



108 Tribute Street East, RIVERTON WA 6148

**Telephone Number:** 9457-4913

**Email address:** [admin@qoa.wa.edu.au](mailto:admin@qoa.wa.edu.au)

**Facsimile Number:** 9354-3911

**Website:** [www.qoa.wa.edu.au](http://www.qoa.wa.edu.au)

**SEQTA|engage:** [qoa.coneqt-p.cathednet.wa.edu.au](http://qoa.coneqt-p.cathednet.wa.edu.au)

31<sup>st</sup> March 2016

Dear Parents and Carers,

## Easter

I do hope that all our parents and carers managed to enjoy the Easter break as much as the children no doubt did? I also hope that the chocolates were rationed and no child suffered from a sugar-overdose bout of illness?

Easter eggs and chocolates aside, what many children may not realise is that the church season of Easter has not finished, it has just begun. Easter continues for 6 more weeks until the Ascension of the Lord on Sunday 8th May. As I mentioned to the children yesterday after our very reverent and moving whole school mass celebrating the Resurrection, Easter Sunday and the Resurrection of Jesus does not mean the end of Easter. I spoke to the children about continuing on with their Lenten promises and sacrifices today and each day from now on, so that those sacrifices and positive changes they have been striving to commit to, gradually become positive habits that they will continue to do for the rest of their lives.

Rather than those behaviours and sacrifices just being something we think about during Lent, we can now focus on carrying on our good start and as we strive to do this, we are indeed also striving to become a little bit more like Jesus. As parents and carers we would naturally be very keen to support and encourage our children to make positive changes to their attitudes, behaviour and beliefs.

## Updated Mural

If you happened to walk past the end of the Year 1 classroom adjacent to the steps up to the Office yesterday afternoon or this morning, you may have noticed that the mural on the wall of the Year 1.1 classroom has changed. The old mural, which celebrated the school's 50th Anniversary in 2006, is in desperate need of some restoration work to restore it to its former glory.

Fortunately we had a ready-made replacement as Mrs Boronovskis and some very talented students from the Student Council Executive over the last two years, combined their creativity and skills to create a new mural. Their work has resulted in a terrific piece of art that depicts many of the various ways in which the children at Queenies can develop their Leadership skills. You'll notice that the mural highlights Leadership opportunities such as Social Justice Committee, Kids 4 Kids, Caritas, LifeLink, St. Vinnies Christmas Appeal, school assemblies, Talent Quest and Queenies' Heroes.



The replacement mural created by: Isabella Rossi, Aaron Monteiro, Ethan Halford, Breah Milford, Paris Bodycoat, Matthew Barham, Jordan Preece, Claudia Tirta and Mrs Boronovskis.

I'm also pleased to announce that Mrs. Kingston, our very crafty and talented Teaching Assistant from PP1, has agreed to take the old mural home and try to restore it to its former glory.

## Interschool Swimming Carnival

I would like to take this opportunity to wish all of the members of our Interschool Swimming Team the very best of luck for the Carnival to be held next Tuesday 5 April at the Rockingham Aquatic Centre on Council Ave.

Under the watchful and expert eyes of Mr. Wylie, Miss Knight and Mr. Bridgeman, along with a small army of parent helpers and supporters driving them to early morning training sessions and preparing breakfast for them afterwards, our students have been training extremely hard to ensure they win every point possible for Queenies. I admire their dedication, enthusiasm and commitment to training and representing our school.

I look forward to cheering them on next Tuesday and as always, I look forward to Queenies having the biggest and best representation of parent supporters there as well!

## Next P&F Meeting

A reminder that the **next P&F Meeting will take place next Monday 4 April at 7.00pm in the Staffroom**. Please come along and join the fun and informative discussion that takes place! Why not bring a friend and help spread the friendship and camaraderie? I look forward to seeing you there next Monday.

Peace and best wishes,  
**Shaun O'Neill**  
Principal

DATES TO REMEMBER	
<b>Tues 5 April</b>	Interschool Swimming Carnival
<b>Wed 6 April</b>	8.50am Assembly – SRC
<b>Fri 8 April</b>	<b>Last day of Term One</b> <b>P&amp;F Sushi Lunch</b>
<b>Mon 25 April</b>	<b>ANZAC Day Holiday – SCHOOL CLOSED</b>
<b>Tues 26 April</b>	<b>SCHOOL COMMENCES FOR TERM TWO</b> 11.00 ANZAC Day Memorial
<b>Wed 27 April</b>	9.00am School Mass (4.2) 6.00pm School Board Meeting
<b>Fri 29 April</b>	Peer Support
<b>Sun 1 May</b>	Pilgrimage to Holy Door at Schoenstatt Shrine
<b>Mon 2 May</b>	8.50am Rosary 4.1
<b>Wed 4 May</b>	8.50am Assembly 1.1
<b>Thurs 5 May</b>	Yr 6 Schoenstatt Shrine visit
<b>Fri 6 May</b>	2.00pm Mother's Day Afternoon Tea
<b>Sun 8 May</b>	9.00am Family Mass ( Mother's Day)

## RELIGIOUS EDUCATION

### Resurrection Mass

Thank you and well done to the Year Three students on the wonderful way they helped us to celebrate the Risen Lord at Mass yesterday morning. Their portrayal of the Gospel was a lovely reminder of the importance Easter plays in our lives and why we need to continually reflect on our relationship with Jesus.



### Annunciation of the Lord

The feast of the Annunciation of the Lord celebrates the angel Gabriel's appearance to the Virgin Mary (Luke 1:26-38), and his announcement that the Blessed Virgin had been chosen to be the Mother of Our Lord. This feast is celebrated on Monday 4<sup>th</sup> April. Families are encouraged to pray the Joyful Mysteries of the Rosary, which encompasses this story.

### Project Compassion Box

Thank you for your continued generosity towards Caritas' fund raising initiative 'Project Compassion'. Please know you are supporting a very worthwhile cause. The Project Compassion box you have in your home can be dropped off at school as soon as possible or taken to your parish church when you attend Mass.

## Schoenstatt Pilgrimage for the Year of Mercy

All families are invited to take the opportunity, for the Year of Mercy, to undertake a pilgrimage to the Schoenstatt Shrine in Armadale. The Shrine is one of 4 churches in Western Australia that has a Holy Door.

We can begin our pilgrimage with Mass in the Queen of Apostles Church on Sunday 1 May at 9.00am, then travel to Armadale in your own car. On arrival we will have a talk given by Sr Lisette, complete child friendly activities, have a BYO picnic lunch and then visit the Shrine.

The Schoenstatt Sisters were the first teachers in our lovely school when it first began 60 years ago. Sr Lisette runs the sacramental excursions in Armadale so many of our children know her and the Shrine. Sr Lisette considers Queenies a very special place and she is always present in our congregation to witness our children making the Sacraments of Confirmation and Eucharist. This pilgrimage is a lovely way to bring the school community together with its past. This invitation can be extended to grandparents, aunts and uncles, especially if they have links to our school. Past students of Queen of Apostles will have fond memories of the nuns and how they developed this wonderful community spirit that still enfolds our school today.

One of Pope Francis' Year of Mercy wishes is *"My thought first of all goes to all the faithful who, whether in individual Dioceses or as pilgrims to Rome, will experience the grace of the Jubilee. I wish that the Jubilee Indulgence may reach each one as a genuine experience of God's mercy, which comes to meet each person in the Face of the Father who welcomes and forgives, forgetting completely the sin committed. To experience and obtain the Indulgence, the faithful are called to make a brief pilgrimage to the Holy Door, open in every cathedral or in the churches designated by the Diocesan Bishop, and in the four Papal Basilicas in Rome, as a sign of the deep desire for true conversion. Likewise, I dispose that the Indulgence may be obtained in the Shrines in which the Door of Mercy is open and in the churches which traditionally are identified as Jubilee Churches."*

If you would like to bring your family to the Schoenstatt Shrine please reply with an expression of interest so we have an idea of how many are likely to come along so Sr Lisette can organise activities for the children and parents to complete together.

The .....family would like to come on the Queenies Pilgrimage to the Schoenstatt Shrine in Armadale on Sunday 1 May. There will be ..... adults and ..... children.

Arrival time at the Shrine will be around 10.45am.

RSVP by Wednesday April 6, 2016.

## SCHOOL NEWS

### Wanted - Spot Books

If you have any "Spot" books at home that you no longer need or want, the school would love to make use of them. Any donations gratefully accepted at the school office.



## Project Compassion Easter Raffle

The annual Easter Egg Raffle was again a great success. Thanks to the generosity of our families, we were able to raffle a large number of prizes resulting in many happy winners.



Congratulations to the winner of first prize, Aston from 4.1; Isabella from 6.2 was our second prize winner and third prize went to Nico from 1.1.

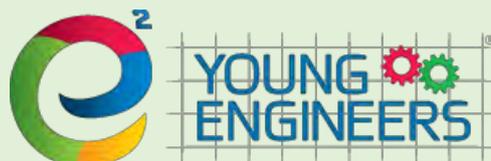


Everyone got into the spirit of the occasion including Sienna and Caitlyn from 6.1 who are seen here donning their Easter bunny ears!

The raffle raised a record amount of **\$603** and all the money raised from the Easter Egg Raffle will be sent to Caritas to assist in their national Project Compassion Appeal.

Thank you to our Social Justice Committee - **Rheannon, Ethan, Tilly and Jack** - for their tireless commitment and enthusiasm in promoting the raffle and selling tickets.

**Valencia Maloney**



**Young Engineers Club (Year 2-4) - every Friday**

**Term 2 - 1st Class: April 29**

**Last Class: June 24**

**Time: 3:15pm to 4:30pm**

**Room: Computing Room**

**Capacity: 16**

**Registration Link: <http://www.trybooking.com/172317>**

## Uniform Shop



The Uniform Shop will be open 8.30am – 9.30am and 2.30pm – 3.30pm every Wednesday during school terms.

We still have the 'mail order' system available - the forms are on the school website if you cannot make it in to the shop.

### Winter Uniform

It is officially time to sort out your winter uniform needs. The winter uniform consists of the following items:

#### Boys

Grey trousers  
Lemon shirt  
Royal blue jumper  
Navy socks  
Black shoes

#### Girls

Check skirt  
Lemon blouse  
Royal blue jumper  
Navy socks or tights  
Black shoes

Please get in early with your winter uniform order to avoid any stock problems.

**Out of Stock items** - None

Fiona Agostino, Uniform Shop

**P&F**

# Yummy Sushi

On Friday 8<sup>th</sup> April, 2016 the children will be able to order sushi for their lunch. Please fill out choices below. Each pack of sushi will have 5 pieces.

Child 1. Name: \_\_\_\_\_ Class: \_\_\_\_\_

COOKED TUNA: - 5 piece pack @ \$5 \_\_\_\_\_  
CHICKEN TERIYAKI: - 5 piece pack @ \$5 \_\_\_\_\_  
VEGETARIAN: - 5 piece pack @ \$5 \_\_\_\_\_

Child 2. Name: \_\_\_\_\_ Class: \_\_\_\_\_

COOKED TUNA: - 5 piece pack @ \$5 \_\_\_\_\_  
CHICKEN TERIYAKI: - 5 piece pack @ \$5 \_\_\_\_\_  
VEGETARIAN: - 5 piece pack @ \$5 \_\_\_\_\_

Child 3. Name: \_\_\_\_\_ Class: \_\_\_\_\_

COOKED TUNA: - 5 piece pack @ \$5 \_\_\_\_\_  
CHICKEN TERIYAKI: - 5 piece pack @ \$5 \_\_\_\_\_  
VEGETARIAN: - 5 piece pack @ \$5 \_\_\_\_\_

Child 4. Name: \_\_\_\_\_ Class: \_\_\_\_\_

COOKED TUNA: - 5 piece pack @ \$5 \_\_\_\_\_  
CHICKEN TERIYAKI: - 5 piece pack @ \$5 \_\_\_\_\_  
VEGETARIAN: - 5 piece pack @ \$5 \_\_\_\_\_

TOTAL SUSHI PACKS: \_\_\_\_\_ AMOUNT ENCLOSED: - \$ \_\_\_\_\_

Order form and correct money in an envelope, must be in the office no later than, Tuesday 5<sup>th</sup> April

**LATE ORDERS CANNOT BE ACCEPTED**

## Coming Soon!

The P&F will be selling Entertainment Memberships again this year. You can pre-order online **now**, and be one of the first to receive your book or digital membership as soon as they are available.

Please go to:

<https://www.entertainmentbook.com.au/orderbooks/8325j6>

(that is a 'j' between the '5' and '6').

There are a lot of the old favourites in the book, as well as new exciting offers, including Bali! You can preview the book via this link:

<http://www.entertainmentbook.com.au/about/Tell-me-More/Perth#FLICKBOOK>



## COMMUNITY NEWS

**Soul-food for Parents:** Upcoming short courses from the Centre for Faith Enrichment include: **Grace-filled Parenting** (Thursday mornings, Doubleview); **Dive Deeper: Exploring Faith** (Wednesday lunchtime, online); **Exploring the Mass** (Wednesday nights, Como) – and many more! To see the full range of what's on offer, visit [www.cfe.org.au](http://www.cfe.org.au) ALL are welcome (you don't have to be Catholic!), there are no exams or assignments, and courses are presented in a relaxed and friendly environment.

The **Riverton Dental Therapy Centre** will be open during Week 1 of the April school holidays, Mon. 11<sup>th</sup> April to Thurs. 14<sup>th</sup> April. For those attending appointments, access to the school will be available via the staff car park fronting Corinthian Rd East. During Week 2 of the holidays, any emergencies can contact the Excelsior Dental Therapy Centre on Ph: 9256-4170. Riverton clinic will re-open Tues. 26<sup>th</sup> April.

## FREE, FUN PROGRAM FOR KIDS

**DO YOU HAVE CHILDREN 7 TO 13 YEARS OLD?  
ARE YOU WORRIED ABOUT THEIR WEIGHT?**

**NEXT FREE PROGRAM RUNNING AT:**

**Cannington Leisureplex**  
233 Sevenoaks St, Cannington

**Start date:** 27<sup>th</sup> April 2016, for 10 weeks

**Days:** Wednesdays & Fridays

**Time:** 4.00pm – 6.00pm

**PLACES ARE LIMITED! REGISTER NOW:**

 **Call us:** 1300 822 953

 **Text us:** 0409 745 645

 **Online:** [www.betterhealthprogram.org](http://www.betterhealthprogram.org)



**betterhealthprogram**  
healthy active happy kids



Government of Western Australia  
Department of Health



## betterhealthprogram

healthy active happy kids

### Evidence based obesity treatment program for children and families

The Better Health Program is a multi component healthy lifestyle program for overweight and obese children aged 7-13 years and their families. It is funded by the WA Department of Health and is FREE for families to attend in the Perth metropolitan area.

The Better Health Program meets all current Australian guidelines, including the NHMRC recommendations for the Management of Overweight and Obesity in Children.

Interactive sessions, combined with custom designed resources, support children and families to adopt healthy lifestyle behaviours around food and physical activity, to make informed food choices and learn essential health skills. Our approach encourages children and their families to become fitter, healthier and happier as they have fun, meet new friends and learn new skills to establish and maintain healthier lifestyles. The program runs for 10 weeks, with two 2-hour sessions each week.

#### EVIDENCE BASE AND OUTCOMES

The Better Health Program was designed by specialist dietitians and psychologists and has been researched extensively. A successful RCT was completed and published, (Obesity, Vol 18, Supp 2, Feb 2010) showing statistically significant improvements at 6 months including:



#### Program Structure

##### 1st hour

Children and parents participate together in fun theory activities alternating between nutrition and behaviour change

##### 2nd hour

Parents participate in a facilitated discussion with the theory leader

Children participate in a fun land or water physical activity session with the physical activity leader

# betterhealthprogram

healthy active happy kids

**DON'T MISS OUT! REGISTER NOW FOR TERM 2 2016!**



## IS YOUR CHILD 7 - 13 YEARS?

### ARE YOU WORRIED ABOUT THEIR WEIGHT?

- FUN, **FREE** 10 week program to help families to lead healthier and happier lives
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and learn new healthy eating and goal setting skills
- Set goals to reach and maintain a healthy weight

### TERM 2 DATES:

**26/04/2016 - 01/07/2016**

## TERM 2 2016 PROGRAMS

### Armadale

Armadale Arena  
Tuesdays & Thursday  
5.00pm - 7.00pm

### Cannington

Cannington Leisureplex  
Wednesdays & Fridays  
4.00pm - 6.00pm

### Cockburn

Cockburn Youth Centre  
Mondays & Wednesdays  
4.00pm - 6.00pm

### Joondalup

HBF Arena Joondalup  
Mondays & Wednesdays  
5.00pm - 7.00pm

### Mirrabooka

Herb Graham Rec Centre  
Tuesdays & Thursdays  
4.00pm - 6.00pm

### Rivervale

Jump About Trampoline Park  
Mondays & Wednesdays  
5.00pm - 7.00pm

### Rockingham

Mike Barnett Sports Complex  
Mondays & Wednesdays  
5.00pm - 7.00pm

**1300 822 953 | SMS: 0409 745 645 | [betterhealthprogram.org](http://betterhealthprogram.org)**

**Facebook: Better Health Company**



Government of Western Australia  
Department of Health

