

NEWSLETTER

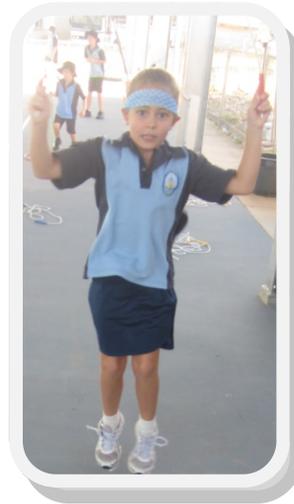
5th March, 2015



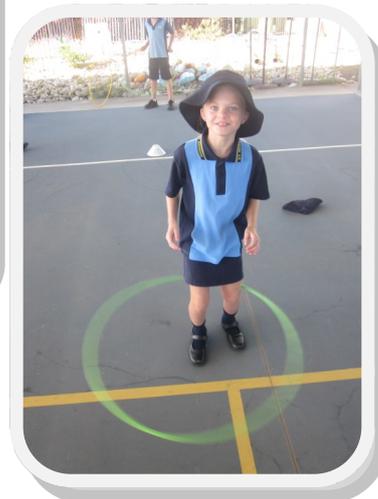
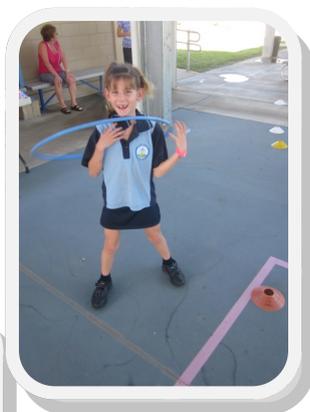
Badge Presentation's

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

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



St Anthony's Fitness Program



Student of the Week



Prep One Two Class

- ◆ Cayde Miller for considering others & helping
- ◆ Emma Palmeri for enthusiasm with reading!
- ◆ Mia Gargan for careful use of reading strategies
- ◆ Sam Williams for using nice words and thinking about noise level in the classroom
- ◆ Livinia DiSalvo for being ready to learn and trying her best
- ◆ Alexandra Serafin for always putting her hand up to speak

Year Three Four Class

- ◆ Nathan Exton for contributing to class discussion
- ◆ Alice Harrigan for attempting and doing her best at every task
- ◆ Clancie Sivyer for trying her best to edit her writing
- ◆ Anton Palmieri for listening attentively at all times.

Year Five Six Class

- ◆ Kaitlyn Everingham for providing fantastic ideas towards our class narrative
- ◆ Lauren Schincariol for being conscientious and attentive during all class activities
- ◆ Kaiden Anning for being attentive to the needs for the younger students in the school
- ◆ John Lamont for being super conscientious towards his learning

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

COMING EVENTS.....

March 6	St Josephs Feast Mass @ 6.30pm Mutchilba
March 10	World Read Aloud Day
March 26	Swimming Carnival
April 2	Cross Country Last day of Term 1
April 3	Good Friday -Easter Holiday's Start
April 6	Easter Monday
April 20	Term 2 Starts
Every Wednesday	School Counsellor Here



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**

From our Principal

Principal's Report

It is hard to believe that we are already over half-way through the term!

In future editions of the newsletter I will try and include articles that you might find useful. At the back of this edition I have included an article about helping parents and children manage their emotions in healthy ways to help foster the school-home partnership.

Working Bee

I would like to thank those families who assisted at the Working Bee a couple of weeks back. Although the weather was hot we all got stuck into the work and managed to spread the hay, mulch and sand, as well as do some pruning and other odd jobs. As a result of your hard work, the school grounds are now safer and more aesthetically appealing. My personal thanks to Terry Wilcox for coordinating this event and being present on the day despite being unwell.

P&F Meeting

I would like to encourage as many parents as possible to attend the P&F Meeting next Wednesday at 7:00pm. The P&F is a great way for parents to play an active part in their child's education. There will be much to discuss at the meeting, including whether or not we hold the Spring Fair this year. If you are passionate about this issue or any others, please come along.

Assembly Roster/Feedback

Below are the classes scheduled to host assemblies until the end of the term:

Week 7 – Year 5/6

Week 8 – Year 3/4

Week 9 – P-2

Week 10 – School Captains

At St Anthony's we welcome the feedback from parents. We would especially be receptive to feedback in relation to the new time for assemblies. This will help to inform our thinking when deciding if we continue holding assemblies at 2:25pm on a Monday afternoon.

World Read Aloud Day

St Anthony's is celebrating World Read Aloud Day by inviting parents and parishioners to come in and listen to student's read from 8:30-9:00. On this day we would love for students to bring in a favourite book from home to read.

Rachelle Long Service Leave

We wish Rachelle all the best during her Long Service Leave. Rachelle will be away from school from Wednesday 11th March until the end of the term. We welcome Lyn Bin, who will be teaching the Year 5/6 class in Rachelle's absence. Terry Wilcox will continue in his role as 5/6 teacher on a Wednesday and PE/Health teacher on Tuesday and Thursday. He will also be working on Friday's in the APRE role whilst Rachelle is away.

Parent Teacher Interviews

Our staff are currently discussing suitable dates for Parent Teacher Interviews. We will advise you of these dates when we have confirmed them. In the meantime, should you wish to discuss any aspect of your child's education, please feel free to make a time to see them before or after school. Our staff are always happy to make time for parents and we value the open communication line between home and school.

From our Principal

Badge Presentations

It was a great honour to be able to present badges to our School Captains and Sports Captains on Monday. These students, together with all our Year 5 and 6 students, are fantastic role models for our younger students. My thanks to the many parents and grandparents who attended the ceremony.

Enrolments 2016

We are started taking enrolments for 2016. If you know of anyone who is interested in enrolling their child at St Anthony's next year, or who would like to come and look at what we have to offer, please let them know we are taking enrolments and would be happy to meet them at a time that is mutually convenient.

Next Newsletter

Thursday, 19th March.

Yours truly,



Brad Williams
Principal

Principal's Awards





Guidance Counsellor News: Supporting the SEL Program in our School.

Supporting Children who are Being Bullied.

Bullying is considered to be such a serious issue that a Commissioner is about to be appointed by the Federal Government to deal explicitly with bullying amongst young people in schools and in other settings. The following article reinforces to parents what bullying actually consists of, the serious nature of bullying and what parents/students can do if bullying is occurring.

Bullying is when someone, or a group of people, with seemingly more power than another person, repeatedly and intentionally targets that person by teasing or verbal abuse or physical actions towards that person. This usually causes the victim to become distressed and fear for their safety.

There are 5 main types of bullying:

- Physical bullying: hitting, pushing, kicking, tripping, and damaging someone's property.
- Verbal bullying: name calling, insults, homophobic or racist remarks and verbal abuse.
- Social bullying: lying, spreading rumours, playing nasty "jokes", mimicking and excluding someone.
- Psychological bullying: threatening, manipulation and stalking.
- Cyber bullying: using technology (email, mobile phones, chat rooms and social networking sites) to bully verbally, socially or psychologically.

Some things you can do if your child is being bullied are:

1. Talk to them about the bullying (try and keep it low key).
2. Listen to the whole story without interruption and then ask them what they want to happen before you make any suggestions.
3. Explain that it is normal to feel hurt and it is never OK to be bullied and that it is NOT THEIR FAULT.
4. Find out what is happening; when and where the bullying is taking place, who is involved, how often, any witnesses is the school aware?
5. Contact the school in a calm manner to make an appointment and take your son/daughter with you.
6. Give sensible advice fighting back and staying away from school may cause further pain for them.
7. Help your child work out useful and practical strategies.

Following is a list of helpful hints to pass on to your son or daughter should they be the victim of bullying:

If you are being bullied

- Tell the person to stop.

From our Counsellor

- Use non- threatening language to respond to the bullying such as “that’s your opinion” or “whatever”.
- Walk away.
- Try to act unimpressed.

If these don’t work

- Talk to your friends and ask for support.
- Talk to a teacher.
- Talk to your parents or a trusted adult.

If you see someone else being bullied

- Tell the bully to stop.
- Tell a teacher.
- Don’t watch or join in.
- Try to change the subject.
- Support the person who is being targeted.
- Tell them that the bully is the one with the real problem.
- **DON’T BE A BYSTANDER.**

If you are cyber bullied (e.g. On Facebook etc. or text messages)

- Do not respond to the message.
- Save the evidence.
- Block and delete the sender.
- Report.
- Tell trusted people such as friends, parents, teachers and the police if necessary.

Bullying is a serious problem and it can affect the physical and mental health of young people. Most schools have an Anti-Bullying Program with specific guidelines on how to deal with the issue of bullying. A most helpful website for great information on issues related to children and adolescents is **Kids Helpline**, www.kidshelp.com.au.

If you have concerns regarding the bullying of your child please don’t hesitate to draw it to the attention of the class teacher or member of the Leadership Team, or send me an email on bschofield@cns.catholic.edu.au, and something will be done to support your son/daughter. Wishing you a safe and happy week.

Bryan Schofield

(Guidance Counsellor).



"The Lord is my Shepherd, I shall not be in want"

Psalm 23:1

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



As most of you are aware, next week I will be taking long service leave until the commencement of next term. I will be heading to the United States where I will be taking part in the Los Angeles Religious Education Congress. The RE Congress is the largest annual gathering of its kind in the World, which began in 1968 as an "institute" for religious education teachers, however has grown to include people of all vocations and different faiths. The four-day event is held at the Anaheim (California) Convention Centre, where I will be attending workshops presented by guest speakers from around the World on various topics. I will also be participating in evening concerts, liturgies and be able to view religious exhibits. I am thoroughly looking forward to the event and hope to bring back lots of fantastic and new ideas to the Religious sector of our school community.

Sacramental Program

On the weekend the children who are taking part in the Sacramental program were presented with the "cross" at our Parish Mass. Then on Wednesday they for the first time received the Sacrament of Reconciliation. Please continue to keep these children and families in your prayers as they continue on their journey through the preparation sessions, welcome rites and sacraments.

Congratulations to Matthew Bin, Nate Mitchell, Georgia Williams, Amber Land, Kaitlyn Everingham, Marco Cappella, Georgina Serafin, Cara Dryden, Samuel Dryden, Hope Kennedy, Jack Schincariol, Emma McDermott and Charlotte Brunjes.

"May God bless you and keep you safe along your journey"

St Joseph

Saint Joseph's Feast Day is celebrated on 19th March. Saint Joseph was a man who protected and cared for Mary and Jesus during his life with them. He always tried to be aware of God's presence surrounding him.

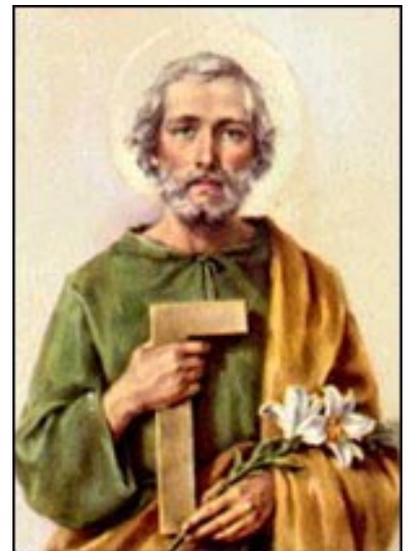
"Loving God, you gave Joseph to Jesus to be his father in this World. Bless all fathers and help all families to find you in their life together. Amen."

To coincide with the Mutchilba Community Centre's first Friday of the month dinner gathering. There will be a mass for the Feast of Saint Joseph, held in Mutchilba at 6:30pm on Friday 6th March. This will be followed by a purchased dinner at the Mutchilba Community Centre. Drinks will be available for purchase and all are very welcome to attend.

Have a fantastic week and

May God's Spirit be with you always

Rachelle De Iacovo



In the words of Saint Mary MacKillop

"All will be right with time and a little patience"

1873

Why do we do that?

"Why go to Mass when I can pray to God by myself?" some people ask. Family members come together for meals as a way of sharing life together. The Sunday Mass is a bit like that for Catholics. It is the sacred meal, our 'family meal', whereby we come together to worship God and connect with people.





Sporting News.....

SPORT

Swimming Carnival

We have set aside Thursday 26 March for our school swimming carnival. At this stage the Yr 3 – Yr 6 Students will participate in events from 9:15am – 11:15am. The Prep – Yr 2 Students will then join the upper school from 11:30am – 1:00pm for team novelty events.

Cross Country

All students will participate in our Inter-house Cross Country Event on the last day of this term, Thursday 2 April. Students will run/walk over distances according to their age ranging from 500m to 2km. The whole school is currently participating in our School Fitness Program each Tuesday, Wednesday and Thursday mornings before school in preparation for this event. The District Cross Country for 10 – 12 years will be hosted by Dimbulah State School early next term.

WORKING BEE THANK YOU

Many thanks to those families who were able to attend our working bee and clean out the P&F Shed, prune trees and help spread hay, mulch and sand in the hot conditions on Saturday 21 February. Special mention to Belinda Turnbull and Mark Yelavich for delivering mulch and to Wally Dal Santo for delivering sand and using his bobcat to move it into the playground. Thank you also to Raimond Bin for welding up our playground swings.

JOBS STILL TO BE DONE.....

We still have a number of jobs that need to be done around the school. If you are able to assist with any of the following tasks please let Mr Williams or Mr Wilcox know.

1. Re-attaching the shade sail outside of the Prep/Yr1/2 Classroom. We need 3 or 4 dads who would be able to complete this task ASAP. It would be better done early morning or late afternoon, as you may need to work off the roof. Maybe some dads who have kids at soccer training on Friday afternoons could do this job in the cooler afternoon while waiting for training to finish????
2. Cleaning the gutters (mainly on the library and walkway to office)
3. Repositioning the ANZAC rock near the school flagpole.
4. Repainting the outdoor setting near the office.
5. Re-swinging the admin door leading to the library (inwards)
6. Tidying up the front entrance carpark/garden area – looking at possibility of cementing rock area.

The Brown Family are seeking donations to help fund Toby's trips to Brisbane, Below is the website if you are interested in assisting:

"Let's get Toby to Brisbane! "

http://www.gofundme.com/l6uqrg?pc=mb_em

Dear Parents/Caregivers,

The University of New South Wales is offering your child an opportunity to participate in the ***International Competitions and Assessments for Schools (ICAS)***.

The competitions provide a continuous, independent and comprehensive record of a student's performance, and map their development over the full period of primary and secondary schooling. It also provides an excellent preparation for national testing. Students are issued with an Achievement Certificate.

Results are available to parents online; these online reports and analyses remain available indefinitely. ICAS reports indicate which questions were answered correctly and compare student performance to that of the other students tested.

For more information about ICAS go to www.eaa.unsw.edu.au

If you wish your child to participate, please complete the form below and return it with the entry fees by 21 March 2015.

There is no obligation for your child to sit this test, it is totally optional and is not mandated by St Anthony's School.

Student Name	SCIENCE \$8.80	WRITING \$18.10	SPELLING \$12.10	ENGLISH \$8.80	MATHS \$8.80
	Wed 3 June Years 2 - 6	Mon 15 June Years 3 - 6	Tue 16 June Years 2 - 6	Tue 28 July Years 2 - 6	Tues 11 Aug Years 2 - 6
					Total Encl \$

Working Bee

Thank you to the following families/staff who came along to help us “clean up” our school.

Berto, Anna, Johnny, Umberto and Julius Srhoj

Sergio, Megan, Dylan, Kayleigh and Marco Cappella

Mark, Helen and Jack Yelavich

Charlie, Belinda, Desarae and Rowan Turnbull

Suzie Grace, Samuel and Cara Dryden

Raimond Bin

Leanne Harrigan

Joan and Lauren Schincariol

Anna Rizzetto

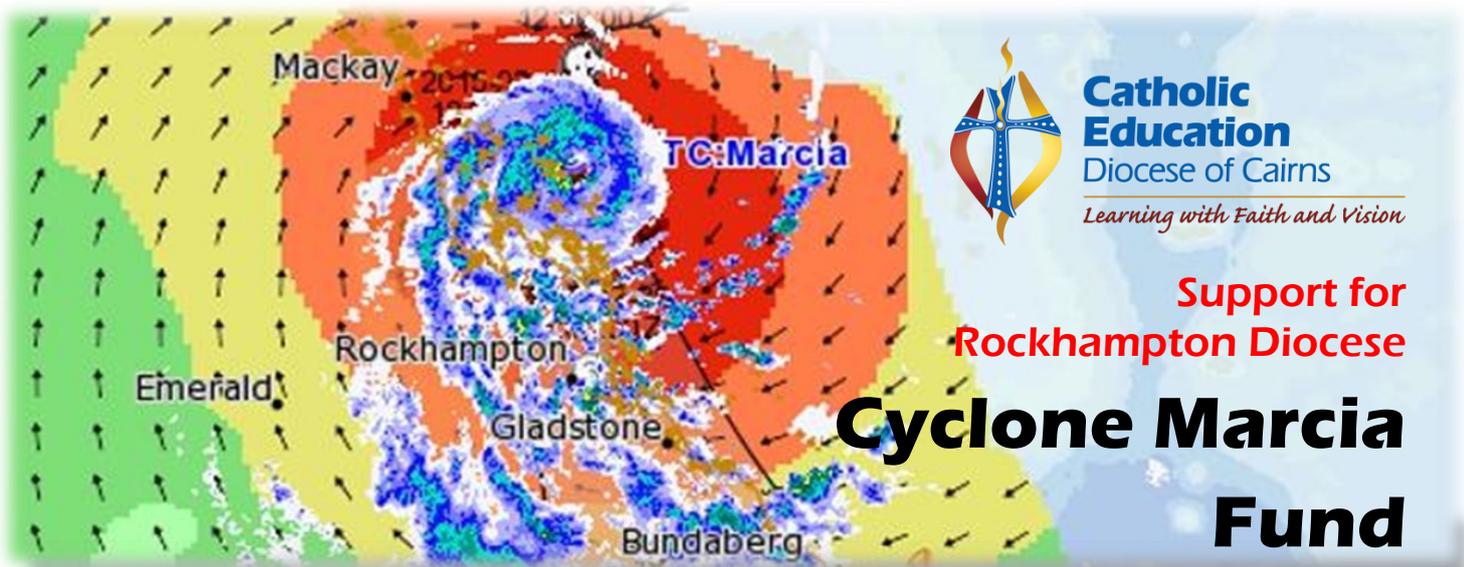
Walter Dal Santo

Terry Wilcox

Brad Williams

Rachelle and Nate Mitchell





Dear Members of our
Catholic School Communities,



As Far North Queenslanders, we are all too familiar with the destruction and anguish caused by tropical cyclones. In the past, Catholic school communities around Queensland and Australia have been generous in their support of Cairns Diocese schools and families in our times of need.

Now it is our turn to respond to assist our sister communities in the Rockhampton Diocese in the wake of Cyclone Marcia.

Catholic Education Services and the Catholic schools of the Cairns Diocese are taking up a Cyclone Marcia fund raising campaign in support of needy families in the Rockhampton Diocese.

Your school is organising fund raising events, such as gold coin days etc. School community members may also make donations direct to their school's fund raising account. The account details for your school are:

Name: **St Anthony's School**
BSB: **084 352**
Account Number: **00001 7757**
Reference: **TC Marcia (adding your surname is optional)**

I ask that you give as generously as your circumstances allow. In the meantime, please keep the people of central Queensland in your thoughts and prayers.

Bill Dixon
Executive Director
Catholic Education Services – Diocese of Cairns

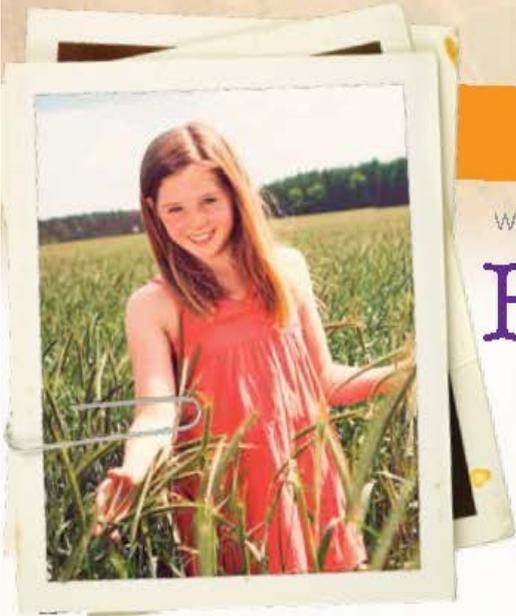
Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids to manage their emotions



Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...?" I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

more on page 2 >>

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Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parenting Ideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au



Parenting*ideas*

INSIGHTS

... healthy ways
for kids to manage
their emotions ...

2

Deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it..

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that jukes you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at Parentingideasclub.com.au

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au

Ready Readers Strong & Deadly Parent Program

This reading program is designed for Aboriginal and Torres Strait Islander parents & carers of children from 0-8 years to develop their skills to support their children to become strong and deadly readers.



**read everyday,
anytime, anywhere...**



For more information contact: Julia Gela
Ready Readers Strong & Deadly Coordinator
Phone: 4037 3815 Mob: 0467 715 117
Email: julia.gela@dete.qld.gov.au

Happy Easter

St Anthony's School

"Money Bunny Raffle"

\$1.00 per Ticket

Drawn: 2nd April 2015



centrelink medicare child support

Australian Government Mobile Service Centre Assistance

The Australian Government Mobile Service Centre is supporting rural communities by providing convenient access to Australian Government payments and services. This specialised vehicle offers a wide range of face to face and self service assistance for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

You can visit the Mobile Service Centre:

Near the Information Centre	Near the Junction Hotel	Near the Information Centre
Queen St, CHILLAGOE	Development Rd, DIMBULAH	Therwine St, KURANDA
10 March 11 am to 3 pm	11 March 9.30 am to 4 pm	12 March 9 am to 3.30 pm

Experienced specialist staff travel with the Mobile Service Centre and provide friendly, face-to-face service, information and support. Our staff can assist you with Centrelink, Medicare, Australian Hearing and Child Support payment and service options. They are specialists in rural servicing and live and work in the communities they serve. If the assistance you're after is not available, arrangements will be made for someone from the relevant organisation to contact you.

For more information, go to humanservices.gov.au and search for Mobile Service Centre or call 132 316.



humanservices.gov.au



Well Women's Clinics – Mareeba Hospital & Mulungu (These clinics are available to Medicare eligible clients)

Mulungu – Monday 16th March Ph: 4092 3428
Mareeba Hospital - Thursday 19th March Ph: 4092 9311

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Bowel Health, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.