*** Supervision of students at St Joseph’s School is from 8.35am until 3.20pm ***

G’day parents and friends,

Congratulations to Fr Michel whose horse won the staff sweep! I hope you all had a pleasant break and if you backed a horse, it gave you pleasure! What do you think of the new carpet in the South Building and the admin area? It has replaced some holes, rolls and lifting carpet.

Late to school
Every day we have children who arrive after school has begun. Some days 20 - 30 children are late! Often it is just a few moments during which messages are given to the children about changes to the day. Sometimes it is after the children are in class receiving explanations or important teaching is occurring. It can be very disruptive. We take our Huff and Puff time seriously. Sometimes these delays are unavoidable. Often it seems not! As an incentive, from next week we are rewarding classes that have the best weekly attendance with icy poles and additional play!

Changes of dates
18 November: Disco 5:30 - 7pm, following dance classes during the day by STOMP. The whole thing is a prize won by your happy principal!
Thursday 24 November: Orienteering Excursion Yr 3-6 (was 25/11)
Tuesday 6 December: Orientation “Step up” day - Foundation: 12:30 - 3pm, Yr 1-6:1:20 -3pm (was 7/12, changed to match other kinders and schools)

Interschool Sport
Permission forms are on Caremonkey for the Junior Sports Day on Friday 4 November at UYSC. The Orienteering has been postponed because Maroondah Park has been closed after the storm. The new date is 24 November. The permission slip will be on Caremonkey this week.

Masses
No class celebrated Mass this week. Next week parents and friends are invited to join Middle T on Wednesday 9 November at 9am.

God bless us all,
John
Preparing for Christmas

The members in our Mini Vinnie’s social action group have been busy making cards during Wednesday lunchtimes. These will accompany the food hampers which are given to the needy people in the Yarra Valley at Christmas by the St. Vincent de Paul society.

Our Mini Vinnies will soon be preparing for a Christmas stall at the end of the year which will allow children at our school to buy Christmas cards and gifts for their friends and family.

Karen McQuade
Christian Life leader
How children's sense of self influences their emotions

During the primary school years, children's sense of self is strongly influenced by the extent to which they see themselves as performing well, both at school and in other activities. This affects their emotional development. Knowing that they can be successful at what they do leads children to feel competent and confident. When children have few experiences of success, they often have to cope with disappointment and may come to view themselves in negative ways. By learning to value their own strengths and efforts, as well as those of others, children develop the emotional resilience needed to manage disappointments and frustrations. Parents and carers can support children's wellbeing and emotional development by showing understanding of their feelings and by offering encouragement and specific praise for children's efforts.

Learning to manage emotions

Helping children learn to accept feelings and to understand the links between feelings and behaviour supports their emotional development. The following example shows how Josh's mother listens carefully and asks questions that help to identify the feelings that led him to be upset. Josh became upset when he fell off the skateboard and the other boys laughed at him. He got angry with them and told his mother they were mean. Here Josh's mother supports his emotional development by helping him to explore his feelings.

Josh: "Those boys are really mean."
Mum: "It sounds like you're really angry with them. What happened?"
Josh: "They laughed at me."
Mum: "Oh, I see. Do you know what they were laughing about?"
Josh: "I fell off the skateboard. It wouldn't turn the way it was supposed to."
Mum: "It sounds like it was really hard."
Josh: "Yes."
Mum: "And you were trying really hard too."
Josh: (Nods).

Acknowledging and exploring his feelings helps Josh feel understood. This makes it easier for him, with his mother's help, to think carefully about what he can do to improve the situation and feel better. Josh's mother could support this next step by asking him what he thinks would make things better for him. She might also suggest some options for him to consider. Approaching Josh's difficulty this way shows him that difficult emotions are linked to problems that can be thought through and resolved.

Key points for supporting children's emotional development

Providing effective support for children's emotional development starts with paying attention to their feelings and noticing how they manage them. By acknowledging children's emotional responses and providing guidance, parents, carers and school staff can help children understand and accept feelings, and develop effective strategies for managing them.

Tune into children's feelings and emotions

Some emotions are easily identified, while others are less obvious. Tuning into children's emotions involves looking at their body language, listening to what they are saying and how they are saying it, and observing their behaviour. This allows you to respond more effectively to children's needs and to offer more specific guidance to help children manage their emotions.

Help children recognise and understand emotions
Emotional development

Taking opportunities to talk with children and teach them about emotions helps children to become more aware of their own emotions as well as those of others. Encouraging children to feel comfortable with their emotions and providing them with practice in talking about their feelings helps children to further develop ways to manage their emotions.

Set limits on inappropriate expression of emotions

It is very important for children to understand that it is okay to have a range of emotions and feelings, but that there are limits to the ways these should be expressed. While acknowledging children’s emotions, it is therefore very important to set limits on aggressive, unsafe or inappropriate behaviours.

Be a role model

Children learn about emotions and how to express them appropriately by watching others - especially parents, carers and school staff. Showing children the ways you understand and manage emotions helps children learn from your example. This includes examples of saying: “Sorry, I lost my temper” (because no parent is perfect!) and then showing how you might make amends.

When it comes to child development, feelings matter. Everyone feels overwhelmed at times but some children can react more strongly to everyday experiences than others. For this reason, it can be useful to understand how temperament affects feelings. Young children especially need adults to help them in developing coping skills for managing emotions. A great way to help children with their emotions is to role-model talking about emotions and being calm.

This can be especially helpful when supporting children around fear and worries. Everyone gets scared, and children can get scared for all sorts of reasons. Very young children are often afraid of imaginary things like monsters hiding under the bed. Older children usually fear real things that might happen, like being hurt. All children need reassurance and support so they can learn to cope with fear and worries on their own.

Older children can also benefit from understanding the relationship between coping with fears and helpful self-talk. Making sense of older children’s emotions requires tuning in, reflecting back to them what you’re noticing and asking open-ended questions. Helping children to manage feelings builds emotional self-awareness and can also help children to understand how thinking affects feelings.

See also:

Emotional development: Suggestions for families
Emotional development: Further resources
Next P&F meeting:  
Friday 4th November at 2pm

Everyone Welcome! Come along and share your ideas.

Uniform Shop next open: Monday 7/11 from 3pm  
Orders can be placed at any time through the office. Please allow up to a week for the order to be filled.

Uniform Shop - The uniform shop will be open Monday 7/11 and 5/12 from 3pm and during the ‘step up’ session on Tuesday 6/12 from 12:30-3pm. The uniform shop will then be closed until after the school holidays. Please note that we can only accept cash or cheque.

Lap A thon - sponsorship $$$ are now due back. Please return to school asap!

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

Parents and families are invited to join St Joseph’s Yarra Junction Community Facebook group. The group aims to keep everyone up to date, share events and notices, as well as buy, swap and sell uniform. This group is run by parents not school. This is not a space to discuss any grievances with the school, please take them to the leadership team or a member of the advisory board.

It’s time to spring clean!!!!  
Clean out the cupboards and leave any second hand uniform at the office. Please ensure items are in reasonable and clean condition without holes, etc.

Fair Meeting - 
Friday 4th November  
2-3pm (after junior sports)

We need you!!

If you can’t make the meeting but are able to help out with organisation please see a member of P&F or leave your details at the office.
Helpers are needed to organise some of the following - Pony rides, Cupcake decorating, Fitness sessions, Digging for treasure in the sandpit, Treasure hunt spotto, Ring the bottle, Lob a choc, Apple bob, baked potatoes, bbq, Plaster fun house, Petting zoo, Face painting, Sport clinics, Lucky jar, Plants, Fire wood Raffle, Coffee cup plant a seed, Fruit salad, make your own Smoothly maker, help with advertising and any more ideas!!!!
Christmas

Catch Up Dance

Saturday 3rd December 2016
7.30pm-11.30pm

Live band HGB will rock the night

St. Joseph’s Sports & Performance Centre
40 Milners Road, Yarra Junction

Entry $15pp
Book your table (8-10) and pay on the night
All Welcome

BYO food and beverage
Tea, Coffee and biscuits supplied

Get creative
Bring along a Christmas Centre Piece for your table
The best one judged will win a fantastic prize
plus
Door Prizes and Raffles galore

Organised by the Upper Yarra Parish Social Group

Bookings: Kate 0423 902 903