Mother’s Day
Thank you, Lord, for our mothers, Who were brave enough to give birth,
Who loved through many growing-up years,
Who taught about God and love and being good,
Who often received no thanks, Whose ears could hear the slightest cry,
Who eyes didn’t miss much either, Whose hands held and bathed and picked up,
Whose heart was often broken, Who always forgave and forgot,
Who encouraged when things went bad, Who always had time to listen,
Who worked so hard to make things go, Who make the world so much better,
Who deserve our love on Mother’s Day, And every day, even for eternity. Amen.

Dear Parents and Guardians,

It hardly seems possible that we returned to school from the holidays only a week ago. Certainly, staff and students were back into work at top speed from day one. Years 3 and 5 sat the NAPLAN assessments this week, as it was necessary to have them settled in and thinking about work, even though they had only three school days before the first assessment.

Thank you to parents who ensured that their children were back at school on the first day and in winter uniform. The winter uniform is worn in Terms 2 & 3 and children have two weeks to be wearing it correctly. A number of families have discovered that their child has grown considerably since last October and parts of the uniform no longer fit. The Uniform Shop is open Tuesdays and Fridays for you to purchase items that are required.

I shall be in Sydney attending a National Summit on Asian Literacy on Monday and Tuesday next week and, barring Qantas being on strike, will be back Wednesday in time for the Opening of our Community Hall. Bridget Jones and Warren Smith will be available as usual, in my absence.

All families have received an invitation to the Opening Ceremony for the Community Hall which is on Friday at 10.00am. Please RSVP if you are joining us, so that we have enough food for morning tea! Senator Louise Pratt is representing the Australian Government at the Opening. As you know, the funds (over $3,000,000) were provided by the Australian Government, under the BER project and I thank them for their recognition of the need to support primary schools throughout Australia.

God bless you
Eileen Climo
Principal
DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday &amp; Sunday 14/15 May</td>
<td>Commitment Masses for Confirmation</td>
</tr>
<tr>
<td>Tuesday 17 May</td>
<td>Uniform Shop from 2.30pm-3.30pm&lt;br&gt;Confirmation Workshops 5.00pm &amp; 7.00pm</td>
</tr>
<tr>
<td>Wednesday 18 May</td>
<td>School Mass led by 3W&lt;br&gt;Edgym Years 3-6&lt;br&gt;Confirmation Workshops 5.00pm &amp; 7.00pm</td>
</tr>
<tr>
<td>Thursday 19 May</td>
<td>Merit Assembly</td>
</tr>
<tr>
<td>Friday 20 May</td>
<td>Opening and Blessing of the School Hall&lt;br&gt;NO CANTEEN TODAY</td>
</tr>
</tbody>
</table>

SCHOOL MATTERS

Congratulations to those children who have celebrated their birthdays recently.
Talia Crowley-George, Raquelle Mazzardis, Taj Hazell, Ami-Rose Kennedy, Ayden O’Flaherty, Ethan Churchill, Estelle Gaunt, Hayley Dyke, Alana Wilburn, Jaylin Wynne, Georgia Branch, Tom Englebert, Priscilla Koh, Jack Wilson, Chelsea Sanders, Elisabeth Doust, Koby Marsh, Milie Mazurak, Kyla Pearce, Piper Starr, Jesse Dennis, Maper Maker Makur, Trent Knight, Monique Noble

CONFIRMATION

Students who are receiving the Sacrament of Confirmation this year, need to attend a Commitment Mass this weekend unless they did so last weekend. The commitment is a step in the journey towards the reception of the Sacrament, which occurs on Pentecost Sunday. The Confirmation workshops are next week, on Tuesday or Wednesday evening. All candidates must attend one workshop with a parent. The workshop is selected at the Commitment Mass.

SCHOOL REPORTS

Students receive school reports at the end of Terms 2 and 4. The student report will look slightly different this year as the rating system has changed in Catholic schools. There will be a parent meeting later in the term to explain the changes as well as a detailed handout with the report. The change is the first step in aligning our school report with the expectations of the Australian Curriculum which will be implemented in some learning areas in 2012. We are presently trialling some aspects of the Australian Curriculum in English and Mathematics, comparing the expectations of the current Curriculum Framework for WA with the Australian Curriculum. Staff Professional Development has this as its focus in 2011 to ease the transition in 2012 for staff and students.

AUSTRALIA’S BIGGEST MORNING TEA

On Thursday the 26th of May, our school will be participating in Australia’s Biggest Morning Tea. All money raised goes towards the Cancer Council. It is dedicated to research, education and prevention programs, support services and advocacy to protect the community from cancer risk factors.

Each class will be holding their own morning tea from 10:00am to 10:30am. Parents are invited to join their child’s class at this time with tea and coffee being provided.

We ask for your help in the following ways:
1. Send in a small plate of food to be shared with your child’s class (drinks provided).
2. Make a gold coin donation to the Cancer Council (By both parents attending and students) Help us in the fight against Cancer!

MOTHER’S DAY RAFFLE

Congratulations to Mrs Caroline Riviere who won the Mother’s day raffle. You were truly spoilt for Mother’s day!

DRUMMING LESSONS

Mr Gordon Jansen now has vacancies for new drum students on Fridays. Please make enquiries at the administration office or call 0421 713 182 for details.

Thank you.
PLEASE NOTE THAT THE CANTEEN WILL BE CLOSED FOR RECESS AND LUNCH ON FRIDAY 20, MAY.

LOST
Please check your child’s hat. Sebastian Riviere’s hat went missing on the last day of school Term 1.

WE’RE TAKING IT IN OUR STRIDE ON FRIDAY, 20 MAY 2011
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. And 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 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 Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 20 May 2011! For more information, visit www.walk.com.au

QUINNS ROCKS Hin2H PROGRAM
For all Kindy to Year 4 students. 7 Weeks: Starting Wednesday, 11th May. At: Peter Moyes Anglican Community School (PMACS). 5pm to 6pm. To finish off the program they will be playing in the Rookey Carnival at Perth Hockey Stadium, Bentley, on Sunday the 26th June. Register your child using the link below: https://reg.sportingpulse.com/v5/regoform.cgi?aID=14537&formID=11486
Heidi Wentzel: 043 992 5263 or heidiwentzel@bigpond.com

NORTH COAST RANGERS CHRISTIAN FOOTBALL CLUB
North Coast Rangers Christian football club are looking for players to join their Under 14’s football team. If you have any queries or are interested in joining please contact Carol Anne on 9300 9261 or 0400 124 788.

OPEN DAY – MERCEDES COLLEGE
Mercedes College, a Catholic secondary school for girls, founded in 1846 by the Sisters of Mercy, is having an OPEN DAY on Sunday, 22ND May from 11.00am – 1.30pm. Throughout this time there will be conducted tours (last tour leaves at 1.00pm), displays, drama and music performances. Come and see how the building programme is progressing. Refreshments will be available. All are welcome. Victoria Square, PERTH WA 6000.
www.mercedes.wa.edu.au

WORLDWIDE MARRIAGE ENCOUNTER:
A weekend for married couples. Take time out of your busy schedule, to invest in your most precious asset . . . Your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again!
Weekend Date: 29-31 July
Venue: Penola By The Sea, Safety Bay
For Bookings/details contact: 0424 220 625 - Joe & Margaret or Email: WAbookings@wwme.org.au
Information: Website – www.wwme.org.au
Friday 20 May 2011 is National Walk Safely to School Day

Local councils, businesses and Parents & Citizen groups are encouraged to ‘Host a Healthy Breakfast’ for their local primary schools to promote a healthy diet in conjunction with regular physical activity.

Good nutrition is essential for good health and a good breakfast is vitally important to start the day well. Breakfast gets the metabolism going and helps prevent a slump in concentration during the late morning hours. Studies also show that those who eat a healthy breakfast eat less junk food later in the day and have a lower intake of saturated fat and a higher intake of essential nutrients and dietary fibre for the whole day.

**WHATS ON THE MENU?**

**For a healthy school breakfast, the following foods need no preparation:**
- Apples, pears, bananas, mandarins, grapes or any fresh fruit in season, cheese cubes or cheese sticks, fresh bread rolls (excellent if served with a banana), long life milk (preferably fat-reduced), a soy or fruit based smoothie, small containers of unsweetened peaches or other fruit, dried fruit, water.

**If there is someone who can help, good choices include:**
- Rockmelon, watermelon, kiwi fruit (in season), raisin bread or toast, sliced French stick with cheese, yoghurt, whole-wheat breakfast biscuits, split and spread with butter and yeast extract, milk, preferably fat-reduced.

**For breakfast at home, good choices include:**
- Some fresh fruit plus quality whole-wheat breakfast biscuits or natural muesli or porridge with milk, toast with an egg, toast with cheese or peanut butter, a smoothie (blend fat-reduced milk, yoghurt, fresh fruit and a little honey).

**Poor breakfast choices include:**
- Breakfast bars (too much sugar), sugary cereals, crisps or chips, soft drinks, juice drinks.

**ABOUT ROSEMARY**

Dr Rosemary Stanton OAM is one of Australia’s best known nutritionists. She was awarded an Order of Australia Medal for her services to community health through education in nutrition and dietetics. Dr Stanton is currently a Visiting Fellow in the School of Medical Sciences at the University of NSW. She is a Patron of the NSW School Canteens Association and a member of many advisory committees and professional associations in Australia and overseas.

Yum! Fresh fruit can naturally sweeten wholegrain cereals without artificial sugar or additives!

BOOST YOUR CHILD’S METABOLISM WITH BREKKIE!

Friday 20 May 2011

For more information and ideas on how to celebrate Walk Safely to School Day please visit walk.com.au •