



Dove Tales Newsletter

Carramar Campus



9 April, 2009

Issue 5/2009

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Term 1 for 2009 has come to an end and Easter is upon us. It is the time to reflect on the death of our Lord and to celebrate His resurrection at this most holy of times in the Christian calendar.

As each of us observes the physical and emotional raking through the ashes of the destruction caused by the bushfires, we ponder on the enormity of such an event on the human spirit. The pain of ongoing grief that such loss brings can be overwhelming and crushing. Within our own school community members are presently suffering from life threatening illness, or sudden death and family trauma. Life experiences can be so very devastating and at such times, we ponder the question, "Where is God?" The relatives and friends of Jesus also must have pondered this same question on Good Friday.

God loves life; life comes from God; God loves us; we come from God – but where is God in all this? The scene can be so bleak and so consuming that at such times, it is hard to find God. And yet amidst the unspeakable sorrow of the bushfires and the illness and death of loved ones in these past few weeks, I have been heartened to find God. I have seen God in the tremendous spirit of Australians rallying to help and support their fellow Australians in all sorts of amazing ways. Our whole national response has rarely been seen before

I have seen God in our school community as friends rally to support those who are suffering from life-threatening illness or the loss of a dearly loved family member.

God is here and works through each of us. God works through people in a community because this is the way we serve others. God is with us and walks with us in the most difficult and painful of life experiences. In many situations that can be all the hope we have left.

May each of us be servants of God and His messenger of hope in our school community and in our wider community. And the Resurrection means there is new life for each of us, just as we have seen the new life springing out of the ground in Victoria as begin to plants regenerate.

STAFF RETREAT

This year our Staff Retreat is being held for all our staff on Friday 29 May, which is the day before the long weekend. This practice is a tradition for all staff to have the opportunity to spend some time together contemplating faith and other issues without the responsibility of work.

We appreciate the difficulties created by a day off school for parents who need to find somewhere for their school child to be cared for during these hours. Thank you for your support of our staff for this day. Year 11 and 12 students are studying for exams during Retreat.

May each of you experience a time of refreshment and renewal as our students enjoy a rest and break from routine and school work.

He is not here; He has been raised. Luke 24: 6

*Mrs Caryl Roberts
Principal*

Whole School Information

Key Dates 2009			
Tue-Fri 28 Apr—1 May	VET Wet Trades Balga Workplace Learning Ningaloo	Wed—Fri 6-8 May	Yr 4P, 5, 6 Camp
Wed 29 April	P-12 return	Thu 7 May	Yr 8 Lightning Carnival
Wed-Fri 29 Apr—1 May	Yr 12 Retreat	Fri 8 May	Coffee Connect for Parents 8.00am Onwards outside Canteen
Fri 1 May	<i>Dove Tales</i>	Tue-Thu 12-14 May	NAPLAN
Mon-Wed 4-6 May	Yr 4L Camp	Tue 12 May	CAS P&F Meeting
Mon 4 May	Yr 11 Geography Fieldwork	Wed 13 May	VET CAS Yr 12 Drama Show
Tue 5 May	CAS	Thu 14 May	Yr 12 Drama Show Junior House Debating
Wed 6 May	VET Yr 9 Lightning Carnival	Fri 15 May	Coffee Connect for Parents 8.00am onwards outside Canteen <i>Dove Tales</i>

Congratulations!

Callum Innes (Year 10), Angus Innes (Year 8), Macklin, Lloyd and Kelsey Brosens (Year 9) competed in the Junior State Lifesaving Championships in March in which Callum received two gold medals and a silver, Angus received a gold and a bronze medal and Kelsey received two silver and a bronze medal.

Madison Johnson, Rebecca Johnston and Holly Jaap (Year 7) won their debut debate against St Mark's Year 8 girls.

Expressions of Interest - Year 11/12 Exam Supervision

We require approx 15 parents to assist us with the invigilation of the Semester One Year 11/12 examinations being held Tuesday 2 June - Friday 12 June. If you have half or full days available during this period, to work off your 2009 Family Commitment hours, then please contact Miss Simone Robinson on 9306 7320.

Uniform Shop

The Uniform Shop is closed over the holidays but will be open on the Tuesday after the holidays, 28 April from 10am to 2pm. Uniform shop times during term time: Tuesdays 12.30—4.00pm and Thursdays 8.00—11.00am.

Winter Uniform is to be worn from 11 May, including the blazer for Secondary Students. Please read our information Handbook on what students need to wear. Secondary boys wear grey socks with the grey trousers.

Blazers are available for purchase. The Blazers for Year 8 students may be collected and paid for.

Please note that Primary Students should wear the rugby top with their sports uniform and not the red jumper.

We are taking second hand uniforms for sale.

You can purchase a school planner for \$13.00 from the uniform shop.

Whole School Information (cont)

Plug into Music

The next round of music sign-ups begin in Term 2 straight after the holidays. All interested students are encouraged to at least try one term of instrumental lessons.

As part of our new brass program we are offering free instrument hire for 4 trombones available to any interested students who sign up for lessons.

Other instruments are available for tuition: Bass guitar, Trumpet, clarinet, flute, fife pipe, Alto/Tenor/Baritone saxophone, violin, viola, cello, double bass, piano, percussion, drums, classical guitar, classical/contemporary/musical theatre voice.

Collect application forms from the Music office or request a form via email.

Free ensemble tuition is available for beginner to advanced students for the following school groups: (*Sorry we can't accommodate all drummers, guitarists and piano players due to large student numbers*)

Instrumental Groups	Vocal Groups
Jazz Big Band (Wed 7:30am)	Music Major Vocal Group (Tues 8:10am)
Concert Band (Fri 7:30am)	Divas Devine (Friday 7:30am)
Primary Junior Concert Band (Thurs 3:30pm)	Vocal Workshop (Friday Lunch)
Stage Band (Tues 7:30am)	Male Barbershop (Tuesday Lunch)
Classical/Flamenco Guitar Ensemble (Wed 7:45am)	Female Barbershop (Monday Lunch)
Primary Acoustic guitar ensemble (TBC)	Year 7 Choir (Thursday Lunch)
Saxophone Ensemble (Fri Lunch)	Year 6 Choir (Tues 1:20pm)
Clarinet Ensemble (Start Term 2)	Year 5 Choir (Mon 1:20pm)
Fusion Flutes Ensemble (Thurs Lunch)	Year 4 Choir (Mon 2:40pm)
Primary Strings Ensemble (Mon 7:30am)	Junior Sing Thing (Thurs 8am)
Junior Strings Ensemble (Thurs 7:30am)	Senior Sing Thing (Tues 8am)
Secondary String Ensemble (Thurs 7:30am)	
Chamber Ensemble (Thurs 7:30am)	
Funk Soul Rock band (Tues Lunch)	
Classical Funk Band (Thurs 3:30pm)	
Year 7/8 Band (Mon 7:30am)	
Primary Rock Band (Wed 3:30pm)	

Please contact Mr Shannon de Bie on 9306 7342 for further information, or email debiesh@ststephens.wa.edu.au. For all primary groups please contact Mrs Debbie Pattison on 9306 7175, or email pattisd@ststephens.wa.edu.au

Library News

We have two Parent Libraries. One is located in the primary office and the other is in the library. These resources contain valuable information for parents on all sorts of topics. For example *Bringing Up Boys*, *Bullying among your children*, *Head lice to dead lice*, *Secret Girls Business* and many more.

The second area is our Careers Board. There is a new topic on this board each month and we have just purchased a great series of books *Careers FAQ's*. There are many titles including Engineering, Fashion, Landscaping and Horticulture, Medicine etc.

Please feel welcome to come and have a look at these resources and to borrow them if you wish.

Women Of Worth (WOW) Dinner

This will take place on 6 May 2009 at the Glengarry Tavern Duncraig starting at 7.00pm. It has been a long time in the planning but we have finally got WOW up and running and I'm sure you will agree the topic of Eating Disorders is one that affects many in our community.

Cath Ashton from Women's Health Works Joondalup is our guest speaker.

Please come and join us and bring a friend.

Primary

Mother's Day Celebration

The Early Learning Centre Mother's Day Celebration will be on Friday 8 May. All mums and grandmothers welcome. We start in the Forum at 2.30pm for a quick thanksgiving time and then move to the Blue Area for afternoon tea and pampering.

Eggcellent Egg Competition Results

Many thanks to all who entered the EGGCELLENT EGG COMPETITION, the entries were all fantastic we had a group of teachers choose the winners and they found the job almost impossible.

EGGCELLENT Winners are;

Most Original- Willow Moscarda 3P "EXPLODE"

Ryan Hawkins 3P "EGGSMOUTH"

Natalie Karow 3W- "EGGSACT"

Charlotte Softley 4P- "EGGSCALATOR"

Caitlan Brown 4L- "EGGLOO-EGG-SKI-MOO"

Rachel Wordsworth 5J- "EGGSEED"

Millar Cox 5T- "EGG-ZOTIC EGGS -PERIENCE"

Jacinta Eliot 6S- "EGGLOO"

Lachlan Mitchell 6B- "EGG CENT TRICK"

COLOURING WINNERS

Noelle Chitty- PPH

Niah Shah- PPR

James Haley- 10

Denna Billington- 1H

Olivia Rivers- 2W

Lauren Broad- 2C

Beth Parkinson- 3P

Rinaldo Piasini- 3W

Sam Finchett- 4L

Megan Gray- 5J

Grace Lewitzka- 6S

Year 7 Transition

Year 7 Transition has had a very successful first term, with students settling in well. Camp was great fun, and along with new lockers seemed to be the highlight of the term!

We have held our own House Swimming Carnival, which was won by Parresia, and we would like to thank all our parent helpers who did a great job time keeping, scoring and inputting data.

We also joined the rest of high school for the House Cross Country. Our congratulations go to:

Champion swimmer –Boys- Oliver A'Barrow (Charis)

Runner up – Boys – Alex Grujic (Parresia)

Champion swimmer –Girls – Kirstin Stobbe (Parresia)

Runner up –Girls –Rebecca Singleton (Charis)

Champion runner –Boys –Sam Brown (Makaria)

Runner up – Boys – Zak Robertson (Makaria)

Champion runner – Girls – Kirstin Stobbe (Parresia)

Runner up- Girls – Rebecca Singleton (Charis)

Drama Festival

The House Drama Festival has been and gone! The performances were a great mixture of comedy, drama and musical theatre this year, which made for a very enjoyable watch. The winners of the shield for 2009 were Makaria, with Charis coming second and Parresia third. The quality and level of participation was excellent this year and we look forward to the competition growing even bigger in 2010. A huge thank you to all the parents who attended. Your support was greatly appreciated by all.

The next performance on the Drama calendar is the Year 12 Production of *The Laramie Project*. The performances will take place on Wednesday 13 May and Thursday 14 May at 7pm in the Tech Hub. Tickets are free, but seats are limited so be sure to organise your tickets through Mrs Emma Leadon. Please note, the play is based around sensitive issues and themes, so it is advised that attendance is for mature audiences only.

Proficiency in Spoken English—Year 12 Students

Early last month you would have received a letter requesting you tick your child's Proficiency in Spoken English and whether you consent to award information and exam results being released for publication. It was asked that these be returned to the office by 27 February. Could you please ensure that these forms are returned to the Secondary Office soon as possible so that information can be forwarded to the Curriculum Council.

Year 8 - English

City of Wanneroo recently held their annual YOUth Arts Competition in association with National Youth Week. The theme for this year's Competition was "Make a Move". Students could enter works in a number of categories, such as: drawing, painting, photography, poetry and prose.

Mayor Jon Kelly said the City's 'YOUth Art's Competition' provides a great platform for young people to be seen and heard by expressing their individuality and opinions through a variety of creative avenues.

Congratulations to two Year 8 students who were awarded 1st and 2nd place in the prose section. Georgia Coombs came 1st with her short story called *Ashes* and Brooke Parker came 2nd with her short story called *A Horror at Home*.

Ashes by Georgia Coombs

In the middle of the night, Lucy is woken by her mother with the news that an enormous fire is approaching their wonderful little farm. Lucy is forced to choose two of her favourite possessions and leave the rest behind. Shoving as much as she could into her bag, Lucy and the three other members of the family quickly leave the house, desperately trying to escape from the rapidly moving fire.

At the last minute Lucy remembers her horse, Charlotte and makes a desperate attempt to save her. Lucy manages to get Charlotte as far as the house, but is forced to leave her behind.

A Horror at Home by Brooke Parker

Melissa was approached at the station by a strange man. He demanded she hand over her handbag but luckily a security guard came to her rescue. But the man tells Melissa he will return, and Melissa knows she hasn't seen the last of the stranger.

Later that night, the man returns and Melissa has an epic race to escape him but the tale has a strange ending as the camera stops filming and the actors take a quick break.

Secondary (cont)

Reduce, Reuse, Recycle



For the past few years we have been recycling our paper and in more recent times addressing the issues of reducing our use and wherever possible reusing our resources. Parents are encouraged to come on board and be a part of this move within our school. The latest move is to have a battery recycling collection point in the school where used batteries (not car batteries!) can be deposited for eventual collection and disposal. Used and unwanted batteries can now be left in the recycling bin located in the school library. We encourage parents to make this part of the ongoing waste management strategy implemented in your home.



Knitting, knitting and more knitting!

For the past few years our Year 8s have completed a knitting assignment in Faith & Values, we are getting ready to do this again in 2009. This assignment is part of our looking at the Millennium Development Goals and challenging our students to join together to make a difference. Year 8 parents please read the note that was sent home but everyone and anyone else is invited to join this initiative.

We join with 'Wheelchairs for Kids' to knit blankets which are then distributed with wheelchairs to needy children. We do this by knitting squares (**40 stiches, using 8 ply wool on size 4 needles**) which are then joined together to make the blankets. Completed squares can be sent with any Year 8 student to Faith & Values, or left in Administration.

Any donations of wool and/or needles would be greatly received! We will be knitting for the whole of Term 2 ...

Careers Information

Curtin University – Transition to Registered Nursing Program (TRNP)

This program for any student currently in Year 11 who wishes to pursue a career in nursing. Application packages will soon be available for interested Year 11 students.

TAFE Enrolments – Semester 2, 2009. Enrolments open on 4 May.

Careers, Education and Employment Expo takes place from 15 - 17 May in the Perth Convention and Exhibition Centre

The Royal College of Nursing Australia Nursing and Health Expo takes place on 24 May at the Perth Convention Centre.

Murdoch University

Vet for a Day – 3 May

Law Student for a Day – 3 May

Psychology Career Night – 5 May

Nursing Career Night – 5 May

Law Career Night – 6 May

Education Career Night – 12 May

Engineering Career Night – 13 May

University of Notre Dame are holding their Course Information Evening on 25 May.

University of Western Australia

School of Indigenous Studies Year 12 Seminar – 20 to 23 April

Undergraduate Medicine Evening – 13 May

Dentistry Information Evening – 26 May

Best and Less are now recruiting casual staff for their brand new store opening in Wanneroo at the end of May. Applicants must be at least 15 years old, no previous experience is required and training is provided. To apply, drop your resume in to Michelle at the Whitfords City store or Sarah at the Warwick store.

Please see Miss Johnson in the Careers Office for more information on the above.

Community Notices

St Stephen's Uniting Church Carramar: A church meeting is held at 9am each Sunday in the Primary Forum. All are welcome to attend. The Minister is Rick Williams, phone 9306 7338 (w) or 9309 6681 (h).

Easter Service times:

Good Friday—10 April at 9.00am. A service of meditation and reflection, followed by a morning tea with hot cross buns.

Easter Sunday—12 April at 9.00am. He is risen! A celebration of the Easter message with the sharing of Holy Communion.

Fun4Kids during school holidays: Circus Spectacular takes place on Tuesday 14 April and Wednesday 15 April (school holidays) from 8.30am to 3.30pm at Christian City Church, 31 Chadlington Drive, Padbury (Hepburn Heights). Children from ages 5-12 years old are invited to join us for a day of circus fun, animal farm, crafts, pull-aparts, movies, drama, music, console games, cooking, games, beadwork, science show, water fun and giant slides. Cost is \$35 per day which includes lunch, drinks and snacks. To register for an info pack please go on line to www.c3hh.com.au or phone 9307 5000 or call in person at the church.

Extra for Years 7, 8 and 9 during the school holidays. Stadium Clash program 'At the Movies' on Tuesday 14 April and/or Wednesday 15 April from 8.30am-3.30pm. The cost is \$35 per day Includes lunch, drinks and snacks. Activities include screen movie, sports, acrobatics, games, consoles, science show big prize give away, and more. Venue: Christian City Church 31 Chadlington Drive, Padbury. Contact: Ben on beng@c3hh.com.au or phone 9307 5000 www.c3hh.com.au <http://www.c3hh.com.au>.

Fun4Kids Care on Staff Retreat day, Friday 29 May, 2009. The cost is \$25 per child and the program is for Pre-Primary to Year 7s. Bring your own lunch, but everything else is included. 8.00am-4.00pm. 31 Chadlington Drive, Padbury. For more information please email nicolem@c3hh.com.au or phone 9307 5000. Drinks, morning tea, afternoon tea, crafts, big-screen movies, games, console games, music. Volunteers have Working With Children Card Checks

Raising Happy and Confident Kids Seminar with Pat Jewell takes place at the Perth Convention Centre, on Wednesday 29 April and the Dog Rock Hotel, Albany on Thursday 30 April from 7.30-9.30pm. The cost is \$10. Please register by phone on 1800 176 453.

This fortnight's Bible Reading: please click on <http://www.lectionarystudies.com>

Canteen Roster—if you can help, please call 9306 7132,

		8.30-11.00am		11.30am—2.00pm
Wednesday	29-Apr-09	H Weybury	L Saunders	HELP NEEDED
Thursday	30-Apr-09	Sally Coombs		Vicki Prescott
Friday	1-May-09	A M McKay		S Safe
Monday	4-May-09	Babe		Danielle West
Tuesday	5-May-09	Connie Mader		C Gilchrist
Wednesday	6-May-09	S Hawkins		HELP NEEDED
Thursday	7-May-09	Derrin Muirden		Lesley Gates
Friday	8-May-09	HELP NEEDED	Sharon Mitchell	Louise Sutton
Monday	11-May-09	New Crosser		L Scott
Tuesday	12-May-09	L Tinley		HELP NEEDED
Wednesday	13-May-09	H Weybury	L Saunders	J Dugdale
Thursday	14-May-09	M McGowan		A Res
Friday	15-May-09	S Wright		HELP NEEDED

<p>DUNCRAIG 100 Doveridge Drive Duncraig 6924 PO Box 68 Greenwood Western Australia 6924 ☎ +61 8 9447 1111 📠 +61 8 9447 1116</p>	<p>CARRAMAR 50 St Stephens Crescent Tapping PO Box 246 Joondalup Western Australia 6919 ☎ +61 8 9306 7100 📠 +61 8 9306 7101</p>
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Website: <http://dovetales.ststephens.wa.edu.au> <http://www.ststephens.wa.edu.au>

BEDTIME

Bedtime and children's sleep habits can cause nightmares - for parents, that is!

Bedtime can be a battle in many families as children resist attempts to end their day and allow parents to have some time to themselves.

Often at the end of a long day all you want is a little peace and time for yourself. After all, you have probably devoted the entire day to the service of children in some form.

Whether it is putting bread on the table or being gainfully employed in an unpaid position as housekeeper and cook, you deserve a break.

Come on, kids, be reasonable!

But children do not always see bed-time from a parent's perspective. They often dispute calls for bed and complain loudly that it is too early.

None of the other kids at school go to bed at 8 o'clock, Mum. "It's not fair." is the sort of line that is used in thousands of homes each night.

Others procrastinate with toilet-time, last minute drinks and detailed arrangements of teddies so that bed-time stretches by half an hour before parents realise what is happening.

Some parents are plagued by jack-in-the-boxes who reappear as soon as the bedroom light is turned off while others have night-callers who keep parents busy with comments such as: "I can't get to sleep."

If bed-time presents difficulties in your home try the following ideas at kids' bed-time so that you can maximise the time you have for yourself and your partner.

A clear plan can help make the end of the day less of a chore for parents.

DEVELOP A BEDTIME PLAN

- **Distinguish between being in bed and being in the bedroom.** Children differ in the amount of sleep they need – so to expect them to go to sleep at a certain time is unrealistic. However, they can be expected to be in their bedrooms at a set time and then regulate their own sleep habits.
- **Have a set routine such as 'quiet time, drink and story' which signals the end of the day and stick to it.** Even older primary school children benefit from a set routine that lets them know what is expected so they can plan accordingly.
- **Be firm and resist procrastination.** Try always to say good night at the appointed time even if children are not quite ready.

- **Turn the television off** and, if necessary, remove other distractions such as computers, mobile phones and video games while children are going to bed.
- **Return jacks-in-the-boxes** to their bedrooms and ignore repeated calling out for drinks and other attempts to keep you busy. Make yourself scarce. Go to another part of the house and be unwilling to be drawn into a game of the children's making. Only nightmares and earthquakes should cause you to go to their bedrooms.

WHAT TO AVOID

- **Over-stimulating children before bedtime.** Engaging kids in a friendly wrestling match on the floor five minutes before bed-time will ensure you have a real battle on your hands.
- Allowing children who delayed bedtime to sleep in to make up for lost sleep. This will ensure that they stay awake at night. Wake children at the same time each morning.



Parenting *ideas*
MICHAEL GROSE