CALENDAR OF DATES

Friday 8 August
8.10am Rock Band
9am Year 4 & 2 Participation Mass

Monday 11 August
8.45am Assembly
Sarah from Catholic Mission visiting @ Assembly & Yr.6’s
3-4pm After School Sports

Wednesday 13 August
11am Year 4 Reconciliation
1.15-2.30pm PAF Choirs @ St Benedict’s Ardross
3-4pm After School Sports

Thursday 14 August
8am Folk Band
9am Xavier Mums & Bubs
3-4pm Dance Troupe

Friday 15 August
8.10am Rock Band
9am Mass - Feast of the Assumption
2.30pm Year 1B Assembly

Sunday 17 August
9.30am First Holy Communion Xavier/ChiRho Family Mass

From the Principal ........

Participation Mass
Join us tomorrow in the Church with the Year 4 and 2 students for this short 30 minute Participation Mass at 9am. All welcome!

First Holy Communion & Family Mass
We invite the whole school community to help celebrate the First Holy Communion of children from our school and parish on Sunday 17 August 2014. This is always a lovely Family Mass and your support of the students and their families is most appreciated. Mass begins at 9.30am and all choir members are invited to come along and sing for this special ceremony. Looking forward to seeing as many families as possible come along and join us. The ceremony is followed by the cutting of a special cake and small party for our Communicants and morning tea for everyone in the school covered assembly area. Please bring a plate of morning tea to share.

Principal Away
Next week I will be away in Geraldton supporting the Catholic Education Office from Monday 11 to Wednesday 13 August inclusive. As a peer principal, I have been asked to be on another Principal’s review panel. David Hamersley and Lisa Brooks will be available in my absence if you have any pressing concerns.

Mums and Bubs Group
The group aimed specifically at babies and preschoolers aged 0 – 3 years old will continue to meet each Thursday from 9 am in the Pre-Kindergarten room. ALL WELCOME!

Performing Arts Festival 2014
Congratulations to the Liturgical Movement Group who performed reverently in the Christian Dance section of the festival at Mercy College, Koondoola today.

The School Choir and the Year 5 Class Choir will be performing from 1.15 to 2.30pm on Wednesday 13 August 2014 at St Benedict’s Church in Ardross. All welcome for a gold coin donation upon entry.

The Junior and Senior Dance Troupes will be performing at the Perth Convention and Exhibition Centre on Friday 22 August 2014. Families of children in Dance Troupe and any families who would like to attend will need to purchase their own tickets that are NOW ON SALE from Ticketek (132849 or www.ticketek.com.au) for $20 Adults & $15 Students. Students in the performance are not required to purchase a ticket.

A big Thank You to Ann Bond for re-marking the lines on the Xavier Running Track on the senior oval for two afternoons last week.

Prayer to St Mary MacKillop

Feast day tomorrow Friday 8th August

Ever generous God,
You inspired Saint Mary MacKillop
To live her life faithful to the Gospel of Jesus Christ and constant in bringing hope and encouragement to those who were disheartened, lonely or needy.
With confidence in your generous providence and through the intercession of Saint Mary MacKillop
We ask that you grant our request………………
We ask that our faith and hope be fired afresh by the Holy Spirit
so that we too, like Mary MacKillop,
may live with courage, trust and openness.
Ever generous God hear our prayer.
We ask this through Jesus Christ.
Amen.

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Busy Bee

Thank YOU to those wonderful families who managed to spare an hour or two in their Saturday morning last weekend to do some cleaning and tidying of the school buildings and grounds. We really appreciate your precious time and thank you for your generosity! Special thanks to the children who worked hard also.

Limiting Screen Times Yields Multiple Benefits

Parents may not always see it, but efforts to limit their children’s screen time can make a difference. A new study, published in a recent Paediatrics journal, found children get more sleep, do better in school, behave better and see other health benefits when parents limit content and the amount of time their children spend on the computer or in front of the TV. Douglas Gentile, lead author and an associate professor of psychology, says the effect is not immediate and that makes it difficult for parents to recognize. As a result, parents may think it is not worth the effort to monitor and limit their children’s media use. But Gentile says they have more power than they realize. “When parents are involved it has a powerful protective effect across a wide range of different areas that they probably never would have expected to see,” Gentile said. “However, parents aren’t likely to notice that putting limits on the children’s media is having these effects seven months later.” Considering that children average more than 40 hours of screen time a week, not counting time spent on a computer at school, even small changes can make a difference, researchers said. They are not suggesting parents completely eliminate screen time, but find a healthy balance. The study found there is a ripple effect associated with the benefits of limiting both screen time and media content. Gentile is not surprised to see a direct impact on sleep, academics and behavior. However, limited screen time also indirectly affects body mass index. The study found that children got more sleep if parents limited screen time, which also resulted in lower risk of obesity. Parents limiting exposure to violent media resulted in increased pro-social behavior and lowered aggressive behavior seven months later.

Great Reading for Parents

Accompanying this newsletter are two articles to support families in bringing up great kids! With childhood anxiety on the rise "Raising Calm Kids" is an article about teaching calmness to children and is a must read for parents. Today’s children require families to use increasingly sophisticated communication methods to get cooperation from their children and keep them safe. The other article “Ten common discipline mistakes” makes for very interesting reading!

God bless,

Cathie Bauer,
Principal

ASSISTANT PRINCIPAL ADMIN REPORT

JULY AUSSIE OF THE MONTH

Congratulations to Julie Huynh (Year 2 student) and Dalton Briggs (Year 5 student) for both being awarded the Aussie of the Month awards at last Friday’s Assembly. Both students are positive role models and demonstrate a willingness to help their peers. Well done Julie and Dalton!

Year 2 Assembly - Friday 1st August

Well done and congratulations to Miss Paterniti, Mrs Chambers and the Year 2 class for their outstanding assembly last Friday. The students spoke beautifully and articulate in the microphone and it was great to hear all that they have been learning. We especially loved the dancing and singing!

HEALTHY EATING AT XAVIER

Whole School Focus

We are continuing Crunch and Sip in the classrooms, even during winter, it is important for students to drink and have a brain break! Think about healthy lunchboxes full of nutritious snacks with lots of fruit and vegetables included.
FIRST HOLY COMMUNION UPDATE

On Wednesday August 13 in preparation to receive this important Sacrament the children will attend the Sacrament of Reconciliation at 11.10am in the Church.

The First Holy Communion will be celebrated on Sunday August 17 at the 9.30am Mass. Please note it is important you do not park in the garden beds or damage any property in the Church grounds. Parking will be available at the front and rear of the Church.

A photographer has been booked for the celebration and will be available to take individual and family photos in the Parish Hall from 8.45am.

Important Notice for all Choir Members

All children in the school choir are asked to sing at our First Holy Communion Mass on Sunday August 17 at 9.30am. Parents are requested to bring their child/children to the Church no later than 9.15am. We appreciate you supporting our Catholic traditions and look forward to hearing your amazing voices!

CONFIRMATION WORKSHOP

Last Thursday evening the students and parents of our Year 6 class attended the Confirmation workshop. Thank you to all those students and parents who attended, we appreciate your support. If you were not able to make it Mrs Brooks and Mr Cox will have some information for you to take home to read and if you have any questions please come and see us, thank you ☺

CULTURAL STUDIES WITH MRS PITMAN

Our Pre-Primary to Year 6 students are learning lots about the Indigenous culture this term. If you have a walk through our Library you will see amazing displays and artwork from all year levels. The students have been hearing and reading many dreamtime stories and learning how life was like for our first Australians.

HOUSE POINTS RESULTS FOR TERM 2 WEEK 3

WALSH - 101
HARRISON - 96
CORCORAN - 84

Keep working hard to be awarded house tokens! Well done to those of you who are displaying the appropriate behaviour, wearing your uniform with pride and eating healthy food at recess and lunch!
St Francis Xavier, Armadale - MASS TIMES

Saturday:
- 8.00am, Vigil Mass
- 6.30pm

Sunday:
- 7.30am
- 9.30am
- 6.00pm

Monday:
- 8.00am

Tuesday:
- 7.00pm

Wednesday:
- 9.00am

Thursday:
- 8.00am

Friday:
- 9.00am

St Kevin’s, Serpentine

Sunday:
- 9.00am (Note: there will be no Mass at St Kevin’s on the fourth Sunday of the month.

St Maria Goretti on the 4th Sunday of every month.

Mass at Schoenstatt Shrine every Friday at 10.00am followed by morning tea.

St Lawrence College 2014 Hall of Excellence and 60th Anniversary Diamond Jubilee Gala Dinner

Tickets are now on sale for La Salle College’s 2014 Hall of Excellence and 60th Anniversary Diamond Jubilee Gala Dinner to be held at La Salle College on Friday 12 September. Tickets are $65 each (Alumni members $60) includes buffet dinner and drinks. Tickets are limited. To purchase your tickets, please contact the La Salle College Administration Office on 9274 6266 or email communityrelations@lasalle.wa.edu.au for more information.

Relationships Australia—Parent—Child Connection

Raising children should be one of life’s greatest experiences, but as any parent knows, it is not an easy task. People with children under ten are invited to this four-week course to learn new skills, feel better about their parenting and gain confidence. Topics include:

- Developmental stages of children and temperamental traits
- Different parenting styles
- Need for boundaries and rules, the giving of instructions and the consequences, both negative and positive, of withdrawing attention
- Understanding behaviour patterns and communication
- Need for positive self-esteem and resilience
- Environmental influences
- Discipline that works

FREMANTLE—1 Ord Street

Thursday, 7 August, 14 August and 21 August 14.

Relationships Australia

........................................Building Stronger Families

........................................a course for the whole family

The six week course is designed specifically for families with children over the age of 10. Inclusion is the key, and any adult involved in the parenting process is invited to come along and learn the skills needed to keep your family healthy. Parents learn how to be leaders and role models. Children learn how to be special and also how to belong. This course is based on the work of George Doub and Florence Creighton, authors of Survival Skills for Healthy Families.

Participants learn

- Three basic skills: speak, listen and cooperate
- How to build on the strengths in their family
- Six rules for successful family meetings
- Society’s rule on abuse and neglect

WEST LEEDERVILLE, 22 Southport Street,
Cnr Cambridge Street

Thursday 30 October, 6, 13, 20 and 27 November, and 4 December.

ATTACHMENTS

1. PAF Choir permission note
2. PAF Dance Troupe permission note
3. Year 3 Holy Communion morning tea support note
4. P & F July/August Newsletter
5. Raising Calm Kids & 10 Common Discipline Mistakes

Australian flags will fly at half mast across the country today to mark a national day of mourning for the victims of the MH17 tragedy. May the souls of the faithful departed through the mercy of God rest in peace Amen.

COFFEE AND CHAT MORNINGS

Are you NEW to our school OR would you like to have a coffee, chat and catch up with friends?

We welcome everyone to come along to a ‘COFFEE AND CHAT MORNING’, straight after school drop off on the first Tuesday of every month. This is an informal morning tea and will be in the OSHC meeting room.

School Bus Services

School Bus Services is requesting that Parents complete Transport Assistance applications for travel in 2015, by 31 August 2014, if they would like to use the Orange school buses. Applications are required early to assist with planning for the Year 7 transition to High School.

This request applies to all students starting to use the bus service for the first time.

Please apply @ www.schoolbuses.wa.gov.au

La Salle College 2014 Hall of Excellence and 60th Anniversary Diamond Jubilee Gala Dinner

St Francis Xavier, Armadale - MASS TIMES

Saturday: 8.00am, Vigil Mass 6.30pm
Sunday: 7.30am, 9.30am & 6.00pm
Monday: 8.00am
Tuesday: 7.00pm
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Xavier Catholic School is

ALLERGY AWARE

NO NUTS ALLOWED!!
And no peanut butter or nutella!