

ST ANTHONY'S SCHOOL
DIMBULAH

Principal: Mr Brad Williams
principal.dimbulah@cns.catholic.edu.au



Mr Brad Williams

Issue 2 Term 1
4th February, 2016

Assistant Principal -
Religious Education : Ms Rachelle De Iacovo
rdeiacovo@cns.catholic.edu.au

Sports Captains for 2016



Wolfram Captains: Neve Godfrey and Marco Cappella
Mulligan Sports Captain: Kaiden Anning



COMING EVENTS.....



Feb 5	Whole School Mass 9am
Feb 10	Ash Wednesday Mass 9am & Swimming Lessons 7pm P&F AGM Everybody Wel-come
Feb 17	Braveheart Performance 11.15—11.45
Feb 19	Ida Pinese from St Stephen's Catholic College Visiting Year 6



Student of the Week

Prep One Two Class

Jack Pownall-Teece for trying his best and having fun!

Kelly Sivyer for trying her best and being kind.

Amaliya Fitzgerald for being safe and having a go!

Mikayla Ahloy-Coutts for being kind and having a go!

Felix Gargan for listening and trying his best.

Georgia Cummings for solving her own problems and clever thinking.

Madison Ahloy-Coutts for helping others and being a good friend.

Year Three Four Class

Bronson Exton for an excellent start in English.

Shayla Jerome for being an excellent helper in class.

Year Five Six Class

For all Year 5 and 6 students for an awesome start to the school year.





**From the
Principal
Brad
Williams**

From our Principal

Principal's Report

At the assembly on Monday I commented about how well the students have settled into the school year. Students have adjusted quite well to new classrooms, new faces, new teachers, new routines and for some, a new school. In my visits into classrooms, it has been impossible not to notice the joy and enthusiasm in which students are approaching learning tasks and there is a real sense that they are very happy at St Anthony's.

Parent Planner

At St Anthony's we value highly the partnership that exists between parents and the school. We value two-way communication and appreciate the presence of parents at assemblies and other school events. To assist parents with juggling the many demands of life, we have developed a Parent Planner for Term 1, which is attached to this edition of the Newsletter. The Parent Planner contains dates for Masses, Assemblies, Carnivals and other events. As well as the Parent Planner we will continue to advertise dates for special events in the Newsletter, which will be distributed in Weeks 4, 6 and 8 during this term.

Beginning of Year Mass/Student Leader Induction

A reminder that this Friday at 9:00am we are celebrating the beginning of the 2016 school year with Mass. We are also recognising and inducting our School and Sport Captains. We invite all parents and family members to attend this special service.

Volunteer Blue Cards

Recently, we have fielded a number of enquiries from parents and community members about Blue Cards and whether or not they need them to volunteer at St Anthony's. To help clarify this, the following excerpt has been taken from A Guideline to School Volunteers for the Catholic Education Staff Portal;

"Blue Cards are required for all volunteers who are not parents of children attending the school".

If you know of anyone who would like to volunteer or have a family member who is not a parent who is planning to volunteer at St Anthony's, we would ask that they complete a Volunteer Blue Card Application. There is no charge to complete this form and we are more than happy to assist in processing this for any interested persons. Volunteer Blue Card Application Forms can be accessed via the following link: <https://www.bluecard.qld.gov.au/pdf/forms/PSBA001MAY15-BC-Blue-card-application.pdf>. Alternatively, drop into the office and pick up a form.

Parent Information Night

We would like to extend our thanks to the many parents who attended the Parent Information Night last night. We hope that by attending you have a deeper understanding of aspects related to the classrooms your children are in. As a staff, we recognise the importance of communication and strongly believe that continuing to develop positive and supportive relationships between school and home is a key to improving outcomes for students.

From our Principal

Tips for Student Success

At school we often get asked by parents how they can help ensure their children have the best chance for success at school. Below are some tips which will give our students every opportunity to be successful learners:

Sleep - Ensure your child gets enough uninterrupted sleep. They need this to process learning and memory from the day's activities. Digital devices do interrupt sleep and therefore should not be kept in bedrooms overnight.

Nutrition – Try to avoid processed foods where possible. Avoid foods high in sugar as this affects concentration, energy levels and ability to learn. Make sure that a piece of fruit or vegetable is packed for Brain Break and encourage your child to drink lots of water.

Be Supportive and always speak positively about school – If and when your child comes home and reports a problem, always reassure them that they have done the right thing telling you and that there is something that can be done to help them. Either encourage them to speak to their teacher and/or make a time to see the teacher yourself.

Organisation and routines – Being at school on time is very important for children to start the day positively, allowing time to socialise, get belongings organised for the day and build friendships with staff and students. To help you understand the importance of being on time and keeping absenteeism to a minimum we refer you to the table below.

EVERY MINUTE COUNTS			
But I'm only missing	That equals	Which is	And over 13 years of my schooling that's
5 minutes per day	25 minutes per week	Nearly .8 weeks per year	Nearly ¼ of a year
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40 minutes per week	Nearly 3 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	Nearly 6 weeks per year	Nearly 1 and a half years

Balance – As best you can, ensure there is a balance of work, rest and play in your child's life. Give them time to play and pursue interests and make sure you do the same for yourselves.

Be patient – Often students take time to adjust to a new teacher, new routines and surroundings. Reassure them that all will be well and if you have any concerns speak with your child's teacher sooner rather than later.

Screen time – Monitor your child's screen time and discuss with them what they are doing when on screens. Screens include TV, computers, tablets and phones. Make a point of discussing online safety and ethical use of these resources.

Health and wellbeing – If your child is unwell, provide them with time to rest and recover. Avoid sending them to school unwell as this makes for an unpleasant day for them and impacts on not only their capacity to learn but others in the class and the staff who have to tend to them.

From our Principal

Communication – Communicate in a timely and appropriate manner with your child's teacher if you have any concerns. This is most effective when it is face to face and at a time suitable to both parent and teacher. Avoid discussing issues before school as often this is in view of other parents and because staff are busy preparing for the day ahead, the issue may not get the time needed to resolve it properly.

Solar Panels

The installation of the solar system on the library is all but complete. We are expecting that in three years the savings in electricity will have paid off the cost of the system. The other added bonus of course is that we are helping protecting our environment by reducing our carbon footprint.

Church Toilet

Work is continuing on the church toilet block. We thank you for helping ensure that students are not entering this work space.

P&F AGM

A quick reminder that the AGM is next Wednesday at 7:00pm. All interested persons are invited to attend.

Next Assembly: Monday 8th Week 3 (5/6)
 Monday 15th Week 4 (3/4)

Next Newsletter: Thursday 18th February

**Yours in Catholic Education,
Brad Williams**



**Principal,
St Anthony's Catholic School**

St Anthony's Reading Workshops

Are you interested in supporting your child to read well?

Are you interested in becoming an adult volunteer supporting readers on a one-one basis at school?



to-

Come along to our FREE reading workshops where you can learn to support our St Anthony's children to become better readers!

A time, date and venue for the workshops will be set depending on the level of interest registered.

Register your interest by calling the office on 40935319.



Guidance Counsellor News.

Supporting and enhancing social/emotional learning at St. Anthony's.

Resilience- Being able to bounce back after a negative or hurtful experience.

In an edition of the Kids Helpline Newsletter, one of the focus areas was on **resilience**, which is commonly defined as “a person’s ability to deal with or cope with and overcome negative life experiences”. Some people take on the challenges at hand but others find obstacles difficult to overcome and can take much longer to recover (if at all).

People generally respond differently to a crisis or a distressing situation, but those who have been taught the skills to being resilient, cope better than others.

The Clinical Practice Manager at Kids Helpline, Kathryn l'Hanson says that, “young people who are resilient, tend to be optimistic, confident and have a high sense of self worth”. In schools teachers and counsellors place tremendous emphasis on teaching resilience to students, focusing on self- esteem, self-control, social skills, problem solving, realistic expectations and optimism.

Ms. l'Hanson states that “resilience is a powerful tool for coping, adjusting and innovating and it provides young people with the resources to handle all kinds of adversity”.

Things that can really prevent young people from developing resilience are:

- Poor self-esteem.
- Poverty and /or neglect.
- Unstable accommodation (moving from house to house or town to town).
- Low school achievement.
- Poor school attendance and disconnection from the school community.
- Parental separation/divorce.
- Family violence.
- Abuse.
- Few friends or associating with high risk young people.
- Absence of goals.
- Substance abuse and other risky behaviour.

The ways in which you can help your son or daughter to develop resilience are:

- Demonstrate how to manage difficulties with simple stress reducing actions such as enough sleep, regular physical activity, and being able to ask for help when they need it.
- Improve self-worth through positive reinforcement, teaching hygiene and nutrition, recognizing achievements, setting realistic goals and ensuring they are involved in school, work or the community.
- Develop social skills and optimism by asking for their opinion, encouraging them to develop their network of friends, teaching them how to handle disagreements, helping them to make sense of their feelings and teaching them to challenge negative thinking patterns.
- Help improve problem solving skills by setting and adhering to boundaries and expectations, provide opportunities for them to challenge themselves and improve skills, increase independence and autonomy.
- Provide challenges to develop problem solving and give a sense of achievement.
- Provide a sense of belonging and opportunities for communication and cooperation in group settings.

Some useful websites for parents to gather information and strategies relating to the social and emotional development of their children

include: www.kidshelp.com.au; www.beyondblue.org.au; www.kidsmatter.edu.au; www.cyh/HealthTopics; www.parentingideas.com.au; www.raisingchildren.net.au; www.health.qld.gov/childrehealth.

I do hope you find this article and related websites of interest and the tips helpful, in building resilience in your son/daughter. If you have any concerns in relation to the emotional well-being of your child, please contact the Principal, Mr. Brad Williams on 4093 5319 or myself by email at bschofield@cns.catholic.edu.au. Wishing you a safe and happy week.

Bryan Schofield: Guidance Counsellor.



From our APRE



“There you are, you will find God”

Mary MacKillop 1871

Parish Weekend Mass Times

St Anthony's – Dimbulah – Sunday 8.00am

St Thomas of Villanova – Mareeba – Saturday 6.00pm & Sunday 10.00am

St Christopher's – Kuranda – Sunday 6.00pm

Dear Parents/Carers,

We have had a great start to the term and it is wonderful to see the children all settled in. Tomorrow we have our opening school Mass at 9am. At the Mass there is the commissioning of our school leaders and staff and our school and sports captains will be presented with their badges. It will be lovely to see you there and all extended families and friends are very welcome to attend.

Next week our Parish is celebrating the season of Lent, the 40 day period of spiritual preparation for Easter. On Shrove Tuesday, our students will enjoy the traditional feast on pancakes, which is kindly put together by our wonderful parent volunteers (if you are able to help out on this day, please contact me).



Ash Wednesday will be commemorated with a whole school Mass in our Parish Church, commencing at 9am and all are very welcome to join in on this special occasion.

As we travel through Lent towards the Resurrection of our Lord, we as a school are going to work together to be “learning more creating change” by supporting Project Compassion. Our aim, like every year, is for our very generous and thoughtful students to make a small donation towards project compassion. Each class will receive a project compassion box to make their contributions and will also be given the opportunity to take a project compassion box home if they wish to. “Education is an act of hope” Pope Francis.

May God's Spirit be with you always

Rachelle De Iacovo



Upcoming Mass Times

Term One

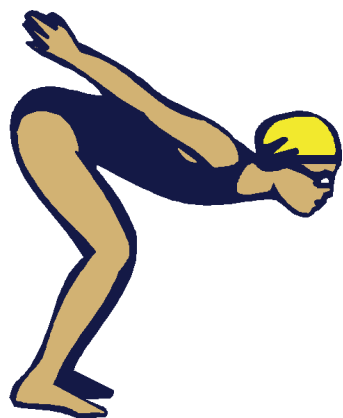
- Friday 5th February—Opening School Mass 9am
- Wednesday 10th February—Ash Wednesday Mass 9am
- Wednesday 17th February—Year 5/6 attending Mass 9am
- Wednesday 24th February—Year 3/4 attending Mass 9am
- Wednesday 9th March—Prep/1/2 Anointing Mass 9am
- Sunday 20th March—Palm Sunday Pay during Mass 8am
- Wednesday 23rd March—Passion Play during Mass 9am

Did you know?

St Valentine's Day is actually the feast of a Roman Saint. Tradition tells that St Valentine was a priest during the time of the Emperor Claudius. When Claudius banned marriages to recruit more soldiers, St Valentine secretly married many couples. He was caught and sent to be executed in the Colosseum in Rome. While he was in jail, he cured the blind daughter of his guard. Legend says that he wrote her a letter before he died, saying it, “From your Valentine.”



Swimming



A huge thank you to parents for having students ready for swimming lessons which commenced yesterday. The older students picked up where they left off at the end of last year and the new Prep students were very comfortable in the water doing what their Year 1 and 2 peers demonstrated. The progress being made through our school program is very obvious and a special thanks to those parents who have been able to assist at the pool –

it is much appreciated.

Sports Shirts

I have extended the deadline for ordering Wolf-ram or Mulligan sports shirts for another week to Friday 12 February. After the P&F Meeting next Wednesday we will be able to make a decision on whether these shirts can be worn as an option on another day to gain more use. I stress that these shirts are not compulsory and

on carnival days students can wear suitable colours to promote their house teams. For new students a list of the names has been displayed on the sports notice board.



Sand Pit Toys/Magazines

If you have sturdy and suitable sand pit toys that are no longer used and need a new home please bring them in for others to use. Mr Wilcox would also like to gather a supply of magazines to use for health lessons if anyone can help out.

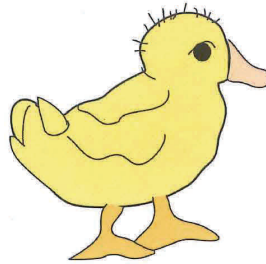
Term Planner – Parents/Caregivers

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	24/1	25/1 Student Free Day	26/1 Public Holiday	27/1 First Day	28/1	29/1	30/1
Week 2	31/1 Staff Commissioning Mass 8:00am	1/2 2:30 Assembly (Captains)	2/2	3/2 Swimming Lessons Parent Information Night	4/2	5/2 9:00am Whole School Mass and Student Leader Induction	6/2
Week 3	7/2	8/2 2:30 Assembly (5/6)	9/2 9:00-11:30 Shrove Tuesday	10/2 9:00am Ash Wednesday Mass – Whole School Swimming Lessons P&F AGM 7:00pm	11/2	12/2	13/2
Week 4	14/2	15/2 2:30 Assembly (3/4)	16/2	17/2 Mass - 5/6 Class attending 11:15-11:45 Braveheart Performance Swimming Lessons	18/2	19/2	20/2
Week 5	21/2	22/2 2:30 Assembly (P/L/2)	23/2	24/2 Mass - 3/4 Class attending Swimming Lessons	25/2	26/2	27/2
Week 6	28/2	29/2 2:30 Assembly (Captains)	1/3	2/3 Swimming Lessons	3/3	4/3	5/3
Week 7	6/3	7/3 2:30 Assembly (5/6)	8/3	9/3 9:00am Anointing Mass – P/L/2 attending Swimming Lessons	10/3	11/3	12/3
Week 8	13/3	14/3 2:30 Assembly (3/4)	15/3	16/3 Swimming Lessons	17/3	18/3	19/3
Week 9	20/3 Palm Sunday Dramatisation	21/3 2:30 Assembly (P/L/2)	22/3	23/3 Swimming Lessons 9:00am Mass + Passion Play Dramatisation	24/3 9:00-1:00 Swimming Carnival	25/3 Good Friday	26/3

Dimbulah Ducklings



Ages 0-5



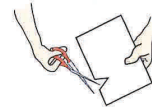
No cost



Playgroup



All Welcolme!



When? 9-10.30 am every second Monday

Where? St Anthony's School, Dimbulah.



Term 1 dates:

Monday 22nd Februdary

Monday 7th March

Monday 21st March

BYO morning snack
Tea/ coffee available



Playgroup

ASSOCIATION OF QUEENSLAND

REGISTER NOW TO PLAY FOOTBALL WITH



Dimbulah Barras FC

CONTACT: Edward Balzarolo

PHONE: 0429 935 474

EMAIL: dimbulahbarras@gmail.com

FIND MORE INFORMATION AT

www.facebook.com/Dimbulah-Football-Club

INFORMATION DAY

DATE: Sat 6 Feb 2016

VENUE: Bruno's Park, Dimbulah

TIME: 10am – 12pm

REGISTER NOW AT

PLAYFOOTBALLQLD.COM.AU



FOOTBALL QUEENSLAND

MUTCHILBA COMMUNITY CENTRE

FAMILY DINNER

Friday 5 February



Everyone welcome

From 6.30 pm

Licensed refreshments

Music



MEMBERS' JACKPOT DRAW - \$30 must be present to win

Join us on Facebook: [Mutchilba Community Centre](#)



facebook

NETBALL FOR ALL



MAREEBA NETBALL ASSOCIATION

2016 Sign On
Saturday 6th February
10am – 12pm
Mareeba State Primary School Courts

A game for all ages
5 Years – 18 Years (Saturday Games)
Ladies Competition (Wednesday Nights)

New Online Registrations in 2016

Phone Meredith 0427 994 082 or Connie
0418 789 017 for further information



netballq.org.au

Sign up to play netball in 2016

