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12 September 2012

## Principal's Pen



### WHAT DO YOU SAY WHEN YOUR CHILD COMES HOME AND REPORTS?

If you are like me, then at times, when your child wants to tell you something really important its usually at the most busy or inconvenient time or its at bedtime... nonetheless it is important that our children feel they can 'get things off their chest' and let us know if something happened to them during

the day that concerns them. Similarly it is very important to have those 'what good things happened to you today' chats over the dinner table.

Often parents are unsure as to what to say or what advice to give. Here are some tips which I have found helpful personally and which I have read about or heard about from counsellors and psychologists.

1. First allow your child the time and space to talk. "I can see that you want to tell me something really important. I want to be able to listen to you fully..." You know your child best and in what way to approach this. Some will talk while going for a walk, some will do it while you are preparing tea, some will want to sit on their bed and chat and some will prefer 'the sit face to face' situation. Some won't give you the choice and will just blurt it out in the car on the way home or prefer to tell both Mum and Dad together. In whatever situation you deem appropriate, being present to them is important.
2. Simply allow them to tell you what happened from their perspective, keeping in mind that it is their perspective/their reality. If necessary, feed the facts back "So you and your friends were talking and James came along and said... and you felt worried when he did that" It is important to validate the feeling at this point.
3. Ask "What did you do?/ How did you deal with it?". At this point in time it is crucial that parents don't respond with emotion even though our internal dialogue might be emotive. Remaining calm and rational and asking some pointed questions is the best way.
4. Ask "Did that work? Was that helpful?" We want our children to be able to solve their own problems or at least attempt to in the first instance. "What do the teachers want students to do if they see or hear something that isn't right?"
5. If what the child did worked then praise them for taking that action "You stood up for your friend, well done" Often, there is a lot of power in bystanders acting together when there is something untoward happening.
6. If what they did didn't work, then ask "Which adult did you report that to?" It is most helpful when students report

immediately or soon after. The longer the time between the incident and the reporting, the harder it is to act upon.

7. Summarise the conversation with something like "Sounds to me like you handled the situation well / need some help to work out what to do next... What can I do to help?" I have offered my own children choices such as a) You can speak with the class teacher and let them know what happened b) We can see the class teacher together c) I can speak to the class teacher on your behalf. In all of these options, outlining what you will say is important, remembering that there will be another perspective to be listened to. They may want/need time to make this decision.
8. Reassure the child that they have done the right thing in talking with you about it and that together, you will follow the school procedures and let the teacher know so they can best respond to the situation.

If parents have other words of wisdom out there, then I welcome the opportunity to hear them. The important factor is that the child feels they have the resources to help them through... this helps build resilience and confidence and reduces anxiety and stress. Whatever we do and say, should always model our school values of Learning, respect, community and faith.

## MODIFIED TIMETABLE

As of yesterday, the school daily timetable is being altered slightly to make way for longer learning sessions in the first 2 blocks, allowing for better quality learning to occur while the children are fresher.

<b>8.40-10.50am</b>	Morning Learning Session including Brain Break at 10am
<b>10.50-11am</b>	Supervised Eating time in class
<b>11-11.30am</b>	Play
<b>11.30 - 1.30pm</b>	Middle Learning Session
<b>1.30-1.40</b>	Eating in the Hub
<b>1.40-2pm</b>	Play
<b>2 - 3pm</b>	Afternoon Learning Session
<b>3pm</b>	Home

## WHEN YOUR CHILD IS ABSENT

A friendly reminder to parents to notify the school if their child is absent due to sickness. You can simply call the school office or email [secretary.babinda@cns.catholic.edu.au](mailto:secretary.babinda@cns.catholic.edu.au) If your child is away for other reasons or for longer periods such as holidays or appointments, then please put this in writing to the class teacher.

The government requires us maintain very thorough records of student attendance/absences. Thanks for being helpful with this.

## MONEY SMART TEACHING PARENT INFORMATION SESSION



**MONEY SMART**  
Teaching

St Michael's have included St Rita's in their Money Smart Teaching program come about as a result of a grant, which is a wonderful learning opportunity for students, staff and parents. It is very short notice, but there is a Parent Information Session at St Michael's **tomorrow evening at 6.30pm. The green notice went home today with your child.** Apologies for the late notice but the information was only forthcoming on Monday.

## SCHOOL PHOTOS

Some very stunning photos were sent home last week. My we are a good looking school even if we say so ourselves. If parents have any feedback about the photos or have issues they need to contact NQ Photography directly as the school doesn't handle such matters. (07) 4035 5388

## SUBSCRIBING TO OUR ONLINE NEWSLETTER

To subscribe, simply go to this URL or email/call the office and we can add you.

<http://stritasbabinda.schoolzinenewsletters.com/subscribe>

From the online version, you are able to easily access the latest school calendar and website. You also have access to the full version of attachments, advertisements and community notices.

## STUDENT FREE DAY

Next Friday the teachers will be spending the day engaging in curriculum planning for term 4. We will have Geraldine Norris (CES) to be assisting with Maths planning, Mrs Fran Hughes (CES) acting as resources person in the role of Teacher Librarian and our very own Mrs Anthony who will be assisting with English planning. This is a wonderful professional development exercise for our teachers to be able to plan with resource people.

## SPONSORSHIP

If there are any parents with businesses or have contacts with local businesses who might be interested in sponsoring our school newsletter, please contact the office for more information. Schoolzine, the company who publish our online newsletter, have some packages available.

## GALA DAY SUCCESS

Last Friday, the Senior class participated in 'Gala Day', a day of sport. I had the fortune of visiting all of the venues and watching our students compete. I wish to thank Mr Garside for assisting with the organisation of the day as well as the parents who provided transport to and from the venues – a great show of community support. I wish to also thank Mr John Gravanga of St Michael's for including our students in the teams, allowing them a wonderful opportunity to try a new sport and make new friends.

## MINDFUL PARENTING TIP #9

Every child is special, and every child has special needs. Each sees in an entirely unique way. Hold an image of each child in your heart. Drink in their being, wishing them well. (M&J Kabat-Zinn)

## ST RITAS GOT TALENT SHOW

A reminder that the St Rita's Got Talent Show is being held on the last day of term, next Thursday 20 September, commencing at 1.45pm. A note went home last week calling for registrations. Please send them in this week.

## RUN AROUND THE WORLD

Last Wednesday, St Rita's students joined in National Health and PE Day with Adidas Run Around the World event. You can see a short movie made up of photos of it created by Shylah by clicking here: (online version only)

Please note that the clips we will be putting up through our online newsletter are done with high security settings. They are private and therefore are only visible by people who subscribe to this newsletter. The comments option has been removed as well.

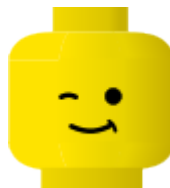
## NEWS FROM THE SENIOR CLASS

The Senior class have been very busy this term and Mr Garside has pulled together some of the images from the **Peer Support Training Days** and the projects the students did on **Asian Countries**. In the hope that these movies are accessible to parents via the web, we have included them here for you to view: (online version only)

## SATISFACTION SURVEYS

Each year parents, staff and students are surveyed on a number of issues relating to their school. The results of these surveys are published on the school and Catholic Education websites. This year parents in the senior class have been selected

## FUNNY BONE



**Q. What do you call a Greek guy falling from a plane?**

A. Con-descending!

*Cheers Gavin*

## SPIRITUALLY SPEAKING...



In this week's Peer Support session the children will be exploring how to join groups and how to accept others into their friendship group. The activities will give the children a chance to practise these skills, as well as how to say 'no' in a respectful way, cope with being told 'no' and inviting others to join them.

Encourage your child to discuss with you the importance of saying 'no' to people in a respectful way so that they don't lose friends.

Also discuss with your child various options they have at school if they should find themselves without anyone to play with during break time. (Taken from "The Peer Support Program", 2007)

**How can we incorporate the Year of Grace into our lives this week?** Holiness is often what happens in times of crisis - or in the 'messiness' of our family and day-to-day lives. In those times when things get too hard, try to reflect on the unique gifts that your situation has, and of the richness and holiness in the ordinary everyday...because that is where God touches us.

*Peace and Best Wishes,*  
*Robyn*

## THIS WEEK'S ST RITA'S FAITH AND RELIGIOUS LIFE CALENDAR

Tues Sept 11	11:45am: Peer Support
Fri Sept 14	Triumph of the Cross. This liturgical feast honours the work of Christ. We make the Sign of the Cross before prayer which helps to fix our minds and hearts to God. After prayer we make the Sign of the Cross to keep close to God. During trials and temptations our strength and protection is the Sign of the Cross. At Baptism we are sealed with the Sign of the Cross, signifying the fullness of redemption and that we belong to Christ. Let us look to the cross frequently, and realize that when we make the Sign of the Cross we give our entire self to God — mind, soul, heart, body, will, thoughts.
Sat Sept 15	7pm: Vigil Mass
Sun Sept 16	8am: Morning Mass.

## NEXT WEEK'S ST RITA'S FAITH AND RELIGIOUS LIFE CALENDAR

Wed Sept 19	NAIDOC Liturgy at school followed by celebrations and activities
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## LIBRARY BOOKS

This is the last week of borrowing from the Library. All books must be returned by Tuesday 18th September. Accounts will be issued for any books that are not returned or that are returned damaged.

## HOMEWORK CLUB

Parents please note that there is no homework club next Monday, 17 September, nor will there be on the first day back of term. The first one for next term will be Monday 15 October. Mrs Garside

## FORMS AND NOTICES

If you require the full version of the following forms and notices, they are available on the online version of the newsletter. For parent convenience these are also displayed on the noticeboard.

- Child Safety Advertisement
- Dr. Arne Rubenstein
- Mad Scientists of St Rita's
- Creating a Safer World for Children.....
- Winners of the P & F Raffle

## P & F NEWS

*Great news! Around \$800 was generated for the school from the P&F's Father's Day fundraising efforts, this money has been put towards the new sandpit which can be enjoyed by all the students, well done to everyone involved especially Julie Parker for all her hard work. Thank you to all who purchased raffle tickets and the awesome Dad's who attended the Fathers Day evening, a great time was had by all.*

*Future fundraising activities include a car boot and cent sale to be held mid term 4, stay tuned! The P&F is also excited to be assisting with the purchase of three raised garden bed kits for the students to enjoy growing their own vegetables - yum.*

*Also if you haven't already heard we are organising a recipe book for Christmas, it will be a quality book filled with your favourite recipes, lunch box treats and household tips, so please keep sending those recipes and tips in - we need more! Please keep this in mind*

*when you are thinking about gifts for friends and family this year, it will make a great gift and one that will travel in the post.*

*Our next meeting is Tuesday 9th October at 7pm and everyone is encouraged to come along.*

*Christina Forrest (Secretary)*

**A REMINDER** to get your orders in for Chalk Educated Toys, Parent Direct and Toys and More Fundraising. There are some great educational items in these catalogues that are not seen in stores. If you have misplaced your catalogue, there are plenty more catalogues available from the school office. Christmas shopping made easy!

## STARS OF THE WEEK



Prep/1 - Allira Harrison

2/3/4 - Nicholas Stone

## GROUND AND GARDENS ROSTER



Thank you to the following families who are rostered on:

ROWE - 15th – 28th September

SAYLOR - 29th Sept – 12th October

Please be sure to check the roster so that you can organize to pick up and drop the mower key to the office. Also let us know if the fuel tank is low or any maintenance needed.

## Thought of the week

Ambition is either a servant or a master. The trick is to know which it is in your life.

### DATE CLAIMERS

#### SEPTEMBER

18th Sept	Yr 2/3/4 Tjapukai Excursion
19th Sept	NAIDOC Celebrations
20th Sept	St Rita's Got Talent Show



DATE CLAIMERS	
21st Sept	Student Free Day Last day of Term
<b>OCTOBER</b>	
8th Oct	Students return for Term 4
15th, 16th, 17th Oct	Year 5/6/7 Camp
22nd Oct	STUDENT FREE DAY
24th Oct	AVA Pet Visit 10-11am
<b>DECEMBER</b>	
7th Dec	Last Day of the School Year

## COMMUNITY NEWS



**Babinda Murr**  
**PICTURE THEATRE**

**FUTURE SCREENINGS**

Thu 13, Fri 14, Sat 15, Sun 16 Sep	7.30 pm Admission \$7.00	PG
<b>The Sapphires</b>		<a href="#">More Information</a>
Fri 21, Sat 22, Sun 23 Sep	7.30 pm Admission \$7.00	M
<b>The Bourne Legacy</b>		<a href="#">More Information</a>

## WANTED

**VINYL RECORDS** – Large and small in any condition. Please contact Jody Oliveri on 40671688 / 0432068700

### Final Sign-on for Innisfail Junior Cricket:

Les Scheu Sporting Complex, Goondi Bend, lower clubhouse 10.00 am to 2.00 pm **SATURDAY SEPTEMBER 22nd** . Super 8's Game format on a Saturday.

## FREE Well Women's Clinics – Babinda

**Mamu Health Service Tuesdays 18th Sept & 9th Oct  
2012 Ph: 4067 1366**  
**Babinda Hospital Tuesday 25th Sept 2012 Ph: 4067  
8200**

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.