



*St Elizabeth's Catholic Primary School  
Newsletter  
Bringing alive our Core Values of  
'Charity, Service, Humility and Compassion'*



Term Two – Week 1  
22 April 2021

***“Together We Grow”.***

***Our School Prayer***

*Dear Jesus*

*Saint Elizabeth brought care to the sick, food to the hungry and hope to those in need.  
Grant us the blessing that we may follow in her footsteps with love and joy in our hearts,  
to always be faithful and to serve with humility and compassion.*

*Amen*

***Motto***

***Semper Fidelis (Always Faithful)***

Welcome back to school for your second term, this is a long haul of eleven (11) weeks. However, we have several activities throughout the term to keep the sparkles glowing.

**School Photographs**

Thank you to our parents and carers, your children looked beautiful/handsome for our annual school photographs. I am sure you will be delighted with the end result.

**Anzac Day Service**

Tomorrow morning at 8:45am Sue Curtis and the year three and four students will lead us in ‘remembering those men and women who have sacrificed their lives in service of our country’. We also take time to think about the men and women who are currently in the armed forces protecting us.



“They shall grow not old,  
as we that are left to grow old  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun  
and in the morning.  
We will remember them!”



Parents who would like to stay are welcome, we ask that you stay on the footpath, nearest the carpark and try to maintain social distancing. Thank you!

**NAPLAN**

On Tuesday, our year three and five students were involved in a practise test in readiness for NAPLAN in week four. We are pleased to say the majority of the children put in a grand effort. Well done!

**CSPWA Parish Morning Tea (P&F Association)**

Next Sunday, 2 May our Catholic School Parents are on roster for the morning tea at St Anthony's Parish. The Committee would love your help by either making something or donating money so that fresh produce can be purchased. Please contact Belinda Stewart if you would love to help via email [belinda@nabc.com.au](mailto:belinda@nabc.com.au).

## **Mother's Day Stall – Thursday, 6 May**

CSPWA have purchased gifts to the value of \$3.00 or \$5.00. Therefore of course, you will not need to bring in a gift. Where possible please send in the correct amount of money. We keep minimal cash on site.

## **Swimming Lessons – Tuesday, 27 April to Friday, 7 May 2021**

- What:** School Swimming Lessons; Years One to Year Six Students
- When:** Commencing Term Two, Week Two, Tuesday, 27 April 2021 concluding Friday, 7 May 2021.
- Time:** Years One and Year Two Students - Session at 9:15am  
Years Three, Four, Five and Six Students - Session at 10:00am
- Where:** Aquamation, Wanneroo
- How:** Registered Bus Service which the children and staff will travel to and from the school. At this present time, parents are unable to attend the lessons.

## **Uniform and Swimming Items**

Students will arrive to school in their bathers underneath their summer uniform. They will need to bring the following items in a separate bag with their name written on each article.

- Towel
- Thongs
- Goggles
- Cap (optional)
- Underwear

Students change at school, into their school uniform after their swimming lessons. The bus will require street parking from 8:30am, therefore please refrain from parking in the bays on Ranworth Road nearest the corner to Anfield Road during the two weeks of lessons.

## **Congratulations to our 'Aussie of the Month' recipient**

*Nicholas Year 3*



Nicholas receives this 'Aussie of the Month Award' because he is always respectful and demonstrates care and concern for others. He is honest in his approach to changes in the school. Nicholas will offer his opinion and finish his sentence '..but it is OK. I am alright'. Congratulations Nicholas, you are a most deserving recipient of the 'Aussie of the Month Award'.

## Merit Award Winners – Term 1, Congratulations

Olivia PP



Joel Yr1



Manuela Yr1



Logan Yr2



Ibrae Yr3



Zane Yr4



Chloe Yr6



## Christianity Award Winners – Term 1, Congratulations

Dominic PP



Lucy Yr1



Maddison Yr2



Scarlett Yr3



Donell Yr3



Nico Yr5



REGULATION TOOLS: CALM DOWN GLITTER JARS

The St Elizabeth's year 6's have been exploring different regulation strategies and tools. This week in our 'craft and chat' group the year 6 girls made their very own 'Calm down glitter jars'.

Calm down glitter jars are an effective way for children to help soothe themselves, self-regulate, take deep breaths, and work through their emotions.

Calm down jars can serve as a visual “anchor” to bring your focus into one place when you are feeling emotionally overwhelmed. You can shake the bottle as hard as you want (so plastic bottles are best), and this provides calming proprioceptive input to your body. Whilst holding the bottle and watching the glitter fall, your hands and eyes are brought to midline and this can help organize and centre the nervous system as well. The slow fall of the shaken glitter can serve as a visual model that, often unconsciously, can slow your heart rate and breathing.

Here are some instructions if you would like to make some 'Calm down glitter jars' at home.

**What you need;**

- Plastic bottle (Voss plastic bottles with a flat lid are best)
- Elmer's clear glue (this is the secret ingredient to ensure the glitter slowly falls after shaking the bottle)
- Glitter
- Optional - orbeez or beads or lego people

**Instructions;**

1. Fill the empty plastic bottle 3/4 full with warm water
2. Squeeze a few squirts of Elmer's clear glue into the bottle
3. Add a few pinches of glitter
4. Optional you can add orbeez or beads or even lego people to the bottle
5. Fill the bottle to the top
6. Seal with the lid (and some clear tape)



Shake and turn over, whilst you watch the glitter fall, take some deep breaths until all the glitter has reached the bottom.



## Containers for Change

The Year 5/6 class have begun collecting bottles and cans for the "Containers for Change" initiative. The class will be collecting eligible cans and bottles to raise money which will be donated to charity. There will be a green bin located in the Year 5/6 courtyard each morning and afternoon, if you have any cans or bottles you are willing to donate, please drop them into the bin. If you have a large collection, feel free to leave them in a bag and I will arrange for the bag to be returned if required. Please note that we can accept crushed cans so do not hesitate to crush them if you need to save space! On behalf of our students, thank you in anticipation for your support.

Chris Rebeiro.

## School Fee Payment Options Form

All our families must be on a payment arrangement with regards to the payment of school fees. If you have not returned your forms, please do so as soon as possible indicating your payment method. Thank you!

## Uniform Shop

Our Uniform Shop is open on **THURSDAYS** from 8:15am-9:30am and 2:15pm-2:45pm.

You can email us at [admin@stecps.wa.edu.au](mailto:admin@stecps.wa.edu.au) to place a uniform order. Please indicate the size and quantity and we will have it ready to be sent home with your child on a Thursday.

## Upcoming Events

**Monday, 26 April** – Public Holiday – Anzac Day

**Tuesday, 27 April – Friday, 7 May** – Swimming Lessons (Year 1-6)

**Monday, 3 May** – 5:30pm, CSPWA Meeting, please forward a rsvp to admin as we will only be able to have fifteen parents or carers attend.

**Thursday, 6 May** – Mother's Day Stall

**Friday, 7 May** - 8:45am, Mother's Day Assembly celebrated by the year five and six class. Please note we will continue with the same Phase 4 Covid-19 format. Parents of children performing and parents of Award Recipients are able to attend.

**Monday, 10 May** – Dental Screening for pre primary, year three and year six students

**Tuesday, 11 May** – NAPLAN commences

**Thursday, 13 May** – National Walk to School Day K-6

## Mass Times St Anthony of Padua Church, Wanneroo

Saturday, 6:30pm

Sunday, 7:30am, 9:00am, 6:00pm

## Please note

If you choose to park on the footpath on Ranworth Road, it has been reported the rangers are out and about. My understanding is that fines have already been handed out at \$50.00 a tyre.

The Parent Term Calendar will be finalised and sent out with the next newsletter.

*May God bless you and keep you safe in the palm of His hand.*

*Carmel O'Shaughnessy*

Carmel O'Shaughnessy

Principal



Donate your containers  
for a 10c refund.

All money collected will  
be donated to a charity  
chosen by the year 5/6  
class.

