Slow Dance
Don’t run through the day on the fly?
When you ask ‘how are you?’ do you hear the reply?
When the day is done, do you lie in bed
with the next hundred chores running through your head?
You had better slow down, don’t dance so fast.
Time is short, the music won’t last.

Dear Parents and Guardians,
Health matters seem to be dominating the news with a Melbourne school being closed, according to the TV news, as students there are quarantined for H1N1 virus after two children in the school tested positive. While this virus has a low threat level in Australia at present, it is timely to remind parents of the potential for increased spread of ANY virus in the school environment.

Every day for the past two weeks, we have had to ring parents to pick up children who have a gastro bug that is spreading through classrooms. While this virus can hit fast, if your children tell you that they feel sick or have been vomiting, please do not send them to school. The same applies to cold and flu symptoms. Too many children are sent to school unwell and spread the virus to others. In the interests of the children and staff in our school, please keep your children at home if they are coughing badly, have runny noses or fevers. Thank you.

Our X-country training has started, with all children from Pre-primary to Year 7 running ‘laps’ on Mondays, Tuesdays and Fridays to increase their fitness before our school and interschool X-country events later this term. The children receive credits for the number of laps they run and are challenged to increase the number of laps they run each day, with prizes awarded at certain levels of attainment. Our school X-country event is on Thursday, June 18. There will be no assembly that day.

In June or July, 1000 native plants will be planted by the children on the bank behind the courts. You will see that concrete kerbing has been laid and this forms the outline of the area involved. Every child will plant one or two seedlings of eight different varieties of native plants.

God bless you.
Eileen Climo
Principal

NOTES ACCOMPANYING NEWSLETTER
Years 6 & 7 – Human Growth and Development Meeting with permission slip
Cybersmart Guide

NOTES SENT HOME THIS WEEK
St Andrew’s School Fete 2010

VISION STATEMENT
St Andrew’s CPS offers an education that acknowledges, respects and nurtures the uniqueness of each person.
Within a framework of Catholic values and teamwork, the students will be challenged and supported to recognise their gifts and develop their potential as they learn and contribute to their community.
DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 22 May</td>
<td>Uniform Shop Open 8.15 - 9.00am</td>
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<tr>
<td></td>
<td>Swimming Lessons Years 4-5</td>
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<tr>
<td>Monday 25 May</td>
<td>Swimming Lessons Years 4-5</td>
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<td></td>
<td>Gymbus Yrs 3-7</td>
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<tr>
<td>Tuesday 26 May</td>
<td>Swimming Lessons Years 4-5</td>
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<tr>
<td></td>
<td>Staff Meeting</td>
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<tr>
<td>Wednesday 27 May</td>
<td>Swimming Lessons Years 4-5</td>
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<td></td>
<td>6/7B Mass</td>
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<td></td>
<td>FETE: Meetings 2.00pm and 7.00pm in Library</td>
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<tr>
<td>Thursday 28 May</td>
<td>Merit Assembly</td>
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<tr>
<td></td>
<td>Swimming Lessons Years 4-5</td>
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<td></td>
<td>Australia’s Biggest Morning Tea</td>
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<tr>
<td>Friday 29 May</td>
<td>Swimming Lessons Years 4-5</td>
</tr>
<tr>
<td>Monday 1 June</td>
<td>Foundation Day – Public Holiday – NO SCHOOL</td>
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</tbody>
</table>

HAPPY BIRTHDAY!

Ronan Harvey, Jordyn Grevers, Molly Boggan, Chelsea Bresser, Akuch Reech, Chelsea Jacobs, Niamh Burke, James Phelps

AUSTRALIA'S BIGGEST MORNING TEA

On Thursday the 28th of May, our school will be participating in Australia's Biggest Morning Tea. All money raised goes towards the Cancer Council. The funds raised are 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 10:00 to 10:30. 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!

MAKING JESUS REAL AWARDS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>STUDENT NAMES</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>Trent Knight</td>
</tr>
<tr>
<td>3</td>
<td>Ashlynn Noone, Marianne Romanelli, Cody Smith</td>
</tr>
<tr>
<td>4</td>
<td>Harshil Patel</td>
</tr>
<tr>
<td>5</td>
<td>Tyler Walsh, Paige Richards</td>
</tr>
<tr>
<td>6/7</td>
<td>Melissa Makdessi, April Hanley, Ivy Silabay</td>
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</tbody>
</table>

MERIT AWARDS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>STUDENT NAMES</th>
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</thead>
<tbody>
<tr>
<td>PP</td>
<td>Angelikah Ryder, Erinn Burke, Liam Bird, Chelsea Bresser, Emilio Estrella, Amy Maxwell-McGeever</td>
</tr>
<tr>
<td>1</td>
<td>Mitchell Bird, John Hewett, Ayden O'Flaherty, Piath Maker-Riak, Nikita Francis, Hayden Colyer</td>
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<tr>
<td>2</td>
<td>Jackson Boyd, Emma Draghiciu</td>
</tr>
<tr>
<td>3</td>
<td>Caitlin Cummins, Monique Noble, Chloe Rippon, Friday Majok, Elaina Hinder</td>
</tr>
<tr>
<td>4</td>
<td>Whitney Kuramoto, Odhran McKenna, Matthew Farrell, Emerson Riviere</td>
</tr>
<tr>
<td>5</td>
<td>Jordyn Grevers, Tiffany Hodgson, Kaitlyn Gorham, Vasco DaSilva, Ciara Cruz, Jaedyn Turner, Isabelle O'Brien, Beau Brammall, Kona Kirchner</td>
</tr>
<tr>
<td>6/7</td>
<td>Dylan Cunningham, Hannah McKay, Joseph Higgins, Tony Koh, Ayieda Maker, Bree-Ann Leech, Shayne Kerr, Dylan Templin</td>
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</table>
**INTERNET SAFETY**

The internet is an incredible tool. It offers the chance to become part of an enormous virtual community connected by mutual interest rather than geography. Children access the internet for entertainment, research, school assignments and to communicate. In doing so they can also, often unknowingly, place themselves in risky situations. Ensuring children understand these risks and have the knowledge to be cybersafe are as important in the home as at school.

Over the next few weeks, we will be sending home some brochures produced by the Government’s Australian Communications and Media Authority. These brochures were designed to assist parents in helping their children to become ‘cybersmart’ online. They cover topics such as smart net surfing, chatting online, filters, social networking and safe mobile phone use. Please read the information and discuss it with your child/children and encourage them to make smart choices.

**MOBILE PHONES**

We are still collecting old mobile phones, phone batteries, chargers and accessories. St Andrew’s will be entering a national competition to see which school can collect the most old mobile phones. Please send yours in before Friday June 5, 2009.

**MATHS OLYMPIAD**

**Question:** Amy, Brett and Cate each secretly write down $Z$, $U$ or $T$. What is the probability that Cate’s letter is different from both Amy’s letter and Brett’s letter? **Answer:** $\frac{12}{27}$ or equivalent

**LOST:** Would you please check your child’s jumper. A. FitzGerald has lost her jumper.

**COMMUNITY NEWS**

**ST ANDREWS NETBALL CLUB - ROUND 3:** Another sunny Saturday morning and the girls have all settled into their teams. It is a bit strange to get sunburnt during the netball season but none of the spectators are complaining! Well done to all the teams. The results were as follows:

- **Year 3 Mermaids** Bye,
- **Year 4 Sharks** Lost 0–8 (Award - Lillie Hines),
- **Year 5 Dolphins** Won 28–3 (Award - Brittany Tate),
- **Year 5/6’s Pearls** Lost 1–41 (Award – Annalise Mills),
- **Year 6 Dolphins 2** Lost 9–12 (Award - Bianca Gimondo).

**PROTON ACTIVE**

Positive Energy Programs for Everyone. A balance of strength, stamina and suppleness through fun activities. Children from Year 1 and Year 2 are invited to 3 FREE sessions commencing Friday 22 May. Children from Year 3 and Year 4 are invited to 3 FREE sessions commencing Friday 12 June. Full supervision of your child from 2.50pm till 4.00pm. Contact TERESA CHEESMAN on 0434827900, or by email – teresacheesman@westnet.com.au.

**ASTHMA FOUNDATION OF WA:** The Asthma Foundation of WA is providing a free ASK THE ASTHMA EDUCATOR workshop on Saturday 30th May 2009, from 1.00pm to 3.00pm at Joondalup Community Health Centre. Local Asthma Educator Yvonne Ashworth will speak about “Getting your Asthma ready for Winter” and what to do in an emergency situation. There will also be the opportunity to ask questions and collect current resources about asthma. Asthma is Australia’s most widespread chronic health problem, affecting more than two million Australians. Asthma affects one in nine children (15 years and under) and one in ten adults. In Western Australia 1 person dies every 11 days from Asthma!! This seminar is suitable for anyone who has asthma, parents and carers. To book a seat for this free education session, contact Danika at the Asthma Foundation of Western Australia on 9289 3643.
Year 5 White Gets Active!

This term Year Five White is ‘getting active’ and improving their fitness and athletic abilities by participating in Ed-Gym, morning fitness runs and swimming lessons. Below are some of their thoughts, experiences and achievements in these activities:

**Ed-Gym**
- I can balance on the beam and jump over a cone without falling over. (Luis)
- I like jumping and landing on the mat. (Jorja)
- I love playing on the mini trampoline and I can do lots of tricks. (Jae)
- I like the parallel bars. (Brendon)
- Ed-Gym is fun and it makes us strong! (Cohen)

The names of our groups are Bananas, Strawberries, Blueberries, Oranges and Apples. (Kimberley)
- I enjoy working in a group and I like our warm-ups at the beginning of the lesson. (Susan)
- Ed-Gym helps you to get fit and healthy. (Rachel)
- On the mat we have to tuck-sit. (Molly)
- I am becoming stronger and getting better at doing push-ups. (Tyler)

**Morning Fitness Run**
- I love running in the morning because it makes me fit. (Jordyn)
- Running around the oval is fun because you can do it with friends and you get stamps. (Megan)
- I have run 23 laps of the oval. (Sam)
- I enjoy running on Monday, Tuesday and Friday mornings. (Chelsea)
- Morning fitness gives me energy and makes me healthy. (Catherine)
- Morning fitness is getting me ready for cross-country. (Ben)
- Running is good for your health and it’s exciting. (Ellie)
- I love the running in the morning. I’ve done 25 laps! (Jaiden)

Morning fitness is great because I can do it with my friends and really improve my fitness. (Vasco)

**Swimming**
- I enjoy swimming at the new and improved Aquamotion. (Logan)
- I have a nice swimming teacher and I am in a group with my friend Rachel. (Chloe)
- The new outdoor pool at Aquamotion is fantastic. (Shaun)
- It is important to learn to swim and it is great fun. (Beryl)
- I’m in Stage 9 and I have learnt how to do sidestroke. (Megen)

It is great learning new things at swimming and I’m in a group with my friends. (Kaitlyn)
- Swimming is great exercise. (Konnor)

Now that I’m in Stage Ten, I get to do more exciting things. (Tom)