Dear Parent/Caregivers

On Sunday 1st July Bishop Gregory Homeming will be the celebrant at the special Mass and Installation of Father James Foster as our Parish Priest. This is a very special time for Father James, his family and our Parish Community and we encourage your attendance. Pope Francis in his recent document Rejoice and Exhult said “Sharing the word and celebrating the Eucharist together fosters fraternity and makes us a holy and missionary community”. Sharing in the Mass brings us closer together. We look forward to seeing you there.

Kindergarten interviews are also well underway for next year. Enrolments for Kinder also lead into school transition through our Joey’s Junior’s Programs. If you intend on your child commencing with our school please contact the school as soon as possible.

Next Tuesday 19th June the P&F are hosting the School Disco from 3.15-5.00pm. This is also an Out of Uniform Day. Refreshments will be available at the servery in the hall. A special reminder that parents are required to attend the Disco to supervise their children at this time.

The P&F Meeting will take place following the disco from 5.30pm. As we continue our Fete preparations, we encourage and look forward to your support and attendance at this meeting. All are welcome.

Professional Learning is an important part of building our capacity as teachers. Next week we have a specialist in building high performing Professional Learning Communities, Colin Sloper, working with our staff. Thanks to our Leader of Pedagogy Mrs Erin McGovern for organising this opportunity for us.

As we continue our school improvement journey, we have been provided one additional day to continue full staff training and education. Staff will return after the holidays for two full days of learning on Monday 23rd and Tuesday 24th July before the students recommence and begin Term 3 on Wednesday 25th July. This is an adjustment from the original Professional Learning Day Schedule that was sent out at the start of the year. We thank you for your support. Bookings for Vacation Care can be made by contacting our OOSH Team.

All the best for the week ahead.
Many Blessings, Melissa Turner
All students from K-6 engage in reading daily. The focus areas when reading in the classroom include:

**Using the 7 decoding strategies**
Look at the picture, get your mouth ready, re-reading, does it look right? Does it sound right? Does it make sense? Looking for chunks.

**Using expression**
An interesting character’s voice and tone of which the text is read.

**Using phrasing**
Looking at the punctuation to guide when students need to take a breathe when reading.

**Using fluency**
Reading smoothly or just like talking.

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**SPORTS REPORT WITH MR WATTS**

**RUGBY LEAGUE CARNIVAL**
Four teams from Years 3-6 have been entered into the Group 3 All Schools Carnival to be held in Port Macquarie next Tuesday, 19th June. Children have been practising enthusiastically most lunch times and look forward to the inter school games. Information and consent notes have been sent home this week. Please return by next Monday.

**PRIMARY ATHLETICS CARNIVAL (Years 3-6)**
Our annual carnival will be held next Friday, 22nd June at the Services Park in Kempsey. All children are asked to pay a $1.00 services levy for the day. Please give to class teacher prior to the day. Thank you!

**POLDING SOFTBALL**
Good luck to Blake Bullen who will represent the Diocese at the Polding Softball Trials next week.

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**VISITING PERFORMANCE**
*Sponsored by the P&F*

**Brainstorm Productions**
**Present.....**
**The Protectors**
Visiting St Joseph’s on Monday 25th June  
(costs sponsored by P & F)

The Protectors use their super powers to stop bullying at school and in cyber space.  
They inspire children of all ages to value others and use moral strategies to build peace.

When your students enter Protector School they will discover a world of superheroes with special powers. They will experience the magic of the Protec Tools that can be used in the playground and in cyber space. Students will realise that being assertive and having empathy are the only super powers they need to build healthy self esteem and positive relationships.

A Protector stands up for themselves and for what is right or fair. They won’t let themselves be a victim, a bully or a bystander.

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**SCHOOL DISCO**

Next Tuesday, 19th June
3.15 - 5.00pm
This day will be an OUT OF UNIFORM DAY

A reminder that parents will need to supervise their children for the duration of the Disco. Drinks and snacks will be on sale.

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**CURRICULUM IN MY CLASSROOM**

**READ! READ! READ!**

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**VISITING PERFORMANCE**
*Sponsored by the P&F*
STUDENT BIRTHDAYS
WEEK 7
Isaac Weston
21st June
Harrison Gill
Indy Hawlin
Aaliyah Lebrocq
22nd June

SECOND-HAND BOOK SALE!
Donations of preloved books are still being taken for the SRC Book Sale which will be held at lunch time throughout Week 8.

PUPIL FREE DAYS TERM 3
Monday 23rd and Tuesday 24th July
First Day of Term 3 for all students will be Wednesday, 25th July

CHANGE OVER TO WINTER UNIFORM
All children are now to be wearing their full winter uniform

BOOK CLUB
- Issue 4 order forms have been sent home this week (check with class teacher or Mrs Horner in the Library, if you haven’t received them).
- Book Club orders are due in by next Wednesday 20th June.
- Our school processes two issues per term and receives reward points for book club orders which enables books and equipment to be chosen for our Library and School.
- Please ensure that your child’s name and class are on the order and that all details are filled in correctly. Orders can be dropped into the school office.

Two easy ways to order and pay for your book club order:
1. Create your own online account - you have the option to pay by credit and earn points on every order. Visit scholastic.com.au/register
2. Pay by cash, cheque or voucher - please enclose cash with order form and return to school. Please make cheques payable to Scholastic Australia.

Colgate Community Garden Challenge
Vote tally as of publishing is 2029
This week we sent away our first box of “oral care waste” 143 items = 1,430 points
Keep collecting and voting!

BOOK NOW FOR VACATION CARE FOR THE JULY SCHOOL HOLIDAYS
Booking Sheet now available on the School Website or on the Skoolbag App

CONFIRMATION GIFTS
A selection of gifts for Confirmation are on display and available for purchase at the school office.

SCHOOL BANKING
Commonwealth Bank School Banking is running a Super Savers Grand Prize competition that will take one lucky School Banker and their family of two adults and up to three children to Hawaii Simply make 15 or more School Banking deposits before the end of Term 3 2018 to automatically receive an entry into the competition for a chance to win! Please contact your local Branch for details.
Developing your child’s emotional intelligence

by Michael Grose

Everything old is new again.

Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.” Socrates was talking about the development of what we now call emotional intelligence.

Current day Dr. Marc Brackett director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure just what they are doing.

So where do we start exploring the alien landscape, the new frontier of parenting? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. View emotions through the pleasantness lens.

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

2. Set your antennae to pick up emotion.

Ever have a child come home from school and misbehave in a way that is out of character? If so, did you focus on the behaviour or did you try to detect the emotion behind the behaviour? The default mechanism for many adults is to respond to children’s behaviour rather than stand back and take notice of what may be going on beneath the surface. We respond to aggressive behaviour and sometimes fail to notice the anger seething below. Stop automatically reacting to behaviour and start noticing the emotion that may be driving the behaviour. You still need to manage poor behaviour but responding in this way may give you a valuable insight into your child’s inner world.

3. Validate kids’ emotions.

Children and teenagers who are upset or experience extreme emotions require to understanding and validation.

4. Help your kids recognise, then regulate emotions.

Kids, like adults, need to recognise their feelings before they can regulate their emotional state. Emotional recognition is a complex process that takes practice. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality. Cue kids to their emotions by reflecting back to them how they maybe feeling rather than shutting them down or ignoring them. E.g. “It seems that pretty angry right now. Could I be right?”

5. Build your child’s vocabulary of feeling words.

Emotionally smart kids generally have a wide vocabulary, which means they are better placed to shift their moods when required. Reflect back as accurately as possible how your child or young person may be feeling. The differences between emotions such as anxious, tense, nervous, worried and overwrought maybe small but they are important in terms of giving kids some wiggle room to shift their feelings.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. Impacting on family culture is the best way of creating inter-generational change. You’ll know you’ve had generational impact when your children as adults identify you as the person who trained them in the skills of emotional intelligence. How cool would that be!

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.