Dear Parent/Caregivers,

Welcome back to Term 3! We hope that the holidays provided you and your children a chance to rest, connect and enjoy the beautiful winter here in the Macleay. The term ahead is already full of wonderful learning opportunities including Book Week, our Joey’s Juniors Program and School Spectacular.

On Monday and Tuesday our staff engaged in two Professional Learning Days centered around our Mission as Catholic Educators, School Improvement and a series of learning sessions based on STEM (Science, Technology, Engineering and Mathematics), Writing, Co-Teaching and Mathematics. Thank you to the staff for their commitment to life-long learning.

As we enter a new term please be mindful of informing the school of any diagnosis or change in medical conditions for your child so that school plans and records are current and accurate. This is especially important for those students with Asthma, Anaphylaxis, Diabetes and other medical illnesses.

Next Tuesday evening from 5.30-6.30pm is the next Fete Meeting. This meeting is dedicated to continuing to plan and prepare for our fete next term. We would love to see as many people in attendance as possible to assist the small and dedicated team of parents and carers who are working to make this year’s fete a success. We look forward to seeing you there.

Next Tuesday evening at 6.30pm we will also host our First Holy Communion Information Evening in the meeting room in the Administration Building. We look forward to continuing to support our Holy Communion candidates and ask you to keep them in your prayers at this time.

This term the school will be a hive of activity as the renovation to four classrooms in the school commences. These spaces will be transformed into contemporary learning spaces reflective of current teaching practice and are designed to meet a range of student needs. This is an exciting time in our school. We appreciate your support and understanding at this time and look forward to sharing progress reports with you over the weeks ahead.

The students and staff have started the term with great enthusiasm and energy for learning in our great community. We are all looking forward to a wonderful term.

All the best for the week ahead
Many Blessings
Melissa Turner
GROUP 3 ALL SCHOOLS RUGBY LEAGUE CARNIVAL

Four teams travelled to Port Macquarie on Wednesday to participate in the Group 3 All Schools Rugby League Carnival. Congratulations to all children who took part. All teams played well together and improved as the day went on. Well done to the Under 10’s A team which went through the rounds undefeated but went down to Crescent Head in the final. Thanks to Mr Owens, Mr O’Loughlin and Mr Drew who coached on the day and to Mrs Kerfoot for First Aid.

DANCE FEVER MULTI SPORTS PROGRAM

This week children completed their first “Dance” lesson (one of five). They had a great time learning new dance movements and techniques.

After five lessons of Dance, we will swap over to five lessons of Gymnastics. For the five gymnastic lessons, children in Years 3-6 may wear their sports uniform on a Wednesday.

The cost per child for the 2018 Program will be $35 for the first and second child, third and subsequent child is free per family. Invoices will be sent home shortly.

Be reminded that this important part of the PDHPE Syllabus is compulsory for all students.

TERRACYCLE GARDEN COMPETITION

Thank you to everyone who is continuing to vote for us each day.


At the time of publishing we have 9198 votes.

We are asking for your assistance to help us collect any oral care waste such as; used toothpaste, toothpaste boxes, toothbrushes etc from friends, family and neighbours.

We have collection boxes at school, the SWR and Kempsey Churches as well as Vincent Court. If your business or workplace is able to assist us by displaying a collection box please let the office know and we will organise it for you.

The final shipment will be posted away at the end of Term 3.

SOLAR BUDDIES

At the end of Term 2 we raised enough money to purchase 41 solar lights which will arrive soon.

First Holy Communion

Parent Information Session

Next Tuesday evening 31st July at 6.30pm

Due to ill heath, Robyn More has postponed her presentation that was to be held in our school hall on the 7th August. Please keep checking your school newsletters for the new date of this fantastic presentation. We apologise for any inconvenience.

The Parent Assembly Team.
STUDENT BIRTHDAYS

Gracie Campbell  
Bailey Rogan  
27th July

Cheyanne Matheson  
30th July

Lucy Judd  
31st July

Harry Dowling  
1st August

Anugraha Biju  
2nd August

KEMPSEY FAMILIES SPECIALIST SUPPORT SERVICES

Invite parents of children aged 0-12 years to attend GROUP TRIPLE P Positive Parenting Program
An 8 week program commencing on Thursday, 2nd August until 20th September, 2018
9.30am - 12.00pm  
21 Verge Street Kempsey  
Morning Tea Provided
Contact Donna on 65 63 1588 to reserve your place.

KEMPSEY Go4Fun PROGRAM

To commence in Term 4. Go4Fun is a free after school program designed for children 7-13 years (and their families) to become fitter, healthier and happier.

For more information visit www.health.nsw.gov.au or contact Margo on 65 62 0324

WEEK 2 ROSTER

MONDAY  HELP PLEASE!
TUESDAY  Marcia Spalding
WEDNESDAY  Nadeen Crowe
THURSDAY  HELP PLEASE!
FRIDAY  Mary Dowling  Shelley McLean

Canteen Volunteers Needed!

KEEP THIS DATE FREE

St Joseph's School Fete
FRIDAY, 19th OCTOBER
From 3pm

Stalls with something for everyone. Rides and lots of fun to be had by all!

VINCENT COURT ANNUAL FETE

SUNDAY 26th AUGUST 2018  
10am – 1pm

Monster Raffle  Chocolate Wheel  Entertainment
Handmade Craft  Devonshire Tea  Baked Goods
White Elephant  Barbeque  Plants

www.vincentcourt.org.au
Five forgotten skill sets that contribute to student success

by Michael Grose

At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills
The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

2. Organisational skills
The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills
It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills
Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each child’s own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills
The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student’s ability to perform. Many of today’s kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child’s school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers ‘Very Important People’ in the process of acquiring them.

Michael Grose
Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.