Xavier News

Things to Believe
Believe in yourself, you are God’s creation.
Believe in your job, honest work is a form of worship.
Believe in this day, every minute contains an opportunity to serve God.
Believe in your family, create harmony and togetherness by working together.
Believe in your neighbours, friends are an important ingredient of a happy life.
Believe in the present, yesterday is gone and tomorrow may never come.
Believe in God’s promise, he means it when he says, ‘I am with you always’.
Believe in God’s mercy, since God forgives you, you can forgive yourself and try again later.

From the Principal ........

First Holy Communion & Family Mass
Thank you to Father Kaz and the St Francis Xavier Parish community for the prayerful First Holy Communion and Family Mass on Sunday. We are truly blessed to have such a wonderfully, welcoming Eucharistic community in which to celebrate. We ask for your continued prayers for all the First Holy Communicants as it is with the support of their community that our young people are nurtured in their faith journey. Thanks especially to Lauren Hind, Lisa Brooks and all the staff who contributed in any way towards this memorable celebration. Thanks also to David Hamersley and the members of the choir who were able to attend to help make the celebration so memorable. Thank you to the Year 3 families and class reps who helped supply morning tea and for cleaning up afterwards.

Performing Arts Festival 2014
Congratulations to the Xavier Liturgical Choir for being awarded a Merit Certificate for their performance last week at St Benedict’s Church. Well done to the choir and Mr Hamersley. Tomorrow the Junior and Senior Dance Troupes will be performing at the Perth Convention and Exhibition Centre next 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 from Ticketek (132849 or www.ticketek.com.au) for $20 Adults & $15 Students. Students in the performance are not required to purchase a ticket.

Faction Athletics Carnival
Next Friday 29 August on our school oval with a 9.20am START. This will be a wonderful community event and we hope to see as many families as possible. ALL children in Pre-primary to Year 6 are involved so to ensure a fair and fun day by everyone children will not be allowed to leave their faction bay except for an event, to visit the toilets or in the case of an emergency. Children will be encouraged to cheer for their team and show enthusiastic team spirit. Children will be able to sit with their family and friends for recess and lunch. After lunch the Pre-Primary children will return to the classroom returning at the end of the day for the presentations.

Some reminders following:
- School hats MUST be worn.
- We are a SUN SMART school and as such encourage ALL families to be safe in the sun by wearing a hat that also covers the ears and neck and applying sunscreen when appropriate.
- NO coloured hair or faces allowed.
- Children are to wear their sport uniform and shorts (underneath tracksuit if cold) and faction top including Year 6 (NO Leavers top).
- Pre-primary children to wear sneakers and to wear a shirt of their faction colour if possible.
- Copy of Programme of Events is available from the school office.
• Kindergarten Gold will join us on the oval at the appropriate time. Kindergarten Blue children and younger siblings are most welcome to attend and will be called for the running race but are to be seated with their family for the day. (Please listen out during the morning for their race).
• **FREE Sausage Sizzle LUNCH** will be supplied to each Xavier student PP to Year 6. Canteen will not be open on the day.
• Children to **bring at least one full bottle of water and a healthy recess** in a labelled bag.
• P&F will run a food and refreshment stall with fresh coffee, cakes and food for sale for lunch.
• Families to BYO chairs/rugs and own shade equipment if they wish.

**Fathers’ Day Celebrations – Fri 5 September 2014**

1. **Fathers’ Day Breakfast from 7.30am in the Multipurpose Hall.** Everyone is invited to come along and enjoy this wonderful occasion in which we celebrate the fathers and the father-figures of our school community (even if it is mum for some children). The Parents & Friends will be selling egg & bacon rolls for $2 each with all refreshments provided by the P&F. Raffle tickets will be on sale during breakfast. There are some terrific prizes that will be drawn on the day.

2. **Fathers’ Day Prayer Service from 8.50am in the Hall.** Everyone, especially dads and important people in the lives of your children, are encouraged to join us (for about 20 minutes) as the Year 3 students lead the school community in celebration and thanksgiving for our dads and other significant father-figures in our lives.

3. **Fathers’ Day Gift Shop** with $5 and completed form children may select a gift from the P&F shop when called for with their class after recess.

**Stage 3 Building Update**
The new Early Learning Kindergarten building is progressing slowly as you can see at the front of our school. There have been issues with wet weather and drainage so the concrete pad has yet to be laid. We hope that things will progress quickly from here but there is a strong chance we may be very close to the beginning of the new school year in 2015 before the building is ready. Just in case, we have a plan to begin the kindergarten temporarily if necessary in the current Year 2 room for next year as the year 2s move to current Year 1 rooms and Year 1 move to the current Kindergarten and Pre-kindergarten rooms next year. Rest assured we will make sure that the children are our main priority even if a little inconvenient for staff and parents. The extension to the administration building including my office and staff toilets will begin in the coming October school holidays.

*God bless,*
*Cathie Bauer, Principal*

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**Enrichment Group News**
At the moment our Enrichment group is involved with a project that requires thinking about some of the problems we face as a society and how we can solve them using technology. Part of the solution must involve something we can wear...“wearable technology”. Here are our first entries.

**Pierre:** A cyber glove that “thinks” for people with disabilities.

**Alaina:** A watch worn by children that alerts parents to danger.

**Bianca:** Headphones that incorporate mobile phone technology designed to help people with disabilities.

**Caitlyn:** A capsule placed under the skin, designed to act like a credit card, allowing people to avoid carrying cash.

**FACTION ATHLETICS CARNIVAL 2014**
The carnival will be held on **Friday 29 August 2014, beginning at 9:20am on the school oval**

The whole school will compete from 9:20am to 3pm with a short break for recess and lunch. Pre-Primary children will participate until lunch time and then come back for the finale and presentations from 2:30pm. Pre-Primary children are to wear a faction top or a top of their faction colour please as it helps identify them in their race. Kindergarten Blue children not at school may participate in a running race but are to be seated with their family. Kindergarten Gold children who are at school for the day will come to the carnival with their class for a running race.

Children will be able to sit with their families for recess and lunch; otherwise they will be seated in their faction bay. Parents are asked not to come over to the faction bays or distract children from fully participating in the cheering and atmosphere of their faction.

We would love to see as many parents, family members & relatives attend. It makes the day even more special for the children.

*David Hamersley, Assistant Principal*
CONGRATULATIONS TO OUR FIRST HOLY COMMUNICANTS

Last Sunday, 38 children from our parish received their First Holy Communion. This celebration was a very special day for the children. It was also a very important time for their families, their teachers, the school and the parish community.

Mrs Hind did a wonderful job preparing the children for the Sacrament and they were well prepared and ready to receive Jesus for the first time.

Special thank you to; Father Kaz and the Parish Sacramental Team; your contribution to our celebration was greatly appreciated. Congratulations Mrs Lauren Hind (Year 4 teacher), Mr John Henry, Mrs Colleen Biggar and Mr Guy Repepi (Chi Rho program) for their work in preparing the students for this special day.

The children enjoyed the celebratory cake and beautiful morning tea following the Mass. A big thank you to the parents who brought a plate to share and to our P&F representatives for helping with the morning tea.

ATTENTION!!!

GRAPHIC DESIGNER NEEDED!!

We are in need of a graphic designer to assist us with our winning “Mascot” and refine the design for our Xavier Positive Behaviour Program. If anyone has contact with a graphic designer to lend their services to our great school please let Mr Hamersley know as we would really appreciate the support, thank you!

Parent News

Children experience emotions all the time, yet few innately know how to recognise, understand or even shift them. To be honest, not many adults have this type of emotional intelligence either.

Emotions are short-term responses that occur as a result of real or imagined events. They lead to different thinking and feelings; they change physiology (breathing, heart brain, brain chemicals) and physical appearance including facial expression and body language. Emotions also influence how we behave particularly how we approach or avoid situations.

There are many aspects that make up a child’s emotional intelligence. But I believe it’s best defined by the Yale Centre for Emotional Intelligence in their wonderful RULER Program.

According to the Yale RULER Program parents and teachers can develop kids’ Emotional Intelligence by helping them:

1. **Recognise emotions in themselves and others.**
   An understanding of how they feel, as opposed to think, about an event, situation or an issue is the basis of emotional intelligence.

2. **Understand what causes them to feel they way they do.**
   A barking dog will cause one child to laugh with joy and other to shrink away in fear. It’s their reaction rather the event itself that’s significant.

3. **Label emotions accurately.**
   The more accurate kids are in labelling their feelings and the feelings they see in others, the more they can either shift their feelings or respond more appropriately to the feelings of others. ‘Tense’, ‘nervous’ and ‘agitated’ are similar terms but are very different feelings. This type of vocabulary nuancing is age-related, and can be developed.

4. **Express emotions in healthy ways.**
   Social appropriateness and safety are two issues to consider when kids express their both pleasant and unpleasant emotions.

5. **Regulate emotions effectively.**
   Emotionally intelligent kids have strategies at their fingertips to maintain, shift, reduce or enhance their emotional states. These include how to shift their thinking (reframing), and how to influence their physiology (take a deep breath).
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

WEST LEEDERVILLE
22 Southport Street, cnr Cambridge Street
Monday 25 August, 1, 8 and 15 September
Monday 17, 24 November and 18 December

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.

FIFO Support Group

Wednesday August 27th 2014—9.30am to 11.00am
Bakers House, 10 Welcome Meander, Harrisdale (multi-purpose room).
Special guest Storyteller, Deanne Hislop, Author of ‘My Boomerang Dad’. Giveaways, Children’s Activities and morning tea provided.

Register your interest with Claire Stone by August 25th
CStone@communicare.org.au
0409 782 684 or 9498 1910.

VACSWIM OCTOBER PROGRAMS 2014

Enrolments for October programs opened on 1 August 2014. Swimming pools and beaches are a vital part of our Western Australian lifestyle. It is important for every child to learn to swim and develop essential water safety skills. VacSwim’s school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. For further information and online enrolment please visit education.wa.edu.au/swimming.

ATTACHMENTS
1. P&F Father’s Day Flyer

Catholic Agricultural College Bindoon
Open Day
Saturday 6th September, 2014
10.00 am - 3.00 pm
Please visit the website at www.cacbindoon.wa.edu.au or contact the Registrar on 95765500, for more information.

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.

PERTH WALK
FOR CHILDREN WITH ALLERGIES

Sunday 19th October 2014 at Burswood Park

Join us to help raise awareness of Food Allergies and Anaphylaxis of Children in WA.

One in 10 babies will have a Food Allergy or Allergy of another type – Medication, Insects, Environmental, or Foods and Additives are the main culprits of allergies which can cause Anaphylaxis.

The 6km Walk from Burswood Park will be the first for Allergy and Anaphylaxis Australia in WA.

Monies raised by the walk will be donated to the charity to help with further awareness campaigns, and support for people dealing with Allergies and Anaphylaxis.

Registration is $10 – all participants will receive a sample bag with goodies from our sponsors.
Pre-Register on http://perthwalk4allergie.wix.com/perthwalk4allergies or on the day from 9:30am.

The Walk begins at 10:30am with a sausage sizzle afterward at Burswood Park. For more info go to the link above or Scan this QR Code.

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