

Dear Parents, Friends and Guardians

Year 7 Canberra Trip

Wow! What a time for our Year 7 children to be in Canberra for their annual trip. With the federal election date now set the town is a frenzy of comings and goings with all manner of politicians and dignitaries and our children have been in the middle of it all. Yesterday they just happened to be at the Australian War Memorial for the official opening of the brand new Afghanistan exhibit which saw our Prime Minister, Opposition Leader and Governor-General all attend. Earlier in the day Dan Allsopp's year 7 class visited Yarralumla, the official residence of our Governor-General, Quentin Bryce, and she took the time to share some stories with them. The children have had a great time since flying out on Sunday morning, spending some time in and around the Opera House and the Sydney Rocks area before setting off for Canberra. Today they will visit Parliament House for a number of tours and interactions which form part of their parliamentary visitation program. The children have been learning about our government system and this will be the culmination of their work. We look forward to welcoming them home tomorrow evening and hearing more of their stories. They have been putting photographs on the school website chronicling their travels. These photos can be found under the News & Events drop-down box and hitting the Canberra 2013 link.

School Farewell to Iris

At next week's assembly we will be officiating farewelling one of our teachers, Mrs Iris Burnell. Iris has been away on an extended period of Long Service and Sick Leave over the last year and a half and she has decided to retire from teaching in order to spend some time travelling with her husband Ron. Iris has been a teacher here since 2001 and has spent the majority of that time teaching our junior years classes. We will take the time next week to offer thanks to God for Iris' contribution to our school and our children and to wish her well as she begins a new phase of life away from the classroom which has been so much a part of her life. Parents are most welcome to come along and take the time to have a chat with Iris after our assembly.

Class Liturgies of the Word

Our classes have commenced holding a Liturgy of the Word prayer service for this term following similar opportunities being held last term for most of our higher year levels. These prayer services follow a format not unlike a mass but we don't have a Eucharistic Prayer and Communion service. The children say the readings for the day, offer Prayers of Intercession and listen to the day's Gospel which is read by one of our priests. Our priests will then often offer a short Homily or message about the Gospels. We are very grateful to Fr Ken Howell, our Parish Priest, and to Fathers Huong and Lucius, our Associate Pastors, for giving of their time so that our children can experience these Liturgies of the Word.

Student Medication Request Forms

With the wintry times still with us we are often getting children coming to school requiring medication for colds and flu. Whilst we have no problems in administering liquids or tablets for these types of ailments it is important that we have your written permission to do so. This ensures that we are administering the right dosages at the correct times and for the correct number of times. In order for us to do this we need parents to complete a Student Medication Request Form which can be found on our school's website under the Policies drop-down box. The heading 'Medication' has guidelines detailed and then at the bottom of this document you can find links to the actual form. These forms need to be completed and sent in to the class teacher.

Please note that this form is used for all medication which parents require us to administer here at school not just for cough medicines and the like.

Brett Lee & Cyber Awareness

I would like to thank those parents who came along to our parent evening last Wednesday with Brett Lee on the topic of Cyber Safety and Internet Awareness. Brett is a leading expert in this field and his presentation was well worth hearing.

continued over...

Coming Events

Wednesday August 7
Whole School Assembly -2Y
Guardian Angels Mackillop Centre
students visit

Thursday August 8
Year 6 CSIRO visit
Yr 7 return from trip

Monday August 12
6pm - Fete Meeting
7pm - P&F Meeting

Wednesday August 14
Whole School Assembly -
Athletics Age Champions Medal
Presentation at assembly

Friday August 23
Prep - Yr 2 Athletics Carnival

Tuesday August 27
Bruce & Denise Morcombe visit

Thursday August 29
G.C Elsteddfod Verse Speaking
Competition

Friday August 30
GOLD COAST SHOW HOLIDAY

Athletics
Age Champions Medal
presentation at
next week's Assembly,
Wednesday
14th August

Mass Times

Children Mass
(Doyle Centre - children read at
Mass)
5.30pm 1st Sunday each month

Children's Liturgy of the Word
(Doyle Centre - children are
withdrawn for brief lesson)
10.00am 2nd & 4th Sundays;
5.30pm 3rd Sunday
8.30am each Sunday (school term)
at St Benedict's, Mudgeeraba

Parish Mass Times
Sat—5.00pm Miami;
6.00pm at Palm Beach;
6.15pm at Burleigh Heads;
Sun-7.00am at Palm Beach &
Burleigh;
8.30am at Mudgeeraba & Miami;
10.00am at Doyle Centre;
5.30pm at Doyle Centre

Brett also spent time with our Year 6 and 7 classes as well as our staff after school. His message was quite simple – the Internet is a great tool for all of us but we just have to be careful of the choices we make whilst we are on it as the wrong choices can have lasting consequences. One point of interest that he made was about one of the programs that some of our children readily use wherein they can send an image and that image can fade away or vanish in a certain timeframe eg. twenty seconds; ten seconds. Children and adults can be led into thinking that this image and message has been deleted from the device as it has vanished from the screen. In reality this is not the case and tech-savvy operators can resurface such images and post them to a world-wide audience. This can have some quite grave consequences for those who choose to use a technology device in the wrong way. Brett is going to send us his simple tips for safe Internet usage and we will then place these onto our school site for all to access. I would like to thank Tony Barron, our Assistant Principal, for organising Brett's visit.

Staff Changes

This week is the last week of Long Service Leave for our Student Reception Secretary, Deb Keillah. Deb has been away for the last five weeks and has spent some time travelling as well as relaxing and we hope that she has had a great time off. I would like to thank Lisa Armstrong for her time and expertise as she filled Deb's shoes. Lisa has done a number of varying office contracts for us and each time she has handled the role with professionalism.

In Year Four, Chris Buzolic, has started a stint of Long Service Leave which will see her return just before the September school holidays. Chris has been replaced by Mrs Mandy Richardson for the next four and a half weeks. Mandy is no stranger to our school having completed a number of contracts here before. We welcome Mandy and wish Chris well for her leave.

August P & F Meeting & Fete Meeting – Monday – 12 August

Next Monday evening will see the holding of a Fete meeting at 6.00pm in our Staff room which is to be followed by our August Parents' and Friends' Association meeting at 7.00pm. Our P & F meeting will feature our latest Financial and Principal's report as well as discussion on P & F expenditure on computer hardware for our school. Our P & F meetings are usually finished by 8.30pm and all parents are most welcome to attend.

Thanks for reading this week – enjoy the week ahead

Yours in Christ

Greg Casey

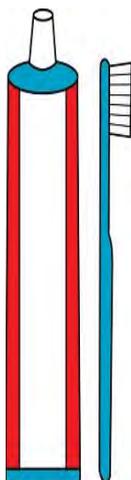
Thoughts from your School Counsellor

Michael Grose asks, "Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser in your family." Unfortunately these children exaggerate their worries and put enormous pressure on themselves. Catastrophising makes people feel miserable. Sadly, they often don't want to do anything because they expect the worst possible outcome. Michael explains that it is useful for parents to challenge unhelpful or extreme thinking when it happens. In so doing, we model realistic thinking for our children and gain insight into ways of changing our child's catastrophising.

Best wishes for the week ahead

Mary Sanders

Primary Guidance Counsellor: msanders@bne.catholic.edu.au



Students in Years 1 and 6 have been provided with an offer of an oral health care pack to take home. The pack includes a Child and Adolescent Oral Health Service brochure and an examination card.

If your child is in one of these grades and did not receive a care pack and you would like to arrange oral health care for your child please contact Oral Health Call Centre 1300 300 850.

If your child has a disability please let the operator know when you call.

Lost Property is located outside the Learning Enhancement Centre (LEC).

Please ensure that all your child's articles of clothing are clearly marked with his/her name. The items with names will be returned to the child. After two weeks the articles without names or if the owner cannot be found, are washed and left at the bookshop.



Guardian Angels

Welcome Guardian Angels'!

We are very pleased to have welcomed the students from the Mackillop Centre at Guardian Angels' School to our assembly this morning. The group was on tour today with their Eisteddfod pieces from Annie and The Lion King.



Mary of the Cross (Mackillop) Feast Day

Year 2Y lead our prayer assembly this morning with reflections on the life of Australia's first saint, Mary of the Cross (Mary Mackillop). They told her inspiring story of courage in the face of hardship, and compassion for others in story and song, finishing with Mary's motto "Never see a need without doing something about it".

Enjoy the rest of the week.

Bernadette Christensen



PATRON PARENTS EVENTS

2Y - 9am - Coffee Catch Up - Ambarella Fine Food,
Burleigh Homespace - Kim & Sharon



Curriculum News

Visit to Marymount Primary by Denise and Bruce Morcombe.

On Tuesday August 27th Denise and Bruce will be presenting their child safety message to all Year Three to Seven children from Marymount Primary together with Year eight students from Marymount College and Years Six and seven from St Vincent's primary. The presentation will be in The Doyle centre commencing at 9am. It will run for approx. 1 hour. Parents are welcome to attend this very special event. All children, (Prep – 7) from Marymount will be able to wear red shirts/tops on this day as a symbol of our support and appreciation of the Morcombes and the work they do to promote child safety.

If there are any parents of children in Years 3 – 7 who do not want their child to attend this presentation please notify your child's teacher in writing prior to August 27th. Local media groups will also be invited to attend.

Have a great week!

Diane Anderson



The new Tuckshop menu and our online ordering system (Munch Monitors) is going very well. I have received nothing but positive feedback regarding both. Thanks to all families for supporting our new system.

As mentioned last week and the week before and the week before that.....we need more volunteers in the tuckshop.

To volunteer in the tuckshop you only need to turn up! That's it, there is no cooking, you don't have to be a rocket scientist or a mathematician, a gastronomic genius! Just come along and help out in your child's tuckshop.

Why not come and give it a go. I need more helpers so your children are not spending long periods of time waiting in line for their lunch and over counter treats.

I would like to say a very big thanks to the mums and dads who are in the Tuckshop two and three days a week to help out. I won't mention any names in fear of leaving someone out. However I would like to say one of our wonderful helpers recently told me recently that it has taken five years to build up the courage to come to the tuckshop and now I can't keep her out! There is a little tuckshop person in all of us just waiting to break out!

ROSTER FOR NEXT WEEK

Monday 12 August.....Carla Brosnan
 Tuesday 13 August.....Deborah Hopkins
 Wednesday 14 August.....Melanie and Margaret
 Thursday 15 August.....Lesley and Christina Heaton
 Friday 16 August.....Luciana and Sandy



*****FRIDAY IS A VERY BUSY DAY IN THE TUCKSHOP.** Luciana Wright very kindly works every Friday. Luciana is heading off to Brazil for 5 weeks next week; lucky gal. I will need help on Fridays. Should you be able to help out, please come and see me.

Enjoy your week

Vicki Turner



**YEAR 7
CANBERRA
TRIP**



COMMUNITY NEWS

The Nobby's Beach Surf Club is holding its annual Nipper Information Open Day and Sign On Registration on Sunday 29th September at the Club from 9am to 12pm for ages 5 through 13yrs. For more information about Registration or pool swim proficiencies, call the Club's administrator, Maggie Mills on (07) 5526 1117 or email at maggie@nobbysslsc.com





Marymount SPRING FETE

Saturday 19th October 2013 - 11am to 5pm

This is our combined school's major fundraiser for 2013.

If every family could get involved in some way, it could make this our most successful fete ever!

GIVE YOUR KIDS TOYS AWAY!



...WELL MAYBE JUST SOME OF THE OLD ONES.

Second hand toys in good clean condition and unbroken, wanted for the craft stall. The children will be able to purchase these for a few dollars and give them as Christmas presents.

Please drop off at the Primary Office or contact Trisha Hartmann
phartmann@bne.catholic.edu.au
text 0402 802 597



INSIGHTS

by Michael Grose – No. 1 parenting educator



What to do when kids catastrophise!

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

"If I don't do well in this test my whole year will be messed up!"

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.

Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won't just be bad, they'll be catastrophic!

They won't just mess up if they give a talk to their class at school. They'll make total fools of themselves and the whole class will laugh at them, or so they say.

They won't just fall over in a game. They'll break a leg, end up in hospital and miss out on going to school camp, or so they say.

They won't just get a dirty look from their teacher if they arrive late for school. They'll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child's age.

Under fives generally don't overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child's propensity to catastrophise. Here are five ways you can use to challenge your child's catastrophic thinking:

1. "What's the most likely scenario?"

Sometimes it's useful to introduce a dose of old-fashioned rational thinking. "Yep, you could break your leg if you go skiing. But the odds are that you won't."

2. "Does it really matter?" "You may be right, but is it the end of the world as we know it?"

One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it's not so bad.



"Where does this fit on the disaster meter?"

Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. "That's unhelpful thinking."

Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, 'everyone must like me', 'I must never make a mistake' and 'bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts. E.g. "It would be nice if everyone liked me but not everyone will. It's important to have some good friends."

5. Replace extreme words for feelings with more moderate descriptors: Today's kids talk in extremes – 'awesome', 'the best' and 'gross' roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace "I'm furious" with "I'm annoyed", "It's a disaster" with "It's a pain", "I can't stand it" with "I don't like it". Sounds minor but by changing kids' language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.

Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child's need to jump to the worst from time to time. A bit of reassurance is all that's needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child's catastrophising.