

Dear Parents, Friends and Guardians

Annual Year 7 Trip to Canberra

This weekend our Year 7 classes and their teachers fly out to Sydney, before heading off to Canberra for their annual Year 7 excursion. This trip is one of the highlights of the Grade 7 year and it is one which is eagerly anticipated by the children and staff alike. The children will visit Parliament House, The War Memorial, Questacon Science Centre, The Australian Art Gallery, Yarralumla (home of the Governor General) as well as many other of the national attractions which Canberra has to offer. The trip has been a focus area of the curriculum over the last three to four weeks so this trip will be a culmination of much of their work. As well as the class teachers, a number of our staff will also accompany the children (to help with supervision during the week). I would like to thank our staff members – Kathy Frost; Maree Wright; Jonnene Bellis; Sylvia Kelvin; Diane Anderson; Mary Sanders; Rena Harvey; Dan Allsopp; Jackson Elliott; Tony Barron; Paul Hill; Adam Brooks (Student Teacher) – for giving up their own family time in order to help make our Year 7 trip possible. The children leave on Sunday morning and return on Thursday evening so it promises to be an interesting time as these twelve staff and our 142 children spend five full days and nights at close quarters with each other. Where possible Tony will be looking to upload photos on the school website so that parents and families can follow their progress. Our best wishes go with all of our contingent for a rewarding and safe trip.

Athletics Carnival Success

The weather gods smiled on us last Friday as we were able to successfully run our annual Athletics Track Carnival on the College fields. We had some really great performances on the day and I would like to thank the children for this as our conditions weren't overly helpful. We had to modify some of events due to the condition of the grounds and even move our 800m events to a makeshift venue. The children handled these changes in their stride and this is a credit to them. I would like to thank our Senior and Junior PE teachers, Paul Hill and Leigh Yates, for their efforts in co-ordinating and running the day. Our rotations worked relatively smoothly given the late track changes and we were able to have all children actively involved in a number of different activities throughout the day. I would also like to thank the many parents who turned up during the day to help cheer the children along; this support was much appreciated. From this carnival we were able to finalise the selection of children for the District Athletics carnival which is hopefully being held tomorrow (children involved would have received notes on this already) and also for the Catholic Athletics day which is set to be held at Pizzey Park on Thursday, 5 September. All children involved in this day will be notified over the next few weeks and details will be sent home. Final scores for our trophies and Age Champions have now been finalised. These will be presented at our assembly on 14 August (our Year 7's away next week). Parents of our Age winners will be notified prior to this day so that you can have notice should you wish to be present for the presentation.

New Electronic Noticeboard

Our new electronic noticeboard has been set up and is now connected to our computer network so that we can have up to date messages scrolling through on a daily basis. It looks great and already we have plenty of information running through for the notice of our parents who utilise the main car park. I would like to thank our P & F Association for donating the money towards the purchase of this sign (just under \$18 000). As our President Anthony noted in last week's newsletter, the sign was purchased through monies raised by our school's efforts in the School Banking program. This money had accumulated through interest raised over a number of years from the money our children had been putting into the bank. I would also like to thank our Assistant Principal, Tony Barron, who helped with the co-ordination of this sign. Tony was able to liaise with the construction company and also the computer networkers to ensure that we had all of the right specifications, software and hardware. Well done to all for this – it has been highly anticipated and we hope that it will deliver well for us.

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Coming Events

- Wednesday July 31
Whole School Assembly -0R
Ozanam Villa visit - 6A
5.30pm - Cyber Safety Evening
- Thursday August 1
District Sports
- Sunday August 4
Yr 7 depart for Canberra
- Thursday August 8
Yr 7 return from trip
- Friday August 23
Prep - Yr 2 Athletics Carnival
- Thursday August 29
G.C Eisteddfod Verse Speaking
Competition
- Friday August 30
GOLD COAST SHOW HOLIDAY



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

We are also looking to relocate our current digital sign which is on the Prep building to the car park area at the top of Sunlight Drive. There are a few matters which we have to yet work through here but it is hoped that we could do this over the Christmas break.

Uniform Thanks

Yesterday we did an impromptu uniform check of all classes across the school and it was pleasing to see that a vast majority of our children were correctly attired. We have had to remind some however about matters such as sports shoes, socks, earrings and hair. I have attached the Uniform Policy document to this newsletter for your awareness and it can also be found on our school's website at http://www.marymountprimary.qld.edu.au/Enrolment/Documents/2010_Uniform_Brochure_2012.pdf . Our sports shoes seem to be a particular issue. Our policy states that these should be predominately white. We have checked with the majority of the retail outlets around this area and further afield and these types of shoes are readily available so there should not be excuses for not complying with this part of our policy. I would like to thank the vast majority of our parents who help us and the children with our uniform - the children look great in it and it is something which we should be proud of.

Class Placement for 2014

As advertised in previous newsletters we are about to begin the process for formulating our classes for next year. Our process is a very thorough one which takes in many considerations and our decisions for placing children in certain grades are not made lightly. We have decided once again to consider feedback from parents should parents feel the need. As such I would ask for this input to be made over by Friday, 16 August. Please note that this information forms only one part of our process and often requests cannot be accommodated. It is our professional responsibility to place the children where we believe that their educational needs can be best met. Once our decision is made and the class lists are sent home we will not be changing them as one change may cause a knock-on effect for other placements. We have confidence that the system we use best meets our overall school needs as well. I would ask that parents not nominate respective teachers as our staffing (i.e. teacher placements) will change from what it is for this year. Any information for requests should only be on medical or specific educational grounds. We would look to send out our class lists on the Monday of our second last week and then hold our 'New classes for 2014' day on the last Tuesday of the year. I would like to point out again that once these lists are finalised and sent out, no changes will be made.

All class placement details need to be either emailed to pburleigh@bne.catholic.edu.au or sent to our Parent Reception office in a written form so that we have a hard copy of the request.

Leaving Marymount in 2014

As we are now in the process of co-ordinating staffing and classes for next year it is important that we keep a sharp eye on our enrolment numbers for 2014. In this light I would ask that if you are not looking to continue your child's enrolment here next year that you please communicate this with us. Once again this can either be in a written form addressed to me or in an email form addressed to pburleigh@bne.catholic.edu.au. It would be appreciated if this could be done by the end of August so that, if we need to, we can offer any vacated places to new families for 2014.

Thanks for reading this week – enjoy the rest of it.

Yours in Christ

Greg Casey

Thoughts from your School Counsellor

Last month we looked at "Resiliency Robbers"- or ways parents inadvertently make decisions that are not always in their children's best interests. Michael Grose spoke of allowing children to face manageable hardships so that they learn 'that they are capable of coping when they meet some of life's curve balls'. This week we consider the "Language of resilient families". We are encouraged to tune into each other's needs and to choose 'situation specific language' rather than using generalised 'feel-good' or 'get-on-with-it' platitudes. Ten examples of the language of resilience, the coping skills each reflects and examples of situations in which they are applicable are presented in our Insights article for this week.

Best wishes for the week ahead

Mary Sanders

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



Welcome!

We were pleased to welcome visitors from Mikunigaoka Senior High School, Osaka, Japan to the Year 5 classrooms on Tuesday. These students shared music and dance with us before spending a short time in our classrooms. They are staying with Marymount families during their two week visit to the Gold Coast.



Marymount Day is coming!

The date for our annual combined campus school feast day is set for Friday September 6 and the planning of celebrations is under way. A substantial element of our marking of this feast is our outreach to others. Just as Mary, the mother of Jesus, was concerned for the welfare of those around her and worked to build community in her time, so are we concerned for the needs of those in our local community.

We collect dry-goods which are donated to the local St Vincent de Paul Society. These in turn are distributed to needy families or individuals in this area. Of great value have been the 'hygiene packs' we have put together over the last few years. We ask that you include one or more of the items below into you shopping trolley in the next few weeks and have your child bring the items to their classroom. If you are able to source other items which you think may be useful or multiple numbers of the following items at cheap prices please contact me at the office or send in the details.



The St Vincent de Paul Society helps people in our local area who need food, clothing, housing or just a friendly chat.

You can help by bringing in items for donation.

Prep	packets of jelly; muesli bars
Year 1	cracker biscuits; Vegemite
Year 2	2 minute noodles; weet-bix
Year 3	tea bags; small jars of coffee
Year 4	canned potatoes; canned corn; canned spaghetti & baked beans
Year 5	packets pasta & sauce; dry soups
Year 6	pasta sauces
Year 7	items for hygiene packs (toothbrushes; combs; roll-on deodorant; sml packets of tissues; cakes of soap)

All the best for the rest of the week

Bernadette Christensen



The koala which will be on show at the Swell Festival has now been completed by Year 6 students. Congratulations to Erin Buckby (6R) for her winning design. Erin received an Academic Award for Excellence in Visual Arts at today's assembly.



From our Assistant Principal -
Tony Barron

Cybersafety – Brett Lee Parent Session - TODAY!!

On Wednesday July 31st, TODAY, we have invited a cyber safety expert to speak to the children in Years 6 & 7, and also to parents at an evening session. Mr Brett Lee is an ex-police officer who is an expert in the field of cyber safety and speaking regarding the dangers of the internet and strategies for parents and children.

If you have the internet on at home, or anyone in your family accesses the internet or social media then this session is a must for you to attend.

The Session is on at 5:30pm in the Doyle Centre Theatrette. It will run for about an hour.

Please make sure you come along!

Year 7 Canberra Trip

On Sunday the Year 7 children and 12 staff fly out for Sydney and Canberra. We return Thursday 8th August. There will be photos and updates available on the website.

Please be aware that we have been informed by the AIS that there are issues with their Internet Access in the AIS Residences at the moment. This may impact on how many photos can go up each day. They could not give us an answer as to when this will be fixed.

Please check the website each day <http://www.marymountprimary.qld.edu.au/News%20Events/Pages/Canberra-2013.aspx>

Have a great week, Tony.



Beach-a-thon fundraising champions - absent Bella-Maria Dragosevic

**COMMUNITY
NEWS**

PALM BEACH SLSC NIPPERS SIGN ON DATES
Saturday 31/8/13 and Saturday 7/9/13 sign on will take place at Tallebudgera beach recreational centre (pool area).
THE ONLY SATURDAY NIPPERS ON THE COAST

Tallebudgera SLSC Nipper Registration, Sign On & Pool Swim
When: 10am – 1.00pm Sunday 4th August 2013 or Saturday 17th August 2013
Where: Tallebudgera Surf Club Gold Coast Highway Palm Beach North
Please remember to bring your Nippers birth certificate (New Members), swim costume, goggles, water bottle and towel.
Enquiries: nippers@tallesurfclub.net.au or contact Nippers 5576 5866

**BEACH-A-THON
WINNERS**

Senior Winners -
Hamish Fildes (6M) -BMX Bike
Lily Broustail (5M) - BMX Bike

Junior Winners -
Addison Cosgrove (OP) - Girls Bike
Gaia Caveglia (OM) - Girls Bike

4th - Grace Bopf- Lewis (5M) Amart voucher

5th - Hollie Taylor (OA) Amart Voucher

6th - Bella- Maria Dragosevic (OY)
Amart voucher

Class Party Winners
6M Mrs Petersen/Mrs Lane

ATHLETICS CARNIVAL CHEESE BURGERS...a great day was had by students last Friday, with 475 cheese burgers being enjoyed for lunch. Thank you to the parent helpers in the tuckshop who worked very hard to get the burgers out on time. Thanks ladies; you are gold!

HELP IS URGENTLY NEEDED IN THE TUCKSHOP.

Munch Monitors has increased sales dramatically and your tuckshop needs more volunteers. I know it must be tiresome to keep reading my pleas for help, but we are in a desperate situation and need parents, grandparents or friends to help out. A volunteer note will be sent home with your child shortly, and I ask you to please consider becoming a tuckshop volunteer. Days most in need of helpers are Wednesday and Thursday. Fingers crossed!



- Q. *Should my computer fail, can I bring in a lunch bag order?*
A. YES

- Q. *My child did not get what was ordered on M.M.?*
A. Please explain to your child there will be teething issues, and to please come to the tuckshop immediately so we can rectify the problem.

- Q. *Can I cancel my order after 9am for that day?*
A. No. Should this be the case please contact the tuckshop so we can remove the order.

*****Please let your child know they have Munch Monitors.
Many children are not picking up their Morning Tea from the tuckshop.**

ROSTER FOR NEXT WEEK

- Monday 5 August.....Tanya Allomes
- Tuesday 6 August.....Aimee Collins
- Wednesday 7 August.....***need help please
- Thursday 8 August.....***need help please
- Friday 9 August.....Sivia, Luciana and Stacey

Thanks to those volunteers who are constantly answering my calls for help. I appreciate your efforts.

Have a great weekend
Vicki Turner

SPORTS NEWS



QLD AFL SUNS CUP STATE CHAMPIONS

Congratulations to our Senior AFL team who yesterday beat Frenchville State school from Rockhampton (98-0) and Whitfield State school from Cairns (49-24) to take out the Suns Cup.

Congratulations also to Charlie Harmelin who took out the Gary Ablett Award for Best Player on the day.

BURLEIGH HEADS CATHOLIC PARISH

Parish Office Hours 9.00am to 5.00pm
Parish Manager: Mr Jim Littlefield
Parish Pastor: Fr Ken Howell

3 Sunlight Drive, Burleigh Waters (Postal PO Box 73, Burleigh Heads)
Parish Pastoral Team
Associate Pastors: Fr Huong Van Nguyen & Fr Lucius Edomodi

Phone: 5576 6317/5576 6466 FAX: 5576 7143
EMAIL: burleigh@bnc.catholic.net.au
Pastoral Associates: Sr Patricia Tomlinson

Uniform Policy

The full school uniform is to be worn correctly at school, travelling between home and school and on all other occasions as required.

- Students are expected to be neatly, appropriately dressed at all times and wear their uniform with pride. Sports uniform is only to be worn on designated sport days and designated P.E. days.
- Hairstyles are to comply with standards of neatness and safety. Extremes in style, cut or colour are not permitted. Hair at, or below shoulder length, is to be tied back with either white/blue/tartan ribbons or white/blue/tartan scrunchies. Short hairstyles should be no closer than a 'number 2' cut. Suitability of any hairstyle is at the discretion of the Principal.
- Neither make-up nor nail polish is permitted.
- Plain sleepers/studs may be worn. If choosing to wear these, **one** sleeper/stud in each of both ear lobes is essential. Wrist watches and a religious medal are permissible. No other jewellery is permitted.
- Black leather lace-up dress (school) shoes are to be worn with dress uniform and predominantly white jogger style lace-up shoe with sports uniform (velcro for Prep only).
- Clothing worn on specified Free Dress days must include sleeves and closed in shoes and comply with Sun Safe Standards.
- Representative sports apparel (e.g. singlets and shorts; football socks etc.) are to be worn for interschool competitions and training purposes only. They can also be worn on other designated sporting events e.g. School Athletics.

November 2012

Uniform Requirements & Policy



Telephone: Uniform/Bookshop: (07) 5520 8410
Parent Reception: (07) 5535 1803
261-283 Reedy Creek Rd Burleigh Waters Qld 4220
Postal: PO Box 2506 Burleigh BC 4220
Email: bookshop@mps.qld.edu.au Fax: (07) 5535 1819

DRESS UNIFORM

Girls



White blouse with Marymount embroidery and tartan trim



Tartan skirt

Marymount white sock with 'MMP' logo. Black stockings may be worn in winter. Black leather lace-up (school) dress shoe.



V-neck navy pullover with Marymount logo OR jacket with zip and Marymount logo



Navy hat with Marymount logo



Maroon hat for Prep students



Peaked cap with logo



Navy blue Marymount backpack with logo (optional)



Library bags with logo



Various hair ties available for girls

Boys



White shirt with Marymount embroidery and trim, worn out over shorts



Blue ruggers

PREP & SPORTS UNIFORM



Polo with embroidered Marymount logo



Girls/Boys - navy sports shorts with Marymount embroidered logo



Tracksuit - fleece zip jacket with Marymount logo and fleece pant with Marymount embroidery



Sports jacket with microfibre zip-leg pants



Marymount white sock with 'MMP' logo with predominantly white jogger style lace-up shoe (velcro for Prep only)

Representative Sports

ONLY TO BE WORN WHEN PLAYING SPORT

Students representing Marymount at various events are required to wear the appropriate uniform eg. football socks; shorts; shin pads; appropriate footwear.



House Polos

Wearing of house colour polos for school carnivals is encouraged



Swimming

Swim caps are **COMPULSORY** for all students. (Available in house colours). Goggles also available for purchase. MMP swimsuits optional.





The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.



Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. "Come on, laugh it off." Strategy: humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. "Don't let this spoil everything." Strategy: containing thinking **Good for:**

kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. "Let's take a break." Strategy: distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. "Who have you spoken to about this?" Strategy: seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. "I know it looks bad now but you will get through this." Strategy: offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's

chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. "What can you learn from this so it doesn't happen next time?" Strategy: positive reframing **Good for:** kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. "Don't worry – relax and see what happens!" Strategy: acceptance **Good for:** kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

8. "This isn't the end of the world" Strategy: maintaining perspective **Good for:** kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. "Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."

9. "You could be right. But have you thought about ..." Strategy: flexible thinking **Good for:** kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – 'awesome', 'the best', 'the worst' and 'gross' roll off their tongues easily these days.

Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace "I'm furious" with "I'm annoyed". "It's an absolute disaster" with "It's a pain".

"I can't stand it" with "I don't like it". Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. "What can we do about this?" Strategy: taking action **Good for:** kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'. Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



Michael will talk more about Resilience and other vital parenting matters in the *Very Important Parenting Saturday* seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what's been called the Parenting Event of the year at parentingideas.com.au