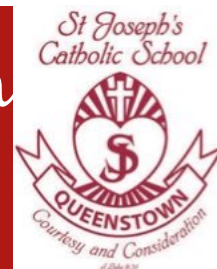


# St Joseph's Catholic School Queenstown

School Newsletter No. 15 Tuesday 7th June 2016



## SCHOOL CALENDAR

### Term 2

#### June

##### Friday 10th June

NW Cross Country  
Playgroup  
Class Mass (King Billy) - 9:30am  
Lyell House Visit - Huon

##### Monday 13th June

Queen's Birthday long weekend

##### Tuesday 14th June

Dance Fever

##### Wednesday 15th June

School Board Meeting - 7pm

##### Thursday 16th June

School Photo Day

##### Friday 17th June

Playgroup  
Class Mass - Prep/Grade 1 - 9:30

##### Tuesday 21st June

Dance Fever  
School Assembly - 2:15pm

##### Friday 24th June

Whole School Mass - 9:30

##### Tuesday 28th June

Dance Fever Concert (Memorial Hall) - 9:30 - 10:30

### July

#### Friday 1st July

Last day of term 2

#### Monday 18th July

Term 3 begins

### 2016 Term Dates

**Term 1:** Feb 4th - April 8th

**Easter:** March 25th - March 29th

**Term 2:** April 26th - July 1st

**Term 3:** July 18th - Sept 23rd

**Term 4:** Oct 10th - Dec 16th



## NEWS FROM THE PRINCIPAL

### HOW TO MOVE YOUR CHILD FROM WORRIER TO WARRIOR by Michael Grose - Australia's No 1 parenting educator

*Not only can "worrywart" children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.*

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of *Everday Jitters* Mary Sheedy Kurcinka author of *Raising Your Spirited Child* and Tamar Chanksy author of *Freeing Your Child from Anxiety*, and Washington Post columnist Suzanne Nelson I learned these ideas:

**Give the worry a name:** Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers 'There's a Hippopotamus on our Roof' by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

**Put your worries in a jar:** Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

**Limit talking time:** Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

**Normalise rather than lionise their anxiety:** Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I've already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.

**Worry about the things worth worrying about:** Worrying is energy sapping and can take up too much of anyone's time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

1 Pontifex Street Queenstown, Tasmania 7467  
(PO Box 42)

Telephone: (03) 64711139

Facsimile: (03) 64711251

E-mail: [stjosephsq@catholic.tas.edu.au](mailto:stjosephsq@catholic.tas.edu.au)

[www.stjosephsq.tas.catholic.edu.au](http://www.stjosephsq.tas.catholic.edu.au)

School Banking Details: BSB 067000

Acct: 10320670

EFTPOS facilities now available

**Give them the tools to relax:** My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up.

### **REMINDER - Student Medical Information**

If your child/ren's medical information has changed since the beginning of the 2016 school year, please remember to provide details to the school office. This also includes any updates to any medical action plans your child/ren may have.

### **Emergency Practice**

Within the next six weeks we will hold an unannounced emergency practice with staff & students this is to test our response to a potential scenario that staff identify as a threat, warranting the school go into lockdown (opposite to evacuation).

Like fire evacuation drills, we recognise the worth to test this process. We have plans in place to make this practice as least disruptive as possible. If you have queries you are welcome to call our Safety Officer, Simon Natoli on 0400 105 476.

### **School Photo Day**

Our school photo day will be held on Thursday, 16th June. Envelopes were sent home with students last Thursday and will need to be returned to the school office by Tuesday, 14th June. Students are to be dressed in their full winter uniform. Please contact the school office if you require any uniform items prior to this day.

### **School Car Park**

In the interest of the safety of our students, parents are requested **not to drop off or collect students in Pontifex Street**. The car park in Pontifex street is reserved for staff parking, disabled parkings and deliveries. Our preferred drop off and pick up is the **Orr street** entrance where there is a crossing person to ensure the safety of students crossing the road.

### **Skoolbag App - Absentees**

You can notify the school of student absentees via the Skoolbag App. Located under parent E-Forms, look for absentee note, fill in the details and press submit, this will then send an e-mail to the school notifying us of your child's absence.

### **School Banking**

A reminder that school banking is completed every Thursday. If your child would like to commence school banking please contact the school office for an application.

### **Lego Challenge**

Lego creations need to be completed and be at the school office by next Tuesday, 14th June. Application forms are available from the school office.

## **Weekly Canteen Special**

- Tomato and vegetable soup      \$2.00
- Wholemeal Bread Available
- Sausage in bread      \$2.00 (Wednesday only)



## Class News - Sassafra

If anyone has any unwanted lego could you please drop it in to Sassafra. Thank you.



### Welcome

We welcome the following new students to our school community:

Blue Gum - Izaya & Ellie.

Leatherwood - Lachlan, Jalailah & Madison.

### NW Cross Country

Congratulations to the following students who were selected to represent the school in the North West Cross Country at Stella Maris this Friday, 10th June.

Grade 3: Will, Jaidin, Stormm, Agatha, Brooke, Holly & Shelby

Grade 4: Jordan, Jarrad, George & Meshca

Grade 5: Tobi, Bailey, Darrion, Sharee, Chloe & Eleanor

Grade 6: Jeremy, Luke, Liam, Laura & Chelsea

## ★ Awards ★

Congratulations to the following students who received awards in our last assembly:

**Leatherwood** - Warren, Skye, Izaac, Oliver & Jazzmin.

**Huon** - Taiden, James, Kain, Koby, Conrad, Taleeta, Ava, Eden & Allie.

**Myrtle** - Jarrad, Meshca, Seth & Tommy.

**King Billy** - Tykea, Kaleb, Liam, Eleanor, Chelsea, Jypce, Tobi, Lachlan, Bailey & Blair.

### WEST Awards

Klancy - Leatherwood

Will - Myrtle

Sophie - Huon







### **Tasmanian Premier's Reading Challenge**

The Premier's Reading Challenge will run for 10 weeks during terms 2 and 3, from 14th June to 23rd August. This includes the July school holidays, providing students with an opportunity to continue with their reading over the break. Reading and literacy are fundamental skills that all students need to succeed in their schooling and throughout their lives. The challenge is a key Tasmanian government program supporting Prep to Grade 6 students to develop these vital skills.

It aims to:

- Inspire children and young people to love books and reading
- Raise parent and community awareness about how important reading is as a life skill
- Encourage families and parents to read with their children every day

### **Expressions of interest sought**

Expressions of interest are being sought for a Teacher Assistant for 6 – 8 hours per week. A current Working with Vulnerable People Registration (WWVP) is an essential requirement. Previous experience working with students with additional needs in a primary school setting is desirable. Please forward expressions of interest to [christina.gretton@catholic.tas.edu.au](mailto:christina.gretton@catholic.tas.edu.au) by 5pm, Friday, 10<sup>th</sup> June, 2016.

### **Winter Uniform**

Our winter uniform stock has arrived. Please contact the school office if you require any winter uniforms.

### **Scholastic Book Club**

Book Club orders are due back to the school office by next Wednesday, 15th June.

### **PARENTS AND FRIENDS NEWS**

#### **Cookie Dough Fundraiser**

The Billy G's cookie dough fundraiser is in full swing with lots of orders coming in. Keep them coming guys and don't miss out. Additional order forms are at the office if you require more, and all forms will need to be returned no later than Friday, 10<sup>th</sup> June so the cookie dough can be delivered by the end of term. Orders can also be placed online for credit/debit card payment.

**Next Meeting: Wednesday, 29<sup>th</sup> June, 7pm in the School Library.** During our meeting we will be updating our Constitution. Please come along if you would like to have some input. If you would like to view a copy of our current Constitution please see Rebecca Lay.

### **Community News**

The Queenstown Junior Basketball Association will be holding a clinic on Thursday, 9th June from 3:30pm to 5:30pm at the Queenstown Stadium. The clinic is open to all age groups and is free of charge. It is run by Mr David Munns from Basketball Tasmania.