Dear Parents/Guardians,

Today, St John’s School Leaders enjoyed the opportunity to participate in a leadership day at St Rita’s, South Johnstone. Caritas Australia organised the day through the Catholic Education Office in Cairns. The program was titled ‘Just Leadership’ and was highly recommended. It offered students ways to demonstrate leadership in their own schools and communities, and initiate action for social change.

Congratulations to the 2013 Mini Vinnies committee members. Year 7 students had the opportunity to apply for the team last week.

President (chair) — Jack Hogan
Vice President — Emma Brooks
Secretary — Zane Andrijevic
Treasurer — Mitchell Brooker
Fundraising — Christian Babsek & Paul Cristea

A special thank you goes out to Mrs. De Brincat and our Staff, Parents and Friends of our community for all their support in helping Mini Vinnies to achieve their goals.

As the Feast of the Three Saints draws nearer, I have requested an additional Pupil Free Day on Monday 6th May, following the weekend to accommodate the Feast. Major preparations are carried out for The Feast of the Three Saints Festival prior to the weekend, including vacating classrooms and the school hall. Similarly, the challenge of reinstating classrooms, the school in general and the hall follows the festivities on the Monday.

Unfortunately this year we do not have the benefit of a long weekend to accommodate these essential tasks prior to school resuming.

Years 4-7 students are currently busy honing their kicking, catching and throwing skills in preparation for the SMCSA soccer/netball carnival which is due to be held on Friday 22nd March.

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

“Failure is allowing fear to prevent you from trying something new!” Bob Napierala

PRINCIPAL’S MESSAGE

Term 1 Week 4 – 21st February, 2013

DATES TO REMEMBER

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>23rd February</td>
<td>Liturgy at Silkwood 6.00pm</td>
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<td>25th February</td>
<td>Fr Karel visits classrooms</td>
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<td></td>
<td>Playgroup at Silkwood Kindy 9:00 - 11.00am</td>
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<tr>
<td>27th February</td>
<td>Mini Vinnies mtg 1.15pm</td>
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<tr>
<td>1st March</td>
<td>School/Music/Kindy fees due</td>
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<tr>
<td>1st - 2nd March</td>
<td>TREWTH Conference</td>
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<tr>
<td>12th March</td>
<td>P &amp; F mtg 3.00pm</td>
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<td>17th March</td>
<td>St Patrick’s Day</td>
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<tr>
<td>22nd March</td>
<td>SMCSA Soccer/Netball Carnival</td>
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<td>29th March</td>
<td>Good Friday</td>
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</tbody>
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TUCKSHOP ROSTER

28/2/13 A Scarpignato & K Dodds

Always Reaching for New Heights
Good Counsel has experienced significant demand for places in recent years. The Year 8 enrolment process for Good Counsel College invites applications from Catholic feeder schools up to two months before a general advertisement for applications is placed in the Advocate. The process assists students who attend Catholic Schools in gaining a place as long as application deadlines are met.

Applications open for local Catholic Schools first, notices are run in the newsletters and the Principal visits Year 7 students. Information sessions are available upon request.

Applications are made available at the Southern Deanery Catholic Schools or at the College.

Applications then open to public.

Interview times are arranged and interviews conducted. All students from Catholic schools who apply in the timeframe are interviewed.

Offers of positions (within a cap limit) are sent out with a time for acceptance or decline.

An enrolment list is generated for the following year of the acceptances and information regarding uniforms, books and other matters are mailed out.

A waiting list is created should demand exceed places.

The College will be decreasing the enrolment numbers in coming years to ensure the College has the facilities appropriate for the numbers. It is felt that a College of 650 students will be well served by the facilities now being constructed to be completed this year and next. The present numbers are 570 and in 2015 there will be two groups entering the College with Year 7 and 8. To enable the College to meet the enrolment target, intakes in 2014 and 2015 will be 116-120 per year level. Two groups will enrol in 2015. Those numbers will be enough to cater for all of our Catholic Primary schools.

Enrolment forms are available currently at the College office and we have already received applications for 2014 and 2015. One problem we have encountered is that once the process has concluded and offers and acceptances taken we have received applications for positions. It is vitally important that applications are received by the close off date. This year we have 135 Year 8 students and a waiting list.

Paul Keenan, PRINCIPAL
Emotional Resilience

This term all classes are focusing on the key 'Emotional Resilience' as part of the You Can Do It (YCDI) program. During YCDI lessons, students will be learning about what emotional resilience is and what strategies they can use in their own lives to help them calm down and bounce back after events or people upset/worry them. Older children will learn about the negative habits of the mind that lead to poor emotional resilience. To help you understanding what emotional resilience is, here is a definition: Emotional resilience means knowing how to stay calm and being able to stop yourself from getting extremely angry, down or worried when something "bad" happens. It means being able to calm down and feel better when you get very upset. It also means being able to control your behaviour when you are very upset so that you bounce back from difficulty and return to work or play.

Some examples of emotional resilience:

♦ When someone treats you unfairly, inconsiderately, or disrespectfully, you can stop yourself from getting too angry and lashing out.
♦ When you make mistakes, do not understand some thing, get a bad school report, or are teased or ignored, you can stop yourself from getting very down and withdrawing.
♦ When you have an important test or activity to perform, you can stop yourself from getting extremely worried.
♦ When you want to meet someone new, you can stop yourself from getting extremely worried.
♦ When someone is putting pressure on you to do the wrong thing, you can stop yourself from getting extremely worried about what that person will think if you stand up and say ‘no’.

One strategy that we teach children at school, and you can do this at home, is to put the things that worry or upset you on a catastrophe scale and rate them accordingly. When you put them on the scale, you start to put things into perspective and think, “Is that so bad? Is it the worst thing that could happen to me?”

Think of these examples and where you would put them; a loved member dies, you get a speeding ticket, you lose your keys, you’re late to an appointment.

The Emotional Thermometer

10 Exceptionally Strong (THE WORST THING IN THE WORLD)
9 Pretty Strong
8 (VERY BAD)
7 Medium (BAD)
6
5 Pretty Weak (BIT BAD)
4
3 Nothing Happening (Are you keeping calm?)

Silkwood Butchery Specials:
- Honey Wings $3.99kg
- BBQ Pork Chops $8.99kg
- Lean Corn Brisket $6.99kg

Learn To Swim, Stroke Correction and Swim Squads at Pelican Waterhole, Kurrimine Beach:
Saturday 9am and Wednesday
Ph Alex on 0428571363