Dear Parent/Caregivers,

Monday morning we welcomed 51 new Kindergarten students into the St Joseph’s School Community. Miss Daley, Miss Hawkins and Miss Dillon all had a very eventful day with their classes getting to know the routines and daily life at “Big School”.

Thank you to the P & F who supported “Tea and Tissues” in the hall. It is a time of new beginnings and change for everyone. I am proud of our teachers and of our parents and carers! You are all doing very well...our Kindergarten students are going to be great!

Yesterday we celebrated the beginning of our new school year through the blessing of Mass. Thanks to Miss Bernasconi for the organisation of this beautiful celebration.

Special thanks to Father Paul and Father James for their spiritual leadership and for calling us to serve in community. In coming together we recall our mission as educators. Students and parents to support each other on our journey to live life to the fullest in Christ’s love and care.

Next Monday students across Years 3-6 will participate in the Annual Swimming Carnival. Students are reminded of the need to be sun safe and to keep hydrated to manage the hot summer weather. Good luck to all of our students and thanks to Mr Watts for his preparation and planning of this event in advance.

This week we farewell Mrs Toni Moffitt. Toni has been a member of our teaching team over the last 2 years and we are grateful for all she has done for our community. We wish her well as she continues her professional journey.

I would also like to formally recognise the contribution of Mrs Avalene Bailey who has recently resigned from her position as the Secretary of our P&F. Avalene, like many of our P&F members, has given freely of her time for the betterment of our school community. We thank Avalene for her contribution over the last 5 years.

Next Wednesday night we will host a Parent Information Evening. The schedule for the evening is included in our newsletter and information has been distributed to families this week. Please come along and connect with your child’s teacher. This is a wonderful opportunity to build the important partnership that exists between school and home.

In reflecting upon our first full week back at school there is so much to celebrate. Our students and staff are beginning to settle back into the daily routines of school life and all facets of learning are being nurtured through a range of experiences. We are looking forward to a great year and wish to set high expectations for our students both in and outside the classroom.

We continue to ask our God of mercy, strength, love and justice to sustain each of us and inspire us to be like Jesus in all we do. In fostering these Gospel values we will continue to make St Joseph’s a wonderful learning community.

All the best for the week ahead.

Many Blessings Melissa Turner
QUEEN'S BATON RELAY VISITS KEMPSEY

Last Friday St Joseph’s students lined Sea Street to see the Baton Relay. Baton Bearers from youngsters to some of Australia’s most accomplished legends, have been selected to be a part of history, taking more than a million steps to bring the Baton to its final destination, the GC2018 Opening Ceremony.

PRIMARY SWIMMING CARNIVAL

Monday, 12th February for Years 3-6. $5.00 per student.

COLES SPORTS FOR SCHOOLS PROGRAM

During the Sports For Schools program, families will be able to collect Coles Sports for Schools vouchers for their school from Coles stores across Australia. When the program ends, we will be able to exchange these vouchers towards sporting equipment.

Please hand collected voucher to the school office.

Just a reminder that there are different parking zones around our school:

- **Areas where you cannot stop** (Red No Stop Signs)
- **Areas where you can park, and walk your children to school**
  - (Marsh St, Eastern side of Kemp St, around the park at the back of the school.)
- **At the front of the school - Kemp Street**
  - Areas where you can park stay in the car and say goodbye to your children and watch them enter the school grounds or at pick up time your child comes to you
  - This area is a designated DROP OFF/PICK UP ZONE - Not a parking zone.

MUSIC AT ST JOSEPH’S

Since the foundation of St Joseph’s in 1884, the Sister’s of Mercy have always fostered an appreciation of music.

Music has been a part of our school culture for:
- Worship, in liturgies and prayers
- Performance, in local eisteddfods and shows
- Appreciation, across key learning areas

If you are interested in your child joining one of our school music groups, please obtain a permission note from the school office.

The Music Levy of $50.00 per term covers participation in all tutor groups and ensembles.

Instrument hire can be arranged.

Groups include:
- Beginner & Advanced Keyboard Groups
- School Band, Tutorial Band and Primary Choir

St Joseph’s
Primary School

You’re invited!

To our 2018
Parent Information Evening

WEDNESDAY, 14TH FEBRUARY

This evening is a wonderful opportunity to meet your child’s teacher and to gain valuable information about the year to come.

We encourage all parents and caregivers to attend.

Two sessions will be held for each grade and they will be held in classrooms.

**SESSION ONE** 5.30PM

**SESSION TWO** 6.00PM

Get involved in the School Banking Program.

School Banking day is Thursday.

Each week you need to hand your completed deposit book and money to the School Office by 9am Thursday.
**MONDAY**
Sheena Clarke

**TUESDAY**
Marcia Spalding

**WEDNESDAY**
Nadene Crowe

**THURSDAY**
Natalie Sanchez

**FRIDAY**
Mary Dowling
Shelley McLean

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**Week 3 Roster**

**MONDAY**
Roxy Hofman
10/2
Alyssa McPhillips-Hall
11/2
Brianna O’Donnell
12/2
Logan Hill
Mackenzie Hollins
13/2
Dominic Zaccazan
14/2
Isabella Orr
15/2
Zoe Roberts
16/2

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**COMMUNITY EVENTS**

**2018 Family Retreat**

3-4th March at Yarrahapinni Youth Centre,
366 Grassy Head Rd, Grassy Head

Walking With Jesus

Deepen your families experience of God’s love at
the Family Retreat

- Programs for all ages 0–Adult
- Adult Sessions facilitated by the Missionaries of God’s Love.
- Youth Sessions facilitated by local Youth Ministry Officers.
- Games and family fun outdoor activities in beautiful surroundings.
- Spend time with other friendly families.
- All costs covered by the Lismore Diocese Catholic SchoolsParent Assembly.
- Registrations open NOW.
- To register click [here](https://goo.gl/zDfv5n) or go to [https://goo.gl/zDfv5n](https://goo.gl/zDfv5n)
- For more information contact Peta Rourke at prourke@lism.catholic.edu.au

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**KEMPSEY BASKETBALL**

**2018 Registrations Now Open**

Find a club that suits your needs at the above link.
- For more information, please contact the FMNC Office on 0265 850 351.
- Community Football Competitions - admin@footballmidnorthcoast.com
- High Performance Squads - larry@footballmidnorthcoast.com

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**FOOTBALL MID NORTH COAST**

**SAINTS COMETS NETBALL**

**Registration Days**
Saturday, 17th & Saturday 24th February
9am - 12pm
McDonalds Kempsey

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**KEMPSEY BASKETBALL**

Have joined the Aussie Hoops Program for primary school aged children.
Overall fee covers ball, singlet and carry bag, as well as instruction and court fees for 10 week program.
Visit their website at [kempsey.basketball.net.au](http://kempsey.basketball.net.au)
for more information

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**ZEN CHI RYU KEMPSEY**

**Family Fun Day**
11th March
12.00 - 4.00pm
Smithtown Bowling Club
Come along for a day of fun; barefoot bowls, brick breaking demo, jumping castle, sausage sizzle, raffles, prizes, kids activities.
Cost $5.00 per head or families of 5 or more $25
(pay at gate on day)
RSVP by 2nd March to Debbie 0402 233 531

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**KEMPSEY FAMILIES INC.**

**POSITIVE PARENTING PROGRAM**

Triple P can help you with developing the 17 Triple P Strategies to help with parenting.
An 8 week program commencing 15th February 9.30am to 12.00pm
Contact Donna on 65 63 1588 to reserve your place.

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**SAINTS COMETS NETBALL**

**Registration Days**
Saturday, 17th & Saturday 24th February
9am - 12pm
McDonalds Kempsey
How independence-building is the pathway to your child’s resilience

by Michael Grose

Parents and teachers often ask me how to build resilience in kids.

My response is always the same: “Start by building independence and resilience will follow.”

Here’s how.

Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – “NOOOO!” – and then more articulate cries of “I can do it!” as their third birthday approaches.

This is the time to harness your child’s push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can’t eradicate all risks. Kids will fall and hurt themselves but they’ll also get up and go again. In time they’ll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don’t have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.

So what’s this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one’s self and one’s environment and rarely happens without missteps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That’s where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.

The language of independence

The fact that there’s a whole genre of language devoted to resilience (mostly cloaked in cliche) is no accident. Terms such as “Get back on the bike/horse when you fall off”, “Come on, brush yourself off and get on with it” or “What doesn’t kill you makes you strong” are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents’ relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven’t met a parent, carer or teacher who doesn’t want the children in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to children’s resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

You can never love your children too much, but you can love them helplessly. That’s what happens when we deny kids the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a child’s resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book Spoonfed Generation: How to raise independent kids.

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 kids.