LENT: A TIME TO BETTER UNDERSTAND GOD’S FORGIVENESS

PRAYER

God, our Father, may this Lent be a time for us to understand better Your forgiveness of our shortcomings. We ask that the light of Your Spirit enable us to look within ourselves with honest eyes, to identify and deal with any behaviours that prevent us from being true to Your love for us.

SCRIPTURE READING

You, God, are merciful to all, for you can do all things, and you overlook people’s sins, so that they may repent. For you love all things that exist and detest none of the things that you have made, for you would not have made anything, if you had hated it.

How would anything have endured, if you had not willed it: Or how would anything not called forth by you, have been preserved?

You spare all things, for they are yours, O Lord, you who love every living thing.

Wisdom 11:23

RESPONSE PRAYER

Spirit of God within me, help me this Lent to grow in gratitude for my life; help me to reveal the face of Christ to other people as they enter into my life.

Lord, may we be encouraged this Lent to reflect on the difficulties You had in Your life. We ask for courage to face the challenges that daily enter our lives and bring them to resolution, as You did. Amen.

A MESSAGE FROM THE PRINCIPAL

Dear Parents

The season of Lent is upon us again and it is a time for us to focus intentionally on what helps or hinders our commitment to Christ. It may be better not to give up something but to take on something, to build our spiritual muscles. Archbishop Timothy Costello stated, at the Catholic Education Leaders’ Day on Monday “that it is up to each and every one of us, in this very special Year of Mercy, to open our hearts and focus on returning Catholic Education to Christ and returning Christ to Catholic Education”. He said that we as principals have the task of getting Jesus back into the heart of Catholic Education through our relationships with the community, students and staff.

NEW PARENTS’ SUNDOWNER

We spent a lovely balmy evening together on Friday 12 February when the P&F hosted their annual ‘Welcome to Liwara’ sundowner for all our new families beginning at Liwara this year. Thank you to the P&F team who hosted the evening, Mrs Anthea Pickering and her daughter Leanne who ran the crèche which allowed parents to mingle in a relaxed manner.

CONGRATULATIONS

On behalf of the Liwara Community I would like to congratulate Melissa & Dave Cahill on the birth of their new baby girl, Alessandra Rose Cahill, born on 27 January at 5.27pm, 3.3 kg and 48cm. We wish them a wonderful start to this new chapter in their lives.

SIBLINGS FOR KINDY 2017

If you have a child who is eligible to be enrolled in Kindy for 2017 and you haven’t already filled in an application form, could you please attend to this as soon as possible. I have almost completed interviewing new families for
Kindy placements in 2017 and I would like to ensure that all siblings are catered for at Liwara.

**FAMILY MASS**
What a wonderful way to begin our school year, celebrating Mass with the parish last Sunday. The students who participated made a fine impression on some of the parishioners who informed many of the staff that they were extremely delighted with the beautiful choir and musicians. Thank you to all the families who were present at our first Family Mass for the year. I would also like to acknowledge and thank the staff who leave their own parishes for a weekend to participate in our Liwara Family Masses, as their presence is greatly appreciated.

**STUDENT SAFETY**
Thank you to all parents for your diligence in ensuring all external gates are kept closed at all times for the safety of our children. The gates which are used for after school duty have a drop bolt in them to allow the students to flow through with ease, but this is the only time they should be held open. If any parents come across a gate that has been held open with a bolt before school or during the school day, could you please shut it immediately for the safety of all the students.

**COMMUNICATION**
The staff have been pleased to receive positive feedback from parents about the uniformity, clarity and timely manner in which class communication has been shared.

All class teachers have sent out a Term Outline, via email, to their respective parent cohort. If you have not received any information, by email, to date, could you please follow this up with your child’s class teacher as your email address might need updating.

**MARKETING/ADVERTISING EXPERIENCE**
The School Board are looking for members of the community with marketing and/or advertising experience to assist with promoting Liwara to the wider community. If you have worked in or are currently working in this area, could you please contact the school office as soon as possible, as I would love to speak to you about some ideas and possibilities and to harness your creativity.

God bless  
Andrea Millar

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**FROM THE ASSISTANT PRINCIPAL**

**Sacramental Theology Meeting**
A big thank to you the All Saints Parish for organising such an informative night on the 'Theology of the Sacraments' for all the parents of children receiving a Sacrament this year. The night was attended by over 70 people who benefitted from the knowledge, wisdom and guidance of Eric Chidlow.

**Sacramental Enrolment Masses**
Any child who is receiving a Sacrament (Reconciliation, Eucharist or Confirmation) in 2016 is required to attend a Mass this weekend to register with the parish. Masses are at 6pm on Saturday February 27, 9am or 10.30am on Sunday February 28 and registration can be done by completing the register at the back of the Church. Please contact the parish office (9447 6225) for further details.

**Reconciliation Workshops**
Workshops for Year 3 children, who are making their first Reconciliation, and their parents, will be held on Tuesday March 15 and Thursday March 17 at 6pm in the Ahern Centre. All students are expected to attend one of these workshops with at least one parent/guardian.

**Family Mass**
Thank you to the Liwara community for such a positive response to our call for participation in our family masses. Sunday’s Family Mass was a great success and was very well attended, despite the absence of His Grace, Timothy Costelloe whom we continue to keep in our prayers. Our next Family Mass is in Term 2 on Sunday May 15 at 9.00am. We look forward to seeing our Liwara families there.

**Reconciliation Commitment Weekend.**
Commitment Masses for the Sacrament of Reconciliation this year are being held on the weekend of March 12 & 13. All children receiving this Sacrament for the first time this year, are expected to attend. Mass times are: Saturday 6pm, and Sunday 9am and 10.30am.
GENERAL SCHOOL NEWS

SCHOOL FEES
The annual fee statements were sent home with students on Monday, 15 February. Various options for payment were outlined in the enclosed information. Term & annual payments are due by 25 February for those families paying via check, cash or EFT. Payment plans using the credit card authority or direct debit authority also need to be lodged with the school before the end of February. If you have a family health care card or Centrelink pension card please call into to see the Bursar to complete the paperwork to enable a fee discount. Please contact the Bursar, Lee Hansen for all fee enquiries.

FAMILY DETAILS
Thank you to all the families who have returned their updated “Family Detail” forms. If you haven’t already returned your forms, can you please do so immediately, as we use these details as a means of communication and in the case of any emergencies.

UNIFORM SHOP

BACK IN STOCK
♦ Size 2-8 Sport Socks
♦ Whiteboards

CANTEEN NEWS
Thank you to everyone who has already offered help in the canteen, your assistance is very much appreciated.

If anyone has some spare time and would like to help out in the Canteen, please contact Helen on 9448 3811.

CANTEEN ROSTER

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LIWARA FACTION SWIMMING CARNIVAL 2016
PARENT INFORMATION

• Date – Tuesday 1st of March, 2016.

• Location - Craigie Leisure Centre, Whitfords Ave.

• Time – 09:30am to 2:30pm.

• All students in years 4, 5 and 6 to participate.

• Students must be at school for 08:30am. Buses departing school at 08.50am.

• Students sit in faction bays and remain there unless competing or going to the toilet.

• Students are allowed to join parents for their lunch. No students are allowed in the pool during lunch.

• Students should bring a healthy recess and lunch with them.

• Students should bring plenty of drinking water and apply sun block before coming to school.

• All spectators will have to pay a spectator fee at the front desk.

Finishing procedure

• Students are to remain in pool, within their lanes until told to exit.

• Ribbons distributed, first four places to recording table for name, faction and points to be recorded.

• Students to assemble in class groups with teacher after presentations for bus trip back to school or leaving with parents.

Champion Boy and Girl

• Gold, Silver and Bronze medals will be awarded to three boys and girls from each year group who score the most points.

• Points go to the students who swim the fastest times in the Freestyle, Breaststroke and Backstroke 50m races.

• All 50m races will be timed.
Hello from the OSHC Team,

Bookings are filling fast for the Pupil Free Day on March 4, 2016 but there is still time to register. We are planning a water play day with a slip ‘n slide, frozen boats, bubbles, ice cream and icy pole making and lots more. Lunch will be ‘Make Your Own Pizza’ with a large variety of toppings and in keeping with our theme the children will also make ‘Frogs in a Pond’ for dessert.

Just a reminder that the OSHC centre will close for the second week of the April school holidays.

Another reminder is about hats. In keeping with our Sun Safe policy ‘No Hat No Play’ ALL children attending OSHC need a hat. Any broad brimmed or legionnaire style hat will be fine as children do not have to wear a school hat to OSHC, unless attending Vacation Care and when on an excursion.

IMPORTANT ANNOUNCEMENT – OUR CRAZY CRABS HAVE NAMES
Voting has taken place and our Crazy Crabs are now known as Dave, Bob and Tom. Dave, Bob and Tom are very popular with the children at OSHC and all seemed to have developed very individual personalities just like the children who care for them.

At the children’s request we have purchased new books for their enjoyment. Topics of interest to the children are – Dinosaurs, Space, Easter, Super Heroes and How to Draw books. New books covering these topics can be found on the book shelves.

Budding scientists at OSHC are enjoying using bug catchers, magnifying glasses and magnets. OSHC children are exploring the world around them while ‘playing’ with these objects. The light table is also a great hit allowing the OSHC children to experiment with light, colour, transparency and reflection.

The OSHC children enjoyed making Valentine Cupcakes. They used red and white fondant and heart shaped cutters to create their cupcakes and the results as you can see were amazing.

Regards,
Gaye Margetic and the OSHC Team
Waste Wise

WRAPPER FREE WEDNESDAYS
will occur every Wednesday during the school year.

The dates for term 1 are:-

March 2
March 9
March 16
March 23
March 30
April 6

These days are when students and parents are asked to pack a lunch box without single-use disposable items.

Single-use includes plastic shopping bags, plastic cups, straws, plastic packaging...basically anything that's intended only to be used once and then discarded.

Every day we encounter single-use plastic: bags, water bottles, straws, food packaging & takeaway coffee. We can all take steps to avoid plastic becoming a problem and as a school we can choose reusable alternatives and pick up plastic litter.
Okay, let’s talk about parent guilt. I hear many parents who feel overwhelmed by parent guilt. Parents might feel:

They’ve been too harsh with their children.
They’ve not spent enough time with their children.
They’ve not done enough of something with their children to help them in some way.
They’ve caused their children to suffer/have long term problems.
They haven’t done enough to fix/alleviate struggles their child has.
They don’t/can’t provide them with enough possessions/support/services.

Do you sometimes say:
“I should/shouldn’t have....”
“Maybe if I had....”
“Other parents....”
“If I was more like....”
“If only I had....”

So parent guilt is entirely normal. Sure it doesn’t affect everyone, but for many thousands of parents it rears its ugly head all the time.

But here’s the most important thing to understand about parent guilt: IT DOES NOT HELP.

Parent guilt doesn’t help us and it doesn’t help our kids. Here’s why: Guilt = distress. When we are distressed as humans, several things happen.

We are less capable of thinking clearly.
We are more likely to act without thinking things through.
We are less capable of clear decision-making.
All of this means parent guilt is likely to lead to more – not less – parent mistakes.

Stay tune for the next newsletter item with some soothing statements you can use to cope with parent guilt!

Taken from—Kirrile Smaut, Clinical Psychologist Specialising in supporting Kids and Teens

Jane Evans
Monday and Wednesday (8am to 4pm)
Ph: 9448 3811
OTHER NEWS

Open Day
SATURDAY 12 MARCH, 9:00AM TO 12:00PM.

Come and see for yourself what these young people already know about John XXIII College. Students will proudly tell you about the facilities, programs and opportunities which exist at this very successful Catholic, co-educational college.

Tours every half hour from 9:00 to 11:30am.

For enrollment enquiries please call (08) 9383 0400.

www.johnxxiii.edu.au

Excellence in Co-Education

John XXIII College
Seek Justice

170 Years of Quality Education
Mercedes College celebrates 170 Years of quality education in the Mercy Tradition.

To register please go to:
www.mercedes.wa.edu.au/openday

OPEN DAY
14 March (Mon)
9:30 - 11:00am

Mercedes College
T: 9333 1323 • www.mercedes.wa.edu.au
A Ministry of Mercy Education Ltd
What to do if you ever feel threatened or unsafe on public transport:
- If available ask a Transit Officer or Transperth staff member for help or just stand near them for safety.
- Call 9220 9999 — save this number in your mobile.
- On a bus, speak to the bus driver.
- On a train, push the emergency button to speak to the driver.
- On a train station, push the emergency button on an information kiosk to speak to our Central Monitoring Room.
- On train stations, stay in well-lit areas in view of security cameras.

Other safety tips:
- If possible, have someone come to meet you, or tell friends or family when you expect to be home.
- On train stations, stand back from the yellow line on the edge of the platform. When trains go past they create a powerful draft that can unbalance you.
- Use only the proper access routes when you enter or exit train stations.
- Always stay off train tracks. Walking across them is dangerous and illegal.
**Outside School Hours Care**

Before & After School Care  
Vacations Care  
Contact Centre Supervisors

0477 994 123

**PUPIL FREE DAY 4 MARCH**

**PLEASE BOOK NOW TO AVOID DISAPPOINTMENT**

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**UNIFORM SHOP**

New Opening Days & Times
- Monday 8am - 9.30am
- 2.30 - 3.30pm
- Assembly Fridays 8.30am - 9am during the school term

Please direct enquiries to uniformshop@liwara.wa.edu.au

Order Forms available on website
Full payment is required on ordering.
Orders will be dropped off at your child's class on Monday mornings.

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**Absentee Line**

SMS - 0419 915 606
for the absentee line before 9.30am.

Leave the child’s name, class and a brief description for the absence.

*Please do not reply to the computer generated absentee text sent to you if your child is not at school. We do not receive it.*

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**CANTEEN**

Contact Helen: 9448 3811