courage them from diverting from the life you want them to have. The second thing all children need is structure. Boys (especially) and girls need structure and routine to give them the self-discipline to function independently. Structure allows them to organise themselves and realise it’s their responsibility not their parents.

The final thing children need is to know they are safe. Safe to make mistakes and not be ridiculed or overly punished. Safe to try new things and broaden their horizons. Safe to tell parents their concerns or problems, and know that you had the same concerns when you were their age. If you can put these things into place your children will cherish you as parents.

Setting Expectations for the New Year

The back to school season is a good time to consider what you expect of your children. Having expectations that are high, while also realistic, is essential for success. Think of a balloon. If there’s no air (like no expectations), it’s flat. If you put in too much air (expectations that are too high

FROM THE PRINCIPAL’S DESK

Dear Parents and Guardians

Welcome back, I hope everyone had a holy, happy and safe Christmas and new year. My name is Peter Allen and I am the Principal for 2013. I really enjoyed the first week of school. It is often chaotic and rushed but keeps you on your feet. The chance to teach new students is an exciting time for teachers and sometimes a pleasant break for parents after the holidays.

Welcome to the new families and staff members. I hope you have settled in to St Cecilia’s and enjoy being part of a terrific community.

I thought I would begin the year with some hints and expectations to help your children during their schooling years.

Children need three things to be happy successful people. The first of these is love. Children need to know you love, cherish and value them for who they are not what you want them to be. Do not discourage them from diverting from the life you want them to have. The second thing all children need is structure. Boys (especially) and girls need structure and routine to give them the self-discipline to function independently. Structure allows them to organise themselves and realise it’s their responsibility not their parents.

The final thing children need is to know they are safe. Safe to make mistakes and not be ridiculed or overly punished. Safe to try new things and broaden their horizons. Safe to tell parents their concerns or problems, and know that you had the same concerns when you were their age. If you can put these things into place your children will cherish you as parents.

Setting Expectations for the New Year

The back to school season is a good time to consider what you expect of your children. Having expectations that are high, while also realistic, is essential for success. Think of a balloon. If there’s no air (like no expectations), it’s flat. If you put in too much air (expectations that are too high
and impossible to meet), the balloon bursts. Finding the right balance of expectations will stretch children to grow without frustrating them.

**Tips for Younger Children**

Help children develop predictable routines around waking up, getting ready for the day, eating nutritious meals, taking care of their bodies, going to bed at a regular time, and getting enough sleep. Children are more likely to be successful when their routines help them thrive.

Build on your children’s interests. They’re more likely to meet high expectations when they’re doing things they enjoy.

Talk with your children about the goals you’ve set and achieved in your life. Explain how you overcame obstacles to meet your goals.

Expect bumps along the way. Achieving high expectations is not like climbing a ladder where each step is a step up. Expect setbacks and doubts. They’re all part of the process. The key is to work through difficulties along the way.

Encourage children to grow and develop at their own pace. Don’t compare your child to other children. Some are early walkers. Some are late walkers. Both are normal. Follow your child’s lead.

Watch out for pressures that you place on your child because of your preferences rather than your child’s needs. For example, not all sports-mad parents are going to have sports-mad children.

Give young children extra time to practise new things. Expect the process to be bumpy and slow. Be encouraging and don’t expect perfection.

Have high expectations for homework and schoolwork. Make it easier for your children to do their homework every day by sitting next to them. You can do your own project or work and be available for questions.

Help children break large, difficult tasks into smaller, more manageable tasks. This is called ‘chunking’ and can build confidence as they achieve each part.

Find activities that get your children excited. Encourage them to set goals and to have fun at the same time.

Do not try to fix all your child’s problems. They need to learn how to problem solve and be responsible for themselves and their actions. If there is a problem at school don’t take your child’s word that they are telling the truth as children often leave out the parts they are involved in. They aren’t lying just not telling the whole story and this can be embarrassing for parents.

I look forward to meeting you all during the next few weeks.

**PD Days for 2013**
The following dates are for staff Professional Development and students will not attend school on these days.

- 14 and 15 March
- 02 April Easter Tuesday – no school
- 22 July
- 27 September

25 November
One date to be announced (still waiting confirmation)

**Parent/Teacher night**
This will be held on Thursday 21 February.
- PP, 2, 4, 6 6.30 – 7.00
- 1, 3, 5, 7 7.00 – 7.30

**School Pickup Notice**
If you are picking your children up through the drive through drop off lane (kiss & ride), your children must remain where the teachers on duty are standing. The teachers will ensure your children get into your car safely. This procedure is in place to protect your children so please wait your turn, like everyone else.

2013 sees the introduction of compulsory schooling for Pre-Primary students. This will align students from this state with those of Victoria and New South Wales.

All students are required, by law, to attend school for 90% of the school year. Failure to do so requires the school to report absences to the Education Department. To assist with this process the school has bought a software package that will send a text message to parents saying their child is not at school. We will be using the mother’s mobile number for this process. If you wish to use another mobile number please advise Hilary.

All absences from school will require a note from parents/carers.

Students who are late to school need to be walked to the office and signed in by parents/carers. This is a ‘duty of care’ issue pertaining to student safety.

God Bless

Peter Allen
Principal

**PARISH NEWS**

**MASS TIMES**

- **St Cecilia’s - Port Hedland**
  - Tue, Wed & Thu Morning Mass 8.00am
  - Friday Morning Mass 7.15am
  - Saturday Evening Vigil Mass 6.00pm
  - Sunday Morning Mass 8:30 am

- **St John the Baptist - South Hedland**
  - Wednesday Night Mass 6.00pm
  - Saturday Evening Vigil Mass 6.30pm
  - Sunday Morning Mass 9.30am
  - (after 9.30 communion round)

- **Seafarers Centre - Port Hedland**
  - Sunday Evening 3.30pm (All welcome)

**RELIGIOUS EDUCATION**

**Welcome to School Mass**

Please join us for our beginning of year Mass to welcome you to another school year and to welcome our new members of our school community. This will be held Friday this week, 8 February at 8.45am. We
hope you can join us. Please note that the Kindergarten class will not be attending this Mass as they are continuing to settle into the routine of school life.

Ash Wednesday
Lent begins on Ash Wednesday, 13 February and is a time to do a big spiritual ‘clean out’. Lent is a time to reconcile, pray, fast and give to others. We are all encouraged to do more of these things during the Lenten period as we prepare to celebrate the Risen Christ on Easter Sunday!

We will have an Ash Wednesday ceremony in the Under Cover Area straight after the morning bell and this will be followed by Mass at St Cecilia’s Church. You are most welcome to join us as a school community. We would love to see you there.

Lent and our Chick-a-Thon
Our chick-a-thon begins on Ash Wednesday 13 February. Each class will receive a Project Compassion box provided by Caritas Australia and this will become a fundraising box.
For every $10 your class raises for our Caritas Australia ‘Project Compassion’ Lent fundraiser, your class will provide a chicken for a Zimbabwe community. We encourage students to contribute to this box regularly donating coins as a way of giving back during the Lenten period.
Our Year Seven leaders will run the program and reveal each week which class has the most chickens. At the start of Holy Week, on 25 March, the class who has raised the most funds will be revealed and public recognition be given at assembly that morning.

Happy chick-a-thon!

SPAR – Stop Pray and Reflect
You are invited to join our parents and friends SPAR group. What is a SPAR? Our parents and friends SPAR group is your opportunity during the Lenten season to:
Stop
Pray
And
Reflect
This short prayer and reflection will run on Friday afternoons at 2pm in the hall. I personally will be running the sessions and look forward to having some ‘time out’ with you to share and reflect. Our SPAR session begins on Friday 22 February at 2pm.

Faith Formation Session: Grace and the Sacraments
On Thursday 28 February at 3.00pm to 7.30pm, Sr Carmel Posa is visiting Port Hedland to run a special session on the Sacraments, Grace and Baptism. We invite all members of our community to the session as it is an opportunity to deepen our understanding of the Sacraments. Sr Carmel will look at the meaning of Grace, understanding of Sacraments and the images and metaphors in Baptism and Eucharist. The session is free of charge. To register for the session, please email Grace Joukhadar on: Joukhadar.grace@cathednet.wa.edu.au or call the school office.

Mrs Grace Joukhadar
Assistant Principal Religious Education

LIBRARY NEWS
At the end of last year we received a big order of new books in the library. We would appreciate any volunteers to assist in covering these books so that we can place them on the shelves for the students to enjoy. If you would like to assist, please contact me either in person or via email: simpson.nicola@cathednet.wa.edu.au
Any help is greatly appreciated. Thank you.

Mrs Nicola Simpson
Library Teacher

GENERAL CAMPUS NEWS

CANTEEN
Please note that we are still using the 2012 Canteen Price List. Once updated the new menu and price list will be issued to families. Price lists are also available on the school’s website. www.stcecilia.wa.edu.au
Please check that you are paying the correct amount to avoid small accounts being sent home.

DONATIONS PLEASE
We always appreciate donations the following items:
- Used stamps
- Aluminium can ring pulls
- Ice-cream containers and lids
- Shoe boxes
These can be brought in to the front office.

Mrs Rozario
School Secretary

BATTERY RECYCLING
The types of batteries to be recycled include the following:
Primary (Single use) – batteries typically found in toys, watches/clocks, smoke alarms, audio-visual equipment and remote controls ie. AAA, AA, C, D etc…
Secondary (Rechargeable) – commonly found in cordless drills, mobile phones, laptops, PC’s, shavers and cameras.
The battery collection box is in the front office. Please note we are not collecting car batteries.

SCHOOL BANKING
School Banking for 2013 will be on every:
Thursday from 8.00am to 8.30am in the Library.
Starting from today.
Families who would like their children to participate in the school banking program need to open a bank account for their child/children with Bankwest. No forms to complete just take your child’s birth certificate into the bank. If parents are not members of Bankwest they will need to take their drivers licence with them.
BIRTHDAY WISHES
Congratulations to the following students who celebrated their birthday.

January
2 WALKER, Kaydence PP
3 BINNING, Mitchell PP
4 BATTLE, Jesse Y5
4 MARSDEN, Jed Y5
4 JESSOP, Isaac Y6
4 AMS, Kloe Y7
6 TAYLOR, Alleirah Y4
7 GALOVIC, Nicholas Y2
10 VELDSDAN, Kayla Y1
11 MBENJELE, Elsie Y2
15 WILSON, Ashleigh Y1
15 MELLBERG, Tara Y5
20 LEOPARDI, Angelique Y5
22 LARSON, James Y2
23 SCHMICH, Charlotte K
23 DITT, Casey K
29 DALITZ, Charlie PP
30 EMMITT, Charlotte Y2
30 BATIC, Jack Y7
30 MENE, Angelina Y7

February
4 JERRY, Christina K
7 DOYLE, Jamal Y3
8 SCHMICH, Charlotte K
8 JOHNSON, Breanna Y2
8 GILLINGHAM, Cianna Y3

COMMUNITY NEWS
EXPERIENCE ANOTHER CULTURE IN 2013 AND IMPROVE YOUR LANGUAGE STUDIES AT HOME
In June-July students from over 20 countries around the world will be arriving in Australia to study at local high schools for 5 or 10 months.
Opportunities exist for families to act as a host family, in a volunteer capacity. Hosting can be on a temporary, short or long term basis. Host families help provide international students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.
If your family can offer a friendly, supportive and caring home environment, contact us today.
To hear more about this wonderful opportunity or our student exchange programs out of Australia Call Student Exchange Australia New Zealand on 1300 135 331 or visit www.studentexchange.org.au/host-a-student

TAKE HOME A BIG BROTHER OR BIG SISTER
Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2013 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan, and Spain will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

UNIFORM SHOP
Open during school terms each Thursday after assembly approximately 9.00am to 9.30am
ENROLMENT CANCELLATION
If you are leaving town and/or the school at any time please complete an Enrolment Cancellation Form. These can be collected or sent home from the office, also available on our website: [www.stcecilia.wa.edu.au](http://www.stcecilia.wa.edu.au)
We would appreciate as much notice as possible as we have many students on the waiting list. This information will be kept confidential.

P&F MEETING
Our first P&F Meeting for the year will be held in the school library on **Wednesday 20th February 8.30 - 9.30 am**. Please send through any items you would like included on the agenda. All parents and friends of St Cecilia's are welcome, so please forward this email to anyone you think may be interested in coming along.
Hope to see you at the meeting!
Emma Merlo
Secretary St Cecilia's P&F

COMMUNITY MEAL DONATIONS
I, _______________________________, would like to donate meals for the community.
Please return this slip to the front office and meal containers will be sent home with your child
Signed: ______________________________

ELECTRONIC NEWSLETTER & ALERTS CONSENT
St Cecilia’s Catholic Primary School’s fortnightly newsletters are available by electronic means (thereby reducing costs and helping the environment at the same time). If you are happy to receive the newsletter/school notices/alerts via this method, please indicate your acceptance below:

- Yes I would like to receive the newsletters and updates by email.

Family Name: __________________________________________________________
Email Address: __________________________________________________________
Students Name: __________________________________________________________ Year Level: ____
Students Name: __________________________________________________________ Year Level: ____
Students Name: __________________________________________________________ Year Level: ____
Students Name: __________________________________________________________ Year Level: ____

PLEASE RETURN TO THE SCHOOL OFFICE ASAP
TERM ONE SPORT TIMETABLES

Please find the Term One Sport Timetables below:
One for Weeks 1, 2, 8 - 11 and another Timetable for Weeks 3 - 7 due to swimming for Years Three to Seven.

Please ensure that students are in the correct uniform according to the timetables.

Thank you
Mrs Lyn Poharama
Sports Co-Ordinator

Sport Timetable Term One 2013

Weeks: 1, 2, 8, 9, 10, 11

No swimming practice Y3 - Y7

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:20 – 8:40</td>
<td>MORNING GREETING</td>
<td>MORNING FITNESS</td>
<td>MORNING FITNESS</td>
<td>ASSEMBLY</td>
<td>MORNING FITNESS</td>
</tr>
<tr>
<td>8:40 – 9:30</td>
<td>YR 6</td>
<td>YR 3</td>
<td>YR 7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 – 10:20</td>
<td>YR 7</td>
<td></td>
<td>YR 6</td>
<td></td>
<td>YR 5</td>
</tr>
<tr>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
</tr>
<tr>
<td>10:40 – 11:30</td>
<td>YR 2</td>
<td>YR 4</td>
<td>YR 4</td>
<td>YR 1</td>
<td></td>
</tr>
<tr>
<td>11:30 – 12:20</td>
<td>PP</td>
<td>YR 1</td>
<td></td>
<td>PP</td>
<td></td>
</tr>
<tr>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12.55 – 1.15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:15 – 1:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YR 3</td>
</tr>
<tr>
<td>1:45 – 2:35</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>YR 2</td>
</tr>
</tbody>
</table>
Sport Timetable Term One 2013

**Weeks: 3, 4, 5, 6, 7**

Due to swimming practice Y3 - Y7

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:20 - 8:40</td>
<td>MORNING GREETING</td>
<td>MORNING FITNESS</td>
<td>MORNING FITNESS</td>
<td>ASSEMBLY</td>
<td>MORNING FITNESS</td>
</tr>
<tr>
<td>8:40 - 9:30</td>
<td>YR 3</td>
<td>YR 7</td>
<td></td>
<td></td>
<td>YR 1</td>
</tr>
<tr>
<td>9:30 - 10:20</td>
<td>Yr 6</td>
<td>YR 6</td>
<td></td>
<td></td>
<td>YR 5</td>
</tr>
<tr>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
<td>RECESS</td>
</tr>
<tr>
<td>10:40 - 11:30</td>
<td>YR 2</td>
<td>YR 4</td>
<td>YR 4</td>
<td>YR 1</td>
<td>YR 5</td>
</tr>
<tr>
<td>11:30 - 12:20</td>
<td>PP</td>
<td>Yr 7</td>
<td>PP</td>
<td></td>
<td>YR 5</td>
</tr>
<tr>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
</tr>
<tr>
<td>12.55 - 1.15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:15 - 1:45</td>
<td></td>
<td></td>
<td></td>
<td>YR 3</td>
<td></td>
</tr>
<tr>
<td>1:45 - 2:20</td>
<td>YR 5</td>
<td></td>
<td></td>
<td></td>
<td>YR 2</td>
</tr>
</tbody>
</table>
CLASSES OF 2013