FROM THE PRINCIPAL’S DESK

NAPLAN
I am pleased to say that the NAPLAN Testing is now behind us. Monday and Tuesday will be used as catch up days for any student who missed a test this week. Congratulations to the students and staff members who participated in the testing for the wonderful composure you displayed. NAPLAN can be a stressful time for students, parents and staff members. The data obtained from the NAPLAN Testing is a valuable tool but doesn’t reflect the true nature of schools and the all-round education they provide students.

BIG TICKET ITEMS 2015
Reduce rubbish output
On Wednesday the school held the first ‘Nude Food’ trial of the term. What an amazing success it was. The only bin placed out was for food scraps. The food scraps are taken away and used to feed chickens in the local area (this will become an everyday event). Thank you to all parents, students and staff who have supported the school in its endeavour to become environmentally aware. The next trials will be held on Tuesday 19 and Thursday 21 May with the school becoming rubbish free on Monday 25 May. Thank you to Mrs Lee for putting the wrapper free lunch box display together.

St Cecilia’s has come a long way in changing how the school looks after the environment. We no longer send home paper newsletters and school notes. The school board has joined the ‘paperless theme’ by using digital media when presenting school reports. We estimate the total saving for the school will be around $6000 per year. This money can be spent on resources to further enhance student learning.

Signage
I hope some people have noticed the semi-circle school signs in Anderson and Sutherland Streets have been removed. They are getting refurbished and hopefully they will be up again soon. The first parent to come to the office and give their opinion on the signs will receive a ‘special prize’.

Evangelisation Plan
During 2014, Mrs Sheen and myself attended a workshop in Perth where we refreshed the school’s Evangelisation Plan. One of the foci for this year was to further extend student knowledge in the Catholic religion. We began this last Wednesday afternoon with the stu-
dent students going to the church and learning about the different parts of the church and their historical meaning. We finished the afternoon with hymn singing practice. The students were very attentive and sang beautifully. The students will continue going to the church every second Wednesday.

**SCHOOL BOARD**
The school board meeting will be held in the library at 7.00pm tonight. The board still requires a secretary and a general member. If you wish to nominate please contact me using the school number or make an interview time with Hilary in the office.

New members of the school board will undergo an induction, at 6.15pm, in the library. The induction will be held by the new School Improvement Officer – Mr Shane Baker. Shane operates out of Geraldton and is responsible for all Catholic Schools in the Geraldton region. I would like to welcome Shane to St Cecilia’s and hope his time here is enjoyable.

**STRATEGIES FOR HOMEWORK**
Parents can help children develop sound study habits from a young age, which include establishing a predictable routine, encouraging effective use of time and helping them to be organised.

**How to help:**
1. Establish a predictable routine.
2. Make homework time as enjoyable as possible.
3. Establish a good working environment for students.
4. Encourage children to work reasonably quickly and efficiently.
5. Encourage children to become organised by planning homework around their extra-curricular activities.
6. Be realistic and don’t expect to solve all homework difficulties.

Don’t do their homework for them. (Teachers need to know if a student can’t do the homework)

God bless

Peter Allen
Principal

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**PARISH MASS TIMES**

**St Cecilia’s - Port Hedland**
- Tue to Fri Morning Mass 8.00am
- Saturday Evening Mass 6.00pm
- Sunday Morning Mass 8:30 am

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

**St John the Baptist - South Hedland**
- Monday and Wednesday 6.00pm
- Tue, Thu & Fri Morning Mass 8.00am
- Saturday Evening Mass 6:30pm
- Sunday Morning Mass 9:30am

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**RELIGIOUS EDUCATION**

**Next week is Communio Week.**
Please read the section in this newsletter about Communio Week. There are many events and fundraising activities planned and the students will need gold coin donations.

**National Reconciliation Week**
Next week is National Reconciliation Week. This week is recognised each year and begins on 26 May with National Sorry Day. The week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander peoples and other Australians. This year, National Reconciliation Week remembers the anniversary of two significant events, the 1967 Referendum and the Mabo Decision of 1992, reminding us that great achievements take courage and persistence.

**Family Mass**
Please attend the Family Mass led by the Year 6 class this Sunday 8:30 am at St Cecilia’s Church. Looking forward to seeing you there!

**First Holy Communion**
The second meeting for the parents and children preparing for their First Holy Communion takes place in the hall on Thursday 21 May at 6.30pm. See you there nice and early!

The children will receive their first Holy Communion at their own Parish Mass on the following dates.

**Dates:**
- Saturday 06-06-2015 First Holy Communion St Cecilia’s Parish at 6:00 pm
- Sunday 07-07-2015 First Holy Communion St John the Baptist Parish 10:00 am

Blessings
Rosie Vrancic Religious Education Coordinator
During week 5 at school we will celebrating Communio Week with the theme of Hearts Rejoice. What is Communio Week, you may ask? It is a name given to a plan to help the needy people of our Diocese of Geraldton. The Church supports people across Australia and the world through projects such as Catholic Mission and Caritas, however, money collected during Communio Week is specifically for the needy people in our own Diocese.

The word Communio has a Latin derivation from ‘Communion – union with’. This is important because we as a Church and a community are connected to all the people of our Diocese. Jesus said “Whatsoever you do to the least of my brothers and sisters, you do to me”.

Each year Communio Week in schools allows us to learn more about the people that our Diocese supports, pray for them and to raise funds to help support them.

Attached below is the programme of events for the St Cecilia’s 2015 Communio fundraising campaign, please discuss this important initiative with your children and remember to save up any spare change you have on hand to show your support.

**Colouring in and Poster Competitions**

**K-2** Colouring in completion.
- Gold coin donation to enter.

**3 - 6** Design a poster educating people about what Communio means.
- Gold coin donation to enter. Poster to include the theme Hearts Rejoice and the year 2015.
- All entries closed Wednesday 13 May 2015
- Winners announced Thursday 21 May at Assembly.

**Hearts Rejoice Money Chain**
All classes to collect any spare change and paste it onto the St Cecilia’s Communio poster.
- Let’s aim to fill the entire page with coins!!

**Communio Week Schedule of events 18 to 21 May**

**Monday 18 May:** Communio Opening Ceremony, 8:25 in the Under Cover area. We will be joined by guest speaker Mayor Kelly Howlett, a leader in the community for supporting the needy (Parents welcome).

**Tuesday 19 May:** Y6 class to participate in a webcast transmission with Bishop Justin, discussing Communio and its effects within the community (Student only event).

**Wednesday 20 May:** NEON free-dress day. Bring a gold coin donation to wear your neon colours ALL DAY!
- At 12:40 there will be a Fashion Parade in the hall with MC Ms B! Students will need to pay a gold coin donation to walk the catwalk (Parents welcome, please don’t forget to sign in at the front office).

**Thursday 21 May:** School Assembly, Communio Song and announcement of total funds raised during the week (Parents Welcome).

**GENERAL CAMPUS NEWS**

**ICAS Testing**
Just a reminder that the first ICAS Test will be held this week. For parents that have looked on the website, I have changed the testing dates to Friday to enable the tests to be held during school rather than after school.
- This week is the Digital Technologies Test. It will begin at 1:30pm in the Library with all students being finished before the end of the school day.

**NAPLAN Testing**
I also want to say well done to our Year Three and Five students for completing NAPLAN Tests this week. I was particularly impressed with the mature attitudes towards the testing, especially of our Year Three students who were sitting the test for the first time. A thank you also to Miss Piergrosse and Ms Batchelor for helping the students to feel confident and calm as they sat each test.

**Staff Retreat**
On Thursday 28 and Friday 29 May the staff of St Cecilia’s will be attending a Staff Retreat at Pardoo Station. This retreat gives staff the opportunity to further develop their faith and knowledge of the Catholic religion which in turn will help them when teaching your children in the classroom.
- We have a lot of discussions and activities planned as well as time for prayer, meditation and reflection. We are all looking forward to this time of faith development as well as being able to share what we have learnt with you.

Mrs Mandy Sheen
Assistant Principal

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**Library Book Coverers**

Childs Name: ________________________________ Class: ________________

I can assist the library by covering some books. Please send home some books and contact.

Parent Name: ________________________________ Contact Number: ________________
BIRTHDAY WISHES

Congratulations to the following students who celebrated their birthday.

May
3 ROYLE, Judd Y3
5 CLARKE, Harrison Y3
6 GOULD, Jackson Y5
7 BOWINS, Corey Y6
10 MERLO, Nicholas Y5
12 KELLY, Pippa K
12 MARTIN, Jack Y1
12 THOMPSON, Audrey Y5
13 HARRIS, Mace Y5
13 ROZARIO, Jayden Y5
14 WESTLAKE, Charlotte Y6

MERIT AWARDS

30 April 2015
PP: Brooklyn Bennett
Y1: Tegan Bull
Y2: Alexis Kelly
Y4: Scarlett Foti
Y5: Kimberley Muzambwa
Y6: Madeleine Jessop

Tanikia Keep
Angus Hegarty
Oscar Thompson
Breanna Johnson
Seth Pentney
Kordal Walker
Charlotte Westlake

07 May 2015
PP: Mia Gonzalez
Y1: Milo Comerford
Y2: Willow Pentney
Y3: Year Three Class
Y4: Charlotte Emmitt
Y5: Isabella Leopardi
Y6: Olivia Campbell

Angus Thompson
Branden Shade
Paisley Westlake
James Guilmartin
Kordal Walker
Bo Dinh
Michael Kahondo
Merina Ndewere

Ice Creams $2 this Friday

This Friday, 15th May the Year 6’s will be selling Paddle Pop Ice Creams for $2 at lunch time. These funds, as well as those that come from the sale of Icy Poles, help to fundraise money for the Year 6 Graduation at the end of the year.
WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?

Experience another culture, make new friends and improve your language studies at home.

Hosting – An Experience for Life

Student Exchange is looking for host families across Australia to welcome overseas students into their home.

www.studentexchange.org.au

1300 135 331 (cost of local call)

FUNDRAISING AND FRIENDRAISING

Is the theme of this year’s AGM and mini conference, being held at St Peter’s Catholic Primary School, 103 Wood Street, Inglewood on Wednesday 27th May 2015 from 5pm-8.30pm.

We have Mandy Weidmann, CEO, The Fundraising Directory coming from Queensland to speak to us on how creative fundraising builds strong communities. The Fundraising Directory book will be complimentary for each parent who attends the evening.

We also have Allan Blagaich, CEO, School Curriculum and Standards Authority (SCSA), coming to outline the changes to the curriculum from pre-primary to year 12. Allan is a wonderfully engaging speaker and is very happy to answer any questions you may have. We promise to squeeze the formalities of the AGM between our two guest speakers.

Light supper and drinks will be provided and there is plenty of on-site parking available. For more information and to register please go to http://pffwa.eventbrite.com.au/ Registration is free for parents of affiliated schools, however everyone is welcome to attend. Please register for catering purposes by Friday 22nd May.

We look forward to seeing you there!
The Best 10

1) Atkins Advantage range *0.0%-5.0%
2) Carman’s Original Fruit-Free 7.1%
3) Carman’s Apricot & Almond 8.2%
4) Slim Secrets range # ^8.5%- Morton Gillespie Pty Ltd - David Gillespie. 11.0%
5) Be Natural Honey Nut Trail Bar 13.1%
6) 100 Healthy Calories Super Berry Breakfast Bar 13.4%
7) Weight Watchers Ginger Kiss Muffin Bar ^14.0%
8) A.O. Mixed Nut Bar 14.3%
9) Be Natural Sunflower & Pepita Nut Bar 14.5%
10) Woolworths Naytura 4 Seed Bar 15.6% *

Sweetened with Sucralose # ,
Sweetened with Maltitol ^ ,
Sweetened with Polydextrose

The Worst 10

1) Go Natural 100% Fruit Bar - Apricot 61.8%
2) Go Natural 100% Fruit Bar – Fruit Medley 57.9%
3) Sun Apricot Bar 57.2%
4) Go Natural Popcorn & Fruit Bar – Apple & Cinnamon 54.1%
5) Be Natural Fruit & Nut Yoghurt Coated Nut Bar 44.6%
6) Orgran Fruit Filled Blueberry Bar 43.0%
7) Sun Cashew Nut & Honey Bar 42.9%
8) Tasti Carob coated Fruit & Nut Snack Bar 42.5%
9) Go Natural Yoghurt Fruit & Nut Delight 41.5%
10) Coles Smart Buy Choc Chip Chewy Muesli Bar 41.2%

A Teaspoon Guide to Australian Muesli Bars 2008

While they shouldn’t be eaten daily, muesli or cereal bars make a convenient snack option for lunch boxes and can provide kids with a nutritious boost of energy to keep them going between meals. However, despite their healthy image, many of the options are high in saturated fat, refined carbohydrates and added sugar, offering little nutritional benefit, so it’s important to choose carefully.

HELPFUL WEBSITES

- http://www.bakeridi.edu.au/Diabetes_Resources_Fact_Sheets/ fact sheets on healthy snacks, Low GI carbohydrates, fats etc
- http://www.cdc.gov/growthcharts/data/set1clinical/ci41021.pdf CDC growth chart for boys
- http://www.nutritionaustralia.org/wa
- http://www.nutritionaustralia.org/national/resource/healthy-living-pyramid
- http://www.sugarstacks.com/cookies.htm
A new version of the Healthy Living Pyramid is on its way in early 2015.

The Healthy Living Pyramid (HLP) was developed to provide a simple guide to planning the types of foods we should eat and in what proportions different foods should be consumed. The pyramid represents food from the core food groups only. That is, it shows meat, fish, chicken, eggs, nuts, bread, cereals, vegetables, legumes, fruit, milk, etc. We all know though that during meals we do not eat core food groups alone - we combine several of them together to create a meal. For example, we mix meat with vegetables to make a stew or casserole, eggs with milk and sugar to make custard or flour with oil, cheese, vegetables and meat to make a pizza. Although the pyramid can’t show all possible food combinations, mixing foods and adding herbs and spices to create appealing flavours can help us enjoy foods in the variety needed whilst keeping to the proportions outlined in the Pyramid.
PARENTS & FRIENDS NEWS
stcecilia_pandf@outlook.com

REMINDEERS

TUPPERWARE
All Tupperware orders and money are due this Friday, 15th May. No late orders please.

MOTHERS DAY RAFFLE
The Mother’s Day raffle tickets and money are also due this Friday (15TH). This raffle is to be drawn on Saturday, at the Mother’s Day Afternoon tea. Please hand both of these to your class teacher, or place them in the P&F box in the front office.

MOTHERS DAY AFTERNOON TEA
* It is THIS Sat 16th May, at St Cecilia's School Hall, from 3pm-5pm.
* The cost is $20 per family which covers afternoon tea for both Mum/Care Giver and children. For just MUM - glass of champagne, a macaroni necklace, a bag of bath salts, a jar of nail polish and a tea cup biscuit (made/given to you by your child). If you require a second or third item of any of the above, it will cost an extra $2 each.
* There will also be soft drinks, fruit boxes and LUCKY DIPS for sale at $2 each.
* Upon entry you will be given a raffle ticket to go in the draw for a small DOOR PRIZE

If you are available to help set up or to pack up, or you are happy to bake something to add to our table of food, please let us know in the next couple of days.

UPCOMING EVENTS!

Next Meeting 9th June, 7pm in school Library - all welcome 😊

Super Hero Fun Run - 19th June - Further details will be sent home

School Disco - 26th June - Further details will sent home with your children