

# ST RITA'S SCHOOL, SOUTH JOHNSTONE

Weekly Newsletter Term 1, Week 7 2015

10 March 2015



Dear Parents and Carers,

This Friday night is our first P&F social night for the year. I encourage all families to come along to meet other parents in the school. As of today we only have one family who has placed an order for pizza. It is important that pizza orders be in by Thursday. Children will be treated to two movies to allow parents time by themselves to talk. I do realize that the weather forecast is not that good but notification will be given early Friday morning in the event of bad weather. Football will be available on the screen in the library

As mentioned in last week's newsletter, this year Parent/Teacher interviews will be booked on line. These will open next Monday. Jenni will be sending out an email with clear instructions before then, so please watch for her email.

Congratulations to the children who began running laps of the oval yesterday morning in training for the school cross country, which will be held on the last Tuesday of this term (31<sup>st</sup> March). It was wonderful to see parents running with their children encouraging them. Children will be receiving points for laps run between now and the cross country date. Sessions begin at 8.20am. Remember there will be no lap running on a Tuesday morning due to Cricket Club. Prep to Year Six all run the cross country at varying distances. Parents are encouraged to attend on the day. Children ten years and over are then

selected to represent the school at the Peninsula trials at Warrina Lakes on May 1<sup>st</sup>.

With the end of term looming, and teachers and parents meeting to discuss children's work, I thought I would share with you an issue on the topic of "Praise".

For most modern parents, praise is an important component in the toolkit for raising confident, successful kids. *But are you using it well?*

I don't ask this question to trip you up or make you feel guilty. Rather, I want you to think about whether you are using praise as effectively as possible.

Here are a few common 'praise mistakes' made by adults in their dealings with children, along with some alternative approaches:

### **Praise mistake #1: Praising ability rather than effort**

**The research is very consistent on this: praising *effort*, not natural ability, is far more effective for building confidence and persistence.**

In other words, *praise the things that kids can control – not the things they have no control over.*

This teaches them to persist and that improvement is possible when they make the effort. You want your child to learn that intelligence and ability are malleable rather than fixed. Then they will be motivated to keep pursuing real, lasting improvement over time.

### **Praise mistake # 2: Praising results over improvement**

The evidence is also clear that parents who overemphasise achievement are more likely to have kids with high levels of depression, anxiety, and substance abuse. Your focus instead be on recognising *improvement* and your child's efforts to *do their best*. This, again, will teach them that improvement is possible if they persist; it will encourage them to compete against themselves rather than others.

### **Praise mistake # 3: Over-praising, leading to lack of impact**

Common sense suggests that the more you praise the same thing over and over, the less impact that praise will have over time. My suggestion is that you praise as a poker machine provides winnings, i.e. intermittently. In this way your praise will have the maximum effect.

### **Praise Mistake #4: Praising what kids automatically do already**

Sometimes we praise kids for activities that they are doing automatically, without conscious thought. For some kids this might be keeping their room clean. For others it might be helping with the washing up. It's fine to praise these things once in a while, but don't make doing so a habit. All you will achieve is to make this unconscious behaviour conscious, and after a while the praise will be expected. It is better to show gratitude for tidiness or other automatic behaviours only every so often. *Instead, focus your praise on those behaviours that are less automatic but that you would like to become habitual.*

### **Praise mistake # 5: Making praise a very public thing**

There's nothing wrong with praising a child in front of their grandparents or other

adults every now and then. It's great to see a kid puff their chest up with pride!

However, constantly praising a child in public can have some interesting side effects including building greater dependency on the opinions of others, avoiding the taking of learning risks and a heightening of sibling competition.

*I suggest that you make praise, encouragement and positive reinforcement a private matter between you and a child – at least most of the time.* This will make these things more meaningful. Leave the public praise to others – such as grandparents.

### **The last word**

I'll leave you with a final thought about praising correctly from Po Bronson and Ashley Merryman, authors of *Nurture Shock: New Thinking about Raising Children*: *"The key (to praising correctly) is intermittent reinforcement. The brain has to learn that frustrating spells can be worked through. A person who grows up getting too frequent rewards will not have persistence, because they'll quit when the rewards disappear."*

Next Tuesday the children will be allowed to wear green to celebrate St. Patrick's Day. Please read more about this in Denise's section of the newsletter.

See you all Friday night. Have a great week. God bless.

Vicki



There is Assembly this week. After the morning bell in the little hall.

# RELIGIOUS EDUCATION NEWS

## SHARING THE TRADITION: THE GOSPEL OF JOHN

The Gospel reading for last Sunday and the next two Sunday's of Lent come from the Gospel of John. John's Gospel was the last one written down, probably close to the end of the first century. The followers of Jesus had had 70 years to contemplate who Jesus was and the meaning of his ministry. Therefore, we find a very different tone in John from the other three Gospels, known as the Synoptics.

Each of the Gospels for these three weeks reflects in some way on the Paschal mystery – that is, the life, death and resurrection of Jesus in his own time but also as it continues to be made present and powerful in the faith of the Church in all ages. For the Jewish people, the temple was the centre of worship of God. In last Sunday's Gospel (John 2:13-25) Jesus declares himself the new temple. It is suggested that if we read the text only as an example of Jesus' righteous anger over the greed of those who controlled commerce in the Temple precinct we miss much of the point that John is making. The Jews believed that the offering of sacrifice to God in the Temple was a central part of their religious observance. Jesus however, now brings that practice to an end. He speaks of his own body as the new Temple, the new centre of worship. In a way, Jesus is reinterpreting the religious traditions of the Jews to centre in himself. He is the living Temple of the Father's presence among us.



### REFLECTION –

- Have there been times when you have become enraged over an injustice?
- What actions did you take to right that disorder?
- What are some appropriate responses to that which disorders our world?

### DID YOU KNOW –

- The only coins acceptable in the Temple were half shekels

*(Roman coins were not acceptable because they were imprinted with the image of the Emperor*

*and the Commandments clearly state that there should be no graven images used by Jews.)*

*This week's Psalm response offers great wisdom:  
**Lord, you have the words of everlasting life.**  
(Source – The Summit, Volume 42, No.1)*

## MINI VINNIES: CONGRATULATIONS 2015 COMMITTEE

Last week the Year 6 class elected the members for our Mini Vinnies committee for this year. This small but willing group of children will work together throughout 2015 to raise funds for St. Vincent de Paul Society and to raise awareness of the marvelous work that do within our region and the whole of Australia. Basically, our Mini Vinnies group will 'put their faith into action'. They have generously committed to answering their call to serve others and will do so with the support of the school leaders and our entire school community.

Thank you and congratulations to

|                               |                            |
|-------------------------------|----------------------------|
| <b>Mikayla Camuglia</b>       | <b>(President)</b>         |
| <b>Karla Calleja</b>          | <b>(Vice-President)</b>    |
| <b>Anna- Louise Celledoni</b> | <b>(Secretary)</b>         |
| <b>Isaac Darveniza</b>        | <b>(Treasurer)</b>         |
| <b>Bree Jensen</b>            | <b>(Publicity Officer)</b> |



## ST. PATRICK'S DAY: LET'S CELEBRATE !

Next Tuesday, 17<sup>th</sup> March is St. Patrick's Day. This is an important feast day in the liturgical year and one that the children particularly enjoy celebrating. We will begin with a school prayer liturgy at 9.00 am on Tuesday morning and the children are encouraged to wear something green. In lieu of free dress for the day we ask that a gold coin be donated to Project Compassion as a way of assisting our fundraising efforts during Lent for this very worthy cause. As well as this, green jelly and custard cups will be sold at Big Lunch with the proceeds also contributing to Project Compassion. No doubt, individual class teachers will have some fun activities planned for the day too!

Thank you for your cooperation. We look forward to a memorable day.



Wishing you all a wonderful week. Peace be with you.  
 Regards,  
 Denise (Acting APRE – Assistant Principal Religious Education)

## TUCKSHOP

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

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. Football will be on the screen in the library. 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  | _____      |

## 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.

## 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.

Please keep the Puccini family in your prayers (Ruben Yr 1) on the passing of his Great-Grandmother, Lily Rowe.

*"How wonderful it is that nobody need wait a single moment before starting to improve the world."*

– Anne Frank

# THE PURPLE POPPY

THE PURPLE POPPY symbolises remembering animals that have died during conflict.

To commemorate all the animal deeds and sacrifices in war, Australian War Animal Memorials has issued a purple poppy, which can be worn alongside the traditional red one as a reminder that both humans and animals have and continue to serve.

Poppies are priced at \$2 each and can be purchased through the school office.

Hurry only 15 left !!

Money goes towards Australian War Animal memorials.

Please help us raise awareness of these forgotten heroes.

## 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                                |

### TERM 2

|           |                           |
|-----------|---------------------------|
| 20 April  | Start Term 2              |
| 25 April  | Anzac Day                 |
| 1 May     | District Cross Country    |
| 8 May     | Mother's Day Luncheon     |
| 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 |



Presents  
Paper Planes (G)

13, 14 & 15 March  
7.30pm  
Admission \$8.00



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

## RECIPE OF THE WEEK

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

### Cob Loaf

250g bacon rashers diced  
1 onion diced large  
250g cream cheese  
1 1/2 cup cream  
2 cup mozzarella grated  
1 cup tasty cheese grated  
1 cob loaf

STEP 1 Cut the top off cob loaf and pull the soft bread out.

STEP 2 Place the top and stuffing aside.

STEP 3 Fry onion and bacon, place in a bowl

STEP 4 Add the block of softened cheese, cream and grated cheeses. Mix well and fill the cob loaf.

STEP 5 Place bread lid on and wrap in foil.

STEP 6 Bake at 180C for 45 minutes.

STEP 7 Remove foil and cook for a further 10 minutes.

STEP 8 Add the bread pieces and bake for 7-10 minutes to crisp up.

STEP 9 To serve, place on a heat resistant platter with crispy bread pieces around the outside to use as dippers.

Then enjoy.

## A reminder about the Cyclone Marcia Fund

Dear Members of our Catholic School Communities,

As Far North Queensland, 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.

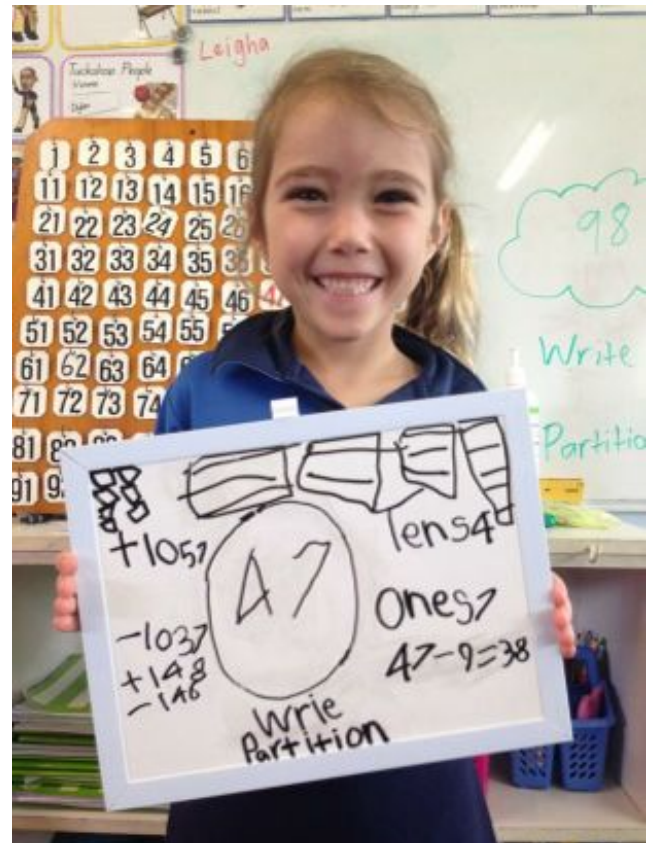
Catholic Education Services and the Catholic schools of the Cairns Diocese are taking up a Cyclone Marcia fund raising campaign in support of needy families in the Rockhampton Diocese.

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:

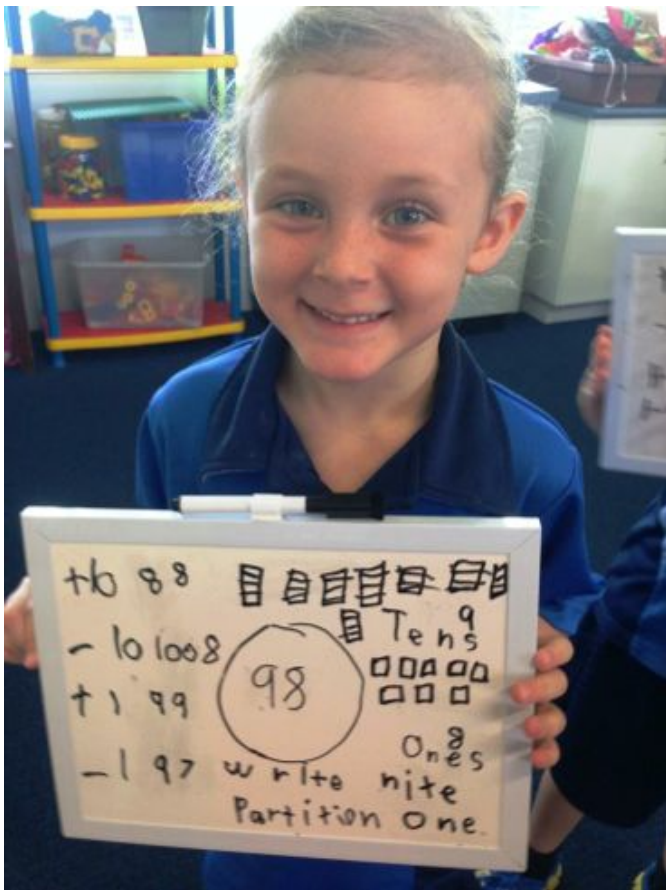
Name: St Rita's School, South Johnstone  
BSB: 084-352  
Account Number: 00000 5038  
Reference: TC Marcia (adding your surname is optional)

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



Working out Magic Numbers  
Sasha Darveniza, Year 1



Izzy Horsford, Year 1

Lorraine & Tahlily Maund share stories & information about the Mamu people to the Year 3 class.

