NEWSLETTER NO: 14

Monday 28th May 2012

*** Supervision of students at St Joseph's School is from 8.40am until 3.20pm ***

SCHOOL OFFICE HOURS
8.45am – 3.30pm

PRINCIPAL
Mr. John Faulkner

ASSISTANT PRINCIPAL
Mr. Justin Colley

ADMINISTRATION OFFICER
Mrs. Sue Lucas

DATES TO REMEMBER

JUNE
11th Queen’s Birthday public holiday
15th Feast of the Sacred Heart whole school Mass
School Disco
19th School Advisory Board 7.30pm
2nd Cross Country Regional
26th Reports go home
7th Parents & Friends 7.30pm
29th End of Term 2

JULY
16th Term 3 begins

Dear parents and friends,

The FEAST OF PENTECOST was this Sunday.

Father, we pray that your Church may be a sign of your love in our world. Help us to proclaim the faith of St. Peter and acknowledge Jesus as our Lord and Saviour.

Working Bee
Wow, we achieved a great deal, planting tube stock, weeding, mulching, cleaning windows and lockers, moving banners and removing some troublesome trees. The honour roll this time includes the Atkins, Boxell, Cummings, Edwards, Lunson, May, Peeler, Virgona, Warner and Wells families.

Long Service Leave
From next week I am taking two weeks leave to visit my brother and his family who live in China, leaving the school administration in the very capable hands of Mr Colley.

School Fees
It would be appreciated if all parents could ensure that they have paid Term 1 school fees and levies as soon as possible to enable St Joseph’s to meet our own financial responsibilities. We thank you for your co-operation in this matter.

The Annual Report to the Community.
This report will be uploaded to the school website this week from where you may wish to read it. It has been presented to Fr Ashkar and the School Advisory Board.

Family Camp
Have you booked for the Cup Day weekend?

Lost Property
There are plenty of tops floating about, many without names!! Parents have to be responsible for that, not the students. So... please check that your names are legible. Perhaps some of the missing named ones might return!!

Catholic Identity Surveys, Thursday 2pm

Come and do it in the Fast forWord room and get coffee and cake!

Last week we had some parents come and complete the survey at school. It took them about 45 minutes. You can complete at home as well! Go to www.schoolidentity.net, then logon with Oceania. After that you just follow the prompts. Please participate as the survey will help us understand what we think of St Joseph’s as a Catholic school and what we would like as the ideal Catholic school. Those who are not Catholic or who do not feel they currently practice their religion are still encouraged to participate. The surveys are anonymous but the collated data is very useful to us so please HELP! The surveys are done online. Information is available at the office.

2013 Enrolments

Just a reminder that if you have Prep for 2013, please picks up enrolment forms from the office, so we can start to plan our 2013 groupings.
Yesterday we celebrated Pentecost, which is the culmination of the Easter period of 50 days in the Church year.

Scholars tell us that the first Pentecost took place during the Jewish Feast of Weeks. This was the festival at which the first fruits of the harvest were offered to God in thanksgiving. But on this particular day, God gave us his first fruit – the Holy Spirit to us.

The story goes that the disciples were in the upper room, fearing for their lives because Jesus had left them. A mighty wind blew and there appeared divided tongues of fire on the heads of the disciples. Jesus had sent a helper. They were filled with His gifts – wisdom, courage, understanding, reverence, knowledge, right judgement, awe and wonder. They came to know the power of God’s spirit in their lives. They went out boldly preaching and proclaiming the Gospel and talking in foreign languages (tongues).

The symbols of the Holy Spirit which are presented in the story - tongues of fire and wind – convey the nature of God. Warmth, strength, power, gentleness, breath of life and light are qualities associated with God.

Just as he did at Pentecost, Jesus wants to breathe God’s energy into our hearts every day. The spirit that was at the first Pentecost, moving people to love God and come together as a church, is still at work today. We just need to be open to it.

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

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Activity</th>
<th>Location</th>
<th>Location if wet</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Echidnas</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Miss Bellman</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><strong>Dingos</strong></td>
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<tr>
<td>Mr Booth</td>
<td>Aerobics</td>
<td>SPA Performing Arts</td>
<td>SPA Performing Arts</td>
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<tr>
<td><strong>Kookaburras</strong></td>
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<tr>
<td>Mrs Drago</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><strong>Kangaroos</strong></td>
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<tr>
<td>Mrs McQuade</td>
<td>Obstacle Course</td>
<td>Meet on playground</td>
<td>South building shared area</td>
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<tr>
<td><strong>Wombats</strong></td>
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<td></td>
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<tr>
<td>Mrs Vranken</td>
<td>Relays</td>
<td>Basketball court</td>
<td>Church meeting room</td>
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<tr>
<td><strong>Koalas</strong></td>
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<td></td>
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<tr>
<td>Mr Colley</td>
<td>Commando</td>
<td>SPA gym or driveway</td>
<td>SPA gym (one third)</td>
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<tr>
<td><strong>Bandicoots</strong></td>
<td></td>
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<tr>
<td>Mrs Vanstan/ Miss Bourke</td>
<td>Games</td>
<td>Basketball court</td>
<td>SPA gym (one third)</td>
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<tr>
<td><strong>Tassie Devils</strong></td>
<td></td>
<td></td>
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<tr>
<td>Mrs Traynor/ Mrs Brown</td>
<td>Pentathlon</td>
<td>Oval</td>
<td>SPA gym (one third)</td>
</tr>
<tr>
<td>Not on this week</td>
<td>Skipping</td>
<td>Roundabout</td>
<td>Art room (Mon, Tues, Fri) or Church Meeting room (Wed, Thurs)</td>
</tr>
<tr>
<td>Circuit Training</td>
<td>SPA gym (one third)</td>
<td>SPA gym (one third)</td>
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Thank you to the following people who have brought in **Woolworths Earn & Learn stickers**: Noah Andueza, Shaedyn Bannerman, Jack Bourke, Jaxon Bowman, Ellen and Max Bradley, Mia Caneva, Samantha Edwards, Patrick Huynh, Maximus Iskra, Bethany & Andrew King, Emily Knight, Ethan & James Linder, Joel Lunson, Sally McIntosh, Joshua Mazurak, Ruby Mellett, James Morgan, Hamish Murphy, Madiyn, Tarikyn and Tahlia Nicolados, Charlie Nyhuis, Rhy & Cameron Nyko, Grace Patterson, Joshua Peels, Tahlia Robin, Peter & Roisin Scoble, Tori & Josh Sharp, Keeley Slater, The Taylor Family, Charlotte & Harry Vranken, Adina & Ethan Ziegler, Simone Traynor, Sue McConachy, Graeme Morritt, Sue Lucas & John Faulkner.

More sticker cards are available at the office – KEEP UP THE GOOD WORK!!!!
TEDDY BEARS AT THE LIBRARY

After Simultaneous Storytime teddy bears and their friends stayed to help out at the Yarra Junction library
Covering our new books

Thank you to the many people who have willingly offered to cover our new resource books. If you still have books at home, please return them to the school [even if not covered], so that we can redistribute them. We are very keen to use these resources in our classrooms. If you are available to cover more books for us, please let us know.

Working together in this way is what makes St Joe’s a great place to be!

Thank you.

Boroondara Eisteddfod

Last Sunday the Choral Group performed at the Boroondara Eisteddfod, competing against nine other choirs from various Melbourne schools. These students have worked extremely hard over the past couple of months to achieve a very commendable standard and we were very proud of them. As well as singing beautifully, they looked good, all neatly dressed in their school uniforms, and were extremely co-operative and well behaved. They were great representatives of St Joseph’s School. The standard of the competition was very high and, although we didn’t gain a place in the competition, we received a very positive report from the adjudicator.

I would like to say thank you very much to the parents of the Choral Group for ensuring that their children are able to attend rehearsals after school each Monday afternoon and for enabling them to take part in the eisteddfod.

I would also like to thank Maria Mithen for her amazing support as our accompanist. Maria is always very generous with her time.

Margaret Broderick

The photo (courtesy of Ms Lunson) shows our very focussed singers ready to sing.
What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

“If I don’t do well in this test my whole year will be messed up!”

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands. Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad; they’ll be catastrophic!

They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.

They won’t just fail over in a game. They’ll break a leg, end up in hospital and miss out on going to school camp, or so they say.

They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child’s age.

Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s tendency to catastrophise. Here are five ways you can use to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?”

   Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yes, you could break your leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?”

   One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

3. “Where does this fit on the disaster meter?”

   Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events… well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.”

   Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking 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. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.”

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘grosst’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with “It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.

Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.

Published by Michael Grose
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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
Our Community at Work

FETE MEETING

On Wednesday 20th June
at 7.00pm
at St Joseph’s school
for all those interested in learning about plans for the 2013 fete, those with ideas to impart or those with offers of help.
**WORKING BEE.**

Thanks you to the following families that attended the Working Bee on Saturday:
- Atkins
- Boxell
- Cummings
- Edwards
- Lunson
- May
- Peeler
- Virgona
- Warner
- Wells (Phoebe)

**LOST:** St Joseph’s windcheater with 'Joel Lunson' name written on tag size. Last left at the Yarra Junction Library excursion last Wednesday (perhaps a child from Juniors may have mistakenly picked it up). I would be grateful if any juniors (or their parents) from that day please check your windcheater tags. I have checked with the Library and looked through the piles of lost property.

Thank you, Nicolle Lunson.

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**Yarra Valley Uniforms**

**ORGANIC COTTON CHILDREN’S UNDERWEAR NOW AVAILABLE**

The Uniform Shop is open on **Tuesdays** after school.
Donna’s contact number is: 0427 516 375.

*Remember to keep receipts to claim on your Education Tax Refund next year.*

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**Seussical Jr.**

Music by Stephen Flaherty
Lyrics by Lynn Ahrens

Presented by Yarra Valley Youth Theatre

Upper Yarra Arts Centre
Warburton
- Fri 29 June 7.30pm
- Sat 30 June 1.30pm & 7.30pm
- Fri 6 July 7.30pm
- Sat 7 July 1.30pm & 7.30pm

**ADULTS $15 / CONC $10**


Enquiries: 5966 4500
Parents & Friends

Shopping TOUR

Saturday August 18

What's the best way to bring people together?
Yes, your Right, Shopping

$10 Deposit
Total cost $23-28 subject to numbers

Get a jump on Christmas
BOOK NOW and
Help the wheels on the bus go round and round

Name
Number of people attending:
Total Deposit $_______

Please contact
Cathy Linder on 0409187166 or Georgette Bourke on 0414630442

For more info logo on to the St Joseph's Parents and Friends Facebook page
Most fatal fires in Victoria occur in people’s homes and, sadly, most of them can be prevented. The CFA and MFB is urging every person to take action to prevent fires starting in their home in the first place, and knowing what to do if a fire does start.

“At a bare minimum, having a working smoke alarm could save your life. Over the coming weeks CFA and MFB will be campaigning to alert the community about Home Fire Safety, but there’s a number of really simple actions you can take right now that may end up saving your life or the life of a loved one.

Clean and test smoke alarms to make sure they are working
Have your chimney or flue cleaned
Have your gas heater tested by a licensed gas fitter to ensure the heater is burning efficiently.
Never deadlock doors when you’re at home
Plan and practice your home fire escape plan with your family
In the event of a fire, get out and stay out and call triple zero (triple 000).
You can check how fire safe your home is and get support for developing your home fire escape plan by visiting homefiresafety.com.au or call your CFA Regional Office on 8 739 1300

What are you risking? Only Working Smoke Alarms Save Lives