Dear Members of the St Paul’s Community

NAPLAN Tests
Students in Years 3 and 5 completed their National Assessment Program Literacy and Numeracy (NAPLAN) testing today. Results from these tests should be available for the school and parents toward the end of Term 3. Our thanks go to the teachers for familiarizing the students with the test conditions. We have reassured the students that their performance in this testing process does not represent all their achievements and that they are worth so much more than their NAPLAN marks, as these tests are unable to measure all of what it is that makes them the valued person that they are. Congratulations to all the students involved for their hard work!

Scholastic Book Fair
We are looking forward to the Scholastic Book Fair next week which will be held in the Heritage Hall from Wednesday 18 May until Friday 20 May at 8.15 – 8.45am and 3.00 – 3.30pm. There will be a special time to preview the books on Tuesday afternoon. Please visit the fair with your children and choose from the selection of books, posters and other products available. Our thanks go to Shelley Antoni and the parents who are helping to organise this very worthwhile event.

First Holy Communion Parent Information Night
The First Holy Communion Parent Information Night, presented by Fr Tim, will be held tonight, Thursday 12 May at 6.30pm in the Parish Church for the parents of children in Year 4 receiving the Sacrament of Holy Communion.

After School Day Care at St Paul’s
There is a letter coming out to all families today regarding the possible commencement of the EXTEND After School Care providers onsite at St Paul’s. Although parents have already responded to the EXTEND online survey, we are seeking additional feedback from families before a final decision is made. Please respond to the questionnaire attached to this letter by this Monday 16 May. Based on the response to this questionnaire a decision will be made as to whether or not we proceed with EXTEND After School Care.

Condolences
Our thoughts and prayers are with the Dechan family, Stuart, Kirsten and Zachariah (Yr 3) on the recent loss of their loved sister and aunty. May she rest in peace.

2016 Kindy Enrolments
We are now completing the interviewing process for 2017 Kindy (4 Year olds). If you have a child already attending St Paul’s and you have not yet completed an application form for a younger sibling (turning 4 before June 2017), please register your interest at the office and complete an application form ASAP.

Joanna Noonan
PRINCIPAL
First Communion Parent Meeting
Tonight at 6.30pm, Father Tim will hold a parents only meeting in St Paul’s Church. Please be advised that if you do not attend this meeting, your child may not be eligible to receive the Sacrament. If you have not returned your application form, please do so as soon as possible. You are also required to pay a $40 enrolment fee. Payment can be left in the school office or handed in at this meeting.

Other Sacraments
Please note that many parents have not yet returned the application form for the children receiving the Sacrament of Confirmation or Reconciliation. These must be returned as soon as possible to the school. We require this information so that we know numbers attending the Sacraments. Confirmation Candidates are also required to pay a $40 fee. Some of you may have done this already if you have a child receiving the Sacrament of First Communion.

Upcoming Events
Monday 16 May  
Prayer Assembly 8.45am Year 2
Tuesday 17 May  
Class Prayer 9.00am Year 1
Thursday 19 May  
Mass 9.15am Year 5 (Year 4-6)

Feast of Our Lady of Fatima 13 May
On May 13 1917, three children in Portugal were playing games in the field while tending their sheep. Suddenly they saw a flash of light. Thinking it to be lightning, the children gathered the sheep and started for home. They took refuge under a tree about a hundred yards away when they saw a flash of light again. They began running when they saw, standing over a small Holm oak tree, a Lady dressed in white more brilliant than the sun.

That was the first appearance of Our Blessed Mother at Fatima. She visited the children six times bringing them messages for the world. In all her appearances at Fatima, Our Lady repeatedly emphasized the necessity of praying the Rosary daily, of wearing the Brown Scapular of Mount Carmel and of performing acts of reparation and sacrifice.

The message Our Lady gave the children was that we pray for peace in the world. Let us all take time to pray for peace and ask Our Lady of Fatima to intervene for us during the times we find it difficult to forgive others.

LifeLink
This term our Mission Focus will support LifeLink. Our fundraising day will be Friday 3 June when we will ask students to bring in a gold coin donation. More details will follow in next week’s newsletter.

Luke Reeves
Georgia Allingame
Kaitlyn Mannion

Mac Callisto
ASSISTANT PRINCIPAL
SCHOOL NEWS

SCHOOL PHOTOS

School photos will be taken on Thursday 19 and Friday 20 May. The children need to come to school in correct winter uniforms, the correct shoes and socks, with the girls wearing red or blue hair ribbons. Parents are asked to return the envelopes (that went home this week) even if they are not ordering any photos. All photo envelopes are to be returned to your child’s class teacher prior to the photo date.

Family photo order forms are available from the office. All students from Kindy to Year 6 will have their class and individual photos taken on Thursday 19 May. Pre-Kindy students will have their class and individual photos taken on Friday 20 May. Family photos will take place over both days.

WE’RE TAKING IT IN OUR STRIDE ON FRIDAY 20 MAY 2016

Well it’s that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. Although walking all the way to school isn’t realistic for many of us, it’s quite easy to figure out how you can build a walk into your family’s daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school (at the Church) and walk the rest of the way.

Regular exercise, like walking with your child, not only helps them (and you) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Smarter Kids, so get planning your own Walk Safely to School Day journey for Friday 20 May 2016! Year 6 leaders will be waiting at the entrances to the school handing out special stickers to those students who walk! For more information, visit www.walk.com.au

ST PAUL’S SPELLING BEE 2016

St Paul’s Annual Spelling Bee will take place on Friday 27 May at 9am in the Barbier Hall for those students in Years 3-6 who have been selected to compete.

The students in Years 3 and 4 will contest the junior competition and the students in Years 5 and 6 will participate in the senior competition.

The top two students from each year level in St Paul’s Spelling Bee, will travel to Our Lady Assumption School in Week 7 to compete at the Interschool Spelling Bee Competition. Best of luck to all students!

ST PAUL’S DAD’S NIGHT

With the New Year, and a number of new dads in the school, please join us at our inaugural St Pauls’ Dads event and meet a few new faces, over a friendly bowl and a quiet beer. To help us make these gatherings a regular event, we’ve also invited a representative from the Fathering Project to share with us how they’ve helped establish dads groups at other schools.

Invites have been sent out by email this week. Please RSVP by clicking on the appropriate response.

[Mums: if you received the invite, can you please forward to your spouse. We wouldn’t want them to miss such a great opportunity!]

Jesse Yock
Assistant Principal
This week the Year Four class began their study of fractions and division. To begin with they did a fun activity called ‘Half of a Half.’

Students began with an A4 piece of paper. They cut this in half, labelled one piece a half and then cut the other piece in half again. Now they had two quarters. Again, one was labelled and the other cut to make two eights. So they continued until the smallest piece was 1/1024. The class then stuck their pieces back together to reform the A4 paper as best they could.

The activity allows students to see where the names for denominators come from, as well as how fractions get smaller, the larger the denominator is. It also allows students to see some basic equivalent fractions.

This activity provoked an interesting discussion about how small the pieces could get until they could no longer be seen and the scissors became too big to cut them.

The Year 4 class had fun and developed their understanding of fractions, including naming and equivalence.

Mark Fitzpatrick
Year 4 Teacher
SPORT NEWS

RUNNER’S CLUB

It is so great to see so many students and their parents joining in at Runner’s Club on Tuesday mornings.

What a great way to start the day!

AFTER SCHOOL WINTER SPORT

All the students participating in the After School Sports program are really enjoying it. Thank you to the following staff and parents for assisting with the running of these activities:

Mrs Duffy, Ms Connolly, Mr Fitzpatrick, Mrs Gazia, Mrs Olivieri and Jiri.

Any parents who would like to help out with AFL, Soccer or Netball please contact me via email at kerse.loretta@cathednet.wa.edu.au

Loretta Kerse

PE SPECIALIST
Pirate Day Friday Free Dress Day

On Friday 10 June you will not be sending your child to school .... Instead you will be sending a PIRATE on a VOYAGE! By participating, your child will be partnered with Telethon Adventurers in their fight with childhood cancer by raising funds for vital research into childhood brain cancer. The day will include activities educating your child on the issue and important values of empathy, leadership and community giving.

So please ensure that your pirate child comes to school dressed up as a pirate with a gold coin donation. For further information, or if you wish to donate to this cause yourself, please visit www.piratedayfriday.com or give your child more treasure to contribute to the schools’ treasure chest (donation box).

Book Fair

Wednesday 18 May to Friday 20 May

Come along to our Scholastic Monster Book Fair and stock up with great discounts!

The fair will be open from 8.15 - 8.45 am and 3.00 - 3.30 pm.

We would love your help! If you can spare some time to volunteer during one of these times it would be greatly appreciated. A roster will be on the Heritage Hall door. Please fill in a time slot. It’s lots of fun and no experience is necessary!! The optimum number per shift is 3 volunteers, so if you can help, or for further information contact Juliet Bruining on 0447 774 037 or pop in and see Mrs Antoni in the Library.

Entertainment Books

Entertainment Books are now available for purchase. You should have received a flyer regarding the Entertainment Books earlier this week. If you wish to purchase a book, please contact Clare Salfinger, or your Class Representative, who can forward on relevant details.

P & F Meeting

I hope to see you all this Friday 13 for the P&F meeting in the Barbier Hall commencing at 9am.

Juliet Bruining

P&F PRESIDENT
You’re invited to our Book Fair!

Find these and hundreds more books at the fair!

All purchases benefit our school!

Date: 18-20 May
Time: 8:15-8:45 & 3:00-3:30
Place: Heritage Hall

Kids who read SUCCEED!
Attention: All Fathers and Father Figures of St Paul's Students

FREE Barefoot Bowls

With the New Year, and a number of new dads in the school, please join us at our inaugural St Pauls’ Dads event and meet a few new faces, over a friendly bowl and a quiet beer.

To help us make these a regular event, we’ve also invited the Fathering Project along to share with us how they’ve helped establish dads groups at other schools.

**When:** Wednesday 25 May at 6:30pm

**Where:** North Perth Bowling Club, Woodville Reserve, Farmer Street, North Perth.

*Invites to follow*
ENTERTAINMENT BOOKS ARE COMING TO
ST PAUL'S PRIMARY SCHOOL P&F!

$13 from each sale contributes to our fundraising!

Order yours today and help us with our fundraising...
The Entertainment™ Book gives you access to thousands of up to 50% off and 2-for-1 offers for Perth’s best restaurants, cafés, attractions and more. Plus it offers the best in market prices for thousands of hotels, resorts, car rentals, theme parks, groceries, petrol and shopping that you can use whenever you like until June 2017.

Plus, now including offers from some of Bali’s Best restaurants, accommodation and attractions!

PRE ORDER ONLINE HERE

Browse the new Perth 2016|2017 Entertainment™ Book Here

Memberships will be available in May, however, pre-order today to receive up to $200 in Early Bird Offers that you can use straight away!

For Queries contact: Clare Salfinger on clare.coulson@me.com
# St Paul’s Primary School Parent Calendar
## Term Two 2016
### Mission Focus – Our Lady of the Missions

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<td>ANZAC DAY HOLIDAY</td>
<td>Students commence ANZAC Day Prayer Service 8:45am Yr 6</td>
<td>No class prayer</td>
<td>No Mass</td>
<td>Parish/School Mass 9.30am Yr 3</td>
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<td>MAY</td>
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<td>Prayer Assembly - Yr 4</td>
<td>Cross Country Training 7:30-8:00am After School Winter Sports Training</td>
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<td>9.15 Mothers’ Day/ Opening Term Mass &amp; Morning Tea Yr 6</td>
<td>Assembly – Yr 2</td>
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<td>NAPLAN</td>
<td>9</td>
<td>10 NAPLAN (Y3 &amp; 5)</td>
<td>11 NAPLAN (Y3 &amp; 5)</td>
<td>12 NAPLAN (Y3 &amp; 5)</td>
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<td>Prayer Assembly - Yr 3</td>
<td>Class Prayer 9:00 Yr 2 Cross Country Training 7:30-8:00am After School Winter Sports Training</td>
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<td>Our Lady of Fatima Mass 9:15am (Y4-6) Yr 4</td>
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<td>16</td>
<td>17 Class Prayer 9:00 Yr 3</td>
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<td>19 SCHOOL PHOTO DAY</td>
<td>20 SCHOOL PHOTO DAY</td>
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|    |        | Prayer Assembly - Yr 2 | ICAS Digital Technology Cross Country Training 7:30-8:00am After School Winter Sports Training |         | Mass 9:15am (Y4-6) Yr 5 | Assembly – Yr 4 | TRINITY SUNDAY Shaun Tan Compe-
|    |        |         |           |          |        |          |          |
| 5  |       | 23      | 24 Class Prayer 9:00 Yr 1 | 25       | 26 SORRY DAY |          | 28/29   |
|    |        | Prayer Assembly - Yr 1 | Cross Country Training 7:30-8:00am After School Winter Sports Training |         | May Crowning, Rosary & Benediction 9:15am (PP-6) Yr 5 |          | CORPUS CHRISTI Parish/School Mass 9.30am Yr 4 |
|    |        |         |           |          |        |          |          |
| 6  | JUNE   | 30      | 31 Class Prayer 9:00 Yr PP | 32       | 1 School Cross Country Carnival Yr 3-6 | 2 Sacred Heart of Jesus Mass 9:15am (Y4-6) Yr 4 | 4/5     |
|    |        | Prayer Assembly - Yr 6 | ICAS Science Cross Country Training 7:30-8:00am After School Winter Sports Training |         |          | Assembly – Yr 1 |          |
|    |        |         |           |          |        |          |          |
| 7  | WA DAY HOLIDAY | 6       | 7 Pupil Free Day / Staff PO Day | 8 FMC Retreat (Reconciliation Yr 4) | 9 Mass 9:15am (Y4-6) Yr 6 Dentist Screenings PP, Y3 & Y6 School Nurse | 10 Pirate Day | 11/12 FIRST HOLY COMMUNION 11.00am & 3.00pm Tim Winton Writing Competition |
|    |        |         |           |          |        |          |          |
| 8  |       | 13      | 14 Class Prayer 9:00 Kindy | 15       | 16       | 17       | 18/19   |
|    |        | Prayer Assembly - Yr 5 | ICAS Writing Cross Country Training 7:30-8:00am After School Winter Sports Training |         | St Anthony of Padua Mass 9:15am (Y4-6) Yr 5 | Assembly - PP |          |
|    |        |         |           |          |        |          |          |
| 9  |       | 20      | 21 Class Prayer 9:00 Yr 5 | 22       | 23       | 24       | 25/26   |
|    |        | Prayer Assembly - Yr 4 | Cross Country Training 7:30-8:00am After School Winter Sports Training |         | Nativity of John the Baptist Mass 9:15am (Y4-6) Yr 4 | Assembly - NAIDOC Week / Music Dads & Lads Y4-6 AFL Night 5:15pm |          |
|    |        |         |           |          |        |          |          |
| 10 | JUN/ JUL | 27      | 28 Class Prayer 9:00 Yr 6 | 29       | 30 Last day of Term | 1 Catholic Day (Pupil Free Day) | 2/3     |
|    |        | Prayer Assembly - Yr 3 | Cross Country Training 7:30-8:30am Winter Sports Training 3-4pm |         | St Paul’s Day Whole School Celebration – End of Term Mass 9.15am Yr 5 Reports go Online 4pm |          |          |

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*ST PAUL’S PRIMARY SCHOOL, MT LAWLEY - FROM DARKNESS INTO LIGHT - 10*
How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxiety and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back-up plan in case a parent wouldn't arrive in time to take her home! 'Being prepared for every contingency' was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their bed; or even worrying that their parents will go to work in the morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a 'Type A' worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the 'It'll be right. Don't overthink it.' type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worries need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing 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.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of Everyday Jitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chankay author of Freeing

Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name
Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers There's a Hippopotamus on our Roof by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

Put your worries in a jar
Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show, or lose yourself browsing for hours online. Children need something a little more practical. They 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.

more on page 2
... How to move your child from worrier to warrior ...

Limit talking time
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety
Anxious kids are very sensitive to their parents’ concerns and worries. One way we 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 too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

It’s not that worriers can’t function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also 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.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.