St Theresa’s Prayer
May today there be peace within.
May you trust that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith in yourself and others.
May you use the gifts that you have received and pass on the love that has been given to you.
May you be content with yourself just the way you are.
Let this knowledge settle into your bones and allow your soul the freedom to sing, dance, praise and love.
It is there for each and every one of us. Amen

Dear Parents and Guardians,

First Eucharist: Congratulations to the Year 4 and other children who receive Jesus in the Eucharist for the first time this weekend. Thank you to families for your support of the Parish programme and to the teachers, including Father Phillip for their assistance in preparing the children for this occasion.

H1N1: The threat of H1N1 (Human Swine Influenza) affecting our school has increased in the past week and accompanying this newsletter is the latest advice received from the Catholic Education Office and Health Department. You need to remain aware of the current state of the situation regarding H1N1, as the situation and advice changes regularly. It is important that the contact details we have for your family are accurate in case you need to be contacted in the event of a partial or full closure of the school. If yours have changed recently, please contact the school office to confirm your details. If your children are unwell, please do not send them to school in the interests of their own health and others.

Cross-Country: The Yr 4 – 7 Cross Country Carnival will be held next Thursday from 8.45 am. A flyer with details about the Carnival has been sent home today with Years 4 – 7 students. Should the event be rain affected (as seems to be the case here!) we will hold it on the next fine day.

Growing Up: We had a great turnout of parents and Year 6/7 students at our meeting last week on ‘Becoming a Man / Woman’ and this will be held on an annual basis for Year 6s in the future. The presenter explains the growth and development that occurs at puberty. Thank you to Warren Smith for organising this event and to those who attended to support their children in this stage of their development.

I will be in New Zealand from 18 – 24 June. Bridget Jones or Warren Smith will be available each day to deal with any matters that arise. Hopefully the school will still be open on my return, and New Zealand will not have been added to the list of countries from which those returning are under quarantine.

God bless you.
Eileen Climo
Principal

NOTES ACCOMPANYING NEWSLETTER
Advice to Parents on H1N1 Influenza (Human Swine Influenza)
Cross Country Carnival Yr 4-7
NOTES SENT HOME THIS WEEK
YMCA Vacation Care
Expired Health Care Card Reminders

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>Saturday 13 June</td>
<td>First Eucharist Mass 6.00pm</td>
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<tr>
<td>Sunday 14 June</td>
<td>First Eucharist Mass 9.00am</td>
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<tr>
<td>Tuesday 16 June</td>
<td>Staff Meeting Yr 6/7 Penguin Club Speak-Up Awards 1.15pm</td>
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<tr>
<td>Wednesday 17 June</td>
<td>PPB Liturgy P&amp;F Meeting</td>
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<tr>
<td>Thursday 18 June</td>
<td>NO ASSEMBLY X-Country Carnival Years 4-7 – 8.45am Recess and Lunch available from Canteen</td>
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<tr>
<td>Friday 19 June</td>
<td>Uniform Shop Open 8.15 - 9.00am Australian Teacher's Awards Nominations Close</td>
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HAPPY BIRTHDAY!

SCHOOL MATTERS

SCHOOL CROSS COUNTRY DAY- THURSDAY 18 JUNE
The Canteen will be open for RECESS and LUNCH. Tea and coffee for parents at recess.
Coffee and Muffin $2.50
$1.00 per cup of tea/coffee
Hot dog & Juice Box $5.00
Pizza & Juice Box $4.00

NETBALL ST ANDREWS NETBALL CLUB Last Saturday was the last of the grading games for the Year 5's & 6's. They will be re-graded based on their results so far. We continued to be blessed by the sun on Saturday morning and the results were as follows:
Year 3 Mermaids - No scoring: development only - Best Player - Elaina Hinder
Year 4 Sharks - Won 6 - 4 Best Player - Jordyn Grevers
Year 5 Dolphins - Won 27 - 0 Best Players - Meg Stuart & Kaitlyn Gorman
Year 5/6 Pearls - Lost 2 - 45 Best Player - Elizabeth Clinton
Year 6 Dolphins 2 - Lost 29 - 6 No best player award given because the whole team played equally well against a team that has not yet been defeated.

COMMUNITY NEWS

QUINNS ROCK BLUE LIGHT DISCO
Date: Saturday 13th June 2009. Location: Gumblossom Hall, Tapping Way, Quinns Rocks (turn into Quinns Road off Marmion Ave and right at the roundabout). Time: 6.30pm to 9.00pm, Doors open at 6.15pm. Age: Children aged 8 – 13 years of age will be admitted. Tickets: $5.50 (inc gst) available at the door. Notes: Due to safety reason, enclosed shoes must be worn at all times, and all children must be picked up at the conclusion of the event by a parent or guardian. Parents are encouraged to stay at events if they wish.

ECU KIDS HOLIDAY PROGRAM
ECU Sports Centre Joondalup, and now Mt. Lawley is now home of the ECU Kids Holiday Program! It is an exciting holiday program that is not only fun for children, but extremely good for them. The program is for ages 6 – 12 years and focuses on giving kids as many sporting experiences as possible! With activities structured so they are appropriate for each age group, and are supervised by experienced skilled staff. The program runs from Mon 6th – Friday 17th of July 2009. For further details check www.ecu.edu.au/sport or call 6304 2145.

PURPLE BRA DAY 19th JUNE 2009
Help support “The Breast Cancer Foundation of WA”, by wearing something purple. If you're daring enough, wear a purple bra. All money raised goes towards supporting local women and their families affected by Breast Cancer. Make a gold coin donation at the school office and help support a worthy cause. See poster in the Community Noticeboard. Thankyou. Ingrid Arends.
Amazing Adjectives

In 2White we have been exploring adjectives. We attempted to describe something about ourselves using descriptive words.

I have dark brown hair and brown eyes.
By Jake Warren

I am very handsome and I have brown hair.
By Zachary Kerridge

I have small feet and I am smart at maths.
By Sebastian Riviere

I am smart and I have brown skin and dark brown eyes.
By Maker Maker

I have nice clean hair and it is brown.
By Jane Rofa

I have beautiful blonde hair and gorgeous blue eyes.
By Keely Gillingham

I have long beautiful hair and I have sparkly eyes.
By Kiern Manuel

I have nice blonde hair and green eyes.
By Casey McCosh

I have bright orange straight hair.
By Mikayla Adams

My eyes are bright blue with a big black dot.
By Dylan Johnson

I have blonde brownie dark hair that is beautiful.
By Mackenzie O’sullivan

I have beautiful blue eyes and I have brown and gold hair.
By Jacob Kitching

I am an aborigine with hazel eyes and brown hair.
By Jaylon Howard-Eades

I have beautiful brown eyebrows.
By Zane Springfield

I am a beautiful tall girl and I have a pretty face.
By Alexi Natour

I have blonde, gold and brown hair.
By Molly Sloan

I have beautiful blue eyes.
By Tea Truran

I have blue eyes and brown hair.
By Mitchell Brown

I have blonde hair and blue eyes.
By Declan Russell

I have small hands and I am smart.
By Sam Bullock

I have beautiful straight brown hair.
By Briana Solomon

I am a beautiful girl with brown eyes.
By Alysia Tay

My favourite colour is bright pink.
By Georgia Bresser

I have a short feet and a small head.
By Lance Hinder

I have dark brown hair.
By Oliver Richards

I have blackish brown hair.
By Zayde Bertei

I have black and brown hair.
By Miguel DeCunha

I have green-blue eyes.
By Georgia Fox

My hair is brown and it is beautiful.
By Tahila Fisher
Raising the bar for your children

Do you challenge your children from time to time to extend themselves? Do you make your children feel a little uncomfortable because the demands on them are more than they are used to?

Every child needs to be challenged if they are to learn the extent of their abilities. Recently, a mother told how she challenged her twelve year old son to raise the bar on his capabilities. He had to produce a three-fold travel brochure for a school project, which involved a mixture of computer, literacy and research skills. The time-frame was short and his parents were busy so he became extremely anxious.

His mother adopted a ‘You can do this’ approach and left him alone. She admitted that she wasn’t sure if he could do the job, but she wasn’t going to let him know that. He surprised himself by working harder than he ever had and produced a fantastic piece of work. This student has now raised the bar for both his standard of performance and his work. He didn’t know what he was capable until he was challenged to the limits of his ability and work capacity.

As parents we are protectors, supporters and teachers for our kids...but we also need to be challengers from time to time so they can see for themselves their real capabilities.

Vitamins for parents

Three questions to ask children when they are presented with a challenge:

1. Who can you ask for help?
2. What can you read to help you?
3. What is the first step you need to take?

Bright idea

Nuke the negative

Teach your child or young person to dispute negative views they have of themselves or others. Help them see the irrational nature of statements such ‘I am hopeless’. Challenge such negative statements and encourage children to do the same.

Wise & Witty Words

“Just do what we say. Dad, and no one will get hurt.”

Two daughters who obviously have their father under control.

“Healthy families remind each other of their goodness. Unhealthy families remind each other of their failings.”

Matthew Fox