As an immersion activity for our up-coming science unit on "Push and Pull", the Grade 1/2s participated in an extra-curricular 'hands on' workshop with the 'Learning By Doing' presenters. The students were guided through making a moving model using a variety of tools including handsaws, hammers, sandpaper, etc. Lots of fun was had!

FROM THE PRINCIPAL

Dear Families,

It is good to be back at work after my long holiday. I had a very special time with my wife and if you ever get the chance to travel I highly recommend it. When I left Italy it was 30 degrees plus and when I arrived in Melbourne it was 3 degrees!

So back to reality of work and the busyness of school life. It has been great to catch up with children, parents and staff and be welcomed back. I must also thank and acknowledge the efforts of all the staff in my absence and, in particular, the Leadership shown by my deputies Clyde Siebel and Anne Lazzaro. They have managed beautifully in my absence. Perhaps I should have another holiday!

A busy time ahead with the Circus performance next week. The children have been practising hard and hopefully looking forward to the big night. We released some more tickets yesterday for those parents who missed out. We have exhausted all tickets for both performances. There are no tickets available on the night.

We require assistance with delivering some extra chairs to the Chelsea hall on Wednesday 3rd August. If you have a trailer and can help out please contact the office.
On Thursday 4th August there will be no lunch orders due to Circus practice. We would also like children to bring their drink bottle, snack and lunch in a labelled plastic bag. **NO SCHOOL BAGS REQUIRED ON THURSDAY.**

We also require parents to help walk down to the hall during the day for rehearsal on Thursday 4th August.

Performance 1 will leave approx. 9am and return at 12 noon and Performance 2 will leave at 11.45am and return at 3.00pm. Please speak with your child's teacher if you can walk and confirm times.

Performance 2 – starting at 7.45pm starring Prep B, 1/2DO, 1/2FG, 3/4RA, 3/4HC, 3/4CR, 5/6B and 5/6W

*We are also making a DVD of the Circus Performance which is available to purchase at $30 per performance or both performances for $40. Envelopes went home Tuesday. If you would like a DVD please send the envelope back with correct money or credit card details to the school office before Thursday 4th August. Extra envelopes are available from the school office.*

As there are two timeslots for the circus parking will be difficult. Please keep this in mind.

**Working Bee**
We have our Term 3 working bee this Saturday 8-10am. Please remember to sign in.

**Fees**
Just a reminder that fee payments were due 26th May. We still have a large number of families who have fallen behind in their payments. If you are experiencing any financial hardship, please contact the office by phoning or email to: accounts@sjchelsea.catholic.edu.au

**Fun Day Spectacular Update**
On Wednesday 17th August the students will be participating in the St Joseph’s Fun Day Spectacular to raise funds for a Year 5/6 inspired GaGa Pit for our playground.

The Fun Day Spectacular consists of walking or running laps to music. Ask a family member or friends to sponsor you for participating in the day.

The students are to come dressed in their favourite colours ready to walk or run down at Bicentennial Park between 11.20am – 1.20pm.

All students participating will receive a certificate, lolly bag and an icy pole! All students received a sponsor form last week. A caremonkey permission slip has been sent out. Please make sure you have signed this in order for your child to go to Bicentennial Park.

**Sad Passing**
We are saddened to hear of the passing of Barrie Fisher. Our prayers go out to his family including Zac and Liam who were former students here at St Joseph’s.

**Uniform Shop**
The hours for the uniform shop are changing. It remains open on Thursday mornings and the new time will be 8.30am-9.00am. Orders can also be left at the office and will be filled during the week.

**A few reminders…**
Thank you to the families who phone through their child’s absence. We encourage all families to phone and leave a message on the attendance line if your child is going to be away.

We still have a number of children who are late. Please endeavour to have your child here by 8.35am so they are ready with their bag unpacked to start at 8.45am. The day begins with mediation and a rundown of the day’s happenings. It is really important for your child to be here on time.
Helping kids to think positively
Helping children to develop health thinking habits is vital and is the foundation of emotional resilience. At times we think this way all the time, we develop thinking habits that impact on our ability to deal with life’s ups and downs. We can help our children become healthy thinkers by modelling positive thoughts and actions. We can point out gently to our children when they are thinking in a negative way (but not giving too much attention) and give loads of praise when we see our children facing difficulties with a positive attitude. Children also look carefully at parents to see how they are viewing difficult situations and in turn develop strategies and beliefs around what they see and hear. Below is a list of unhelpful types of thinking.

8 types of Unhelpful Thinking
- **Catastrophic thinking**
  - this is the worst thing in the world
- **Self-downing thinking**
  - putting yourself down
- **Perfectionist thinking**
  - needing to be perfect
- **Needing approval**
  - everyone must approve/like me
- **Pessimistic**
  - I can’t do it
- **Giving up**
  - I can’t be bothered
- **Being intolerant of others**
  - people should behave as I want them or expect them to
- **Low frustration thinking**
  - everything in life should be fun, comfortable and easy and I can’t stand frustration of any sort

8 types of Helpful Thinking
- **Perspective Thinking**
  - means thinking it’s not the worst thing that could happen to me
- **I can do this thinking**
  - means thinking while this is hard, I can still do it
- **Accepting Thinking**
  - means thinking that when I make mistakes I am not hopeless and people will still like me even if I am not perfect. I still have my good points
- **Fearless Thinking**
  - means thinking that it is OK to make mistakes when learning new things
- **Independent Thinking**
  - it is important to be myself and have a go at new things
- **Confident Thinking**
  - if I really put my mind to this I will be able to do it
- **Persistent Thinking**
  - we all have to work hard to achieve even though that may not like doing it
- **Tolerant Thinking**
  - things are hard/frustrating but I can stand it

ST BEDE’S COLLEGE OPEN DAY
FOR: Current Year 5 Students who will be in Year 7 in 2018 or anyone interested in viewing the College.
DATE: Wednesday 7 September 2016
TIMES: 9:00am to 11:00am. (Tours every 10 minutes)
       Bookings are essential. Booking links can be found on the
       St Bede’s College website: www.stbedes.catholic.edu.au in
       ‘Upcoming Events’ and ‘Enrolment’.

Kilbreda College Enrolments

Critical Dates for Year 7, 2018
Term 1 17 February 2017 – Applications close
Term 2 27 April 2017 – offers of places to prospective Year 7 students will be posted
Term 2 11 May 2017 – the final date for families to accept offers made.
Tour dates are Thursday 4th August at 9am, Tuesday 16th August 9am and Tuesday 6th September at 9am.
Kilbreda College will conduct an Information Evening for prospective students for Year 7 2018 and 2019 on Tuesday 30 August 2016 at 7.30pm in the Mary Dalton Hall. The hall will be open from 7pm for registration.
OLSH News

Attention Year 5 girls considering OLSH in Bentleigh as a Year 7 schooling option in 2018. They have brought forward their enrolment dates:

Application Closing Date: Friday 16 September 2016
Offers are Made: Friday 14 October 2016
Closing Date for Acceptances: Friday 28 October 2016

I Love Frankston Fun Run Sunday 11th September

REGISTRATIONS NOW OPEN

Enter online at www.ilovefrankstonfunrun.com

This event gets better and better each year. Enter early to get your early bird discount. Free show bags on the day for the first 1000 entries.

Entertainment and celebrity guests all morning with lots of spot prizes.

Secure Cloak room available on the day. Gold coin Donation.

IMPORTANT DATES

Indicates change/addition from last week

- Thursday 28th July
- Friday 29th July
- Saturday 30th July
- Sunday 31st July
- Tuesday 2nd August
- Wednesday 3rd August
- Thursday 4th August
- Friday 5th August
- Thursday 11th August
- Friday 12th August
- Saturday 13th August
- Sunday 14th August
- Wednesday 17th August
- Friday 19th August
- Thursday 25th August

Little Devils Circus #8, Confirmation session 1 begins 7pm
Yr 5/6 winter sport rd 6, 2.30pm Assembly Yr 1/2 performing
Working bee 8-10am, Mass for Confirmation candidates 6pm
Mass for Confirmation candidates 9.30am or 11am
Yr 3/4 9.15am Mass
Yr 5/6 MJR (Make Jesus Real), Little Devils Rehearsal at school
Little Devils Rehearsal at Chelsea Town Hall
Little Devils Circus Performance @ Chelsea Town Hall 6pm & 7:45pm, Fee statements sent out

SCHOOL CLOSURE, Olympics Rio begin
Confirmation session 2 at 7pm
Yr 5/6 winter sport rd 8, 2.30pm Assembly Prep performing
6pm Mass for Confirmation candidates
9.30am or 11am Mass for Confirmation candidates
Fun Spectacular Day Prep – Yr 6 11.20-1.20pm at Bicentennial Park
Yr 5/6 winter sport rd 9
Year 6 Confirmation Excursion, Confirmation session 3 begins 7pm

More dates will be in next week’s newsletter.

Term Dates

Term 3 11th July – 16th September
Term 4 3rd October – 15th December