Dear Parents/Guardians,

A good number of families attended the school open morning on Tuesday. From all accounts the Kindy open morning was also very successful with new families taking the opportunity to explore the Kindy curriculum and experience first hand what terrific facilities we have. Once again, I am grateful to the support St John’s continues to receive from our existing parents, who take time out of their busy lives to promote our school.

Preparations are well under way for the Year 4-7 camp to Barrabadeen. Please note that boys and girls will require a fold up chair and tea towel in addition to the camp equipment list. A few students will be requested to seek permission to be transported by parents attending the camp due to the limited 24 seats available on the bus. Parents attending and travelling independently of the bus are requested to assist with the transportation of luggage (please contact the school).

Excitement is building for the Music Assembly which will be held on Friday next week in the school library at 8:50am. Students have been honing their skills to perform for parents, students and friends. A special thanks is extended to Cameron for his extra effort in adjusting his schedule to accommodate the music assembly.

During the past week, I have been reminded of the importance of living each day to its potential. Our families provide the scaffold for us to love and care for one another as we go about our day to day chores. It is important for us to take the time and acknowledge each other as individuals on a journey through life. Make the most of each day and share your talents to enhance other people’s lives. Please keep in your thoughts and prayers Sandra Taifalos (Chrissie Babsek’s mother) who has undergone surgery and is recovering in hospital at Cairns.

Yours sincerely,

Andrew Maley
M Ed (ICT), B Ed, Dip T
Principal

“We are what we repeatedly do; excellence, then, is not an act but a habit!”

Aristotle
SMCSA Kanga Cricket

Our SMCSA Kanga Cricket Carnival is set for Friday 16th November at the Silkwood Soccer Grounds. Tuckshop notes were sent home on Tuesday. For children wishing to access the tuckshop facility on the day, all tuckshop orders must be returned to school by next Thursday 8th November.

Swimming Permission Notes

All St John’s students will participate in two weeks of intensive swimming instruction at the Kurrimine Beach Holiday Park. Volunteer parents are required to act as lookouts during our swimming sessions, to ensure that children are safe. There will be two swimming groups, P – 3 and Years 4 -7, with lessons commencing at 1:30pm each day and concluding at 2:30pm. Arrangements are as follows:

- Prep/1 and Years 2/3
  - Mon 12th & Wed 14th November (1:30 pm - 2:30 pm)
  - Mon 19th & Wed 21st November (1:30 pm - 2:30 pm)
  - Years 4/5 and Years 6/7
  - Tue 13th & Thu 15th November (1:30 pm - 2:30 pm)
  - Tue 20th & Thu 22nd November (1:30 pm - 2:30 pm)

Please complete the permission note sent home yesterday. Cost to students has been kept to $13 per child. If any parent is able to assist with ‘spotting’ during lessons, please indicate on the permission form.

All notes must be returned by next Thursday 8th November. The swimming carnival will be held on Friday 23rd November.

Feast of All Saints – 1st November

We celebrate the feast of All Saints to commemorate all the known and unknown saints and martyrs of the Christian faith. Many of the Saints have been publicly recognised by the Church and have their own feast days in the Church’s calendar. Other saints have not been officially proclaimed and are known only to God. However the feast of All Saints honours both groups of people.

Feast of All Souls – 2nd November

On All Souls day we take the opportunity to pray for the souls of all who have died, not only our relatives and friends, but also for those who have no family to pray for them. In remembering and praying for all who have died, the Church is celebrating the life and work of these Christians throughout history.

Kindy Corner

Thank you to Julie Elliott for coordinating the raffle and to the many parents who sold tickets and joined us for the draw last week. This was a very successful fundraiser for the Kindergarten and the winner, Joy, was very impressed with the prize! The Open Morning on Tuesday provided an opportunity for interested families to come and spend the morning at the Kindy. If you know of any families interested in enrolling their child at Kindy, encourage them to come in for a visit.

Mrs Robyn Parisi, Teacher/Director

Catholic students achieve more with less funding

On average, it costs the government 20 per cent more to teach students in government schools, compared to Catholic schools. Even with the fees that parents pay in Catholic schools, it is still cheaper to teach students in a Catholic school.

Even in the toughest communities, and with less money, Catholic schools are acknowledged for sowing the seeds of high expectations and discipline in students, while developing well-rounded learners who get better results.

The Australian Government’s NAPLAN results show that, on average, Catholic schools continue to show improvement in their most needy students. These students are more likely to study at university after they finish school. According to the My School website, the success of Catholic schools comes at a saving to the Australian taxpayer of around $2.2 billion each year.

Catholic school funding must keep pace with rising government school costs. Catholic schools cannot afford to have their funding frozen, as any funding freeze would really be a cut. This is unfair to Catholic school parents because their schools are already saving the government money.

For more information about Catholic school funding visit fundinginfo.catholic.edu.au

A video on Catholic school funding can be viewed by visiting qcec.catholic.edu.au and following the Gonski Review of school funding link, which takes you to: http://www.qcec.catholic.edu.au/news/videos

Congratulations to Molly and Nathan who were baptised last Sunday at Silkwood.
Emotional Resilience

If we want our children to handle BIG emotions we need to rein in our emotions too. We want our children to mimic our response when they experience problems or difficulties at school. There are lots of things that happen that can upset our children. Losing a race, experiencing some rejection or not having their best friend in their class at school can be upsetting, but not catastrophic. Kids can sometimes make these issues seem bigger than they are and their emotional response doesn’t match the situation.

They also know the buttons to press with parents, and we can easily escalate our response to match our child’s. Suddenly, “this is the worst thing ever” that a child talks about can seem like “the worst thing ever” in our eyes too.

Our behaviour starts to mimic our child’s behaviour. If we want our children to handle BIG emotions we need to rein in our emotions too. We want our children to mimic our response when they experience problems or difficulties at school.

Start by changing your own thinking. Rather than thinking “Here we go again, my child won’t be able to cope,” replace these thoughts with “I’d better stay calm. My child needs me to model calm.” This will help you rein in your own emotional response.

Then go through these steps:

Process: Ask your child good questions to get the full story. Use your senses and your intuition to check out what’s happening. Think about what may have happened to lead to the situation. Kids are faulty observers and often present one side of a situation. Think about the full story yourself.

Reflect: It’s really important to give yourself time to think when children and young people talk about their problems. Is this so bad? Will things be better tomorrow? Has this happened in the past? Has your child been able to handle such challenges before? Is this an issue that I need to resolve? Try to see the bigger picture.

Respond: Children’s concerns need to be taken seriously, but sometimes some TLC (Tender Loving Care in the form of a big hug) is sufficient and very reassuring. At other times, some ideas about coping or handling the situation may be useful, but this can occur over time. Avoid feeling that you have to ‘fix’ the problem for your child. And don’t panic if you don’t know what to do. Sometimes things work themselves out, or a solution will appear over time.

Kids of all ages have a tendency to catastrophise when life throws them curve balls. Nothing wrong with that, to a point. But it really helps if the significant adults in their lives (that is, parents) can model calm, reflective behaviour when kids come to them with their emotions out of control. It’s not easy staying calm when kids’ emotions run high, but if you want your kids to calm down and think, then you need to go first.

For more practical ideas visit www.parentingideas.com.au


Students of the Week

Social Emotional Learning Awards

Organisation
Nicholas C & Tegan - Being organised in the mornings with your belongings.

Persistence
Lily - Working tough in mathematics.

Nicholas F - Working hard to write accurate descriptive sentences.

Organisation
Manreet - Always being organised with all your assessment. Keep it up!

Inquiry and Reflective Learners Awards

Effective Communicator
Lucian - Writing neatly in your lessons.

Quality Producer
Matthew - Contributing to interesting class discussions on a scientific level.

Quality Producer
Candice - Working creatively on your technology project. Well done.

READING AWARDS

25 nights - Nathan
100 nights - Molly
125 nights - Molly, Lyanna, Jemma
150 nights - Evan, Jarred, Bradley
200 nights - Lauren, Dimi
225 nights - Jennifer, Zane
250 nights - Christian, Candice
275 nights - Manreet, Sky, Jace

HAPPY BIRTHDAY

30th - Pavel
31st - Billy

SIlwood Catholic Women
Invite all women of the area to a
WOMEN’S BREAKFAST

When: Born Saturday, 10 November 2012
Where: Silwood Bowling Club
$5 per person – Continental Breakfast

Guest Speaker - Diana O’Brien

BOOKINGS ESSENTIAL

RSVP by 7 November to - Marlene.... Ph 40655132 or
Phen.... Ph 40655133