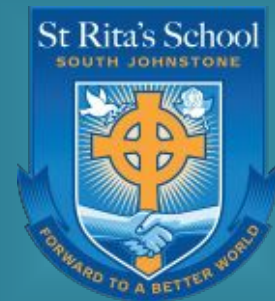


# ST RITA'S SCHOOL, SOUTH JOHNSTONE

Weekly Newsletter Term 1, Week 6 2015

3 March 2015



Dear Parents and Carers,

Welcome to another week in the joyous world of St Rita's. The children are now into the meaty side of the term with assessment of the term's work approaching. It is important the children eat a good breakfast before they come to school and bring a substantial lunch of healthy foods. I have to congratulate the children on making healthy choices particularly at morning tea, as it has been a long time since breakfast. By no means am I dictating to parents what they can put in their child's lunchbox but please limit treats.

I received a very positive response around the inclusion of the Michael Grose article in last week's newsletter. I will try to continue to offer something similar throughout the year. An issue that is very pertinent at the moment is the use of the term "bullying". We all know that this is a real issue in today's society, but is it "bullying" or is it the result of normal rough and tumble play? I contacted Maggie Dent – Author and Educator on this topic and she has shared with me the links to some of the work she has completed on the subject. (One of which I share with you today). Maggie will be back in Term Four to talk to us again with compliments of the P&F Parent Education Fund. Those of you who have had the pleasure of attending Maggie's session might like to enlighten the new parents of our community on the effectiveness of her sessions. We have also put in for funding to attain the services of Susan McLean, one of Australia's top Cyber Safety experts. You

may remember after the P&F State Conference last year I cited some of the information I gained whilst attending her talk.

This year as part of the services available through e-Minerva, Parent/Teacher interviews will now be booked on-line, a process which will be familiar to those who have children in secondary school. Parent/Teacher interviews will be held in the last week of this term and the first week of next term. In the coming weeks we will give you links and instructions on how to do this. Experience shows that this is a far more efficient way of handling this process. Watch this space.

On the weekend the teaching staff attended the TREWTH conference at the Pullman International in Cairns. They were in-serviced on issues pertinent to Religious Education in our school. I thank them for their commitment giving of their time to provide our children better educational opportunities.

Keep next Friday night, 13<sup>th</sup> March in your diary for our first social night of the year. In today's newsletter there is information on ordering pizza. Looking forward to seeing you there.

Have a great week. God bless.

Vicki



**No Assembly this week.**

# RELIGIOUS EDUCATION NEWS

## EXPLORING THE WORD: 2<sup>ND</sup> SUNDAY OF LENT

In biblical times, holy people climbed high mountains to be closer to God. If a cloud covered the mountain it meant God's presence had come down to meet the holy person. This is exactly what happened in last Sunday's gospel (Mark 9:2-10). Here, Jesus' appearance takes on the imagery of the divine (*his clothes became dazzling white*). Those who join him are significant: Moses was the receiver of the Law and Elijah was the first prophet. Understandably the three disciples who accompanied Jesus were terrified. While they were there they heard a voice from the cloud, "This is my son, my beloved. Listen to him."

As they came down from the mountain Jesus warned them to tell no one what they had seen until after the Son of Man had risen from the dead. Peter, James and John observed the warning faithfully although they discussed among themselves what this could possibly mean.

### DID YOU KNOW –

- This event in the life of Jesus is known as *The Transfiguration.* (It is associated with Mt Tabor near Nazareth in Galilee.)
- The three disciples who witness Jesus' glory in this episode are the same three who will witness his agony on the Mount of Olives the night before his death.

### REFLECTION –

- How do you understand the divinity of Jesus?
- When do you contemplate the face of Christ, and what do you see?
- When you hear the voice of God's Son, what do you hear him say to you?



## JUST LEADERSHIP DAY:

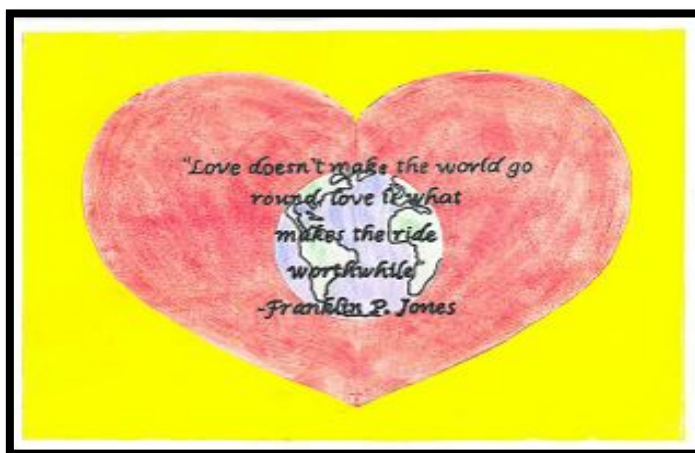
Last Thursday approximately 55 children and 10 teachers from the Southern Deanery of our Diocese gathered at St. Rita's to participate in a Just Leadership Day. This was a wonderful experience

and the day was both interesting and insightful. It focused on our call to help the poor live meaningful and productive lives not only through charitable acts but just as importantly through raising awareness.

Our year six children were fantastic hosts and volunteered their assistance regularly throughout the sessions. Then at Assembly on Friday they shared with the rest of the school some of the most significant facts that they recalled from the day. These are just a few....

- 1% of the world's resources are owned by the poor
- 87% are owned by the rich
- If you have a fridge to keep food in, a bed to sleep in and a roof over your head  
*THEN, you are richer than 75% of the world's population*
- 1.3 billion people live on less than \$1.25 a day
- Some children walk up to 6 km a day to get clean water

THE OVERALL MESSAGE – Overcoming poverty is not simply an act of charity, it is an act of justice !



## THANK YOU:

A huge thank you to the wonderful ladies of St Rita's P & F who provided morning tea for our visiting teachers and presenters. Your generosity is greatly appreciated. Thank you.... Janita Foschi, Heidi Piccolo, Annette Caltabiano, Moara Crowley and Pricilla Wilcox.

Have a wonderful week. Peace be with you all.

Regards,

Denise ( Acting APRE – Assistant to the Principal in Religious Education)

OUR WELCOME NIGHT IS -  
**pajamas, pizza &**



Come along to our Welcome Night  
Friday, 13 March, 6pm for pizza;  
Movie starts at 6.30pm

Two movies will be played for the kids while the adults can do some relaxing. Just for a bit of fun, kids can wear their pj's & bring their pillows. NO popcorn please.

There will be other treats supplied.

**Pizzas NEED TO BE ORDERED by THURSDAY 12 MARCH** by return slip, phone or email [secretary.johnstone@cns.catholic.edu.au](mailto:secretary.johnstone@cns.catholic.edu.au)

\$2 slice/\$16 whole pizza

Payment is to be made on the night – please bring correct cash where possible.

Welcome Night -

**Family Name:** \_\_\_\_\_

| Type      | No. slices |
|-----------|------------|
| Supreme   | _____      |
| Pepperoni | _____      |
| Hawaiian  | _____      |

**P & F NEWS**

**Sheryl Cavanagh – our new Grants Coordinator !!**

Sheryl has very kindly volunteered to be our Grants Coordinator/Writer, and has already taken great steps towards our playground improvements project. If you find you have a great idea, information about a grant or some spare time, please do not hesitate to approach Sheryl.

**RETURNED SERVICEMEN**

In conjunction with the anniversary of the centenary of World War 1, we are displaying in our school library during Term 2 an honour board to acknowledge those who sacrificed so much during the Great War to protect our shores.

I am sure there are many families in our St Rita's School community who have loved ones who made the sacrifice to serve our country. We ask that you honour these people by placing their names on our honor board. Could you please provide Jenni with these names. Please indicate where these men and women served. Service to your country is not only in battle as many medical staff and clergy lost their lives.

We will remember them.

**TUCKSHOP**

There is tuckshop this week please ask your child/ren for the menu



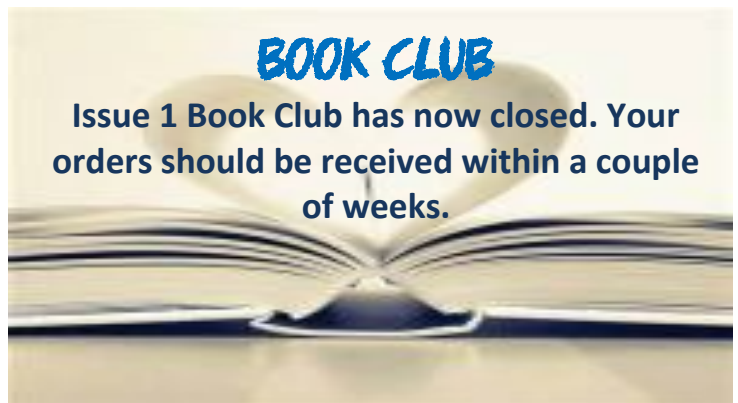
Presents  
**American Sniper (M)**

6, 7 & 8 March  
 7.30pm  
 Admission \$8.00



**BOOK CLUB**

Issue 1 Book Club has now closed. Your orders should be received within a couple of weeks.





## ICAS 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.

## 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.

## CALENDAR OF EVENTS

### TERM 1

(new dates in yellow)

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

|               |                           |
|---------------|---------------------------|
| 5 April       | Easter Sunday             |
| <b>TERM 2</b> |                           |
| 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<br>'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 |

*"You're braver than you believe,  
and stronger than you seem,  
and smarter than you think."*

*– A.A. Milne / Christopher Robin*



## MAGGIE DENT

### The Little Things are the Big Things — Building Resilience

Published on Maggie Dent (<http://www.maggiedent.com>)

Today's modern world is full of so many innovations, knowledge and new ways of doing things, we should all be in great shape.

Unfortunately we are not. I work with parents and teachers every day who are deeply concerned about our children and teenagers, and how they are managing and coping with the pressures of modern living. Research shows there is declining health and wellbeing in our young people — increasing numbers of who are succumbing to depression, emotional instability, mental illnesses, obesity, and low educational and social competence. Today's children are struggling.

Many of the pressures and challenges are invisible. What can be helpful on one level can be destructive on another level like TVs, mobile phones, Internet, Pods and mp3 players. Being affluent and having the ability to give your children things you were unable to have as a child should be a good thing. Unfortunately affluence can create more challenges to raising resilient children than financial challenge or adversity. The very experience of having to save for something or wait for it makes the receiving of what is desired so much sweeter. Being able to delay gratification is seen as key quality of an emotionally mature person. This generation has immediate access to plastic credit and the temptations that brings, before they have the maturity to manage the full consequences of their actions. These are attributes of emotional intelligence. We now know more than ever before how the human brain develops and grows, and this has massive implications for parents and parenting.

#### **What is resilience?**

Resilience refers to one's ability to successfully manage life and to successfully adapt to change and stressful events in healthy and constructive ways. In simplistic terms, it is our survivability and "bounce-back-ability" to life experiences and that means both the really advantageous ones as well as the really challenging, traumatic ones.

Young people have always needed effective coping skills, however the modern world is more challenging than ever before, and it appears that many young people have fewer resources to deal with adversity than in previous generations. Our main concerns today involve the increasing numbers of our young who are aggressive, depressed, suicidal and engaging in maladaptive coping strategies such as substance abuse and anti-social behaviour.

The need to improve everyone's understanding of resilience is essential for parents and carers of children because it will offer insights into how to protect our children from the damaging effects of the pressures of our increasingly chaotic and uncertain world.

Resilience should be understood as a vital ingredient in the process of parenting all children, a process that directs our interactions as we strengthen our children's ability to meet life's challenges and pressures with confidence and perseverance.

The early years, indeed from conception, are unbelievably important in helping our children be better equipped to live in this chaotic world with constant, rapid change. There are some key building blocks that strengthen the ability to be resilient, to bounce back from the bumps and bruises of life. These building blocks create vital protective factors that strengthen one's capacity to cope and especially to overcome adversity, and these building blocks begin at conception.

The early years of a child's life have always been important. However, it is not only the child's physical and intellectual development that is developing rapidly in the first years of life it is the emotional and social aspects. Most of the important developments are invisible and difficult to measure. Often the little things are the big things.

Children still need the basics — plenty of loving interaction with significant people who care for them, enormous amounts of play and opportunities to make mistakes and learn from them. You don't need a lot of money to raise children well — that is a myth.

#### **10 Resilience Building Blocks for Children 0-12**

1. Positive healthy pregnancy
2. Good Nutrition
3. Safe, nurturing care within the circle of family
4. Plenty of play
5. Build Life Skills
6. Meaningful Involvement with Positive Adults
7. Clear boundaries

8. Absence of stress

9. Self Mastery

10. Strengthen the Spirit

Maggie Dent 2006 ©

My resilience model outlines 10 key building blocks for 0-12 that build healthy self-esteem, and strengthen children's ability to be resilient and bounce back from life's challenges. These building blocks clearly show the different areas that a parent, school or community can focus on in order to build resilience for life. Any building block will help, and the more the better. The only one that can only be done once is obviously the first – positive, healthy pregnancy.

The little things are often the big things later. A baby who is soothed often and quickly when distressed tends to become self-soothing as a toddler. The food patterns that a parent creates in the first two years of life will tend to stay with the child for life.

So children who are not introduced to sweet drinks and high-fat, processed foods like potato crisps in the first two years will be less inclined to have an emotional or comfort need to eat them as an adult. Children who have been able to play freely in the natural world with little parental supervision often tend to have stronger 'seeking' or enquiring thinking patterns as an adult than children who have largely experienced structured or adult-led play.

Simple life skills for adults are not simple for children. Effective teeth cleaning, managing to eat with cutlery, blowing your nose and tying up shoe laces are all serious life skills that need to be taught with patience and compassion. Children interpret their world through their eyes and can judge themselves to be dumb or stupid if they find themselves in the company of another child who has competency in these simple skills and they do not.

There are many, many steps in the 10 building blocks that impact on children for the rest of their life and too many to cover in this article. Needless to say, there is no simple process that allows you to progress one step at a time because all children are created uniquely and their development is determined by many different factors – seen and unseen.

### **Setting your kids up for life**

Parents need to be constantly reviewing what is happening in each of their children's lives. This act of reflection with the other parent or family member or other person deeply involved in their

child's life is very helpful to stay in tune with an individual child's development. Please avoid comparing children – that is disrespectful of a child's individuality and essential human potential, and has the tendency to invalidate the child. Children need to experience disappointment, challenge, failure and boundaries to fully develop the interpersonal and personal skills that allow people to live in society. They also need to have a voice, and age-dependent moments of autonomy where they get to have a sense of control over their life.

However, too much will lead to overindulgent, permissive and unpleasantly challenging behaviour that will create conflict and distress.

Young children need help to manage strong negative feelings and learn how to communicate their needs to significant adults. Unmet needs are the main driver for inappropriate behaviour in children – and helping them to understand what need is unmet is unbelievably important for later life. This is where children learn the difference between assertiveness, passivity and aggression. Everyone has a toolkit of life skills that they have accumulated throughout their life. Children have an imaginary toolkit hanging off their shoulder. A simple metaphor to remember in building resilience in children is the more tools in their toolkit, the more resilient they will be. It is the primary responsibility of parents to be filling that toolkit. It is not up to teachers or childcare workers to fill it – they merely add to the basic tools that are already present.

Finally, memories from childhood build patterns of expectation in the brain for life. Children who have experience repeated 'magic' moments like night-time rituals of snuggling up with a book, singing songs in the car, Easter egg hunts or picking mushrooms, tend to anticipate positive and optimistic moments in life. The stronger a child's imagination especially under 10, the more likely they will be able to avoid depression, cynicism and criticism as adults.

This is the last building block – strengthening the spirit. Childhood is meant to be full of chaos, endless play, spontaneity, laughter and moments of wonder and awe. Let your inner child come out and play before they become teenagers, when they may only see you as an embarrassment.

Consciously create the magic moments that build delight and lightness – turn the screens off, play music, share meals and tell jokes – anything that



builds the sense of belonging, being valued and noticed.

These are just a few of the little things that become big things later in life.

Maggie Dent ©

© Maggie Dent 2011. Author, parenting and resilience educator. Author of Saving our Children from

Our Chaotic World, Nurturing Kids' Hearts and Souls, Real Kids in an Unreal World, Black Duck Wisdom and Saving Our Adolescents.

www.maggiedent.com

**You may also like:**

10 Resilience Building Blocks for Birth to 12  
Building Blocks for Resilience Illustrated — Poster  
Real Kids in an Unreal World  
Real Kids in an Unreal World — DVD/CD

might want it in return for a donation to the school. If interested please see Vicki or Jenni

## YR 4,5 6 FRIDAY AFTERNOON SPORT

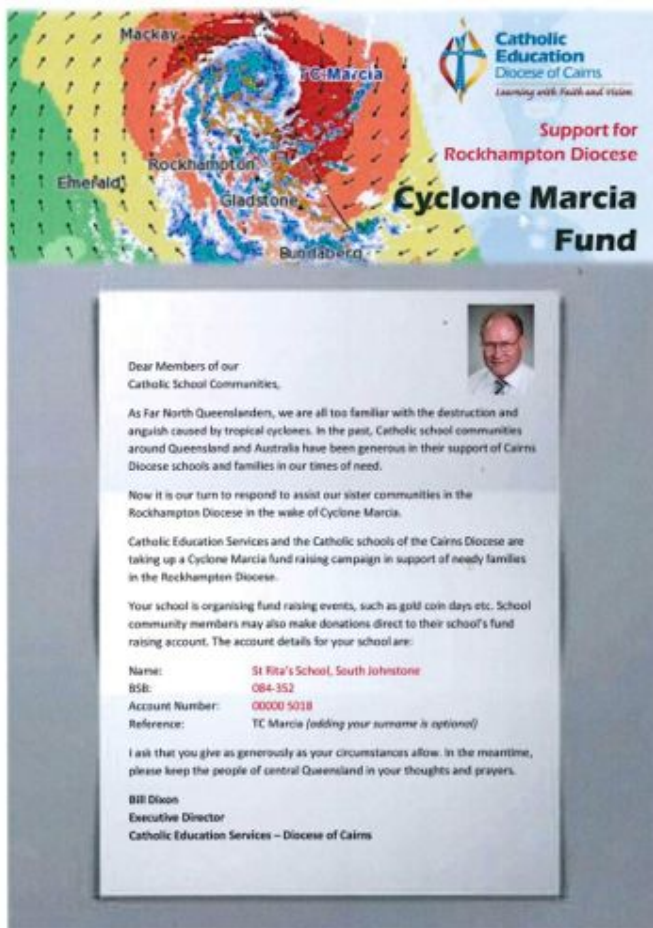


Reaching for the stars



Ducking for cover

## A reminder about the Cyclone Marcia Fund



Mackay  
Emerald  
Rockhampton  
Gladstone  
Bundaberg

Catholic Education Diocese of Cairns  
Learning with Faith and Vision

Support for Rockhampton Diocese  
**Cyclone Marcia Fund**

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: 00000 5018  
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

## PRINTER

## GIVEAWAY/DONATION

We have a Samsung colour laser printer CLP-315 in the office that has been brought in by one of our teaching staff. It is almost unused. Perhaps one of our school families

## RECIPE OF THE WEEK

Have you got a special but simple recipe you might like to share? Here is this week's contribution –

### Thousand Island Chicken

Coat chicken pieces in a small amount of flour mixed with a sachet of French Onion Soup mix;  
Place in slow cooker;  
Pour in a bottle of Thousand Island dressing, add a little water to the bottle, swish and add to the ingredients;  
Season as you wish;  
Cook on low for six hours and enjoy.