



St Mary's Catholic Primary School

Newsletter

Thursday 21 June 2018

Vision Statement

A welcoming faith community
We value relationships
We pursue excellence in learning
We live the Gospel message of love

Prayer

God our strength and our hope, grant us the courage of John the Baptist, constantly to speak the truth, boldly to rebuke vice and patiently to suffer for the truth's sake; in the name of Jesus Christ our Lord who lives and reigns with you and the Holy Spirit one God now and for ever.

Amen

From the Principal

Dear Parents, Students and Friends,
Last Sunday, 24 of our students in Year 4 celebrated their First Holy Communion. Thank you to the family and friends who came along to help make the event so special. It was the culmination of weeks of class preparation under the guidance of Mrs Webb and Ms Brown. We were also grateful to our students from other year levels who came along to support the Year 4 students and sing in the choir.

Eisteddfod

Congratulations to all of our students who performed on stage at BREC last Friday. Our talented singers in Years 3 and 4 finished third in their division and the Year 5 and 6 choir came second. Mr Mills does an amazing job bringing out the potential in our singers.

Mission Day – Wednesday 27 June (Casual clothes)

This year's Mission Day will run a little differently to normal. We will have Mass at 9am to celebrate Our Lady of Perpetual Help Feast Day that parents and friends are invited to attend. Between recess and lunch, students will participate in class activities put together by Ms Brown. The activities will give them an appreciation of the mosaic art Bible stories that adorn the pillars in the quadrangle outside the office and along the wall near the canteen. After lunch, students from Pre Primary to Year 5 will be involved in some multi ages tabloid activities coordinated by our Year 6 students. The Mission Markets will be back next year and run every second year. Students can wear casual clothes on the day and are asked to bring a gold coin donation for the Missions.

Junior Primary Liturgy

It was wonderful to see so many parents and grandparents at Wednesday's Liturgy. The theme of 'Giving Thanks' is a very important message. It is easy to take things for granted which is why it is vital to stop and get off life's treadmill and appreciate what we have and the people around us. The Year 1 and 2 students read beautifully.

Drama Workshops

Our students in Years 3-6 will be involved with Drama workshops tomorrow. Mr Robertson from Bunbury Catholic College is bringing some cast members from their school production of 'Beauty and the Beast' to run sessions with our students and are visiting all of BCC's feeder schools. 'Beauty and the Beast' opens in August and tickets are now on sale. Our students in Years 5 and 6 will have the opportunity to see the play at the BREC during school time.

Reports

Students from Pre Primary to Year 6 will bring home their reports next Thursday. Please take the time to sit down with your child and read through it with them. Celebrate the positives and see if your child's teacher has suggested ways for them to improve for Semester 2.

God bless
Paul Cronin

Calendar Dates

Friday 22

Friday 27 July

Year 4 Assembly

Year 3 Assembly

Wednesday 27

Mission/Feast Day

Monday 30

In Term Swimming Begins

Friday 29

Last Day of School

AUGUST

Friday 3

General Assembly

JULY

Monday 16

First Day of School - Staff Only

Thursday 9

Young Writers' Workshop

Tuesday 17

First Day of School - Students

Friday 10

General Assembly

Friday 20

General Assembly

Monday 13

BRLA Online Testing Year 3

Wednesday 25

Years 3, 4 and 5 Liturgy

Wednesday 15

The Assumption

Thursday 26

SWPSA Cross Country Carnival Years
3 - 6

Friday 17

Year 6 Assembly

Student Awards

Year 1 James Rodgers, Archie Lowe,
Nuala Hamill-Harling

Year 2 Sophia Clark, Eva Spinelli

Year 3 Aaron Joseph, Gabriel
Gragasin

Year 4 Year Four Class

Year 5 Cleo Pense, Jasmine Turner

Year 6 Chloe MacNeill, Jedd
Patterson

A.R. 50% Trent Roberts, Baylee
Brand, Cadel Bele, Alek Liaros,
Emmanuel Menzie, Nicholas
Bouzada-Olgiati

A.R. 75% Lily Kilpatrick

Principal Lily Kilpatrick, Harry
Jones, Lucas Pedrochi

Phys Ed 50km Ruby Maratea, Finn
Marshall, Sanjan O'Brien, Alexis
Donovan, Jorja O'Reilly, Natalia
Dillon, Lachlan Scheffner, James
Burton

First Holy Communion



On the 17th of June my class and I had our first Holy Communion ant St Patricks Cathedral at the 10 o'clock Mass. We sat our family's down in our pew and then we had to meet Mrs Webb in the foyer to start the Mass. There were a few readings and songs and then it was time for us to receive the bread and wine. Just saying the wine is pretty strong.

By Ashton

A little while later we had to get up to receive the bread separately to all the other people in the church. I was really, really nervous but when I had the bread I got back to my seat without the wine because I didn't want to have it. I was so relieved when I got back to my pew because it was all over.

By Frankie

When I received First Holy Communion I had the bread and the wine. When the Mass was finished we went to the aisle and processed out of the Cathedral with Father. Once we processed out we went to the morning tea room with Mrs

Webb and the rest of the Year Four class. Then we went outside to have a photo and Mr Cronin took it. When the photo was finished we went inside to cut the cake and to eat something.

By Nicholas

On the 17th of June the Year Four class and I had our first HOLY COMMUNION. At mass Toby and I took up the offertory. After mass we had a photo then went to the hall for some cake and snacks. I had lots of photos with my family, father and Mrs Webb.

By Keira

First Eucharist was so much fun!

By Emmanuel

I had a really fun day I was really happy I made my first Eucharist and got to celebrate.

By Emmi

I thought it was a fun day.

By Zach

Winter Carnival

Last Thursday we were blessed with beautiful weather for the annual Winter Carnival that involved students in Years 5 and 6. A huge thank you to the parents and grandparents who came along to help coach at the four sports and cheer on our teams.



What's Making News

Footy Tipping

'NicNac' won the weekly prize with 6 correct tips and the closest margin, well done! A change in the overall leaderboard this week with SizBro moving to the top with 84 correct tips overall.

Mission Day Flower Request

Next Wednesday, there will be Mass to celebrate St Mary's Mission Day. If you have any flowers to decorate the church they would be greatly appreciated. If you could bring them to school on Monday or Tuesday that would allow us time to prepare. Thank you.
Cathy Mountford and Carly Gellard.

Canteen

Neapolitan Milks (300ml) are now available for purchase from the the canteen for \$2.50. Thank you to all our amazing helpers that have assisted us this term. Our helper for Wednesday 27 June is Rosina Hynes and on Friday 29 June it will be Sandra Smith.

Accordwest Coat-A-Thon

If you have any unwanted jackets, jumpers, tracksuits, baby clothes, scarves, gloves or blankets please donate. **Any children's clothing is especially needed.** Items can be dropped in the box at school or directly to Accordwest on Forrest Ave. **We'd like to pass it on so someone in need can put it on!** (This cause is supported by Cristal Mining)



Raising Healthy Children

Understanding your child's behaviour using the ABC method

When our children are suffering they turn to us for help. Never is this more true than when they're experiencing anxiety. The experience of it is awful and they want it stopped. Now. That's all we want too: to put an end to their fear, dread and worry. To help them feel calm, happy and playful again. But the contagious nature of anxiety means that while, as parents, we're helping our children in the midst of their turmoil, we can also struggle with anxiety of our own. All those stories begin to swirl around in our minds leaving us worrying about what it all means for our child's future happiness.

The more you understand about the events that trigger anxiety in your child and the way he or she behaves when feeling anxious, the better equipped you'll be to respond in a truly helpful way. The fight, flight, freeze or freak out response. It's important to remember that all of our kids will experience anxiety at some time or another. It's a natural and protective reaction to the anticipation of danger or discomfort, a deeply ingrained instinctive response that gears people up, big and small, to fight for their life, or run for it (flight). As well as the 'fight or flight' response, it's also been called the 'fight, flight, freeze or freak out' response. No argument there! In the majority of cases where kids experience anxiety (which may even be trepidation or nervousness) – such as when faced with a maths test or a presentation in front of the class – when the 'danger' passes the anxiety passes too.

However there are kids who experience debilitating anxiety on a more regular basis: anxiety that interferes with their ability to function, participate in life and enjoy being a kid. In these cases it's important to develop a deeper understanding of the events that happen before and after the anxiety is displayed. The ABC anxiety technique is an invaluable tool used by psychologists when looking at behaviour patterns. You can use it too.

The ABC technique

Anxiety can be thought of as a sequence of events, beginning with a triggering event that is called the Activator. The Activator is present before your child becomes anxious and fearful. It isn't always one thing but can be a set of circumstances or factors like tiredness and hunger. Children won't always be aware of what's triggered their anxiety but as you begin to note down the ABC's, you'll establish some patterns that will help you both. The activator triggers your child's anxious Behaviour. Now's about the time you might form a picture in your mind of what you witness when your little one is anxious. You'll see a whole bunch of behaviours including avoidance, anger, fear and distress, but what you won't necessarily see are the 'private' behaviours of your child such as their thoughts and feelings. Understanding these is really insightful. Lastly, your little one's anxiety will naturally bring about a reaction from others. This can be from you, other family members, your child's friends and/or their teacher, depending on where they are. These reactions are the last part of your new tool, termed consequences. Understanding what happens in response to your child's anxiety is important, again, for understanding patterns that have built up over time. Start by creating a table (anyway you like) similar to the one below but include more rows in yours. Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you. Let's say for example that thunderstorms trigger anxiety in your child. Their behaviour might include fear, crying, an upset tummy and hiding away from the noise. Find a quiet few minutes and begin by thinking about what happens when your child becomes anxious. Describe anxious behaviours in detail in the middle column. These could be the things you witness such as crying, pacing, avoidance, clinging, etc. plus any thoughts or feelings your child has shared with you. At first glance the activator might seem obvious: thunder and lightning in this example. But perhaps the anxiety is triggered earlier than that. Could it begin with overhearing the storm forecast on the news or the heavy rain preceding the storm? Finally, the Consequences column is to note what happens immediately after the anxious behaviour. What happens, and how everyone feels. Go through this same process with the other anxious behaviours you listed. The ABC exercise enables you to contemplate your child's anxious behaviours and the circumstances around them including, importantly, when you're not actually in the thick of it. My guess is that you're already pretty clear about the behaviours, but after doing this exercise you'll be armed with details of the triggers (Activators) and outcomes (Consequences) as well. Combined, this understanding will give you insights into how anxiety unfolds for your child, an opportunity to reflect on your own responses to anxious behaviour, and where there might be

opportunities for helpful change. If at any time you're at all concerned about your little one, please consult with your GP to seek advice and reassurance. Dr Jodi Richardson is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au Example ABC table and anxious behaviours.

Community News



The E-Magination Winter Holiday Club is just around the corner and it will be the best one yet!

There will be something for everyone, with more excursions, a fantastic selection of technology themed activities, arts and crafts, and heaps more.



Every session will also include a healthy breakfast before 8:45 AM and an afternoon snack.

To view what's on these school holidays and to make a booking, visit: www.campastralia.com.au/holidayfun.

Or you can call our friendly Customer Care Team on **1300 105 343** - 24 hours a day, 7 days a week.

We look forward to seeing you and your family this school holidays.

The Camp Australia Team



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