Our children did very well at the District Cross Country last week.

FROM THE PRINCIPAL

Dear Families,

Apologies for the confusion in last week’s newsletter regarding the Little Devils Circus timetables and the Catholic Secondary Schools enrolment timeline.

The Little Devils sessions that commenced yesterday require the children to wear their sports uniform each week until Term 3, Week 4. Rehearsals for all classes will be on Wednesday 3rd August and Thursday 4th August.

On Wednesdays – Prep B, Prep CL, 3/4CR, 3/4MC, 3/4HC, 3/4RA, 1/2FG & 1/2DL will have their sessions
On Thursdays – 5/6B, 5/6BS, 5/6AL, 5/6W, 3/4A, 1/2DO & 1/2B will have their sessions.

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.
There will be a **school closure** on Friday 5th August as all staff are attending a Professional Development day.

Year 7 enrolment for Catholic Secondary Schools dates are going to change. Initial advice was for it starting in 2018 but is now starting in 2019. Dates are still to be finalised by the CEM.

Year 7 2018 enrolment close Feb 2017
Year 7 2019 enrolments closes end of term 3, start of term 4 2017 (date to be confirmed).

This weekend we wish our 1st Communicants every blessing as they receive communion for the first time. Ceremonies are on this Friday at 4.30pm & 6.00pm and Saturday 4.30pm & 6.00pm.

Riley Aldridge
Dante Aprile
Anthony Arcuri
Kaitlyn Ballantyne
Greta Barrow
Lucia Berghella
Alana Black
Emma Berg
Thomas Bretherden
Amelie Buil
Jada Camelo
Diesel Cavalcante
Costa Celebarni
Sebastian Connely Ryan
Christian Corraal O’Meara
Thomas Davis
Dalani Davutovic
Tristan Dimalanta
Jessica Delby
Cooper Dennellan
Hamish Dergo
Tahlia Dinnan
Izabel Dyson
Mia Espinosa
Liam Flanagan
Ryan Francis
Grace Franges
Isabelle Furtado
Olivia Gangemi
Tyler Gauci
Xavier Gibson
Neil Gleane
Timothy Griffin
Gasime Gutierrez
Hugh Hopmans
Jett Hornidge
Dianvid Hynes
Ashlyn Jansen Van Rensburg
Annika Johansen
Nathaniel Kromsigean
Riley Ketel
Archie Lamb
Neve Lamb
Ruby Larkins
Elizabeth Lucas
Miles Madsen
Harvey Martin
Thomas McKeown
Elle McSwiney
Jenah Mostre
Phoebe Morell-Porter
Alexander Mortensen
Owen Mannon
Griella Paliza
Lucas Paterno
Leah Pflugjanc
Amelia Plettier
Selena Pokun
Genah Portelli
Elizabeth Pond
Vanessa Pucci
Gai Pugsley
Amelia Raffaud
Charlie Rankins
Isaac Remedes
Caitlin Riddle
Taylor Remes
Wesley Rogers
James Ruberto
Sabrina Redari
Gasmine Seyduri
Kara Sly
Emily Smith
Joshua Strom
Caitlin Tidley
Lenny Thomas
James Trumble
Avdela Ujea
Alescia Valli
Bridgette Veneris

**Next Friday** we celebrate Mass for the annual Sacred Heart Feast (Poorman’s Mass). We have in the past collected non-perishable items, blankets etc and money to help St Vincent de Paul supply those families in need, particularly during winter. The response from the school community has been fantastic in the past and greatly appreciated. We once again ask you to help out by bringing along items for St Vincent de Paul and placing them at the front of your child’s classroom by next Thursday please.

**Leave**
Next Wednesday 1st June will be my last day of school for the term as I will be taking some long service leave. I will return in Term 3, week 3. I am looking forward to doing some travelling. While I am away Clyde Siebel and Anne Lazarro will be Co-Principals. If you need to speak to someone in my absence please see either of them. As always I encourage you to make your child’s class teacher first port of call. If you have any queries or questions you may wish to run past me before I leave please do so before next Wednesday.

**Headline**
Recently a few outbreaks of head lice have been discovered and the school recommends that each child’s hair be examined thoroughly. When treated correctly, the problem of head lice can be overcome safely and simply. Please see attached flyer.
Helpers
Just a reminder when you are helping in the classroom to please sign in prior to going to the classroom and also please wear your working with children lanyard (lanyards available from the office).

Late Children
We have had a large number of children coming to school late and also being picked up late. It is really important that children be here for the start of the day as arriving late is very distracting to others and causes late children to miss important messages at the start of the day. Also if you are running late please contact the office prior to 3pm. Staff are on duty until 3.30pm in the yard. If you are going to be late please call.

Sick Children
If your child is sick please make sure you keep them home. When at school hygiene needs to be followed; use of tissues, cleaning of hands etc. Particularly, as we have Bridgette Veneris with Leukaemia at our school, it is extremely important we are following hygiene rules to help keep her well and also everyone else. Bridgette is undergoing chemotherapy and will be for the next 18 months and attending school when well. It is important that we make sure we are all well.

Playdate
Don’t forget this Saturday from 10-3pm we have the fundraiser for Monash Children’s Hospital at the Silly Seahorse play centre in Chelsea Heights. Come along and help support a great cause. See flyer in this newsletter.

Walk to school day
Last Friday we had our walk from Bicentennial Netball courts back to school as part of a healthy way to start the day and get some exercise. Thank you very much to Woolworth’s in Chelsea for the weekly donation of fruit to each classroom, which we were able to use on Friday as the children came to school.

Library News
Thank you to everyone who returned borrowed library bags last week. All Prep - 2 students need to bring their books home in a cloth library bag. The library lends bags to those who forget to bring a named bag. If your child comes home with a borrowed bag, please make sure next week it is returned to the library. We also welcome donations of clean cloth bags that you no longer need, to use as spare library bags. Thanks. Anne and Mandy

Netball
Bonbeach YCW Netball Club are looking for girls born in 2005 and 2006 to play in under 11’s competition starting in July for season 2. If interested or to get more details please contact
President Danielle 0403533746 bycwnetball@gmail.com or Candice Donald 0400950332

In every Catholic Parish throughout Australia this year, there will be a group of children preparing to receive the Eucharist for the first time. The reception of Holy Communion is deeply personal. Jesus taught, “He who eats my flesh and drinks my blood abides in me and I in him.” John 6.27. Receiving Holy Communion is also a public act that expresses not only personal views but the Faith of the Church and union with the Church in its teachings.

A parallel can be drawn between a person going away from their family for a period of time, and the Eucharist. The person who goes away leaves behind a reminder, perhaps a photo, as a symbol of their love. At the Last Supper, Jesus left us not a symbol but a reality of his presence in the Eucharist. Similarly, the life of a Christian can be likened to a long and sometimes difficult journey. As we make our way, we get tired and worn out and tempted to give up and turn back. However, Jesus has provided us with the Eucharist, through which we can be refreshed in body and soul and so continue the journey of our Christian life.

Author, Denise Roy, has found that in her life as a wife she has been doing exactly as Jesus did. She writes:
“For two decades I have broken bread, poured grape juice, preached, prayed, told stories, bestowed blessings, taken care of the sick, heard confessions. I have been a parent. These have been my sacraments of my daily life and I, suspect, of yours. These are simple sacred acts. These are how we mediate love, as we administer to our own little congregation – children, spouse, family and friends.”
Another Author, Joyce Kahle, explains this same experience in terms of the Eucharist when she says:
“We are each called to be Christ, to be Eucharist, to the bread of life in our world today. We know how very much this world of ours needs healing, needs gentleness, needs understanding and compassion, needs forgiveness. We are each called to be bread broken for others, and to allow another to be broken for us. We are invited to drink from the cup of blessing and of pain, and to pass the cup around. We are challenged to pour out our lives in living service and to be humble and open and empty enough to drink in the experience, the compassion, the care of another.”

At the Last Supper, Jesus gave the apostles a striking example of how He expected them to act in their lives if they were to truly represent Him in the world. He, whom they regarded as their master, washed their feet: Christians were to be not only aware of the needs of other people but active in attending them, especially the disadvantaged. “Do this in memory of Me” had a reference that went beyond commemorating the Eucharist, it meant being the Eucharist – Christ – to other people.
This year, when we have the opportunity to witness the children of our school or parish receive their First Holy Communion, we might spare a moment to reflect on the passage of time from our First Communion to the persons we find ourselves to be now. Have we taken advantage of the Eucharist to allow the stirring of God’s love within us? St Augustine reminds us that, “we eat the body of Christ to become the body of Christ.” Have we taken the opportunity to be bonded more deeply with Christ and to be empowered to love one another as he has loved us?

“Grant that we who are nourished by His Body and Blood, may be filled with His Holy Spirit, and become one body, one Spirit in Christ. Amen.”

Understanding anxiety in infants and toddlers
Anxiety in infancy and early childhood is a normal part of development and a natural response to age-appropriate developmental milestones.
Anxiety is also part of our biology, and can be an adaptive response that prepares us, both physically and psychologically, for coping with threat and danger.

Common anxiety in infancy
Different types of anxieties arise at different stages of development.
A common anxiety that an infant might experience is separation anxiety, which is the distress and worry that occurs when a baby fears being apart from their parent or carer.
This form of anxiety can occur at bedtime or when a baby is left in the care of someone other than their parent or carer (eg. a babysitter or staff at an early childhood and education care setting).
Separation anxiety is a common form of anxiety in infancy because this is a period when babies are forming strong attachments to their parents and carers. Other sources of anxiety in babies can include strangers, loud noises or unexpected events.

Common anxiety in toddlerhood
Toddlerhood is a period when young children are testing their independence and building their sense of self. It is also a time when toddlers are learning to cope with strong feelings - their own and others.
When toddlers become overwhelmed by their feelings or those of others, their capacity to cope can become compromised, and as a result, they may experience anxiety. Toddlers also typically become anxious as a result of separation, strangers, loud noises or animals.

Common symptoms and signs of anxiety in infancy and toddlerhood
Some common symptoms and signs of anxiety include:

• crying or tantrums
• an inability to be soothed easily
• disrupted day-to-day routines and rhythms (e.g. eating, sleeping)
• avoidance patterns
• avoiding interactions (e.g. with parents and carers and/or their peers)
• avoiding engaging in play or other day-to-day activities
• stomach aches
• a high need for reassurance

Risk and protective factors for infant and toddler anxiety
There are many factors that can influence whether an infant or toddler experiences anxiety. These factors, which can either have a positive or negative influence, also affect his or her capacity to cope with any anxiety they experience.
Building protective factors and reducing risk factors reduce the likelihood that an infant or toddler will experience anxiety, and strengthen his or her ability to cope with their worries.
Biological factors such as temperament and genetic vulnerability can play a part, for example some infants and toddlers may be more likely to experience anxiety because it runs in the family. Others are less likely to experience anxiety because they have an easy or more robust temperament.
Psychological factors include social and emotional skills and attachment styles. An infant or toddler whose parents or carers are overly protective, or who pick up on the anxiety of those around them, can be more susceptible to experiencing anxiety. Warm and responsive relationships on the other hand, can buffer an infant or toddler from experiencing intense anxiety.
Social factors include socioeconomic status, cultural connection, family cohesion, community connectedness and exposure to trauma. For example, stressful events including parental separation may leave an infant or toddler more vulnerable to experiencing anxiety.
Living in a supportive community that creates a sense of belonging can buffer an infant or toddler from feeling anxious.

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
Don’t forget our final “Wonder of Living” series night next Tuesday 31st May from 6.30-7.45pm called “Puberty Plus”. It is aimed at Yr 5/6 children and their parents. See the attached form to register on-line.

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/cNATQ9vCFF

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       PH: 03 9870 7044;
Term Dates
Term 2 11th April – 24th June
Term 3 11th July – 16th September
Term 4 3rd October – 15th December

IMPORTANT DATES

- 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
- Monday 30th May
  7pm Fete meeting
- Tuesday 31st May
  6.30pm Wonder of Living Series “Puberty Plus” for Parents and Children Yrs 5/6
- Wednesday 1st June
  Little Devils Circus #2
- Thursday 2nd June
  Little Devils Circus #2
- Friday 3rd June
  School Mass at 9.15am Sacred Heart, Yr 5/6 winter sport rd 2, NO assembly
- Tuesday 7th June
  Yr 3/4 Mass at 9.15am
- Wednesday 8th June
  Little Devils Circus #3
- Thursday 9th June
  Little Devils Circus #3
- Friday 10th June
  Yr 5/6 winter sport rd 3, NO assembly
- Monday 13th June
  Queen’s Birthday Holiday
- Tuesday 14th June
  Yr 1/2 Excursion Royal Botanic Gardens
- Wednesday 15th June
  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
- Wednesday 27th 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
- Friday 5th August
  SCHOOL CLOSURE