Dear Members of the St Paul’s Community

I hope you enjoyed your extra long weekend and that the children feel refreshed and ready for the last busy weeks of the term. On Tuesday the staff participated in a day of very worthwhile professional development on Maths Measurement.

First Holy Communion Day
The special day has finally arrived and this Sunday, 12 June, the children in Year 4 will be making their first Holy Communion. The sacramental program is parish-based and this year Father Tim has introduced some changes. Instead of the one Mass at 11.00am, there will be two Masses, one at 11.00am and the other at 3.00pm. The first Holy Communion class has been divided into two groups and each family has chosen to attend one of the two Masses. We are very appreciative of the parish council for providing a reception after each Mass in the Barbier Hall, where light refreshments will be offered to the first communicants and their families.

Interschool Spelling Bee next Friday
The Interschool Spelling Bee will be held tomorrow, Friday 17 June, from 9.00-12.00 at Our Lady’s Assumption School in Dianella. Our representatives for St Paul’s are as follows: Emma Biundo & Stella Gregory (Year 3), Jessica Bruining and Ciara Harris (Year 4), Aidan Sack & Ashleigh Hugo (Year 5), Sophie Gregory & Caitlan Ryan (Year 6). We wish them all the very best of luck!

Postponement of the Pre Primary Assembly to Friday 24 June
The Pre Primary assembly has been postponed until Friday 24 June due to a clash of events. Students from Year 3-6 will be attending other events next Friday, and we don’t want them to miss out on the Pre Primary assembly. As a result there will be no assembly next Friday.

Congratulations!
Mikayla Scerri recently travelled to Canberra with the State Gymnastics Team to compete at the 2016 Nationals and attend the Team Future Camp at the Australian Institute of Sport. Mikayla achieved excellent results. She came 2nd in the National Physical Test and made ‘High Achiever’ (which means that she is ranked in the top 3 gymnasts in Australia for her age). It takes much composure and professionalism to perform in a large arena, in front of a panel of judges and top coaches around the country. Congratulations Mikayla!

Please remember the first communicants in your thoughts and prayers.

Joanna Noonan
Principal
**First Holy Communion**

The two First Holy Communion Masses will be held this weekend: Sunday 12 June at 11am and at 3pm. Please ensure that you arrive at the appropriate time. A reminder, that there is a professional photographer who will be present at both Masses, so please do not take photographs during the ceremonies. Thank you in advance to Father Tim and Mr Fitzpatrick for your guidance and support in preparing the Communicants. We pray together with the children and the families and ask Jesus to be with them during this special moment in their lives as they receive him for the first time.

**Upcoming Events**

- **Sunday 12 June**: First Holy Communion 11.00am and 3.00pm St Paul’s Church
- **Monday 13 June**: Prayer Assembly 8.45am Year 5
- **Tuesday 14 June**: Class Prayer 9.00am Kindy
- **Thursday 16 June**: Mass 9.15am St Anthony of Padua (Year 5) Yr 4-6

**LifeLink**

Well done to all staff and students last Friday 3 June, for our LifeLink Fundraiser Day. It was a fabulous effort from everyone in our community in raising funds for this worthy cause. Our LifeLink paper chain looked amazing with all the bright colours.

Yesterday Wednesday 8 June 2016, Ms Noonan and Mr Yock along with Alyssa Olivieri, Sophie Gregory and Kizito Mutoya attended the LifeLink Day, which was held at Lake Monger Reserve. Schools gathered together and united their chains to make one long continuous chain.

In this **Year of Mercy**, we hope it represents a powerful and visual demonstration of our young people joining together to help people in need. Thankyou again to everyone in St Paul’s Community for your support.
PIRATE DAY

Everyone is looking forward to participating in Pirate Day tomorrow Friday, 10 June, to raise awareness and much needed funds for research into the prevention and cure of childhood brain cancer. All children and staff are asked to come to school dressed as a pirate, in exchange for a gold coin or note donation. Each student will be given a white eye patch to decorate and wear on the day, as well the opportunity to participate in special class activities. Let’s all contribute to this worthwhile cause.

LIFE LINK LAUNCH

Seventy-four primary schools attended the Archbishop’s LifeLink Day Launch and Year of Mercy event at Lake Monger on Wednesday 8 June. Three of our Year 6 leaders (Alyssa Olivieri, Kizito Mutoya and Sophie Gregory) attended the event with Ms Noonan and Mr Yock. We attached our paper chain to those of other schools in the Perth diocese to make one ‘Catholic family chain’. Each paper link represented a gold coin donated to the Life Link cause.

SEQTA REPORTING UPDATE

Since the end of 2013, our school has been using a new software suite, SEQTA, to maintain students’ attendance and keep pastoral care records. This year we will again be using SEQTA to produce our end of semester reports.

An extra component of this system is known as SEQTA ENGAGE. This is an online parent portal, which is able to provide you with your child’s past and present reports.

SEQTA ENGAGE will allow the school to provide your child’s report through paperless means. Parents were previously sent an email to provision their individual account. Once you log in with your chosen login details you will see a menu on the left hand side. The Reports label is the way you can access your child’s semester report. Reports will be made available on line for you to see on any electronic device and print if you wish. Your child’s Semester 1 report will be available from Thursday 30 June, 2016.

The school web link to access SEQTA ENGAGE is:


Please note that parents who are unable to access their child’s report using an electronic device may request a paper copy from the school office.

All SEQTA related enquiries should be directed to Jesse Yock at yock.jesse@stpaulsmtl.wa.edu.au

Jesse Yock
Assistant Principal
In Year One we have been looking at different fairy tales. The most recent story we looked at was the Princess and the Pea. In Mathematics, our focus was collecting and representing data. We hid peas under our mum’s beds to see which mums were princesses. We did a pictograph to represent our findings. We also tasted different kinds of peas and did a tally to display the data we collected. We are getting VERY good at graphs and tallies!

"My favourite pea is the snow pea. I eat them at home!" - Bridget

"I hid the pea under my mum’s bed. In the morning, she said she had a backache!" - Allegra

"I liked snap peas the best!" - Christopher

"My mum said she didn’t have a very good night sleep but she didn’t know I had hidden a pea under her mattress!" - Stella

Chiara Duffy
Year 1 Teacher
YEAR 5 NEWS

YEAR 5 MOVIE MAYHEM!

Last Wednesday 1 June, the Year 5 students enjoyed a PJ, Pizza and ‘Ten Commandments’ Movie Night. To assist the students remember the Exodus story, they watched the marathon Cecil B. De Mille 1956 movie, *The Ten Commandments*. Our movie start time was 5:00pm and we stayed up until nearly 9:00pm! Students came to class in an array of PJ’s and some very interesting onesies! In came beanbags, pillows, blankets and soft toys to cuddle!

A special thank you to Mr and Mrs Gazia who ordered and delivered the pizza, they also brought treats and helped with the clean up. The children were very well behaved and most importantly enjoyed their time together. There were a few red eyes the next day (especially their teacher’s! ☺️)

YEAR 4 NEWS

The candidates for First Holy Communion attended their Retreat yesterday, Wednesday the 8th at St Paul’s Church. The St Paul’s School students were joined by nine other children from the parish who will also be receiving Jesus for the first time.

They covered the links between the Last Supper and the Mass, discussed what First Holy Communion means to them and practiced how to receive the Host. They also learned how to make their thanksgiving after receiving Communion.

All the candidates had the opportunity to make Reconciliation.

They had a great time and are now ready to receive their First Communion.

Mark Fitzpatrick

YEAR 4 TEACHER

SPORT NEWS

WINTER SPORT LIGHTENING CARNIVAL

We are taking two Soccer and two Netball teams to the Winter Sports Carnival next Friday 17 June 2016.

The bus will leave school promptly at 8:30am. Netballers will be dropped off at WA State Netball Centre (200 Selby St Wembley) and Soccer players at College Park (Princess Rd Nedlands) The games start at 9:30am and finish at 2pm. The presentations are at 2:30pm.

Students are to wear their sport uniform, runners, mouth guards, shin pads and soccer shoes (which are permitted but not compulsory). Students will need a packed lunch, plenty of water and healthy snacks for the duration of the day.

Loretta Kerse

PE SPECIALIST
Pirate Day Friday Free Dress Day

Tomorrow, 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).

SCHOOL FEE REMINDER

A reminder that the second instalment of school fees is due this Friday 10 June 2016.

If you are unable to pay your fees on time, please contact the Bursar:

Virginia Thomas
Phone: 9271 8593
Email: thomas.virginia@cathednet.wa.edu.au

P & F MEETING

The next P&F meeting will be held in the Barbier Hall, TOMORROW Friday 10 June at 9am. Hope to see you all there.

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.

Juliet Bruining
P&F PRESIDENT

PARISH NEWS

ST PAUL’S PARISH ALTAR SERVER ROSTER
11 June & 12 June 2016

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<td>6pm Mass</td>
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DADS AND LADS
YEAR 4-6 AFL GAME NIGHT

Calling all dads with sons in Years 4-6.
We’ve got an event for you!

Come see the Fremantle Dockers do battle with the Collingwood Magpies on the big screen.

Where: St Paul’s Primary School, Barbier Hall
When: Friday 24th June from 5:30pm
What: Watch the footy with your son. Pizza and soft drink provided.

Get excited!

(a significant father figure is welcome in place of dad)
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>25</td>
<td>ANZAC DAY HOLIDAY</td>
<td>26 Students commence ANZAC Day Prayer Service 8:45am Yr 6 No class prayer</td>
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<td>28 No Mass</td>
<td>29 Parish/School Mass 9.30am Yr 3</td>
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<td>7/8 Ascension Day Mothers’ Day</td>
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<td>Prayer Assembly - Yr 4</td>
<td>3 Class Prayer 9:00 Yr 4 Cross Country Training 7:30-8:00am After School Winter Sports Training</td>
<td>4</td>
<td>5 9.15 Mothers’ Day/ Opening Term Mass &amp; Morning Tea Yr 6 Mothers’ Day Gift Stall Parent / Candidate Holy Communion Workshop 6:30pm Barbier Hall</td>
<td>6 Assembly – Yr 2</td>
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<td>3</td>
<td>NAPLAN</td>
<td>10 NAPLAN (Y3 &amp; 5) Class Prayer 9:00 Yr 2 Cross Country Training 7:30-8:00am After School Winter Sports Training</td>
<td>11 NAPLAN (Y3 &amp; 5)</td>
<td>12 NAPLAN (Y3 &amp; 5) Our Lady of Fatima Mass 9:15am (Y4-6) Yr 4 Holy Communion Parent Meeting 6:30pm (Church)</td>
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<td>4</td>
<td>JUNE</td>
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<td>25/22 TRINITY SUNDAY Shaun Tan Competition</td>
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<td>28/29 CORPUS CHRISTI Parish/School Mass 9.30am Yr 4</td>
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<td>WA DAY HOLIDAY</td>
<td>8 FHC Retreat (Reconciliation Yr 4) Maths Olympiad Testing</td>
<td>9 Mass 9:15am (Y4-6) Yr 6 Dentist Screenings PP, Y3 &amp; Y6 School Nurse</td>
<td>10 Pirate Day P&amp;F Meeting</td>
<td>11/12 FIRST HOLY COMMUNION 11.00am &amp; 3.00pm Tim Winton Writing Competition</td>
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Why effective learning starts with a good night’s sleep

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day’s activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go so sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn’t help either.

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night’s sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn’t helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.

more on page 2
Why effective learning starts with a good night’s sleep...

Helpful tips to assist your young person to get enough sleep

1. Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.

2. If they are tired, suggest kids start going to bed 10-20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.

3. Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.

4. Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won’t wake them during the night. Or buy them a clock so they don’t need their phone at all!

5. There are a number of apps such as flux that will change the display light on computer screens to yellow, which doesn’t impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

Jenny Brockis

Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores.

www.drjennybrockis.com

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.