Dear Parents/Guardians

Week Six is nearly over which means there is only four weeks before the end of the term. Teachers are busy finishing assessments and will begin getting reports ready. The students are busy learning and also getting ready for the up-coming school and interschool athletics carnivals.

Benefits of playing
Playing is really important as children learn so much through their interactions with others. They learn to problem solve, invent, negotiate, communicate, comprise and laugh. Playing is a very important part of child development yet it is left out of ‘milestones to be reached.’ I often wonder how far we have come when children need to begin studying harder at a younger age, to get ahead in life. I believe being able to communicate, negotiate, compromise, problem solve, invent, dream and laugh are important for children to become happy, content adults. Children need an hour of playing/running around each day. Please get your children off the couch or computer and get them outside. You will notice the benefits of having children with better sleeping habits and greater concentration spans.

First Holy Communion
Congratulations to those students who made their First Holy Communion last weekend. This is a big step on their faith journey. I would like to thank the class teachers and the Parish Sacramental Team for the encouragement and support they have unselfishly given to the children. Thank you also to the many staff members who attended the ceremonies and offered their support and prayers to the students.

Ability streaming in Maths
The school has begun ability streaming in the Mental Maths area of the curriculum. Students in Year 4 - 6 have already been tested and placed in their stream. Year 1 - 3 will begin the process shortly. The Mental Maths program is being taught for 20 minutes a
day, four days a week. St Cecilia’s has taken this path as a way of catering for individual student’s needs and as a way of enhancing and developing learning. You can help this process at home by hearing your child’s times tables. If you have any concerns about this please contact me.

Cultural Awareness Training
St Cecilia’s staff will be undergoing Cultural Awareness training on Tuesday 7 June. The training will be facilitated by The Catholic Education staff from Geraldton and Perth in consultation with Mrs Walker.

Yours in Faith, Family and Friendship

Peter Allen
Principal

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

St John the Baptist - South Hedland
Monday to Thursday 6.00pm
Friday Morning Mass 8.00am
Saturday Evening Mass 6:30pm
Sunday Morning Mass 9:30am

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

THE RITE OF CHRISTIAN INITIATION OF ADULTS (or RCIA)

SEEKING! People search for many things: a job, a house, a school, a partner, a place to live, even things we can’t see. To help people in their search for the meaning of life we are running a special programme. It is called The Rite of Christian Initiation of Adults (or RCIA).

Every two years we conduct this programme. It is for those who are interested in the Catholic Faith. We will be starting this programme in Term 3 (starting on Wed. 20th. July). It will run, during school terms, up to Easter of 2017. There will be a one hour session each Wednesday, from 7.00 pm – 8.00 pm (strictly). It will be conducted by Fr. John and a team of presenters.

If you are interested in the Catholic faith, either to be baptised or received into the church, please contact Fr. John (on 0417 436714). If you know of others who are interested please invite them to take part.

RELIGIOUS EDUCATION

First Holy Communion
Congratulations to all of our students that received the Sacrament of First Holy Communion on Sunday 29 June at St Cecilia’s. The girls looked beautiful in their white dresses and the boys looked very handsome in their shirts, trousers and ties. We all wish you well on the next stage of your spiritual journey.
Thank you once again to the families, teachers and Sacramental Team for your support in preparing the children to receive this Sacrament.

Confirmation
Just a reminder that the preparation for Confirmation has begun. The first of the activities that families take part in at home will be handed out parish Masses this weekend with seven activities spread out over the next few months. These activities are designed to involve the whole family in helping the Confirmation candidate to prepare to receive this special sacrament.
The first family meeting for the Sacrament of Confirmation is Thursday 30 June, 6:30pm, in the school hall.

Communio Week
A very big thank you to everyone for their fundraising efforts during Communio Week. With our recess and lunch pre-orders and our gold coin donation Free Dress Day we raised $872.00 for the Bishop’s Communio Appeal.
Thank you for your support for this very worthy fundraising cause.

Family Mass
Please come along and join us for Mass on Sunday 12 June, led by the Year Six class. The Mass begins at 8:30am and all families are welcome to attend.

Mrs Mandy Sheen
Religious Education Coordinator

MERIT AWARDS

19 May 2016
PP: Ashley Fitt
Y3: Johnathan Narrier
Y4: Shaban Salawu
Y6: Jackson Gould

26 May 2016
PP: Jett Tan
Y2: Sienna Prindiville
Y3: Nadine Retallack
Y4: Levi Hodgkinson
Y5: Joice Damien

2016
Ethan Puertollano
Y6: Tucker Bailey
Isabella Leopardi

Harper McKay
Willow Pentney
Amy Wade
Chelsea Narrier

Charlie Stainton-Rae
Tadiwanashe Kuzambwa
Athena Mandoza
Mackenziee Walker
Bethany Denney
Chelsea Narrier

Isabella Raso
Zain Salawu
Amy Wade
Chelsea Narrier

Lubelihle Nyathi
Jamal Doyle
Ashley Dwyer
Beau Wauruki
BIRTHDAY WISHES

Congratulations to the following students who celebrated their birthday.

May
22 COMERFORD, Harriet Y2
22 COMERFORD, Milo Y2
26 LEE, Jarron Y2
28 COTTER, Taleigha Y6
29 WILSON, Cooper K
30 GONZALEZ, Zoe K

June
2 DRYSDALE, Charlie Y2
3 CHIKWAKA, Damien Y5
5 BELL, Rex K
5 STANLEY, Abigail PP
5 CURTIS, Kayleigh Y4

A DAY MADE BETTER
Nominations have now opened for Officemax 2016 “A Day Made Better” Program. Our school is filled with amazing teachers, and we’d like your help to say thanks. Nominate them today at adaymadebetter.com.au and we could win a prize pack valued at $5,000! http://www.adaymadebetter.com.au/nominees

This is an awesome program that involves the whole school community – parents, fellow teachers, students or any other people connected with the school can hop online at www.adaymadebetter.com.au and nominate a teacher who they believe has made a difference, as well as add a message of support to an existing nominee.

There will be 10 winners selected Australia wide based on their nomination who will receive $5,000 worth of supplies, plus an Apple iPad for their classroom. Every teacher who is nominated will also receive a Nomination Certificate! This is truly a feel good program that gives the school community the opportunity to recognise teachers who go above and beyond to shape the future of our children. Have a look at the website yourself - you can even read the inspirational stories of past winners. Nominations close on Friday 17 June 2016.

NAIDOC 2016 (Week 10)

Songlines:
The living narrative of our nation

St Cecilia’s will be celebrating NAIDOC week during week 10 of this term, we are looking forward to some exciting experiences and invite our parents and families to join in the fun with us. More details and full programme to follow in the Week 8 Newsletter.

For Aboriginal and Torres Strait Islander people, the Dreamtime describes a time when the earth, people and animals were created by our ancestral spiritual beings. They created the rivers, lakes, plants, land formations and living creatures. This year the NAIDOC theme of Songlines perfectly describes the importance that these narratives play in the history of our culture and how these songlines record the travels of the ancestral spirits.

Aboriginal language groups are connected through the sharing of Songlines with each language group responsible for parts of their own Songline.

With this theme in mind we would like to invite any Aboriginal and Torres Strait Islander family member to share a part of their Songline with us at a morning assembly at school during week 10. We want to hear your stories and help build a culture of sharing at our school, if you or someone from your family is interested or would like some more information please contact Claire Wellbeloved.
HEALTHY EATING

HEALTHY FOOD AND DRINK CHOICES AT SCHOOLS

In 2007 the WA Department of Education introduced the Healthy Food and Drink policy. The policy applies to the food and drinks in public school canteens/food services as well as areas where the Principal is directly responsible for the supply of food and drinks – for example classroom rewards, school camps and excursions.

A traffic light system is used to categorise food and drinks as Green, Amber or Red. Try using this at home too!

GREEN – GO!
- Fill your diet with a variety of ‘green’ foods:
  - Fruits, vegetables, wholegrain cereals, reduced fat dairy products.

AMBER – WAIT
- Select these foods carefully and try to limit how much you eat:
  - Some pre-packaged items and snack foods, muffins, biscuits, crackers.

RED – STOP!
- These foods and drinks are not required as part of a healthy diet. They are off the menu in school canteens.
  - Confectionary, deep fried foods, chocolates, pastries, slices, soft drinks, flavoured waters.

HOW MANY SERVES DO CHILDREN NEED EACH DAY?

<table>
<thead>
<tr>
<th>Age</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Grains and cereals</th>
<th>Meat and alternatives</th>
<th>Dairy and alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 8 years old</td>
<td>4⅛</td>
<td>1⅛</td>
<td>4</td>
<td>1⅛</td>
<td>2</td>
</tr>
<tr>
<td>9 - 11 years old</td>
<td>5</td>
<td>2</td>
<td>5</td>
<td>1⅛</td>
<td>2⅔</td>
</tr>
<tr>
<td>12 - 18 years old</td>
<td>5 - 5⅛</td>
<td>2</td>
<td>5 - 7</td>
<td>2⅔</td>
<td>3⅔</td>
</tr>
</tbody>
</table>

For the number of serves that adults should be eating visit www.eatforhealth.com.au

HOW MANY SERVES IN A LUNCHBOX?

A lunchbox should contain about one-third of a child’s food for the day. Start with this as a rough guide. If your child is very active, or says they’re hungry at school, add extra serves of these core foods.

Remember to pack a Crunch&Wiz® snack (pg 7) and a water bottle every day. This adds an extra serve of fruit or vegetables to the day!

<table>
<thead>
<tr>
<th>Age</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Grains and cereals</th>
<th>Meat and alternatives</th>
<th>Dairy and alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early childhood</td>
<td>1⅛</td>
<td>½</td>
<td>1</td>
<td>⅓</td>
<td>⅓</td>
</tr>
<tr>
<td>Lower primary</td>
<td>1⅛</td>
<td>½</td>
<td>⅓</td>
<td>⅓</td>
<td>⅓</td>
</tr>
<tr>
<td>Upper primary</td>
<td>1⅛</td>
<td>1</td>
<td>⅓</td>
<td>⅓</td>
<td>1</td>
</tr>
<tr>
<td>Middle/High school</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat and alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs</td>
</tr>
<tr>
<td>80g half a brownie</td>
</tr>
<tr>
<td>1 cup beans, peas or lentils</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dairy and alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup milk</td>
</tr>
</tbody>
</table>
HEALTHY LUNCHBOXES

Australian Guide to Healthy Eating

Early childhood lunchbox 4 – 5 years old

Example 1

- Cheese and lettuce wrap
- Carrot and capsicum sticks with hummus
- Honeydew melon
- Strawberries (Crunch&Sip®)

Example 2

- ½ chicken, carrot and avocado sandwich
- Plum
- Grapes
- 200ml UHT milk
- Cherry tomatoes (Crunch&Sip®)

Lower primary lunchbox 6 – 8 years old

Example 1

- Celery and capsicum sticks
- Orange
- Rice cake with jam
- Toasted English muffin with tomato paste, capsicum, pressed chicken and cheese
- Banana (Crunch&Sip®)

Example 2

- ½ roast beef, lettuce, carrot, cucumber and beetroot roll
- Small yoghurt
- ½ Apple
- 2 vegie pikelets (recipe pg 26)
- Capsicum sticks (Crunch&Sip®)

Upper primary lunchbox 9 – 11 years old

Example 1

- Rice salad with corn, green capsicum, tomato and 3 bean mix
- Carrot slices
- Cream cheese
- Banana
- Carrot slices and celery sticks (Crunch&Sip®)

Example 2

- Bean ball (recipe pg 26) pita with lettuce, carrot, cucumber and cheese
- Fruit salad
- Carrot sticks
- Apple (Crunch&Sip®)
What a busy Semester 1 in Year 6!

Leadership Day

Incursions
St Cecilia's P&F
Dads and Kids Campout
Saturday, 11 June 2016, 4pm
(sorry, no caravans or camper trailers on the oval)

We have had an overwhelming response, and excitement is building amongst the children for this event!

Don't forget your toasting forks for roasting marshmallows over the fire!

Bring your torches for games of spotlight.
Join in as we try to create the longest ever glow stick chain, and bring your muscles for some tug of war battles!

Camping showbags will be on sale on the night for $5.00 each

Hai's coffee van will be attending early on Sunday morning for all the sleep deprived adults who need a caffeine hit!

If you have a fire pit we can use on the evening please let us know stcecilia_pandf@outlook.com

Find us on Facebook “St Cecilia's P & F Parent Helpers”