

# St Therese's Catholic School

## NEWSLETTER

9 May 2017  
Term 2  
Week 2

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Find us on the Skoolbag App

*From the Principal...*

Dear Parents/Carers

Welcome back to Term 2 and I trust all our families had a safe and enjoyable break with their children.

This week we welcome to our school the Oman-Olok family. Abjedo has recently commenced schooling at STS in Grade 2.

With the return of the students, our staff are often asked for ideas from families to support their children with organisational matters. The level of personal responsibility for organization tends to increase as the students work their way up through the various levels in primary school and then increases again when they commence high school. Below is some information which maybe useful for families.

### **HELPFUL HINTS FOR PARENTS**

Personal organization refers to children's ability to manage their time, their environment and their work tasks. For some children, personal organization comes naturally, however, many children, particularly boys, need assistance in this area. A structured, orderly, uncluttered environment at home and at school makes it easier for children to be organised and in control.

### **BRIGHT IDEAS FOR HELPING CHILDREN GET ORGANISED**

- Routines take the worry out of remembering. Homework routines, morning routines, even after school unpacking routines help children to be organised. For instance, an after school routine may include unpacking a schoolbag, handing school notices to a parent and eating a snack.
- Have regular homework time. Establish a regular homework time and help your child to stick to it. If no formal work has been set, then use this time for reading.
- Have morning 'round up'. Remind children of the day's events each morning so they can plan accordingly.
- There are times when so much is going on in young people's lives that they require structure and routine to help them get organised. Gentle reminders to pack lunches, take notices to school and even to dress appropriately can assist children.

- Make use of a checklist when it all seems too much. Place a list of routine morning activities by a child's bed (or on the refrigerator) and insist that it is checked before he/she goes to school.
- Clear away the clutter. A regular clean up of desks and work areas can help children gain control of their environment.
- Less is better. Encourage young children to bring home only the books that he/she needs to work on each night. Some children become overwhelmed when they have a bagful of books and they have difficulty knowing where to start.
- Use a diary to plan ahead. Encourage your child to place homework, social and school events in a diary.

### **COMMUNICATION TO SCHOOL**

If there is any vital information that the school needs to be aware of in relation to providing the best care possible to your child can you please inform us, in writing. As you can appreciate it is not enough, in developing protocols and responses to situations if information is just passed on verbally. Some areas where we would like written information would include:

#### **What communication does a school need from parents to help it run smoothly and for a school to provide the best care it can?**

Some of these in no particular order are:

- If students (on occasion not as a regular option) cannot be collected by parents before 3:15 p.m. that our school office is contacted so as a matter of providing care and supervision for your child, as well as a matter of courtesy.
- If a child is walking home from school daily that a note is provided so we are comfortable in letting the student leave the school grounds. If on a once off occasion a child is going to walk from school – it is even more important that we have communication, as this is not the usual form of transport for that child.
- If students are sick to contact our office and let them know.
- Potential use of medication for a child
- Changes to family circumstances with living arrangements
- Access by family members to students during school hours
- If there is a reason that a child cannot wear the correct school uniform a note is provided, or an email etc as a matter of courtesy.

If there is something that you are not sure of ask the school. There is no such thing as a 'silly' question. It is sometimes better to go to the source and ask, getting the right information than asking other parents who may or may not give the right advice.

Thanks to many families who have already provided this information to us.  
Please contact the office if there are any queries around this.

Cameron Brown  
Principal

# Reflection

## Too much on your plate?

That caught your eye, didn't it? It seems to me that nearly all of us, and especially parents and carers of families, seem to be racing through life with more on their plate than they can cope with. Demands and expectations seem to come from all directions: family, work, society, and yes the various media outlets we connect to. Then we have our own internal taskmasters who often make contradictory demands. It wasn't meant to be like this. When Jesus said he wanted us to have the fullness of life, it wasn't meant to be a blur that we can't catch hold of.

Last Sunday was Good Shepherd Sunday and the Gospel reading called us to listen to the voice of Jesus as the primary influence shaping our lives. Now that is scary. Not because of what he might challenge us to take up but rather what we might have to put down. Many of the demands we put on ourselves give us a false sense of security or importance that really isn't life-giving. When I grew up, there was a high expectation for women to have a well-run, clean to the point of pristine, tidy house. Thank God, Mum didn't buy into that! She chose to do other things – like be a good cook. The point I want to make is that she chose, she chose for something she really wanted to do and what gave her life.

May I put a challenge to you? If you feel overwhelmed in your life, during this coming week take some time to ask Jesus, the Good Shepherd, what it is you should drop out of your life. Then don't fill it with something else. Just take as time to be. 'Just to be is a blessing, just to live is holy.' (Abraham Heschel)

*Loving Jesus, people can expect so much of me. I can expect too much of myself. Help me to share with you all the demands that are made on me. Let your Spirit show me what is truly good for me and those around me and let me drop what I don't need to do.*

Sr Kym Harris osb



Grade 6 Learn to Swim – All Week

Thursday 11 May  
Mother's Day Stall  
NAPLAN Grades 3 & 5

Tuesday 16 May  
Kinder Dairy Farm Excursion

Friday 19 May  
National Walk to School Day

Friday 26 May  
School Cross Country – Cross roads Memorial Oval  
School Disco (Time TBA)

Wednesday 31 May  
School Photos – ALL students to wear formal winter uniform (Kinder – Sports uniform)



## School Photos

School photos will be taken on Wednesday 31<sup>st</sup> May. All students P-6 are to wear their formal winter uniform & Kinder to wear their sports uniform.

Photo envelopes are being sent home today.

## Bookaneer Book Fair

Our first Book Fair has the very exciting theme of Pirates. In order to celebrate we are having a jam packed fun day on Wednesday 24<sup>th</sup> of May including a dress parade and prizes and ... watching your favourite teachers walk the plank into a tub of slime!

In the afternoon popular children's author, Michael Salmon, will be visiting (see below)

Book Fair times and days will be announced soon on Skoolbag.

**AUTHOR - ILLUSTRATOR  
VISIT:  
MICHAEL SALMON**

**ST. THERESE'S CATHOLIC SCHOOL**

**Wednesday 24<sup>th</sup> MAY: 1.45-2.45 + Author Signing**

**AUTHOR SIGNING**

- Activity/fun books \$3
- Activity/Sticker books \$5
- Chapter books \$10
- Picture-story books \$8 - \$10
- Hard cover books \$15

Excuse Me Captain Cook  
Who did discover Australia?

THE MASKED ECHIDNA

ADVANCE AUSTRALIA FAIR

Penny Dinosaur

SURFER JOE

MICHAEL SALMON'S SUPERHERO

MARVIN

n.com.au

# ***P&F Update***

## **Easter raffle**

A huge thank you to families for your support of the Easter raffle. The raffle was drawn on the last day of term and we hope all the winners enjoyed their prizes.

## **Disco**

There will be a whole school disco on Friday 26<sup>th</sup> May, please keep an eye on Skoolbag and our Facebook page for more details shortly.

## **Mother's Day stall**

Orders for the stall were put out on Skoolbag last week and are now closed. If you have not done so, please return \$6.00 per gift ordered to the office. Stall will be held on Thursday 11<sup>th</sup> May.

## **School Fair**

It's time to start planning the School Fair which is just 4.5 months away. Our first focus will be sourcing donations for the major raffle and locking in stall holders. If you have a business connection and can assist with prizes for the raffle, please email the P&F at [pandf@sttherese.tas.edu.au](mailto:pandf@sttherese.tas.edu.au) or contact me on 0417 330 855. If you have an interest in running a stall, please also feel free to make contact using these details or keep an eye on Skoolbag for a request for assistance in the coming week.

## **Next meeting**

The next P&F meeting is tonight in the school office at 6pm.

Laura Benson  
P&F president

## ***Walk With Christ***

*Walk with Christ will take place this year on Sunday 18<sup>th</sup> June & students & parents are warmly invited to participate.*

*We will gather at St. Joseph's Church in Macquarie Street at 1.15pm, then process the Blessed Sacrament from St. Joseph's Church along Harrington Street to St. Mary's Cathedral for Adoration of the Blessed Sacrament and Solemn Benediction at approximately 2pm with a 3pm finish.*

*We hope you can join us for this special event.*



## Easter Liturgies



### Claremont Girl Guides

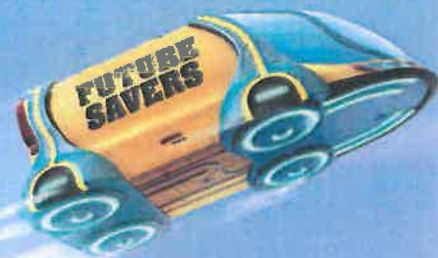
The Claremont Girl Guides are holding a Craft & Produce Market at their hall & car park from 10am – 2pm on Sunday 28<sup>th</sup> May (opposite Claremont Village, Boxhill Rd, Claremont).

Also, a Car Boot Sale will be held from 9am – 1pm on Saturday 24<sup>th</sup> June in the same location. Sites are \$10 inside (includes table) or \$5 outside. Girl Guide Biscuits will be available at both events.

Please support the Claremont Girl Guides, there are vacancies for girls aged 5-18.



# School Banking 2017 is off to a flying start.



This year's School Banking adventure is well underway, as the new-look Dollarmites lead the journey up towards the amazing Savings Hover Park. Students are demonstrating a remarkable saving behaviour.

## New reward items

There are two new reward items to keep students saving in Term 2: the 3D Chalk Set and Tablet Case. Your child can redeem one of these, while stocks last, after making 10 School Banking deposits.

## Modern ways to teach money skills with the CommBank Youth app

Through the School Banking program, CommBank has been offering engaging ways for Australian children to learn the value of saving and smart money management since 1931. In 2017, the introduction of the CommBank Youth app, an innovative digital banking tool, will help enhance the School Banking program.

With the CommBank Youth app, your child can:

- Check the balance of their Youthsaver account.
- View School Banking deposits in their transaction history.
- Track the number of Dollarmites tokens they collect.
- Set up savings goals and monitor their progress.
- Create a list of chores they can do to earn pocket money.

Explore more about the CommBank Youth app, and how to get your child started, by visiting [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

## Learning the value of digital money

Did you know that approximately one in five parents are trying to teach their children about cashless transactions and digital money management? CommBank research shows parents are alternating between cash and online bank transfers when giving their children pocket money, and actively demonstrating 'tap and go', online banking, mobile applications and how ATMs work. For more information and tips on financial education for kids, visit The Beanstalk on [commbank.com.au/beanstalk](http://commbank.com.au/beanstalk)



3D Chalk Set



Tablet Case



Things you should know: The Commonwealth Bank School Banking Study is an online survey of 1,049 parents across Australia undertaken







**Tasmanian Catholic Schools  
Parents Council**



## **Parent Knowledge and Parent Engagement improving Student Learning**

**Separate workshops with Parents and Catholic Educator Focus  
(Free – No Charge)**

**Dr Debbie Pushor**  
**Professor – Curriculum Studies**



**Professor - Researcher - Author - Advocate**

	<b>North West</b>	<b>North</b>	<b>South</b>
<b>Date</b>	<b>15 May</b> Monday	<b>16 May</b> Tuesday	<b>17 May</b> Wednesday
<b>Educator Focused Workshop</b>	3:45 – 6:15 PM The Lighthouse Hotel	3:45 to 6:15 PM Parish Offices 44 Margaret St. Launceston	3:45 to 6:15 PM Tas Catholic Ed Office
<b>Parent Focused Workshop</b>	7:15 – 9:00 PM The Lighthouse Hotel 33 Victoria St Ulverstone Tas	7:15 – 9:00 PM St. Patrick's College Edmund Rice Centre Westbury Rd, Prospect Vale	7:15 – 9:00 PM Tas Catholic Ed Office 5 Emmett Pl, New Town TAS 7008

**RSVP to [catholicparents@bigpond.com](mailto:catholicparents@bigpond.com) or phone/text to 0418 589 888 indicating your name, school and the session you are attending.**

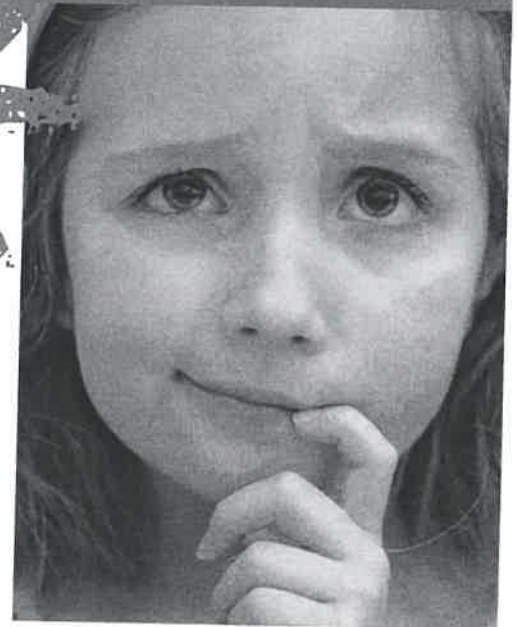
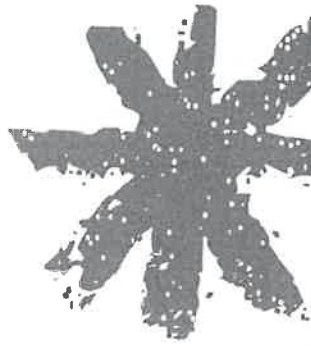
Debbie Pushor currently works as a Professor in the Department of Curriculum Studies at the University of Saskatchewan in Canada. She will be a key international speaker at the ARACY Parent Engagement Conference being held in June 2017. Catholic School Parent organisations throughout Australia are working together to coordinate Debbie's national tour enabling the key messages on the importance of parent knowledge and parent engagement to be communicated to parents of children and educators working in Catholic Schools and Colleges. This is a unique opportunity to expand your knowledge and understanding in this critical area of your children's/student's learning.

**Publications:** Portals of Promise: Transforming Beliefs and Practices through a Curriculum of Parents (Sense Publishers, 2013). A second book, Living as Mapmakers: Charting a Course with Children Guided by Parent Knowledge (Sense Publishers, 2015)

**Further Information:** <https://youtu.be/4dLBObKnMd4>



# parenting \* ideas insights



## Help kids change their perspective when things go wrong

By Michael Grose

*Parents can help catastrophisers learn to change their perspective when things go wrong.*

It's natural when things go wrong to think that life will never be the same again. I recall as a teenager doing poorer than expected in my end of school exams, and missing the tertiary course I had set for myself. At the time it was such a catastrophe. I thought that there was no point taking another course – naturally, I would hate it. Of course, I undertook a teaching course, which I really enjoyed and I didn't look back.

Breaking up with a friend, losing close sports events and being on the receiving end of teasing can at the time seem like events from which we will never recover.

Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids' worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it's not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a

negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

### **'What's the most likely scenario?'**

Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

'You may be right, but does it really matter?' One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

### **'Where does this fit on the disaster meter?'**

Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

### **'Is that helpful thinking?'**

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

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

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