Anzac Day 2016

Anzac Day, 25th April, is one of Australia’s most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

Australians recognise 25th April as a day of national remembrance, which takes two forms. Commemorative services are held across the nation at dawn—the time of the original landing, while later in the day, former servicemen and servicewomen meet to take part in marches through the country’s major cities and in many smaller centres. Commemorative ceremonies are more formal, and are held at war memorials around the country. In these ways, Anzac Day is a time at which Australians reflect on the many different meanings of war.

On Monday at the Longbeach Chelsea RSL both the Dawn Service at 6am and then the 9.30am march and commemorative service at the cenotaph were well attended by community groups and our own students and families from St Joseph’s. During the later march and ceremony we enjoyed beautiful skies and watched the fly over by the Royal Victorian Aero Club, based at Moorabbin. Two of our students, Louise and Jye, laid the wreath as representatives of our school community with Eric laying the wreath as our St Joseph’s Parish representative. It was great seeing so many of our students attend both services. During the march from Swanpool Avenue to the RSL, students marched behind our school banner with others marching with their other community groups such as Scouts and Athletics, but all marching as one with great pride and wonderful community spirit. We hope the rest of the day was as wonderful as the start and thank you for your participation.
Easing children’s anxiety - By Michael Grose

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate. Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.
Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

*Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.*

Please find a **Mother’s day** note attached to this newsletter.

On Thursday 5th May we will be holding a Mother’s Day stall for the children from 9-11am. We will need a few parent helpers to help out in the hall foyer. Please see Angela or Robyn if you can spare some time. Each item will be $6.00. Also there is a special Masterclass for mums on Friday 6th May from 12pm – 2.30pm in the Discovery Centre. Please see Caremonkey for details.

**School Fees**

Fee statements have been distributed today either by email or through your child’s classroom. If you are paying the minimum of 3 payments for the year, the 2nd instalment is due by Thursday 26th May.

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**Peace and Best Wishes**

Gavan O’Donnell

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**Can you help?**

A Parishioner of St Joseph’s Church is in need of some household furniture and would greatly appreciate assistance in obtaining the following—a refrigerator, washing machine and a single bed mattress. If you can help please phone: 0411 529 353.

Thank you

**Ladies night at the Aspendale Gardens Community Centre**

Friday 6th May at 7.30pm

Tickets $25 each including complimentary drink, finger food and live music. Get together with your mum and girlfriends for a fun night of music, drinks, food and shopping.

Please call 9587 5955 to book your tickets.

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**Good Eating Beef Pie (200g)**

All the things you love about Mrs Mac’s beef pies, with less fat and sodium. Lean minced beef in a tasty gravy, wrapped in golden pastry. Big serving size for bigger appetites.

(200g x 24 per ctn)

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**Canteen New**

For the duration of Term 2 the canteen will be trialling Mrs Mac’s Good Eating Beef Pie (200g). The pie costs $4.00 each.
Garden Workshops
On Friday 15th April, we held a Garden Workshop run by Lyndi Garnett, Victorian Salvia Study Group (Branch of the Herb Society of Victoria) with the assistance of Genevieve Pound who initiated and help coordinate the session.

We had approximately thirty students who attended from the start of the session with others joining in throughout lunchtime. The students who attended learnt about how to take cuttings and how to plant those cuttings and help them grow.

Our aim is to provide an opportunity for students with an interest in gardening, to develop their knowledge and enthusiasm through a hands on learning activity. Most students planted a few cuttings and if they wanted, they could take one of their potted cuttings home to grow and then plant in their home garden. The other plantings were kept here to grow and be sold at the fete. Any of these plants not sold at the fete will be planted in the school gardens.

We hope to run further planting sessions on the days that we have a member of the school Science and Environment Team rostered on for a Sustainable Garden duty ie. Monday, Wednesday and Friday. If you have cuttings that you could provide us with the name of the plant attached, please tell the ladies in the Office and leave them in the container near the sinks in the Sustainable Garden.

We would like to organise future garden workshops during lunchtimes on a Monday, Wednesday or Friday. If you would like to be involved, please leave your name at the school office and we will be in touch.

If you are interested in learning more about the Salvia Study Group, their website is: http://salvias.org.au/

Regards Clyde Siebel
Term Dates
Term 2  11th April – 24th June
Term 3  11th July – 16th September
Term 4  3rd October – 15th December

Important Dates

- Thursday 28th April
  - 2nd Fee statement distributed, 2nd preparation session First Holy Communion 7pm
- Friday 29th April
  - School tour 9.30am, 2.30PM Assembly Yr 5/6 performing
- Saturday 30th April
  - Mass for First Holy Communion families 6pm
- Sunday 1st May
  - Mass for First Holy Communion families 9.30am or 11am
- Tuesday 3rd May
  - School Tour 2.15pm, Parent Education Board (PEB) 7pm
- Thursday 5th May
  - School Tour 9.30am, Mother’s Day stall
- Friday 6th May
  - Enrolments close, Mother’s Day Masterclass 12.00-2.30pm in the discovery centre,
    Yr 3-6 Cross Country 9-11am, 2.30pm Assembly Yr 1/2 performing
- Saturday 7th May
  - 8am Working Bee, 6pm Prep Mass
- Sunday 8th May
  - Mother’s Day
- Tuesday 10th May
  - NAPLAN Yr 3 & Yr 5, Prep Grandparent Mass 9.15am
- Wednesday 11th May
  - NAPLAN Yr 3 & Yr 5, 7.30pm PPC
- Thursday 12th May
  - Life Ed Van, NAPLAN Yr 3 & Yr 5, 3rd session First Holy Communion 7pm
- Friday 13th May
  - Yr 5/6 Winter sport rd 1, 2.30pm Assembly preps performing
- Saturday 14th May
  - 6pm Mass for First Holy Communion candidates
- Sunday 15th May
  - 9.30am or 11am Mass for First Holy Communion candidates
- Tuesday 17th May
  - 9.15am Mass Yr 1/2 Grandparents Mass
- Friday 20th May
  - Yr 4-6 District Cross Country, Walk to school safely day, 2.30pm Assembly 3/4s
- Wednesday 25th May
  - Little Devils Circus #1
- Thursday 26th May
  - Little Devils Circus #1, National no sorry day, Fee payments due
- Friday 27th May
  - Winter lightening prem, Sacrament of First Holy Communion 4.30pm & 6pm
- Saturday 28th May
  - Sacrament of First Holy Communion 4.30pm & 6pm
- Wednesday 1st June
  - Little Devils Circus #2
- Thursday 2nd June
  - Little Devils Circus #2