**Yidarra Catholic Primary School**

**PRINCIPAL'S NEWS**

This week I would like to share with you an article by Michael Grose which is taken from the Parenting Ideas website [www.parentingideas.com.au](http://www.parentingideas.com.au)

**HOW TO MOVE YOUR CHILD FROM WORRIER TO WARRIOR - By MICHAEL GROSE.**

Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable in the future. Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of 'Everyday Jitters', Mary Sheedy Kurcinka author of 'Raising Your Spirited Child' and Tamar Chanksy author of 'Freeing Your Child from Anxiety', and Washington Post columnist Suzanne Nelson I learned these ideas: Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers 'There's a Hippopotamus on Our Roof' by Hazel Edwards personifies fear of the dark as a friendly hippo.

It is much more friendly and easier to boss around if you’re a child. Put your worries in a jar: Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show, or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight. Limit talking time: Kids have a need to verbalise their worries but that need needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow. Normalise rather than lecture: As kids are very sensitive to their parents’ concerns and worries.

One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by ‘I’ve already talked to you about that.’ Continually going over old ground can allow worries to linger longer than necessary. Worry about the things worth worrying about. Worrying is energy sapping and can take up too much of a child’s time. As your child grows older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control. Give them the tools to relax: My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

**WESTERN AUSTRALIA DAY**

Western Australia (WA) Day is held on the first Monday in June each year and is a State holiday only. It commemorates the foundation of the Swan River Colony near Perth by European settlers in 1829, although sightings and landings occurred earlier way back in 1619. On the south coast, was to be the capital of WA but better resources for shipping and farming were found on the Swan River so Perth became the capital. WA Day was previously known as Foundation Day but, to recognise the original colonial settlement of the land, the name was changed in April 2012. WA was settled as a free colony, unlike some other parts of Australia like New South Wales and Port Arthur. It was the only British colony in Australia established with land grants to settlers who were given land in proportion to the quantity of people and goods they brought to the colony and were only given the full title to their land when it had been improved enough to be considered established and sustaining.

**PUPIL FREE DAY**

A reminder that next Monday, 6 June is a Public Holiday and Tuesday 7 June is a Pupil Free day.

God bless,

**CARMELO COSTIN**

Principal

**LIFELINK 2016 & PRINCIPAL FOR A DAY**

On Wednesday 8th June Mrs Costin, myself and six Year 6 representatives will attend the launch of LifeLink at Lake Monger. LifeLink raises funds to support Catholic charities throughout Western Australia. At the launch attending schools will join the LifeLink chains, made by the children in Catholic Education, into one huge chain of love reaching out to those in need. Our understanding is that the linked chain will be videoed from the air and placed onto the LifeLink website for all the children to see how they have contributed to the event.

Within Yidarra, we raise funds for LifeLink through our Principal for a Day event. More information on this activity in the coming week. For more information, check out the LifeLink website: [https://lifelink.com.au/lifelink-day-2016/](https://lifelink.com.au/lifelink-day-2016/)
P&F MEETING
The next meeting will be held on Wednesday 29 June in the Library at 7.30pm. As always everyone is welcome!

CAR PARK RAFFLE TERM 3
Tickets will be sent home on Wed, 8 June, for further information see page 3 for more details.

BUSY BEE - SUNDAY, 31st JULY
See page 4 for more details to email your interest to help on the day.

SCHOLASTIC BOOK CLUB NEWS
Issue 4 orders are due Wednesday 8th June. Issue 3 orders have been delivered to the classrooms. I still have one order from March not claimed, no name or details on the order. Please ask around your class as I would love to find the owner. Happy Reading

ENTERTAINMENT BOOK NEWS - NEW SPECIAL BALI OFFERS!!
- To PURCHASE - keep the book and return the order form or pay online at www.entbook.com.au/8g3295
- If you do NOT want the book, please return in the provided envelope to the office.
Any further enquiries, please contact Alex Rossi on 0419 962 963 or email: aarossi@iinet.net.au

SCHOOL DISCO - TERM 3
The Disco has been postponed until Term 3, keep checking the newsletter for more details.

FOOTY TIPPING
ROUND 10 RESULTS
This weeks winners are:
1. (CherylL) Mrs Lopez - Adult - $20
2. Gemma B - Kindy to Year 2 - $15
3. (Zap) Ben M - Year 3 - 6 - $15
Winnings can be collected from the office.

SCHOOL BANKING - COLOURING IN COMPETITION!
We will be holding a colouring-in competition for all school bankers. To be eligible to enter the colouring-in competition, ensure a deposit is made on Tuesday and grab your colouring-in sheet. All entries need to be in by 14th June. They will then be on display for a week at the Bull Creek Commonwealth Bank Branch. Mariana from the Commonwealth will be judging the competition and the two winners will be announced at assembly on Friday 24th June.
If we haven’t seen you for a while, this is a great time to start saving again!

JUNIOR LAPATHON PP-Y2 - WED, 15 JUNE
We invite parents to come down to sit on the oval and watch our Pre-Primary, Year 1 and Year 2 students take part in their carnival. Runners complete as many laps as they can by running, jogging or walking. A runner’s card will be marked after each lap. Students will then return to class.
Students are to wear their P.E. uniform (shorts) with faction coloured t-shirt or sport shirt, hat, and bring a water bottle and all required medications.

Program for the afternoon:
1:40 PP Girls
1:50 PP Boys
2:00 Year 1 Girls
2:10 Year 1 Boys
2:30 Year 2 Girls
2:40 Year 2 Boys

LIBRARY NEWS
The Scholastic Book Fair is fast approaching. Put the dates in your calendar!
Wednesday 15th and Thursday 16th June, in the library, before school, lunchtime and after school.
Parent/ grandparent/ aunty/uncle volunteers would be most welcome to assist with selling to make the checkout lines shorter. Watch for the sign-up sheet on the library door after June 10th.

CHERYL LOPEZ
TEACHER LIBRARIAN
Cross Country & Lap-a-Thon
School Fun Run Fundraiser

Dear Parents,

We will be holding the Adidas School Fun-Run as a major fundraising event this year. The event will be held in two stages on the following dates:

- Cross Country (Years 3-6) Tuesday 14th June 2016
- Lap-a-Thon (Pre-Primary – Year 2) Wednesday 15th June 2016

This event is being held to raise much needed money towards school sporting equipment and the development of the nature playgrounds.

About The Program
The School Fun-Run promotes healthy and active lifestyles while helping us raise funds! It’s all about participation, with students treated to a great day and rewarded for their fundraising efforts with fantastic incentive prizes. Family support is key to our fundraising success and we encourage all students to get involved.

How Does My Child Fundraise?
Attached is your child’s Sponsorship Form where the money collected is to be noted. In the Sponsorship Form you will find many other benefits such as the chance to win a Samsung Galaxy Tablet.

Students can use the back of this form to collect cash donations, noting down their supporters for ease.

We have educated students on the dangers of door knocking without adult supervision, please reiterate this at home. The best people to ask for sponsorship are people you know (eg. friends, family, work colleagues and neighbours).

Online Fundraising
The easiest way to help your child raise money is through online fundraising. Students raise an average of $103.38 using online fundraising, which really benefits all involved; plus you don’t have to worry about handling money! To set up an online student profile please visit: www.schoolfunrun.com.au/students.

Ordering Prizes
**Students who raise just $10 or more will receive a reward for effort.** To reward your child for getting involved, they’ll receive a prize based on the total amount they’ve fundraised. Please help them with Step 4 – How to Claim Prizes, this can be found and filled out on the back page of the Sponsorship Form. This will need to be returned along with all money raised to the front office on or before the 21st June 2016. Please ensure that you take a copy of your fundraising form and place the original form with the money raised in an envelope with your child’s name clearly marked “School Fun Run Fundraiser”. The student prizes will arrive shortly after.

If you require any assistance in setting up the student profile or have any queries, please do not hesitate to contact me.

Thank you, good luck and happy fundraising!

Lisa Lindner
P&F Secretary
Email: lisa_lindner@msn.com
Phone: 0419 192 323
YIDARRA CATHOLIC PRIMARY SCHOOL

BUSY BEE

Second Sunday, Term 3

We have a lot of work to do.

Please come along to one or even both of the sessions.

A sausage sizzle will be provided.
CHILDREN WILL RECEIVE A FREE ICYPOLE

DATE: Sunday 31st July 2016 (Second Sunday, Term 3)
SESSION 1: 10AM – 12PM
SAUSAGE SIZZLE: 12PM – 1PM
SESSION 2: 1PM – 3PM

Please register your interest at

yidarrabusybee@gmail.com

More information will be sent out closer to the date.

SEE YOU THERE!
P&F
Car Park Raffle
Term 3 2016

Tickets are again on sale. We have 2 Bays to raffle.

- One bay in the Pre-Primary car park for the Kindy and Pre-Primary families (you must have children in Kindy and/or Pre-Primary in 2016 to be in the draw for this car bay).
- The other bay which is near the P&F Shed, is for the families in the rest of the school (you must have children in Years 1-6 to be in the draw for this car bay).

Tickets are only $5 each or 6 tickets for $20 & will be drawn on FRIDAY 1 JULY 2016 (winners will be notified on the day).

Please send correct money or cheque payable to Yidarra P&F Association, together with the completed tickets below in an envelope labelled:
Car Park Raffle - Term 3, 2016 & your eldest child’s name & class
to the office by Monday 27 June 2016.

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In Semester Two, as part of our Health lessons, teachers from K-Y6 will be teaching the “Keeping Safe: Child Protection Curriculum”. Teachers in the school received training in this curriculum from the school psychologists in the Catholic Education Office. The program is an evidence based, best practice curriculum developed collaboratively with child protection specialists, teachers, educational leaders and other professionals. It covers a range of concepts around two main themes:

- We all have the right to be safe
- We can help ourselves to be safe by talking to people we trust

These two themes are explored through four focus areas:

- the right to be safe
- relationships
- recognising and reporting abuse
- protective strategies.

The focus areas are examined in complexity according to the age of the learners.

We encourage parents/caregivers to attend our parent information night, presented by school psychologist Terry Andrews, to familiarize themselves with the content of the program, be provided with relevant information, alleviate any concerns they may have and discover ways to support the learning in this essential area at home with your children.

If you have questions, they can be addressed at the information night or you may contact me at school.

Tanya Giovannangelo
Assistant Principal
2016 ASG National Excellence in Teaching Awards (ASG NEiTA)

Nominations open: 18 April 2016

Do you know any outstanding educators at your early learning centre, primary or secondary school or in your community? Nominate them for an ASG National Excellence in Teaching Award.

Nominate online at asg.com.au/nominate
To request a promotional kit visit asg.com.au/neita
For general enquiries call 1800 624 487

Nominations close: 31 July 2016
As winter is upon us, please make sure your child’s puffer is made available at school each day. Years 4-6 is recommended to be kept in their school bag and Years 1-3 in the office (supplied in a clear plastic box) if the child is unable to administer themselves. Children are required to take their puffers with them during PE lessons. Please update your child’s emergency plan if needed or check if you have submitted an Asthma plan to the office.

If you need any further information, the office staff are happy to assist.

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**Asthma First Aid**

1. **Sit the person upright**  
   - Be calm and reassuring  
   - Do not leave them alone

2. **Give 4 separate puffs of blue/grey reliever puffer**  
   - **Shake** puffer  
   - Put **1 puff** into spacer  
   - Take **4 breaths** from spacer  
   **Repeat** until **4 puffs** have been taken  
**Remember: Shake, 1 puff, 4 breaths**  
OR Give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12).

3. **Wait 4 minutes**  
   - If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above  
   (OR give 1 more dose of Bricanyl or Symbicort inhaler.)

4. **If there is still no improvement call emergency assistance (DIAL 000)**  
   - Say ‘ambulance’ and that someone is having an asthma attack  
   - Keep giving **4 separate puffs** every **4 minutes** until emergency assistance arrives  
   (OR 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort).

**Call emergency assistance immediately (DIAL 000)**  
- If the person is not breathing  
- If the person’s asthma suddenly becomes worse, or is not improving  
- If the person is having an asthma attack and a reliever is not available  
- If you are not sure if it’s asthma  
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid. Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.
Further information go to website: www.oshclub.com.au or
the Yidarra website: web.yidarra.wa.edu.au

Yidarra Catholic Primary School

Welcome to OSHClub - your Before & After School Care Program provider.

OSHClub provides the highest quality Before School Care, After School Care, Pupil Free Day Care and Holiday Programs for Primary and Preschool aged children.

We pride ourselves on providing children with a fun experience that they will enjoy. From exciting activities and healthy, nutritious snacks to caring, motivated staff, the program meets all your children's needs.

Program Contact Number 0413 898 405
Head Office Number (08) 9261 3200 (8:00AM to 6:00PM Mon-Fri)

Operating Times
Before School Care 7:00 AM to 8:40 AM
After School Care 2:50 PM to 6:00 PM
Holiday Program Please check online for your nearest program

Cost
Before School Care from $7.98 to $11.18 per child per session (full fee $22.35)
After School Care from $9.06 to $15.13 per child per session (full fee $30.25)
(fees subject to change)

Most families are eligible for Child Care Benefit (CCB) and the 50% Child Care Rebate (CCR).
The full fee applies for families who do not apply for and are not eligible for CCB and the CCR. All fees are approximate only. Late pick up fees of $2 per minute per child apply. Prices may change at any time. Casual bookings made within 24 Hours incur an extra charge of $3.30 per session for Before and After Care.

What happens?
Loads of fun activities for all ages including art/craft, games, sports, drama, board games and fun with friends.

What to bring
Make sure you wear or bring appropriate clothing including a hat.
PARISH NEWS
CHILDREN’S MASS SUN, 12 JUNE 2016
We welcome all Primary School aged children and their families to attend our next Children’s Mass.
Date: 12 June 2016, Time: 9:30 am
Mass Rehearsal: Saturday 11 June at 1:45pm & Choir Rehearsal: Saturday 11 June at 3:00pm
Children participating in the Mass and choir must register their names on the list in the Church foyer.

30th Anniversary Mass
11am 19th June (Sunday)
Followed by
Sausage Sizzle & Entertainment by:

St Thomas More Choir
Family Choir
Youth Choir
MenAlive
Como Holy Family Parish Ukelele Group
Shower Singers
• Hosted by:
• our very talented Brendan D’Sa

Come Celebrate Together!