Dear Parents and Carers,

WE HAVE A WINNER!

It gives me great pleasure to announce that one of our wonderful students, Grace Edmonds in Year 3.1, has achieved something that no one else at Queenies has in recent memory. Grace has been announced as the winner of the Monsignor Nestor Shield in the Primary Bible Reading Section of the Performing Arts Festival. Congratulations to Grace and her parents Melissa and Gary, who are no doubt very proud and excited about Grace’s wonderful achievement.

Grace will now attend the Performing Arts Festival Final Concert, to be held at the Perth Concert Hall on Monday 12 September, to officially receive the Shield she has won for our school. Because there are so many different sections and shield winners across all the performing arts, the Concert cannot accommodate all the winners performing on the night. We are therefore waiting to hear whether or not Grace will be invited to perform her winning Bible Reading or not. We will keep you posted via email if she is selected to perform on the night.

Tickets for the Festival Concert are available for purchase online through the Perth Concert Hall website. Copy and paste this link to purchase your tickets:

Like Little Sponges

Some of our parents out there may recall me mentioning during your enrolment interview that little children from birth are like little sponges - they are using their senses to absorb all that is going on around them and their brains are constantly processing new information to eventually make sense of it. When they utter their first word, it is because they’ve been listening to everything that has been said around them from day one and mentally processing what they’ve heard to make sense of it. They then experiment with making millions of sounds for months and months, until one day the neurons connect in a particular way and out comes a word that you can understand!

Everything they see, hear, smell, touch and taste is being processed in their brain and connections are being made, reinforced and lost. Don’t take this personally, but there is a lot more neural activity happening in a 3 year old brain than in most adults. That’s simply because as adults we have already established our well-used neural pathways that help us to interpret and make sense of the world around us. A 3 year old, on the other hand, is creating, keeping and discarding millions and millions of connections each and every day as they create their pathways and gradually build their network of connections that enable them to make sense of their world.

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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| Fri 2 Sept | P&F Father’s Day Breakfast  
EduDance  
World of Maths Incursion |
| Tues 6 Sept | Interschool Cross Country Carnival  
5.30-7.00pm Open Night & Book Fair |
| Wed 7 Sept | 8.50am Assembly 5.1  
Book Fair  
EduDance |
| Fri 9 Sept | EduDance  
PP Excursion Kings Park |
| Mon 12 Sept | Yr 4 Liturgy  
7.00pm P&F Meeting  
PAF Concert – Perth Concert Hall  
5.30pm Kindy 1 Fathers’ Night |
| Tues 13 Sept | Yr 3 Excursion Schoenstatt Shrine |
| Wed 14 Sept | 8.50am Assembly Yr 6  
EduDance  
6.00pm Reconciliation Parent Workshop |
| Thurs 15 Sept | 5.30pm Kindy 2 Fathers’ Night |
| Fri 16 Sept | EduDance  
Peer Support |
| Tues 20 Sept | Yr 4 Excursion Schoenstatt Shrine  
Yr 3 Liturgy |
| Wed 21 Sept | 9.00am School Mass  
EduDance Concert  
6.00pm Eucharist Parent Workshop  
6.00pm School Board Meeting  
All Library Books due to Library |
| Thurs 22 Sept | Kids for kids Market Stalls  
LAST DAY OF TERM 3 |
| Fri 23 Sept | SCHOOL CLOSED |
Of course it is also very important to remember that a sponge will absorb whatever it touches, which can be good and useful or in some instances not so useful. A sponge used to absorb several paint spills over a period of time will quickly deteriorate as it clogs with residual paint and loses its effectiveness. Fortunately our brains are much more resilient than sponges and we never have to throw them in the bin when clogged up or worn out. It is worth reflecting on the point that a young child’s developing brain cannot filter what it experiences through the senses. It will just as readily absorb and process negative or undesirable experiences as it will positive or worthwhile experiences. Unlike a computer or iPad, your child’s brain cannot set filters and restrict the content that it absorbs. This is where parents need to step in and provide the filtering or restrictions that determine what your child’s developing brain is exposed to.

For example, if a baby/toddler was exposed to constant bad language and swearing in the home, then it should not be a surprise to anyone when the toddler starts repeating those bad words it has been exposed to constantly. Whilst that is a rather obvious example, it does serve to illustrate my point. What parents also need to be aware of is that children are equally adept at picking up on moods, feelings and body language as well. Sometimes it might not just be a matter of what we do or do not say, it can also be a matter of how we act and behave in front of our children that can impact on them over time. For example, it is very well documented in research that children in families where the parents are going through a relationship breakdown, separation or divorce often pick-up that all is not right at home, even if the parents have tried their best not to argue or fight in front of the children. The children will instinctively become gradually aware of the changing dynamics within the family and the increased tension or stress between mum and dad, without a single word being said.

As parents we do need to be mindful that young children will pick-up on our moods, body language and behaviour and react accordingly. If we seem scared or worried then they will eventually become aware of those emotions and behaviours and start to exhibit them themselves. If you are anxious or stressed for some reason that they cannot perceive or understand, then they can sometimes start to display anxiety themselves, primarily because they see you being anxious and they don’t understand why, so that makes them feel anxious or worried in return. If you go to your doctor’s surgery to pick up some test results and you doctor approaches you with a sad or deeply concerned look on his/her face, what is your immediate reaction without a word being said? You immediately think he or she has got bad news for you and your anxiety levels elevate, before he/she has even said hello. So we do need to be aware of the moods, behaviours and body language we constantly display in front of our children, because they are little sponges and they do notice these things and they will sometimes take those moods and feelings onboard as their own.

Retro Bingo Night - A Toe-Tapping, Foot-Stomping Night of Fun & Frivolity!
What an absolutely fantastic night was enjoyed by just over 130 parents and staff last Saturday evening at the P&F’s Retro Bingo Night. There was an abundance of laughter, singing along to some favourite old tunes, games, raffles, costumes, food, drinks, dancing, more singing, more laughter and lots and lots of prize winners! I would like to congratulate and thank the P&F Committee and their small but dedicated band of helpers who came together and organised a fantastic evening of fun and fundraising. Well done to all concerned! My sympathies to those who couldn’t make it and missed out on a terrific night!

Open Night… Don’t Miss It!
A reminder to all parents and carers that we have our annual Open Night coming up next Tuesday evening from 5.30 till 7.00pm. We warmly invite all our families to come and view some of the terrific work their children have been doing this term, and to also visit other classrooms and enjoy the variety and range of learning experiences that the children engage in across the year levels. There will also be a Book Fair operating in the Library where parents can purchase quality books and materials for their children and also help raise funds for additional books in our own library. The P&F will also be running a sausage sizzle, so dinner is covered and you can relax and enjoy the evening. I look forward to seeing all our families here on the night.

Peace and best wishes,

Shaun O’Neill  
Principal
Sacrament of Reconciliation
The Parent Input and Information Meeting for the Sacrament of Reconciliation will be held on Wednesday 14th September at 6:00pm for all candidates. All children receiving this Sacrament are expected to attend with one or both of their parents. Please do not bring siblings as it will be difficult for them to participate. On the 13th September, the Year 3 classes will travel to the Schoenstatt Shrine to learn more about this Sacrament and the importance of forgiving others.
The Sacrament of Reconciliation will be held on Tuesday 18th October at 6:30pm.

Sacrament of First Holy Communion
The Sacrament of First Holy Communion Parent Input and Information Meeting will be held on Wednesday 21st September at 6:00pm. All children receiving this Sacrament are expected to attend with one or both of their parents.

The Sacrament of First Holy Communion will be held over two Sundays – 23rd October and 30th October at 10:30am.
The Year Four students will attend their retreat day to learn more about the Sacrament of Holy Communion and develop their understanding of its importance on 20th September.

Fathers’ Day
As this Sunday is Fathers’ Day, we remember all the special Dads in the world. We wish all Dads a special Fathers’ Day and hope you feel spoilt! There will be a Family Mass at 9:00am on Sunday at Queen of Apostles Church. We look forward to seeing many families attend this to celebrate this special day.

Russell Wylie and Julie Galbraith
Assistant Principals

Library News
We are holding a Book Fair in the library in Week 8 to coincide with Open Night. Our school receives a generous commission from the sales made, so we would be grateful if you could support this venture. Details are as follows:

<table>
<thead>
<tr>
<th>Book Fair in the LIBRARY</th>
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</thead>
<tbody>
<tr>
<td>Opening Times: Tuesday 6 September 8.15-8.45; 3pm-3.30 and 5.30-7pm (during Open Night)</td>
</tr>
<tr>
<td>Wednesday 7 September 8.15-8.45 and 3pm-3.30.</td>
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</tbody>
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CHILDREN’S BOOK WEEK 2016
“Australia: story country”
Competition Winners

<table>
<thead>
<tr>
<th>PP1: Sophie Liu</th>
<th>1.1: Brianna Eaton</th>
<th>2.1: Mario Bossilkov</th>
<th>3.1: Aiden Barry</th>
<th>4.1: Hudson Pereira</th>
<th>5.1: Mia Battel</th>
<th>6.1: Ruofan Jin</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.2: Alex Terrell</td>
<td>2.2: Elysha Koh</td>
<td>3.2: Madeleine Goes</td>
<td>4.2: Isabella Alves-Veira</td>
<td>5.2: Alessia Andritsos</td>
<td>6.2: Isabella Rossi</td>
<td></td>
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</tbody>
</table>

Congratulations to you all!
Wendy Binks Book Orders – due Friday
To coincide with our Wendy Binks visit during Book Week, we are offering families the opportunity to purchase some of Wendy’s books, personally signed by the author herself.

Please complete the order form below and return to school with your payment in an envelope no later than Friday 2nd September.

If you wish to give these books as gifts, please tick the “Tick if Gift” column and ensure your mobile number is provided so you can be contacted to collect the books.

Kerry Miller, Library

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Wendy Binks Signed Books Order Form

Queen of Apostles School - 22/23 August 2016

Family Name: _______________________________

Eldest Child’s Name & Class: ____________________________________

<table>
<thead>
<tr>
<th>Title</th>
<th>Quantity</th>
<th>Price</th>
<th>Total</th>
<th>Dedicated to:</th>
<th>Tick if Gift</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where’s Stripey?</td>
<td></td>
<td>$16.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scrambled Egg</td>
<td></td>
<td>$16.00</td>
<td></td>
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<tr>
<td>Invisible Me</td>
<td></td>
<td>$16.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where’s Stripey Activity Book</td>
<td></td>
<td>$ 6.00</td>
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<tr>
<td>10 Clumsy Emus</td>
<td></td>
<td>$10.00</td>
<td></td>
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<tr>
<td>Plush Stripey Toy</td>
<td></td>
<td>$15.00</td>
<td></td>
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<tr>
<td><strong>TOTAL</strong></td>
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Payment Options: **Cash or Cheque only** - payable to: Wendy Binks

**Please note: Orders will not be accepted after Friday 2nd September.**

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Hello from the School Social Worker
Australian guidelines on children’s physical activity recommend that from 0-1 children should have some physical activity each day; from 1-5 children should be physically active for at least three hours each day with activity spread across the day and from 5-18 years there should be at least one hour of moderate to vigorous physical activity each day. Some of the benefits of physical activity include strong bones and muscles, healthy heart and lungs, improved coordination, balance and posture, reduced risk of obesity as well as reduced risks of developing heart disease, cancer and type 2 diabetes in later life. It is suggested that active children are more likely to be confident and feel that they belong, be happy and relaxed, concentrate better at school, be cooperative and generally get along well with others. The article taken from the Raising Children website mentions that physical activity doesn’t have to be exercise or within organised sports but that opportunities for outdoor play are just as important and valuable. (raisingchildren.net.au).

Regards, Tracy Small.
Edu-dance Concerts - Save the Date

Our Edu-dance performances will take place on Wednesday 21st September from 1.40pm. There will be two performances. A note outlining classes and times will be forwarded shortly when details are finalised.

OSH Club News
Before School / After School Care Program

Program Update

September Holiday program announcement!
With School holidays fast approaching, we are very excited to be running our second holiday program here at Queen of Apostles OSHClub! Just as last holidays, this program promises to be fun, interactive, adventurous and offers something to cater for EVERYONE!
With the program release just around the corner, we are excited to let you know that we will be going on 3 amazing excursions to: Tropical Twist, Inflatable World and Perth Zoo!!!
There will also be many fun incursions and every day will provide a great theme and activities to suit!
Bookings are now open! So get in fast to secure your spot in this amazing upcoming holiday program in the beautiful surrounds of Queen of Apostles 😊
Remember holiday program bookings aren’t exclusive to only QOA, so tell your friends and come along together!

Coming up at OSHClub!
This week, 29th August - 2nd September, we will be having a Friendship theme! We will have compliment cards at the sign in area and would like to make a difference of epic proportions by getting as many of these out as possible! You could take a pre-written card, hand it to a friend or take a picture of it and send it to someone, or you may like to write your own? The possibilities of how to spread our kindness are endless! Just one nice comment can completely turn someone’s day around and turn a frown upside down! Help us make a difference 😊

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Care Activities</td>
<td>Friendship pins</td>
<td>Team challenges</td>
<td>Matching friendship bracelets</td>
<td>Hand print of friendship</td>
<td>Interview a friend</td>
</tr>
<tr>
<td>After Care Activities</td>
<td>Football team songs</td>
<td>Friendship cupcakes</td>
<td>Friends lego</td>
<td>Team banners</td>
<td>Friendship quiz fun</td>
</tr>
</tbody>
</table>

Parent Information

OSHC program phone: 0431 310 180
Coordinator: Lynneea (Lyn) Payne
Assistants: Katherine, reme
OSHClub Head Office: 03 85649000
All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.
We had a great time at the Musical Bingo on Saturday night at the Bill Cole Centre. It was great to see so many people there having a good time. The P&F work very hard to bring you events like this and the time and effort that our members put in really paid off with a venue that looked sensational and ran smoothly. Thank you to everyone on the P&F for their work over the past few months.

I was very pleased to see so many members of Queenies staff in attendance and enjoying themselves. We really pride ourselves on the strength of our community at our school and the relationship between staff and parents is no small part of this.

Thank you to all who attended. I will provide an update next week to let you know how the event went from a fundraising point of view.

I would like to mention Allison Hodgkinson's work on the event. She organised our liquor license for the event and acted as manager on the night, ordered and collected the drinks and then ran the bar all evening. An extremely big thank you to Allison on behalf of the P&F and the Queenies community.

Our second Disco this year went off very smoothly on the 12th of August. From what I have heard, all the students who went had a lovely time. The highlight of the evening for me was joining in the Macarena with the other parents and students. After running the Queenies discos for many years, Susannah Naim and Helen Pascoe will hang up the disco balls and sequinned jumpsuits this year, passing the glowstick to Cass Thomas and Korina Martin who be taking over.

A heartfelt thanks on behalf of our parents and students to Helen and Susannah for the amazing job you have done planning, setting up and running our discos. Our students have had many hours of fun and entertainment thanks to your efforts and, if they are like me, their memories of primary school discos will always stay with them.

The Father’s Day Breakfast is on the 2nd of September and the P & F will be running a sausage sizzle at the upcoming Open Night on the 6th of September. If you would like to help out we can always use an extra set of hands so drop me a line at parents.friends@qoa.wa.edu.au.

Best wishes, Andrew Upfold

A HUGE thank you to all of our wonderful sponsors for the Retro Bingo Night. Please support these businesses and show our appreciation for their contribution to our school community:


And many generous Queenies Families

Ananda Woods Auto Masters Riverton Bunnings Willetton Chantelley Lace Emma Louise Soy Candles First Choice Riverton Gilberts Fresh Market IGA Riverton Lo Quay Café Muzz Buzz Riverton Myer Carousel Officeworks Cannington Queen of Apostles Uniform Shop Sizzler Riverton Target The Health Plan Titan Ford Melville Whaleback Golf Course
Queen of Apostles Parish

Family Movie Night

Starting with a

SAUSAGE SIZZLE

6.30pm Friday, 16th September 2016, Parish Hall

Tickets $5
(sausage sizzle, popcorn and icecream)

“HORTON HEARS A WHO!” Rated G

Tickets available before school from 8.20am outside Library every Tuesday, and from Mrs Edmonds at 2.1 classroom before school Thursdays & Fridays, from 23rd August until 12th September 2016

Please note no ticket sales at door

For further information contact Jannet 0438 590 449
QUEEN OF APOSTLES FATHER’S DAY FAMILY MASS PERMISSION SLIP

Please complete the reply slip below giving permission for your son / daughter to read at the 9am Family Mass on Father’s Day, Sunday 4th September.

Kelly Gostt – 0417 910 602
Myra Monteiro – 0422 151 887
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 4th September.

Parent signature ___________________________ Date ____________

COMMUNITY NEWS

Performing Arts Festival Concert

The Performing Arts 2016 Festival Concert will be held on Monday 12th September at the Perth Concert Hall. This will showcase a variety of schools performing their talents in a variety of areas. Tickets can be booked directly through the Perth Concert Hall. Further information can be found on the Catholic Arts website.

WEB SALES: www.perthconcerthall.com.au
PHONE BOOKINGS: Call 08 9231 9999 9am-5pm Monday to Friday.
BOX OFFICE: In person from the Perth Concert Hall box office 9am-5pm Monday to Friday.
Sheryl Perry, Music

Open Day

Saturday 24th September 2016
9am-2pm

Come along to view our wonderful facilities and meet our Educators, and see what Monkey Bars is all about!

We will be accepting Registrations from families wishing to enrol their child in our Pre-Kindy program for 2017.

Please bring along your child’s Birth certificate and an up to date Immunisation record.
Attention: Mums and Dads!!

Our research needs YOU!

Researchers at the University of Western Australia are looking for parents of children aged 4-12 with a behavioural and/or emotional problem (e.g., ADHD, depression, anxiety disorders, oppositional defiant disorder, conduct disorder, or an eating disorder) to fill in a short survey. The survey takes about 20 minutes of your time. Participants have the option of entering a prize draw to win one of fifteen $50 (AUD) vouchers for Coles-Myer.

Want to participate? Please go to:
http://tinyurl.com/UWAParentStudy
Your responses are entirely confidential.

Need more information? Please contact Kim on 040 318 3228 or kim.eaton@research.uwa.edu.au

UWA Human Research Ethics Office approval number RA417857

Willetton Basketball Association School Holiday Camp

First Week: Tuesday 27th – Friday 30th September
Second Week: Monday 3rd – Friday 7th October
9.00am – 3.30pm daily

Please visit www.willettonigers.com.au and go to the Junior Holiday Camp tab to register your child