Dear Parent/Caregivers,

The year is certainly off to a flying start and there are many wonderful things happening both in and outside the classroom.

Last Friday morning we welcomed 39 new Kindergarten students into the St Joseph’s School Community. Miss Bernasconi and Miss Hawkins both had a very eventful day with their classes getting to know the routines and daily life at “Big School”. I thoroughly enjoyed seeing a full class of Kinder students all standing in my office talking about their day as they visited different areas of the school. Thank you to the P & F who also supported our “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!

This week the students participated in the Paul Kelly Cup and met some of the AFL players from the Swans. This was a great experience for our students who enjoyed the information shared by these young athletes. Thanks to Mr Watts, Mr Owens and Mrs Hagger for the support they provided the students on the day.

On Wednesday Night we hosted our Parent Information Evening for 2017. Thank you to the staff for preparation of presentations, the refreshments and to the many parents who joined us for this evening. It was great to see you all and we look forward to working in partnership with you as the year advances. For those parents who were unable to attend, please let us know if there is anything we can do to assist you in nurturing your child’s education at St Joseph’s.

Yesterday we celebrated the beginning of our new school year through the gathering and the blessing of Mass. Thanks to Father Paul and Father Joe 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. Catholic Education provides us all with this opportunity, daily.

Next Monday our Primary students will participate in the annual Swimming Carnival. This will be a wonderful day for our students. 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 forward planning of this event in advance. We look forward to seeing you there.

Our first Parenting Ideas article for the year is titled Moving beyond asking “What did you do at school?” We hope this resource provides you with some new conversation starters to engage your child in discussions about their day.

All the best for the week ahead.

Many Blessings Melissa Turner

---

**WEEK 4**

| Mon, 13th Feb | Primary Swimming Carnival  
Years 3 - 6 $5.00 per student  
Music Groups to be held Tuesday this week due to swimming carnival |
| Tues, 14th Feb | Keyboard Group - 12.45pm  
Band - 1.40pm  
Primary Choir - 2.10pm |
| Thurs, 16th Feb | Clothing Pool Open 8.30 - 9.15am |
| Fri, 17th Feb | Assembly Prayer - 3H |
Fishers of People
When Jesus had finished teaching, he told Simon to put out into deep water and cast the nets for a catch. Simon replied, “We fished all night and caught nothing.” Yet they did as Jesus asked. They caught so many fish that the nets began to break! Jesus said to Simon, “Do not be afraid, from now on you will be the fishers of people.”

Fish or Fisherman? There’s a difference between fish and fishermen. Fish live in schools and just follow each other. Fish don’t like to take risks. Fishermen are more daring. They can catch, breed and farm fish. Jesus does not want his disciples to follow him like mindless fish. He wants us to make his mission our own and use all our gifts and abilities to share his message of love with others.

Father, empower us to be fishers of people so that we might bring others to you. Amen

Wellbeing
Here at St Joseph’s we offer a School Wellbeing Program to support our student’s emotional and mental health. We currently have two School Counsellor’s, Heather Moorcroft and Shelley Spurrier, who provide both group and individual sessions based on the child’s needs. Together both Heather and Shelley utilise a range of therapies that include but are not limited to art, sand and play therapies, to engage with students.

The Student Wellbeing Program also offers the Season’s For Growth Program to support students who have experienced grief, loss or change; whether it be through death, divorce and separation as well as any significant change in your child’s life. The Seasons for Growth program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks. Should you wish to know more about your child participating within the Student Wellbeing Program, please contact the Wellbeing team via the School Administration.

SPORTS REPORT WITH MR WATTS
PAUL KELLY CUP AFL
Children hit the ground running at the start of a new year with the Swans AFL event in Coffs Harbour on Monday. A boys team and a girls team participated and held their own against schools in the Coffs District. The girls made their way to the grand final with some determined plays only to be beaten by one point. The boys were very competitive in all their matches but could not match the size of the opposition. All collected autographs from Swans players and the girls introduced themselves to the Channel 7 team and made the local news. Well done to all players.

PRIMARY SWIMMING CARNIVAL
Our annual swimming carnival for students in Years 3 to 6 will be held next Monday. The cost of the day is $5.00 per student (pool entry + $1 levy).
Remember to bring swimmers, rashie, towel, goggles, sunscreen, lunch and water bottle.

SOUTH SYDNEY PLAYERS VISIT
Next Tuesday, 14th February, members of the South Sydney Rugby League Team will visit St Joseph’s at 12.00pm. If you do not give permission for your child to be photographed for the teams social media please contact the school office or provide a note.

Be passionate about what you believe in, proclaim and stand for.
Catholic Schools are For, In and About God.
Let every day be a dream we touch.
Let every day be a love we can feel.
Let every day be a reason to live.
COMMUNITY EVENTS

FLICKERFEST IS COMING TO THE MACLEY
Screenings being held at:-

- Crescent Head Community Hall - Thursday 16th February at 7.30pm
- Aldavilla School - Friday 17th February at 7.00pm
- Gladstone Hall - Saturday 18th February at 7.30pm

For more information visit http://www.mvarts.org.au/Film-4-Video

Roxy Hofman
10th February

Alyssa McPhillips-Hall
11th February

Logan Hill
13th February

Dominic Zaccazan
14th February

Isabella Orr
15th February

Beau Mainey
Zoe Roberts
16th February

Kye Males
17th February

WANT TO PLAY NETBALL?
South West Rocks Netball Come and Try Day!
Sunday, 19th February
4pm - 5pm
South West Rocks Netball Courts

Online Registrations www.my-netball.com.au
Rego Day Friday, 3rd March @ SWR Public School 3-4pm

TRIAL BAY TRIATHLON
Sunday 12th February
Trial Bay Gaol at 7.30am
Registration at South West Rocks Country Club
Saturday 11th February
2pm-4pm
For more information visit www.trialbaytri.com.au

KEMPSEY BASKETBALL
2017 Season starts on Monday afternoons at
5pm for primary aged children at
Melville High Hall
$3.00 per session
Contact Ev Jacobs on 0418 463 279

KEMPSEY SAINTS FOOTBALL CLUB
Registration Dates
Wednesdays 8th and 15th February 4-6pm
at the West Kempsey Hotel
Saturdays 11th and 18th February at 10.00am to 1.00pm
at the West Kempsey Hotel
For more information call Jane on 0429 150 414

SMITHTOWN JUNIOR RUGBY LEAGUE CLUB
Registration Dates
Sunday, 12th February at South West Rocks (covered area near Surf Club)
10.30am - 12.30pm
and
Tuesday, 14th February at 4pm at Smittown Oval.

The South Sydney Rabbitohs will be visiting this day! Come along and meet the players, have a sausage sizzle and partake in some short skill sessions.

Register on line at playnrl.com or contact Sonya Murphy on 0402 916 637

WANT TO PLAY NETBALL?
South West Rocks Netball Come and Try Day!
Sunday, 19th February
4pm - 5pm
South West Rocks Netball Courts

Online Registrations www.my-netball.com.au
Rego Day Friday, 3rd March @ SWR Public School 3-4pm

KEMPSEY SAINTS
Soccer Skills Clinic
Boys & Girls Under 6’s, come along to three weeks of fun starting Wednesday,
8th February at 3.30pm on the St Joseph’s School Oval.
Enquires to Jason on 0428 625 675

MACLEY VALLEY RANGERS
Registration Dates
Saturday’s 11th and 18th February
11am - 2pm
Kempsey Macleay RSL Club
Call Dean on 0497 055 588 for more information

GLASSHOUSE SPROUTS
ART FOR KIDS
Beat the heat this weekend and take the kids to the Port Macquarie Glasshouse.
Art session starts at 11am and costs $5.00 per child
Call 65 81 8888 to book
Moving beyond asking, “What did you do at school?”

By Michael Grose

Ever found yourself asking your child the same bland question about school?

“So, how was your day? What did you do at school today? What did you learn?”

If these are your default questions the chances are that you’ll get a one or two word reply along the lines, “Fine!” “Good!” “Okay” “Nothing much.”

These answers don’t really tell you a lot. On the other hand, these types of questions don’t ask a great deal.

So how can you move beyond the mundane when you talk with kids about their school days?

Set the atmosphere
It helps to create the right atmosphere for conversations. A quick “How was your day?” as you pick a child up from after-school is a rapport-killing or mood checker, but little more.

If you drive you may learn a bit on the trip home, particularly if you keep the radio off and are able to keep some distance between kids and mobile devices. Alternatively, walking home together may loosen up your child’s tongue and put them in the mood for talking.

Give kids a chance
Most kids need some time and space to unwind before expecting them to talk about their day, particularly if you are going to launch and ask them questions:

This makes sense as most adults would feel annoyed if they were assaulted as soon as they walked in the door about their day. “How was your day? What did you do? Who did you see?” “Ahh! Stop!”

Create conversations rather than ask questions

The dinner table makes a great place to talk, if all televisions are off, mobile devices are left behind and you take the time to make it more than a pit stop. One way to kick off a conversation is to ask kids if they’d like to hear about your day. From my experience kids are often interested in the most mundane things that go on in an adult’s day so don’t think you have to make it sound grander than what it is. This gives kids permission to talk about their own days, your story can stimulate conversations which provides openings for kids to ask questions and share a little or in some cases a lot about their own day at school.

Interesting questions lead to interesting conversations

The questions you ask to prompt a conversation will often say a great deal about you and what you value.

If you focus only on academic or learning questions then it indicates that’s what you value.

Visit our website for more ideas and information to help you raise confident and resilient young people.

Special note: I’m thrilled to announce that my latest book Spoonfed Generation: How to raise independent children is out. It’s available at parentingideas.com.au