

Week 2



Working Together to Transform Community

We hope that families had a wonderful holiday time. What a wonderful start to Term 3 we have enjoyed! It is back to 'basics' as they say.

Last Friday the Year 6 Pastoral Council led the school in liturgy to celebrate **NAIDOC Week**. A very touching, respectful and prayerful moment for the school, celebrating the inhabitants of indigenous Australians for over 65,000 years with the theme, 'ALWAYS WAS, ALWAYS WILL BE'. After the liturgy, the students participated in activities led by Aranmore College students and the Aboriginal Education staff. Everyone joined in cultural activities having a wonderful time.

Lots of talent showcased today at the **Performing Arts** Assembly! Thank you to Mrs Twine and the students who entertained us and family members. All the best for your performances, especially this year as they are recorded and submitted to the adjudicators. Good luck!

Assemblies, Prayer Assemblies and Community Participation. For the duration of the term, all parents and family members of the class presenting the assembly/liturgy/mass are invited to attend the celebration. We ask that ALL visitors come to the office to sign in & out (as per COVID requirement), before and after the celebration. This way visitors are accounted for in the event of the need to contact those on site, at that particular time. **1G are presenting the Mary McKillop Prayer Assembly next Friday, 7 August. All 1G family members are invited to attend.** Social distancing is in play. Assemblies will continue to be recorded to share live with the student community, and to share via Seesaw with the relevant families who are unable to attend. Masses and Liturgies of the Word will not be recorded in respect of the reverence of the sacrament/liturgy.

We hope to see you soon!

Celebration of the Sacraments for 2020. Please see the message shared on the school app on Tuesday. Please direct your queries to a member of the leadership team, via the office.

This week we bid farewell to Aboriginal Teacher Assistant **Jesse Pigrim** and Football Cadet **Zareth Roe**. Jesse is off to work in Human Resources and Zareth has been accepted into the WA Police Academy. We offer them much happiness and success in their new careers and thank them for all the assistance and support they have shared in the community. The school intends to re-employ in both roles.

Congratulations to all the **Language Perfect Award** winners! Well done on your persistence to improve your Italian skills. Look out for the flyer on the app for the Award winners!

Enrolment Interviews for 2021 (and beyond) are being held NOW! If you know of a family looking for a school that is child focused, with a vibrant family friendly community, Aranmore is the place to be! Enquiries welcome!

School Fees for all families who may need to make adjustments to their payments, please contact me via admin@aranmorecps.edu.au. There is NO need for any family to place themselves in hardship due to school fee commitments.

ALL SCHOOL messages are shared via the school app. Please ensure that you have downloaded it to a mobile device. School app: '**Aranmore Catholic Primary School**' on either Android or iOS.

Coming Events:

Whole School Photos Tuesday 4 and Wednesday 5 August

Year 6 Camp Parent Meeting 6pm Wednesday 5 August

Year 1 G Mary McKillop Prayer Assembly Friday 7 August

Whole School Mass Assumption of Mary Mass Friday 14 August

Pupil Free Days:

Friday 21 August Professional Learning Day

Monday 24 August Catholic Day (no staff onsite)

Jonnine Lamborne

Principal

May love & peace be found here

Week 2

Help your child get the worry bug under control...from Parenting Ideas

Many children worry about seemingly little things that they have no control over. Sometimes *'It'll be right, Don't overthink it'* responses will help but at other times worries need parents concern and understanding but they also need some practical tools and ideas to help them cope now, and build strength so they can minimise the impact of worries in the future. Try these strategies:

Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable.

Put your worries in a jar: Wouldn't it be great to put all your worries into a safe and throw away the key? Children can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

Limit talking time: It's good if children can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives.

Normalise rather than lionise their anxiety: Anxious kids are very sensitive to their parents' concerns and worries. One way we actually build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that."* Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about: Worrying is energy-sapping and can take up lots of time. Help your child to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries helps them feel like they are in control.

Give them the tools to relax: playing, reading, listening to music, mindfulness, walking the dog. It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worry-warts be hard for parents to live with, but they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Ali Fisher
Social Worker

GUMTREES PUPIL FREE DAY

Gumtrees will be open on our Pupil Free Days on the 21st & 24th of August if you need their services.



YMCA Gumtrees OSHC Term 3 Pupil Free Days

Gumtrees OSHC will be offering a full day of care for the Pupil Free Days on Friday 21st and Monday 24th August 2020.

Friday 21 st August 20	Sewing Day What would you like make? Wallet, Animals, Donut or Heart shape pillow? Enjoy your sewing experience with our special safety needle with variety colours of felt.	
Monday 24 th August 20	Make own Muffin Monday Let's make your own afternoon tea! Which one is your favourite. Apple Cinnamon, Orange Poppy seed or Banana?	

Activities such as crafts, painting, drawing, sports games, board games plus more also on offer.


To register your interest, please login to My Family Lounge.

Select the casual booking calendar and then "pupil free day" as the room type or please contact the OSHC Administration Department at oshc@ymcawa.org.au to secure your child's booking.

CCS Applies!

\$75 per child
Morning and afternoon tea provided!

2021 MUSIC SCHOLARSHIP



ARANMORE CATHOLIC COLLEGE

2021 MUSIC SCHOLARSHIPS

BE REWARDED FOR EXCELLENCE
APPLY BY 14 AUGUST 2020
ARANMORE.WA.EDU.AU