Dear Parents and Friends,

Mother's Day
We hope all the mums were treated especially well yesterday with decorated bags, cards and presents. A special thankyou goes to the mothers who organised the stall last Friday. The children were excited about their shopping, carefully examining the goods on offer for just the right thing for you! We ask God’s blessing on all the women who nurture us.

Enrolments, and Open day
Do you have a child starting school in 2014? We are currently enrolling students for next year so would appreciate parents enrolling siblings of current students that will start school in 2014 as soon as possible. This will assist us in predicting how many places we have available for other students and start planning class structures. We have another Open Day planned for tomorrow, Tuesday 14 May. This will also be an opportunity for our senior student tour guides. Parents are welcome to book a tour at any time.

School Advisory Board
The SAB is the peak representative body that develops and approves school policies and procedures. With some members finishing the end of their term we have some vacancies to be taken up in August. It is not arduous as we only meet twice a term. Any parent is eligible, so please consider joining. Please speak to any of the members if you wish to know more: Janine Andueza, Jo Taylor, Nicolle Lunso n, Karen Swankie, Lyndal McMath-Hall, Naomi Read, Joerg Ziegler, Justin Colley and me.

Code of Conduct
What did you think? Any thoughts are most welcome.

Working with Children
Do you regularly volunteer at St Joseph’s? Do you have, or have you applied for a WWCC. We are currently updating our records and must comply with WWCC regulations. We are very fortunate to be so well supported by parents working in classrooms, on excursions etc. but do require relevant WWCC documentation. Application forms can be picked up at any Post office. Thank you for your support. Thank you to the parents who have responded already.

Grandparents’ Day
Grandparents’ Day is 7 June. St Joseph’s would like to invite all grandparents to this special occasion. If children do not have a ‘grandparent’ who is able to attend we warmly welcome any ‘special person’ for them to share the day. We will commence with a whole school Mass on the feast of the Sacred Heart, after which the parish is named. It will involve spending time sharing in the classrooms and morning tea.

Renovations
This week we have started the much-needed painting of the foyer. We are trying to keep the inconveniences as few as possible!

Working Bee
This Saturday we have our next working bee. Jobs include MORE painting outside the artroom – out of the weather, moving into the sea container, gardening, and moving sand into the sand pit. Valuable tools to bring are extension ladders, wheel barrows and garden tools.

Friendship Groups this week are focusing on the difference between mean behaviour and bullying.

God bless us all,
John
At Mass yesterday, we celebrated the feast of the Ascension. Jesus took his disciples to the mountain and told them to teach others about him and to remember that he was with them always. “He was lifted up and a cloud took him from their sight” (Acts 1:9) Jesus went up to heaven to be with his Father.

During the past two weeks, the children have been learning about the resurrection stories. Jesus spent time with his disciples explaining all that he had taught them about the fulfilment of the scriptures through his death and resurrection. He told them that he had to go back to his Father so they would need to spread the Good News. He promised to send a helper. This was the Holy Spirit, the third person of God, who would be sent at Pentecost.

What does this mean for us today? As baptised Christians, the love of God has been poured into our hearts through the power of his Holy Spirit. At Eucharist we can encounter the presence of Jesus through the bread and wine. At Confirmation further gifts are bestowed on us through the Holy Spirit. This means that Jesus is with us today, just as he was with the disciples. However, it takes faith to believe this. Faith is another gift from God. Through prayer and sacrament we too can form a deep relationship with God.

Having a relationship with Jesus gives us confidence, just as it did for the disciples. We can have hope and freedom from anxiety. You don’t have to go through your days feeling overwhelmed or under-prepared. Jesus can be your support through problems and pain – you just need to talk to him!

Let’s pray this week for help to experience the support and encouragement can be found through prayer.

All praise to you, Lord Jesus, for your resurrection. Help us to believe in you more each day.

Karen McQuade
Leader of Christian Life
This week’s morning fitness roster:

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Activity</th>
<th>Location</th>
<th>Location if wet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Echidnas</strong></td>
<td>Pentathlon</td>
<td>SPA gym</td>
<td>Art room (Mon, Tues, Fri) or Church Meeting room (Wed, Thurs)</td>
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<tr>
<td>Mrs O’Brien</td>
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<tr>
<td><strong>Dingos</strong></td>
<td>Games</td>
<td>Basketball court</td>
<td>SPA gym (one third)</td>
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<tr>
<td>Mr Booth</td>
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<tr>
<td><strong>Kookaburras</strong></td>
<td>Skipping</td>
<td>Roundabout</td>
<td>SPA gym (one third)</td>
</tr>
<tr>
<td>Mrs Brown/Mrs Broderick</td>
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<td></td>
<td></td>
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<tr>
<td><strong>Kangaroos</strong></td>
<td>Circuit Training</td>
<td>SPA gym (one third)</td>
<td>SPA gym (one third)</td>
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<tr>
<td>Mrs McQuade</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>Wombats</strong></td>
<td>Aerobics</td>
<td>SPA Performing Arts</td>
<td>SPA Performing Arts</td>
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<tr>
<td>Mrs Vranken</td>
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<tr>
<td><strong>Koalas</strong></td>
<td>Boundary Run</td>
<td>Meet outside office. Run around cross country track and oval</td>
<td>Join in with aerobics</td>
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<tr>
<td>Mr Colley</td>
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<tr>
<td><strong>Bandicoots</strong></td>
<td>Obstacle Course</td>
<td>Meet on playground</td>
<td>South building shared area</td>
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<tr>
<td>Mrs Vanstan/Miss Bourke</td>
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<tr>
<td><strong>Tassie Devils</strong></td>
<td>Power Walk</td>
<td>Meet in undercover area. Walk around school paths</td>
<td>Meet in undercover area. Walk around passages/stairs in main building.</td>
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<tr>
<td>Mrs Traynor</td>
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</table>

Hello, my name is Sharon Cosham and I am a new support person here at St Joseph’s.

I am a “local”, having spent my school years in the Yarra Valley. After working in the city for a couple of years, I returned to the Valley 20+ years ago, where I live with my husband and 2 teenage children.

I completed a course in Education Support last year and I have been offered a position with St Joseph’s which I am very excited to accept. I am thoroughly enjoying working with the fantastic students at this wonderful school.
Certificates of Achievement
Awarded to:

Connor Taylor (Middle M)
Charlotte Vranken (Middle M)
Spencer Rolando (Junior V)
Genevieve Linder (Foundation)

For successfully completing the target number of Homework Challenges in their Year Level and doing them with PRIDE!
Why consistency improves kids’ behaviour

One of the simplest ways to improve a child’s behaviour is to be more consistent.

Consistency is often sacrificed by busy parents and put in the ‘too-hard basket’. When parents are tired, stretched and overworked the last thing we want to do is engage in a battle with a strong-willed child over what are sometimes petty issues. Besides, consistency can make a well-meaning parent who values relationships feel downright awful.

But giving in rather than holding your ground is not a smart long-term strategy. If you give in occasionally kids will learn that if they push hard enough, or give that winning smile, you will eventually give in. Consistency is about being strong. It takes some backbone to be consistent.

Here are some ideas to help you be consistent with your kids:

1. Focus on priority behaviours. It’s difficult to be consistent with every single misbehaviour, but it’s easy to focus on one or two. When you are consistent with one or two priority behaviours it has a positive impact on other behaviours.

2. Give yourself a tangible reminder about the behaviour you want to follow up. Leave a note somewhere telling yourself that you need to “Walk away when a child whines. Don’t give in.” Or “Catch your kids doing the right thing when they resolve a problem without arguing.”

3. Check your routines. Make sure you have simple routines for troublesome times of the day such as bedtime or mealtimes.

4. Act rather than overtalk or repeat yourself when kids misbehave. Sometimes it’s really inconvenient to set a consequence, as you may have to battle a tantrum that follows. But the stand-firm approach pays off in the long-term as kids learn eventually that you mean what you say and say what you mean. That’s what firm, consistent discipline requires.

5. Agree to a joint position with your partner about a range of parenting issues such as discipline methods, going out, the use of technology, alcohol, sexuality and other important areas.

For more practical ideas to help you raise happy confident kids subscribe to Happy Kids, Michael’s free email newsletter at ParentingIdeas.com.au. You’ll get a free Chores & Responsibilities Guide when you do.
Hi all,

The Mother’s Day Stall (and raffle) were held on **Friday 10th April.** We hope all mums had a lovely Day yesterday and enjoyed the gifts purchased for them. Congratulations to the winners of the raffle; Liam Linder, Jacob Grottaers, Indiana Butera, Tarkyn Nicolados, Lachlan Cox, Ben Bourke and Violet Willemsen. Thank you to our stall helpers, it was a full on hour with lots of enthusiastic shoppers, well done to all.

**Upcoming events:**

**Lap-a-thon**
Every child should now have a sponsorship form for the Lap-a-thon so they can scout for sponsors/donations to run/walk as many laps around a mapped out course on **Friday 24th May** (weather permitting). Chopped fruit will be provided for all at completion and there will be prizes for laps achieved. Another form will be attached to next week’s newsletter.

**Bunnings BBQ – Help Please**
We are fortunate to have the opportunity to run yet another BBQ to raise funds for the school, from others pockets not ours. The BBQ will be at Bunnings, Canterbury Road, Bayswater, **Saturday 25th May**, 8:00am to 5:00pm. A helpers list is available at the office with time slots for anyone who can assist on the day or chop some onions. Thank you to those who have already offered to help but there are still some 2 hour slots to fill. So please check your diaries to see if you can possibly spare a couple of hours for this event.

**Disco**
Everyone loves a disco (except Mr Faulkner) with or without him the annual Disco is being held on **Friday 14th June**, 6:30pm - 8:30pm. There will be a great DJ, glow sticks for sale and lolly, chips and drink on arrival. The DJ has been booked so get your disco outfit ready for a fun night. Watch out for your order form coming soon. Parents will be welcome and needed to assist with supervision, selling of glow sticks and filling up water bottles on the night. Please contact Cathy on 0409 187 166 if you are able to help.

**Shopping Tour**
Start Saving!!! A shopping tour has been booked for **Saturday 17th August.** Those who attended this last year had a great day. A list of outlets is available to choose one you would like when a deposit of $10 is received. Contact : Cathy on 0409 187 166.

**Parents & Friends Goals for 2013:**

- Update our school **Library** by replacing old stock and purchasing much needed new **books.** ✓
- **Tables** to go with the new furniture in the South Building.
- **A Path** leading from the school to the SPA centre.
- **A Pie Warmer** for more hot lunch days. ✔

*The Parents & Friends committee are happy to welcome more members, many hands make light work. We are meeting 2 times per term during 2013, but you don’t have to attend meetings if you can’t or prefer not to. We still have many events and activities proposed for this year; for example, Bushdance, Shopping Tour, Trivia Night and we are always open for suggestions.*

The next Parents and Friends meeting is, **Wednesday 12th June** in the staff room at 7pm. We would love to see you there.

Thanks from the
P & F Team
Yarra Valley Uniforms
The Uniform Shop is open on **Tuesdays** after school.

Donna’s contact number is: 0427 516 375.

WOOLWORTHS EARN AND LEARN STICKERS ARE ON AGAIN:

More sticker sheets are available from the office.

*Thank you to Morgan Ferguson, Andrew and Bethany King, Cléiss and Shaedyn Bannerman, Noah Andueza, Phoebe Wells, Indiana and Elektra Butera, Declan and Katrina Taeuber, Adina and Ethan Ziegler, Lincoln Dunne, Ben and Annika Peeler, Pacey Luttgens, Charlotte and Harry Vranken, Joel Lunson, Will Smith, Ruby Mellett, Josh Read, Fletcher Stafford, Jack Bourke, Riley and Portia Swankie, Isabella and Alex Cummings, Forbes Hermon, Karen McQuade, the Dolheguy family, Violet Willemsen, Luke Timoney, Peter Rawlinson, the Taylor family, the Nicolandos family, Tahlia Robin, the Enever family, Ethan, Liam and Genevieve Linder, the Scoble family, Joshua Peels, Sophie, Scarlett and Cash Atkins, Lily Woods, Dane Cerveri, Charli Vandersluis, Mason Cole, Graeme, Ellora (ex student) Sue L and Riley Foley who have brought in stickers!*

*Thank you also to the people who have been putting stickers in the box at Woolworths, Yarra Junction. Total so far (at school) is: 6840*

*Can we beat last year’s total of 75000?*

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**Participants needed: FREE study for overweight young people looking for help.**

Murdoch Childrens Research Institute at **The Royal Children’s Hospital** is running a randomised clinical trial of an online weight management program for overweight adolescents. Participation involves completing height, weight, blood pressure and waist circumference measurements and an online questionnaire at baseline, 3, 6 and 12 months. Parents are also invited to participate. Every 3 months there will be a draw for a $100 gift voucher for those participants who have kept their appointments. The results will demonstrate the feasibility and effectiveness of using the personalised, targeted Staying Fit program for addressing weight-related behaviours during adolescence. Recruitment has commenced and we are looking for 550 overweight young people aged 12-17 living in metropolitan Melbourne.

Enquiries Karly Cini 9345 6954 *stayingfit@mcri.edu.au*

For more info: *www.rch.org.au/cah/stayingfit*
Working Bee – Saturday 18th May

The following families are rostered on to attend the Working Bee on Saturday from 9am – 12 noon.

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<tr>
<th>Andueza</th>
<th>Atkins</th>
<th>Clark</th>
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<tr>
<td>Cummings</td>
<td>Farr</td>
<td>Foley</td>
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<td>Holland</td>
<td>Linder</td>
<td>Long</td>
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<tr>
<td>Paterson</td>
<td>Rawlinson</td>
<td>Vandersluis</td>
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<tr>
<td>Wells (Phoebe)</td>
<td>Weir</td>
<td>Woods</td>
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An SMS message will be sent this week advising of tools which would be helpful for you to bring along.

Any other families are welcome to attend.

The Upper Yarra RSL offers a School Benefits Program whereby a percentage of the cost of your meal is donated to St Joseph’s if you nominate us when ordering.

The coupon below can be used to help support our school.

Don’t forget – bookings are recommended. Phone: 5967 1771

UPPER YARRA RSL SUB BRANCH INC

SCHOOL BENEFITS PROGRAM

Present this coupon when dining in our Bistro to earn rewards for your school. Bookings recommended. Ph: 5967 1771

School_________________Date_____________Total Spend $___________Init_________