From the Principal’s Desk:

Congratulations it’s a Boy

Congratulations to Lisa and Jonathan McCarthy on the safe arrival of their first born child Harry. The birth of Harry was even more significant for Lisa as he was born on her birthday. Mother, father and Harry are doing well.

State Athletics Finals

Well Done to Gigi Maccagnini and Sophie Warrington who yesterday competed in the State Athletics finals. Gigi won her event the 800 metres final and Sophie finished fourth in the hurdles. Well done girls on an outstanding effort.
First Eucharist Sundays 12th, 19th and 26th October
Congratulations to Jasmine Link, Adele Folino, Jack Dormer, Lulu Weisz, Ferris Newton-Brown, Nellie May Roberts, Tyler Kemp, Dale Waine, Alessia Hazelwood-Bobic, Zoe Haywood, Alex Bearzatto, Ethan Oyston, Jack Brown, Sofia Fullaonda Olba, India-Sophia Line who celebrated their First Eucharist in the last two weeks. Thank you to Ben Fahey and Bernadette Milne for all their organisation of the Mass on the Sundays. Thank you also to Ben and Simon Raines for preparing the children and Claire O'Dowd for her support in organising the Eucharist program with Bernadette and Fr Moran for celebrating the Eucharist with the children.

Year 5 & 6 Basketball Hoop Time
Well done to Lily Avon, Sophie Warrington, Gigi Maccagnini, Lauren Oyston, Elizabeth Tran, Eva Hamilton and Carla Ianchello who represented St Mary's at the Regional Hoop time and Basketball finals. The girls finished third in both events.

Prep Orientation
This Thursday we welcome for the second time our 2015 Preps to St Mary's from 2:00pm – 3:15pm. It will give the children the opportunity to meet their new teachers and classmates. The parents will have a Wine and Cheese Night commencing at 7:30pm in the new Parish Hall.

Leave
From Friday 7th November until Friday 21st November, I will be taking Long Service Leave and Study Leave. Ben Fahey will be replacing me during that time.

Pupil Free Day
A reminder that Monday 3rd November is a Pupil Free Day.

I hope you have an enjoyable week.

Gerard Lewis
Principal

PUPIL FREE DAYS – Term 4
MONDAY 3rd NOVEMBER
&
FRIDAY 12th DECEMBER
No school for students

SUMMER UNIFORM
All children should now be wearing their Summer Uniform. HATS are compulsory this Term, only the school hat is to be worn.

RE NEWS – PRAYER
In Sunday’s Gospel, The Pharisees continued to test Jesus with a question about the greatest commandment. Children learn about love from real, concrete examples witnessed in family life. We can help children to love God and love their neighbours by showing everyday acts of love, generosity, and kindness—our own expressions of our love for God. These acts, small and large, are the expression of what Jesus identified as the two greatest commandments: love God and love neighbour.

To reflect on this piece of scripture, you might like to make a poster together as a family. Write the words Love God in the centre of the poster and write the words Love Neighbour near each of the four sides of the poster. Read yesterday’s Gospel, Matthew 22:34-40. Talk about how Jesus taught us that our love for God is revealed in the love that we show to other people. On the poster, use pictures and words to show some of the ways that your family shows their love for other people. Pray together that your family will continue to express your love for God by loving others.

Eucharist
Congratulations to Jasmine, Adele, Jack D, Lulu, Ferris, Jaxon, Ali, Nellie-May, Tyler, Dale, Alessia, Zoe, Alex B, Ethan, Jack B, Sophia and India who made their First Communion yesterday. As a community, we thank all those who attended the Masses to support the children in their faith journey. Claire O'Dowd - Religious Education Leader
STUDENT WELLBEING
In our first newsletter for this Term I put in an article about building deep relationships with our children. I hope you found it interesting. Over this Term I will insert some interesting articles from Michael Grose for you to read and think about. Hopefully you will find them helpful. This one is all about Easing children’s anxiety. It is normal to feel anxious at times but it is the way we deal with it that is most important. Take some time to reflect and think about it.

Walk to School October
The children are making a real effort to walk to school through October. Keep it up!

Therese John – Student Wellbeing Leader

LIBRARY NEWS

Book Swap
We raised $500 from last week’s Book Swap, what a great result for the Indigenous School Community. Thank you to everyone who donated books.

Book Fair
Our end of year Book Fair will take place this week, from Tuesday 28th to Thursday 30th October. I am sure there will be plenty of great books for all, so mark these dates in your diary. A note will be going out for volunteers, so if you can support us please fill in the note.

Therese John – Student Wellbeing Leader

Extend OSHC at St Mary’s - Primary School

Reminder Of The Booking & Cancellation Procedure
Bookings & Cancellations for the same day must be phoned directly to Head Office on 1300 366 437. All other bookings and cancellations can be made online at extend.com.au

ONLINE BOOKINGS: extend.com.au  CALL OUR OFFICE: 1300 366 437

An important message from Port Phillip Police

Active thief

Recently there has been a large increase in the number of thefts in the Port Phillip area. Analysis indicates that parents dropping of children at local primary schools, MSAC and other activity centres are being targeted. The thief waits for the occupants to leave their car, many of which are left unlocked, and then steals valuable items from within the car.

This sort of crime is easily preventable. To deter thieves and to assist police there are several things you can do.

Remember to always:

- Lock your vehicle
- Remove or hide valuables
- Take handbags with you when leaving your car
- Look for suspicious behaviour
- Report suspicious activity to police on 000

For further information regarding burglary prevention contact the Prahran Police ProActive Unit on 95205200

If you see something, say something!

Call Crime Stoppers on 1800 333 000

Narelle Beer
Inspector
Port Phillip Local Area Commander
Parent & Friends Committee Update

P & F Mission Statement
Encouraging and strengthening the school community and coordinating social and fund raising events for additional educational resources for our children.

What a great start to Term 4.
We would like to thank St Kilda Primary School again for their invitation to their movie fundraiser and to all the St Mary’s families who supported this invitation by bringing children to join in on the fun at the Astor cinema. A great afternoon was had by all. We will confirm in the next newsletter how much we raised.

Thank you to Sarah Hitchcock and Nicole Kennedy, the Year 1 Class Reps who co-ordinated last Friday’s cakes stall. The Year 1 parents /guardians efforts were appreciated by all and there was no shortage of eager children enjoying the sunny weather and supporting our fundraising efforts. The Year 1 cake stall raised around $950 based on the initial calculations.

School Wide Events Group (SWEG)
We are pleased to announce that SWEG has finally been formed with the enthusiastic nominations from four parent volunteers. The first SWEG meeting took place this morning in order to have the handover from the P & F Management Committee to SWEG to organise the P & F main social and fundraising event 2015. Watch this space for more information as the SWEG takes shape.

Class Reps for 2015
As we are now well in the swing of Term 4 we are already starting to plan for another exciting P & F calendar for 2015. With Class Reps being an instrumental part of the smooth running of P&F events we are now looking for you to consider being a Class Rep for your child’s year in 2015. If you feel you would like to be an active participant in the P & F please approach your 2014 Class Rep to let them know of your intention to represent your child’s year for 2015. This is an important role that you will find both rewarding and fun!

P & F Calendar of Events for Term 4: November 2014

Next P & F Committee Meeting
Please note the time change for the 7th P&F Committee meeting for 2014 which will be held on Thursday 13 November at 7.30pm at the Berchman Centre. All parents and friends are welcome to attend these meetings. We look forward to seeing you there.

The Year 4 Cake Stall is organised for Friday 28th November at 3.00pm. Come and enjoy the yummy cakes, savouries and treats prepared by the Year 4 parents/guardians that will be available to purchase on the day.

P & F Committee Partnership
Bakers Delight Balaklava
A reminder that 10% of every purchase you make at Bakers Delight Balaklava goes towards the St Mary’s P & F fundraising efforts. Don’t forget to say you are from St Mary’s next time you’re there.

2014 FUND Raising GOAL $15,000
The sky is our limit!!
$19,767.24
Parents, Students, Youth Leaders and Teachers are invited to an evening with

Sharon Witt

Promoting Resilience in Girls!

Wednesday November 19th, 2014
7pm to 9pm
Dingley International Hotel
334-348 Boundary Rd, Dingley
(On site FREE Car Park)
$15 per person (at the door) NO EFTPOS

Secure your place!
Email rick@criticalagendas.com.au
Include your NAME, No. Tickets required.
(No obligation)
Collect and pay for tickets on the night.
Enquiries: 0433 616 771

Testimonials

It is rare to find a person with both a clear understanding of today’s teen issues and also the ability to effectively communicate that knowledge to teens and their parents. Sharon is that person! Through her books and spoken presentations, she has touched the lives of many thousands of teens, offering clarity and hope, and real life strategies to help navigate through an increasingly complex world.

Pastor Tony Knight, Event coordinator- CHOSEN National Teen Leaders Convention

Sharon is an energetic and vibrant speaker, a gifted communicator, who shares her passion and heart with her audience. It is easy to see Sharon’s passion and enthusiasm for young people and the issues they are dealing with in their world. Sharon’s passion and enthusiasm for young people and the issues they are dealing with in their world.

Sharon provided many practical suggestions in how we can help teenagers navigate these important years. I would recommend Sharon as a speaker to parents, youth workers, teachers and teens.

Amanda Cain, Girls Brigade Victoria

Sharon is a phenomenal guest speaker. She has facilitated a variety of sessions for our youth organisation, and always does a fantastic job! Her sessions are fun, interactive, and relevant and the young girls love them! Sharon’s heart and passion for empowering young girls is an inspiration. I highly recommend Sharon for any girls’ session,

Bek Mitchell, Bridge Builders Organisation

Sharon is passionate about promoting growth and change in young people. She recently presented her Bully Busters program to our year 7-9 students. Sharon’s presentation was full of interaction and she continually encouraged student feedback and participation.

Sharon demonstrated her ability to engage with students and at times, literally hanging off her every word. Sharon aims to equip young people with skills in dealing positively with real life issues.

Nicole Leursen,
Melton Christian College

We all want to see our girls reach their best outcomes and mature into healthy, strong resilient girls. Resilience involves the ability to ‘bounce back’ or recover when things go wrong or negative experiences impact us. By giving our girls key strategies to develop resilience, we prepare them for life.

During this 2 hour presentation (including time for discussion and questions), Author and Educator Sharon Witt, will provide key skills and strategies our girls need in order to be resilient, strong and capable young women.

Key topics include:

- Developing Emotional Intelligence
- Navigating difficult relationships
- Conflict management skills
- The personal values and attitudes we want to foster in our girls
- Developing positive relationships
- Strategies for coping in traumatic or difficult situations
- How to foster optimistic thinking and self-talk
- Coping with Academic Stress

About the Presenter

Sharon Witt has been immersed in teen girl world for over two decades in her role as an Educator, Author and Presenter to educators, adolescents and their parents around the country.

She is also a regular media commentator on issues impacting girls, parenting and education.

Sharon currently appears on Channel 7’s Sunrise program and The Daily Edition as well as having two weekly parenting segments on radio in Melbourne and the Gold Coast and writes for various magazine publications.

Sharon is the author of best selling series of books Teen Talk and the recently released Girlwise series, which are written to help guide younger girls through many of the issues they face in early years.

Copies of Sharon’s best-selling books will be available for purchase at the conclusion of the presentation.

Critical Agendas
Easing children’s anxiety

“Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.”

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings.’ They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short while. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

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