Thursday 19th May 2016

our Year 1/2 children with their Grandparents.

FROM THE PRINCIPAL

Dear Families,

The Little Devils Circus Performance lessons start next week.

On Wednesday - Prep CL, 1/2B, 1/2DL, 3/4MC, 3/4A, 5/6AL and 5/6BS.

The children need to be in their sports uniform for these lessons until term 3, week 4 (as well as their normal sports day).

The Little Devils Circus performance will conclude with two performances at Chelsea/Long Beach RSL hall on Thursday 4th August at 6.00pm and 7.45pm. Details and bookings will come home early next term.
Walk Safely to School Day
Tomorrow morning we will meet at Bicentennial Netball Courts (Sturdee Street) at 8am and walk to school from there, leaving about 8.10am. On arrival at school there will be some fruit for the children. If you are unable to make the walk from Bicentennial try and park the car a few blocks away and walk the rest to school. Walk safely to school days asks that we consider our transport habits and try and walk as part of a healthy active way to get around. Regular exercise is great for all of us.

WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 20 MAY 2016

Well it’s that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn’t realistic for many of us, it’s quite easy to figure out how you can build a walk into your family’s daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Smarter Kids so join us at Bi-Centennial Park Netball Courts at 8am to walk to school on Friday 20th May and have some healthy fruit when you arrive at school.

For more information, visit www.walk.com.au

District Cross Country
Congratulations and good luck to our children representing St Joseph’s at the District Cross Country tomorrow at Cornish College, Bangholme.

Eucharist
A reminder for any Eucharist preparation families who have not yet submitted feedback. The form can be completed online at http://goo.gl/forms/xa42Iiy25o
Also, name tags may be returned to Miss Finck or the office.

Year 7 Catholic Secondary School Enrolment 2019 and beyond
Please be aware that the enrolment for Catholic Secondary Schools for 2019 and beyond will change not for 2018. Next year the year 5’s will need to enrol at the beginning of 2017 for Year 7, 2018. For Yr 7, 2019 enrolments the year 5 students will need to enrol at either the end of term 3 2016 or the beginning of term 4, 2017 for Year 7, 2019. Any further questions please feel free to contact me.

Remember that old expression that your mother sometimes let go with, “Oh, for a bit of peace and quiet”. It could very well make a comeback, not as an expression of exasperation because of the noise of too many rowdy children but to indicate the pressures of modern-day life. Alexander Bernardi in his book, “Never Offer Your Comb to a Bald Man”, has some great insights into life, as it comes at us today, and some suggestions as to how we could cope better. Here is one such insight:
“Our tender senses are assaulted every moment by billions of new and changing sights, sounds, smells and other sensations. More information is hurled at our minds today than at any time in history and we are acting negatively to the overload. The human attention span is shrinking in response to the ever increasing number of demands being placed on it and our nerves are raw from wear. To maintain our sanity and preserve a small scrap of solitude, we learn to block most of the sensations we deem non-essential. In consequence, all that is sensuous and spiritual ricochets off the impenetrable wall we have created”.

Alexander Bernardi seems to be suggesting that we always make room for the organised ‘productive” and often sterile things in life, but that we have no time for the sensual things, the things that really make life worth living; after all, our senses have been described as the ‘pores of the soul”. It seems we need to make time for doing nothing at all, so we can once again experience the joy of serenity. We need to slow down a bit so we can regain our contact with nature. We need to feed our souls with sensuality, quietness and reflection so we can better communicate with God.

Sounds like a good idea but how do we fit it into our busy schedules? Well, we could ask, how did we fit in everything that’s already there? Gerald Henderson, in a recent article, relates how he manages to do it and how it all started: “One of the greatest gifts that my mother gave me, when I was 12, was to teach me to listen in quiet to that inner voice before the day began. I see it as taking time to seek God’s purpose and plan for my life in my dealings with others. I started out with ten minutes in the morning; now I find I need an hour.”

Quiet time is more than just a daily appointment with God. It’s more like a visit to your closest friend. It’s especially important for those of us who have chosen that our lives are in such a way that God is available only if HE makes an appointment. Good relationships need time; they can’t “live” if they are just another item on the agenda; they are lost, if time is not specially set aside for them. A daily quiet time with God helps us to achieve the serenity we all look for. Just as we need nutrients from food for our bodily needs each day, so we need time with God for our emotional and spiritual needs. We need to send our roots deep into ‘God territory” in order to weather our storms.

If our emotional and spiritual needs are satisfied, we are more able to share humour and give compliments, to give out positive vibes and cheerful conversation, to take time to listen – particularly to family – and to be non-judgemental. Maybe we all need a portable ‘baggage room’, a place such as under a beautiful tree in a nearby park, the sands of a nearby beach, a local bush track, a quiet street or any place at all where we can be alone and where we can hand over all our ‘baggage’ to God and from where we can return free in mind and calm in our emotions.

“Lord, when my journey seems long and my energy is spent, lead me to be still and discover anew that You are with me. Amen.”

A very happy 80th birthday to Deidre, our crossing lady. Deidre is a long term member of our community who loves a chat as you cross the road each morning and evening. Congratulations Deidre on a great innings, may there be many more.

Entertainment Book Flyer coming home with your child today
https://www.entertainmentbook.com.au/orderbooks/1a85572

We have an entertainment book in the school office for families to look at before deciding if they would like to purchase one. The cost is $65 and the book is full of great bargains.

Peace and Best Wishes
Gavan O’Donnell.
Australia's Biggest Playdate

Monash Children's Hospital

Mini Golf - Animal Farm - Fairy Floss - Popcorn
Face painters - Characters - Rock Climbing - Teapot ride
Balloon Artist - Ice Cream - Reptile Encounters - Aerial Bungee

Venue - Silly Seahorse Play Center
Chelsea Heights
Time - 10am to 3.00pm
Date - 28th May 2016

100% of proceeds from entry fees and activity fees go directly to Monash Children’s Hospital.
Contact Vanessa on 0402407990
Wonder of Living

Last Tuesday about 40 people attended the talk on “A New Baby” given by Open Doors. It was a great way to start the conversation with your child. Below we have listed a number of resources available to borrow from our school library to help support parents and children. Feel free to come in and borrow. Don’t forget we have another parent/child night on Tuesday 31st May at 6.30pm for our Yr 5/6 students and parents called “Puberty Plus”. See the attached flyer to enrol.

BIRTH and SEXUALITY

The Amazing True story of How babies are Made  By Fiona Kataukas
Where Did I come From?  By Peter Mayle
What’s Inside Your Tummy, Mummy?  By Abby Cocovini
Hello Baby  By Jenny Overend
Mummy Laid an Egg!  By Babette Cole
Where Babies Come From  By Susan M. Green

PUBERTY

100% Me  DK books
Let’s Talk about Sex  By Robie E. Harris
Secret Girl’s Business  By Fay Angelo
Secret Boy’s Business  By Fay Angelo
Girl’s Body Book  By Kelli Dunham
Boy’s Body Book  By Kelli Dunham
Puberty Boy  By Geoff Price
Puberty Girl  By Shushann Movvessian
What’s happening to me? (Boys)  Usborne

DVD Conversations with your child about sex, puberty and growing up DVD or Purchase your own copy from Open Doors www.opendoors.com.au $38.50

DVD  So Things Are Changing  Choicez Media (Girls and boys versions with parent books)
The **Wonder of Living Family Enrichment Program** will be holding a further follow up parent/child sessions from our parent only night held on Tuesday 31st May.

**Night 2 – Tuesday 31st May 6.30-7.15pm** at St Joseph’s for Years 5&6 titled “**Puberty Plus**”
(Topics covered: Physical and emotional changes in Puberty; explanation of sexual intercourse and conception including some information about menstrual cycle; healthy choices; support networks; resilience)

**Wonder of Living** is an Australian-made DVD series for primary and early secondary. The series offers value-based sexuality and relationships education and is recommended by the Melbourne Catholic Education Office. The program will be presented by Open Doors, an ecumenical Christian organisation based in Ringwood (contact details below). Open Doors has an excellent reputation for its sensitive, engaging presentation of this program in schools.

The purpose of the **Parent/Child Sessions** is to encourage good communication amongst families about these important topics. It has been said that the media, who loves your children the least, tells them the most about sex, while you who love your children the most, often tell them the least. **Open Doors is committed to empowering parents as the primary educators of their children in the area of sexuality education.**

**Some Parent Feedback from past presentations**
- “top-notch, perfectly pitched, facts are clearly presented, fast moving but informative.”
- “wonderful, informative, nurturing, honest and appropriate session thank you!”
- “perfect amount of information - not too much, not too little.”

**So book online! Limited spaces so book for one or both of the sessions via the link below**
  [http://goo.gl/forms/cNAT09vCFF](http://goo.gl/forms/cNAT09vCFF)

**Open Doors also has great parent resources for you to use at home:**
- **Conversations With Your Child** – about sex, puberty and growing up. A parent education DVD to use with your child at home based on the Wonder of Living series.
- **Resilient Kids** – interactive CD-ROM program teaching the skills of bouncing back. An anti-depression initiative

**To contact Open Doors or for more information** -

E: info@opendoors.com.au  
W: www.opendoors.com.au

PH: 03 9870 7044;  
W: www.4teenz.com.au
Anxiety and mental health in children

Did you know that anxiety is one of the most common mental health issues in children?

Fearful and anxious behaviour is common in childhood and most children learn to cope with a range of normal fears and worries.

But when children become anxious more easily, more often and more intensely than other children, they may be diagnosed with an anxiety disorder.

Here are some signs that your child may need help:
- they feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do easily
- the fears and worries seem out of proportion to the issues in their life.

How anxiety affects children mentally and physically
Anxiety can affect children both mentally and physically. In addition to feeling highly anxious, children’s thinking is usually affected. The threat or danger they are concerned about appears to them to be much greater than it actually is. Thinking about the situation that causes them to be anxious makes them more worried and tense. Anxiety can also result in physical difficulties such as sleeplessness, diarrhoea, stomach aches and headaches. It can also involve irritability, difficulty concentrating and tiredness. Children with anxiety may develop their own strategies to try to manage situations that cause them distress. Often this involves trying to avoid the situation or having a parent deal with it for them. Avoiding a situation makes it more likely that the child will feel anxious and be unable to manage it the next time. This behaviour makes it more difficult for the child to cope with everyday stresses at home, at school and in social settings.

How do you notice anxiety in children?
Children with anxiety difficulties are often quiet and obedient. This can lead to their difficulties being overlooked. It is important to take note of children’s worries so that their difficulties can be addressed sooner rather than later. Here are some things to look out for:
- fear and avoidance of a range of issues and situations
- headaches and stomach aches that seem to occur when the child has to do something that is unfamiliar or that they feel uneasy about
- sleep difficulties, including difficulty falling asleep, nightmares and trouble sleeping alone
- lots of worries and a strong need for reassurance.

Anxiety and other mental health difficulties
Children with anxiety can experience more than one type of anxiety difficulty or disorder. Anxiety can be more common in children with other developmental difficulties. For instance, it is common in children with Autism or Asperger’s Syndrome and also can tend to occur in children with Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder.
Term Dates
Term 2  11th April – 24th June
Term 3  11th July – 16th September
Term 4  3rd October – 15th December

IMPORTANT DATES

• Friday 20th May  
  Yr 4-6 District Cross Country. Walk to school safely day, 2.30pm Assembly 3/4s
  Little Devils Circus #1

• Wednesday 25th May  
  Little Devils Circus #1, National no sorry day, Fee payments due

• Thursday 26th May  
  Winter lightening prem, Sacrament of First Holy Communion 4.30pm & 6pm
  Sacrament of First Holy Communion 4.30pm & 6pm

• Friday 27th May  
  7pm Fete meeting

• Saturday 28th May  
  6.30pm Wonder of Living Series “Puberty Plus” for Parents and Children Yrs 5/6

• Monday 30th May  
  Little Devils Circus #2

• Tuesday 31st May  
  Little Devils Circus #2

• Wednesday 1st June  
  School Mass at 9.15am Sacred Heart, Yr 5/6 winter sport rd 2, NO assembly
  Yr 3/4 Mass at 9.15am

• Thursday 2nd June  
  Little Devils Circus #3

• Friday 3rd June  
  Little Devils Circus #3

• Monday 13th June  
  Yr 5/6 winter sport rd 3, NO assembly

• Tuesday 14th June  
  Queen’s Birthday Holiday

• Wednesday 15th June  
  Yr 1/2 Excursion Royal Botanic Gardens
  Reports go home, Little Devils Circus #4

• Thursday 16th June  
  Little Devils Circus #4

• Friday 17th June  
  Yr 5/6 winter sport rd 4, NO assembly

• Monday 20th June  
  Fete meeting 7pm

• Tuesday 21st June  
  Yr 3/4 Incursion Mark Wilson, Family Conferences

• Wednesday 22nd June  
  Little Devils #5, Family Conferences

• Thursday 23rd June  
  Little Devils #5

• Friday 24th June  
  School Mass 9.15am John the Baptist, Term 2 finishes at 1pm

• Monday 11th July  
  Term 3 commences

• Wednesday 13th July  
  Little Devils Circus #6

• Thursday 14th July  
  Little Devils Circus #6

• Friday 15th July  
  NO assembly

• Tuesday 19th July  
  Prep – Yr 2  9.15am Mass

• Wednesday 20th July  
  Little Devils Circus #7

• Thursday 21st July  
  Little Devils Circus #7

• Friday 22nd July  
  Yr 5/6 winter sport rd 5, NO assembly

• Saturday 23rd July  
  Yr 1/2 6pm Mass

• Monday 26th July  
  Little Devils Circus #8

• Thursday 28th July  
  Little Devils Circus #8, Confirmation session 1 begins 7pm

• Friday 29th July  
  Yr 5/6 winter sport rd 6

• Saturday 30th July  
  Working bee 8-10am, Mass for Confirmation candidates 6pm

• Sunday 31st July  
  Mass for Confirmation candidates 9.30am or 11am