sure you rub out any pencil lines as these will show up on the finished paver.
4. Do not include computer-generated or pasted pictures.  
The hand drawn image engraving process is set up to engrave hand drawn images only.

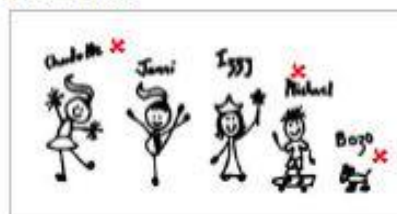
SAMPLE 1



THIS IS OK ✓

- Good clean writing
- Simple illustrations

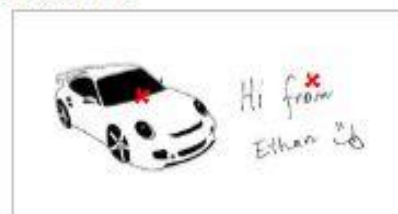
SAMPLE 2



THIS IS NOT OK ✗

- Too many names
- Illustrations too detailed
- Information gets lost

SAMPLE 3



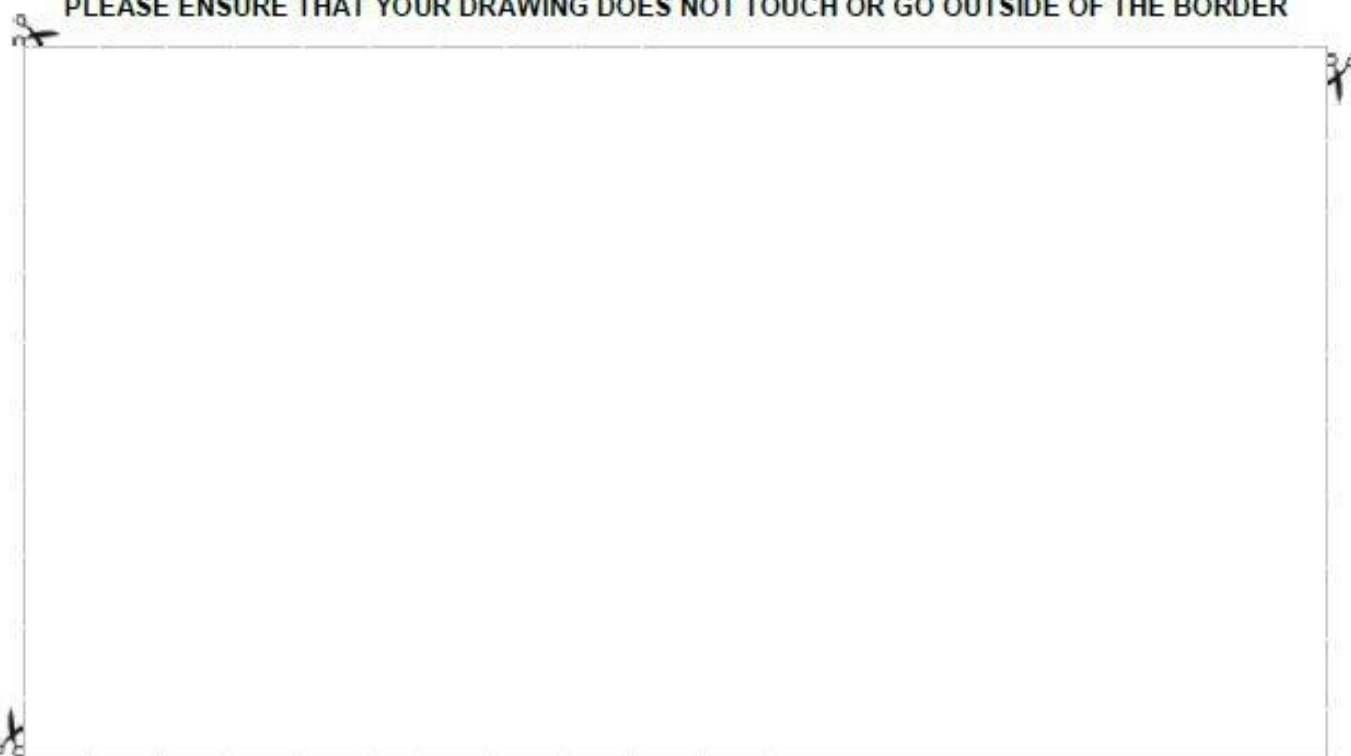
THIS IS NOT OK ✗

- Do not include computer-generated or pasted pictures
- The process is set up to engrave hand drawn images only

Administrator note: Please photocopy this page for your records, cut out the drawing below and send the ORIGINAL to Signature Engraving.

PHOTOCOPY THIS PAGE FOR EACH HAND DRAWN PAVER.

PLEASE ENSURE THAT YOUR DRAWING DOES NOT TOUCH OR GO OUTSIDE OF THE BORDER



# COMBINED SINGLE NAME PAVER & HAND DRAWN TEMPLATE

## Aranmore P & F Fundraiser

The P & F are currently raising funds for a much needed upgrade to the School's multipurpose sports courts.

DON & SHIRLEY  
ELLIOTT

### OFFER 1: \$50 INDIVIDUAL PAVER

Your donation of \$50 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed near the entrance of the School Hall.

Size: 230 x 115 x 40mm

Emily Fielding  
2014   
I am 6 Years old

### OFFER 2: \$60 HAND DRAWN PAVER

Your donation of \$60 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed near the entrance of the School Hall.

Size: 230 x 115 x 40mm See page 2 for hand drawn template.

Please print clearly in CAPITAL letters. Each box represents a character (letter, number, punctuation mark or space). Max 16 characters per line, three lines per paver. See over the page for Hand Drawn Paver template.

NAME PAVER	LINE 1																
	LINE 2																
	LINE 3																

Simply fill out this form and return along with full payment by cheque, cash or money order to:  
(Alternatively, call the School Office on 9444 9366 to make a credit card payment over the phone).

**Aranmore Catholic Primary School**  
20 Brentham Street  
Leederville

Contact Name

Phone

 ( ) 

Street

City

State

Post Code

☐

Offer 1

☐

Offer 2

Our Donation

\$

Offer closes on the 23 November 2018

For engraving details please complete the form on the reverse.

Please copy and pass on to any friends & family.

**WE NEED YOUR SUPPORT!**

**SIGNATURE**  
— ENGRAVING —

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# 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 of 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



# WHAT TO PACK MY NUDE FOOD LUNCH IN



Now you have your Nude Food Lunch planned you need to find something to pack it in.

## STEP 1

Will you be using an all in one lunchbox, or packing items separately?

Please see all in one lunchbox options below or if you're packing items separately skip to Step 2



Check out our Coolskins/Light Lunch Bags to effortlessly insulate your lunch!\*



## STEP 2

Products to store your lunch!



## STEP 3

Products to keep your fruit in shape and fresh



Don't have a Rubbish Free Lunchbox? Don't despair! You can use smaller products in steps 2-4 to pack your lunch.

\*An insulated lunch box or bag is a great way to keep all your lunch items together

## STEP 4

Buy your favorite Nude Food Snacks in bulk and send them to school using these handy containers



SUCCESS! You have packed a healthy, rubbish free lunch that will not only save you money but help save the planet!

\* You can find Nude Food Movers products at major supermarkets and retailers all around the world! Go to [www.nudefoodmovers.com.au](http://www.nudefoodmovers.com.au)



Join the Nude Food MOVEMENT

