

ST ANTHONY'S PARISH SCHOOL

NEWSLETTER

5th 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

2015 Sports Captains



Wolfram: Kaitlyn Scapin & Danae Tosoni Mulligan: Julius Srhoj & Toby Brown

Principals Award

Jack Yelavich

For being a caring and thoughtful
member of his class and the
school community.



Prep Yr1/2
Class Learning and
practising routines
while
having fun!



COMING EVENTS.....

Feb 9	Artslink Performance
Feb 9	Assembly 2.25pm
Feb 10	9am Opening School Mass
Feb 11	3.30pm Sacramental Info Session
	P & F "AGM" Meeting 7pm
Feb 17	Shrove Tuesday
Feb 18	Ash Wednesday Mass 9am
Feb 21	8am Whole School Working Bee (Sausage Sizzle)
Feb 25	Reconciliation Prep Session 3.30pm
TBC	School Captain Badge Presentation
Every Wednesday	School Counsellor Here

Reminders

* If your child arrives late to school, please come via the office to collect a "late slip"

*Year 3/4 class need empty 4lt Ice-cream containers. Please drop them into the school.

Thank you.



Icy Poles

Each lunch time students are able to purchase an icy pole for 50c. Year 6 students will sell icy poles each day and funds will go towards their end of year function.

Thank you for your continuing support!

Student of the Week



Prep One Two Class

- ♦ Sam Williams for settling in well and trying hard.
- ♦ Emma Palmeri for being brave!
- ♦ Brayth Miller for getting along!
- ♦ Robert Hobden for trying hard!
- ♦ Madison Ahloy-Coutts for confidence!
- ♦ Alexandra Serafin for excellent listening!
- ♦ Year One and Two for being resilient and positive.

Year Three Four Class

- ♦ All year 3/4 Class: for being attentive, organised, happy and confident
- ♦ Georgia: for bringing a positive attitude to St Anthony's and settling in well.

Year Five Six Class

- ♦ Year 5 & 6 for an exceptional start to the school year. Looking forward to what's in store!



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

Dear Parents/Caregivers,

Already week 2 is drawing to a close and so much has already happened in our school and in the classrooms. I have seen some wonderful learning occurring, I have observed friendships being established, seen laughter on the faces of the children and have witnessed students achieving personal success. What a fantastic school we have at St. Anthony's!

Parent Information Night

Many thanks to the parents who attended the Parent Information Night last night. I am very confident that you would all have walked away feeling informed about what is occurring in your child's class and ways that you can assist your child in their education. Thanks also to parents who were able to stay behind after the formal part of the evening for a sausage and a chat. My thanks also goes to staff for their work in preparation for the evening and for the great work they have already done in their classes.

As a school and staff, we are always striving to improve. As such, I would encourage parents to provide feedback about the evening. Time of the day, format, the social element, the parent information sessions themselves, are all aspects that we would like to receive feedback about.

Artslink Performance

Next Monday our students will be watching a performance titled 'Sarah's Heavy Heart'. The performance will take part at Dimbulah State School at 9:45am. Students will be walking to and from the State School.

P&F AGM

The AGM is next Wednesday at 7:00pm. It would be great to see as many parents there as possible. The P&F play a vital role within the school and it is one way in which as a parent you can help shape the education for your child.

Hyde St Update

I met with Val Shannon and Nipper Brown this morning in relation to parking along Hyde St. In the coming weeks the Pedestrian Crossing will be re-established, as well as parking areas defined, including special 'Drop n Go' zones, which will be signed with school specific times. In the meantime, I ask parents to observe caution when driving along Hyde St. and encourage parents to assist children crossing the road. Thanks for your patience and cooperation.

Next Newsletter

19th February (Week 4)

That is all for this week. Congratulations to our Sport Captains who were voted in this week and I hope to see as many as you as possible at our Opening School Mass, next Tuesday at 9:00am.

Yours truly,

Brad Williams

Principal



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 I’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. I’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/childrenshealth.

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 all well.

Bryan Schofield

Guidance Counsellor.



Sporting News.....

Swimming

Thank you to those helpers who are able to support our swimming program. Any other parents who would like to help, particularly with the Prep - Yr4 classes would be most welcome.

Sports House Captains

Yesterday all students voted for our sports house captains. It was very encouraging to see the 9 year 6 students who nominated for these positions, delivering their speeches so well to each of the teams. I'm sure all of the Year 6 students will be wonderful role models for the school from the messages they gave to the younger students. Congratulations to our house captains for 2015.

Mulligan - Julius Srhoj & Toby Brown

Wolfram - Kaitlyn Scapin & Danae Tosoni

Student News: Toby Brown has qualified to attend the Qld State Swimming Titles in Brisbane on the 21st of February. He has also qualified in Little Athletics to attend the Qld State Championships in Brisbane on the 20th of March for shot put, discus, hurdles & 400m sprint. So that will be 2 trips to Brisbane in a month. Due to the cost of these trips, his mother has set up a donation page on Facebook called (gofundme – let's get toby to Brisbane). Ricki has a couple of organisations on board already - Lions Club & Destiny Community Church.

Other News.....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, etc 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

CPR

The Dimbulah local Ambulance Committee are promoting a CPR Awareness Program throughout the local community and schools. We are hoping to accept the offer of visits from the local Ambulance service to work with our Yr 5/6 students.



"Wherever you go, I will watch over you"

Genesis 28 verse 15

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



Opening School Mass

Just a reminder to all that on Tuesday 10th February, we will be celebrating our opening school mass at 9am and all family and friends are very welcome to attend. During the mass the pledge and commission of the year 6 students will take place. This is where the students of year 6 promise to uphold their responsibilities of leaders to the school.

Shrove Tuesday

Last week a flyer went home in regards to the school's traditional Shrove Tuesday Pancake Feast (17th February). If you are able to assist in anyway on the day, can you please let me know asap.

New RE Curriculum

This year, our school will start implementing the new Brisbane Religion Curriculum into our classes. The teaching team has planned out units for this term and are looking forward to delivering the content. The curriculum comprises of "The classroom teaching and learning of Religion" and "The Religious Life and Catholic Christian ethos of the school community". It is the vision for Religious Education—"as a Catholic Christian community we educate all to live the gospel of Jesus Christ as successful, creative and confident, active and informed learners empowered to shape and enrich our world." If you have any questions in relation to the new Curriculum, please feel free to approach your classroom teacher or myself.

Have a fantastic week and

May God's Spirit be with you always

Rachelle De Iacovo

Sacramental Program—Reminder

The Information session for the Sacramental Program for 2015 will be held on the 11th February at 3:30pm at St Anthony's School. For children in Year 4 or higher, who wish to take part in the program and is wanting to receive any of the following Sacraments:-

- * Reconciliation
- * Confirmation
- * First Eucharist

please contact me at School asap, as attendance to the information session is a compulsory step in completing the program.

If you would like your child to be baptised, please contact Monica at the Parish Office in Mareeba on 4092 1077 or email stthomas@ledanet.com.au



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."



In the words of Saint Mary MacKillop

"God's love is too deep for words to express"

1870

Shrove Tuesday

Dear Parents and friends,

As some of you might be aware, St Anthony's hold a yearly tradition on Shrove Tuesday, where the students get to enjoy a "feast" on Pancakes.

As we have done in previous years, we ask our wonderful parents and friends if they are able to come in and assist us on this day with the preparing and cooking of pancakes for the students of the school.

If you are able to assist us on this special day in anyway, please let me know.

When – Tuesday 17th February 2015

When – 9am until approximately 11:30am

Where – School Kitchen

Thanking you

Rachelle De Iacovo



Lynda Irvine will be offering individual music lessons at St Anthony's again this year. She is a qualified, professional music teacher and offers lessons in piano/keyboard, guitar, ukulele, clarinet and saxophone. Other instruments available on request. The cost is \$32 a half hour lesson. Please feel free to give me a call for more information or just for a chat about what I can offer in the way of music education for your child.

Ph: 0439894025 www.music4all.com.au

Community Notices



DISCO STARTS HERE

6.30PM-8.30PM
AGES 5 - 13 YEARS
Food, Drink, Games, Fun

PCYC
Mareeba
PH: 07 4092 4231

Blue Light Disco

Saturday 7th February 2015



Coming to Dimbulah Football Club!!
6.30pm to 8.30pm.

Prizes, games, lucky door, food, drinks & glow products on sale!

COME DANCE & HAVE FUN!!!

PCYC Mareeba is coming to Dimbulah on 7th Feb 2015



**HAVE FUN
PLAY SOCCER**



Sign-on Day
Sat 14 Feb
9am – 12 noon
Dimbulah Football Club, Bruno's Park

New players must provide birth certificate or passport for registration

Ages: 3- 15 years



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

Community Notices



Bling & Blue Jeans Dinner Dance
Hosted by Dimbulah Community Kindergarten

Date: 14th February 2015 Valentines Day.
Time: 5pm to Midnight.
Where: Dimbulah Memorial Hall.
Cost: \$30 adults, \$15 for 12-15 years, 11-2years \$ their age.

Three Course Dinner & Bar
Buffet Dinner including Seafood
Music by Ezy Entertainment & MaDiCa
Free Kids Entertainment

Pre Bookings Appreciated at Dimbulah Community Centre, Dimbulah Pharmacy, Cilla 40931182 or Harumi 0428 976 518
Entry at Door available. Table configurations 6, 8, 10 or 12.

Did you read the Cairns Post report of a house fire at Mutchilba on Saturday night? It was John and Grace Gargan of Springmount Station whose home of over 30 years burnt to the ground. The fire was too fast and too furious and our local brigade is not equipped to fight such a fire. By the time the urban fire crews arrived there was nothing left to save.

John and Grace are very generous and community-minded neighbours and the Springmount Rural Fire Brigade is fundraising to help get them back on their feet. Any donations, no matter how small, would be much appreciated.

If you are able to assist, donations can be made to the ANZ Bank in Mareeba or Atherton. The savings account name is:

**John & Grace Gargan Fire Benefit Fund
c/- Springmount Rural Fire Brigade**

Should you need further details, please contact Bernadette Iraci on 4093 4364 or email biraci@activ8.net.au.

Thank you for any support that you can give.



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

Mulungu – Monday 16th February

Ph: 4092 3428

Mareeba Hospital - Thursday 26th February

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.