Dear Parents,

Hanna and Jordyn enjoying being part of the Gardening Club.

Yesterday was the feast day of St Mary of the Cross, Mary McKillop. Mary is Australia’s first saint and was an inspirational woman. We pray that her life will be an example to us all.

Last Friday was school census day. Next year’s Government funding initially is based on our enrolment numbers as of census day unless we significantly drop or increase in numbers. The significance of this is that based on Friday’s enrolment we can ensure that our programs and staffing will be similar next year to this year.

There will be no school for children on Friday the 16th of August. All staff will be up-grading their Level 2 First Aide training.
Warm Clothing
During winter the children go outside to play during recess and lunch break whenever it is not raining. I would encourage you all to make sure that your child has their school jumper and a coat.

Congratulations to Brody Brown, Tilly Crowther and Gabriel Hebb for coming second in the National AFL quiz.

CLASSROOM NEWS
Don't forget that Classroom News can be found by clicking on the hyperlinks at the end of the newsletter. There are also links to the PFA and to community news and advertisements.

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

Parking and traffic matters
As you would all be aware it is very busy around the school at pick up time. Please be considerate of others, be very attentive about children potentially doing unpredictable things and importantly obey all of the normal road rules. The streets bordering our school are 40km/h zones at ALL times. Please do not double park, park in the bus stop or park in the entry to the staff car park.

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.

Pick Up and Drop Off
Before and after school, our staff are working preparing lessons, assessing student work, meeting with parents etc. Children should not be dropped off at school any earlier than 8.45a.m and should be picked up at 3.30 p.m. It is also unfair to the kids.

PUNCTUALLY
On the flip side please ensure that your children are at school ready for classes at 9.00 a.m. Quite a few children are arriving late.

SCHOOL WEB PAGES
I would like to encourage you all to have a look at the various pages on our Website. Aside from your child’s class page a lot of important info about goings on at school can be found on other pages. I’d especially encourage you to look at the R.E, Learning and Teaching and Well Being pages. The Specialist Teacher’s pages also contain a lot of information.

Yours sincerely,
Robert Macklin
Mary MacKillop – A Litany

Reader: Create in us, O God, a new heart and renew a fresh spirit within us. Through the life and example of Blessed Mary MacKillop stir into flame the gifts you have given to each of us and the faith to use them without reserve.

All: Let love guide us all our lives.

Reader: Mary, a woman of faith, Mary, a woman with foresight, Mary, your life made a difference, Mary, you were prepared to live among those whom you served.

All: Let love guide us all our lives.

Reader: Mary, you experienced the strains of family life, Mary, you did not need bricks and mortar to know you belonged to the Church, Mary, you spoke out in society when the opinion of women mattered little, Mary, you never saw an evil without trying to overcome it.

All: Let love guide us all our lives.

Reader: Mary, you worked for the dignity and equality of all people, Mary, you challenged people beyond themselves, Mary, an inspiration for all Australians, Mary, a woman of your time.

All: Let love guide us all our lives.

Reader: Mary, a woman of vision, Mary, a woman with inner strength, Mary, a woman of prayer, Mary, a woman who dared to be different.

All: Let love guide us all our lives.

Reader: Mary, a woman of dignity, Mary, a woman of patience, Mary, a woman of suffering, Mary, a woman of compassion.

All: Amen, alleluia.

Prepared by the Sisters of St Joseph, South Australian Province Beatification Liturgy Committee (adopted)
The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. “Come on, laugh it off.” **Strategy:** humour **Good for:** kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” **Strategy:** containing thinking **Good for:** kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break.” **Strategy:** distraction **Good for:** kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraaction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” **Strategy:** seeking help **Good for:** kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” **Strategy:** offering hope **Good for:** kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing Good for: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!” Strategy: acceptance

Good for: kids who worry about exams or performing poorly in any endeavour; pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world” Strategy: maintaining perspective

Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about … ” Strategy: flexible thinking

Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

10. “What can we do about this?” Strategy: taking action

Good for: kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what’s been called the Parenting Event of the year at parentingideas.com.au
Please click on links below to read the following classroom and specialist teacher blogs

**Religious Education – Mrs. Jayne O’Callaghan**
- Confirmation workshop with Sr. Helen 14th August here at school 7pm start.
- Weekend of the 17th & 18th August, Commitment Masses for Confirmation.
- Confirmation Reflection Day Friday 30th August.
- Confirmation in our Church 30th August at 7:30pm.
- Feed the Hungry Project – food collections to 1/2P

**Learning & Teaching – Ms. Suzzanne Roberts**

**Wellbeing – Ms. Suzzanne Roberts**
- Stay safe and be legal by Senior Constable Joe Grbac.
- Online Survey for Wellbeing in Catholic Schools.
- Grade six Community group visits the Senior Citizens.

**Literacy – Mrs. Maree Thomas**

**Prep/One A classroom news – Mrs. Amy Beaumont**
- Baptism Night Thursday 8th August
- Remember to hand in reading journals
- Parents are invited to talk about their role in the Community

**Prep/One J classroom news – Mrs. Jenny Boldiston**
- Mathematics
- Language
- Unit Hero/Inquiry

**One/Two classroom news – Mrs. Casey Pringle**
- Symbols of God’s Love
- Telling the Time
- Necessity

**Two/Three classroom news – Mrs. Debbie Geisler**

**Three/Four F classroom news – Mr. Matthew FitzGerald**
- Religion – Environmental issues
- Literacy – words with double letters
- Numeracy – Multiplication & Division.
- Inquiry Unit – Necessity, “Money makes the world go round”.

**Three/Four CW classroom news – Miss Jessica Cox and Mrs. Kelly Woodman**
- Reminder – School closure day Friday 16th August.
- Inquiry Unit – “Money makes the world go round”.
- Update on the Bounce Back Program.
- School Production Update.

**Five/Six F classroom news – Mrs. Margaret Flett**
- Canberra Camp Info for 2014
- Cobaw Basketball update
- Congratulations to Tiarna & Ruby

**Five/Six P classroom news – Mr. Micheal Portelli**
- Canberra Camp update for 2014.
- Confirmation 30th August.
- Reading Groups.

**Visual Arts news – Ms. Clare Shannon**
- Production.
- Help please with Production props.
- Art room Antics.

**Music news – Mrs. Eloise Meyer**

LOTE – Japanese news – Sense
Physical Education news – Mrs. Brenda McDonald

- Cobaw Basketball 6th August review.
- Cobaw Athletics competition, Bendigo 8th September.
- Fitness Program Thursday mornings.

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:
- Kyneton Aquatic Centre
- Life & Fork
- Hesket Primary School Disco

SCHOOL ADVISORY BOARD

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 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.