Dear Parents,

Welcome back for Term Three.

CONFIRMATION

We are looking forward to our Grade Six students receiving the Sacrament of Confirmation in August and we ask you to keep them in your prayers as they enter into the final stages of preparation.

KRISTY’S MATERNITY LEAVE

It’s a very exciting time in the Cavric household as Kristy nears the time for her baby to be born. We wish her and Aron all the best and again we ask that you pray for them and their new baby.

Kristy will commence Maternity Leave on the 5th of August.

A NEW TEACHER

We are very pleased to announce that Kristy will be replaced by Miss Jessica Cox. We welcome Jessica to our school. Jessica will commence duties next week. She will spend her first week in class with Kristy and Kelly and commence her teaching duties from the 5th of August. For the remainder of the year Jessica and Kelly Woodman will team teach. Jessica will teach alone on Monday, Tuesday and Wednesday and then both teachers will work with the children on Thursday and Friday.

To avoid any confusion the children will know Fumie Cox as Sensei Cox and Jessica as Miss Cox.

TWO NEW VOLUNTEER STAFF MEMBERS

We are also very pleased to welcome former students Bill Lowry and Tamara Cachia who have offered to work voluntarily in our school before beginning their teaching degrees at University. Bill will work three days per week and Tamara will work on Tuesdays. Both will work as teacher aides assisting mainly with support for students with additional learning needs.
Our sincere condolences to Joel, Jane Erin, Paddy and Hannah Dwyer after the passing of Joel's mum Pat. I ask that you pray for the repose of Pat's soul and also keep Joel and Jane and the children in your prayers.

On Wednesday we conducted Grandparents Day. I would like to thank all of the Grandparents and other Special people who came along. It was a great community day. Thanks to Jayne O’Callaghan for all of her work and to Marg Flett and the Grade 6 students for their efforts.

The school App for Android phones is now available from Google Play. Search for St Ambrose’s School and install. It's free!

Phys Ed News
A new term of Kelly Sports has commenced. Children can still enroll by completing an enrolment form from the office. See Brenda MacDonald for more information.

Performing Arts – SCHOOL PRODUCTION 2013
This year Mrs Meyer has decided that our school production will be performed twice. We are hoping that this will alleviate the overcrowding that has occurred in the past. The performance dates are the 18th and 19th of September and you can find more information if you follow the link at the end of this newsletter to Eloise’s web page.

EDUCATIONAL MAINTENACE ALLOWANCE
If you have a pension or health care card you may be eligible for the Educational Maintenance Allowance. Semester two applications are now due. Please contact the office for more information.

ENROLMENTS 2014
Any school family with a child ready to commence school next year should complete an application for enrolment form as soon as possible.

THERE WILL BE NO SCHOOL FOR CHILDREN ON THE 16TH OF AUGUST. ALL STAFF WILL BE UP-DATING THE CERTIFICATE TWO IN FIRST AIDE.

The Carnival Committee will soon begin preparations for next year’s Carnival. Keep an eye out for an announcement about their first meeting. We are hoping to have as many new faces as we can get.

School fees for Term 3 are now due. We rely on fees to pay our bills and at the moment have a lot of overdue fees. Please see me if you are having difficulty paying your fees.

This Friday evening the P.F.A are conducting a disco for the children. Thanks to Gemma Cameron and Jerome Smith and everyone else who is helping to organise and conduct this event. It should be great fun.

Yours sincerely,
Robert Macklin
A Blessing of Peace

Deep peace, pure gold of the sun to you.
Deep peace, pure white of the moon to you.
Deep peace, pure blue of the sky to you.
Deep peace, pure green of the grass to you.
Deep peace, pure brown of the earth to you.
Deep peace, pure light of the dew to you.
Deep peace of the running wave to you.
Deep peace of the whispering trees to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the Son of Peace to you.

Irish prayer
What to do when kids catastrophise!

“Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.”

“If I don’t do well in this test my whole year will be messed up!”

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands.

Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won’t just be bad, they’ll be catastrophic!

They won’t just mess up if they give a talk to their class at school. They’ll make total fools of themselves and the whole class will laugh at them, or so they say.

They won’t just fall over in a game. They’ll break a leg, end up in hospital and miss out on going to school camp, or so they say.

They won’t just get a dirty look from their teacher if they arrive late for school. They’ll be kept in at lunch-time, miss out on sport and have all the other kids making fun of them if they are late, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don’t want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child’s age.

Under fives generally don’t overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around.

School-aged children need to be encouraged to keep things in perspective. Challenge your child’s propensity to catastrophise.

Here are five ways you can use to challenge your child’s catastrophic thinking:

1. “What’s the most likely scenario?”

   Sometimes it’s useful to introduce a dose of old-fashioned rational thinking. “Yep, you could break your leg if you go skiing. But the odds are that you won’t.”

2. “Does it really matter?” “You may be right, but is it the end of the world as we know it?”

   One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it’s not so bad.

“Where does this fit on the disaster meter?”

Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves may not be insignificant to kids, however compared to plenty of other events...well, perspective is a good thing. Help them get some perspective by giving their worry a score out of ten, on how important the issue really is.

4. “That’s unhelpful thinking.”

   Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, ‘everyone must like me’, ‘I must never make a mistake’ and ‘bad things always happen to me’ are extreme and need to be replaced by more moderate, realistic thoughts. E.g. “It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.”

5. Replace extreme words for feelings with more moderate descriptors: Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with ‘It’s a pain”, “I can’t stand it” with “I don’t like it”. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above.

Yes, we all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child’s need to jump to the worst from time to time. A bit of reassurance is all that’s needed in these one-off scenarios.

But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child’s catastrophising.
Please click on links below to read the following classroom and specialist teacher blogs

Religious Education – Mrs. Jayne O’Callaghan
• Thursday 8th August Workshop on Baptism for all year one parents and children.
• Confirmation Workshop 14th August 7pm.
• Commitment Masses – Weekend of 17th & 18th August.
• Confirmation Reflection Day Friday 30th August.
• 8th August Feast of St Mary of the cross, Mary MacKillop.
• Feed the hungry project – food collections to 1/2P.

Learning & Teaching – Ms. Suzzanne Roberts

Wellbeing – Ms. Suzzanne Roberts

Literacy – Mrs. Maree Thomas

Prep/One A classroom news – Mrs. Amy Beaumont
• Grade one Baptism Workshop Thursday 8th August.
• New Inquiry unit – “Need it, Got it, Thanks!”

Prep/One J classroom news – Mrs. Jenny Boldiston
• Grade one Baptism Workshop Thursday 8th August – more information to follow.
• Changing Books every Wednesday – Please help your child to get organized to change books.

One/Two classroom news – Mrs. Casey Pringle

• Integrated Studies Unit about Necessity.
• Exploring Fractions.
• Bounce Back – Exploring Courage.

Two/Three classroom news – Mrs. Debbie Geisler
• Poetry Display
• Supermarket Walk
• Grandparents Day

Three/Four F classroom news – Mr. Matthew FitzGerald
• Inquiry Unit – “Money makes the world go round”.
• Focus on Facts.
• Exploring “Necessity”.

Three/Four CW classroom news – Mrs. Kristy Cavric and Mrs. Kelly Woodman
• Woodend Library visit next Tuesday 30th July.
• 3/4CW Curriculum update.
• Mrs Cavric Maternity leave.

Five/Six F classroom news – Mrs. Margaret Flett
• Maths – Work on Fractions and Decimals.
• Inquiry Unit – “Necessity Money Matters”.
• Visit from Senior Constable Joe Grbac on Cyber Safety.

Five/Six P classroom news – Mr. Micheal Portelli

Visual Arts news – Ms. Clare Shannon
• Help Wanted
• Production Props
• Colors and Emotions
Music news – Mrs. Eloise Meyer
• Production Update

Physical Education news – Mrs. Brenda McDonald
• Cobaw Basketball – Tuesday 6th August.

LOTE – Japanese news – Sensei. Fumie Cox

LINKS TO OTHER IMPORTANT INFORMATION ON SCHOOL WEBSITE

COMMUNITY NOTICE BOARD

Please click here to view advertisements, events and services in our local community.
This week’s notices include:
• Trentham Neighbourhood Centre.
• Winter Dress up.
• Bundaleer Homestead.
• Pollyphonics Choir.
• Jets Flyaways Inc Movie Day.
• Woodend Winter Wonderland.
• Mark Seymour.

PARENTS & FRIENDS ASSOCIATION

Please click here to view the latest news and information about the School's Parents & Friends Association.

SCHOOL CALENDAR

Please click on the link above to view the fully updated and official school calendar.

UNIFORM SHOP

Please click on the link above to view information about the school uniform shop and to obtain a price list and order form.

SCHOOL NEWS & NOTES

Please click on the link above to view notices sent home with the children.

SCHOOL FEES & PAYMENT OPTIONS

Please click on link above to access information on 2013 school fees and payment options.

SCHOOL CANTEEN
Please click on link above to view information on the school canteen and to view current menu and price list.

**STAFF CONTACTS**

*Please click on link above to view a full staff contact list.*