Dear Parents/Guardians,

David Gallagher Building Pty Ltd will commence construction of the new Physical Education storage room in the next week. We anticipate minor disruption to the playground, however, parents are encouraged to discuss being careful around the job site. This new facility will alleviate the need to store our sporting equipment where students have ready access.

I have noted many students enjoying the "Game of Kings", commonly known as chess, during recess time. The challenge of chess enhances students strategizing and forecasting skills whilst raising IQ's, preventing Alzheimer’s, exercising both sides of the brain, increasing creativity and improving memory! Anyone interested in a game?

The new St John's school website is nearing completion as we go to print today. I am grateful to Catholic Education who have facilitated the planning and development of the website. We have aimed to create a highly usable website to further improve communication between parents and the school. Please note that our new website will retain the original web address http://www.stjohnssilkwood.qld.edu.au/.

The school, as an educational institution, has continued on its journey towards academic excellence with a sustained effort by all staff to enhance classroom curriculum pedagogy, within the parameters of the Australian Curriculum. In line with our staff maintaining their professional development, Mrs Parisi and Miss Harrison will attend THRASS training in Townsville next Monday and Tuesday.

Parents would be familiar with our diagnostic data collection which has informed our learning support program in the past. The revised student appraisal process will enhance outcomes for all students. This process will promote the identification of the diverse learning needs of all students from the gifted, to students experiencing learning difficulties. We aim to ensure consistency of support offered to all students.

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

“Bill Copeland

"The trouble with not having a goal is that you can spend your life running up and down the field and never score!"

Term 1 Week 5 – 28th February, 2013

DATES TO REMEMBER

1st March
♦ School/Music/Kindy fees due
♦ School Counsellor here today
♦ Music today
♦ 50 cent Friday icy cups ($1 fruit juice)

1st - 2nd March
♦ TREWTH Conference

2nd March
♦ Mass at Silkwood
   6.00pm

10th March
♦ Clean Up Australia
   (Kurrimine Beach)

12th March
♦ P & F mtg 3.00pm

15th March
♦ Sausage Sizzle
♦ School/Kindy

17th March
♦ St Patrick’s Day

22nd March
♦ SMCSA Soccer/Netball
   Carnival

29th March
♦ Good Friday

TUCKSHOP ROSTER

7/3/13
A Scarpignato &
C Scopelliti

Always Reaching for New Heights
The Kindy held their first Parent committee meeting last Friday with the following parents being elected. 
Chairperson/Secretary: Samantha Ericson
Treasurer/Fundraising: Alfina Barbagallo
Fundraising Assistant: Andrea Downing
Grants Officer: Karra Allder
Grounds/maintenance: Lisa Barba
Thank you to these parents for stepping up.
The first Kindy sausage sizzle of the year is set down for Friday 15th March. Robyn & Denise.

School /Music/ Kindy Fees
A reminder that term 1 fees are due for payment tomorrow, Friday 1st March. Please endeavour to settle your account as soon as possible.

Sport
SMCSA sport this term is Netball & Soccer. The Soccer carnival will be held at the Silkwood Soccer Grounds whilst students participating in the Netball carnival will travel to Innisfail. The two carnivals will take place, weather permitting, on Friday 22nd March. Permission notes and tuckshop orders for Soccer were sent home on Tuesday. Netballers will have the opportunity to purchase their lunch from the canteen at the netball courts so no pre-ordering is required.

P & F meeting
The next P & F meeting will be held on Tuesday 12th March, at 3.00pm in the school meeting room. Agenda items can be given to Vera or Chrissie.

Tuckshop
Have you got a few hours to spare once or twice a term? Why not put your name down to lend a hand on Wednesday at the tuckshop. Phone Angelique Scarpignato on 4068 5412 or leave your name with Vera.

Thank you to parents for donating juice to the Mini Vinnies team for frozen cups.

Sharing the caring with Faith & Vision

1st - Lauren

God of everlasting love,
Your presence fills us with awe,
Your word gives us unshakable hope
Fix in our hearts the image of your Son in glory that,
sustained on the path of discipleship,
we may pass over with him to newness of life.
Grant this through Christ, our deliverance and hope,
who lives & reigns with you in the unity of the Holy Spirit,
Holy & mighty God for ever and ever. Amen
**Emotional Resilience: Helping children to cool down & stay calm... Learning to manage anger**

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.

1. **Rate your anger**
   - Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies. *(Use thermometer from last week)*
   - Draw a thermometer to show the scale points of 0-10. Add some words that describe low levels (e.g., 0 = calm; 2 = a bit irritated), medium levels (e.g., 5 = quite cross), and high levels (e.g., 9 = extremely angry, “losing it”).
   - Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.

2. **Relax**
   - There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:
     - **Deep breathing.** Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.
     - **Visualisation.** Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.
     - **Robot/rag doll technique.** The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approx. 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose & stay relaxed like this for 15 seconds.

3. **Use coping self-talk**
   - Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:
     - “Take it easy.”
     - “Take some deep breaths.”
     - “Stay cool.”
     - “It’s OK if I’m not good at this.”
     - “Chill out.”
     - “Don’t let him bug me.”
     - “Time to relax!”
     - “Try not to give up.”
   - To teach children to use coping self-talk it is helpful to model it yourself. For example, you could make a point of saying out loud, “I need to relax,” “I’m going to cool down,” “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

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**Student of the Week**

**Social Emotional Learning Awards**

- **Hannah** - Persisting with your work & never giving up! Well done Hannah.
- **Nicholas T** - Persistence in making a pop-up card in Technology
- **Jemma** - Being a contributing & considerate team member.
- **Paul** - Always showing a willingness to get along with fellow classmates.

**Inquiry and Reflective Learners Awards**

- **Nicholas C** - Being able to explain the unit of measurement used in a maths task
- **Alex** - Researching & finding interesting information on bauxite.
- **Mitchell** - Displaying a positive attitude in all lessons.

**25 Nights Reading Award**

- Kent, Alex, Darcy, Gina, Molly, Lauren, Chad, Nicholas F, Evan, Bethany, Nikita, Deja, Locklan, Tegan, Adam N, Jared, T.J, Leanne & Dimi

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**Good Counsel College News**

Planning for the entry to Year 7 into the College in 2015 is underway. Government funding has been approved for the refurbishment of the present library into classrooms and specialist rooms. This along with the new building that will house the new Library, Information Technology section and specialist rooms and classrooms will ensure the College has the facilities for a smooth change for the extra year level. The College will be decreasing the intake for entry year levels in the future to keep the College numbers to level that the space and facilities can adequately cater for. The intake will be such that spaces will be available in the first instance for all students in Catholic Schools from the Southern Deanery provided that the enrolment process and timeline is adhered to. The amount of enquiries and applications that have already been received for 2014 –2015 has been more than we have had in the past at this time of the year. Recent newspaper articles have highlighted the decline of student results in recent years. I would encourage parents to check the My School web site to look at our Year 9 Naplan results. Good Counsel College is one of only 4 Far North Queensland High Schools that have always been at or above the National averages in those tests. Our Year 12 QCS averages have always been above the State Average and consequently every student in Year 12 of 2012 who applied for University received an offer of a position. A number of those have taken up places interstate. All the best.

Paul Keenan, Principal – Good Counsel College.