Queens of Apostles School
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26 October 2016

Dear Parents and Carers,

FIRST EUCHARIST CELEBRATIONS

Last Sunday morning many of our Year 4 children and their families came together at our church to witness and support the children as they received Jesus in Communion for the very first time. It was a wonderful celebration of the Sacrament and one which I’m sure will live in the memories of the children and their parents for many, many years. It is always very inspiring and encouraging to see young people stepping forward to make a commitment to follow Christ more closely and deeply and especially when they make such a commitment in front of their family, friends and parishioners. The celebration of the Sacrament of First Eucharist is a sacred and special step in each child’s developing faith journey and marks another stage of their initiation into the Church.

Our congratulations go out to those who received Jesus last Sunday morning and our thoughts and prayers are with those children who will receive the Sacrament for the first time this Sunday morning. I look forward to seeing you all there.

FACTION ATHLETICS CARNIVAL

Congratulations to the mighty Flynn for their terrific victory in the Faction Athletics Carnival last week. Flynn established a handy lead after the field and distance events on Tuesday and consolidated this lead throughout the sprints and team games on Friday. After being winless for all of this century, Flynn has now produced back-to-back victories over the last two years to begin evening the ledger.

Congratulations to all the children in all factions who competed so well across the two days of competition. Everyone who completed an event earned points for their faction, so in my eyes you’re all winners for having a go and trying your best! As always, the sportsmanship on display was fantastic. Congratulations to all the Champions and Runner-Up Champions for their fantastic efforts last week. These children will form a crucial backbone of our interschool team next week.

I would also like to thank the parent volunteers who make our carnivals possible. Your valuable contributions and willingness to give your time and energy is a bigger factor in the success of these events each year. We literally could not do it without you, so “THANK YOU!” A rather large “THANK YOU” to our staff who also make such carnivals possible by taking their classes out to practice for events and ensuring that in the faction bays children are ready to compete, as well as helping with the setting-up and packing away and the scoring etc.

Finally, a huge “THANK YOU” to Mr. Bridgeman for once again doing the hard yards behind the scenes, as well as on the day, to ensure that our carnival runs like a Swiss watch and is an enjoyable day for everyone involved. Ross always makes it look so easy, but I know how much work goes into making it appear that way.

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs 27 Oct</td>
<td>Interschool Spelling Bee</td>
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<tr>
<td>Fri 28 Oct</td>
<td>2.00pm Year 6 Dancing</td>
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<tr>
<td>Sat 29 Oct</td>
<td>Advanced Life Photography Family photos</td>
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<tr>
<td>Sun 30 Oct</td>
<td>10.30am First Holy Communion Mass</td>
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<td>Mon 31 Oct</td>
<td>8.50am Rosary SRC</td>
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<td>Interschool Athletics Day 1</td>
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<tr>
<td>Wed 2 Nov</td>
<td>9.00am School Mass – All Souls Day</td>
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<td>Thurs 3 Nov</td>
<td>Interschool Athletics Day 2</td>
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<td></td>
<td>9.00am Count Us In (Music)</td>
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<td>Fri 4 Nov</td>
<td>2.00pm Year 6 Dancing</td>
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<td>Mon 7 Nov</td>
<td>StartSmart Incursion</td>
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<td>Tues 8 Nov</td>
<td>StartSmart Incursion</td>
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<tr>
<td>Wed 9 Nov</td>
<td>8.50am Assembly PP2</td>
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<td>6.00pm School Board Meeting</td>
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<td>Fri 11 Nov</td>
<td>11.00am Remembrance Day Gathering 5.1</td>
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<td></td>
<td>2.00pm Year 6 Dancing</td>
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<td>Sun 13 Nov</td>
<td>9.00am Family Mass</td>
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<td>Mon 14 Nov</td>
<td>7pm P&amp;F Meeting</td>
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<td>Wed 16 Nov</td>
<td>8.50am Assembly SRC</td>
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<td>Fri 18 Nov</td>
<td>2.00pm Year 6 Dancing</td>
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<td>Sat 19 Nov</td>
<td>P &amp; F Sausage Sizzle @ Riverton Coles</td>
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<tr>
<td>Wed 23 Nov</td>
<td>8.50am Assembly PP1</td>
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<td></td>
<td>6.00pm K 2017 Parent Meeting</td>
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<tr>
<td>Wed 30 Nov</td>
<td>8.50am Assembly Year 6</td>
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INTERSchool AThLETICS CARNIVAL
Based on the results from our carnival, Mr. Bridgeman has selected our Interschool Athletics Carnival Team and training each morning before school is in full swing. Field and distance events will take place next Monday 31 October and the sprints and team games will take place on Thursday 3 November. Please check out the QOAPE page at this address for all the details; [https://qoape.com/](https://qoape.com/)

REGIONAL ACADEMIC DAY
Last Thursday a team of eight students selected from our Year 6 Talented & Gifted Students, represented Queenies in a new and hopefully annual Academic Challenge Day. Our team consisted of;
- Rheannon Lazar
- Jonas Schaub
- Kevin Tirta
- Sithuli Suraweera
- Abbey Sullivan
- Elijah Edmonds
- Jenna Milford
- Nicholas Williamson

Teams from Orana, Yidarra, St. Columba’s South Perth and St. Benedict’s Applecross gathered in the Library at St. Benedict’s for a day of challenging activities that really focussed on participants working collaboratively in teams, as well as utilising their creative problem solving skills and their analytical, logical problem solving skills. All the children really enjoyed the competition and I’m very pleased to say that our “Team Queenies” came third overall for the day!

It was a wonderful opportunity for some of our best and brightest students to pit their skills against equally smart teams from other schools and really challenge themselves. This was the first time this event has been held and I, for one, will really be doing all I can to ensure it becomes a regular fixture on our annual calendar.

UNIFORM CHANGES
In the first week of term parents and carers would have received a letter from Mrs. Fiona Agostino, our Uniform Shop Manageress, outlining a couple of changes/refinements to our school uniform. Over the last 6-8 months Mrs. Agostino, in consultation with me, has been engaged in contractual negotiations with current and new suppliers of various uniform items. Some of our current suppliers wanted us to sign agreements which were more favourable to them than to our school. We have therefore sought out alternative suppliers for some items, in order to negotiate more favourable terms and keep cost increases to a minimum for our families. We have also been mindful of looking for opportunities to smarten our uniform and ensure that our students and classes look their best whether at school or out on excursions or carnivals and other events.

With regards to the introduction of the new sports socks which feature our school initials and colours, and the new bucket hats which feature a reversible faction colour side, these two items will not be compulsory until the beginning of 2018. This will allow parents who have recently purchased current items plenty of time to wear them out before purchasing the new items. Of course, if you are in the market for new sports socks or a school hat, then the new items will be available for purchase, but please do not be concerned that you have to rush out and buy them right now.
BUILDING PROJECT UPDATE
Work continues to progress very well with our new Early Childhood Centre. I am very pleased to announce that work on the actual building has progressed better than expected, to the extent that the practical completion date for handover has been brought forward from mid-February till around Christmas time. This revised schedule is yet to be confirmed, but I have a site meeting tomorrow morning, so I’m hopeful that next week I will be able to confirm a new completion date in December. This will mean that we will be able to shift all the furniture and equipment into the new Centre in January and have it all setup and ready to go for the start of the year! Great news, I’m sure you’ll agree?

Peace and best wishes,
Shaun O’Neill

RELIGIOUS EDUCATION

Sacrament of First Holy Communion
Congratulations to those students who received the Sacrament of Holy Communion for the first time last Sunday. We hope that these students always feel the love and presence of Jesus through their lives.
The second celebration for this Sacrament will be held this Sunday 29th October at 10:30am. Please come along to support these children and join us in celebrating this beautiful Sacrament with them. We look forward to having many families witness these children as they strengthen their relationship with Jesus on this special day.
There will be a photographer in the Hall from 9:30am to take photos that can be purchased online.

Praying The Rosary
As we are in October – the month dedicated to the Holy Rosary, on Mondays we will be praying this beautiful prayer. Next Monday morning, some students from Year 6.1 will be leading us through the third Glorious Mystery – the Descent of the Holy Spirit. This is when the Holy Spirit came down on the Apostles as tongues of fire and gives them the gifts to spread the Good News. Please encourage the praying of the Rosary at home and the practising of the prayers that are said.

All Saint’s Day
Tuesday 1st of November is All Saints Day. This is a day where we celebrate all Saints known and unknown. As many of us have taken Saint’s names when we received the Sacrament of Confirmation, this provides a great opportunity to think about this Saint and all they achieved.

Year 1.2 All Souls Day Whole School Mass
Next Wednesday is All Souls Day - this is a day where we commemorate the faithful departed. The Year 1.2 class will be leading us in Mass on Wednesday 2nd November at 9:00am to celebrate this day. We invite all parents and friends to join us in celebrating this day with us.
All Souls’ Day is a solemn day for families. It provides an opportunity for parents to tell their children again about the Communion of Saints, which functions in the same way as life in a large family, where each member depends on the others. In this case, the poor souls depend on us. They depend on our love, but love does not consist in words only, it consists in deeds. Perhaps a special prayer of intention for those who have died could be prayed together as a family.

Russell Wylie and Julie Galbraith
Assistant Principals
**Scoliosis**

Scoliosis is an abnormal sideways curvature of the spine. It can be detected by a simple examination of the back. The normal spine has three curves – one in the neck, one in the upper back and one in the lower back. These curves can be seen from the side, but when you look from behind the spine should appear straight. If the spine has a sideways curve, this is scoliosis.

An information leaflet about Scoliosis has been distributed to all year 6 students. Please read through the information provided and check your child for scoliosis as described in the leaflet.

If you have any concerns, please contact your General Practitioner or Community Health Nurse, Fiona on (08) 92588053.

**Puberty**

Puberty is an interesting time for children and their parents. Children may become bewildered or embarrassed about what is happening to them. It is important to talk to your child about the physical and emotional changes that come with puberty. Many children will start to compare his/her body with others. Remind your child that people come in all shapes and sizes and not to compare your child’s body with anyone else’s body.


You can also show and discuss the ‘Get the Facts’ website with your child at [www.getthefacts.health.wa.gov.au](http://www.getthefacts.health.wa.gov.au). Education about growth and development is usually conducted at school during years 5 and 6. Your child’s teacher can give you more information about the content of these classes.

**Colour blindness**

Colour blindness means that a person cannot distinguish some colours or see the colours differently to other people. Very few people who are colour blind are ‘blind’ to all colours. Commonly, the colours seen differently are greens, yellows, oranges and reds.

An information leaflet on colour blindness has been distributed to all year 6 students. Please take the time to read the pamphlet.


If you have any concerns, colour vision testing can be performed by some general practitioners, eye specialists or optometrists. You can also contact your local Community Health Nurse, Fiona on 92588053.
Choir Music Dates to Remember for Term 4

THE CHOIR WILL BE PERFORMING AT THE FOLLOWING EVENTS:

- FIRST HOLY COMMUNION: 30th October
- P & F SUNDOWNER: 2nd December (Time to be announced)
- PRAISE AND THANKSGIVING MASS: 7th December at 6pm
- GRADUATION CEREMONY: 8th December at 1.30pm

Regards
Sheryl Perry

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END OF YEAR SUNDOWNER / SAUSAGE SIZZLE

Dear parents and friends,

The end of the year is rapidly drawing near and we are busily organising our end of year sundowner and the upcoming Coles sausage sizzle.

I would like to thank all of the wonderful volunteers involved with the athletics carnival sausage sizzle and cake stall, especially Sarah Kelleher, who organised the sausage sizzle and put together the rosters for parent helpers. A very big ‘thank you’ too to all of the Pre-Primary parents who kindly donated cakes.

We will be running a sausage sizzle at Coles on November 19th and we would love it if you could volunteer to help out for a while. More information to follow shortly.

The end of year sundowner will be held on December 2nd - mark the date in your dairies.

The school’s Annual Community Meeting will held on November 30th. We are seeking new people to join the P & F - this is a great opportunity to meet current members and put up your hand to join and volunteer for 2017.

Best wishes,
Andrew Upfold
P & F President
FAMILY PORTRAIT FUNDRAISER
Saturday 29 October 2016

Queen of Apostles P & F invites you to participate in our Family Portrait Fundraiser. Advancedlife Professional Photographers will provide you with a Family Portrait for only $20 (valued at $130).

For your $20, you receive your choice of a 10 x 13 inch print (in colour) OR a Pencil Sketch with a bonus keyring with a family portrait photo to fit. 100% of this money is retained by the P & F.

Please contact Edel Sullivan on 0417 266 891 or edelmcgill@yahoo.com.au to reserve your photography session before they’re all gone! Our fundraiser will be held on Saturday 29 October 2016 - on-site at Queen of Apostles.

Additional photos will be available for purchase at no obligation. These additional photos include: Portraits & Greeting Cards – featuring your Family Portrait & other photos taken on the day, with a Complete Package for only $199.00! Please visit our Facebook page at facebook.com/advancedlifefundraising for more information about the images on offer, what to wear or other general queries.

**There are four rules for participation in this fundraiser:**

- **Rule 1** Minimum of two generations in the Family Portrait (adults + children)
- **Rule 2** No person may appear in two separate fundraising Family Portraits (exception of separated couples)
- **Rule 3** An adult family member appearing in the fundraising Family Portrait must be present to collect & view their family portraits (or able to make alternative arrangements)
- **Rule 4** Families must sit for a minimum of three separate poses on the day

Please help us to raise valuable funds by participating in our upcoming Advancedlife Family Portrait Fundraiser. Invite your neighbours and friends - Family Portraits provide memories to be kept and cherished by the entire family for years and generations to come.

Thank you in anticipation of your overwhelming response!

Edel Sullivan
Schoenstatt Fair

Sunday 6th November
10.00am - 2.00pm
7 Talus Drive, Armadale

Bouncy Castle and fun for all the family.
Christmas Shop and lots of stalls.
Homemade produce.
Food & Drinks available all day
Raffles and Prizes

Special Invitation for Expectant Mothers

A special invite for Mothers who are expecting a baby are invited to consecrate their unborn child to Our Lady.
Please contact Sr. M. Lisette if you wish to do so or if you know of a mother who would like to consecrate her unborn child to Our Lady. Phone - 0400 234 910

25th SHRINE JUBILEE

Sunday, 27th November 2016
3 pm Holy Mass

Celebrant - Auxiliary Bishop Don Sproxton.
We warmly invite you to join the Sisters and the Schoenstatt Family to celebrate and give thanks for 25 Years of Blessing from the Shrine.
We are looking forward to seeing some families from each class who have previously visited the Shrine.
Summer will soon be here – enrol now for swimming lessons
Enrolments for December/January lessons are now open. It is important for every child to learn vital swimming and water safety skills. VacSwim offers affordable school holiday swimming lessons run by qualified instructors at a range of locations throughout the state.

For further information and online enrolments visit education.wa.edu.au/swimming

After-School Soccer Coaching Clinics (Term 4)

All Kindy to Year 2 children were given a registration form for an After-School Soccer Coaching Clinic starting Thursday 27th of October 2016 (3.15pm – 4.15pm). We will conduct it on the school grounds.

The activity is coordinated and run by Physical Education and/or Soccer Specialists - all with their Working with Children Checks. The Clinic focuses on Maximum Participation during Organised and Fun 7 x 1 Hour sessions. The cost for the clinic is $70.00 per child.

If you are interested in letting your child learn and play this World Game in fun sessions and you have not yet registered, then please register online at www.play4life.com.au or complete the registration form and return it to reception by Wednesday 26th October 2016. (Spare registration forms are available at reception). If you have any queries, please call Jacob Aquino on 6162 0932.
CANNING DISTRICTS HOCKEY CLUB
JUNIOR Years 5, 6, 7 & 8 SUMMER HOCKEY
MONDAY NIGHTS FROM 7 NOVEMBER, 2016
From 5:30pm
Where: FERNDALE RESERVE – MINI TURF
Metcalfe Road, Ferndale. Opposite Lynwood Village Shopping Centre

COST: Juniors U11 & U13 $2.00 weekly, teams organised on the night.
Come along down and join us for the summer competitions to stay in touch and help maintain your skills and fitness levels for the up and coming winter season.


For more information, please contact Elaine Foote, President on 0417 954 414 or email secretary.canning@hotmail.com
Maritime Day, Victoria Quay
Saturday 12 November, 10am-4pm

Have a fantastic, fun-filled family day at the annual Maritime Day celebrations on Fremantle Ports' Victoria Quay

FREE!

Enjoy numerous displays including the Royal Australian Navy tugs for visitors to explore, free harbour rides, kids' activities, free entertainment, great food and colourful information booths.

Attractions include the submarine HMAS Sheean, the sail-ship Duyfken, the Taiko Japanese Dancers, a children’s maritime fancy dress competition, gold coin admission to the Maritime Museum and a technology display by Rolls Royce marine equipment.

Maritime Day expo celebrates the maritime industry in the working Port of Fremantle, and provides information about maritime jobs and education.

Be one of 20,000 people expected to visit Maritime Day. Learn about the exciting careers in this vibrant industry and enjoy a great day at the port.

For more information, contact Jane Edwards on 9430 3373, or email: Jane.Edwards@fremantleports.com.au
You're invited to celebrate over 170 Years of history, friendship and memories made at Victoria Square for the inaugural

**Mercedes College All Year's Reunion**

**Saturday 11 February, 2017**

2pm-5pm  
Mercedes College Hall  
Victoria Square, Perth

RSVP to Joanna Creighton at mca@mercedes.wa.edu.au or 9323 1366