From the Principal .......

**Participation Mass**
Join us tomorrow in the Church with the Year 2Blue and Year 5 students for this short 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 this Sunday 9 August 2015. 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 students who wish to sing in the Choir are invited to sing for this special occasion. 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 for our Communicants and morning tea in the school covered assembly area.

**Performing Arts Festival 2015**
**The Year 6 Choir** will be performing from 1.00 to 2.30pm on **Thursday 20 August** at The Vasto Club in Balcatta, they will be singing two songs: “Any dream will do” and “Corner of the sky”. All welcome for a gold coin donation upon entry.

The Xavier school community extend their congratulations and best wishes to one of the Year 6 students: Makaela Tuhakaraina. Makaela has been selected to represent Western Australia in the Pacific School Games, Under 12, State Girls Touch Rugby Team. Makaela will fly to Adelaide on Saturday 21 November to compete in several games over the week. We wish her the best and hope to add some photos in future newsletters of Makaela in action during the State Carnival. The Xavier community is incredibly proud of your achievement Makaela-well done!!

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

**3 Year Old Pre-Kindergarten**
Further to our last week's newsletter, please note that a couple of places are still available for the 3 Year Old Kindy programme.

**Congratulations on WA State Selection!!!**

**CALENDAR OF DATES**

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Events</th>
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<tbody>
<tr>
<td>4</td>
<td>Monday 10 August</td>
<td>Kindy Gold 8.45am Assembly</td>
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<td>Tuesday 11 August</td>
<td>Book Week Incursion “Shine a Light” 9.30am Junior 11.10am Middle/Upper</td>
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<td>Wednesday 12 August</td>
<td>3-4pm After School Sports</td>
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<td>5</td>
<td>Monday 17 August</td>
<td>Kindy Blue 8.45am Assembly 3-4pm After School Sports</td>
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<td>Tuesday 18 August</td>
<td>9am P&amp;F Meeting Confirmation Retreat at Schoenstatt Shrine</td>
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<td></td>
<td>Wednesday 19 August</td>
<td>3-4pm After School Sports 6pm School Board Meeting 7pm Performing Art Festival Junior/Senior Dance Troupe</td>
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<tr>
<td></td>
<td>Thursday 20 August</td>
<td>9am Xavier Mums &amp; Bubs</td>
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**6th August, 2015 Vol.23/2015**
A REMINDER!!
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.

Staff Focus - Mrs Carrabs Year 1B

What do you like about Xavier Catholic School? “Everyone is friendly and supportive”
Where else have you been a Teacher? “I have taught in London, Canada, Katanning and Lombadina.”
What are you passionate about? “The Piano and music in general, reading, animals, kids and trying any new flavours of chocolate that come on the market!”

God bless.
David Hamersley, Acting Principal

XAVIER POSITIVE BEHAVIOUR PROGRAM (XPBP)

S - Always act in a SAFE way.
U - UNDERSTAND others have the same rights as you.
P - Show PRIDE in all you do.
E - EFFORT - Always do your best.
R - RESPECT yourself, others, property & the environment.

Weekly XPBS Focus:
R - RESPECT
At All Times

FOLLOW INSTRUCTIONS FROM STAFF MEMBERS!

Next week - Week 4:
U - UNDERSTANDING
At All Times -
 CO-OPERATE WITH OTHERS;
 SHARING, TAKING TURNS, LISTENING!

Where is Zippy this week?

Which lucky class had Zippy for the whole week?
**FULL OF FAITH**  
**FIRST HOLY COMMUNION UPDATE**

The **First Holy Communion** will be celebrated this Sunday 9th August 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 who would like to sing in the school choir at our First Holy Communion Mass are required to be at Church this Sunday 9th August 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!

**FIRST HOLY COMMUNION MORNING TEA**

Thank you to the Year 3 families who have offered their support to our Year 4 First Holy Communion Morning Tea this coming Sunday. If you have offered to support this much important School and Parish event with a plate of savoury or sweet food, can you please have the plate of food brought over to the School Hall before Mass begins at 9.30am on Sunday or if you wish to bring a life-long plate of food this Friday, please leave it at the front office.

*Your support is much appreciated, thank you!*

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**TEACHING & LEARNING AT XAVIER**

**LITERACY TIP OF THE WEEK!**  
**VARIETY IS IMPORTANT**

Remember children need to experience a variety of reading materials e.g.; picture books, hard backs, comics, magazines, poems and information books.

**NUMERACY TIP OF THE WEEK!**  
**HEIGHT CHART**

Run a Height Chart at home. Make or buy one. Discuss growth, working out the amount grown and the differences between siblings and parents. Ask relatives and friends to be measured too!

**CONFIRMATION RETREAT**

On Tuesday 18th August the Year 6 class will attend a Retreat in preparation to receive the Sacrament. More information regarding the retreat will be sent home with your child next week. Please remember to drop your child off at the Schoenstatt Shrine in Armadale between 9am and 9.25am, ready for a 9.30am start.
XAVIER POSITIVE
BEHAVIOUR PROGRAM (XPBP)

How many SUPER tickets have you earned so far this year? It’s great to see class charts getting many, many ticks next to names for the amount of tickets students have earned!

KEEP WORKING HARD TO BE SUPER XAVIER KIDS!

SUPER JOB!

SUPER TICKET
Name: __________________________
☐ Safe
☐ Understanding
☐ Pride
☐ Effort
☐ Respect

XAVIER POSITIVE
BEHAVIOUR PROGRAM (XPBP)

Enrol NOW for Kindergarten 2016

Interviews for four year old Kindergarten are being organised NOW. **If you have a child who turns 4 years of age between the 1 July 2015 and the 30 June 2016 they are eligible to attend 4 year old Kindergarten in 2016.** Enrolment forms must be completed for all children wishing to attend Xavier School (including siblings and those attending 3 year old Kindergarten). If you have not yet completed an enrolment form or know anyone who has an eligible child, please ring the school office on 9391 7000 or come in and collect an enrolment package immediately.

EARN AND LEARN

Year 2G Assembly - Friday 31st July

Well done to the Year 2G class who presented a wonderful Assembly for our school last Friday and to Mrs Finlay for all her hard work in preparing the students. Keep up the great work Year 2G!

JULY AUSSIE OF THE MONTH

Congratulations to Natasha (Year 2G) and Mazvita (Year 6) for both being awarded the Aussie of the Month awards at our last assembly. Both students are positive role models amongst their peers, show a generosity of spirit and have demonstrated great leadership skills!

Well done Natasha and Mazvita!

SANTA CLARA P & F QUIZ NIGHT

Friday 21st August, 7pm for 7.30pm start
Santa Clara Hall, 90 Coolgardie Street, ST JAMES
Licensed Bar—Strictly NO BYO Alcohol
BYO Nibbles and Snacks
Raffles, Door Prize, Spot Prizes
Tables of 8 $15.00 per person
Call Sonia Thiel on Mob: 0419 897 560

ATTACHMENTS

Xavier Ladies Wine & Cheese Night

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 Church in Jarrahdale on the 4th Sunday of every month.

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