Dear Parents and Friends

This week the front page celebrates the exceptional work of the school’s, “Lunch Box Legends.” Please read on to find out about the Lunch Box Legends and perhaps trial the recipe included. Another great example of the fantastic learning at St Francis Xavier School. Well done Legends!

Lunch Box Legends

Lunch Box Legends are a group of students in year 4 to year 6. Every Friday we meet and undertake reading and cooking activities focusing on preparing healthy food for our lunchboxes. One of our favorite recipes this year was, “Kidney Bean Mud Cake.” Try this healthy recipe at home!

Kidney Bean Mud Cake

Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1can kidney beans (washed)</td>
<td></td>
</tr>
<tr>
<td>1tbsp water or coffee</td>
<td></td>
</tr>
<tr>
<td>1tsp vanilla ESS</td>
<td></td>
</tr>
<tr>
<td>70g Coco ESS</td>
<td></td>
</tr>
<tr>
<td>¥tsp bl carb soda</td>
<td></td>
</tr>
<tr>
<td>1tsp baking powder</td>
<td></td>
</tr>
<tr>
<td>Pinch of salt</td>
<td></td>
</tr>
<tr>
<td>125g butter (room temp)</td>
<td></td>
</tr>
</tbody>
</table>

Method

1. Puree beans, 1egg + van ESS
2. Put aside
3. Beat batter and sugar until whipped.
4. Add 4 eggs and mix
5. Add all dry ingredients and mix
6. Add beans to mixture and mix well again
7. Pour mix into a round greased tin and bake for 30 – 35 minutes 180

Written by Jai, Codi, Tameka, Zac, Ray, ShaeLLa and Draydon (Absent)

Also attached in this week’s newsletter is an invitation to Year Level morning teas. We hope to see many parents there for an informal coffee and conversation.

Ben Doyle
RE CORNER

Welcome God
In last week’s Gospel Jesus came to a village where a woman called Martha opened her home to him. She became distracted by the preparations that had to be made while her sister Mary sat at the Lord’s feet listening to him. Martha implored Jesus to tell Mary to get up and help. Jesus answered, “Mary has chosen what is better, and it will not be taken away from her.”

Hospitality. Hospitality is more than merely serving food. The essence of hospitality is presence. The truly hospitable person is one who offers the gift of their time, attention and interest.

Why do we do that?
Pray. Relationships thrive on good communication. To grow in love and friendship we need to communicate honestly and often. When we pray, we express our desire to grow closer to God. When we pray, we become closer to Jesus who gives us the graces to be good, holy people.

Sacrament of 1st Holy Communion:
Our year four students have begun their preparation to receive the Sacrament of 1st Holy Communion. Yesterday parents and children attended information meetings run by the parish. This weekend and next weekend children and families are asked to attend Commitment Masses at St Johns Church. Families only need to attend any of the weekend masses offered over the two weekends.

ADMINISTRATION NEWS

KINDY 2017
Enrolment applications are open for Kindy in 2017. Parents of children born between July 1, 2012 and 30 June 2013 are asked to have their application forms into the office as soon as possible.
Any younger siblings of students already here must also complete an enrolment form and hand to the office.
Forms are available from the school office or on the school website: www.sfpsgeraldton.wa.edu.au
Interviews are being extended into this term.

3 YEAR OLD PROGRAM 2017
Children born between July 1 2013 and June 30 2014 are invited to apply for our 3 Year Old Program in 2017. The program is offered by an experienced Early Childhood teacher to children who have turned 3 and is held on Mondays and Fridays of the school term. You can obtain application forms from the office or on our website: www.sfpsgeraldton.wa.edu.au Interviews will be held during Term Four so please get your application form in NOW.

MERIT CERTIFICATES WILL BE AWARDED TO THE FOLLOWING STUDENTS AT THE ASSEMBLY ON FRIDAY 29th JULY 2016

PPM  Charlotte Lanza-Caricccio and Benjamin Bond
1J  May Parker and Vivienne McLaren
2S  Nakai Machukera and Brodie Marsh
3M  Ajaye Steer and Troy Foster
4C  Lincoln Vlahov and Thomas Sheridan
5GO  Memphis Hyde and Jessie Whitehouse
6K  Bianca Ferraro and Braedan Harris
Asian Languages: Hien Tran Thi Thu
Library: Nakai Machukera, Diaz Potiuch and Thomas Gray

PPR  Amber Foster and Indi Reilly
1L  Jack McBride and Tayah Slater
2W  Violet Steer and Dexter Kanny
3S  Isabella Laurie and Rocco Oliveri
4N  Benjamin McMillan and Madison Jones
5H  Keira Bunter and Brodie Morgan
6P  Imogen Cornelius and Bradley Hammond
Phys Ed: Joshua Carter
P & F NEWS

RECYCLED UNIFORM SHOP

We are still chasing small size jumpers and jackets. Any donations are greatly appreciated. Did you know we have a number of BRAND NEW size 14 grey shirts? Only $10 while stocks last. We are open on Mondays from 2.45—3.10pm and Thursday from 8.45—9.15am. For more information contact Suzie Halden on 0427 871 152.

SCHOLASTIC BOOK CLUB

Book Club brochures were sent home with students on Monday 25th July. All orders must be at the school office by TOMORROW MORNING—FRIDAY 29th JULY 2016. Thank you

COMMUNITY NEWS

INFORMATION ABOUT NITS

Had a lice infestation, don’t throw out all your hair ties and ribbons, just pop them in the freezer overnight in a sandwich bag. Prevent head lice from affecting your family by using a deterrent spray and keeping loose hair tied up such as a lovely braid, bun or piggy plaits. A pony tail is too loose!


ST FRANCIS XAVIER PRIMARY SCHOOL FACEBOOK PAGE: If you’re on Facebook we wish to advise you the school has it’s own page which is regularly updated with various information. https://www.facebook.com/sfxpsg/?ref=bookmarks

Happy Birthday

CONGRATULATIONS to the following students who have had a birthday in July -

We've been busy trying to solve the mystery of who sank the boat. Was it the mouse, all the animals or something else.....

We made predictions about who sank the boat. We then looked at weight and thought of other words to describe heavy and light. We sorted objects to see if they would sink or float and tested them. We had a go making boats using different materials and tested if we could make sinking things float. I still think it might have been the naughty mouse who sank the boat. here's what some of us thought.

**Josh** - The mouse because he jumped  
**Saxon** - Everyone because each time one of the animals got in the boat got lower in the water  
**Kaiden** - Because all the animals were in there  
**Benjamin** - The cow because he was heavy and tipped the boat to the side  
**Cody** - Donkey because he's the biggest  
**Penny** - I think the donkey was the heaviest  
**Stevie** - The mouse was the lightest

---

**PPM Happenings**

**Do you know who sank the boat?**

---

**Sahara** - My boat is sinking. I think it's because I forgot to fold up the ends and water is getting in  
**Skye** - I'm only going to put little bits of things in my boat at a time, otherwise it will sink  
**Annika** - The box won't float because it might be too heavy  
**Atharv** - We put lots of things on the cardboard box to make it sink
You’re Invited

At the heart of successful partnerships are positive relationships

Over the next few weeks, Parents and Care Givers are invited to an informal coffee and muffin to meet and converse with St Francis Xavier’s Leadership Team

Kindergarten and Pre-primary families - Wednesday 3 August @ 8.45am
Year 1 and 2 families - Wednesday 10 August @ 8.45am
Year 3 and 4 families - Wednesday 17 August @ 8.45am
Year 5 and 6 families - Wednesday 24 August @ 8.45am

Coffee will be served in the school library

We look forward to meeting families and strengthening our relationships
What happens at the Child and Parent Centre – Rangeway 2016

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Health Nurse</td>
<td>WA Country Health Service: 9956 1985</td>
</tr>
<tr>
<td>Thursdays, 9am to 3pm</td>
<td>Therapy Focus: 1300 885 461</td>
</tr>
<tr>
<td>Confidential support</td>
<td>Silver Circle: 9938 0700</td>
</tr>
<tr>
<td>Counselling</td>
<td>Cellcare: 9221 1433</td>
</tr>
<tr>
<td>Tuesdays and Fridays, 8:30am to 12pm</td>
<td></td>
</tr>
<tr>
<td>Drop in playgroup</td>
<td>Child and Parent Centre – Rangeway: 9221 8814</td>
</tr>
<tr>
<td>Fridays, 9am to 10:30am</td>
<td></td>
</tr>
<tr>
<td>Mini Maestros music program</td>
<td></td>
</tr>
<tr>
<td>Wednesdays, 8am to 11am</td>
<td></td>
</tr>
<tr>
<td>Parenting programs</td>
<td>Child Australia: 9023 2840</td>
</tr>
<tr>
<td>Days and times vary</td>
<td>Kidz Retreat: 9965 2177</td>
</tr>
<tr>
<td>FIFO Family Catchups</td>
<td>P: 9221 4477</td>
</tr>
<tr>
<td>Days and times vary</td>
<td></td>
</tr>
<tr>
<td>HIPPY</td>
<td>Certicare: 9221 1423</td>
</tr>
<tr>
<td>Days and times vary</td>
<td></td>
</tr>
<tr>
<td>PAI Playgroup</td>
<td>Leaping Lizards: 0456 567 900</td>
</tr>
<tr>
<td>Tuesdays, 10am to 12pm</td>
<td></td>
</tr>
<tr>
<td>Occupational Therapists</td>
<td></td>
</tr>
<tr>
<td>WA Centre for Rural Health: 9956 0200</td>
<td></td>
</tr>
<tr>
<td>Speech Pathologist</td>
<td></td>
</tr>
<tr>
<td>Occupational Therapists</td>
<td></td>
</tr>
<tr>
<td>Straight Talk</td>
<td></td>
</tr>
<tr>
<td>Mondays, 10am to 12pm</td>
<td></td>
</tr>
<tr>
<td>Yoga for Kids</td>
<td></td>
</tr>
<tr>
<td>Days and times vary</td>
<td></td>
</tr>
</tbody>
</table>

The Child and Parent Centre – Rangeway is a central hub for programs, activities and services for all families in Geraldton with children 0 to 9 years of age. Almost everything that runs out of the centre is free. Parenting programs offer a free creche and tea and coffee is always available.

childandparentcentres.wa.edu.au • 9221 8814 • cpc@edcentre.wa.edu.au

Drop in playgroup
Free drop in playgroup for parents with children 0 to 6 years.

Every Friday*
9:00am to 10:30am
at the Child and Parent Centre – Rangeway, on Howe Street
As usual, gentlemen, grandparents, foster carers welcome

There may be some exceptions that arise. Please ask staff on arrival if you would like to be personally contacted regarding charges. If there is an exception, it will be an exception to men, and just the child and parent, Geraldton.

childandparentcentres.wa.edu.au/rangeway | 9221 8814 | cpc@edcentre.wa.edu.au

The ILC is heading to Geraldton

The Independent Living Centre (ILC) provides free information, advice and trials of assistive equipment and technology to improve quality of life and participation experiences in daily living, school and work activities.

See our Occupational Therapist, Minna Porter to browse and trial hundreds of pieces of equipment on display.

We will be setting up our Display
On: Friday August 5th 2016
At: Geraldton QEII Centre
88 Durlacher Street
From: 9am-12pm

Please direct your enquiries to request specific equipment to
Minna Porter on 1300 885 885 or email country@ilc.com.au

Further information:
ILC Head Office:
The Nile Suite 1/1 Albert Road West Perth 6005
Tel: 08 9331 6610 Email: generalec@ilc.com.au
Enquiry Fax: 9321 0100 www.ilc.com.au

Find us on Howe Street in Rangeway.