



# ST JOSEPH'S SCHOOL

## NEWSLETTER NO 4 WEEK 5 TERM 1 MARCH 1 2017

### VISION STATEMENT

We at St Joseph's Primary School Queens Park are a faith based community which strives to recognise and respond to the image of Christ in us all, as we grow through work and prayer.

THE ST JOSEPH'S SCHOOL COMMUNITY ACKNOWLEDGES  
THAT WE COME TOGETHER ON THE ANCESTRAL LANDS OF THE  
WHADJUK PEOPLE

## ST MARY OF THE CROSS

**Remember we are all but travellers here.**



### PRINCIPAL'S REPORT

Almighty and Everlasting God, You have given the human race  
Jesus [Christ](#) our Saviour as a model of humility.  
He fulfilled Your [Will](#) by becoming [Man](#) and giving His [life](#) on the Cross.  
Help us to bear [witness](#) to You by following His example of suffering  
And make us worthy to share in His Resurrection.  
We ask this through our [Lord Jesus](#) Christ, Your Son.  
Amen

**ASH WEDNESDAY MASS:** Thank you to all who attended our Mass this Morning. The Social Justice Leadership Group read beautifully and once again the choir were magnificent in leading us all in song. Ash Wednesday begins our season of Lent. During this time please take the opportunity to do what you can for those less fortunate than others.



*'Open the door of your heart to others because each person is a gift.'* Pope Francis

**CHILDREN COMING LATE:** All children arriving at school after 9am must go through the office to get a late note. This avoids a text being sent to say your child is not at school.



**FACEBOOK:** There is an official Facebook site for our school which we would like parents to use. You will need to request to join and only parents of children currently attending the school will be accepted. Only administrators of the site will be able to post but it is another way to get messages out about what is happening at school. Please search for St Joseph's Primary School Queens Park.

**SOCIAL MEDIA:** With the Swimming Carnival coming up we would like to remind parents that under no circumstances may you post a picture of any child other than your own to any Social Media site without parental permission. And if you do post a picture of your own child it is much safer not to mention the school or event being attended as that creates a digital footprint about your child.



**SWIMMING CARNIVAL:** Parents and students please refer to the **Code of Conduct** attachment before Friday's Swimming Carnival.

Yours in Christ  
Kaye Savage-Morton

## ASSISTANT PRINCIPAL REPORT

### COMMITMENT MASSES:

Thank you to all parents and families of students in Sacramental years who attended the Commitment Masses over the weekend. If you missed attending one of these Masses, please make an appointment to see Fr. Peter. The preparation for First Eucharist and Confirmation is already underway. Please note that the Confirmation parent meeting is on March 14 at 7.15 pm in the Performing Arts room and the First Eucharist parent meeting is on March 28 at 7.15 pm. Please put these dates in your diary.



### ASH WEDNESDAY MASS:

We had a beautiful whole school Mass to begin the Lenten Season. The choir sounded awesome, the readers were excellent and our altar servers did a great job. Thanks to Mrs. Ward and Mrs. Palermo for preparing the music and working with the choir in preparation for the Mass. They always put a lot of work into all our whole school Masses. It was lovely to see so many parents and family members join us also.

### PROJECT COMPASSION BOXES:

We sent home one Project Compassion box to each family last week. During this Lenten time of almsgiving, Caritas Australia provide us with an excellent opportunity to contribute to worthy causes in areas of need all over the world. The theme of Project Compassion in 2017 is "Love your Neighbour". Perhaps you could sit down as a family and discuss how you are going to contribute this year. Place your Project Compassion box in a visible place in the home and have a discussion with your children about how we can help those in need. Caritas Australia's YouTube channel has some wonderful videos explaining their projects, you could watch some together as a family and discuss the importance of helping those in need. We will collect the donations at the end of Lent and send all of the money raised to Caritas Australia.



Have a lovely week.

Ronan Kelly

Assistant Principal

### MERCY CAFÉ NEWS:

The Mercy café is closed this Friday 3 March. Mrs Ieraci will be assisting at the Swimming Carnival. Children from Pre-Primary to Year 3 must bring their own Morning Tea and Lunch to school.

**SCHOOL BANKING: Is done every Tuesday from 8.30-9.00am in the foyer of the School Hall.**



### P & F NEWS:

**Easter Raffle** - Tickets for the annual Easter Raffle will be distributed in the coming weeks. The tickets will be 50c each. We will be seeking donations for our raffle prizes the week starting **Monday 20th March**. More details will follow.



If you wish to receive emails from us during the year, please send us an email at: [pandf@sjsqp.wa.edu.au](mailto:pandf@sjsqp.wa.edu.au) and we will add you to our mailing list.

The P & F are always looking for volunteers for upcoming events. Please let us know if you are interested in helping at up coming events.

### Dates for your Calendar

Monday March 13 - P & F Meeting at 7pm

Monday April 3- Easter Raffle draw

Friday May 5 - Disco

Friday May 12 – Mother's Day Stall



## **ST JOSEPH'S FACTION SWIMMING CARNIVAL**

St Joseph's Faction Swimming Carnival will be held this Friday March 3 (Week 5) at the Aqualife Centre in East Victoria Park. Children in Years 4 – 6 will be participating in swimming races and/or novelty events in the outdoor 50 metre pool.

All children must attend unless unable to do so due to sickness or injury.

Children will be travelling to and from the venue by bus. All buses will depart the school at 9.00am sharp.

The carnival will commence at 9.45am and will conclude at approximately 2.00pm.

**PLEASE NOTE THAT THE CANTEEN WILL BE CLOSED ON THIS DAY!**

Mrs Tennille Eoannidis.



### **St Joseph's Faction Swimming Carnival**

#### **Senior Carnival**

#### **Aqualife Centre**

**Friday March 3 2017**

**Years 4 - 6**

**9.45am - 2.00pm**

#### **Open Girls and Boys 50m Butterfly**

Year 4 25m Freestyle

Year 5 25m Freestyle

Year 6 25m Freestyle

#### **Year 4 - 6 Girls and Boys Kickboard Race**

Year 4 50m Freestyle

Year 5 50m Freestyle

Year 6 50m Freestyle

#### **Year 4 - 6 Girls and Boys Noodle Race**

Year 4 50m Breaststroke

Year 5 50m Breaststroke

Year 6 50m Breaststroke

#### **Year 4 - 6 Girls and Boys Lane Bob Race**

Year 4 50m Backstroke

Year 5 50m Backstroke

Year 6 50m Backstroke

#### **Open Girls and Boys 100m Freestyle**

**Year 4 – 6 Girls and Boys 4 x 50m Freestyle Relay**



## SOCIAL WORKER NEWS:

### Manage your kids like a cat:

[www.parentingideas.com.au](http://www.parentingideas.com.au)

Many parents feel uncomfortable with the firmer side of parenting. Invariably they use management techniques that increase their children's dependence on them, including:

Doing deals with kids: "Jai, if you eat all your dinner, I'll let you use my iPad for minutes." If this is you, then you'll need deep pockets, as kids will keep upping the ante all the time.

Repeating yourself and raising the volume: Kids are parent-deaf by choice and habit. Going over the same old, same old and getting mad just reinforces their parent deafness.

Using coercion: The use of controlling language – "Do this right now!" – doesn't work with kids who like to be in control. They'll fight you rather than cooperate.

If you struggle to get your kids to do as you say, it's probably your non-verbals giving you away. That is, it's less about what you say, but more about how you say it that makes a big difference. If you're not getting cooperation you're probably managing like a dog, when you should be managing like a cat. (We should try *nurturing* like a dog – the subject of another article.)

Here are six ways to manage like a cat that will get you more cooperation, but importantly make your kids less dependent on you

1. Manage yourself first: Cats are self-contained, very controlled and know when to walk away. So, when you bring some "cat" into your parenting the first thing you need to do is to learn to manage your own reactions rather than over-react, repeat yourself and just plain yell. Start by stepping away from the stressful situation and taking some deep breaths to change your emotional state.
2. Go low: Rather than raise your voice to be heard, lower your voice. Raising our voice has the effect of making kids ignore us or argue with us. Kids will hear our vehemence but not the detail of our words. By lowering your voice children are more likely to hear you and take notice.
3. Go near: Rather than shout out our instructions, move into the child's proximal space (about an arm's length away) and quietly ask/tell them what you want. This makes a connection and children are more receptive.
4. Look away: Most people have been trained to make eye contact when they speak. Non-verbal communications researcher, Michael Grinder, advises parents and teachers to do the opposite i.e. look away from a child when they issue a command rather than look them in the eye. He argues that eye contact at the point of giving an instruction or laying out your expectation is an invitation to an argument. It's most valid when communicating with teenagers, who, due to the fact that their brain is being completely rewired, are likely to retreat to their reptilian brain when they feel under threat.
5. Let checklists, charts and rosters do the managing: Cats learn quickly where the litter tray and food bowls are. Parents who develop independence in their kids manage predominantly in a visual way rather than rely on their language skills to influence, manage, cajole and persuade their children to behave better and be more responsible at home. In particular, most boys like the constancy and consistency when visual messages and reminders support and reinforce verbal communication.
6. Use consequences to teach responsibility: Those self-contained cats don't spend a great deal of time talking to get their point across. Instead they use a consequence, which by definition is a reasonable, respectful and related (e.g. remove the meal when kids continually fight at the meal table) to reinforce their point and promote cooperative, responsible behaviour – which is necessary for independence. Pets are good for families in so many ways. Let's learn from them!

## ST NORBERT COLLEGE OPEN DAY

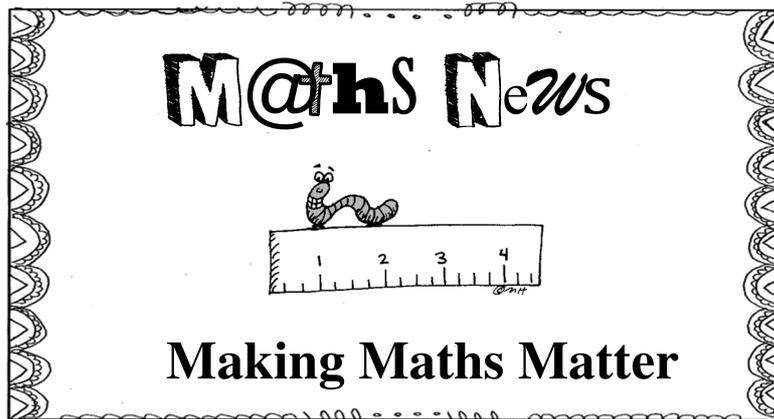
Friday 10 March 2017

St Norbert College warmly invites prospective students and their parents to tour our excellent College, its contemporary facilities and extensive grounds. Tours will be conducted at 9.00am and 1.30pm.



Enrolments for Year 7 in 2019

We have commenced our enrolments for 2019. Application forms may be obtained by phoning the Enrolment Officer, Mrs Hughes on 9350 5433.



# HELP!

Mrs Nigli is always willing to lend a helping hand to any parents and students who need any assistance with anything MATHS! She is available in the Maths room (located between 3G and 3B) on Mondays and Tuesdays 3.15pm – 3.30pm.

## Did you know.....?

Pi and pizzas are linked.

You multiply Pi by the radius squared to find the area and multiply area by height to find the volume, that means the volume of a pizza that has a nominal radius of (z) and height (a) will, of course, be:  $\text{Pi} \times z \times z \times a$ . And strangely, if you enter Pi to two decimal places (3.14) in your calculator and look at it in the mirror, you'll see it spells 'pie'.

## Mathletics Gold Certificates

Congratulations to the following winners...  
Sachin, Jasmine, Albert, Chace, Emeril and Maria  
Keep up the great work.

**Week 3 Puzzle answers-** Senior- 4 chocolate bars, Junior- \$440.

As there were no entries for the Senior puzzle, there were two winners for the Junior puzzle, Ashwa and Ann from 3G. Come on seniors, don't let the juniors win your share of the prizes. Join the competition. Entries can be placed in the boxes in the Front Office.

## This Week's Puzzle Problem



### Junior Puzzle

In an Ironing Man Competition, a man ironed 12 shirts in 1 hour.

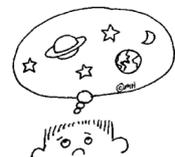
- How long did it take him to iron 2 shirts?
- How long would it take 3 men to iron 12 shirts in the competition?

### Senior Puzzle

Tim bought a bag of cherries, which contained 144 cherries. He gave  $\frac{1}{2}$  to Marco,  $\frac{1}{4}$  to Franco and  $\frac{1}{6}$  to Bosco.

Tim ate the rest.

- How many cherries did Tim eat?
- What fraction of the bag of cherries did Tim eat?



## *St Joseph's School Code of Conduct for Sport*

We at St Joseph's Primary School Queens Park are a faith based community which strives to recognise and respond to the image of Christ in us all, as we grow together in work and prayer.



**Rationale:** At St Joseph's School we recognise the important role Sport plays in the development of our students. We place a strong emphasis on participation and sportsmanship. The purpose of this code of conduct is to provide our students, parents and wider community members with some guidelines on our expectations of them at school sporting events.

**Students:** At sporting events we expect our students to:

- Actively participate.
- Try their best.
- Encourage others.
- Demonstrate good sportsmanship.
- Listen to the teachers/coaches.
- Represent the school with pride.

**Parents:** At sporting events we expect our parents to:

- Encourage all students.
- Demonstrate school pride.
- Refrain from placing pressure on their children to win.
- Refrain from using inappropriate language.
- Act in a respectful manner towards all teachers, umpires, students and community members whether they are associated with our school or not.

Failure to adhere to these 'Code of Conduct' guidelines may result in students being withdrawn from sporting activities and parents being asked not to attend future events.