



NEWSLETTER NO 20 WEEK 1 TERM 3 JULY 19 2017

VISION STATEMENT

We at St Joseph's Primary School Queens Park are a faith based community which strives to recognise and respond to the image of Christ in us all, as we grow through work and prayer.

**THE ST JOSEPH'S SCHOOL COMMUNITY ACKNOWLEDGES
THAT WE COME TOGETHER ON THE ANCESTRAL LANDS OF THE
WHADJUK PEOPLE**

LAUDATO SI'

I would like from the outset to show how faith convictions can offer Christians, and some other believers as well, ample motivation to care for nature and for the most vulnerable of their brothers and sisters. If the simple fact of being human moves people to care for the environment of which they are a part, Christians in their turn "realize that their responsibility within creation, and their duty towards nature and the Creator, are an essential part of their faith".^[36] It is good for humanity and the world at large when we believers better recognize the ecological commitments which stem from our convictions. ^[64]



PRINCIPAL'S REPORT

*The goodness of God is infinitely
More wonderful
Than we will ever be able to comprehend.*
Tozer

WELCOME BACK: I would like to welcome back all families for Term 3, 2017. I hope children had a happy and healthy holiday and are looking forward to a hardworking and productive term. I would like to welcome back Mrs Powell who is returning from Maternity Leave and will be assisting with numeracy in the school. Mr Kelly returns from a short holiday in Ireland and Mrs Hoyne returns from Long Service Leave.

I would also welcome to our Educational Community the new Principal of St Norbert's College, Mr Simon Harvey. Mr Harvey is an ex-student and teacher at St Norbert College and brings a wealth of educational experience to the position. We look forward to continuing our excellent rapport with St Norbert College under the leadership of Mr Harvey.

ST JOSEPH'S PRINCIPAL APPOINTMENT: Attached to today's newsletter is a letter from Fr Peter announcing that John Rose has been appointed as the new Principal of St Joseph's School commencing January 2018. The appointment process for a new principal is long and complex and I would like to congratulate John on being the successful candidate. I'm sure John will visit the school in the near future and will be looking forward very much to joining a thriving Catholic community.

PERFORMING ARTS FESTIVAL: Over the next 6 weeks a number of students will be participating in the various sections of the Festival including dance, choral, solo vocal, instrumental, bible reading and monologue. We wish the children a positive experience in their performances. This Friday four of our Year 6 children will be accompanying Miss Della-Posta to the Opening Mass.

AUSTRALIAN MATHS COMPETITION: On Thursday July 27 a number of children from Year 3-6 have opted to participate in the Australian Maths Competition. This assessment will take place in the Parish Hall and will commence at 11.00am.

PROTECTIVE BEHAVIOURS PROGRAM: Each year at St Joseph's, students complete a Protective Behaviours Program. This has now become compulsory under the new curriculum and Safe Schools Program. All year levels will be once again covering protective behaviours this term. All staff attended training for this program at the end of Term 2.

TERM CALENDAR: The Term Calendar will go home both electronically and in hard copy today. Please place in an easy to find location so that you know exactly what is happening at our School.

ASSISTANT PRINCIPAL RE

TERM 3 MASSES: Welcome back to Term 3. This term we have two Whole School Masses. The first Mass we celebrate is the Feast of the Assumption on Tuesday August 15. On the last day of term, we celebrate our Mercy Day/Grandparents Day Mass on Thursday September 21. Please mark both dates on your calendar.

CLASS MASSES:

Year 5B celebrate Mass on 2 August

Year 3B celebrate Mass on 23 August

Year 6's celebrate Mass on 13 September

P & F NEWS:

FUN RUN: The annual Neon Fun Run was held on the last week of term and what a great day it was! All the students (and the teachers!!) dressed in their brightest clothes and lots of fun was had by all. Thank you to all the parent helpers who helped out as well as the Year 6 Sports and Safety and Arts leadership teams who made sure the day ran smoothly. Now is the time that all the money that you raised is brought back. Please bring it to the table in the Undercover Area (under the P & F sign) from Tuesday- Friday of Week 1 between 8.20-8.45am. **DO NOT HAND IT TO THE CLASSROOM TEACHER.** Please bring back money in a sealed envelope and make sure that the chosen prize is indicated on the sponsorship form as well as the amount raised is written on the outside of the envelope. We will be ordering the prizes in Week 2-3. Thank you once again to everyone involved.

St Joseph's P & F

ENTERTAINMENT BOOKS: Entertainment books are available to purchase until **Friday 21st July**. The books are \$70 each and have many great offers in them. You can purchase a book by following the link below:

<https://www.entertainmentbook.com.au/orderbooks/8619m4>

P & F EMAILS: If you wish to receive emails from us during the year, please send us an email at: pandf@sjsqp.wa.edu.au and we will add you to our mailing list.

IMPORTANT DATES FOR YOUR CALENDAR:

Monday August 14 - P & F Meeting

Friday September 1 - Father's Day Stall

Monday September 11 - P & F Meeting

Friday September 15 - Disco #2

Friday November 24 - Family Night



SOCIAL WORKER NEWS:

Parenting kids through the challenges of change www.parentingideas.com.au



While change is not always easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes. The following five ideas may help:



1. Acknowledge feelings

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. "How do you feel about this?" is a great way to initiate conversations on an emotional level.

2. Look after yourself (and your partner)

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. "Will life ever return to normal?" is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is, sleep well (life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind off your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. "This too shall pass" is a powerful resilience concept for kids to experience and learn.

4. Maintain consistency and routine

When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

5. Stick together

Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.