G’day parents and friends,

Communication
The feedback from last night’s meetings has been positive from both parents and staff. For your children to be most successful it is important to establish good communication between home and school, so those of you who were unable to make last night, we ask that you make contact with your teachers soon. You are also encouraged to update your TIQBIZ and CareMonkey accounts.

Assemblies
This year, rather than having assemblies every second week, they will be every three weeks. They will start at 2:15pm on Wednesdays. They will be fewer but better! This term they will be on 22 February led by the Seniors, 8 March led by the Middles and 22 March led by the Juniors.

Irish Fair Sunday 19 March
We are holding our Irish Fair at the end of term. The next planning meeting is tomorrow, Friday 2pm. All welcome. How can you help?

• We will need help on the day - donate some time to work on a stall! You will be asked soon!
• Pot up plants, sort your books,
• Have you something to donate to the Spinning Wheel? Do you know someone who could donate?
• Have you suggestions for interesting stalls? Let us know.

School Reports
During this year we would like to make changes to how we communicate the progress of your children. We have some opportunities for you to express what you think of current practice and what you think would help you understand your child better. In the calendar you would have noticed some Community Conversation dates. It is hoped that you will be able to join one of those. Booking forms will come soon.

March 3 Twilight House Sports (5:30 - 7:30pm)
The children have started preparing for this. You are encouraged to organise your cricket and other activities to be here. Everyone is expected.

Dates:
March 13 Labor Day Holiday
March 19 Irish Fair
March 24 Interschool Athletic Sports held at UYSC
March 31 Last day of Term 1
Camp Middles Tuesday 18 and Wednesday 19 April - The first 2 days of Term 2.
Cost $90TBC
Camp Seniors Monday 24- Friday 28 April. Cost $440TBC

We celebrated with Father Michel this week the success of his team, the New England Patriots, who won the gridiron national league. Now - Go Bombers!

Please note: “You are never too old, too wacky or too wild (or too tired) to pick up a book to read to a child.” said Dr Suess.

God bless us all,

John
New Beginnings

Have you ever been really mad at someone? When we’re really angry at someone, we often want to get even. Jesus offers us a radically different response:

“You have heard the commandment, An eye for an eye, a tooth for a tooth. But what I say to you is: offer no resistance to injury. When a person strikes you on the right cheek, turn and offer the other.”

This week’s gospel is challenging. We cannot take the words literally but the message is important. Jesus calls his followers to forgive those who harm us. Not only are we called to forgive, we are called to show compassion as children of God.

While we should not ignore wrongdoing, Jesus calls us to respond with love. When you’re tempted to seek revenge, respond with kindness instead. Remember Jesus’ words and choose the path of love.

The following example illustrates this:
Jack lives in a wealthy community where many young people drive expensive cars and live in expensive homes. Talk at his school often focuses on the newest games, computers, and clothes. But Jack found his meaning by helping out at a soup kitchen, not by buying more and more for himself. He eventually helped lead service trips for other young people. He broke the cycle of greed and selfishness that traps many people in wealthy towns.

Thank you to all the staff, children and Father Michel for their contributions in preparing and participating in the beginning of school Mass last Friday. It was great to see many parents attending as well.

Karen McQuade,
Christian Life Leader
Dear Parents

Welcome to Term One 2017. A huge year lays ahead for all of us. It will have its ups and downs, excitement and troubles. A common practice for us all is to focus on the negative parts of the day rather than the moments of happiness and peace. This year at St Joseph’s we will be focussing on gratitude in our lives, those tiny moments that make us feel joy, love, cared about or proud. It is these times where we can draw strength and reflect upon the good things in our lives, learning to be thankful and grateful for the people and moments that are positive.

At home we as a family started gratitude writing. It has become a ritual now to name three things from the day each one of us is grateful for and to share one of these. I can report that this simple activity has helped us all really focus on the positives and good things we have in our lives. It doesn’t mean we ignore the tough or sad moments but rather talk about them and see what part of these we might actually be grateful for. I have heard that a number of families do the same around the dinner table with each family member sharing a part of the day they are grateful or thankful for.

At school we are hoping to end most days with a quick grateful discussion, reflection or sharing time with the class. This may also help with the “What did you do today?” “Nothing” conversation many of us have experienced. Ask your child what they are grateful for today.

Attached is a small list from an American Mum Blogger. Short but worth a read on building in more happy family times. http://www.theyoungmommylife.com/

My Wellbeing Day is now on a Friday and once again please don’t hesitate to call me if you wish to discuss any social or emotional issues that may arise during the year. I have a great array of parenting books and our lovely Librarian Di has put together a wonderful list of story books that support social and emotional topics. We also have some contacts for counselling and psychologists if you need further help.

Best Wishes

Prue Vanstan

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**If you've caught the reading bug....**

...don't forget that **Scholastic Book Club** orders are due back to school by tomorrow **Friday 16th Feb.**
Almost everyone I know shares at least this one simple goal in life: to be happy. Parents also share this goal: to raise happy children. Money, material possessions and success in school can only give children so much happiness. The great thing is, happiness has different meaning for everyone. There is no one right way to achieve happiness, but there certain things everyone can to do to become happier.

**Game on**

One of the best ways to be happy is through play. My daughter is always her happiest when she is playing, whether it's with her dolls, outside riding her bike or playing board games. Making time to play with your kids will make the both of you happier. This could be a sport, reading for pleasure or even knitting. When you're playing, nothing else in life matters.

**See some world**

New experiences make people happier. Treat your kids to new experiences, too. Teach them new skills, take them to new playgrounds, go experience different cultures, food, games, people. You don’t have to travel far. Chances are there are a ton of things to experience right in your own neighborhood and city.

**Buddy up**

Family and friends can provide great happiness, too. Having people in your life to share with, talk to, support one another, there’s no better feeling. Even introverts need to socialize now and then. That’s why it is so important to build good relationships with your children and to help them build strong relationships with other people.

**Help other people**

When we stop thinking about ourselves and take the time to help other people, we actually produce dopamine, a hormone believed to trigger happiness. Getting your children involved with volunteer work, committing small acts of kindness and just teaching them to be kind to others in general will help them feel happier in life. This can include anything from volunteering at a local charity, donating food to the food bank or even bringing in cupcakes for their classmates.

**Being thankful**

Gratitude can go a long way when it comes to happiness, too. Start teaching your children to appreciate what they have now so it becomes a lifelong habit. Learning gratitude takes practice but even just starting out small, like writing a gratitude list once a week, will bring more happiness into your life.
Next P&F meeting: To be confirmed.
Next 2017 Fair meeting: Friday 2pm.

Everyone Welcome!
Come along and share your ideas.

**Uniform Shop:** Next Open – Tuesday 28th February 3pm.

In 2017 the uniform shop will open on the first Tuesday of every month. We will also open on 28/2 for anyone wanting to purchase items before school photos.

Orders with payment can be left at the office and will be filled within a week.

The uniform shop is run by parent volunteers and all money raised goes back into the school to benefit the students. Please note we can only accept **CASH** or **Cheque** (made payable to St Joseph’s Parents and Friends).

*We have lots of 2nd hand items available from as little as $2.* Please leave donations to the second hand stall at the office or bring them along to the uniform shop.

Old style hats $10 (large)

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St Joseph's Yarra Junction Community Facebook group:
https://www.facebook.com/groups/stjosephsyjcommunity

**Save the date:**

Irish Fair and Market Stalls – Sunday 19th March 2017
UPPER YARRA NETBALL ASSOCIATION
JUNIOR NETBALL REGISTRATION DAY!!

where: THE YARRA CENTRE,
WARBURTON HWY,
YARRA JUNCTION

when: MARCH 3rd

time: 4.30 to 5.30pm

ages: 5 - 7yr Old
Under 9’s
Under 11’s
Under 13’s
Under 15’s
Intermediates

ANGICARE
Victoria

CHILDREN & PARENTS
THE CHALLENGES

You are invited to join with other parents in
discussing and exploring Parenting issues
including:
- How to talk so children will listen.
- Enforcing boundaries and rules that work.
- Understanding why children behave as
they do and how to encourage them to
behave in an acceptable manner.
- How to help children manage their
emotions.
- How to develop parenting team
work.
- Discipline and punishment – what do we
want to achieve.

A GROUP FOR PARENTS OF CHILDREN
AGED 5 - 12 YEARS

WHERE: Woori Community House
Shop 5, 1385 Healesville-Koo Wee Rup Rd,
Woori Yallock

WHEN: Thursdays 16th, 23rd February &
2nd, 9th, 16th & 23rd March
1pm to 3pm

BOOKINGS ARE ESSENTIAL

CONTACT: Woori Community House on 5364 6857 or
Kim Pedler on 5133 8146

1800 809 722 | anglicarevic.org.au

SUMMER SERIES
OF LIVE MUSIC
SUNDAY FEB 26

presenting
DAVID RICCIUTI AND BAND
playing Classic Country Rock, old and new,
and
LADY PAELLA
serving their award winning Paella.

IN THE BEAUTIFUL SURROUNDS OF
BULONG ESTATE WINERY
FROM 12PM