Dear Parent/Caregivers,

This week the students and staff of St Joseph’s have been demonstrating their commitment to our Catholic school by truly living the Gospel values of faith, service, love and community.

On Sunday members of our Parish family joined together to pledge our commitment in support of the students preparing for the sacrament of First Holy Communion. Special thanks to Mrs Hart and the students of the Parish Children’s Choir for leading us in song. Thanks also to Father James, Miss Bernasconi and to the members of the Parish who gathered for a morning tea in support of our candidates and their families following Mass.

On Wednesday we celebrated the feast day of St Mary of the Cross Mackillop. We took time to reflect and consider how we can all be symbols of love, give hope to the poor and marginalised and meet the needs of all people in our world.

Our Joey’s Juniors Program commenced on Wednesday with a wonderful group of budding young students joining our community for the first time. Our Joey’s Juniors teachers for this year are Mrs Alli O’Donnell and Mrs Karly Edwards. We look forward to working in partnership with our new students and their families.

Students in Stage 3 ventured to Laurieton on Thursday to participate in a Soccer and Netball Gala Day. Special thanks to the staff who supported the students on the day: Mr Watts, Miss Elford, Mr Owens, Miss Bernasconi, Mr Zvirzdinas, Mrs Fraser, Mrs Pilbeam, Ms Kerfoot, Ms King and Mr Tammjarv. The students had a great time and should be congratulated for the attitude and conduct on the day.

Today was an extremely special occasion as our community banded together to raise funds for drought affected farmers with our Stockman’s Challenge! The day included an Out of Uniform day and students came dressed as farmers! A sausage sizzle and a series of obstacle courses, team time trials and fantastic country music formed part of the day. We are very grateful to local businesses who supported us with this fundraising effort.

Today we raised $1455.45. Thank you to all community members who were involved but particular thanks to Miss Gamack, Mrs Tarrant and Mrs Lawrence for facilitating the program on the day.

We continue to keep all primary producers and their families in our prayers as we ask our Lord to bring much needed rain and the gift of hope to all those individual farmers and their families through the gift and strength of the Holy Spirit.

All the best for the week ahead
Many Blessings
Melissa Turner
St Joseph’s Stockman’s Challenge
Thank you to everyone for your support of our drought affected farmers.

The students had a great time participating in the Stockman’s Challenge!

HASTINGS ZONE GALA DAY
This was a terrific day in many ways as over 90 children from Years 5 and 6 took part in a carnival, some for the first time. All were engaged and enjoyed their games playing at least 5 games of soccer or netball. The children were great sports. Finally the competitive soccer team maintained their reputation as one of the best teams in the Zone as they came second to St Peters in the final point score. Thank you to staff who helped supervise teams. Some ended up umpiring and others strapping and coaching.

UNIFORM COMMITTEE UPDATE:
Thank you to all students, staff and parents/carers who recently completed a survey regarding the current uniform. Following the collection of this data the Uniform Committee have collated and reviewed the data and developed a design brief that is being presented to a selection of uniform companies for consideration and development. We thank you for your support so far and we will be in contact again once we have finalised options for our new school uniform. We are aiming to have two options available for your consideration in September.

ASSUMPTION OF THE BLESSED VIRGIN MARY
Whole School Mass
Wednesday, 15th August at 9.30am
All Saints Catholic Church
All children K-2 are to wear their full winter academic uniform to school this day (no sports uniform).

All Welcome!
This event of the assumption is a source of great hope for us as we strive to be faithful like Mary and gain the grace of eternal life.

MONDAY, 20TH AUGUST 2018
BOOK WEEK PARADE
St Joseph’s Primary School
10.00am

Come along dressed up as your favourite book character

Parents, carers, families and friends, we hope you can come and join in the fun!

Learning Everyday with Joy and Spirit

CURRICULUM REPORT
Year 6 has been learning about Mary, Mother of God in their Religious Education lessons. This week the students researched the important biblical events in Mary’s life and completed an artwork to show their understanding.
STUDENT BIRTHDAYS

Xzanda Lewthwaite-Clarke
Antwone Ridgeway
11th August

Lleyton Kemp
Emmie Dyson
16th August
17th August

2018 INTER-SCHOOLS HORSE EXTRAVAGANZA

12-15 October
At AELEC, Tamworth
Entries Open 24th August and close 10th September
Open for Primary and Secondary Students

If interested in being part of this event, please speak to either Mr. Owens or Miss Gamack at school.

SCHOLASTIC BOOK CLUB

Book Club orders are due Monday 13th August.
Thank you, Mrs Horner

HOLY COMMUNION GIFTS

A selection of gifts for Holy Communion are now available for purchase from the school office.

NATIONALLY CONSISTENT COLLECTION OF DATA (NCCD) INFORMATION FOR SCHOOL NEWSLETTERS

All schools and approved authorities for schools in Australia participate in the National Consistent Collection of Data (NCCD) for school students with disability annually. Through this collection, data is collected about students with disability across Australia in a consistent, reliable and systematic way. This collection is based on the professional judgement of teachers about their students and the level of reasonable adjustments they are provided with to access and participate in education on the same basis as other students, consistent with the obligations of all schools under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005.

The NCCD provides Australian schools, education authorities and the community with information about:

- the number of school students receiving educational adjustments because of disability
- the broad level of reasonable education adjustment provided for students with disability to access and participate in education
- each student’s broad category of disability
- the distribution of school students with disability.

This data will inform better targeting of resources to support students with disability, including Commonwealth funding for students with disability.

Schools should also be familiar with the guidelines which can be found at: https://docs.education.gov.au/system/files/doc/other/20160223_-_2016_nccd_guidelines_-_final.pdf

Colgate Community Garden Challenge

Vote tally as of publishing is 10971

Thank you to the following organisations/families that have kindly offered to display an Oral Care Product Collection Box:

- O’Donnell & Hanlon
- St Paul’s College
- Tilley Cook’s Family
- Sheds N Homes Mid North Coast
- Central Kempsey IGA
- Luke Blayden’s Family Kempsey Dental Centre

If you are able help us with this challenge, we would love to hear from you.

FOOD SMART PROGRAM

St Joseph’s has registered for this program which is a free educational program that helps you reduce food waste at home, save money and help the environment. The first 40 families who register to complete the online survey will receive a free “Food Smart Kit” which contains some great items. Visit http://bit.ly/MidwasteFoodSmart

Week 4 Roster

MONDAY  Kylie Campbell
TUESDAY  Help Please!
WEDNESDAY  Marcia Spalding
THURSDAY  Nadeen Crowe
FRIDAY  Mary Dowling  Shelley McLean

St Joseph’s School FETE

FRIDAY, OCT. 19 • From 3pm

Cakes  Rides  Plants
BBQ  Bottle Stall  Animal Farm
Photo Booth  And much more!

Everyone is welcome!
Overcoming the curse of perfectionism

by Michael Grose

Perfectionism is a modern curse in families and schools. Fear of making mistakes holds more children back and is a greater impediment to children reaching their full potential than any school funding issue that tends to make front page news from time to time.

Perfectionists have a deep-seated unwillingness to expose themselves as temporary failures while they learn. This stops them from really achieving their full potential. This fear of failure is strongest amongst first-borns, our most prolific population cohort, so it is little wonder that perfectionism is one of the greatest problems in Australian schools.

Perfectionists are hard to live with.
Perfectionists make demanding partners and anxious children. They can be critical of those around them just as they are highly critical of themselves. Their attention to detail can be infuriating. Their inflexibility can be enraging, particularly if you are an easygoing person yourself. Perfectionists usually want to be better than everyone else. You can pick a perfectionist at a thousand metres. They generally:

1. plan ahead
2. are neurotic about order
3. are critical of themselves and others
4. hate to leave jobs half done; they will stay at work until a task is completed
5. procrastinate if they are unsure of results

How to help perfectionists?
Help perfectionists understand that they don’t have to do everything perfectly. In some circumstances there is little margin for error: I expect condom-makers and parachute-makers to do a perfect job! But in reality very few tasks require perfection.

Develop the courage to be imperfect
The great psychologist Rudolph Dreikurs talked about the ‘courage to be imperfect’. He believed that people are motivated by one of two forces: the desire to be superior or better than others, or the desire to contribute or be useful. Those motivated by the latter find contentment and fulfilment not only because their contributions usually assist others but also because they are not obsessed by doing a perfect or terrific job. Their satisfaction comes from helping, not from achievement.

Get them volunteering
Volunteering is a great antidote to perfectionism. When kids volunteer their time and services they can just focus on getting the job done and be judged by their contribution rather than on how well they did in completing their task.

Help them settle for excellence
I agree with Kevin Leman, author of The New Birth Order Book, who claims that perfectionists need to learn to be satisfied with excellence, rather than perfectionism. Now excellence is pretty good. I am not suggesting that they should always settle for second-best efforts. But being a slave to perfectionism means that people become observers rather than participants in many aspects of life, whether at work or in their leisure time. They tend to look on as others get on with what needs to be done.

Loosen them up
If you are living with a perfectionist then you need to help them take themselves less seriously. Humour is something they definitely need. Whatever you do, don’t put pressure on them to succeed as they already put enough pressure on themselves. Do the opposite and release the pressure valve. Focus on processes not results and help them follow the 80:20 rule – that 80 per cent of results comes from 20 per cent of effort (and achieving that last 20 per cent of results takes a lot of effort). There are times when they just don’t need to do the perfect job.

Perfectionists! By helping them focus on others rather than themselves you’ll help them live more fulfilled and harmonious lives. Invariably when they focus on others they invariably grow up being more capable individuals because they’ll try a greater range of activities and end up achieving more.