

ST RITA'S SCHOOL, SOUTH JOHNSTONE

Weekly Newsletter Term 1, Week 5 2015

24 February 2015



Dear Parents and Carers,

Can you believe that at the end of this week we are half way through Term One. I would like to congratulate the children on their hard work, especially those who are showing initiative in terms of resilience, bouncing back from upsets and getting on with the task at hand.

I came across this interesting article last week put out by Michael Grose – Parenting Expert - that I wish to share with you. Michael gives some very good advice in this article.

When things go wrong at school

Every parent wants the best for their children, and that includes having great experiences at school. Despite best teaching practice things do go wrong at school. Most kids experience learning difficulties from time to time. Conflict and peer rejection are a normal part of school-life. The developmental nature of childhood means that there will always be some turbulence, particularly around key transition ages, such as the start of adolescence. During these times young people frequently experience a dip in their learning as well as significant relationship difficulties. Kids will often come home from school with grievances, and call on their parents for assistance.

Your approach as a parent when your child has difficulty at school makes huge difference to their resilience, and their future relationships with teachers and

peers. Here's a six point checklist to help you stay focused and be effective if your child experiences difficulty at school.

1. **Stay calm and rational:** It's natural as a parent to protect, or defend your children, particularly when you think that they've come in for some unfair or poor treatment.

But acting when you are full of emotion is not always smart. Rather than getting on the phone straight away to organise a meeting at school, take your time to think through how you might assist your child.

2. **Get the all facts:** Once you've calmed down, then get the facts about the situation.

Kids are faulty observers and often only see one side of a story when there's a problem with a teacher or a fellow student. They sometimes can't see that perhaps they may have contributed inadvertently to a dispute at school, or perhaps said something that may have upset a teacher. It's the job of parents to help kids process what happens in an incident, so that all the facts emerge and understand their place in any problem.

Ask good questions to help the full story emerge.

3. **Assess whether to go to school or not:** Kids, like adults, like to vent and will benefit from having told their side of a story to a trusted source. **Often problems can be dealt with at home, simply by talking through an issue, and giving kids some common sense tips to help them cope.**

If your child has a recurring problem that he can't solve himself, or you think adult intervention may be needed to sort out a relationship issue with a teacher or peer, then consider meeting with your child's teacher.

4. **Go through the right channels:** Approach the school calmly, going through the school office. If you have already established a relationship with the teacher concerned, then it's often easier to approach them directly.

5. **Look for solutions rather than blame:** Parent-teacher meetings usually get nowhere when either party blames the other. **State the problem as you see it and view your child's teacher as an ally, not a foe.** "I'm really worried about Jeremy. He's been acting strangely lately and I need some help" is the type of approach that will elicit a helpful response. Talk about your concerns and keep the discussion focused firmly on what's best for your child. Listen to your teacher's viewpoint, valuing a different perspective.

6. **Stay in touch:** Be realistic with your expectations, remembering that some problems can't be solved to your satisfaction, **nor will they be resolved straight away.** Be prepared to work alongside your child's teacher over the long-term, which means you need to keep communicating with each other.

Could everyone please take the time to download the St Rita's Skoolbag App onto their phones.

I realize some of you had issues last year but then some may have upgraded your phones over the Christmas period. It is only a matter of going to the App store and downloading it onto your phone. The App is free. This allows us in times of emergencies to quickly

send out an alert to parents informing them what is happening eg., a flood day. Could everyone let the office know if you have the App (even if you have already done so, so we may have a 2015 list).

I will be away on Thursday and Friday this week at a Principal's conference in Cairns. If there are any concerns please contact the school office.

Please take time to read the attached letter from Mr Bill Dixon, Executive Director, Catholic Education Services Cairns, re our giving assistance to our fellow Catholic Schools in the Rockhampton Diocese suffering the effects of Cyclone Marcia.

Lastly, please note the change in the date of the Year 2/3 Camp. This was unavoidable due to a clash with the District School Sports and an issue Darradgee had with their dates.

Thank you for your continued support. Have a great week, God bless

Vicki



**We have Assembly this week.
(Just after the bell on Friday morning, in
the little hall.)**

RELIGIOUS EDUCATION NEWS

REFLECTING ON THE LENTEN SEASON: PRAY, FAST, GIVE

People often don't look forward to Lent. Sometimes, childhood memories of giving up something sweet or having to sit through weekly Stations of the Cross come quickly to mind. Words like '*sacrifice*', '*discipline*' and '*self-denial*' are terms that we often associate with Lent as being something to be endured rather than a time of spiritual growth.

Perhaps it would be more productive to think of Lent as a yearly 'second chance'. Each year the Church gives us six weeks to take a long look at our lives to see if our values and priorities are in line with God's desires for us. Since we are not perfect and we often wander from God's path, Lent becomes that second chance, or do-over. It is a time to return to God with our whole heart. This of course will mean different things for different people.

As a guide, trying a little harder to follow the three



pillars of Lent is an excellent starting point.

PRAY - Prayer can play important part in our lives – as individuals, as families and as a community. Prayer is especially important during Lent. The Lenten season is a time for reflection, evaluation and repentance. Lent asks us- *'What needs changing?'* The answer can often be reached through prayer.

FAST- Fasting and abstinence are not sacrifices for the sake of pain or discomfort. We are asked by the Church to fast on Ash Wednesday and Good Friday. Some people choose to not eat meat on Fridays during Lent as well. Feeling an empty stomach or fighting the urge to indulge in luxuries does more than just remind us that for some people an empty stomach is their daily bread. It helps us to ask ourselves the question – *'What sustains me and gives me life?'* We fast and abstain because, when we do, we are reminded of who we are – followers of the risen Christ.

GIVE - Everyday we witness situations of injustice, violence and hatred. The Church calls us during Lent to be especially conscious of the needs of others and to act accordingly. Giving materially to another is an act of Christian charity and is known as 'almsgiving'.

(Source – Loyola Press : A Jesuit Ministry)



CARITAS JUST LEADERSHIP DAY:

Thursday 26th February

This Thursday St Rita's will host a Caritas Just Leadership Day.

Student leaders from the Catholic schools in the Southern Deanery of the Cairns Diocese will attend this gathering to learn more about what justice is, what good leadership involves and how to be a just leader.

JUST LEADERSHIP DAYS are an initiative of Caritas Australia. Through these programs Caritas seeks to raise awareness of international and domestic social justice issues and to encourage today's youth (the leaders of the future) to foster a genuine empathy for social justice in our world. The focus for these days is Project Compassion – the lifeblood of Caritas Australia. In 2014, Project Compassion raised nearly \$11 million to assist the world's poor.

This day will be a valuable learning experience for our school leaders and we trust that they will draw upon the positive message and fundamental concepts that are presented in order to become better leaders.



Have a wonderful week.

May the peace of Christ be with you all.

Regards,

Denise

(Acting APRE – Assistant to the Principal Religious Education)

TUCKSHOP

NO tuckshop this week

**WELCOME NIGHT
DATE CLAIMER**

This year's Welcome Night will be on Friday, 13 March. Further details will be provided closer to the date.

SCHOOL FEES

SCHOOL BANK ACCOUNT DETAILS –

BSB: 084-352

A/C#: 00005018

A/C NAME: RCTC St Rita's School South
Johnstone

Reference: Your name

We encourage families to set up regular weekly/fortnightly EFT payments. Please see Jenni for the bank account details which are different from those above.

P & F NEWS

We are still seeking a volunteer to coordinate our Father's Night celebrations. The last two years we have had a night with fun *Minute to Win It* type games for the Dad's and children. The nights have been a lot of fun. But we need a coordinator. If you are interested, please let someone on the Executive know or pop into the office.

Still DESPERATELY seeking a Grants Coordinator

This year we are desperately after a change in our Grant's Coordinator. Jenni has done this for the past several years, but we think a fresh outlook/words are needed. If you can help, PLEASE PLEASE speak up. You won't be expected to do this alone.

BOOK CLUB

Issue 1 Book Club was handed out last week. If you wish to order from this issue please have your order in BEFORE Monday, 2 March

IGAS TESTING DATES YEARS 3-6 ONLY

Subject	Sitting Date	Closing Date	Price.
Digital Tech	19/05/15	05/05/15	\$8.80
Science	03/06/15	20/05/15	\$8.80
Writing	15/06/15	01/06/15	\$18.70
Spelling	16/06/15	02/06/15	\$12.10
English	28/07/15	14/07/15	\$8.80
Maths	11/08/15	28/07/15	\$8.80

Unfortunately, we are unable to take any late nominations so please have your envelope into the school office by 9am of the closing date. Thank you.



Presents
Unbroken (M)

27, 28 Feb & 1 Mar

7.30pm

Admission \$8.00



Well Women's Clinics

(These clinics are available to
Medicare eligible clients)



Innisfail Hospital – Fridays 6th & 20th March –

Ph: 4226 4812 or 0428 781 421

Mamu Health Service – Tuesday 24th March –

Ph: 4061 4477

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.

"Only a generation of readers will spawn a generation of writers."

by **Steven Spielberg**

CALENDAR OF EVENTS

TERM 1

(new dates in yellow)

11 March	School Performance Tours 'Making Friends'
13 March	Welcome Night
17 March	St Patrick's Day
2 April	Easter Presentation End of Term 1
3 April	Good Friday
4 April	Easter Sunday
5 April	Easter Sunday

TERM 2

20 April	Start Term 2
25 April	Anzac Day
1 May	District Cross Country
10 May	Mother's Day
12-14 May	NAPLAN
19 May	ICAS Digital Technologies
20 May	School Photos
3 June	ICAS Science
8 June	Queen's Birthday Holiday
15-19 June	ICAS Writing

16 June	ICAS Spelling
26 June	Fitzy -v- Palmy Day
26 June	End of Term

TERM 3

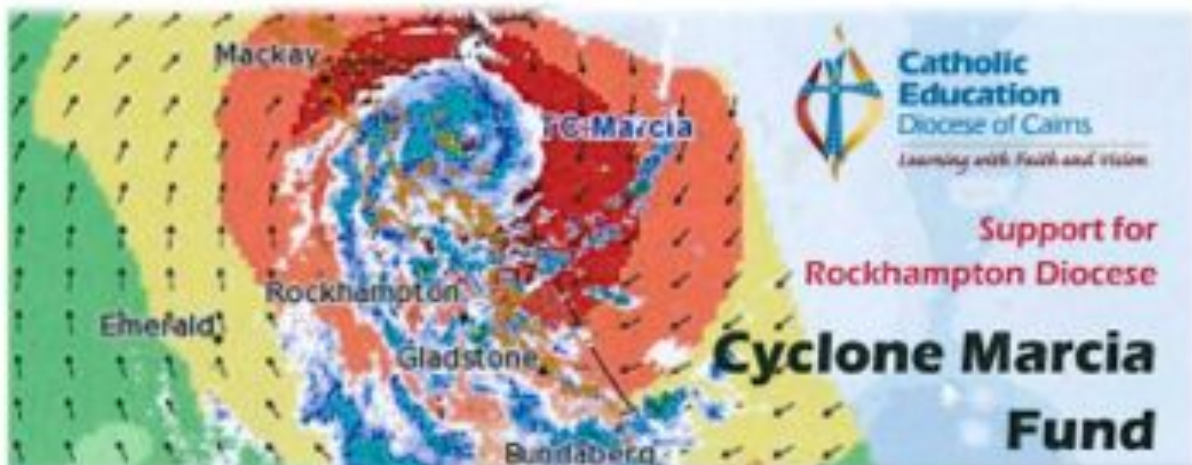
13 July	Start of Term 3
18 July	ICAS English
26 July-1 Aug	Catholic Education Week
3 August	School Performance Tours 'A Slice of Vaudeville'
5&7 Aug	District Athletics
11 Aug	ICAS Maths
20&21 Aug	Yr 2/3 Camp Darradgee
30 Aug-4 Sept	Yr 6 Camp Longreach
7 Sept	Starr Production 'Bully is Back'
9-11 Sept	Yr 4/5 Camp Barrabadeen
18 Sept	End of Term

TERM 4

6 Oct	Start of Term 4
3 Nov	Melbourne Cup
9-13 Nov	Swimming – lower school
11 Nov	Remembrance Day
16-20 Nov	Swimming – upper school



Yr 3 make their fruit faces



Dear Members of our
Catholic School Communities,



As Far North Queenslanders, we are all too familiar with the destruction and anguish caused by tropical cyclones. In the past, Catholic school communities around Queensland and Australia have been generous in their support of Cairns Diocese schools and families in our times of need.

Now it is our turn to respond to assist our sister communities in the Rockhampton Diocese in the wake of Cyclone Marcia.

Catholic Education Services and the Catholic schools of the Cairns Diocese are taking up a Cyclone Marcia fund raising campaign in support of needy families in the Rockhampton Diocese.

Your school is organising fund raising events, such as gold coin days etc. School community members may also make donations direct to their school's fund raising account. The account details for your school are:

Name: **St Rita's School, South Johnstone**
BSB: **084 352**
Account Number: **0000 5038**
Reference: **TC Marcia (adding your surname is optional)**

I ask that you give as generously as your circumstances allow. In the meantime, please keep the people of central Queensland in your thoughts and prayers.

Bill Dixon
Executive Director
Catholic Education Services – Diocese of Cairns