

NEWSLETTER

19th February 2015



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

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

Opening School Mass



Shrove Tuesday



Student of the Week



COMING EVENTS.....

Feb 21	8am Whole School Working Bee (Sausage Sizzle)
Feb 25	Yr 5 attending Parish Mass
Feb 25	Reconciliation Prep Session 3.30pm
March 1	Presentation of the Cross at Sunday Mass
March 2	Badge Presentation's for School & Sport Captain's during afternoon Assembly.
March 4	3.30pm First Reconciliation
March 5	Mrs Pinese from St Stephens College visiting Yr 6 students
Every Wednesday	School Counsellor Here

Prep One Two Class

- ◇ Ricky Sivyer for listening carefully and contribution to discussion.
- ◇ Georgia Cummings for trying hard to count by tens, well done.
- ◇ Robert Hobden for taking the initiative to count while he was waiting.
- ◇ Azali Mitchell for including others in games & being kind.
- ◇ Dustin Hatfield for thinking about others & encouraging them.
- ◇ Madison Ahloy-Coutts for taking care with colouring & cutting.

Year Three Four Class

- ◇ Bronson Exton for persevering with written tasks.
- ◇ Cody Atkinson for striving for excellence in writing.
- ◇ Rafferty Risley for being attentive, focused and applying himself in all learning areas.
- ◇ Matthew Bin for a fantastic "Talk Time" presentation.

Year Five Six Class

- ◇ Marco Cappella for awesome improvisation during drama.
- ◇ Julius Srhoj for diligent work in mathematics
- ◇ Georgina Serafin for being attentive during all class lessons.
- ◇ Kellie O'Shea for being a respectful class member.

Term Dates 2015

Term One

January 27 - April 2

Term Two

April 20 - June 26

Term Three

July 13- September 18

Term Four

October 6 - December 4



School Prayer

God made us a family.
We need one another,
We love one another,
We forgive one another.
We work together,
We play together,
We worship together.
Together, we use God's word.
Together, we grow in Christ.
God bless our school.
St Anthony of Padua, pray for us.
Amen



**From the
Principal
Brad
Williams**

Principal's Report

As we near the end of week 4 I would like to take a moment to congratulate our students on how they have conducted themselves at school. There have been very few tears with bright bubbly smiles and happy children being the order of the day. I have been particularly impressed by just how well the new Prep students have settled into school life. It is great to see everyone getting along and helping each other. Keep up the great work students!

Parents and Friends

I would like to thank those parents who attended the P&F AGM last Wednesday. The meeting was very productive and many important issues were discussed. Also at the meeting we were able to thank members of the executive from 2014 for their hard work and dedication and elect new members of the executive for 2015. The executive for 2015 is Leanne Harrigan (President), Nipper Brown (Vice President) and Shannon Grantley (Secretary). The position of Treasurer was not able to be filled at the AGM. Any interested persons wishing to take on the position of Treasurer are invited to attend the next meeting on Wednesday 11th March at 7:00pm.

Bakery Lunch Orders

The bakery has asked me to remind parents, where possible, to use the correct money in your child's lunch order. Where this is not possible, could you please indicate on your child's lunch order bag how much change is required. Lunch is a very busy time for the bakery and this will make it easier for them. We thank the bakery for helping to provide yummy lunches for our students and for the support they offer

St Anthony's throughout the year.

50th Anniversary for St Anthony's School

Next year marks the 50th Anniversary of St Anthony's Parish School. To assist in the preparation of this event we are in the process of forming a committee. We anticipate that the 50th Anniversary will be a very large event which will require a great deal of planning and organisation. Once the committee is formed, we will look at a suitable date and proceed from there.

Shrove Tuesday

I would like to extend my thanks to those parents who came in and assisted with Shrove Tuesday. Your assistance was much appreciated. Small schools rely heavily on volunteers to run events and do small jobs. In the short time I have been here at St Anthony's I have witnessed the preparedness of so many parents to help out with reading, fixing doors, doing odd jobs, volunteering on committees and attending school functions. Thank you!

Toby Brown

We wish Toby all the best this weekend as he competes in the Queensland State Swimming Titles in Brisbane. Good luck Toby!

Rachelle's Long Service Leave

An announcement on Rachelle's replacement whilst she takes some well-deserved Long Service Leave will be made early next week. Applications for this replacement position close tomorrow. Rachelle will be away from 12th March to 3rd April. We wish her all the best during her time away from school.

Clean Up Australia Day

Next week our students will take part in Clean Up Australia Day. Each class will have a target area in the school and along the school boundary to clean up. By participating in this event we are assisting to create a clean environment in our school and in the township.

Next Newsletter: Thursday 5th March

Yours truly,
Brad Williams
Principal



Principals Award's



ST ANTHONY'S P & F ASSOCIATION REPORT

*P O Box 128
DIMBULAH QLD 4872
Telephone (07) 40935 319
President: Mrs Leanne Harrigan
Vice-President: Mr Nipper Brown
Secretary: Mrs Shannon Grantley
Treasurer: un-filled*

*Hyde Street
DIMBULAH QLD 4872
Fax (07) 40935 413
Contact: leaneharrigan75@gmail.com
Contact: evy@activ8.net.au
Contact: sgrantley@cns.catholic.edu.au
Contact:*

The P&F Meeting is held on the 2nd
Wednesday of each month at 7pm.

Please read the previous meeting's
minutes on the noticeboard outside
the 5/6 classroom.

**We would like to thank the outgoing 2014 Executive
and announce the 2015 Executive:**

- **President: Leanne Harrigan.**
- **Vice-President: Nipper Brown.**
- **Secretary: Shannon Grantley.**
- **Treasurer: Vacant until next meeting.**

**A decision will be made at the next P&F
meeting 11th March 2015 whether to
run the ST ANTHONY'S Spring Fair in
2015 OR commit to smaller fundraising
events, e.g. cake stalls, BBQs, dinner
dances, Mutchilba dinners.**

- The P&F would like to invite the parent
community to voice their opinion.
- Parent commitment will dictate whether the
Spring Fair runs in 2015.
- Please consider...
 1. *What you think money should be spent on in 2015*
 2. *Organisation of the 2016 St Anthony's 50th
Anniversary Event*



Guidance Counsellor News - Supporting SEL at St. Anthony's.

Self Esteem.

The following information on self esteem relates to an article written by Collette Smart from Generation Next and was posted by Dr. Ramesh Manocha on 21.05.12.

The article focuses on the importance of healthy self esteem (or “self efficacy”, which is a term used in psychology) and refers to “a person’s belief in his/her own competence.” It is not about bragging or boasting as to how good they are, but more so, it is about having a healthy, positive outlook on one’s strengths, characteristics and abilities.

Encouraging the development of healthy self esteem assists children to grow up as resilient, confident teenagers and adults. In doing so, children develop a “force field” to help them repel such issues as bullying, youth depression, anxiety disorders and social problems.

Some of the Indicators of Poor Self Esteem.

- Acting out or disruptive behaviours: seeking negative attention acts as a reinforcer to being noticed.
- Internalising behaviour: a child becomes more quiet and withdrawn and weighed down by self focused thoughts.
- Friendship and social concerns.
- Avoiding or refusing to try new things for fear of failure or being made fun of by peers.

Positive Strategies to Use.

- Provide a range of positive avenues to engage children in sport, activities and clubs: sometimes a gentle push in the right direction may be needed.
- Encourage children to make decisions and explore options.
- Teach problem solving skills to children which is very empowering for them.
- Provide kind and gentle feedback when mistakes are made.
- Encourage them to challenge their fears and have a go rather than avoid doing the task or activity.
- Teach them the importance of “self praise”: this helps them to become less reliant on others for recognition of good achievements.
- Community based activities are helpful in taking the focus off the importance of “self”: giving to others.

Try to Avoid.

- Taking away natural consequences for poor choices.
- Doing everything for your children: helping out around home is important.
- Re doing their jobs for them.
- Allowing them to use “victim language” such as “I’m hopeless at Math’s,” “I have no friends” or “Bad things always happen to me”.

I do hope you find this article 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 me or the Principal, Mr. Brad Williams on 4093 5319 or by email bschofield@cns.catholic.edu.au.

Have a safe and happy week.

Bryan Schofield: Guidance Counsellor.



Sporting News.....

Badge Presentations:

Presentation of School and Sports Captain badges will be on Monday 2nd March during assembly at 2.30pm. All parents are welcome to attend this special event.

.....

Working Bee - Saturday 21st February 8:00am - 11:00am

(followed by drinks and a sausage sizzle)

We are asking for as many parents as possible to help out with jobs that need doing around the school. Please bring your rakes, pruners, gurneys, shovels, gloves, ladders, wheelbarrow's trailers, Dingo's/Small Back hoes (for shifting sand/mulch) etc.....anything that might be useful for the following jobs:

- ◆ Re-attach shade sail outside Prep/Year 1/2
- ◆ Clean gutters
- ◆ Clean (gurney) playground shade sail and repair
- ◆ Add fresh sand to playground
- ◆ Remove sticks and mulch garden beds
- ◆ Re-swing Admin door
- ◆ Clean (gurney) walkways
- ◆ Add stones to office car park area (look at cementing area)
- ◆ Prune/Weed gardens
- ◆ Repaint outside furniture setting
- ◆ Check/Repair the fence line and gate panels where necessary
- ◆ Clean out P&F Shed

Student News:

We would like to wish Toby Brown all the very best for this weekend, Toby is attending the Qld State Swimming Titles in Brisbane . *Good Luck!*



"The greatest thing anyone can do for God or man is pray."

S.D. Gordon

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



Firstly, I would like to say a thank you to our families, friends and parish members who were able to attend our opening school mass last week. It was a special way to welcome all of the Saint Anthony of Padua's community (new and continuing) to the new school year and to present our year 6 students and leaders, who will embark on their final and memorable year of primary schooling.

Sacramental Program

Last Sunday, here at our Parish we had the Sacramental Welcome Rite, where we welcomed and congratulated our 13 candidates, Nate Mitchell, Georgia Williams, Amber Land, Matthew Bin, Kaitlyn Everingham, Marco Cappella, Georgina Serafin, Cara Dryden, Samuel Dryden, Hope Kennedy, Charlotte Brunjes, Emma McDermott and Jack Schincariol, who this year will prepare and participate in receiving the Sacraments of First Reconciliation, First Eucharist and Confirmation. As a school community, we would like to offer our prayers for them and their families in these important weeks leading up to First Reconciliation, First Eucharist and Confirmation.

Lenten Season

On Tuesday we celebrated Shrove Tuesday with the "traditional" pancake feast for all students of the school. I would like to take this opportunity to again thank those parents who were able to assist on the day in the making of the pancakes, serving and tidying up. You definitely made it a special occasion and can tell you that those pancakes were "YUMMY".

Wednesday marked the first day along the Lenten journey and was celebrated by our school community attending the Ash Wednesday mass with the Parishioners. As we travel through Lent towards the Resurrection of our Lord, we as a school are going to work together to "help the world's poorest people access and develop sustainable food sources for life" 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.

Something to think about...

During the Lenten season, we commonly associate the idea of "giving up" something that we would find difficult to do, throughout the forty days leading to Easter, as it reminds us of the sacrifices Jesus made for us. Something that I have also included in my "fasting" is the introduction to myself and my students from previous years for quite some time now, is to also "feast" on something. Feast in the sense of doing random acts of kindness for various people or organisations (volunteer your time, make a meal for someone in need, donating your unwanted items to charities) whom you can share your goodness to.

Have a fantastic week and

May God's Spirit be with you always

Rachelle De Iacovo



In the words of Saint Mary MacKillop

"Have courage no matter what your crosses are"

1890

Did you know?

In the Early Church, people preparing for baptism spent 40 days fasting and praying as an act of repentance. It grew into a time for the whole church to repent and renew their baptismal vows. It is a time to take stock and turn away from bad habits and try to form good ones.



Shrove Tuesday



WANTED

Pre-loved Rhee Tae Kwon Do Uniforms

**If you have uniforms at home in good condition,
we can sell them for you!**

**Contact: Instructors Phil & Gaye
@ RHEE TAE KWON DO
DIMBULAH CENTRE**

Ph: 40935357 Email: p.gautos@bigpond.com



RHEE TAE KWON DO
Dimbulah Centre



RHEE TAE KWON DO PLEDGE:

As a student of RHEE Tae Kwon Do I solemnly promise:

1. To abide by the rules and regulations of the school
2. To obey the instructions of our instructors
3. To cultivate self-discipline and perseverance
4. To achieve fitness and good health
5. To strive always to be modest, courteous and respectful to members senior to me
6. To put the Art into use only for self-defence and defence of the weak, and never to show off my knowledge of the Art
7. To endeavour constantly to improve myself both mentally and physically – through my study of the Art of RHEE Tae Kwon Do
8. To respect and obey my parents, be courteous to my elders, and strive to set an example as a good citizen
9. To respect the laws of the country at all times
10. To be honourable in my dealings with all my fellow members

**RHEE Tae Kwon Do
Celebrates 38 years training @
DIMBULAH MEMORIAL HALL
MONDAYS & THURSDAYS
7.15pm – 8.15pm**

Re-commences: Thursday 29th January 2015

**NEW MEMBERS ALWAYS WELCOME!
FIRST 2 TRAINING SESSIONS FREE!**

ENQUIRIES: Phone Instructors Phil & Gaye 40935357

Instructors Phil Quayle & Gaye Taylor
Training Monday & Thursday Nights 7.15pm – 8.15pm
Dimbulah Memorial Hall
Ph/Fax 40935357

**Dimbulah Clinic
Hours
Monday- Friday
8am - 3.30pm**

**House visits
between
11.30-1.30pm**