Dear Parents, Friends and Guardians

Art Show Excitement – Friday 25 to 27 July
After months of preparation and meetings our Combined Schools’ Art Show is on this weekend commencing with our Gala Opening Night at 7.00pm in the Doyle Centre. Tickets are still available for this exciting and fun-filled night for $25 per person. This entitles you to a free drink on arrival as well as entry to the show, canapes and light finger food at 8.00pm and live entertainment throughout the evening till 11.00pm. It also gives you the first opportunity to purchase from the huge assortment of art on sale. We have three feature artists as well as a wealth of other pieces from artists across the Gold Coast and hinterland regions.

The show continues over the weekend with open days on Saturday and Sunday from 10.00am till 4.00pm on Saturday and 10.00am till 3.30pm on Sunday. There will be a Cafe operating over the course of these days as well as Art activities for the children which will be set up outside the Doyle Centre. There are also a number of raffles and prize opportunities happening over the weekend with some fantastic prizes on offer – a huge screen flat TV is one of the major prizes for example.

The Art Show is one of the social highlights of the year for our school and it would be great to see as many of our parents and friends come along to support it as possible, you never know you may end up taking home a wonderful piece of art!

Catholic Education Week – Sunday, 27 July to Friday, 1 August
Next week Catholic schools across Queensland will celebrate our annual Catholic Education Week. This week is set aside to showcase the high quality work that goes on in over 220 primaries, secondaries and P-12 campuses from Coolangatta to Cairns and out to Mt Isa, Winton, Longreach, St George and Cunnamulla. As a system of schools Catholic Education in the five dioceses of Queensland caters for just over 221,000 children with Brisbane Catholic Education comprising around 71,000 of this number. Our Art Show this weekend is a superb example of some of the things that go on in our two schools and there are many more. This time is also used to highlight the great work of teachers and support staff in all of our schools through awards for staff working within the Spirit of Catholic Education. One of our staff, Jane Lennon (Year Three), has been nominated for her work over a number of years in the area of teaching about, and acting on, Catholic Social Justice. Jane not only teaches the children about Jesus and His teachings but acts it out through her support for the annual St Vincent de Paul Refugee Beach day which is usually held around Easter. Jane is a living example of her faith and is a worthy nominee for one of these special awards. She is one of the ten nominees from Brisbane Catholic Education. Each diocese has its own nominations and one winner is chosen from this group. The actual prize winners from across Queensland are announced next week. We wish Jane well and thank her for her continued devotion and passion towards Catholic education.

Thanks to our Parents and Friends Association
Our P & F Association supports our school in a number of ways and one of these is through its financial commitment to various projects across our school. This year the P & F has continued its commitment to loan repayments for the Frank Shine Walk and have also taken out a loan which has enabled the purchase of 125 laptops for the children in our older years. Over the July holidays we replaced the soft fall area under our Prep climbing equipment and our P & F has agreed to cover this cost which came out at just under $10,000. The new soft fall is great and the children are really enjoying it. I would like to thank our P & F and the Executive committee for their marvellous support of this cost which came out at just under $10,000. The new soft fall is great and the children are really enjoying it. I would like to thank our P & F and the Executive committee for their marvellous support of our school. These simple things make a great difference to the learning environment for our children.

Marymount Track and Ballgames Carnival
Our School Track and Ballgames Carnival was held last Friday in very windy conditions. The children competed well even though some events were hampered with the strong winds!

My thanks to Paul Hill (P.E. teacher) for his organisation of the day and to all staff and parent helpers who assisted with various duties associated with the carnival. A few windswept hairdos by the end of the day for some of our ladies! Age Champion medals for our winners will be presented at assembly next week.

Look forward to seeing you at the Art Show Gala on Friday night.

Thanks for reading.
Yours in Christ,

Greg Casey
Race Day
This year Marymount Primary celebrates 40 years as a school. We are planning a number of celebrations over the next few weeks.

The first of these is a Race Day! Tickets are on sale now, but we require payment and final numbers by Monday 28 July. I realise it is a short timeframe, but it is a great chance to get together a group of friends and have a great day.

Tickets are $53 which includes Entry to The Dome (dress regulations apply), hot buffet lunch and a raffle ticket. You can get together tables of 10 or just come along and join another table.

Race 1 will be named the Marymount Primary 40 years Celebration Race.

Payment can be made by cash or card at Accounts/Student Reception. Once we have final numbers on Monday, tickets will be distributed. So come and join us for a great day of fun, food, and races!

After School Swim Program
Marymount Primary is restarting our After School Swimming Program. One of our parents, and qualified swim coaches, Jenny Wood, has agreed to take on the running of this program.

We are looking at starting the program in the afternoons in our pool. Jenny will run 3 groups, depending on numbers etc: learn to swim; mini squad; and squad training.

At this stage the plan is to begin August 11, in the afternoons only, until the weather becomes a little warmer (the pool heaters will be on)!

If you are interested please see the flyer attached to this newsletter.

Have a great week.

Tony Barron

Thoughts from your School Counsellor
This week I would like to remind you that as a Parenting Ideas School, our parents are entitled to download the Parenting Ideas Magazine. Please use this link to access the magazine in your own time. http://www.parentingideas.com.au/Parent_Magazine.html

Separation Anxiety is a problem for many of our students from time to time (particularly after a school holiday period). Our Insights article this week addresses this issue and provides some valuable insights into how to manage the distress that often results from this challenge.

Best wishes for the week ahead.

Mary Sanders
msanders@bne.catholic.edu.au

Curriculum News
Nathan and Christie from S.E.A.T. (Spinal Education Awareness Team) spoke to children from Prep to Yr 7. Both presenters are in wheelchairs and spoke about the need for everyone to be aware of the consequences which may follow a spinal injury. Nathan commented on how responsive and friendly the children were and was very pleased to have had the opportunity to visit Marymount. At the conclusion Mrs Wright presented him with a donation to assist the team to continue their work in schools.
National Champion
Congratulation to Isabella Van Wijk who placed 1st at the National Sports Aerobics championships in Melbourne last weekend. A wonderful achievement Bella.

State Rhythmic Gymnastics Trail
Congratulations Polly Deane-Johns who placed 3rd at the State Rhythmic Gymnastics Trail in Beaudesert last Sunday. Polly has qualified to compete at the State Championships on August 19. Best of luck Polly.

Marymount Track and Ballgames Carnival
Our School Track and Ballgames Carnival was held last Friday in very windy conditions. Despite the conditions most events ran smoothly, thanks to the wonderful efforts of staff and students.

Athletics Age Champion medals (8 – 13yrs) will be presented at next Wednesdays (30 July) assembly.

District Athletics
Gold Coast South District Athletics will be held next Thursday 31st July at Pizzey Park athletics centre. Notes have been sent home with children who have qualified for this event.

Catholic Athletics and Ballgames
The Catholic Athletics and Ballgames carnivals will be held on Thursday 4th September. We will commence training for these carnivals in the very near future.

Paul Hill
MARYMOUNT ART SHOW
Friday 25 July 7:00pm
Gala Opening & Announcement of Winners

Feature Artists

DEAN COGLE
SEABASTION TOAST
IAN TREMEWEN

Tickets $25 includes entertainment, welcome drink and canapes

Tickets available Marymount College & Marymount Primary or call 55861 000
Weekend Exhibition Hours:
Saturday 26th July 10:00am - 4:00pm
Sunday 27th July 10:00am - 3:00pm

Dance, Drama & Music Performances:
College Students - 11:00am - 1:00pm Sat
Primary Students - 11:00am - 1:00pm Sun

Kids Activities:
‘Oh My Tie Dye’ (Sat)
‘Mrs Red’s Room’ (Sun)

Food & Drinks:
‘Marymount Art Cafe’ Sat & Sun 10:00am - 3:00pm

Entry by Gold Coin Donation

More information: www.marymount.qld.edu.au
artshow@marymount.qld.edu.au
**MARYMOUNT ART SHOW UPDATE**

**Weekend Exhibition**

- **Saturday 10:00am - 4:00pm**
- **Sunday 10:00am - 3:00pm**

**Art Exhibition**

Over $179,000 of art on display by more than 95 professional artists
Talented Senior Art Students & Enthusiastic Junior Students work on display

**Weekend Activities**

**Saturday**

‘Oh My Tie Dye’
Make a colourful and creative “rainbow spiral“ pillowcase to keep for $10.00

**College Student Performances**
Dance, Drama & Music from 11:00am-1:00pm in theatrette
Gold Coin Donation

**Sunday**

‘Mrs Red’s Artroom’
Sand Art - $5.00

‘Crazy Candles’
Decorate and carve a candle to keep for $11

**Cafe**

- **Coffee/Tea** $2.00
- **Hot Chocolate** $2.00
- **Water** $2.00
- **Soft Drink cans** $2.00
- **Juice Poppas** $1.00
- **Biscuits** $1.50
- **Muffins** $3.00
- **Cakes** $5.00
- **Salad** $5.00
- **Baguettes** $5.00
- **Pies** $5.00
- **Quiche** $5.00
- **Filo Pastries** $6.00

**VOLUNTEERS REQUIRED**

We need volunteers to assist with pack up on Sunday afternoon between 3:30pm -5:30pm

Email artshow@marymount.qld.edu.au or just come down

Marymount Art Show is proudly sponsored by Bank of Queensland - Palm Beach

Like Marymount Art Show on facebook / Follow Marymount Art Show on instagram
Marymount Primary School

40th Birthday

Come Celebrate with us at our Race Day

Saturday August 9
The Dome - Gold Coast Turf Club

(Positioned at the northern end of the grandstand adjacent to the mounting yard and winning post)

Tickets on sale NOW $53

(Includes entry, hot buffet lunch & raffle ticket for lucky door prize)
Race 1 will be named the Marymount Primary School Race!
Get all your friends to come along!

Final numbers & Ticket sales needed by MONDAY JULY 28.

Contact Parent Reception for tickets and information
AFTER SCHOOL SWIM PROGRAM TERM 3 – 2014

Learn to Swim, Mini Squad & Squad

Commencing Monday 11th August, 2014

Monday, Wednesday, and Friday’s- $8.00 per session.

Session times:
Learn to Swim (30min. session) 3.15pm – 3.45pm
Mini Squad (45min. session) 3.15pm – 4.00pm
Squad (1hr. session) 3.00pm – 4.00pm

Learn to swim (30 min. session) – water safety, stroke technique, & swimming fitness.
Mini Squad (45 min. session) – stroke correction, drills, & continual swimming.
Squad (1 hour session) – set program swimming, drills & kick. Swimmers need to be competent in all strokes and have good swim fitness.

** Children will be placed in lanes appropriate to ability, please use the above as a guide to choose the correct class for your child. All children will be assessed, at the first session attended, and be placed in the correct level based on their ability.
**As your child’s swimming progresses, they will be moved accordingly. Parents will be advised when this happens.

Placements in sessions will be allocated on a first-in-first-served basis. Should there be no availability for your chosen session, you will be notified and offered another day. All swimmers will receive an email confirmation & swim information.
** At this stage we expect to conduct sessions as outlined above. However, after enrolments are finalised should there be changes you will be notified.

** Completed forms are required back by Tuesday 29th July 2014**

Invoices will be posted, and need to be paid prior to first swim session. Payment is calculated on a 6 weeks swim program. 11/08/14 – 19/09/14 (inclusive)

For further information please contact Jenny Wood, Program coordinator.

rharvey@bne.catholic.edu.au          |         0421 630 455

REGISTRATION FORM AFTER SCHOOL SWIMMING TERM 3 2014

Family Name: ........................................ Contact #:........................................

Email: ...........................................................

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<thead>
<tr>
<th>Child’s Name</th>
<th>Class</th>
<th>Day/s</th>
<th>Squad(S) / Mini Squad(MS) / Learn to Swim(LS)</th>
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Please return completed forms back by Tuesday 29th July 2014, to your child’s class or email rharvey@bne.catholic.edu.au
Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parentingideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsessed with thoughts depicting doom, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR:

“Children with separation anxiety disorder feel constantly worried or fearful about separation,” says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unpredicted event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

“I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds,” she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

DEVELOPMENTALLY APPROPRIATE

Although only about three to four per cent of children will be diagnosed with separation anxiety, it is not uncommon for a child to feel anxious at the thought of being physically separated from a primary caregiver, says Swinbourne.

“It is developmentally appropriate for ‘stranger anxiety’ to appear between eight and 10 months of age, and separation anxiety between 14 and 18 months. Usually stranger anxiety tapers off around age two. Separation anxiety tapers off more slowly and may last until the child is five years old.”

Though less commonly seen in adolescents, Swinbourne explains that anxiety around separation may be ‘carried’ into the later years and may manifest as other disorders, particularly if there has been no intervention.

THE TRIGGERS

Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a “fear of the unknown”.

“I would get thoughts about bad things happening to my parents. I felt safe when I was with them,” she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne.

“In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other’s anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited.”

more on page 2
... understanding separation anxiety ...

Building parent-school partnerships

MANAGING IT

It is important for parents to remember that many fears are a normal part of development, says Swinbourne.

“But children and adolescents who develop anxiety disorders do not seem to have the resources and coping mechanisms available to them at the time (internally and externally) to overcome these fears, hence they manifest into disorders,” she explains.

Swinbourne advises parents to help their children understand the ‘fight or flight’ state that their body and brain can go into as a result by offering a two-step management process.

“First parents can help their children to recognise when they begin to feel the physical signs of anxiety and teach them to relax their body and slow their breathing and heart rate down.”

“Secondly, once the body is relaxed, it gives the brain the opportunity to rationally assess the situation and challenge their default response (the anxious behaviour).”

For younger children, it is more appropriate to calm them down by holding them, distracting them or engaging in a fun activity and then reassuring them that they are safe in the company of their caregiver, she says.

Experts’ tips to minimise a child’s anxiety

- Talk to the child about what they are feeling. Bringing awareness to their thoughts will not make it worse.
- Ask the child how they would like to feel in the same situation and if they can think of a time they have felt that way. This gives them an example of where they are already doing this.
- With your child, think up some steps that the child can take to get them one step closer to the way they want to feel when separating from you.
- Talk everyday about how they applied one of these steps, what worked and what didn’t.
- Celebrate their successes, no matter how small.
- Be patient and be a role model by showing them how you successfully cope with your own anxieties.
- Do not stop when things are okay: continue to focus on helping the child be clear about what they want and what steps they can take to get it.