



Vol 10.2.16

29 June 2016

St Mary's Catholic Primary School Newsletter

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IMPORTANT DATES

June

Wed 29 Last Day of Term Students
Our Lady of Perpetual Help Mass 9 - 10am
Mission Markets 10.50am - 12pm
Thur 30 Staff Professional Learning Day

July

Fri 1 Staff Professional Learning Day
Mon 18 Staff Professional Learning Day
Tue 19 Students Commence Term

Vision Statement

A welcoming faith
community

We value
relationships

We pursue excellence
in learning

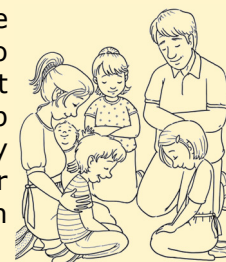
We live the Gospel
message of love

Prayer at the End of Term

Loving Father,

As we come to the end of another term, we turn to you in confidence and place any difficult relationships into the healing hands of Jesus, Your Son. Enable us to leave behind any pain of the past and any regrets or bitterness, entrusting the past to Your mercy, the present to Your love, and the future to Your providence. Help us appreciate more, the need to keep a good balance in our lives. May the holiday be for us a time of rest and recreation, to help restore us and recreate us in Your image and likeness, as we enjoy more of the love and presence of our families, on whom we ask Your blessing.

Amen



Dear Parents, Students and Friends,

As we prepare to head off for the July holidays, I thank all staff, students and parents for their hard work, support of and care for each other this semester. What a great deal we have achieved together as a school community this semester. Congratulations to all.

This week we farewell Mrs Paini and Mrs Coulson. Thank you to Mrs Paini for her work with Year 6 students over the past two and a half years for her leadership as Assistant Principal and for her friendship. We wish Jo success and happiness as she prepares to take up her new position as Head of Primary at Mary MacKillop College in Term 3. We wish Mrs Coulson good luck

and every blessing in the last weeks of her pregnancy as she and Darren await the birth of a little baby girl. We look forward to hearing the exciting news next term and we hope you have a good rest before the busyness of new motherhood comes. I wish all a restful and enjoyable holiday period - time to enjoy the company of friends and loved ones, recharge the batteries and have fun. We wish Mrs Holdsworth an enjoyable break in Term 3 when she is on Long Service Leave.

Staff return on Tuesday 18 July, with students returning on Tuesday 19 July. The Term 3 planner accompanies today's newsletter.

Maureen Tully
Principal

HOLY YEAR OF MERCY PRAYER

Lord, Jesus Christ, You have taught us to be merciful like the heavenly Father, and have taught us that whoever sees you, sees God. Show us your face so that we may be saved. Amen



ONLINE CALENDAR

Starting from Term 3 2016, St Mary's will be trialling the online calendar which can be accessed from the school website. The Term Planner will still be available in the last edition of each term's newsletter. If there are any changes to the Planner, these will be noted in the 'Important Dates' section of the school newsletter and in the online calendar. This will hopefully assist parents in keeping up to date with school events.

SOUTH BUNBURY DENTAL THERAPY CENTRE

The South Bunbury DTC will be open over the term holidays from Monday 4 July to Thursday 14 July. Closed Friday 15 July – for emergencies on this day please phone 97970266.

STUDENT AWARDS

YEAR 1	Oliver Stewart			
YEAR 2	Alek Liaros	Finn Drage-Edwards*	(*last week)	
YEAR 3	Molly Lincoln	Levi Postma	Cadel Bele	Lucas Pedrochi
	Luca De Coppi	Samuel Pedley		
YEAR 4	Kade Lubcke			
YEAR 5	James Donovan	Kace Brand		
YEAR 6	Raegan Carr	Kayde Waldock		
A.R. 50%	Jessica Kennedy	Kace Brand		
A.R. 100%	Finn Marshall	Lance Santos	Sarah Gibbs	Jayden Kelly
PHYS ED 50KM	Finn Marshall	Nicholas Bouzada-Olgati		

Congratulations

SCHOOL NEWS

BANKING BUDDIES

Banking will resume in Term 3 on 25 July - Week 2 of school term. Enjoy your holidays and see you next term. If anyone would like their child to open up a CDF bank account and do banking each Monday morning at school please come into the Uniform Shop between 8.30am and 9.00am each Monday.
Jen Curtis

HPE NEWS

St Mary's CPS 60 Minute Challenge

Friday 9 September 4.30pm – 5.30pm.

Cross Country Carnival

St Mary's Cross Country Carnival was held on Friday 24 June. Congratulations to all our runners from Pre Primary to Year 6. Results: 1st Marcellin 449.5 points, 2nd McAuley 449 points and 3rd Ursula 428.5 points. The first 6 runners from Years 3 – 6 have gained selection to our Interschool Cross Country Carnival to be held on Thursday 28 July at Bunbury Cathedral Grammar School. Notes were sent home on Monday this week with the information and permission slips for this carnival.

Dais/Finishing Podium

A big thank you to Chez Spinelli for the wonderful work and effort that he put in to constructing our very own Dais/Finishing Podium. Thanks to Mason Signs for supplying the decals and to Tara and Chez who applied the decals to give the students of St Mary's CPS extra incentive to finish on the podium.

Athletics

Our annual Athletics Carnival for Pre Primary to Year 6 will be held next term on Friday 16 September. More information will be provided next term.

FOOTY TIPPING

Congratulations to the following winners for the last two weeks: Week 13 – Denica Gibbs, Week 14 – Bender Rodriguez. Nic Nac is the overall leader with a total of 89 correct tips. Good luck with your tipping over the holidays!

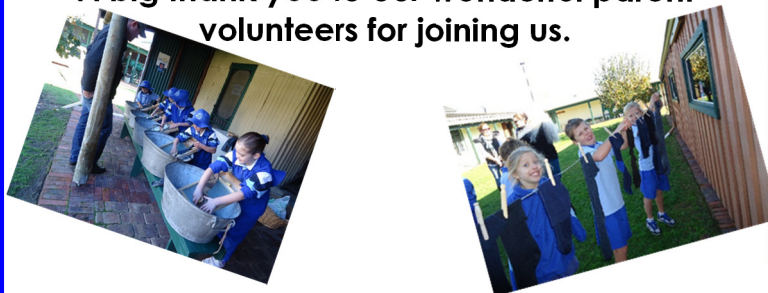
ST MARY'S FAMILY MOVIE NIGHT

St Mary's Family Movie Night will take place at the school on Friday 5th August with a screening of 'Zootopia.' Dominoes Pizza can be pre ordered and forms will go home to families at the beginning of Term 3. Other snacks and drinks will be available to purchase on the night. We look forward to seeing you there!
Year Two Families.

Year 2 Excursion

The Year 2 Class had a wonderful time visiting King's Cottage as part of their History unit. They learnt lots about living in the 'olden days.'

A big thank you to our wonderful parent volunteers for joining us.



Better Beginnings

Better Beginnings is a free reading pack which is a gift from the State Library of Western Australia. Better Beginnings is a universal family literacy program for children from birth to five years and their families. It is delivered through public libraries, community health agencies and schools. Thanks to the Bunbury City Library each child in Kindergarten received a free Better Beginnings pack which contained a book, a game, a library bag and a parent information booklet.

As a special treat, Mrs Brown came to our class and read the story from the pack, *There Was an Old Sailor*. It was a very funny story written by Claire Saxby and illustrated by Cassandra Allen. We just love the story and our gift packs.

Thank you Better Beginnings!



Sustainability News

The challenge is quite simple...attempt to refuse single-use plastic during July. **Plastic Free July** aims to raise awareness of the problems and amount of single-use disposable plastic in our lives and challenges people to do something about it. You can sign up for a day, a week or the whole month and try to refuse ALL single-use plastic or try the TOP 4: **plastic bags, water bottles, takeaway coffee cups and straws.**

By 2050 it's estimated there will be more plastic than fish in the world's oceans. Most comes from land and was once in our hands. Refuse single-use plastic and together let's keep our oceans clean. Join over 40,000 people, schools and organisations from 90 countries and let those same hands be part of the solution.

To accept the challenge and read more information about reducing the amount of plastic you use, head to <http://www.plasticfreejuly.org/index.html>



Planting guide for July

Fruits and Vegetables - Broccoli, silver beet, parsnip, kale, spring onion, lettuce, broad beans, snow peas, potatoes, sugar snap peas, pak choy, celery, peas, cabbage, asparagus, carrots, artichoke, garlic cloves, cauliflower and strawberries

Herbs - fennel, parsley, rocket, curry leaves, fenugreek, chives and coriander

Tip: Leafy greens such as lettuce are heavy feeders and require a weekly application of liquid fertiliser and daily watering in warm weather if you are to avoid bitter tasting leaves.

Perhaps your family could host a Plastic Free Morning Tea over the school holidays?

ST MARY'S CATHOLIC PRIMARY SCHOOL TERM 3 PLANNER 2016 - Parents

	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
J U L Y	1	18 <i>First Day of Term Staff</i>	19 <i>First Day of Term students</i>	20	21	22 <i>General Assembly P & F Dads' Night Out</i>	23/24
	2	25 <i>Dental Therapy Clinic PP, 3, 6</i>	26 <i>Lunchtime Yoga</i>	27 <i>Life Skills for Life Yr 6 PP Visit – Fr Abraham</i>	28 <i>SWSPA Cross Country Year 3-6 BCGS Tree Planting Day</i>	29 <i>Year 5 Assembly Addams Family Drama W/shop Yr 6</i>	30/31
	3	1 <i>Yr 5 BRLA Online</i>	2 <i>Board Meeting 5.45pm P & F Meeting 7pm Lunchtime Yoga</i>	3 <i>PP/1/2 Liturgy</i>	4 <i>Back up Day SWSPA Cross Country</i>	5 <i>General Assembly Author Visit Movie Night P & F Fundraiser</i>	6/7
A U G U S T	4	8 <i>Yr 3 BRLA Online Mary MacKillop Prayer Service</i>	9 <i>Parent/student Meeting Reconciliation 6pm Lunchtime Yoga</i>	10	11 <i>Kindy Visit – Fr Abraham</i>	12 <i>Year 1 Assembly Young Writers' Workshop</i>	13/14
	5	15 <i>Book Fair Books Arrive Science Week Feast of Assumption</i>	16 <i>Lunchtime Science Investigations</i>	17 <i>Assumption Mass</i>	18 <i>Leonardo Day PP- Yr 3</i>	19 <i>General Assembly</i>	20/21 <i>Commitment Mass Reconciliation</i>
	6	22 <i>Book Fair</i>	23 <i>Lunchtime Science Investigations</i>	24	25 <i>Book Week Assembly</i>	26	27/28
S E P T E M B E R	7	29 <i>Yr 4 and Yr 5 Excursion Duyfken</i>	30 <i>First Reconciliation 6pm Lunchtime Science Investigations</i>	31 <i>3/4/5/6 Liturgy</i>	1	2 <i>PP Assembly Father's Day Breakfast</i>	3/4 <i>Father's Day</i>
	8	5	6 <i>Board Meeting 5.45pm P & F Meeting 7pm</i>	7 <i>Year 3 Visit – Fr Abraham</i>	8 <i>Our Lady's Birthday</i>	9 <i>General Assembly 60 Minute Challenge</i>	10/11
	9	12	13	14	15	16 <i>Athletics Carnival PP- Yr 6</i>	17/18
	10	19	20 <i>Open Night 5.45pm- 7pm Kindy Open Day</i>	21 <i>Grandparents Mass and Morning Tea</i>	22	23 <i>Last Day of Term Staff/Students</i>	24/25

TERM 4 2016 Commences Monday 10 October

HOW TO GIVE CONSTRUCTIVE CRITICISM

Process praise is more beneficial than person praise. But another important idea for parents and teachers to remember is that both praise and criticism should be honest and sincere. This can be hard, because feedback that is too negative may hurt students' feelings or self-esteem. Teachers who worry about hurting students' feelings may give students more positive feedback than they deserve.

Ironically, this kind of inflated praise tends to happen most often for students who have low self esteem or other reasons to doubt the honesty of the praiser. But giving dishonest positive praise can backfire. It deprives students of honest feedback and takes away their chance to learn from constructive criticism. It may lead to greater disappointment and confusion down the road, especially when students experience setbacks. It may also make them distrustful of genuine praise in the future, seeing it as fake or a sign of lowered expectations.

So how can teachers and parents motivate students who need to improve? The key is providing constructive feedback, which has two important features that work together to increase students' motivation and reinforce growth mindsets about ability.

Constructive Criticism Tip # 1

Be honest

The first part is to give honest feedback about students' performance. This helps them see where they went wrong, and what they still need to learn.

Constructive Criticism Tip # 2

Let students know you hold them to a high standard

The second part is to show students that they are being held to a high standard. This conveys to students that the teacher respects them and believes in their potential to achieve. A critical part of self esteem is the belief that you are respected by the people that you care about. This is far more helpful to students than getting dishonest praise. It also sends the message that they can get better and grow their ability to reach that higher level.

Research on Praise Shows that Mindsets aren't Fixed: They're Beliefs that can Change

We often try to motivate students by praising their intelligence and giving them labels such as "gifted and talented." These labels are supposed to make them feel confident in their own abilities; however, these kinds of labels can actually undermine confidence by encouraging a fixed mindset. Instead, we should help students focus on the process of learning. When we show students that we value hard work and believe in the power of effort through our words and actions, students will hear those messages and believe them.

Contrary to popular belief, motivation isn't something that students either have or don't have. What the praise research shows is that how adults interact with children everyday is important, and can affect students' motivation in profound ways. More importantly, this research teaches us that we adults can change our own mindsets and interactions with students in ways that improve their motivation and, ultimately, their success in the classroom.

Growing a Growth Mindset

Children do have natural talent, abilities and intelligence in some areas but that's not the end of the story. These things are not fixed traits. Some may have a gift for story writing, art, maths or sport, but it needs to be grown. Some may not be good at science, history or working with others...YET! The reality is that natural talent, abilities and intelligence are developed over time. Through effort, persistence, practice and focused attention. The brain is a highly adaptive organ - it changes like a muscle through a process called neuroplasticity. From the cradle to the grave our brains are always changing. The malleable brain is the most interesting, meaningful discovery of the last 15 years that has a huge impact on the education of young people.

We must help our children to understand the growth mindset. Smart is not something you are, it's something you get. Fit is not something you are, it's something you get. Good at sport is not something you are, it's something you get. Einstein learned how to start counting to 10, just like everyone else. Every skill we can perform has been acquired through applying ourselves to it - reading, walking, talking, swimming, riding a bike. We must be conscious of only telling our children that they are smart, gifted, talented, bright, clever or a "natural". This might "pump up their tyres" and make them feel good for a moment but it doesn't help them keep growing their abilities. They can't control how naturally gifted they are so don't praise them for it. Instead, praise them for their efforts, persistence and the way they tackle challenges when they arise. They can control these things and this will grow their abilities. Real learning only occurs when it is hard, when it stretches them. As Master Shifu says in Kung Fu Panda 3, "If you only do what you can do, you'll never be more than you are now." How do students respond to the struggle of learning? How hard do they work at growing their talent, abilities and intelligence? Let's encourage the process of learning. We should encourage the behaviour that we want to see the most. Value the process more than the performance, then the performance will look after itself.

★ St Mary's Family Night ★

A fun 'Frendraiser' for Kids and Parents to enjoy!!

Friday 5th August

in the School Hall

Dinner at 5:30pm

with **'Zootopia'**

[PG] to follow ~ 6:15pm



Bring your bean bag or pillow
& join in the dinner and movie fun!

Available to buy on the night:

Lolly bags

Popcorn

Cakes

Drinks

Tea/Coffee

Chocolates

Food order forms will be sent home during Term 3!

This is a smoke and alcohol free event.

Brant Garvey Update...

Brant Garvey
17 June at 14:01 · 🌐

Crazy week.

I got to speak to the inmates at Acacia medium security prison.
What a life changing experience that was. Even got to do a few one on one sessions about what they are going to do once they get out and talk about how they are going to stay on track.
So different than I expected.
This has also been the busiest speaking week of my life.
16 speaking gigs in 5 days. No more talking for me today.
What did you think prison would be like? I'll tell if it's correct or not.
#BrantGarvey #noXcuses #speaker



Brant Garvey
21 June at 14:52 · 🌐 · Health & Fitness

This is my pain face. When every part of my body is telling me to stop.
Such an awesome event the claisebrook cove parkrun. 🏃 By Steve Benfield

#BrantGarvey #noXcuses #HurtLocker



FOOTBALL:
the fun game for all!
BOYS AND GIRLS AGED 4-11



Club: SOUTH WEST PHOENIX FC
Venue: PREMIER PITCH HAY PARK
Start date: JULY 11 - 14 10AM - 12PM
Contact: Jen Curtis 0438900704



SCHOOL HOLIDAY PROGRAM
##LUNCH INCLUDED##
Includes coaching, sling bag, shin pads and more...
Register at www.miniroos.com.au
for 4 fun days of coaching sessions.

Register at miniroos.com.au

 Child and Parent Centre
Carey Park



Lunchboxes children will love

Attend our workshop
to:

- Learn how to pack a healthy lunchbox.
- enjoy a healthy lunchbox lunch
- learn how to save on your bills
- take home a free food hamper.



Date: Friday 22 July 2016
Time: 10.30am to 1.30pm
Venue: Child and Parent Centre – Carey Park
Ecclestone Street, Carey Park.

Bookings for workshop and crèche are essential on T: 9721 6991.

Supported by:



In partnership with  Investing in our youth inc.

Relationship Courses: July - December 2016

Bunbury Seminars and Courses

Self Worth – Free to be me (8 week course)	Wednesday, Aug 3	6.30pm-9pm	\$150pp
Healthy Conflict in Relationships	Monday, Aug 8	9.30am-12noon	\$30pp
Mums Raising Boys (up to 12 yrs)	Monday, Aug 22	9.30am-12noon	\$30pp
Understanding Angry Emotions	Monday, Sept 5	9.30am-12noon	\$30pp
Managing Anger and Stress for Women (8 week course)	Wednesday, Oct 19	6.30pm-9pm	\$130pp
Seeking and Keeping Your Next Relationship (8 week course)	Thursday, Oct 20	9.30am-12noon	\$130pp
Parent-Child Connection (4 week course)	Monday, Nov 7	9.30am-12noon	\$50pp

Bunbury Professional Development

Defusing Angry and Abusive Customers	Monday, 12 Sept	9.30am-1.00pm	\$110pp
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Mensplace: Bunbury

Anger Management for Men (8 week course)	Thursday evenings	6.30pm-9pm	\$130pp
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Please telephone 6164 0566 to enquire/register for the next course. Dates to be confirmed.

Busselton Seminars

Express Yourself Assertively	Tuesday, Jul 19	6.30pm-9pm	\$30pp
Communication in Relationships	Tuesday, Aug 2	6.30pm-9pm	\$30pp
Dads Raising Girls (up to 12yrs)	Tuesday, Aug 16	6.30pm-9pm	\$30pp
Dads Raising Teenage Girls	Tuesday, Aug 30	6.30pm-9pm	\$30pp
Step Families – An Introduction	Tuesday, Sept 6	6.30pm-9pm	\$30pp
Setting Healthy Boundaries	Tuesday, Sept 20	6.30pm-9pm	\$30pp
Understanding Angry Emotions	Tuesday, Oct 4	6.30pm-9pm	\$30pp
Healthy Conflict In Relationships	Tuesday, Oct 18	6.30pm-9pm	\$30pp

Prepare-Enrich A customised couple questionnaire – completed online. By appointment – in Bunbury.

To book or to find out more phone **6164 0566**

email : bunbury.education@relationshipsaustralia.org.au

Self Worth - Free to be Me

This course gives participants a better understanding of themselves and others, while providing skills and strategies to enhance self worth.

Healthy Conflict in Relationships

Differences are part of any close relationship and can be healthy. Learn how to manage conflict and make it constructive.

Mums Raising Boys - up to the age of 12 years

This seminar explores the importance of the mother son relationship and practical ways to improve and maintain that relationship.

Understanding Angry Emotions

We introduce the concept that anger can be constructive. This seminar is a good introduction to our longer Anger Management course.

Managing Anger and Stress for Women

This course is for women who have difficulty in managing anger and stress. The group learns how to understand these emotions and reduce their harmful effects.

Seeking and Keeping Your Next Relationship

Just looking for someone to love – isn't it supposed to be simple? Why do we keep choosing the wrong person for us or why are we reluctant to commit to someone even if they seem to "tick all the boxes"? And how do you hold onto someone for the longer term? This course aims to examine some of these things... the tricky business of being single and seeking and keeping love.

Parent-Child Connection

Being a parent can be tough. People with children under 10 are invited to this four week course to learn new skills, feel better about their parenting and gain confidence.

Defusing Angry and Abusive Customers

This half day seminar shows you the key principles and strategies to defuse clients and customers anger, and reduce abusive behaviour right from the start.

Anger Management for Men

This course is for men who have difficulty managing their anger. The group learns how to understand anger and reduce its harmful effects by developing new skills week by week through practice and group interaction. Not suitable for men where domestic violence is an issue.

Express Yourself Assertively

You may be a good communicator, but isn't there always room for improvement? Asserting yourself effectively gives you the edge in improving communication.

Communication in Relationships

This seminar covers the basic principles of communicating clearly and respectfully with those you love.

Dads Raising Girls (up to 12 years)

This seminar explores the importance of the father-daughter relationship and practical ways to improve and maintain that relationship.

Dads Raising Teenage Girls

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

Stepfamilies - An Introduction

This workshop is based on research that highlights some of the more helpful ways of forming and living in this new family. This workshop is a taster for our longer stepfamily courses.

Setting Healthy Boundaries

This seminar looks at the difference between healthy and unhealthy boundaries and explores skills that help with good boundary setting.

Prepare - Enrich

Prepare-Enrich is a customised couple assessment completed online and is a program designed to focus on important relationship issues by assisting couples in all stages of their relationship, whether in a committed relationship or planning one.