Dear Parents and Members of our School Community

Well the holidays are here again and many of you will be travelling, working or just having a break at home. These times can be for many children, where they can become exposed to more amount of screen time than usual to help the holidays to pass and screens do often serve as good babysitters. However, too much of anything is not a good thing and this applies to screen time whether it be a tablet, iPhone, laptop, television or pc screen.

Although digital technology has many benefits and should be incorporated into the home and school too much screen time does not allow for the variety of activities required to help a child to develop, it can affect their sight and hinder brain and social development.

Please see the two links I have provided below. The first one talks about screen time research facts while the second talks about different things children can be doing over the holidays to limit screen use.

http://raisingchildren.net.au/articles/screen_time.html

Over the holidays my children and I are going up to my uncle’s farm to do some sheep work, there certainly won’t be time for screens then. Other things you can do, bearing in mind that it is winter is have cooking days where rich creamy soups and hearty stews are prepared with the children. They could be doing art and crafts, being active outside in a number of ways (weather permitting) or simply reading a book and playing board games during those down times.

Thanks to everyone for another positive and busy term at St Benedict’s. A special thanks and goodbye to Mrs Pip Crommelin who has done a wonderful job with Reading Recovery in Mrs Chapman’s absence. We also wish Mrs MacKenzie all the very best with starting her new family as she heads off on maternity leave. Have a terrific break everyone!

Finally good for the Pies to have a win, sorry it was at Fremantle’s expense. Hopefully they can get two in a row against arch rivals Carlton this week. We owe them one already from this year.

Until next term
God Bless

Darren McDonald
Principal

Important Dates to Diarise

30 June  
Interschool Footy & Netball with OLMC
Footy @ Gairloch / Netball @ school

1 July  
LAST DAY OF TERM
Footy / Netball training before school
St Benedict’s Day Mass @ 9.00am
MJR Buddies
Fundraiser for the Sisters of Our Lady of the Mission
Bowling them over – the MOB

Thank you to all that were able to attend the first Father / Child event for the newly formed MOB (Men of Benedict’s). Well attended with an overwhelming and oversubscribed response across all year levels, the MOB provided a chance for fathers to spend quality time with their own children and meet other fathers from within our school community.

A total of 57 fathers and 89 children (All 24 Lanes at Melville Super Bowl) arrived and were excited about not only spending time with each other but with the whole concept for the first father / child event. Some of those who have never bowled before joined in on the fun and with the assistance of the bumper bars, all achieved a fantastic score. The noise and laughter told that story.

A massive credit to all fathers who were encouraging and supportive, not only of their own children but of others and welcomed the purpose of this event… to create opportunities for interacting and bonding between fathers and their children. The MOB’s purpose.

“The best way to be a better dad is to be aware of the need to spend quality time, to learn how to be better and to regularly practice positive behaviors.” thefatheringproject.org

the MOB welcomes any feedback and suggestions for any future events and has something already planned for term 3. Please email themobapx@gmail.com or contact Steven Keeley on 0417 176 022.

THE STRIKE NIGHT BOWLING MOB

On Friday the 24th June, the Men of Benedict’s (MOB) first event which was a bowling night was held. The focus was to get the fathers of St Benedict’s involved in a father-kid night.

The event ran from 5.30pm - 7.30pm. More than 140 dads and kids turned up and we booked out the entire 24 lanes of the Super Bowl in Melville.

There were lots of new faces that I didn’t know including both dads and kids, which is great to see. We all played two games of bowling and I’m sure that everyone could have still been playing until midnight but sadly we couldn’t. Everyone gave bowling a go, including the younger kids. Strike, spare or gutter ball it didn’t matter.

There was a lot of noise and laughter from both the dads and the kids. The organisers allocated lanes so that dads got to know other dads. Dads also spent some quality time with their kids, which is what the Fathering Project is all about.

Thank you to Steve Keeley and other members of the MOB - Fathering Project for organising this event and making it a huge success.

Everyone had a terrific time and got to know each other better. I’m really looking forward to the next MOB event!

By Ella Biancuzzo

Canteen Volunteers List
Term 3
Manager : Jodie Budisellkc - 0403 330 828

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<th>Week 1</th>
<th>20 July</th>
<th>Denise Ziccardi</th>
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<td>Week 2</td>
<td>27 July</td>
<td>Jodie Heron</td>
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<td>Week 3</td>
<td>3 August</td>
<td>Help Needed Pls</td>
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<td>Week 4</td>
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<td>Week 9</td>
<td>14 September</td>
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<td>Week 10</td>
<td>21 September</td>
<td>Help Needed Pls</td>
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To all our St Benny’s families,

The P&F will be running a Cake Stall and BBQ on election day so please come and support us as you vote, and encourage your neighbours to do the same!

Please don’t forget to notify your Class Reps of what you intend to donate for the cake stall. Donations need to be dropped to the Undercover Area in the afternoon of Friday 1st July on disposable packaging with Gluten Free, nuts and eggs clearly labelled.

We will also be requiring volunteers to man the cake stall in shifts of 1-2 hours on the Saturday morning. Please notify your Class rep if you are able to assist us.

Election day is a wonderful opportunity for us to raise funds that directly benefit all of our children, and we look forward to making it another successful day!

Also, if you are planning to take your kids to see the Kid’s Wonderland this school holidays, remember to take advantage of the 10% discount and add St Benedict’s School Coupon Code to allow us to collect a donation from the event organisers. Further information, including the code, can be found on the attached flyer.

Many thanks, Tanya Dowse-Kerr
P&F President
It’s Finally Here – The Plastic Free July Challenge

What is it?
It’s quite simple. Attempt to refuse single-use plastic during July. "Single-use" includes plastic shopping bags, plastic cups, straws, plastic packaging...basically anything that's intended only to be used once and then discarded. If refusing ALL single-use plastic sounds too daunting this time, try the TOP 4 challenge (plastic bags, bottles takeaway coffee cups & straws).

Why do it?
Apart from the small amount of plastic which has been incinerated, EVERY piece of plastic which was ever produced still exists on earth somewhere. In the first 10 years of this century MORE plastic was produced than the entire last century! Australians send 1 million tonnes of plastic waste to landfill each year. Do your part to make a change. Why use something for a few seconds that is going to spend the rest of your life trying to break down in landfill? We really need to change our habits.

The rules
Attempt to refuse single-use plastic during July. Remember it's not going to be easy! It is a challenge, not a competition so don't worry about being perfect.
Collect any unavoidable single-use plastic you buy. Keep in a dilemma bag and share it with ‘plasticfreejuly.org’ at the end of the month.
It's up to you regarding how long you participate. You might decide to go plastic-free for a day, a week, a month or longer! However long you choose will still make a contribution.
Register today at www.plasticfreejuly.org

Start with something small………
Australians use an estimated one billion disposable coffee cups each year. After their single use, we simply throw the cups away. Little is recycled, most goes to landfill or blows away into oceans.
………….. say no to disposable coffee cups and take your own reusable ones. You will be surprised how philosophy.

fee cups and take your own reusable many cafes already support the BYO

SCHOOL SPORT

Our year six students will be involved in a series of netball and football competitions against other ASCS schools over the next few weeks in preparation for the Lightning Carnival to be held next term in week four. Our first fixture is tomorrow against Our Lady of Mount Carmel School.

Our faction sports focus next term is athletics and ballgames. Classes from Pre Primary to Year Six will be using their Physical Education lessons to learn about different track and field events and practise ballgames.
Economics and Business Project

OPEN

If you want to buy any of our yummy treats please bring a gold coin on

Thursday 30th of June 1:40pm

Profits will be going to INKA Respite St Benedict’s 2016 Charity

**Icy Spiders**
- Ice-cream spiders $1
- Meringues 20c
- Tom, Thomas & Ethan

**Chocolate Delights**
- Mars Bar Slice $1
- Chocolate milkshakes $1
- Daniel, Jasper & Matthew V.

**Ali Café**
- Hedgehog slice $1
- Luke, Aidan & James

**Little Miss Cupcakes**
- Cupcakes $1
- Gluten free cupcakes $1.50
- Extra toppings 50c
- Ally, Chazelle & Montanna

**SIS Delights**
- Skywalker Slice $1
- Rainbow Layla $1
- Lemonade 50c
- Signay, Sophie & Ingrid

**The Pizza Kings**
- Pizza Slice $1.50
- Gluten free pizza slice $1.80
- Cordial iced poles $1
- Darcy, Tyler & Matthew B.

**The Cake Pop Shop**
- Cake pop $1
- Jack, Vincent, Sasha & Florence
Dear Parents and Caregivers

As we come to the end of Semester One, I would like to take the opportunity to thank you and your family for the vital role you play within our Catholic Education community in Western Australia. For those of you who have joined us this year, I extend an especially warm welcome.

Some of you may have heard about the 2016 National Catholic Education Commission (NCEC) Conference which was hosted by Catholic Education Western Australia recently in Perth. The conference, attended by more than 1,400 delegates from across Australia and the world, presented opportunities for many of our principals and teachers to contemplate a Catholic education system that provides new educational opportunities and ways of learning.

It was truly wonderful and humbling to hear Honduran Cardinal Rodriguez Maradiaga speak of Catholic Education in Australia as one of the best Catholic school systems in the world. I am confident that this would not be the case without the hard work and dedication of our staff, or without the invaluable contribution from the parents, families and friends that make up our school communities.

This term was filled with countless stories of student achievement, innovative teaching and learning approaches, and inspiring community initiatives across our system of 163 schools. Witnessing the first Catholic School Youth Summit, with Year 10 and 11 students from across our state, reinforced the agility and resourcefulness of Catholic Education to reimagine learning in a complex youth environment. The opportunity to join hundreds of primary school students from across the Archdiocese of Perth to support the 2016 Lifelink Day campaign launch encouraged me to reflect on the role of our schools to grow compassionate school communities, where Christian values flourish in the lives of our children.

As the winter holiday begins, I hope you will have opportunities to spend time with your children, to have fun, and to continue learning with them and from them. I also hope it is a time for you to reflect on the great importance of your role as your child’s first educator. May you be encouraged by the words of Cardinal Rodriguez Maradiaga, in his address to the NCEC Conference, “To be an educator is to be joyful.”

I wish your family a joy-filled winter break.

Yours sincerely

[Signature]

Dr Tim McDonald
JOIN US AT KIDS WONDERLAND & HELP FUNDRAISE FOR YOUR SCHOOL P&C!

Kids Wonderland is back in the July school holidays and we are offering you a 10% Discount on Tickets along with a $3.50 Donation to your school P&C for every child ticket sold! One time entry fee & you ride for FREE!

HOW TO BUY
1. Head to www.kidswonderland.com.au
2. Click Buy Tickets
3. Choose your Date & Preferred Session Time
4. Choose Number of Tickets
5. Enter in your UNIQUE SCHOOL COUPON CODE (See Right)
6. Complete the Transaction

SCHOOL NAME:
ST BENEDICTS SCHOOL

YOUR SCHOOL COUPON CODE IS:
1004

Each Ticket Receives
- Unlimited Carnival Rides
- Full Size Dodgem Track
- Amazing Stage Shows
- Circus, Stunts, FIRE!
- A Free Sideshow Game per child
- Scitech, Trampolines
- Chillout! Arcade
- Crayola Colour Castle
- Mexican Magna Sand
- Rac Little Legends Club
- Mix94.5 Kids Silent Disco
- Gamevault, Pinball Arena
- Channel 9 News Desk
- A Free Popcorn per child
- Roving Performers
- Mermaids
- Complimentary 5 Minute Massages For The Parents!

DATES
2nd to 10th July 2016

SESSION TIMES
0am - 12pm
1pm - 4pm
4:45pm - 7:45pm

PRICES
$27.50+bf Kids
$15+bf Adults

LOCATION
21 Cedric St, Stirling WA 6021

PARKING
Onsite for $5 Charity Donation

AGE GROUP
2 to 12 Year Olds

BUY TICKETS & SUPPORT YOUR SCHOOL
WWW.KIDSWONDERLAND.COM.AU

PROUDLY SUPPORTING
Starlight children's foundation
Run Club is continuing in Term 3 for

St Benedict’s Primary School

Term 3
Week 2 - 9

SPOTS ARE LIMITED!

Earlybird registration opens NOW!

Sarah Jamieson
Triple Olympian, Australia’s 1500m Record Holder, Silver Medalist Commonwealth Games
Head Coach - Perth Running Club

When: Every Tuesday
July 26 – Sept 13
8 sessions
Year: 1 to 6
Time: 7.30 – 8.15am
Where: Shirley Strickland Reserve, Ardross

*Coaches will walk kids back to school

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<th>Register &amp; pay by</th>
<th>Earlybird</th>
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<td>June 21 - June 30</td>
<td>$70</td>
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<td>July 1 - July 18</td>
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Click on the link to register online:

http://goo.gl/forms/C0hHyHKftMKbyS211

“Let us build your child’s confidence by improving their running technique and fitness level”

T&C’s apply
Keep the kids ‘Entertained’ these school holidays!

Still just $65 giving you over $20,000 of value!

We’re fundraising with Entertainment

With the school holidays approaching, now is the perfect time to buy an Entertainment Book or Entertainment Digital Membership – 20% of the proceeds from every Entertainment Membership we sell will contribute towards fundraising for our school!

Still just $65 the new Perth Entertainment Membership is packed with over $20,000 worth of valuable offers you can use right away, valid up until 1 June 2017! Plus this year there is a brand new section featuring the best that BALI has to offer! Take a look through the new book here - www.entertainmentbook.com.au/flickbook/Perth

To order securely online visit: https://www.entertainmentbook.com.au/orderbooks/830n60

Alternatively, please complete your details below and return to the front office or email your order to: lindaleerob@hotmail.com at lindaleerob@hotmail.com:
Perth Edition = $65 inc GST: # ________ Book(s) OR # ________ Digital Membership(s) $ __________________

Childs Name: ___________________________________________ Rm: __________________________
Name: ___________________________________________________ Phone: __________________________
Email: ___________________________________________________ ___________________________

Payment □ Cash □ Mastercard □ Visa □ Cheque (Payable to: St Benedict’s School)
Credit Card number: ___ / ___ / ___ / ___ / ___ / ___ / ___ Expire date: ___ / ___ CVV*: ______
Cardholder’s name: ________________________ Signature: ________________________

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SCHOOL HOLIDAY FOOTY CLINIC
Meet & be coached by players from the WEST COAST EAGLES and EAST FREMANTLE SHARKS

Monday 4th July

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

Open to Primary School Aged boys & girls

$70
INCLUDES:
Coaching
Footy
Junior Membership
Sharks & Eagles team posters
Lunch

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

TITAN FORD
20 BY 2020

URBAN QUARTER

HARVEY FRESH
EAST FREMANTLE SHARKS
JULY SCHOOL HOLIDAY CLINIC

DATE: MONDAY 4TH JULY
VENUE: ATOM STADIUM
TIME: 9AM-1PM
COST: $70

Places are limited so please ensure you enrol before Wednesday 29th June

Register online at www.effc.com.au

You will need to bring:
Football Gear, Drink Bottle, Hat & Sunscreen

For further information please contact EFFC on 9339 5533 or sharks@effc.com.au

By registering for this clinic you give permission for your child’s photograph to be taken at the clinic and used in future promotions by EFFC. If you do not wish this to happen please contact kate.argent@effc.com.au

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<thead>
<tr>
<th>Child’s Name:</th>
<th>Name of a friend you want be in a group with</th>
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<td>School Year:</td>
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<td>Child’s Name (2):</td>
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<td>Child’s Name (3):</td>
<td>Name of a friend you want be in a group with</td>
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<td>Child’s Name (4):</td>
<td>Name of a friend you want be in a group with</td>
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<tr>
<td>Age:</td>
<td>School Year:</td>
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Any allergies or dietary requirements:

Parent or emergency contact:

Address:

Mobile: Email:

Total Cost  $70 x __________ = $________

Please find enclosed cash/cheque payment of $________ or debit my VISA / MASTERCARD

Card number: Expiry date: ______ / ______

Signature: Name on card:

Mail to: PO Box 43 PALMYRA WA 6957
Email to sharks@effc.com.au