



ST. THERESE'S CATHOLIC SCHOOL

From the Principal...

CATHOLIC EDUCATION WEEK

Last week, St Therese's Catholic School joined with more than 38 Catholic schools across Tasmania to celebrate the annual Catholic Education Week (CEW).

We are immensely proud of our Catholic heritage, and are committed to celebrating and showcasing the achievements of students in our school.

This year's theme was 'Love God with all your heart' and is drawn from St Mark's Gospel 12:30. It is here that Jesus is asked which is the greatest commandment and he answers "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." ³¹ The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these."

Our school is proud of the wonderful teaching and learning that takes place in our classrooms everyday, as well as the contribution our schools have made to Australian communities, in particular the more vulnerable and disadvantaged members of our wider community. Our culture and tradition draw heavily on the CEW theme.

It is for this reason that I would like to extend an invitation to you and your family to join us to participate with members of our parish and wider community in the spirit of this celebration.

Last week our student leaders attended the combined CEW Mass at the Cathedral with representatives of staff and students from other southern based Catholic schools.

NEW FAMILY

Last week we were approached by the Tasmanian Catholic Education office to offer a short term placement for a family (Colebrook-Smith) who has relocated to Hobart for a short period from Launceston. Unfortunately, the father of the family was involved in a serious accident where his body was badly burnt and he is currently recovering and undergoing significant medical treatment at the Royal Hobart Hospital. We welcome Thomas (Kindergarten), Sarah (Grade 1) and William (Grade 3) to St Therese's School during this time.

Our school was recommended to the family by the TCEO, who believed that STS was well placed to support the family due to the high regard in which our pastoral care and support programs across our school community are held.

NAPLAN

National Assessment Program – Literacy and Numeracy (NAPLAN) 2017

NAPLAN (National Assessment Program – Literacy and Numeracy) commenced in Australian schools in 2008. Each year, all students in Years 3, 5, 7 and 9 participate in common national tests which assess:

- Reading
- Writing
- Language Conventions (spelling, grammar and punctuation)

The scheduled dates for the tests in 2017 are Tuesday May 9, Wednesday 10 May and Thursday May 11.

The benefits of participating in NAPLAN testing:

- NAPLAN tests the skills that are essential for every child to progress through school and life such as reading, writing, spelling, grammar and numeracy.
- NAPLAN results provide valuable information on how your child is progressing against national minimum standards of literacy and numeracy skills expected for each year level.
- The NAPLAN tests provide you as parents with an individual report that shows your child's results and a comparison of your child's performance against all other Australian students in their year level.
- Teachers use the NAPLAN results to determine your child's areas of strength and where future focus is required and how best to provide support or extension activities.
- School teachers use the online NAPLAN Toolkit to analyse your child's results. The Toolkit provides detailed information right down to the individual question with links to teaching strategies.
- Principals, senior staff and others use NAPLAN results to inform school planning and to allocate resources and support including informing decisions around targeted programs and initiatives for individuals and groups.

The best way you can assist your child is by helping them to feel comfortable about the nature and purpose of the tests, and assure them that the tests will give them an opportunity to show what they have learned in class.

For more information about the national tests, please visit the national NAPLAN website at: <http://www.nap.edu.au/naplan/naplan.html>

EDUCATIONAL VIEWPOINT

I regularly read Educational Journals as part of professional reading which is mailed out to our school. Occasionally I will share some of these articles with our school community if I feel they are relevant. I may choose items that I may not necessarily agree with, but may challenge our thinking (rightly or wrongly). Recently I read an article about sleep deprivation.

Reduced sleep has been associated with a range of physical and psychosocial disturbances in both children and adolescents. Symptoms include impaired attention, memory, creativity, learning and academic performance, motor skill deficits, greater incidence of depression and anxiety, increased impulsivity, aggression and hyperactivity. Too little sleep can also disrupt the body's immune system and appetite regulation, with shorter duration being associated with risk of sickness, metabolic dysfunction and even diabetes. It is important to realise that our students are at high risk for these consequences. In fact, after shift workers, they are one of the most sleep deprived groups in our community because there are specific sleep problems that are associated with adolescents.

Cameron Brown
Principal



Weeks 8 & 9 - Learn to Swim Grades 3, 4 & 5

Wednesday 29th March - Aboriginal Students Excursion to TMAG

Friday 31st March - STCPSSA Swimming Carnival

Wednesday 5th April - Board Meeting 5.30pm

Saturday 8th April - Handmade Craft Market, 10am - 2pm

Week 10 - Holy Week

Monday 10th April - Music Concert in the Hall 11.30am

Thursday 13th April - HOLY THURSDAY - Last Day Term 1
Caritas Mini Fair 11.30am - 1pm

Friday 14th April - GOOD FRIDAY

Saturday 15th April - HOLY SATURDAY

Sunday 16th April - EASTER SUNDAY

Monday 17th April - EASTER MONDAY

Monday 1st May - First Day Term 2 - Winter Uniform to be worn



Reflection



Sharing Compassion

One of the greatest joys in life is sharing passion with another – think about it. Now when you thought about it, you thought about people very close to you - spouse, partner, children, very best friend. But when you consider the words we use in English for sharing passion – ‘compassion’ (Latin background), ‘empathy’ (Greek background), we see that the relationships in which we show these feelings reach a far wider group of people – even people we have never met. Compassion and empathy stretch our minds and hearts and school us into making friends with many people in a variety of ways.

During Lent, Australian Catholics support ‘Project Compassion’. This is the fund-raising drive of *Caritas*, the international relief, development and social service agency. Throughout Lent your children will hear about the people helped by the projects of *Caritas*. As they hear they will be invited to help these people, not only through fundraising but also through prayer and interest. For you, as parents and carers, it is an opportunity to widen the horizons of their hearts and minds, to teach them to care for people beyond their own circle.

Loving God, we are each and all your children. Give us the wide deep love of your holy Spirit that we may recognise all people as brothers and sisters in Jesus. May we share in his compassionate heart. We ask this in his name confident that you will hear us.

Sr Kym Harris osb

THE ST. THERESA'S CATHOLIC SCHOOL

HANDMADE MARKET IS ON AGAIN!

AFTER A HUGE SUCCESSFUL MARKET LAST YEAR,

IT HAS BEEN DECIDED TO RUN IT AGAIN.

COME ALONG ON SATURDAY 8TH APRIL, 10AM - 2PM & SUPPORT THIS

FANTASTIC MARKET & PURCHASE SOME

FABULOUS LOCALLY HANDMADE CREATIONS.

SEE ATTACHED Flier.

Validation & Payment Arrangement Forms

PLEASE RETURN THE FORMS ASAP IF YOU HAVEN'T ALREADY DONE SO.

This is vital to ensure we have the most up to date information for your child including medical & contact details.

Kindergarten 2018 Enrolments

Kindergarten applications for 2018 are due before Friday 5th May 2017. If you have a child due to start Kinder next year, please get your application to us before this date. Enrolment forms are available from the school office.

Grade 7 Enrolments

Grade 7 enrolment applications are due at your nominated Catholic high school before Friday 31st March 2017. If you intend for your child to continue on at a Catholic school for Grade 7, please ensure you contact that school for enrolment forms.

Office - Early Closure

Thursday 6th April, the office will close early at 3.15pm due to staff training.

SCHOOL BANKING

School Banking is now done through Commonwealth Bank & Thursday is banking day each week.

If you already have a Commonwealth Bank account set up for your child & wish to participate in school banking, send your child's bank book along with money to deposit on a Thursday.

Term 2 - Winter Uniform

A reminder that the start of Term 2 also is the start of wearing the winter school uniform. If you require winter uniform items, please purchase from the Uniform Shop before the end of Term 1.

World's Greatest Shave

One of Grade 6 students - Aliyah Bowden is this year participating in the World's Greatest Shave in support of Blood Cancer.

If you would like to donate, there is a coin collection box on the counter in the office, or you can sponsor Aliyah online by going to:

<https://goo.gl/IZHZZp>

Good Luck Aliyah!



Music Performance

Earlier this term 39 students from Grades 1 and 2 committed to joining the Junior Choir and 25 students from Grades 3, 4, 5 and 6 have committed to joining the Senior Choir for 2017. Both groups have been working together, learning and enjoying singing and are looking forward to sharing their learning at the end of this term.

The Grade 6 'guitar' group has had a shift in focus this year and is now called 'Grade 6 Band'. Students were able to choose an instrument to learn this year from guitar, bass guitar, ukulele, keyboard and drums. They have been learning to play their first three notes or chords as well as working on their ensemble skills, the art of playing together.

The Junior Choir, Senior Choir, Grade 4/5 Percussion Ensemble *Percussion Rush* and the Grade 6 Band will be sharing the songs that they have been learning this term at a performance for the school community in the Hall at 11:40am on Monday 10 April. Parents welcome.

Sarah Elliott
Music Teacher



School Photos

This year school photos will be held in Term 2 on Monday 15th May.

Envelopes will be sent home in the first week of Term 2. However, this is what the envelope looks like to give you an idea of the packages available & pricing.

Please do not send any payments in before the envelopes get sent home in Term 2.

A. Enlargement Pack..... \$42.00 ☐ Please Tick

- 1 x 20cm x 25cm Portrait
- 1 x 20cm x 25cm Calendar with Colour Portrait
- 1 x 20cm x 25cm Class Group with Names
- 2 x 15cm x 20cm
- 1 x 10cm x 15cm
- 3 x 7cm x 10cm
- 1 x Bookmark + 1 Wallet
- 1 x 20cm x 25cm School photo front cover

****BONUS Digital Image of your Child's image when ordering a Pack A..... \$13.00** ☐ Please Tick

B. Package & Class Pack..... \$32.00 ☐ Please Tick

- 1 x 20cm x 25cm Class Group with Names
- 2 x 15cm x 20cm
- 1 x 10cm x 15cm
- 3 x 7cm x 10cm
- 1 x Bookmark + 1 Wallet
- 1 x 20cm x 25cm School photo front cover

C. Individual & Class Pack \$25.00 ☐ Please Tick

- 1 x 20cm x 25cm Class Group with Names
- 1 x 15cm x 20cm
- 3 x 7cm x 10cm

D. Individual Pack Only..... \$20.00 ☐ Please Tick

- 2 x 15cm x 20cm
- 1 x 10cm x 15cm
- 3 x 7cm x 10cm
- 1 x Bookmark + 1 Wallet
- 1 x 20cm x 25cm School photo front cover

E. Class Pack Only..... \$20.00 ☐ Please Tick

- 1 x 20cm x 25cm Class Group with Names

****The following are add-ons & can only be selected when purchasing Packs A, B, C, or D**

F. Bonus Portrait..... \$10.00 ☐ Please Tick

- 1 x 20cm x 15cm Portrait

G. 2 Large Fridge Magnets \$15.00 ☐ Please Tick

- 2 x 5cm x 3.5cm

H. Key Ring + 4 Small Fridge Magnets ..\$15.00 ☐ Please Tick

***Family Discount on Pack B only – Third and subsequent child FREE**

****Please Note: NO change will be given**

ALL PRICES ARE INCLUSIVE OF GST

Vacation Care

Forms have now been sent home for the upcoming school holidays.

If you need to book your child in, please return the forms to school ASAP. More forms are available in the school office.



A collection of small, colorful dots in white, yellow, and red scattered across the top of the dark blue background.

ST. THERESE'S CATHOLIC SCHOOL

HANDMADE MARKET

SATURDAY 8TH APRIL
10AM - 2PM

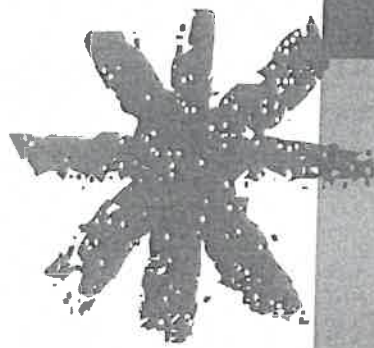
OVER 20 STALLS

ST. THERESE'S PARISH/SCHOOL HALL
24 HOPKINS STREET MOONAH

CHECK US OUT ON FACEBOOK



parenting * ideas insights



How to grow kids into leaders

By Michael Grose

Here are seven ways you can foster rather than inhibit your child's or young person's leadership potential.

Recently I bumped into Stephen, a friend's son in the local supermarket.

"G'day Steve*. I hear you're School Captain this year."

Seventeen-year-old Stephen shuffled a little and looked down at his feet before he said, "Yeah, I got the job." His voice was low as if he didn't want the news to get out.

I continued, "Congratulations. You should be pleased with yourself. That's quite an honour."

Finally, a smile spread across his face as he said, "Yeah thanks for that. I'm stoked actually."

Stephen's reticence to accept praise I think was due partly to his modest personality and partly to the fact that he is not a classical school leader type. Academically he holds his own but he's not an outstanding student. He's not sporty, musical and he doesn't excel in the performing arts or other fields.

But he has leadership potential written all over him. He's a wonderful young man with solid values. He's very likeable, very caring and could be described as a 'doer'. He gets stuff done.

He's also raised by parents who have inadvertently nurtured his leadership

potential by not molly-coddling him or over-managing him. Neither have they over-inflated his ego telling him how wonderful he is, even when his behaviour or efforts fall short of an acceptable level.

If you believe as I do, that leaders are made, not born then the way we raise our kids has a massive impact on their leadership potential.

Here are seven ways you can foster rather than inhibit your child's or young person's leadership potential:

1. Allow children and young people to experience risk

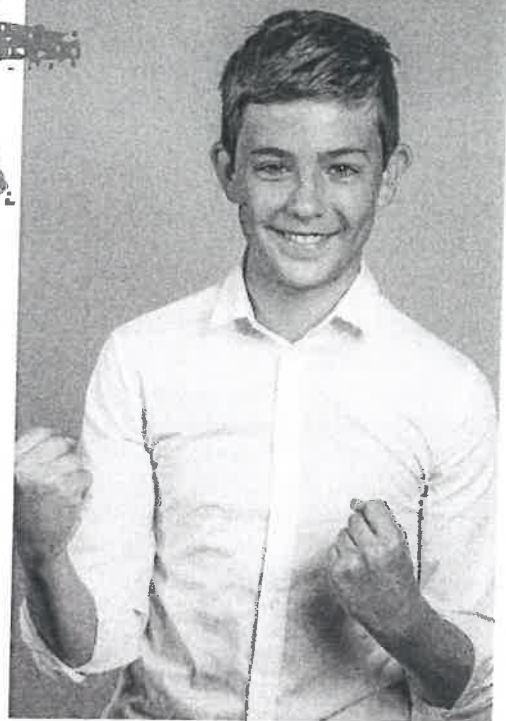
Currently our community is risk adverse when it comes to our kids. It's a parent's job to protect our children and young people but that doesn't mean we completely insulate them from risk-taking behaviour. One European study found that if children don't play outside and have never experienced skinned knees and other small hurts, they frequently develop phobias as adults. Just as young children need to learn to fail a few times to learn it's normal, teenagers need to experience some friendship break-ups along the way to appreciate the maturity that real relationships require. When we remove risk we increase children's dependence on others, which is the antithesis of strong leadership.

2. Give kids a chance to solve their own problems

If your child left his lunch at home would you take it to him or her? If your teenager forgot a sports uniform would you take it to school if you were able? If so, you'd be inhibiting their resourcefulness by solving their problems or, alternatively, not allowing them to cope with inconvenience. Flexibility, coping skills and resourcefulness are trademarks of good leadership in both adults and young people.

3. Be realistic with praise

Stephen felt uncomfortable receiving my praise because it hadn't been overly lavished on him as a child or young man. He had to earn his parents' praise so he hasn't been conditioned to expect it as a right. Praise and feedback should be realistic and given sensitively rather than handed out like a nervous tic whenever children or young people do something well. Young people generally learn at some stage that their parents are the only people who think they're awesome, which can come as a rude shock when they hit the real world of the workforce.



parenting *ideas

How to grow kids into leaders

4. Expect them to earn the rights

A common trait among many children and young people is their strong and increasingly, false sense of entitlement. That is, many kids expect they have a right to (pick any of the following and feel free to add to the list): go where they want; use their mobile phone whenever they want; play in the living room without cleaning up. Alternatively, we can insist that children and young people earn their rights through hard work, responsible behaviour and being cooperative. Learning that a right needs to be earned, rather than something that's simply handed out to you, is a valuable lesson for an aspiring leader in any field of endeavour.

5. Focus on character

Currently as a community we neglect character at the expense of personality. In this current era of reality TV and social media it's not hard to get fifteen minutes of fame whereas in the past your spot in the limelight needed to be earned usually by applying yourself to a sporting, artistic or other endeavour. It's quite a turnaround. However, character strengths such as grit, conscientiousness and reliability rather than personality traits consistently appear in discussions about leadership. Parents can actively promote their character strengths of children and young people in many ways - including focusing on character

in conversations; sharing stories where character paid off for them in their lives; and using every day examples of how character leads to success.

6. Develop accountability

Leadership is always partnered with accountability. When kids don't hold themselves accountable they are reliant on others to excuse them or rescue them. Allowing children and young people to experience the consequences of their actions may make us feel bad as parents in the short term, however, in the long term it increases leadership capacities of young people immeasurably.

7. Share your struggles

As children and young people spread their wings and expand their boundaries they will invariably face new situations and challenges. We may not always be there for them but we can share our stories including our struggles that we experienced at the same age in a way that will help them make good choices. (NOTE to Parents of teenagers: Steer clear of lectures about alcohol, smoking and drugs. These are topics for another time.) Sharing your mistakes, your learnings and your decision-making processes can act as a type of GPS as kids navigate new territory away from you. It's the stories they hear from adults whom they admire that will give them a roadmap for authentic leadership that is tolerant, humble and brave.

Focusing on the above strategies won't necessarily mean that your child will hold a leadership position in primary or secondary school. There are many factors involved in holding a school leadership position and being made of the right stuff is just one of them. But the qualities and traits we nurture in children and young people today will manifest in our future community, sporting and business leaders. That's why great parenting matters.

*Stephen is not the real name.

Visit our website for more ideas and information to help you raise confident and resilient young people.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

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parentingideas.com.au

now we know.

