



St Cecilia's Catholic Primary School

NEWSLETTER

Term Three, Week Eight, Thursday 06 September 2018

Prayer

*God our Father,
for each individual
it is as though his or her name
is written on the palm of your hand.*

*Lead us to grow in the faith
that your love for each person
is without limit or condition.*

*Inspire us to live in such a way
that the light of Christ
may shine through us,
bringing love and warmth
and happiness
to those who share our lives.*

Amen

COMING EVENTS

Friday 07 September
Y6 HSHS Talk

Sunday 09 September
Family Mass Y2 8.00am
@ St Cecilia's Church PH

Monday 10 September
Author Visits

Thursday 13 September
Mathy Matt Show
- Incursion 9.00am

First Reconciliation Parent
Meeting I, 7.00pm

Friday 14 September
Cross Country Run K - Y6

17 - 21 September
Week Ten Mindfulness &
Meditation Excursion Y1-6

Thursday 20 September
Assembly

Friday 21 September
Students last day for
Term 3

Monday 08 October
Students first day back
for Term 4

Thursday 18 October
First Reconciliation Parent
Meeting II, 7.00pm

FROM THE PRINCIPAL'S DESK

Dear Parents/Guardians

Week 8 is just about over and we have two weeks left before the term break. It seems like only yesterday that the term began. I have been busy this term with Kindy enrolment interviews for 2019 and it has been wonderful to meet the new families that will be joining the St Cecilia's family next year. It has been interesting to hear all the activities the children are looking forward to when they begin Kindy. I've also had some very important questions from the children with some of the most important questions being, 'Is there a slide? Is it purple?', 'Will I do paintings?', 'Can I eat lunch at Kindy?' and 'Can my Mum come to Kindy with me?'

P&F and School Board

We had a successful P&F Meeting on Tuesday night with the vacant positions of Vice-Chair, Secretary and Treasurer all being filled. We also had a number of parents nominate for positions of General Committee Members. We are looking forward to the support of the P&F with a number of exciting events during Term Four.

We still have some positions vacant on the School Board. The work of the board is vital to the running of the school as it advises the Principal in matters of finance, maintenance and in areas of planning and development. The board meets each month on a Thursday evening in the school library. If you wish to join the board, or want to know more, please feel free to contact me.

Pilbara Music Festival

Congratulations to all students in our choir groups that took part in the Pilbara Music Festival today. The students have given up lunch times and time after school to rehearse and all can be proud that they put 100% effort into each of their performances. Thank you to Ms Batchelor and Mrs Wellbeloved for leading our choirs.

We certainly have a large group of very talented students with skills that go beyond the academic achievements we see in school each day.

Faith Family Friendship

Father's Day Assembly

What a wonderful assembly by the Kindergarten students this morning. I especially loved hearing why each child loves their dad. While our recognition of Father's Day was a little belated, I hope that all dads, granddads, uncles, brothers and all other father figures in our lives had a wonderful day on Sunday.

Yours in FAITH, FAMILY and FRIENDSHIP

Mandy Sheen
Acting Principal

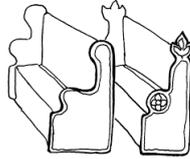
PARISH MASS TIMES & NEWS

St Cecilia's - Port Hedland

Tue to Fri 8.00am
Saturday Vigil 5.30pm
Sunday 8:00am

Seafarers Centre - Port Hedland

Tuesday 7.30pm
Sunday 3.15pm



St John the Baptist - South Hedland

Mon & Wed 6.00pm, Fri 8.00am
Saturday Vigil 7.00pm
Sunday Morning Mass 9:30am

RELIGIOUS EDUCATION

Sacraments

Earlier this term we had the enrolment Masses for those students taking part in the Sacrament of Reconciliation. If you missed the enrolment Mass, or didn't receive the enrolment form and you are wanting your child to receive this Sacrament, please see your Parish Priest for the relevant information.

Please make note of these important dates. It is essential that you and your child attend the weekend Masses and the family meetings to receive the activities that will help children prepare to receive the Sacrament of Reconciliation.



Sacramental Meeting	Thursday 13 September	St Cecilia's School Hall 6:30pm-7:30pm
Sacramental Meeting	Thursday 18 October	St Cecilia's School Hall 6:30pm-7:30pm
First Reconciliation	Thursday 01 November	St Cecilia's Church at 6:30pm

Wanting your child to make First Holy Communion in 2019?

If your child is wishing to make their First Holy Communion in 2019 and they have not yet received the Sacrament of Penance, it is strongly suggested that they go through the programme for First Reconciliation and receive the sacrament this year so they are ready for First Communion in 2019.

Nativity of the Blessed Virgin Mary

Saturday 08 September marks the nativity of Mary, the birth of Mary. While there is no evidence that this is the actual birth of Mary, the Church has celebrated Mary's birth since at least the sixth century with September being chosen as the Eastern Church begins its Church year with September. The date helped to determine the date for the feast of the Immaculate Conception on December 8, nine months earlier.

Birthday celebrations bring happiness to the celebrant as well as to family and friends. Next to the birth of Jesus, Mary's birth offers the greatest possible happiness to the world. Each time we celebrate her birth we can confidently hope for an increase of peace in our hearts and in the world at large.

Family Mass

Please join us this Sunday, 09 September, at 8:00am for Family Mass led by children and families of the Year Two class.

Mrs Mandy Sheen
Religious Education Coordinator

GENERAL CAMPUS NEWS

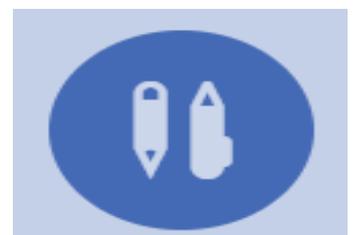
Incursions and Excursions

Information on school incursions and excursions will now be on our website under, "Notes sent home" instead of sending paper notes home. SMS will be sent notifying parents when permission and payment is required.

Notification of Student Absence

If your child is going to be absent from school, it is important that you notify us. Please complete our online Absentee Form located on the front page of our website, before 9.00am on the day or you can complete it for any period of time. This will save you completing a form or calling the school.

Please look for this icon. <http://www.stcecilia.wa.edu.au/>



ILLNESS

We ask that all families keep students at home to recuperate if they have symptoms of illness such as gastroenteritis and temperatures etc for at least 24 hours after the last symptoms occurred.

I NEED TO STAY HOME IF...

				
I have a temperature of 38 degrees or higher	I have vomited due to illness in past 24 hours	I have had diarrhea due to illness in past 24 hrs	Live lice and eggs are present	A doctor recommends I stay home

I AM READY TO COME BACK WHEN I AM...

Fever-free for 24 hours, without the use of medication (i.e. Tylenol, Advil)	Free from illness-related vomiting for at least 24 hours	Free from illness-related diarrhea for at least 24 hours	Treated with appropriate lice treatment at home and no live lice are present	Released by a doctor to return to school
--	--	--	--	--

Healthy Lunch Boxes

In 2016, we introduced trials of ‘Nude’ lunchboxes, meaning, children were encouraged to bring lunchboxes with limited food packaging. As a result, we were able to reduce the number of bins we placed around the school. To be able to continue with our efforts to reduce our rubbish production, and increase our awareness of sustainability, we will once again be looking at our ‘Nude’ lunchboxes and so, will be encouraging children to try to avoid bringing plastic packaging as much as possible.

In addition to this, Mrs Amiradaki and Mrs Chapman have been having lots of discussions with children in Health Lessons of how to be and stay healthy. Part of these discussions have focussed on making healthy choices when eating so you may have had lots of questions and curiosity when preparing meals and lunchboxes. To prompt further discussions at home, we have included an information page in this week’s newsletter about healthy food choices. The focus of the pages this week are on school lunchboxes. Discuss these pages and information with your children and, if they aren’t already, invite them to plan and choose foods that they would like in their lunchbox using the healthy eating pages for inspiration.

Mrs Melanie Resuggan
Acting Assistant Principal



HAIR ACCESSORIES
Students are permitted to wear green and black hair accessories. We have a supply of “Schoolies” Hair Accessories” and Home made items by Robyn Todd, available for sale ranging from \$2.20 to \$5.50 (including gst) from the front office.



BIRTHDAYS

Wishing a Happy Birthday to the following students who celebrated their birthday.

September

- 2 HAWES, Aidan Y1
- 2 HAWES, Thomas Y1
- 8 DUSCHER, Austin K
- 8 WURUKI, Isiah Y5
- 9 PRICE, Shiloh Y2



MERIT AWARDS

Thursday 06 September 2018

- K: Finn Casson
- PP: Charlotte Franks
- Y1: Cooper Wilson
- Y2: Sean Blatch
- Y3: Hezekiah Uiduldam
- Y4: Dane Blatch
Charli Stainton Rae
- Y5: Jacobie Dhu
- Y6: Nat Cornelius
Pretoria Malafu

- Aarhi Kotua
- Diogo Oliveira Pereira
- Luke Wellbeloved

- Parker Warren
- Charlie Drysdale
- Benjamin Thomas
- Arani Prindiville
- Zaina Doyle
- Rawiri Poharama

Wyatt Lockyer

Evelyn Witham

India Espersen-Carins
Year Four Class

Tadi Kuzamba
Cynthia Siamutete



Simplify your day.

Our school now has Flexischools for online ordering and cashless payment.

From your mobile or desktop:

Flexischools is the fast and secure way to order and pay for canteen.

- CASH FREE, HASSLE FREE**
- PAY ANYWHERE, ANYTIME**
- SAFE & SECURE**

Take advantage of this convenient new service. Go to flexischools.com.au and click register.

flexischools

Bread4Today

Silent moments
When I was young I used enjoy praying each day. Then one day I wasn't doing it anymore. I still believe. I feel the presence of a Mystery. I still call "God". But there are no words anymore. It feels like I tried to pray more and equally I want out to, though I'm getting used to it.

Lord, I ask you for the gift of prayer. Just guide me to pray naturally, even if differently from before. Maybe I'll start now with a few moments, silent, still, in your abiding presence...

A Prayer App for Life

REDEMPTORISTS of Australia and New Zealand
www.cssr.org.au

Available on the Google play and App Store

LIBRARY BOOK COVERING

Childs Name: _____ Class: _____

I can assist the library by covering some books. Please send home some books and contact.

Parent Name: _____ Contact Number: _____





East Pilbara Primary School Lightning Carnival

On Friday 31 August, during Week Seven, students from Year Five and Six, as well as a handful of Year Four's participated in the Interschool East Pilbara Lightning Carnival. It was held at the Kevin Scott Oval in South Hedland. Sports included: AFL, Netball, Soccer and Cricket. ST Cecilia's, South Hedland Primary School, Baler Primary School, Yandie Yarra and Warra-long Community School all competed against one another on the day. All the students displayed great sportsmanship and enthusiasm throughout the day. Our Mixed Cricket team took out the Cricket Lightning Carnival championship for 2018. The students were very proud to bring home the shield.



Finding our Treasure at Book Week 2018!





All of St Cecilia's Catholic Primary School had a massive morning of fun, parading and celebration of books.

What a treasure for our minds, hearts and souls is reading!

Featured in our photos are winners of our individual year level costume prizes.

Congratulations to everyone!



HEALTHY EATING

HEALTHY FOOD AND DRINK CHOICES AT SCHOOLS

In 2007 the WA Department of Education introduced the *Healthy Food and Drink* policy. The policy applies to the food and drinks in public school canteens/ food services as well as areas where the Principal is directly responsible for the

supply of food and drinks – for example classroom rewards, school camps and excursions.

A 'traffic light' system is used to categorise food and drinks as Green, Amber or Red. Try using this at home too!



HOW MANY SERVES DO CHILDREN NEED EACH DAY?

Age	Vegetables	Fruit	Grains and cereals	Meat and alternatives	Dairy and alternatives
4 - 8 years old	4½	1½	4	1½	2
9 - 11 years old	5	2	5	1½	2½
12 - 18 years old	5-5½	2	5-7	2½	3½

For the number of serves that adults should be eating visit www.eatforhealth.com.au

HOW MANY SERVES IN A LUNCHBOX?

A lunchbox should contain about one-third of a child's food for the day. Start with this as a rough guide. If your child is very active, or says they're hungry at school, add extra serves of these core foods.

Remember to pack a Crunch&Grip® snack (pg 7) and a water bottle every day. This adds an extra serve of fruit or vegetables to the day!

Age	Vegetables	Fruit	Grains and cereals	Meat and alternatives	Dairy and alternatives
Early childhood 4 - 5 years old	1½	½	1	½	½
Lower primary 6 - 8 years old	1½	½	1½	½	½
Upper primary 9 - 11 years old	1½	1	1½	½	1
Middle/ High school 12 - 18 years old	2	1	2	1	1

WHAT IS ONE SERVE OF EACH FOOD GROUP?

Vegetables

- ¼ cup cooked 75g
- ¼ cup beans, peas or lentils 75g
- 1 cup raw 75g

Fruit

- 1 medium piece 60g
- 1 cup chopped or canned 150g
- 2 small pieces 60g

Grains and cereals

- ¼ cup cooked 60g
- 1 slice 60g
- 3 crisp breads 60g
- ½ wrap 60g

Meat and alternatives

- 2 eggs 100g
- 65g steak of meat
- 80g half a bread
- 100g
- 1 cup beans, peas or lentils 75g

Dairy and alternatives

- 1 cup 250 ml
- 2 slices 40g
- 200g

HEALTHY LUNCHBOXES

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Early childhood lunchbox 4 – 5 years old

Example 1



- Cheese and lettuce wrap
- Carrot and capsicum sticks with hummus
- Honeydew melon
- Strawberries (Crunch&Sip®)

Example 2



- 1/2 chicken, carrot and avocado sandwich
- Plum
- Grapes
- 200ml UHT milk
- Cherry tomatoes (Crunch&Sip®)

Lower primary lunchbox 6 – 8 years old

Example 1



- Celery and capsicum sticks
- Orange
- Rice cake with jam
- Toasted English muffin with tomato paste, capsicum, pressed chicken and cheese
- Banana (Crunch&Sip®)

Example 2



- 1/2 roast beef, lettuce, carrot, cucumber and beetroot roll
- Small yoghurt
- 1/2 Apple
- 2 veggie pikelets (recipe pg 28)
- Capsicum sticks (Crunch&Sip®)

Upper primary lunchbox 9 – 11 years old

Example 1



- Rice salad with corn, green capsicum, tomato and 3 bean mix
- Carrot slices
- Cream cheese
- Banana
- Carrot slices and celery sticks (Crunch&Sip®)

Example 2



- Bean ball (recipe pg 26) pita with lettuce, carrot, cucumber and cheese
- Fruit salad
- Carrot sticks
- Apple (Crunch&Sip®)



Thank you to everyone that attended the P&F Meeting on Tuesday night. We are excited to welcome our new committee members, both Executive Committee and General Committee members.

Joining our Chairperson, Liz Pegler, in the Executive Committee will be:

Vice-Chairperson: Chantal Foster

Secretary: Karen Olivares

Treasurer: Renae Price

General Committee Members:

Suzanne Bradbury

Rebekah Hagan

Karla McCormick

Natasha Osinski-Hill

Narelle Shaw

Bridget Tesar

Monique Wilson

We are looking forward to the exciting events that will be taking place between now and the end of the year.



 Find us on Facebook “St Cecilia's P & F Parent Helpers”

St Cecilia's Catholic Primary School P&F
Email: stcecilia_pandf@outlook.com