FROM THE PRINCIPAL

Dear Parents and Friends of St Vincent’s,

Over 160 members of our community came together on Friday night for St Vincent’s first ever Bush Dance. There was much dancing and merriment to be had by all. Thankyou to members of the Community Council for their organisation of this grand event for our community and to all families who came along on the night, got into the spirit of the event and made new friends. I was especially proud of our children who encouraged their parents to have a dance with them and gave every dance a go! We would love to hear your feedback on the night. A quick email would be very helpful for future planning.
This week our families celebrate Sabbath week (hasn’t the term passed swiftly). I hope that you all take time out on a chilly winter evening this week to enjoy each other’s company eg; cuddled up to read a book, help complete a jigsaw, cook a meal together, play a family favourite board game...

At the end of this Newsletter, I have placed a simple article by Michael Grose titled ‘10 mindsets that will radically improve your parenting’. When I have been through challenging times with my three children it can be tough to maintain a helpful mindset. Perhaps this brief article might provide you with a helpful mindset for a challenge you are experiencing at present.

Parents are resilient and resourceful people and, perhaps unknown to them, are being supported by their children in prayerful ways. It is my pleasure to share with you a prayer developed by one of our very own St Vincent’s students.

Dear God,
Thank you for giving me parents who do so much for me. I sometimes forget how much I owe them for their kindness and concern. Although I can be difficult at times, I hope they are always pleased and proud to have me as their child. Please bless them and keep them well.

Amen

Wishing everyone a great week and thanking you for your ongoing support and encouragement.

Lina Vigliotta
lina.vigliotta@cg.catholic.edu.au

Yesterday children were treated to our second Fun Food day. Options of a beef burger, veggie burger or chicken nuggets were extremely popular. Imagine cooking over 130 lunches. A huge thankyou to Bronwyn and Louise Georgiadis for the hours they have dedicated to this day. The children loved it!

SchoolTV is a new ongoing resource that is now available to our parents. Each edition will address a major topic with expert interviews, fact sheets, parent quizzes, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

You can access the SchoolTV through the link on our webpage or the School TV archive here: http://svdp.act.schooltv.me/category-latest-newsletter

Many thanks to Anna Pickering (Year 3/4B preservice teacher), who worked over the weekend to mulch the garden beds, plant two lemon tress (one which she has gifted to our school) and replant an established fruit tree which needed some TLC. This act of service to our schools goes beyond prac teaching duties and we are eternally grateful for her generosity. Please take a walk to our new orchard it is looking grand!
Dear Families,

Woo hoo it’s Week Seven, Sabbath Week!

Have you been able to take some time out of your busy schedule this week to relax, refresh and reflect? I always look forward to Sabbath Week where there are no meetings, things are made low key for the week, there is time for reflection and I get to leave work that little bit earlier to spend quality time on my own or with my family. I always feel refreshed during and after Sabbath week, as it allows me to catch up on bits and pieces and think about slowing down a little. Normally I am so busy rushing around trying to get things done; I sometimes miss out on the wonderful things that are happening around me. I think I will try and fit in a little bit of Sabbath week into every week from now on! How about you?

Children’s Book Council of Australia (CBCA) Story writing Competition

This year, students in years 1 – 6 have been given an opportunity to enter the CBCA story writing competition. Students have a choice to enter an original picture book or a story book that has been written and illustrated by them. There are some great prizes to be won, with acclaimed and celebrated author Jackie French announcing and workshopping with the winners. It is my intention to collect and submit all the entries on behalf of the school in week 1 of next term.

I am looking forward to submitting our entries, we definitely have a number of budding authors here at St Vincent’s! Competition this year will be tight!! For more information click here [http://cbcaact.org.au/myosb/](http://cbcaact.org.au/myosb/)

Maths Olympiad, Maths Games Challenge and ICAS sitting dates

Due to the excursion for Years 3-6 next Wednesday, the sitting times will now be:

- Maths Olympiad @ 11:45am on Tuesday 13 June
- Maths Games Challenge @ 12:30 on Tuesday 13 June
- ICAS Writing @ 11:45am on Thursday 15 June
- ICAS Spelling @ 12:20 on Thursday, 15 June

Inter-schools snow sports competition

Entries and payment is now due for the ACT/NSW inter-schools. If you would like your child to compete in this year’s competition but have not received the information /permission note, please contact me.

With best wishes,
Lisa

I am currently reading... “The Moonlight Dreamers” by Siobhan Curham

AWARDS

We congratulate the following recipients of this weeks awards

KINDER YELLOW: Olivia S, Leo K
YEAR 1 BLUE: Jivin P, Kalari B
YEAR 2 YELLOW: Rebecca H, Sienna R
YEAR 3/4 BLUE: Tara S, Sari T
YEAR 3/4 YELLOW: Taneisha P, Shanaya R
YEAR 5 BLUE: Gwen H, George B
YEAR 5 YELLOW: Sophie H, Charlotte N
YEAR 6 BLUE: Rory W, Delany C

BIRTHDAYS

Happy Birthday to the following students celebrating their birthday over the coming week:

Leah S, Queenie P, Delany C
'You are Called…’

Jesus said to them, “Come with me, and I will teach you to catch people.” At once they left their nets and went with him.

(Matthew 4:19-20)

Prayer Celebration

We thank the children from 5 Yellow for their Prayer Celebration last Friday. The children had considered carefully their scripture passage and developed a creative way to share what they had learned and wanted to teach others.

Those who were there have a clearer understanding about what it means to be ‘A Worker Approved by God’.

Peace Run

Tomorrow we will host the Sri-Chinmoy Oneness-Home Peace Run as it makes its way from Brisbane to Adelaide. The visit will include a presentation from the Peace Run team at our Friday Assembly and an opportunity for some children to run with the torch after assembly.

The Sri-Chinmoy Oneness-Home Peace Run is a global relay that seeks to promote international friendship and understanding. Since its inception in 1987 the Run has traversed over 100 nations and touched the lives of millions of people. Formerly known as The World Harmony Run, The Peace Run does not seek to raise money or highlight any political cause, but simply strives to create goodwill among peoples of all nations.

https://www.peacerun.org/au/about/

Christian Meditation for Parents

If you are interested in hearing more about meditation in the Christian tradition, there will be a parent workshop held at school on Tuesday, 27 June at 9am.

Important Dates

Prayer Celebration – 3/4 Blue – Friday, 23 June at 9:00am

Peace and best wishes,
Luke Maher
Religious Education Coordinator

FROM THE PARISH

Children’s Liturgy will be held during 10am Mass, next Sunday, 18 June in the Parish Centre. All welcome.

CANTEEN

Order your children’s lunches online – www.flexischools.com.au
This Week’s Specials are: Cauliflower and Bacon Soup-$1.00
Spaghetti Bolognese-$4.00

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS 9.30am-2.00pm</th>
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<tbody>
<tr>
<td>9 June 2017</td>
<td>Kinder Yellow</td>
</tr>
<tr>
<td>16 June 2017</td>
<td>Year 6 Blue</td>
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How are we, in Year 2
Yellow, connected to the world?

I went back home to India in the Christmas holidays—Siddhak
Disneyworld in America is awesome! Rebecca

My dad used to live in Malta—Evie

We celebrated my sixth birthday in Italy—Monica

My Dad was born in Malawi—Dion

We are going for a family holiday back to South Korea in 1 week—Lucas

My parents were born in Sri Lanka—Rushil

Chinese food is one of my favours—Sam

We have friends from Canada—Jacob D

Victoria Falls are in Zimbabwe—Finn

Maple syrup is really popular in Canada—Scarlett

My uncle rode a motorbike through lots of Asia—Lily

My Mum and brother went to Turkey a few years ago—Darcy

No one lives, all the time, in Antarctica—Dakota

Dublin is the capital of Ireland—Jacob R

I’m learning how to speak Chinese—Imogen

I got a sultan suit from Turkey—Spencer

I love Italian food, like pasta and pizza—Grace

Do they really eat frogs and snails in France? Maggie

I really like the Chinese flag—Aarav

One of the best movies is called Madagascar—Melvin

My Mum and Dad have been to England—Chris

My family is from China—Jaemin

My Step-Grandma is Croatian—Sienna

One of my favourite airlines is from the United Arab Emirates—Hunter

We went on a lovely holiday to Indonesia—Jessica

My family comes from South Sudan—Achiik

I was born in New Zealand—Jack

I come from Scotland—Sebastian
CLAIM THE DATE: THURSDAY, 27 JULY 2:30PM

LISA DONALDSON APD- FOUNDER OF FEEDINC. 2010 ACCREDITED PRACTISING DIETITIAN, ACCREDITED NUTRITIONIST, SPORTS DIETITIAN, GROUP FITNESS INSTRUCTOR & EDUCATOR

Lisa regularly writes for magazines and websites, as well as presents to a range of audiences. She is a fortnightly columnist for Out in Canberra http://www.outincanberra.com.au. She is regularly interviewed for ABC Canberra, along with other local radio stations and WIN News. With a background in public speaking, Lisa is keen to share her knowledge.

Lisa is also the acting head of Nutrition in the Health Sciences Department at CIT and is a presenter for Nutrition Australia ACT and a Fresh Tastes Educator.

Lisa will be running a Parent Workshop in our School Library at 2:30pm on Thursday, 27 July.

It is essentially designed to help parents implement healthy options at home - including what they send to school in lunchboxes.

PROBLEMS, PROBLEMS

A “problem” is a situation in which we cannot decide what to do. Problems can be big or small and most problems have more than one solution. Not all solutions to problems produce the best results, it is important for students to think of as many solutions as possible before making a decision about how to solve a problem. “Acting Without Thinking” can lead to extreme behavior that can sometimes result in getting into trouble. Thinking through all possible solutions, no matter how silly some may seem, helps us achieve the best results. This type of thinking is called “Thinking First”.

To effectively solve any problems, big or small, students need to use a “Thinking First” approach which involves following these steps:

1. Define the problem (decide exactly what the problem is)
2. Create a list of alternative solutions
3. List the positive and/or negative consequences of each alternative solution
4. Choose the best solution (usually the one that has the most positive or the least negative consequences)

Students should be encouraged to think first and choose their behavior and its consequences, thereby becoming problem-solvers instead of problem-makers. “Thinking First” and finding peaceful solutions to disagreements and conflicts is the goal for everyone.
10 MINDSETS THAT WILL RADICALLY IMPROVE YOUR PARENTING

By Michael Grose

The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.

All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents’ mindsets, rather than their parenting skills and understandings.

Here are 10 mindsets for parenting success:

1. Believe in your child
   This is easy if you have an ‘early maturer’, a child who has talents you value, or one who easily achieves anything he or she puts his mind too. But it’s a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. Look for the best
   What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you’ll get more of those things. Set your antennae for children’s strengths, abilities and social behaviours and you’ll invariably get more of those.

3. Think long term
   If you want your child to become independent, then don’t do everything for him or her; you need to teach them some skills so they can become self-sufficient. Awareness, teaching and opportunity are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills-some take more teaching than others. They also need the opportunity to put things into practice.

4. Be brave
   Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you’ve worked out what’s worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

5. Think family
   Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting ‘the gang’ rather than individual children. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as the guiding family principle. This has partly come along as a result of small families, and partly it’s a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what’s best for each child as an individual, rather considering what may be in the best for the entire gang.

6. Accept challenges
   There are always challenges raising kids. It’s important to embrace these challenges whether they are behavioural, or a child has struggles at school, or he is moving into puberty. It’s these challenges that will make you a better parent.

7. Build your community
   Parents don’t raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven’t all the answers so they build a community of support and expertise around them.

8. Trust the process
   Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-school, childcare, even when kids are at their grandparents. It’s best to trust the process and allow people to educate, care for and look after your child in their own way.

9. Adversity builds character
   It’s natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

10. This too shall pass
    The hardest part of parenting is supporting kids when life doesn’t go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that “This hardship too shall pass.”
2017 Nationally Consistent Collection of Data on School Students with Disability

Dear Parents and carers

Catholic schools along with government and Independent schools across Australia will again be participating in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). Our involvement in this process is crucial as it will provide valuable information about supports required for a broad group of students in our schools. The NCCD will enable National and State governments to better target support and resources in schools. This in turn will help Catholic Schools access the support for all students with additional needs.

The NCCD is not limited to students with diagnosed disabilities. It uses a very broad definition of disability, taken from the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, which includes a range of health issues and learning difficulties where schools implement strategies to support students in participating effectively in their learning.

The Data Collection will take place in August. No personal or identifying information about any student will be included, however, if you decide you do not wish information about your child to be included in the NCCD, you are asked to contact your child’s Principal to discuss your concerns. If you are still concerned you should request and complete an opt-out form and return to the Principal.

More information about the NCCD is available at:
http://www.schooldisabilitydataapl.edu.au/

Yours sincerely

Patrick Kelly
Senior Officer Wellbeing & Diversity