Dear Parent/Caregivers,

On Monday, students from Kindergarten to Year 6 had the opportunity to attend a great production by Brainstorm Productions titled The Protectors. Special thanks to the P&F for sponsoring this performance for our students.

It’s been a very eventful time in the Sports realm of our school community. Last Friday the Primary Sports Carnival was held. It was wonderful sunny day and it was great to see the students doing their best. Congratulations to Fatima House who were overall points winners on the day.

On Wednesday (despite a few short showers) students in the Lower Primary school participated in their Sports Carnival. There were lots of very excited students who participated for the first time in an Athletics Carnival. Many thanks to Mr Watts and the staff for their preparations and support on the day. Thanks also to the many parents and carers who attended both events over the last week.

On Monday evening, students in our community will receive the Sacrament of Confirmation. This is a very special time in the lives of our students and their families as they continue their faith journey. All are invited to attend this special celebration on Monday 2nd July at 6.00pm at the All Saints Catholic Church. Bishop Gregory will be confirming our candidates.

On Sunday Bishop Gregory will lead our community in the special celebration of the Installation of our Parish Priest Father James. Please keep our students, Father James and their families in your thoughts and prayers at this time.

Next week our school celebrates NAIDOC Week. We have lots of wonderful things planned for our students and we welcome you to join us. The theme for NAIDOC Week is Because of Her we can.

We love sharing these experiences with you and your children.

Next Monday students in our community will participate in the Kempsey Eisteddfod. This event is facilitated by the Eisteddfod Committee and will be held in our School Hall. We are very excited to see the range of performances our students are preparing for. We wish the students all the best for the coming week and thank the staff for their ongoing commitment to providing such rich cultural experiences for our students.

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PRIMARY ATHLETICS CARNIVAL
We were all winners at the Primary Athletics Carnival with the magic weather laid on after a miserable two weeks. Children also participated wholeheartedly in their events making it an enjoyable day all round. Thank you to all staff for assistance and to parents for your support.

RESULTS

<table>
<thead>
<tr>
<th>Boys Champion</th>
<th>Runner Up</th>
<th>Girls Champion</th>
<th>Runner Up</th>
</tr>
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<tbody>
<tr>
<td>8/9</td>
<td>Ashton Kemp</td>
<td>Liam Borger</td>
<td>Neive Blair</td>
</tr>
<tr>
<td>10</td>
<td>Jared Clarke</td>
<td>Easton Crilley</td>
<td>Keniesha Lockwood</td>
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<tr>
<td>Liam Osborne</td>
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<tr>
<td>11</td>
<td>Cohen Guyatt</td>
<td>Riley Mitchell</td>
<td>Roxy Hoffman</td>
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<tr>
<td>12/13</td>
<td>Logan Hill</td>
<td>Clay Clegg</td>
<td>Chelsea Hackenberg</td>
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<td></td>
<td></td>
<td>Harry Gill</td>
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<td></td>
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<td>Jai Goodman</td>
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</tbody>
</table>

P&F Spirit of Sport: Flynn Welsh and Monique Sussman
Winning House: Fatima

LOWER PRIMARY ATHLETICS CARNIVAL
The morning showers almost caused another cancellation but we had a lucky break in weather and pushed ahead. Well done to all the children on their participation in all the modified events. Thank you to all staff again and to the great roll up of parents and grandparents.

RESULTS:
Point Score - Carmel  March Past - Lourdes
War Cry - Fatima  Team Spirit - Mercy

SRC MILK SHAKE DAY
A successful fundraiser was held today with lots of yummy milkshakes.
$232.55 was raised.

POLDING TRIALS UPDATE
Last Friday, Blake Bullen took part in Softball Polding Trials in Newcastle. Unfortunately he did not make the team however performed well. Well Done Blake.

Colgate Community Garden Challenge
Vote tally as of publishing is 2292

CURRICULUM
We had Bruce Smith from CSO come to our Year 5 classroom to present a lesson on Patterns and Algebra. The kids had a great time and were challenged in their thinking.
STUDENT BIRTHDAYS

Harper McGregor
1st July

Emma Miller
Monique Sussman
2nd July

Luke Blayden
Ella Browne
3rd July

Thomas James
5th July

2018 KEMPSEY EISTEDDFOD
MONDAY, 2ND JULY
St Joseph’s Group Entries to be held in St Joseph’s School Hall

9.00am Session
Instrumental Group 1 Beginner Keyboard
Instrumental Group 2 Advanced Keyboard
School Band
Infant Song in Costume - Kindergarten
Infant Song in Costume - Year 2
Primary Song in Costume - Year 3

1.00pm Session
Choral Speaking - Year 3
Primary Choir

All parents/carers are welcome to come along. Eisteddfod entry fee $5 per adult for morning or afternoon session or $10 for all day pass (3 sessions)

KEMPSEY NAIDOC
Ten Pin Bowling 2018

Where: South Kempsey Ten Pin Bowling
When: Friday 21st July 9am - 4pm
Who: Women and Children
What: Play as a team of up to 4 and challenge your friends. If you don’t have a team we can organise to put you in a team on the day!
Cost: Free to play!
Light refreshments will be provided
Numbers limited to 60 people. Book your place by contacting
Johanne & Kelly at NAIDOC on Ph: 65623898 or EMAIL: adamantina.naidoc.org.au

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NSW RUGBY UNION
School Holiday Rugby Camp
Camp Waratah is back with a great early bird discount and the best camp pack they have ever offered which includes
headphones and a cooler bag.

Spots are limited and register by the 2nd July using the code: WINTAH to receive $30 early bird
discount.
Wednesday, 11th July at Coffs Harbour
$35.00 after discount
www.trvbooking.com/eventlist/campwaratah

BOOK NOW FOR VACATION CARE FOR THE JULY SCHOOL HOLIDAYS
Booking Sheet now available on the School Website or on the Skoolbag App
Hopeful kids are happy kids
by Dr Justin Coulson

Think of two children who you have regular contact with: one who is resilient and happy, and one who is struggling and languishing. Imagine you are interviewing each of them and you ask them to rate their response to these six questionnaire items:

- I think I am doing pretty well
- I can think of many ways to get the things in life that are important to me
- I am doing just as well as other kids my age
- When I have a problem I can come up with lots of ways to solve it
- I think the things I have done in the past will help me in the future
- Even when others want to quit, I can find ways to solve the problem.

Chances are that the child who is resilient will respond affirmatively to these items. The child who is struggling is more likely to say ‘no’ than ‘yes’.

These items form the basis of the internationally recognised Children’s Hope Scale that is used to assess the hopefulness of children and teens. Hope is a critically important predictor of their wellbeing and resilience.

Understanding hope

Psychologists say a person has hope when they believe that they can find ways to achieve their goals and to motivate themselves to try and follow those ways and meet those goals. Hope theory suggests we need three things to actually have ‘hope’:

- goals: something we are aiming to achieve in the future
- pathways: at least one way (and hopefully more than one) that we might

follow to achieve those goals

- agency (sometimes called efficacy): the belief that we can actually make things happen along those pathways in order to meet the goals.

Hope or optimism

Hope sounds a bit like optimism. We hope good things will happen so we’re optimistic. But there’s more to it than that.

While optimism is the belief that good things will happen in the future, and the sense that the glass is half full, hope is about taking that optimism, making it goal oriented and putting legs on it to make things happen.

And while optimism is great for boosting wellbeing and can act as a useful tool for inoculating people against depression, it seems hope does it better. This may be because while optimism is a positive mindset, hope is about action.

In contrast, if you don’t have hope, you’re, well, hope-less. That’s related to all the things we don’t want for our children. Hopeless kids don’t try, have poor relationships and feel helpless. They don’t achieve goals, often because they don’t set any. And when they do set them, that’s where it stops because they don’t have enough hope to find ways to achieve those goals.

Encouraging kids to be hopeful

Parents who want to instil hope in their children can try the following three ideas:

1. Build a future focus
Speak to your children about their possible futures. What do they want to achieve, and why? Have them imagine their potential best selves. Talk to them about what they’re looking forward to. Ask them what they want to have, do and be.

2. Work with them on plans (or pathways)
When your child or young person says “I want to be a marine biologist”, be encouraging and then ask them, “What do you need to do to get there?” Discuss pathways, options and possibilities. Thinking about the future and making plans is central to fostering hope.

3. Help them solve problems
When your child or young person is stuck, instead of giving them an answer, ask them, “What do you think is the next best thing to do?” or “When have you overcome something like this before?” This type of question promotes a sense of agency or efficacy. Rather than having our children rely on us for all the answers, they can rely on themselves, their resourcefulness and their initiative. They can recall times they’ve succeeded before and use that to build hope that they can succeed again.

As parents, our wish for our children is that they will grow up happy and resilient. Our wish can become ‘hope’ when we use these three keys to build hope in them as they look towards the future.