Dear Parents and Carers,

Not Only Survived ….. They Thrived!

Our Year 6 students have returned from their very busy and exciting week away from the classrooms last week. From all accounts their camp at Point Walter was a terrific experience for all of them and one that they will have plenty of fond memories of for many years. I would imagine that there were some very tired people last Friday evening, so it was good that they had a long weekend to catch up and recharge their batteries, ready for a very short but busy week. Our Year 6 children enjoyed three wonderful, fun and adventure-packed days doing archery, swimming, team games, canoeing on the river with some dolphins, flying fox rides, a high ropes course and some self-directed activities …. not to mention the fun and games after dinner each night!

I’m pleased to report that their behaviour was excellent throughout the camp and they displayed a tremendous level of camaraderie and support for each other. The sort of leadership skills combined with friendship, collaboration and teamwork that we would be hoping to see in our most senior students, were abundantly evident throughout the course of the camp and their Peer Support Leader’s Training. I share with our staff a very positive view of the wonderful things that this group of students will achieve this year! I can’t wait to see and celebrate their successes and achievements with them!

9th March 2016
Updated Parent Handbooks

In case you haven’t already noticed, parents and carers can access updated versions of both the Kindy and PP - Year 6 Parent Handbooks from our school website. If you’re ever not sure of what the policy or procedure or protocol for various situations is, then the Parent Handbook is a great initial starting point and reference for the most common day-to-day matters that you might want to know about.

Made it! …. the State Team that is!

I am very pleased to announce that Natasha Hodgkinson (Yr 4.1) has been selected for the Calisthenics Association of WA Sub-Junior State Team for 2016. Natasha will be representing WA at the National Championships to be held in Adelaide in July. In such a very intense and demanding sport as Calisthenics, it is quite an achievement to be selected for the State Team and it is no doubt just reward for Natasha’s dedication to her training and execution during competitions. Hot on Natasha’s heels is older sister Caitlin (Yr 6.2) who has just qualified for the Little Athletics State Championships in the Under 11 Shot Put Event. Congratulations to both Natasha and Caitlin for their terrific achievements in Calisthenics and Little Athletics respectively. It just goes to show that the sporting genes run deep in the Hodgkinson family and I know your parents and extended family will be equally pleased and excited for you both.

Cyber Safety Tips for Social Media

Accompanying this newsletter is an article written by Andrew Fuller, a very well-known and highly regarded Clinical Psychologist and Family Therapist. Amongst Andrew’s many accomplishments and roles he is involved with Resilient Youth Australia, the author of "Unlocking Your Child's Genius", a Fellow of the University of Melbourne, a Scientific Consultant for the ABC and a Member of the National Centre Against Bullying! He is widely acknowledged as one of Australia’s foremost experts in the areas of child development, child psychology, bullying, resiliency, social issues affecting youth and teenage suicide prevention.

The attachment is titled, “Cyber Smarts - Using Social Media Wisely” and has been written in conjunction with Andrew’s work with Resilient Youth Australia and a program they are currently involved in to help students develop the skills and decision-making capacity to take responsibility for their own safety while online. There is only so much that parent and teacher surveillance can do to keep children safe online. We also need to teach, coach and upskill our children to help them become more aware of how to ensure their own safety while online using social media.

Obviously, children of primary school age should not have Facebook, Twitter or Snapchat accounts as they fall below the minimum age requirement. Unfortunately for parents many children are very social media savvy and know ways to circumvent eligibility requirements to set up accounts.

Of course it is not all bad - there are many fantastic learning experiences, countless opportunities to expand your mind, intelligence and learning out there in cyberspace. Our current cohort of children are amongst the most tech-savvy children in the world. Being digitally connected to the rest of the world is all they know - the almost
instant access to information, knowledge, sights and sounds from history and current events live around the world is unparalleled in the history of mankind. We cannot isolate them from all of this wonderful knowledge and learning - it is more a matter of teaching them how to navigate their way safely across the vast oceans of data and amazing human achievements that are chronicled every minute of every day.

As parents and carers I would urge you to please take the time to read this article and discuss it with your children, whether they are at primary or secondary school level. It contains many practical, common sense tips and pointers to help you stay safe while online and using social media apps.

Message From Santa Maria College
As has happened previously, I am including a statement from Mr. Ian Elder, Principal of Santa Maria College, for the benefit of our parents and carers who may be considering their daughter’s enrolment at Santa Maria College in the near future. Mr. Elder has stated,

“While some families elect to send their daughter to Santa Maria College in Year 5, others prefer to wait until Year 7. Catholic students from Queen of Apostles with a Parish Priest reference are guaranteed an interview for a Year 7 position. Following a successful interview, a Year 7 place is offered.”

At times some parents are uncertain as to what their options are with regards to enrolment at Santa Maria College. Some families feel that if they don’t enrol for Year 5, they may miss out for Year 7 entry. This is not the case. Obviously, parents are free to choose when their daughter might make the move to Santa Maria if that is their choice of secondary school, however they should not feel compelled to make the move at Year 5 entry primarily out of fear of missing out for Year 7 entry. Make your choice based only on what you, as parents, feel is best for your daughter.

P&F Meeting Next Week!
A reminder that the next meeting of our highly-acclaimed P&F Association is taking place next **Monday evening, 14 March commencing at 7.00pm in the Library.** For many of you who are a bit wary - all the positions on the Executive have been settled now so it’s safe to attend! So please come along and enjoy the conversations, discussion, camaraderie and friendship that is shared at the meetings. Light refreshments are served, so please bring a friend and make it a very enjoyable and informative evening.

CCTV Now Operational!
I’m pleased to announce that our closed circuit television monitoring has now been installed to give us coverage of the front car parking and drive-thru areas. We are hoping this installation will deter any more “smash and grab” robberies from cars parked in the car park, or at the very least, allow the Police to identify suspects and getaway vehicles.

I should hasten to remind parents and carers that this technology will also allow us to identify drivers that put other vehicles and pedestrians at risk through their poor driving and road courtesy. We have had too many narrow misses over the last 12 months or so, where pedestrians and other vehicles’ occupants had their safety put at risk by careless and dangerous driving in and around the car park. So if you are doing the wrong thing in the car park or at the drive-thru, please remember to smile because you will be on camera and we will be able to identify you!

School Tours
Just a final reminder that we have **School Tours happening tomorrow, Thursday 10 March at 9.30am and on Friday 18 March at 1.30pm.** The idea of these School Tour days is to enable potential new families with young children ready to start Kindy next year or the year after, to come along and find out more about our school. The tour comprises an information session in the Library, followed by a tour of the school and finishes with some light refreshments back in the Library where parents can ask questions and also book a date and time for an enrolment interview.
If you know of any friends, neighbours, relations or work colleagues that might be considering enrolling their child here at Queenies, then please let them know about these School Tour dates, so they don’t miss this valuable opportunity. Remember, we really do depend on the help and support of you, our current families, to help promote and attract the next generation of new families to our school. Solid enrolment numbers means a stable budget, which in turn means reduced pressure on higher fee increases for all families!

Peace and best wishes,
Shaun O'Neill
Principal.

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**Year 3.1 Mass**

This morning, the Year 4.1 class lead us through a lovely Mass that reminded us of why Lent is such an important time in the Church’s calendar. We were asked to renew our Lenten Promises and remember the sacrifice Jesus made for us. Thank you to Mrs Colley, Miss Knight, the Year 4 classes and Fr Paul for helping us celebrate the Eucharist. Thank you too, to those parents and families who joined us for this special celebration.

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**Easter Raffle**

The Social Justice Committee have been running an Easter Raffle to help raise money for Caritas Australia’s Project Compassion. Each family is asked to donate one Easter Egg. Eggs can be taken to your classroom teacher, or left at the office. The Social Justice Committee will be selling raffle tickets at 50c each or 3 for $1.00 outside the Library before school each morning.

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**Project Compassion**

**Week Four: Evangeline's story – Australia**

Creating new connections to traditional culture

When Evangeline left high school she had a limited vision for her future. But the training she received while working at the Djilpin Arts Ghunmarn Culture Centre, supported by Caritas Australia, has helped her develop new skills and ignited her passion for the maintenance and preservation of her Aboriginal culture.

Evangeline is a proud young Ramingining woman living in the small community of Beswick (Wugularr) in the Northern Territory. Like many remote First Australian communities, Beswick faces a range of complex ongoing challenges, and many people in the town feel disempowered by poorly conceived policies and decisions.

When Evangeline left high school after Year 11 she tried a few career options without success and soon felt dispirited. “But by the time I was 22, I really started to think about doing something positive with my life,” she says.

So when she was offered a position as an Artworker at the Djilpin Arts Ghunmarn Culture Centre in Beswick, Evangeline recognised a path to a new future.

The community-owned venture is supported by Caritas Australia’s Development of Cultural Enterprise program. It brings together Elders and young people, like Evangeline, so new generations can learn traditional skills and understand cultural knowledge through sharing art, storytelling, dance and song – practices that are central to traditional culture.
In the three years since joining the Centre, Evangeline has truly flourished. “This opportunity has helped me turn my life into something more positive,” she says.

Now a Senior Artworker, Evangeline is committed to helping her community stay connected to its culture. “Culture is our identity and how we understand ourselves,” she explains. “It’s important for us young people to be able to learn these skills and then we can pass them on when we are old.”

To find out more about Evangeline and watch a short video about her check out the link: http://www.caritas.org.au/projectcompassion/weekly-stories/week-4-evangeline

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**School News**

**Scholastic Book Club**
Orders for Issue 2 of Scholastic Book Club are due back at school no later than Friday 18th March, 2016. **LATE ORDERS CANNOT BE ACCEPTED.**

**Uniform Shop News**

The Uniform Shop will be open 8.30am – 9.30am and 2.30pm – 3.30pm every Wednesday. We still have the ‘mail order’ system available - the forms are on the school website if you cannot make it in to the shop.

**Winter Uniform**

It is officially time to sort out your winter uniform needs. The winter uniform consists of the following items:

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grey trousers</td>
<td>Check skirt</td>
</tr>
<tr>
<td>Lemon shirt</td>
<td>Lemon blouse</td>
</tr>
<tr>
<td>Royal blue jumper</td>
<td>Royal blue jumper</td>
</tr>
<tr>
<td>Navy socks</td>
<td>Navy socks or tights</td>
</tr>
<tr>
<td>Black shoes</td>
<td>Black shoes</td>
</tr>
</tbody>
</table>

Please get in early with your winter uniform order to avoid any stock problems.

**Out of Stock items**

None

**Fiona Agostino**, Uniform Shop

**Hello from the School Social Worker**

**Play** is one of the keys to working out how to get along with others and to fit in. It is central to overall development and wellbeing.

Unstructured free play allows children to use their imaginations and move at their own pace. Structured play is more organised and is often adult led. Both types of play will help children to build confidence, feel loved, happy and safe, develop social skills, language and communication, learn about caring for themselves and others, develop physical skills and connect / refine neural pathways.

Play is so much more than fun. It is not necessary to spend a lot of money on toys and games because homemade toys and free activities can often be the most creative ways for adults and children to have fun together. Play is one of the most important things that we can do with children and there are wonderful ‘secondary gains’ for adults as well!

Regards, **Tracy Small**
Queenies Easter Raffle
Drawn Tuesday 22nd March 2016

Book of 10 tickets selling for $1.00 each ticket.
Buy a ticket for your chance to win a

“Nosh Gourmet Food & Gift Hamper”

1st Prize – Mega Easter Hamper rrp valued $100
2nd Prize – Easter Hamper rrp valued $50
3rd Prize – Easter Hamper rrp valued $50

All profits go to the P&F for our children’s school.
Tickets and money must be back to the office by Wednesday 16th March, 2016.
PLEASE RETURN MONEY AND TICKETS IN AN ENVELOPE LABELLED “EASTER RAFFLE”
Cyber Smarts—Using social media wisely

Andrew Fuller

You have access to the world’s largest museum, art gallery, library and social group ever created. You also have access to ways to expand your intelligence and your influence that your past generations could have never imagined.

To gain these massive benefits you need to have your wits about you and know how to use technology and social media wisely.

Accountability
Being completely anonymous online is a thing of the past. Anything that you share on social media, publicly or privately, can be tracked back to you and you may be held accountable for sharing it.

Always use the “Nana” rule
If you wouldn’t want your nana, parents, teachers, or future employer to see something, don’t share it on social media.

Illegal Content
There are some things that are entirely illegal to share on social media. Threatening posts and messages or “sexting” a nude photo of an underage person— even if that person is you—can lead to legal action and police involvement.

Privacy Settings
Know Your Audience
Know exactly who can see a post, picture or tweet before you share it. If total strangers can see all of your information, pictures, and everything you post, they can use this information to track you or to hack your profile.

Public versus Private
Privacy settings allow you to share appropriate content with friends and family while making sure that strangers can’t access your information. Carefully choose what information you want people that you don’t know to see when they view your social media profiles.

Private Isn’t “Secret”
Just because you have a piece of information, a photo, or a post set to “private” doesn’t mean that it can’t be shared with others. While privacy settings make it more difficult for others to see things you don’t want them to see, people inside your private network can still share photos and screenshots outside of the network.

Strangers & Online Friends
Know the Site
Some sites, like Twitter and Tumblr, are known for allowing people to connect and discuss art, music, politics and ideas with people from all over the world. Other social media applications, like Facebook and Snapchat, are almost always used exclusively for friends and family. Understand the culture of the social network before you join— it will help you make smart decisions about who to connect with.

Who to Friend
Strangers will occasionally send you friend requests on Facebook. Sometimes, they might even be from halfway around the world! No matter who they are or what they say, don’t accept friend requests on Facebook from individuals that you don’t know. Most people have a lot of personal information available on Facebook, and these strangers are looking for that information— not a new friend.
Don’t trust everyone
Online friends can be valuable members of your social network— if they really are who they say they are. The Internet can be a great place to make friends with similar interests and from all over the world, but it is also full of people who are looking to take advantage of you.

Verify identity
Take action to make sure that anyone you interact with online is really who they say they are. Google’s “reverse image search” can be used to check if a photo is really of that person, or if they stole it from an online source. Real people usually have fleshed-out profiles, visible interactions with friends and family members and lots of available photos.

Security
Secure passwords
Create a secure password keeps your identity secure, your personal information safe, and your accounts from being hacked. Choose a password that only you could think of, using information that isn’t readily available on your online profiles. Every password should include both uppercase and lowercase letters, numbers and special symbols (@#$%^).

Choose your security questions wisely
Sites often use security questions to help you reset a forgotten password. Hackers can use information on your social media profiles to easily answer these questions and gain access to your accounts. Choose security questions with answers that cannot be discovered by a quick scroll through your Facebook profile.

Location Tracking:
Any time you upload a photo online, there’s a chance that your location can be tracked through it. Most phones and cameras have GPS installed, and the information of your location can be found in the data of pictures taken on these devices.

Websites can also track your location via your IP address.

Hackers
Most hackers use clues on your social media to discover your passwords and account details—or they may pretend to be someone that they’re not to convince you to tell them your information directly.

If You Think You’ve Been Hacked
Change your passwords immediately, delete any posts that anyone else may have published on your account, and let your social network friends know not to any suspicious messages from you.

Feeling Safe
Cyber bullying
Harassing threatening or intimidating someone else online is known as cyber bullying and it’s illegal.

If You’re Being Cyber bullied
Don’t respond to any messages or posts that make you feel unsafe—use your computer’s screenshot function to take a picture of the message and show it to an adult that you trust.

Blocking Features
Most social networking sites have a block feature that can prevent another user from contacting you any further. Learn to use the block feature to stop a cyber bully in their tracks.

Reporting Harassment
Many websites allow their users to report other users who are sending harassing messages. Doing so may lead to the cyber bully’s account being disabled.

When to talk to an adult
Any time someone has made you feel unsafe online, it’s a good idea to talk to an adult about how to handle it.
QUEEN OF APOSTLES FAMILY MASS PERMISSION SLIP
Please complete the reply slip below giving permission for your son / daughter to read at the 9am Family Mass Sunday 13th March.

Karina Jonasson 0439 879 878
Alice Jordan-Keane 0405 386 179
Family Mass Co-ordinators

QUEEN OF APOSTLES PARISH REPLY SLIP
I give permission for my child_______________________________of class___________to read at the 9am Mass on Sunday 13th March.

Parent’s signature
Date

Queen of Apostles Social Committee

PIZZA NIGHT
on
Friday 11 March, 2016
in the
7pm Parish Hall
and followed by
FUN FAMILY BINGO

Adults $8
Children $5

Pizza, Tea, Coffee,
BYO drinks – Bingo no charge

Coupons (pre-paid only) available
before school 8.15—8.40am
every Tuesday & Thursday
outside the Library from 16th February
contact Jannet on 0438 590 449
LAST DAY TICKET SALES
TUESDAY 8th MARCH
Parenting between Cultures
- Working with migrant and refugee families

This interactive workshop examines some of the issues that impact on migrant and refugee families and explores how workers can engage with families to provide support with parenting while considering their own cultural competence.

Activities -
Identifying and exploring issues that impact on parenting including:
- the refugee experience
- the changing status of men
- family and domestic violence
- intergenerational conflict

Reviewing our own practice and developing an enhanced response -
- Maslow’s Hierarchy of Needs - addressing multiple needs.
- Resilience - the factors that support successful settlement.
- Strength Based Practice - how to identify and build on family strengths.

WEST LEEDERVILLE
22 Southport Street, corner of Cambridge Street
Wednesday 16 March 2016

Time: 9.30am-4.30pm
Fee: $165 per person

Places are limited so please book now on 6164 0200
SAVE THE DATE!
Friday 18th March 2016
5.30 - 9.30pm
at Parkwood Primary, Zelkova Way

FANTASTIC
CIRCUS SCHOOL!

MULITCULTURAL
FESTIVAL

FREE DANCE
CLASSES IN
INTERNATIONAL DANCE

"I LOVE BIKES"

A LITTLE SOMETHING
FOR THE PARENTS!
- Food vans selling international cuisine
- Rustic market stalls
- A full evening’s program of dance & musical performances from around the world

"I PONY BIKE RIDES"

ENTRY BY GOLD DONATION

We have a Facebook page to help publicise
Festival. Please like it and share it with
friends.

This event is open to the whole community. The Facebook page will keep you up to date with announcements and details of the event.

ALL PROCEEDS FROM THE FESTIVAL BENEFIT PARKWOOD PRIMARY SCHOOL

SAND FREE - ALCOHOL FREE - DRUG FREE - PET FREE

https://www.facebook.com/RSJudoclub/
Ph: 0418 911 583
Email: enquiries@rsjudoclub.com

LESSON TIMINGS
Tuesday - 6.30pm to 8.00pm
Thursday - 6.30pm to 8.00pm
Friday - 6.30pm to 8.00pm
Saturday - 11.30am to 1.00 (Competition and Advanced)

FEMALE FOOTBALL OPEN DAY
Fremantle Dockers players in attendance
Tuesday 15th of March, 4:30pm – 6:30pm
Piara Waters Oval, Wright Road, Piara Waters
Ages 8 – 15 year olds only
Lots of activities and games.
Register now with your local U12 & U15 girls clubs.

For more information contact:
Regan Atkinson (South Fremantle) ratkinson@wafc.com.au or 0437 587 161.
Daren Bell (East Fremantle) dabell@wafc.com.au or 0438 952 487.
SCHOOL HOLIDAY FOOTY CLINIC

Meet players from the WEST COAST EAGLES and EAST FREMANTLE SHARKS

Monday 11th April

ATOM Stadium (East Fremantle Oval)
9am - 1pm
(Registration from 8:30am)

Open to Primary School Aged boys & girls

$90 INCLUDES:
- Coaching
- Sharks Guernsey
- Footy Sharks & Eagles
- team posters
- Lunch

For more info or to book visit www.effc.com.au or call 9339 5533

TITAN FORD

URBAN QUARTER

HARVEY FRESH

20 BY 2020
SEASON 2016

WE ARE SEEKING PLAYERS BORN IN
2003, 2004 and 2005

We are a small and friendly junior netball club within the East Fremantle district and we are looking for players turning 11 to 13 this year for the upcoming 2016 season

Netball is a fun team sport that not only helps children with their fitness but also teaches them vital life skills

We train at Rostrata Primary School in Willetton

** BOYS CAN PLAY TOO, IT’S NOT JUST FOR GIRLS **

For more information, please email us at: rostratanetballclub@hotmail.com

Is your child too young to join the club? During Term 2 we are running the ANZ Net-Set-Go program for children who will be turning 6 or 7 this year. This is a 10-week program that introduces your child to the basic skills and general rule of the game of netball. Please contact us for further details.