FROM THE PRINCIPAL’S DESK

Week Six is nearly over which means there is only five 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 athletics carnival later this term.

I been have thinking back to my childhood, when children were allowed to be children and played with gusto. There was no pressure from governments or organisations telling parents that their children need to be able to read by a certain age, or they aren’t reaching these particular milestones by a certain time. Children went home from school did homework then went outside and played. Playing is where children learn so much. They learn to problem solve, invent, negotiate, communicate, compromise 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.

Rubbish Free School
WOW! What a terrific start to our rubbish free school zone. The response by students, parents and staff has been amazing. There has been a huge decrease in the amount of rubbish found in the undercover area and playground. Another benefit is the increase in healthy lunches we have all noticed. Thank you all for supporting us in this.

First Holy Communion
Congratulations to those students who will be making their First Holy Communion on the 06 and 07 June. 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.

P&F
A heartfelt thank you to the St Cecilia’s P&F for donating the new aluminum benches in the undercover area. They look much nicer then the old wooden ones and are much easier to move around. Congratulations also for organising the Mother’s Day Afternoon last Saturday. It was really pleasing to see so many
mothers and children come in and spend some quality time together (even if that meant girls inside and boys outside). Thanks to the mums who gave up their time to set up, run and clean up after the event. We all appreciate your time and dedication to the school community.

**Sporting Success**

Congratulations to Taiha Browne, Olivia Campbell, Toria Cananzi and Rhiannon Mills who have all been selected to play for Hedland in a netball competition in Broome. They are part of a ten girl team selected from the U/12’s in the Hedland competition. Good luck girls.

Enjoy the weekend and may God keep you all safe.

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**

**Family Mass**

A big thank you to the Year Six class and their Religious Education teacher, Miss Kim Piergrosse for organising and leading the Family Mass on Sunday 17th May at St Cecilia’s Catholic Church. Thank you also to all the families and staff who supported the Year Six class by attending.

The next Family Mass will be led by the Year Four class and celebrated on Sunday 30 August in St Cecilia’s Church Port Hedland at 8:30am. Please note the date in your diaries and come and support the Year Four class by attending and enjoying their joyful participation in the Mass.

**Communio Week**

Communio Week activities were organised by all the enthusiastic St Cecilia’s Staff. Special thanks to Mrs Claire Wellbeloved and Ms Elise Batchelor who began the week with a wonderful assembly in the undercover area. Mayor Kelly Howlett was the invited guest speaker and the whole school enjoyed listening to her talk about how we as individuals can contribute to our community here in Hedland.

Heather McNeill, journalist, from the North West Telegraph came along to the Fashion Parade on Wednesday lunchtime, took photos and chose the three winners. Thank you to Ms Batchelor for compering the fashion Parade, Mrs Wellbeloved for assisting and to both of the teachers for organising the event and the prizes.

Thank you also to Mrs Lyn Poharama for decorating staff black T shirts with Neon paint. They turned out beautifully. What a bright idea! The students were extremely excited about the Fashion Parade and had a great time.

Thank you to the St Cecilia’s community for your generosity with fundraising for Communio Week. Your donations go to Bishop Justin who distributes them to three agencies; Centrecare who counsel people and help families working together in difficult times; to Nazareth House who help older people who are unwell and need a place to live and to Drug Arm who help people who have become dependent on drugs and find it difficult to live a normal life.

The fund raising included a colouring competition for classes K-2 and a poster competition for classes 3-6, a Hearts Rejoice money chain, a neon free dress day and a Fashion Parade, all for a gold coin donation.

**First Holy Communion**

Please come along to support the children who are receiving their First Holy Communion in their own parishes on Saturday 6th June at the 6pm Mass in St Cecilia’s Church or Sunday 7th June at the 9:30am Mass in St John the Baptist Catholic Church. There will be a practice in each church after school on Friday 5th June.

**Our Lady Help of Christians School Mass**

It was lovely to see some parents attending the school Mass on Monday 24th May to celebrate our Patron Saint of Australia Mary Help of Christians. The Year Five class did a wonderful job reading, taking up the offertory and altar serving. Thanks to Miss Piergrosse for all your hard work organising the Mass.

Families and friends of students are very welcome to attend school Masses. We would love to see you there! We are celebrating our next school Mass on the Feast day of Saint John the Baptist on Wednesday 24th June. Please put the date on your calendar and join us at St Cecilia’s Church at 8:45am.
Reconciliation

Students in Years Four, Five and Six attended a Reconciliation Liturgy on Tuesday, Wednesday and Thursday last week. All students had the opportunity to speak with Fathers John, Tom & January and receive a blessing.

Mothers’ Day Assembly and Morning Tea

Pre Primary presented a beautiful assembly for Mothers’ Day on Thursday 7th May. Congratulations to Mrs Tiffany Sloot, Miss Kia Johnson and the class for all their hard work and a brilliant performance. Thank you to Mrs Tiffany Sloot, Miss Kia Johnson and Mrs Debbie Bull, Mrs Belinda Sibley and Mrs Danielle Retallack for the delicious Morning Teas for parents on Wednesday and Thursday mornings. It was lovely to see so many parents and grandparents attend these occasions.

National Reconciliation Week

National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander peoples and other Australians. Classes have been learning about the 1967 referendum and the 1992 Mabo decision.

Blessings
Rosie Vrancic Religious Education Coordinator

GENERAL CAMPUS NEWS

Staff Retreat

This Thursday and Friday 28-29 May, the staff of St Cecilia’s will be venturing off to Pardoo Station for a staff retreat. This retreat forms part of staff’s faith formation and professional development in Religious Education. The retreat will be led by the school’s Leadership team and Fr John Martin and will include times for reflection, prayer, Mass and reading Scripture. Not only will this development help the teachers with their faith formation, but will also benefit our students as teachers will be able to pass on their renewed faith knowledge. We ask you to please keep the staff in your prayers during this time.

Book Club

A big thank you to Jess Hegarty and Fiona Clarke for sorting out the current books for book club. This is a massive job as all the books are sent out in large boxes and have not been sorted before they arrive at the school. In saying thank you to the ladies for sorting, I also want to thank the families that have purchased books. The school receives a percentage of the total sales for new resources to be purchased. So far this year, I have been able to purchase over $600.00 of new books for the library. Of course, this also means I have over $600.00 of new books that need to be covered so if you have some spare time to cover new books I would be very appreciative of any help in getting them out on the shelves for students to borrow.

Mrs Mandy Sheen
Assistant Principal

Asthma Training

St Cecilia’s Staff have just undergone Asthma training and we require each student with asthma to provide their own spacer and reliever. We also require an asthma plan, to be updated annually.

If you have any queries please see Mrs Rozario on the front office.

BIRTHDAY WISHES

Congratulations to the following students who celebrated their birthday.

May
19 DHU, Jacobiec Y2
19 DHU, Zekiel Y2
19 DWYER, Ashley Y5
20 GRASBY, Thomas K
22 COMERFORD, Harriet Y1
22 COMERFORD, Milo Y1
24 LOMAS, Mikenna Y3
26 HUME, Kiahna Y1
26 LEE, Jarron Y1
29 WESTLAKE, Paisley Y2
31 ASPLAND, Rohan Y3

21 May 2015
Y1: Rafi Dean  Caseley Florence
Y2: Lucinda DeAndrade  Mikayla Mills
Y3: Vincenzo Leopardi  Shaban Salawu
Y4: Athena Mendoza  Sahara Soutar
Y5: Jacob Balcombe  Shannon Wade
Y6: Taiha Browne  Ben Merlo

MERIT AWARDS

COMMUNITY NEWS

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 2015 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Spain, Switzerland, Sweden, Norway, Denmark, and Finland 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 scceaustralscce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!
HEALTHY EATING PYRAMID

LIMIT SALT & ADDED SUGAR

MILK, YOGHURT, CHEESE & ALTERNATIVES

LEAN MEAT, POULTRY, FISH, EGGS, NUTS, SEEDS, LEGUMES

GRAINS

VEGETABLES & LEGUMES

FRUIT

ENJOY HERBS & SPICES

CHOOSE WATER

Enjoy a variety of food and be active every day!

© Copyright The Australian Nutrition Foundation Inc, 3rd edition, 2015
The food pyramid that so many of us grew up with has had its first makeover in 15 years, with junk food completely removed and grains taken out of the "eat most" bottom section.

While Nutrition Australia's iconic food pyramid used to be separated into three tiers, that included grains, fruit and vegies at the bottom, meat, dairy and protein in the middle and "discretionary" (read: junk) foods at the top, it's now separated into five sections in a bid to help Aussies get a clearer idea of what a healthy diet should look like.

"The foundation is the same as the original healthy eating pyramid – to have a plant-based diet with 70 percent of your diet made up of fruit vegetables and grains," Lucinda Hancock, accredited nutritionist and executive officer of Nutrition Australia, told ninemsn COACH.

"What we have focused on now is increasing wholegrains and not having any junk food – we just don't need it. That's really what's causing obesity in Australia."

Many Australians are opting for Paleo, fasting and detox diets, but Hancock says the best guarantee for health is to follow the Australian Dietary Guidelines, which are "evidence based".

"We hope to cut through a lot of the misleading information about fad diets," she says.

The new guidelines, which were released in 2013, come in a 53-page document, so Hancock hopes this visual diagram that sums up the ultimate food rules will help everyone from those with poor literary skills to those with busy lives.

"The majority of Australians don't follow the Dietary Guidelines so we want to provide a different tool to help people cut through [incorrect information] and identify what they need to eat," Hancock says.

The biggest change is the removal of junk food altogether.

"The average Australian is getting a third of their daily food intake from junk food," Hancock says.

"We are crossing out added salt and sugars. We need to be focusing on eating from the foundation layers up the pyramid, so mostly vegetables and fruit then moving up through whole grains and to protein sources."

The top layer now consists of healthy fats, such as olive oil and almonds.

"We do recognise that there are healthy fats like extra virgin olive oil that are high in antioxidants and are a really good source of fats, so having a small amount is really beneficial," Hancock says.

The pyramid is available on the Nutrition Australia website, plus magnets and posters will be distributed to schools and doctors.

"We're really hoping it will be part of the solution to the obesity epidemic," Hancock says.

"If we can get more people eating less processed foods and eating more in line with the Dietary Guidelines, we'll be really happy."

Hancock acknowledges that going "cold turkey" on junk food might be difficult for people who are used to an unhealthy diet but says increasing your vegetables is a good start.

"My advice would be to start trying to fill up on the foods that we should be eating first," she says.

"So when you are having an evening meal, it's an opportune time to cook beautiful vegetables that are in season to keep the cost down. Make sure half the plate is full of vegetables and a smaller amount of protein and some wholegrain carbohydrates."

What was Year 6 up to in Term 1?

Year Six has had a busy start to the year....

Incursions

Making bread and watching it go mouldy in science

Edmodo, Google Docs, Slides, Sheets and much, much more!

Learning, learning and more learning!
In Term 2 we have been...

- Running fitness activities
- Having fun with our buddies
- Learning about World War One
- Changing the school notice board
- Running school assemblies
P&F Update:
Thank you to all families who came along to our recent Mothers Day Afternoon Tea Pampering Day!

A great time was had by all and some lucky teachers & parents won some great prizes in the raffle!

SAVE THE DATE: NEON Disco to be held on Friday evening 26th June. More details to follow soon.