



## NEWSLETTER NO 10 WEEK 1 TERM 2 APRIL 26 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

*"You did not see him, yet you love him;  
And still without seeing him  
You are already filled with joy  
So glorious that it cannot be described,  
Because you believe."*

A reading from the first letter of St Peter

### **PRINCIPAL'S REPORT**



**WELCOME BACK:** We look forward to having a wonderful Term 2. In Term 1, the children through their excellent behaviour, demonstrated why applications for enrolment at St Joseph's are so high. We are fortunate that we have such beautiful children and a great environment for children to learn in.

**ANZAC DAY ASSEMBLY:** Year 6 Blue will be presenting our ANZAC Day Service this Friday 28 April at 9.00am. The service will take place in front of the flagpoles. Parents are welcome to join us.



**LIFE EDUCATION VAN:** Each year level will visit the Life Education Van next week. The Life Ed Van covers a number of health concepts with a focus on encouraging children to make healthy choices with regards to how they treat their bodies. Parents wishing to know more about the sessions are welcome to visit the van on Monday May 1 at 9.00am.

**EDU-DANCE:** Children in Pre-Primary to Year 6 will commence Edu-Dance next week. The timetable for Edu-Dance is attached to this newsletter. Students can wear their sports uniform on their Edu-Dance days.



**SCHOOL UNIFORMS:** Children should transition into their winter uniform over the coming week. We are hopeful that the new sports jacket will be available from the Uniform Shop in the next couple of weeks.



**SCHOOL DISCO:** The P & F will be holding the first disco for the year on Friday May 5. Children have a great time at these events and the P & F work hard to ensure they are successful evenings.



**CONGRATULATIONS:** To Emily from Year 6 who recently came 6th and 8th in the 100m and 50m backstroke events respectively. Well done.



## **EDU DANCE 2017**

<u><b>Every Tuesday weeks 2-9</b></u>				<u><b>Every Wednesday weeks 2-9</b></u>			
8-55am	to	9-35am	Yr 6 G	8-55am	to	9-35am	Yr 5 B
9-35am	to	10-05am	P/P G	9-35am	to	10-05am	Yr 1 B
10-05am	to	10-35am	Yr 2 G	10-05am	to	10-35am	Yr 2 B
<b>Recess</b>				<b>Recess</b>			
11-00am	to	11-40am	Yr 6 B	11-00am	to	11-30am	P/P B
11-40am	to	12-10pm	Yr 3 G	11-30am	to	12-00pm	Yr 3 B
12-10pm	to	12-40pm	Yr 1 G	12-00pm	to	12-30pm	Yr 4 B
<b>Lunch</b>							
1-30pm	to	2-10pm	Yr 5 G				
2-10pm	to	2-40pm	Yr 4 G				

God Bless  
Peter Yensch  
Principal

### **ASSISTANT PRINCIPAL RE REPORT**

**SACRAMENT OF CONFIRMATION:** To further prepare the students to receive the Sacrament of Confirmation we will be taking all Year 6 students and the Catechist children to Schoenstatt Shrine on Thursday May 4. Please keep them all in your prayers as they participate in this beautiful retreat.



**LIFELINK:** The Archbishop's LifeLink Launch will be on the June 7. The Social Justice Committee will accompany Mr Kelly and myself to the launch. In the next couple of weeks the Committee will be handing out this year's LifeLink Heart.

In Faith  
Kaye Savage-Morton  
Assistant Principal RE



**HELP KIDS CHANGE THEIR PERSPECTIVE WHEN THINGS GO WRONG**

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

Parents can help their young “catastrophisers” learn to change their perspective when things go wrong.

Breaking up with a friend, losing close sports events and being on the receiving end of teasing can at the time seem like events from which we will never recover.

Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids’ worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it’s not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child’s catastrophic thinking:

- **‘What’s the most likely scenario?’** Sometimes it’s useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. ‘Yep, you could break your leg if you go skiing. But the odds are that you won’t.’
- **‘You may be right, but does it really matter?’** One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.
- **‘Where does this fit on the disaster meter?’** Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.
- **‘Is that helpful thinking?’** Sometimes kids’ thinking is so out of whack with reality that they become anxious about minor things. Thinking things 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, such as, ‘It would be nice if everyone liked me but not everyone will. It’s important to have some good friends.’

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

**DISCO: Friday May 5** will be the first disco for this year. The disco is held in the School Hall. Entry is \$5.00 per person There will be novelties, drinks and snacks available to purchase.

Junior Disco 5.45pm - 7.15pm (PP - Year 3)  
Senior Disco 7.30pm - 9.00pm (Year 4-6)

**FACEBOOK PAGE:** Are you on our School Facebook Page? Search for "St Joseph’s Primary School Queens Park"

**P & F EMAILS:** 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.

**ENTERTAINMENT BOOKS:** It is that time of year again, we have early bird sales for the 2017/2018 Entertainment Book. The books are \$70 each and have many great offers in them. You can purchase a book by following the link below:

<https://www.entertainmentbook.com.au/orderbooks/8619m4>

You can also view the Entertainment Book by following the link to the virtual book below:

<https://online.flippingbook.com/view/866062/>

**DATES FOR YOUR CALENDAR:**

Friday May 5 - Disco  
Monday May 8 - P & F Meeting  
Friday May 12 – Mother’s Day Stall  
Monday June 12 - P & F Meeting