Dear Parent/Caregivers,

On Monday evening we hosted our Kindergarten Open Night. We are very pleased with the attendance of families and enrolment forms are already being collected for the 2019 school year. To book an enrolment interview or to find out more about our fantastic community please contact the school office on 65625501.

On Thursday, 32 students from Year 6 participated in the Science and Engineering Challenge at Kempsey High and we are very pleased to announce that they finished the day as overall winners. Miss Elford, Mrs Fraser and Mr Tammjarv praised the students for their participation and enthusiasm. Congratulations to the students on this wonderful achievement. It is always pleasing to watch our students succeed and grow in academic, sporting and cultural fields.

This week students across Stage 2 visited the Kempsey Museum as a part of their studies in History. The students represented the school very well and we received a beautifully penned email from the volunteers who led the day stating that our students were very engaged and were a pleasure to spend the day with. Special thanks to Mrs Holdt, Mr Clay, Mrs Tarrant, Mrs Micallef, Miss Gamack, Mrs Karly Edwards, Mrs Hagger, Mrs Farrell, Mrs Kerfoot and Mr O’Loughlin for leading the two days.

On Monday Questacon will visit our school. Please ensure that both the permission note and money are returned to the school in order for your child to attend. If your child does not bring this money on the day, alternate learning arrangements will be made to support your child during this time.

Today our assembly prayer and reflection focused on National Reconciliation Week. Throughout the week students have participated in a range of learning experiences, prayers and activities to enable them to consider how we can work together to build a stronger community now and into the future.

Preparations for Kempsey Eisteddfod are in full swing. Thanks to the staff involved and to the students for their ongoing interest and enthusiasm. I am looking forward to watching and listening to the variety of performances our school will be contributing to this great local event.

This Sunday, students preparing for the sacrament of Confirmation will pledge their commitment at a special mass at 9.30am. Please join our students, the Parish Children’s Choir, families and staff as we continue to support our students in their faith journey. A morning tea will be held in the hall after Mass. All are welcome. We look forward to seeing you there.

All the best for the week ahead.
Many Blessings,
Melissa Turner
SOLAR BUDDY LIGHTS

This term, classes have been raising funds through their Mission Boxes and class activities to purchase, build and deliver “Solar Lights” to communities in need.

Wanting to sponsor a Solar Light? Contact the School to place your name on the list (the cost of each Solar Light is $25.00).

To learn more about this worthy program visit https://solarbuddy.org/about/

STAGE 2 HISTORY EXCURSION

This week Year 3 and 4 visited the Macleay Valley Historical Museum as part of their History studies. The children learnt about our local Indigenous history, about life in the early years of settlement on the Macleay and viewed pieces of memorabilia in the Museum. The students and staff would like to thank Mrs Hoinville and her volunteers at the Museum for providing such a wide range of activities for everyone to enjoy.

“My visit to the Museum was extremely fun. My favourite part was when we learnt about school life in 1918. The cane would have been a bit vicious in those days! Learning about Indigenous Australians and settlers was fun. Even the word archaeologist was exciting to learn to spell.” said Molly.

“Year 4 visited the Museum and everyone had a great time and participated. Personally my favourite activity on the day was the Billy Carts because they went really fast down the hill.” said Dominic.

Emma said that her favourite things were the School House and using the pens and dressing up in different costumes and clothes. She loved it!

SCIENCE & ENGINEERING CHALLENGE

On Thursday, students from Year 6 took part in the Science and Engineering Challenge at Kempsey High.

Congratulations on being awarded first place out of eight school groups.

All children worked co-operatively to solve some very challenging and enjoyable engineering problems.

This term Year 6 have been working on persuasive writing skills during English. They are using techniques such as rhetorical questions, repetition, onomatopoeia, alliteration, emotive language and research facts to convince the reader of their point of view. The students are structuring their paragraphs using the PEEL strategy in preparation for Year 7 essay writing.
STUDENT BIRTHDAYS
WEEK 6

Shanay Mainey
2nd June

Lakyah Bell
Cohen Dyson
5th June

Adam Cupitt
Patrick Smith
6th June

Amelia Perry
7th June

THINK

Using the THINK rule can go a long way in practicing digital social skills. It is a checklist of questions that children must go through before they post or comment online.

Is it True?
Is it Helpful?
Is it Inspiring?
Is it Necessary?
Is it Kind?

Created to emphasise care online, the THINK rule can also apply to real world engagement as well.

CHANGE OVER TO WINTER UNIFORM

We have now commenced our change over to the Winter Uniform.

By Tuesday, 12th June (Week 7) all students are to be wearing their full Winter Uniform.

ANXIETY WORKSHOP
PLEASE JOIN US

Due to many factors, including busy and fast-paced lifestyles, anxiety is becoming much more common in younger children, adolescents and adults.

Would you like to understand and better manage your child’s anxiety?

Danny Rankin, Inclusion Consultant from the Catholic Schools Office will share his knowledge and experience with us all.

Topics covered:
- What is anxiety and what it isn’t?
- How can parents help their children?
- Explore strategies that work.

When:
Monday 18th June
St Paul’s College - Drama Room
115—145 Sea Street, KEMSPEY

Tuesday 19th June
MacKillop College - Theatre
Ocean Drive, PORT MACQUARIE

Time: 6.00pm supper 6.30 start

To Register:
Click Here or go to https://goo.gl/forms/gyZS8kR5hJ99oKZ

Further information please contact Parent Assembly Representatives
MacKillop College: Debbie Ward 0407 702 683
St Paul’s College: Nicola Moore 0491 113 767
Ricki Saunders 0427 671 469

Lismore Catholic Schools Parent Assembly promoting a faith that leads to fullness of life
Building deep relationships with kids

by Michael Grose

Building a strong relationship with their children is every parent’s dream. Here are some time-honoured ways of doing this if you can stick to them.

Every parent I know wants a great relationship with their children.

An effective way of promoting such relationships is through rituals and traditions. Rituals and traditions build close families.

For example, most strong families I know are underpinned by a strong food culture. In these families, every kid, no matter what their age, is expected to come to the meal table. Kids in these families are generally also expected to participate in other rituals and traditions.

This can require some parenting spine, but these rituals build wide relationships – that is, they gather the tribe together creating a wide relationship circle.

Individual parent–child relationships need to go deep. Deep relationships provide leverage. They also survive the potential storms of adolescence, during which relationships can become stormy and intense.

Certainly some ages are more amenable to positive relationship building than others. Developmentally, it’s easiest to build deep relationships in the opportunity years of latency: five through to ten years of age.

The easiest way to build a deep relationship between yourself and each of your kids is to spend regular one-on-one time together.

• Go somewhere for a whole day with a child.
• Go away for a weekend with just one child. Do things you enjoy.
• If possible, go camping.
• Talk. Cook. Mooch.