

ST ANTHONY'S PARISH SCHOOL

NEWSLETTER

15th August 2014



Principal: Mr Scott Whitters
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Assistant Principal Religious Education:
Ms Rachelle De Iacovo
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Back Yard League



Mary MacKillop Liturgy



NAIDOC
Celebrations with
Ron and Dawn Archer

Stephanie Alexander Kitchen Garden Program



COMING EVENTS.....

August 19	Bravehearts visit @ 1.30pm
August 20	P&F Meeting @ 7pm
August 21	FNQ Heat Training Clinic
August 22	Wolfram Vs Mulligan Ball Games
	P & F Social Night @ Dimbulah Soccer Club 6pm
Sept 15	Under 8's Day - Chillagoe
Nov 15	Flavour's of Spring Christmas Fair

Term Dates 2014

Term 3 - Starts 14th Jul 14	Term 3 - Finishes 19th Sep 14
Term 4 - Starts 7th Oct 14	Term 4 - Finishes 5th Dec 14

ACKNOWLEDGEMENTS

Thank you,

To Belinda Turnbull for organising and painting the pallets used for our vertical herb garden within our SAKGP

Help Required:

We are seeking help from a "Handy parent" who could co-ordinate the construction of a simple timber chook pen for the school this term. All materials will be provided.

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



Student of the Week

Prep & Year One Class

- ◆ Dustin - for trying very hard to learn sight words
- ◆ Cayde - for careful reading when answering questions
- ◆ Mia - persistence & enthusiasm in reading
- ◆ Riley - clever thinking in Maths

Year Two/Three Class

- ◆ Anton - fantastic effort in writing groups
- ◆ Nate C - working hard to improve your writing
- ◆ Ryan - excellent detective work in Reading lessons
- ◆ Rafferty - excellent handwriting

Year Four/Five Class

- ◆ Toby - for fantastic effort for completing maths homework
- ◆ Desarae - for effort and depth in her Commonwealth Games comprehension sheet
- ◆ Corey - for fantastic singing in Mass
- ◆ All of Year 4/5 - for excellent participation during SEL role-playing
- ◆ Joseph - for applying FISH strategies during Maths
- ◆ Georgina - for using FISH strategies brilliantly

Year Six/Seven Class

- ◆ Kate - for being attentive to the wellbeing of her peers and for super efforts in class work
- ◆ Jakob - for consistently working conscientiously on all class tasks.
- ◆ Sebastiano - for working diligently on his Rotary speech and showing great determination in reaching his set goal
- ◆ Tyrell - for thoughtful responses in Religion and working conscientiously on class tasks



**From the
Principal
Scott
Whitters**

Dear Parents and Caregivers,

Paying Homage to the Josephite Sisters

It was back in 1966 when the Sisters of St. Joseph first opened St. Anthony's Parish School. For twenty two years, the Sisters of St Joseph ran our school and embedded the foundation from which our mission and vision are based. Last weeks Feast of Saint Mary Mackillop reminds us of our humble beginnings. Mary founded the Josephite order back in 1866 and since then the sisters of St Joseph have worked to promote education and Catholicism throughout Australia and the world. We owe our beginnings to the sisters of St. Joseph and their tireless work in often difficult and harsh environments. I spent many years in my younger days working with Josephite Sisters. I found them to be extremely compassionate and deeply concerned for those living at the margins. I am most grateful for the opportunity to once again work with the Josephite order and be reminded of the values they hold so dear. We were all reminded last week about the work of Saint Mary Mackillop and of her famous quote, 'Never see a need without doing something about it'. This is what I believe we should all be striving to accomplish. Small towns like ours need this type of mentality in order to survive. We need to be shining lights to each other and continually look for ways to ensure all members of the St Anthony community can live life to the full and prosper. It is always a good exercise to look at our heritage and remind ourselves of our core values and ensure we our living accordingly.

NAIDOC Celebration

Our NAIDOC celebration this year involved a small prayer ceremony and a chat with Ron and Dawn Archer. Ron and Dawn spoke to the students about their lives as members of the Dimbulah community. They talked to the students about their childhoods and what it was like to be an Aboriginal child in a non-aboriginal society. They spoke about their culture and traditions and the people who helped them to shape their identities. The talk from Ron and Dawn highlighted the fact that we are living in a multicultural society and that in order for people from different cultural backgrounds to get along we must work from a platform of mutual respect and understanding. Ron spoke about the importance of working together and discussing cultural difference in order to work towards a common goal. The students asked Ron and Dawn a variety of questions about their aboriginality and lives in this community. It was a great celebration of multiculturalism and one that reinforced our Catholic mission of accepting all people regardless of race.

Effective Parenting Skills

As part of my professional reading I often come across articles for parents and families that I find particularly useful. As a parent myself, I often realise that the strategies I employ are not always effective. As parents we are continually facing new challenges as our children grow and mature. I will soon be a parent of a sixteen year old daughter. I have never done this before. Am I supposed to know all the answers to the issues I will face? Where is the handbook? Which course do I do? These are questions many of us will ask as our children grow. Many of us rely on advice from others or we do as our parents did many years ago. Does parenting evolve? I have decided to add a few fortnightly tips on effective parenting. These are not my own pearls of wisdom but those I have sourced from reputable family specialists. I am aware that one size does not fit all with parenting and that some families face greater struggles than others. If there is something that assists you in your day to day parenting then I will be pleased. Parenting is the hardest job on the planet and the most rewarding.

God Bless,

Scott Whitters

Questions to ask yourself about Parenting

1. Are your kids, by and large, happy and content (even your grumpy child)? The notion of happiness & contentment is an indicator of a child's well-being. It indicates that there is some stability and predictability at home, which kids need to thrive.
2. Is family-life relatively predictable & stable? Most kids like routine and order as it enables them to focus on what they are meant to be doing – which is growing, learning and developing. When there is order and routine kids can focus their energies on these things, rather than try to work out what may be happening next.
3. Is the environment you provide psychologically and physically safe? Some kids grow up in toxic environments where criticism and bullying is rife, and kids can do as they wish, which puts their safety at risk. Encouragement, praise, positive feedback, catching kids doing the right thing or being brave all make up a psychologically safe environment.
4. Are kids learning and developing? This is an indicator that things are going well for kids. I know some kids experience difficulty, but effective parenting involved clearing the path to learning for all children.
5. Do you feel like you are in charge, or do children rule the roost? Someone needs to be leader of the family, and it's best if it's an adult. Okay, all kids push the boundaries. It's their job. But parents, by and large, need to direct the daily action and make wise decisions for kids. Kids should make some decisions, but only according to their age and stage of development.
6. Do you give kids opportunities to socialise with other kids and adults? As a parent you have some say in directing the socialisation process for kids. They need to learn to get along with others and move from 'me' to 'we'. You help this process by providing opportunities to socialise, teaching manners and reminding them (all the time) about 'getting on' with others.
7. Are you developing the skills of independent living? The job of every parent is to work toward redundancy so effective parents do more with kids, and less for them.
8. Is their love and affection in the air (balanced by firmness)? Kids need to feel loved and that they are loveable. You let kids know they are loved through your actions and words. Being told 'I love you' by an adult you respect and admire is an incredibly reassuring, empowering thing.
9. Is family-life fun.....at least some of the times? Humour and fun are the building blocks for mental health. They relieve tension and stress.
10. Are you happy in your role? This is tricky. We all get down on ourselves and our kids from time to time. But hopefully you are getting some joy from your parenting. If so, this will show through to your kids in lots of ways. If not, then perhaps you need to work out what is stopping you, then make plans to change the situation. That could be working on your parenting skills (lack of skill prevents many parents from enjoying their parenting), or even getting some professional assistance if you feel that you are stuck in a parenting or personal rut.



From our Counsellor

Guidance and Counselling Information.

Friendship Problems.

The following article has been derived from **Kids Helpline**, www.kidshelp.com.au, which has an abundance of information topics related to issues concerning young people of all ages and is well worth having a browse through.

Basically, children want to have friends and be a friend to others friends are fun to be around and valuable lessons can be learned from friendship, such as;

- How to share.
- How to get on with others.
- How to be kind and caring.
- How to be a leader and a follower.
- What it means to give and take.

Sometimes, however, things don't quite work out right and friends fight and argue with each other. Fights might only last for a short time but at the other end of the scale, things may get so bad that they decide not to be friends any more.

When our young people are having friendship problems it usually causes a significant amount of distress for all concerned.

1. Feelings about fights.

People experience a whole range of feelings when they are in conflict with their friends they may feel;

- Sad or hurt.
- Angry or frustrated.
- Misunderstood.
- Confused.
- Worthless or under-valued.

Unless these feelings are communicated to someone they trust, it can lead to further complications like not wanting to come to school, isolation and eating/sleeping disturbances.

2. What causes fights?

There are many reasons why fights occur between friends It might happen because someone is tired and cranky and takes it out on a friend or it may be due to serious matters such as sharing a personal secret with another person. Some of the things we hear kids say that has caused fights include;

- "My friend laughed at me when I couldn't make it over the high jump bar".
- "I was feeling sick and didn't feel like playing and my friend didn't think I liked her anymore".
- "My friend wouldn't share".
- "I lent my friend my Ipod and it got lost".
- "My friend was talking about me behind my back".
- "My friend wants me all to herself and gets angry if I play with other kids".

3. How can we sort things out?

Patching things up between friends can take time and in some cases things just don't get sorted out some helpful ways in which friendships might be repaired include;

- Thinking about what happened** How did the fight start? What really happened? Did anything make it worse? What is happening now to keep it going?
- Looking at feelings** Are you angry/sad about fighting with your friend? Is the thing you are fighting about really worth all the bad stuff that is happening right now?
- Talking it out with your friend** This is best done in private and away from others who may take sides; stay calm and avoid blaming each other; let your friend know how you feel about fighting with them and let them have their say as well; be respectful; you might wish to have the help of a trusted adult like a school counsellor or your teacher to when you are talking things through.
- What might need to be changed?** you might need to negotiate with your friend about things like sharing friends or possessions and about respecting each other and listening to each other if there is an issue.
- Saying sorry** offering a sincere apology goes miles in getting a friendship back on track even if you think you didn't do anything wrong you could say "I'm sorry we are fighting and I miss playing with you" or "I'm sorry this fight has gone on too long".

Friendship issues are quite a common occurrence in schools and staff and indeed parents, spend a significant amount of time in attempting to problem solve with children. It is important to work with young people around these issues as it provides them with an essential life skill that is a must for healthy adult relationships.

If you have concerns about your son/daughter in terms of friendship problems or any other emotional concern, please don't hesitate to contact either myself, on bschofield@cns.catholic.edu.au or the school office on 4093 5319. I wish you a safe and happy week.

Bryan Schofield

Guidance Counsellor



Back Yard League (BYL) Sessions

Alby Anderson, a development Officer from the NRL, has been conducting Back Yard League Sessions with our Year 4-7 Students each Thursday, which will culminate in a games afternoon on Thursday 28 August. Students are currently enjoying activities teaching them the skills of passing, scoring and tagging as they learn how to play Tag Football.

Peninsula Athletics Championships

We wish Toby Brown, Beau Hatfield, Lauren Schincariol, Kaitlyn Scapin and Kate Schincariol all the very best when they represent the Mareeba District at Peninsula Championships on Sunday 17 August and Monday 18 August.

FNQ Heat Soccer Clinic

Students with a genuine interest in soccer have been invited to join 10 – 12 year old students from other schools in our cluster to participate in a day of skills and games conducted by FNQ Heat Coaches on Thursday 21 August.

Ball Games Carnival

Wolfram v Mulligan Ball Games Carnival will take place on Friday 22 August from 8:45am – 11:00am involving all students. Wolfram has taken out the Cross Country and Athletics Trophies this year and Mulligan holds the Swimming Trophy for 2014.

P&F Social

Families are invited to a social evening on Friday 22 August at the Soccer Club which will include a game of soccer between Parents and Year 6/7 Students.





From our APRE

It has been a very busy start to term three and cannot believe we are already at the half way mark for this term. Thank you to those who were able to attend our liturgy for Saint Mary MacKillop's Feast day last week, the students celebrated this very special event with the liturgy and classroom activities...you might like to ask your child/ren if they remember what the Josephite symbol means. We were even lucky enough to have an impromptu visit by Sister Irene, a Josephite nun who you might aware, lives in Chillagoe.

This week we are celebrating The Assumption of Our Lady into Heaven—Friday 15th August. We are commemorating this special day with classroom based activities and prayer. The beauty of this day celebrates the glorious Assumption (taking up) of Mary into Heaven. It is a feast of her destiny of fullness and blessedness, of the glorification of her immaculate soul and her perfect configuration to the Risen Christ. We look at Mary as our heavenly mother. She is the mother to all of us and we look towards as our mother who loves us a great deal, who watches over us, to protect us. She is the mother to whom we can tell every joy and every sorrow to.

Next Wednesday, 20th August, our year one students will attend our parish mass at 9am, with our year four students attending the following Wednesday 27th August. All are very welcome to come along.

Just a reminder that our Parents and Friends association are holding a social event for the school community next Friday 22nd August, kicking off at 6pm at the Dimbulah Football Club. This is a great opportunity for parents, students and staff to get together, mingle and enjoy the evening's company. There will be food and drinks available – remembering to rsvp to the school office for catering purposes. Look forward to seeing you there.

In the words of Saint Mary MacKillop – ***“Be Calm and Full of Hope”***

May God's Spirit be with you always
Rachel De Iacovo



Stephanie Alexander Kitchen Garden Program



Prep to Year 3



Ditto's Keep Safe Adventure Education Program

Dear Parent/Caregiver of students in prep to year 3,

On Tuesday 19th August at 1.30pm, your child will have the opportunity to experience our Personal Safety Education Program "**The Ditto Show**". Bravehearts are extremely proud of this program and believe that by providing children with the basic principles of personal safety, we are providing them with the tools to stay safe.

Just as teaching children the road rules cannot guarantee our children's safety on the roads, no program can guarantee to "abuse-proof" our children. But, by teaching them the principles of personal safety we are giving them the knowledge they need to stay safe and know what to do if anything does happen.

The show runs for 35 minutes (and we have a 20 minute one for our under 5's). Our program has been delivered throughout other states in Australia since 2006 empowering over 300,000 children.

'Ditto', the Bravehearts' mascot comes to life as the star of Ditto's Keep Safe Adventure Education Program to ensure the program is delivered in a fun, interactive and engaging manner.

Specially written songs for the show include "Private Parts" and "Run and Tell Someone You Can Trust". These are catchy songs and our experience shows children are remembering them in the same way they remember common nursery rhymes. Feedback from schools and centres has indicated that children are singing the songs in the playground. Ditto's Keep Safe Adventure Program and resources are NOT SEX EDUCATION. Private Parts are simply explained as the mouth (as we don't just go around kissing anyone) the chest, between the legs and our bottoms). The main aim of the program is to enhance children's emotional literacy.

The findings of an independent evaluation suggest that the delivery of the principles embedded in this program can reduce the prevalence of not only child sexual assault, but also other forms of abuse including family violence and bullying, in a range of settings.

Topics covered throughout the show consists of "Yes" & "No" Feelings, The Body's Warning Signs, Private Parts, Secrets and what to do if you feel unsafe or unsure.

The cost of the performance is free.

If you do not wish for your child to attend the show please notify your school/centre. Should you have any questions about the program please do not hesitate to contact our Head Office on 07 5552 3000. For information on attending our Parent/Teacher Information Session, please contact your school for availability & times.

PARENTS WELCOME!

Kind regards,

Bravehearts Education Team

Community Notices



Free* Certificate III in Business Administration

The Certificate III will be run through flexible delivery, allowing students to work **at their own pace**. Students will have access to the trainer through email, phone, organised 1-to-1 visits and/or classes.

You will need access to a computer with Microsoft Office and an internet connection with email. All other resources will be supplied.
**Eligibility criteria apply, please call and enquire*

&

Free Adult Literacy, Numeracy and Basic Computer Skills *Everyone is welcome!*

We are offering courses that cater to your individual literacy and numeracy needs. We do this by creating a program specific to you that follows your wants and needs in the areas of literacy, numeracy and basic computer skills.

A class for both courses will run:

**Friday 22 August 2014 at Dimbulah Community
Centre 1 pm – 3 pm**

If you have any questions or would like to enrol, contact me ASAP!

Contact Bryony on: 0420806388
fnqvoluteertutorsinc@gmail.com

FATHER'S DAY LUNCH

7TH of September 2014

DIMBULAH BOWLS CLUB.

12 NOON

BBQ Lunch (Steak, Chicken, Italian Sausages, Salads, Bread Rolls, Sweets, Tea and Coffee, cakes.

Adults \$ 18.00 Children 6 to 16 \$10.00 under 6 free.

Lucky Door

Bowls at 2pm. Green Fees \$7.00.

Please book 40935912 or 40936142

ST AUGUSTINE'S COLLEGE

CERISE & BLUE

OPEN NIGHT

2014

TUESDAY 26 AUGUST

5.00PM - 7.30PM

HAVE A LOOK AT SAINTS FROM THE INSIDE

T: 4051 5555
251 Draper Street, Cairns
E: admin@sac.qld.edu.au

FREE Well Women's Clinics – Mareeba Hospital
Wed 6th Aug (am only) & Thursday 21st August 2014

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.

For appointments phone 4092 9311

Training in the Tropics

0800 423 582 750

MYOB Skill Set Courses

MYOB Basics Friday 15, 22 & 29 August 2014 9:00 am – 2:30 pm	Cost \$350
MYOB Accounts Payable / Receivable Friday 5, 12 & 19 September 2014 9:00 am – 2:30 pm	Cost \$350
MYOB Payroll Friday 10, 17 & 24 October 2014 9:00 am – 2:30 pm	Cost \$350
Business Activity Statements Cost and dates to be advised	

* All materials and student edition of MYOB program are included
* Email classes in ATHERTON with individual teacher support
* Dates are tentative and may change
* Save \$150 if you pay for the complete Skill Set up front!

Phone Julie on 0428 411 050 to enrol TODAY!
Email: traininginthetropics@gmail.com

Andrew's Catholic College
presents
The Wizard of Oz

By: L. Frank Baum
Adapted by: Frank Gabrielson
Music and Lyrics by: Harold Arlen and E. Y. Harburg
By arrangement with Tams-Witmark Library, Inc.

FRI 15 & SAT 16 AUGUST 2014
BOOK NOW ticketLINK

ATHERTON LEARNING Centre

presents
PHOTOSHOP YOUR WORLD!

WORKSHOP SERIES

Commencing Monday 25th August
5.30pm to 8.30pm for 4 sessions
Monday 25th August and 1st, 8th and 15th September

A series of workshop sessions designed to introduce the use of Adobe Photoshop CS4. Projects are completed during each session enabling participants to gain practical experience in Photoshop. The program is offered to small groups of students in a relaxed and supportive environment and will appeal to anyone interested in gaining practical skills in the use of Photoshop.

OVERVIEW OF PROJECTS TO BE COMPLETED DURING THIS SERIES:

- Navigation, setup & orientation.
- Use of tools & their properties.
- Basics of photo editing, touchup, selecting, use of layers,
- Basic filters, photomerge & layer styles

FULL COST FOR THE SERIES OF 4 SESSIONS \$240
Cost includes images for class projects & e-manual.
Please bring your own USB memory stick

CONTACT
Pamela Cafarella
Ph: 4091 4432 Mb: 0499 591617
5D Comet Avenue Atherton 4883
Email: athertonlearning@gmail.com

ATHERTON LEARNING Centre

presents
PHOTOSHOP YOUR WORLD!

WORKSHOP SERIES

Commencing Monday 25th August
1.00pm to 4.00pm for 4 sessions
Monday 25th August and 1st, 8th and 15th September

A series of workshop sessions designed to introduce the use of Adobe Photoshop CS4. Projects are completed during each session enabling participants to gain practical experience in Photoshop. The program is offered to small groups of students in a relaxed and supportive environment and will appeal to anyone interested in gaining practical skills in the use of Photoshop.

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