FROM THE PRINCIPAL

Dear Families,

**FETE Meeting**      **Tonight  7PM IN THE LIBRARY**
Come along to our Fete meeting in the staff room/library tonight. Our Twilight Fete will be held on Friday 21st October 2016. We need lots of helpers to take on roles, helping, co-ordinating etc. Bring ideas, thoughts and energy. Many hands make light work. All welcome. Some rides have already been booked and ready to go.

**Year 5 Mass**
All year 5 families are invited to Mass this Saturday at 6pm. Come along and join the parishioners for a cuppa afterwards. All families welcome.

**Prep 2017**
If you have a child starting school next year please see Angela or Robyn in the office to put your name down on our mailing list so we can send paperwork home in the next couple of weeks. Thank you.

**Swimming Sports**
We wish our team of Yr 4-6 swimmers all the best for next Monday 7th March when they participate in the District Swimming Sports.
Gymnastics 4 Hire
Come along to our open classrooms of Gymnastics 4 Hire next week. Do you want to see the skills the children have developed? Come along on next Tuesday or Wednesday to see them in action.

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Literacy Helpers Training/Refresher
On Tuesday 15th March and Wednesday 16th March from 2-3pm in the Library a training session will be held for parent helpers. If you would like to help in the Prep – Yr 2 classes during the Literacy block feel free to come along. Complete the form sent home via caremonkey by Friday 11th March.

Stepping Up Into Yr 1/2
Come along to our Yr 1/2 Parent Information night and hear what’s happening in Yr ½ this year. This will be followed by our Parent Education Board meeting.
Look out on caremonkey for an information night flyer on Tuesday 8th March from 5.30-6.30pm in the library. Please respond via caremonkey.

Parish Education Board AGM
Don’t forget the AGM is on this Tuesday 8th March in the school library from 6.30-7.30pm. Come along and see what happens at St Joseph’s.

Reconciliation
Next Thursday 10th March we have our final meeting for our Yr 3 families preparing for Reconciliation at 7pm. Don’t forget to bring the children to this session as we do our Art activity in preparation for Reconciliation.

Easter Eggs & Raffle
See attached with this newsletter and also coming home with your child will be a letter and Easter egg raffle tickets. We are asking for families to donate eggs, baskets, Easter toys etc for our Easter raffle on Thursday 24th March. Each family will receive a book of 10 raffle tickets. There are more available from the office. The more donations we receive the more prizes on offer.

Free Pillows
We have some large pillows for free in the hall. Please come in the office if you would like one. First in.

Rabbits for sale
Rabbits, mostly white, are for sale for $30 and $5 will be donated back to the school. Please call Wally on 0417 118 583.

Baker’s Delight Hot Cross Buns
Today we have sent home an order form if you would like to order hot cross buns. Baker’s Delight Patterson Lakes generously support our breakfast club each day. Please find an order form coming home with your child. All orders with money must be returned to school by Tuesday 15th March and your child will bring them home on Tuesday 22nd March. Thank you.

2016 Inter School Golf
School Sport Victoria in partnership with Golf Victoria is pleased to announce registrations are open for the 2016 Inter School Golf. There are multiple locations, and multiple events to choose from. All the details are on the SSV website

Primary School Golf
To be eligible to play students must be enrolled in Grades 3, 4, 5 or 6 in a school affiliated with the School Sport Victoria. In the qualifying round the students will play 9 holes on a short course, players will be notified of their progression to the state finals by Golf Victoria. Those who qualify for the state final will play 18 holes on a shortened course.

REMINDER - ONLINE Enrolment for the state trials in AFL, netball, soccer and basketball close on March 16th
See www.ssv.vic.edu.au for more information or to enrol for the trials

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Building Resilience in children

What is resilience? Resilience is knowing how to stay calm, being able to stop yourself from getting extremely angry, down or worried when something bad happens. It also means being able to control your behaviour when you are upset so you can bounce back from difficulty.

Teaching your child to be resilient

A vital element of teaching children to build resilience is teaching children that what they THINK affects the way they FEEL. Usually it is not what happens that makes us feel negative emotions, it’s the perception and understanding around the situation that creates our feelings. Two children in the exact same situation can perceive a situation differently and therefore one crumbles and gets down and the other is able to control her emotions and bounce back from a minor setback. This is most often because of the child’s thinking skills and habits.

Discuss Ways to Think as well as Coping Skills that will Help Your Child to Be Resilient

Introduce your child to the idea of an Emotional Thermometer and explain that feelings like physical temperatures can go from being very low/weak in intensity to very high/strong: You could explain it something like “When something happens to you that you think is bad like someone doesn’t say hello or you get a bad mark, you can feel extremely upset, medium upset or just a little upset. A resilient person tries to manage her emotions so that she stays in the medium range of upset and when she gets to the top of the thermometer, she calms down quickly.” When you are talking with your child about something that happened at school or home where they were upset, explain that there are some helpful ways they can think about what happened that can strengthen their resilience. One way, is not to let your thinking get the better of you by blowing the badness of what happened out of proportion (making mountains out of molehills).

Things that happen can be truly awful and terrible and other events are just “a bit bad” like being late for an appointment, a bad mark on a test, someone laughs at what you say in class or forgetting to do something. When you are thinking about something bad that happened, it’s good to think: “This is bad but it could be worse. It’s not a catastrophe, the worst thing in the world.” Thinking this way helps you to be calmer and more resilient to a difficult situation.

Habits of Mind that lead to poor emotional resilience:

There is a range of thinking habits that don’t help children to be resilient. If we can identify these unhelpful habits, then it’s easier to help our child think about a situation in a more healthy way. These are some common negative habits:

- **Self-Downing** – means thinking that I am useless or a total failure when I have been rejected or have not achieved a good result.
- **Needing to be perfect** – means thinking that I have to be successful or perfect in everything important I do.
- **I Can’t Do It** – means thinking that, when I have not been successful at something important, I am not good at anything and never will be.
- **I Can’t Be Bothered** – means thinking that life should always be fun and exciting and that I can’t stand it when things are frustrating or boring.
- **Being Intolerant of Others** – means thinking that people should always treat me fairly, considerately, and the way I want and if they don’t then I will get really angry and frustrated.

If you would like to learn more about how to support your child to build resilience look out for the information below in this week’s newsletter on our upcoming Parent Seminar ‘Understanding and Supporting children with Anxiety’ 7pm Tuesday 26th April.

Boon Wurrung Cluster - Family School Partnership

St Joseph’s Primary School along with John Paul College, St Francis Xavier Frankston, St John’s Frankston, St Augustine’s Frankston, St Joachim’s Carrum Downs, St Anne’s Seaford, St Jude’s Langwarrin. As a group we would like to invite you to join a Facebook page administered by the Boon Wurrung Cluster - Family School Partnerships cluster (a group of 8 Catholic schools in and around Frankston, including St Joseph’s). This page will provide additional support and information to our families in regard to parenting, education, health, child development and young people in general. We will also share information about upcoming events at our schools and request your input for future events. Please ‘Like’ this page! Your feedback is welcomed and if you have anything you think families across the cluster will benefit from please email me Justine Shachar (Boon Wurrung Cluster Engagement Leader) at shachar@jpc.vic.edu.au. I can also be contacted on 97840221.
During Term 2 2016 we have planned to continue to provide support for our children in the area of Wellbeing but also some opportunities for our parents to help develop parenting skills. We have set up these opportunities to support you as free events for parents and children. PUT THESE DATES IN YOUR DIARY!

**WEEK 2**  Tuesday 19th April at 7pm as part of the “Boonwurrung Family Schools Partnership” we are sponsoring an evening with **Michael Grose** to talk to parents only on “Parenting for resilience” at JPC

**WEEK 3** Tuesday 26th April a Night for parents only “Understanding Anxiety in Children” by Georgina Manning Director of Wellbeing for Kids at St Joseph’s free event is sponsored by St Joseph’s School and the Boonwurrung Family School Partnerships.

**WEEK 5** Tuesday 10th May Open Doors presents a Parent only night from 7-8.30pm on the “Wonder of Living Family Enrichment Program” sponsored by St Joseph’s School

12th – 19th May  Life Education Van at school for children

**WEEK 6** Tuesday 17th May Open Doors presents a Parent & Child (Yrs 3-6) night from 6.30pm - 7.30pm on the “Wonder of Living Family Enrichment Program” titled “A New Baby” sponsored by St Joseph’s School

**WEEK 8** Tuesday 31st May Doors presents a Parent & Child (Yrs 5 & 6) night from 6.30pm - 7.45pm on the “Wonder of Living Family Enrichment Program” titled “Puberty Plus” sponsored by St Joseph’s School
Uniform Shop – Now open Thursday mornings 9-10am
A huge thank you to Riny and Heidi, our volunteers for the uniform shop. They have now handed over to Vanessa and Ruth who will continue to run the shop. We appreciate all of your help over the last 2 years ladies.

St Joseph’s Term 1 Working Bee
Last Friday afternoon we held our first Working Bee for 2016. We had a wonderful turn out and were able to complete a wide range of tasks. One of the major tasks for this Working Bee was a paint project in the Sustainable Garden. For this project, we were able to connect with our local Bunnings store in Keysborough. Catriona and Janine, from Bunnings, arrived at school at 12pm with all the paints we needed and started painting the undercoats on the tyre stacks in the Sustainable Garden. The tyre stacks were being transformed into minions or multi-coloured tyre planters. We had some early bird parents and children who joined in the creative designing and painting of the minions and colourful tyre planters. Carina, Katie and Samantha helped lead the project with Catriona and Janine. We had many other parents join in to create a wonderful addition to our garden. We also like to thank Taubman’s for donating multiple cans of undercoat and for also donating the light blue paint for the minions. As usual, we had many other parents working around the school completing tasks that included pruning, weeding and washing playground equipment just to name a few tasks. A big thank you to all that helped last Friday afternoon.

Pinafores
Pinafore orders are now due.

Breakfast Club

A huge thank you to Woolworth’s Chelsea for their very generous donation of a box of fruit every week for our breakfast club. We are very grateful and the children will love this healthy start to the day. Thanks to Paul and his Produce staff at Chelsea and Lynsey (Prep CL) for organising this and collecting the box.

Can you spare half an hour once a week from 8.15am – 8.45am?

We are also asking for donations long life milk please.

Monash Children’s Hospital Walk
This Sunday 6th March at Jill’s Park in Wheeler’s Hill there is a walk to help raise money for the new children’s Hospital at Monash. Enjoy 1, 5 or 10 km walk with friends. Register at mchwalk.com.au

Congratulations to…. 
Emily who competed at the Regionals last weekend. Emily came 4th in the 1100m walk and has now qualified for the State Track & Field Championships next month for the U/10 girls race walk.

Emily is competing with Seafock Little Athletics this season.

2016 Term Dates
Term 1 28th January – Thursday 24th March (Good Friday 25th March)
Term 2 11th April – 24th June
Term 3 11th July – 16th September
Term 4 3rd October – 15th December
**IMPORTANT DATES**

- **Thursday 3rd March**  
  Yr Prep-2 Mass 9.15am, 7pm FETE meeting in the Library
- **Friday 4th March**  
  Yr 5/6 Summer Sport Rd 3 vs Seaford, 2.30pm Assembly 1/2 performing
- **Saturday 5th March**  
  6pm Year 5 Mass
- **Monday 7th March**  
  District Swimming at The Pines 9.00am-2.00pm
- **Tuesday 8th March**  
  Year 1/2 Parent Information Night 5.30pm-6.30pm, Gymnastics (5) P-Yr 2, Yr 5/6 Leadership (5), 7.00pm Parent Education Board AGM
- **Wednesday 9th March**  
  Gymnastics (5) Yr 3-Yr 6, Yr 5/6 Leadership (5),
- **Thursday 10th March**  
  Reconciliation Night (3) 7pm
- **Friday 11th March**  
  Yr 5/6 Lightning Premiership
- **Saturday 12th March**  
  Mass for Reconciliation families 6pm
- **Sunday 13th March**  
  Mass for Reconciliation families 9.30am or 11.00am
- **Monday 14th March**  
  Labour Day Holiday
- **Tuesday 15th March**  
  Yr 5/6 Leadership (6), Reconciliation Yrs 4-6
- **Wednesday 16th March**  
  Yr 5/6 Leadership (6), MUR Yr 5/6, Sacrament of Reconciliation 10am, 5pm & 6pm
- **Thursday 17th March**  
  Whole school athletics day Edithvale Track
- **Friday 18th March**  
  National No Bully Day, St Joseph’s Feast Day 9.15am Mass, Yr 5/6 Summer Sport Rd 4 – BYE, 2.30pm Leadership Assembly
- **Saturday 19th March**  
  St Joseph’s Feast Day
- **Tuesday 22nd March**  
  Yr 5/6 Leadership (7), Yr 5/6 Leadership Graduation Night 5/6B & 5/6W
- **Wednesday 23rd March**  
  Yr 3/4 Botanical Gardens Excursion, Yr 5/6 Leadership (7)
  Yr 5/6 Leadership Graduation Night 5/6BS & 5/6AL
- **Thursday 24th March**  
  Holy Thursday **End of term  1pm finish**
- **Friday 25th March**  
  Good Friday
- **Monday 4th April**  
  Term two begins, 2017 enrolments open
- **Tuesday 12th April**  
  School tour 2.15pm
- **Wednesday 13th April**  
  Yr 6 Digger for a Day
- **Thursday 14th April**  
  Junior Major, school tour 9.30am, 1st preparation session First Holy Communion 7pm
- **Friday 15th April**  
  School tour 9.30am, 2.30pm Assembly Instrumental children performing
- **Saturday 16th April**  
  Mass for First Holy Communion families 6pm
- **Sunday 17th April**  
  Mass for First holy Communion families 9.30am or 11am
- **Tuesday 19th April**  
  OPEN DAY 9am – 3.00pm
  An Evening with Michael Grose at John Paul College, Parenting for Resilience 7pm
- **Wednesday 20th April**  
  Kidsmatter Day
- **Thursday 21st April**  
  School tour 2.15pm
- **Monday 25th April**  
  ANZAC Day
- **Tuesday 26th April**  
  "Understanding Anxiety in Children" here at St Joseph’s, school tour 2.15pm
- **Thursday 28th April**  
  2nd preparation session First Holy Communion 7pm
- **Friday 29th April**  
  School tour 9.30am
- **Saturday 30th April**  
  Mass for First Holy Communion families 6pm
- **Sunday 1st May**  
  Mass for First Holy Communion families 9.30am or 11am