Dear Parents/Guardians,

As the coals glowed a rich red, and the heat forced our camp hardened parents and students to retreat to the perimeter of the fire ring, our camp ovens simmered beneath the ashes. Mouth watering wafts of piggy pork and baa lamb tantalised the taste buds of our camp crew, with Terry Taifalos’ red claw in the pots, Christine in the kitchen and Danny on the shovel, under the close scrutiny of Con.

I am extremely grateful to the parents (Christine & Con Frumento, Terry Taifalos, Stephen Camilleri, Danny Hogan and Jimmy Babsek), who committed their time away from families and work to attend the 2012 Year 4 - 7 camp. Of course a good time was had by all, but the students in particular thrived in the business of camping at Barrabadeen. The canoeing, fishing and swimming proved to be a big hit, entwined with visits to; Kuranda Zoo, Becks War Museum, Herberton Historic Village, Lake Eacham, Curtain Fig Tree and Mamu Canopy Walk. Whilst the camp is programmed as an opportunity to build team work and relationships, everyone in attendance will verify that our students were faultless in their behaviour. I congratulate our students as we conclude yet another very successful year at our special school.

Next Wednesday Mrs Ilene Lander and Mr Paul Cazzulino will complete an external validation of St John’s. This is officially the culmination of our extensive school renewal process, which will inform the school’s direction for the next five years. I acknowledge and thank students, parents and staff for their commitment to this significant process.

Parents are reminded that our intensive swimming program commences on Monday. Unfortunately there are many outstanding permission slips which, as you can appreciate, are required to be returned prior to students participating!

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

“Everyone is a genius at least once a year. The real geniuses simply have their bright ideas closer together!”
George Christoph Lichtenberg
SMCSA Kanga Cricket
Our SMCSA Kanga Cricket Carnival is scheduled for Friday, 16th November at the Silkwood Soccer Grounds. Students in Years 3 - 7 will walk to the Soccer grounds and return back to school following their cricket games. Raffle tickets have been sent home this week. Tickets are only $1.00 each with some fabulous prizes to be raffled - iPod Dock, $50 Target Gift Card, $50 Woolworths Voucher, $50 Movie Voucher. All tickets must be returned by next Thursday, so they can be included in the draw. Proceeds go towards the running costs of hosting SMCSA carnivals.

Swimming Permission Notes
Many swimming permission notes and money remain outstanding. A reminder that these must be returned if you wish your child to participate in swimming lessons. The cost of this year’s intensive swimming program is $13 per child, which will cover the cost of transport. Pool entry has kindly been offset by Tracey & Corey Patterson from the Kurrimine Beach Holiday Park. Students are required to bring a bag with their swimming attire, goggles and towel (all items to be clearly labelled).

Reconciliation
Tomorrow morning a whole school Reconciliation Liturgy will be held at 9.30am followed by the offering of individual reconciliation. Parents are welcome to stay on for this following assembly.

Year 2/3 & 6/7 Class Mass
Next Monday morning (12th November) at 9.00am, the above two classes will be hosting a whole school mass. Parents and parishioners are welcome to attend.

P & F Meeting
The final P & F meeting for 2012 will be held next Tuesday 13th November at 3.00pm in the meeting room.

Bookclub
The final bookclub issue for 2012 has been sent home. For books to be back before school ends, the due date for final orders will be next Tuesday 13th November.

The Kindy children have enthusiastically commenced their Christmas craft this week. They have already made a beautiful Christmas wreath to hang up. Congratulations to Mrs Greco on the completion of her Diploma in Children’s Services. This qualification is the result of much hard work and commitment by Denise. I will be on Long Service Leave from the Kindy for the next four weeks. Denise will step into the role of Teacher and Debbie Anderson will work as the Assistant in my absence. It has been a busy year at the Kindy with formal accreditation and the new curriculum and guidelines to implement. I’m sure the last few weeks will be just as busy. Thank you to all the families for their ongoing support and involvement and I wish you a safe and happy time in the next few months as the older students begin the transition to Prep.

Mrs Robyn Parisi, Teacher/Director

Reminders
✓ Next Kindy meeting will be on Friday 16th November at 8.45am.
✓ Combined School/Kindy assembly on Friday 30th November at 9.00am in the library.

Nurturing the whole student
At the moment, Catholic schools are funded at 20 per cent less than government schools. With parents paying fees, this gap shrinks to 10 per cent. With that 10 per cent, every effort is made to make sure that each student’s learning needs are maximised, so they can reach their full potential and achieve their best.

Catholic schools encourage the importance of community. Principals, teachers, staff and parents work together to develop the whole child: spiritually, emotionally, academically, physically, socially and culturally. Students in Catholic schools are encouraged to engage with their communities, serve others and embrace social justice for all.

Catholic schools need government funding to build strong communities that contribute to a better society.

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

Total Solar Eclipse
Next Wednesday morning, November 14, 2012, a total solar eclipse will be visible in Northern Australia. Very few people have the opportunity to view this event which is perhaps one of the most spectacular astronomical phenomenon that you will ever see. A total solar eclipse occurs when the moon passes in front of the sun and blocks it completely, forming a shadow on the earth. It is dangerous to look directly at the sun for even a few seconds, and can cause permanent retina damage in your eye. Special glasses are available at the Innisfail Information Centre (opposite the conservatorium) at a cost of $5.00/pair. You can contact them on 4061 2655.

Remembrance Day
Sunday 11th November
Helping Kids manage

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves!

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions. Anger needs to be managed, rather than simply avoided. Burying anger deep-down doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Below are six steps parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

**Understand it:**
Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobbly’, so they can take preventative measures. This type of self-knowledge is really helpful.

**Name it:**
Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary. “Mad as a snake”, “about to lose it”, “throwing a tanty” are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

**Diffuse it:**
You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

**Choose it:**
Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

**Say it:**
Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. ‘I feel really mad when you say nasty things to me. I really don’t like it!’ is one way of being heard and letting the anger out.

**Let it out safely:**
Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point. The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”