The best teachers are those who show you where to look, but don’t tell you what to see.

Alexandra K Trenfor
**RESILIENCY ROBBERS**

Michael Grose is considered a leading parenting educator in Australia. He has coined the term “resilience robbers.” We all know that parents have the best of intentions when raising their kids.

Grose believes that wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests. He says that if you believe that the promotion of resilience is in the best interests of kids then there are some common parenting mistakes that reduce children’s resilience.

He names 7 Robbers of Resilience. Today I share Robber #4 with you:

**Put unrealistic or relentless pressure on kids to perform**

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

**Resilience notion #4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.**

**PAULA BARRETT FROM PATHWAYS**

C&K Redlands Community Kindergarten invites you to 2 sessions with Dr Paula Barrett. Paula is internationally recognised as a prominent scholar and ground-breaking researcher in the field of child psychology. She has a distinguished international reputation as a keynote presenter, and has been published widely in the area of prevention and treatment of anxiety and depression, and the promotion of resilience through the evidence-based “FRIENDS” program.

*When?* …………..*Tuesday 20th August and Tuesday 22nd October*

*Time?* ………………*7:00pm – 9:00pm*

*Where?* ……………*O’Dea Centre at Star of the Sea*

*Cost?* ………………..*$15 per person or $20 per couple (for both sessions)*

For further information and tickets please see Louise McLucas in Prep.

**BAYSIDE CATHOLIC ATHLETICS CARNIVAL**

This Carnival will be held on Thursday 29th August at Carmel College, Thornlands. Due to the reduced number of events this year, we are unable to involve all students from Years 4 – 7.

Students will receive notice of events in which they will be competing.

**FIRST COMMUNION**

Children are preparing to receive the Sacrament of Communion this Sunday 18th August at 10am. 45 children are being prepared. Please remember the following Star of the Sea students in your prayers:

- Lily Banks
- Josephine Beqiri
- Holly Blake
- Kailab Brand
- Lilly Davison
- Alex Ehlers
- Lachlan Fiteni
- Connor Graves
- Erin Healy
- Riley Kerswell
- Dominique Kittchig
- Charlie MacArthur
- Renae McKay
- Chloe Perry
- Claire Picard
- Catherine Nolan
- Thomas Noonan
- Erica Norup
- Madison Rabbitt
- Zac Redenbach
- Hamish Rose
- Jack Rose
- Lily Seartson
- Liam Spence
- Noah Stailey
- Callum Schwarz
- Larissa Venhorst
- Seb Wingad

**FATHER’S DAY**

Star of the Sea’s Father’s Day Sporting Spectacular is on Saturday 31st August at 2:00pm followed by 5:00pm Mass – RSVP’s are due NOW please. This event is a social one not a competition.

A Father’s Day Stall will be held on Wednesday 28th August, all gifts $5.
## POSITIVE BEHAVIOUR SUPPORT

- At school we recognise that excessive ‘punishment’ may contribute to feelings of shame and hopelessness, and impacts on a student’s sense of belonging at school. We endeavour to support students who demonstrate inappropriate behaviour by investing a lot of time into teaching them more appropriate alternatives, and managing strong emotions.

- The consequence for inappropriate behaviour should fit the ‘crime’. For children in the home environment this may mean the amount of minutes in time-out equivalent to their age. For example, if one child hits another, she is given a brief reminder that this behaviour is inappropriate and goes to time out for 6 mins (if she is 6). A discussion occurs about behaviour expectations as she comes off time-out, she has a hug, and this behaviour is not mentioned again.

- Generally, children respond positively to regular reminders about appropriate behaviour. When misbehaviour happens, this may be an opportunity to ‘coach’ them about more appropriate alternatives through clear expression of boundaries, role play or social stories. Eg, ‘Pretend I’m Jimmy and I’ve taken the toy off you. What’s a more helpful way of dealing with it?’

- Social stories can be made on the iPad using ‘Story Buddy’ app. Children can take photos of positive behaviour in the household and write captions for the photos, identifying appropriate behaviours. This could also be used as a consequence for inappropriate behaviour. ‘Take a photo or movie of 5 positive behaviours in our home.’

- Effective parenting requires restraint. That is, it is not always helpful for our children if we notice every behaviour. By ignoring some behaviour, they become increasingly reliant on their own internal locus of control to self-monitor their behaviour.

- Provide opportunities for children to resolve their own minor conflicts with their siblings. For instance, ‘Sit on the couch and sort out this problem yourselves and come to me once you have a solution. Until then you won’t be allowed to play...’

- We need to be mindful of how we respond to sexualised behaviour. Rather than viewing this behaviour as ‘naughty’ it could be part of normal exploration and may be an opportunity for discussion with your child. Set clear boundaries and reminders about ‘It’s not OK to...., but it’s OK to....’ A family Code of Conduct can be established based on this. If there are concerns about ongoing interest in and expression of sexual behaviour, seek professional assistance.

- It helps to openly discuss our positive expectations for our children’s future, as they each have their own unique gifts and incredible potential. Express that they have the potential to be fantastic contributors to society and why. As the saying goes, ‘Children will always meet our expectations’.

- Our children are not perfect, nor should we expect them to be. We all make mistakes and our role is to support our children through their efforts, and guide them towards more appropriate behaviour by focusing on the benefits to the whole family.

Kathy Casley
Guidance Counsellor

## NEW PRIEST CONSULTATION PROCESS

As Fr Frank’s retirement looms, the process begins to find his replacement. A major part of the process is a consultation with the community. Bishop Joseph Oudeman and Fr Ray Kearney, representing Archbishop Mark Coleridge, will meet with all interested people in the church next Wednesday 21st August from 7:30pm to 8:30pm.

Parents are invited to participate and provide your input.
MS READATHON AND 60 MINUTES FOR MS DAY
We are continuing our participating in the MS Readathon! The Readathon period is from August 1st – 31st. If you would like to sign up, please head to www.msreadathon.org.au and click 'sign up' on the home page. Please note: if you have any sponsors that require a receipt for tax purposes, we can supply one for you! Email us and let us know!

On Friday August 23rd (Week 7) we are hosting our own '60 Minutes for MS Day' by inviting the whole school to dress in RED for the day. We ask that you bring a gold coin donation. You can go as crazy as you like with your outfit, you may even spray your hair red!

Year Two will be celebrating this day a little more with red cupcakes and face painting! We will also be having a whole hour (60 minutes) dedicated to reading to demonstrate our support for the MS Foundation. We would like to invite friends and family members to join us for the reading and face painting hour (12:20pm - 1:20pm). If you would like to participate or help out in any way on this day, please email the year two teachers ASAP so we can make an extra cupcake for you! Make sure you come dressed in RED!

Finally, we have set up a donation web page with some pictures of our reading corner. If you have any pictures you would like to add, please email them to year two. Our goal online is to reach $200, so far we have already raised $145! If you are able to donate, please click on the following link and help us reach our goal!

We thank you for your support and generosity!

FOUNDATION DAY PROGRAM – FRIDAY 16th AUGUST

9:15am ———— Whole School Mass
10:00am ———— BYO Munch and Crunch
10:15am – 10:45am ———— Back in Learning Areas and setting up for activities
10:45am – 11:15am ———— Normal lunchtime play
11:15am – 11:45am ———— Sausage Sizzle along Santagullana Way

at the back of Child Care Centre

12noon - 1:30pm ———— Activities on front oval organized by teachers
1:30pm – 1:45pm ———— Afternoon Tea – No Play
1:45pm – 3:00pm ———— Back In Learning Areas

Please provide lunch if your child does not want to partake in the sausage sizzle. Parents are welcome to join us for the Mass and activities.

INTER-HOUSE ATHLETICS CARNIVAL
What an awesome day we had last Friday at Carmel College!! Such beautiful weather and wonderful school community spirit!! Congratulations to ELANDRA who took out the trophy. Many thanks to Dave Bermingham and the staff for their organization of the day.

THURSDAY LUNCHES
We need donations of napkins please. A reminder;

Friday 16th August ........ Foundation Day – Sausage Sizzle (lunch) and Ice Block (A’Tea) - FREE
Thursday 22nd August ... Sausage Sizzle

ARTS COUNCIL
Wednesday 21st August in the O’Dea Centre-

Years 4 – 7 ---- 9:30am
Prep to Year 3 ---- 11:30am
LADY’S WATCH
A lady’s watch was found at the Sport’s Day at Carmel College last week. Please call at the office if this belongs to you.

PCG MEETING
Please join us for the August meeting on Monday 19th August from 9:00am to 10:00am.

SCHOOL UNIFORM
A reminder that if your child presents at school wearing incorrect uniform then you must provide written communication as to the reason why.

All BLACK JOGGERS are to be worn every day. Plain sleepers or studs are the only earrings to be worn. Hair should be kept neat and tidy and tied back if long.

BOOK WEEK
We find that Term 3 is very busy and so have moved Book Week to Term 4. The theme for 2013 is “Read Across the Universe.” The Book Fair will arrive on Tuesday 29th October. Details of other activities during the week are still to be finalised.

BAPTISMS
Today we celebrated with the friends and families of;
Phoebe Smith
Haylee Armstrong
Caleb Fiteni
Ethan Fiteni
……..from Year 1.

On Friday 30th August, we will join the Preppies as they share in the celebration for Katie Armstrong, Charlie Rose and Kilian Venhorst.

BAYSIDE FIT CLUB
Bayside Fit Club are supporting community members to achieve health & fitness results.

✓ Yummy Mummy Session (workout with your little ones) ----- Every Monday 9.30am
✓ Bootcamp/General Fitness Sessions ------------------------Every Wednesday 5.30pm and Saturday 7:00am

For more information, contact Nadine on 0451 049 469. Supported by Great Shape Today Health.
PREP – We have had a busy week in Prep this week after we were lucky to get an extra day off for the Ekka. This week in Literacy we have been looking at the letter X as in X-ray and Fox. Once again the children impressed us with their ability to come up with words for the letter X. James said “there is an X in Fort Knox and Noah said “what about Toxic”.

In Numeracy we are focusing on sequencing our daily prep routines and working on addition using picture stories, number lines and counters to represent our answers. Wow! Our teachers cannot believe how clever we are.

We have had news from Mrs Thompson that Lily Grace is a fighter and they are both doing well.

Mrs Henderson and Mrs McLucas witnessed some amazing Journal writing this week from some of our prep children and we would like to share their recounts with you:

Natalie ………. On Friday I won a ribbon in the race and my Mum was proud of me. I am in Barinya. I saw Jayda she won a blue ribbon and I won one too. My colour did a very good job.

Zoe ………….On Friday I stayed home because I was sick. I played with Eloise. We set up a train set.

Ella ………….On Friday I came first at the sports carnival. I played tug-o-war; it was fun. I also played long jump and I had fun. I also played relay race.

Emma ………….On Friday I went running. I came third. I liked the race. I had fun.

We are all looking forward to Foundation Day on Friday. Until next week…. Love Prep.

YEAR 1 – What a fantastic day we all had at the Athletics Carnival last Friday. We all loved the ball games and the running races but the favourite rotational game had to be the tug of war with the parents helping to pull the rope.

Mrs Casley visited us on Tuesday and helped us with the writing of our information reports. We looked at what we wanted to do then we made the plans needed to achieve our goals. This made the writing of our reports much easier to complete.

On Wednesday Lee’s grandparents came to the year one learning area and presented a power point on South Africa. They showed us the clothing, food, shelter and the types of animals that live in the grasslands of South Africa. Before they left they were very generous and presented everyone with a beautiful bracelet made by the women of South Africa.

Today we went to church to attend the Baptism of Caleb, Ethan, Phoebe and Haylee. It was very exciting to be part of this special event in their lives.

In the afternoon we presented our assembly about The Great Kapok Tree. Jake made a great wood chopper and everyone helped make the play come together.

Tomorrow we celebrate our Foundation Day beginning with a whole school mass. This will be followed with many fun filled activities throughout the day. What a great way to end this week!
YEAR 2 - This week in year 2 we have been doing a lot of practice for Foundation Day. We are opening Mass with a song and dance that is high energy with lots of props and costumes! We are very excited to share with you all tomorrow. We have also been learning how to play soccer. Yesterday the boys had a really good go at playing modified soccer. Everyone was encouraging and gave it a go, it was great to see!

This week in numeracy we are continuing to look at money, including, sequencing the coins and notes according to value, counting small collections of money and looking at equivalent values.

In literacy we have been looking at conjunctions. Conjunctions are words that join together words or clauses for example and, so. We are practising using these in our writing to make sure our sentences have more flow.

We are looking forward to our discovery learning today where we are able to make a plan with our group on how we can go about our projects. Lots of learning in Year 2 at the moment!

Have a lovely weekend. Love Year Two

YEAR 3 – As part of our discovery unit this term we have been studying the Sun, Moon and Earth and the relationship that the Sun, Moon and Earth have such as night and day, months and years, light, warmth and energy. This week we utilised this knowledge to consider what would happen if the Sun stopped shining on our planet.

We created a scenario - The Sun is dying and so;

   How might we escape from planet Earth?
   How might we survive somewhere else?
   What do humans need to survive?

We brainstormed hundreds of ideas of how and where we might escape to. We ruled out the planets that are closer to the Sun than Earth as they would be much too hot and the gas giants because there would be no solid ground to settle on. This narrowed our choices somewhat! Some of the ideas we are working on include; Mars, the Moon, enormous domes or even under the water.

We created a long list of things humans would need to survive somewhere else, probably too long a list so next week we will prioritise things on this list to come up with a shorter list of essential requirements. This list of essentials will be used over the next few weeks to plan and design our alternate worlds.

Our liturgies last week went very well and we owe a debt of gratitude to all the parents and carers who came along to the service and especially to those who helped with the morning teas afterwards.

Finally, Year 3 are proud of our reputation for having the cleanest room in the school! This is largely due to our famous pack up routine. We’ve been filming that routine this week and there will be a new “Video of the Week” showing how we do it, up in the next few days - click here

YEAR 4 – How nice was it to start the week off with the Ekka holiday? Some of us were lucky enough to visit the Ekka, see the animals, go on some rides and even buy some show bags!! Bertie Beetle was a favourite!!

We have had yet another busy week in Year 4 this week!! In maths we have been perfecting our conversion skills between fractions and decimals and we are also mastering writing fractions in their simplest form.

In literacy we have been writing procedural texts about how to sneak a monster into school. Watch out you might see some monsters around the school! But then again maybe not because they will be so well disguised not even the teachers will notice!!
In Discovery Learning we have been NUF-ing our questions out, generating ideas for our questions and prototyping through role playing, construction and filming. We are looking forward to working out which prototypes will work best and also finding out what changes we could do to improve our prototypes. The feedback we give each other lets us know the things we are doing well and the things we could improve on.

Some of us finished off our Incan masks this week and they look great!! We can't wait for Foundation Day. We have seen some of the preparations for the activities in our learning area and it looks awesome! Hopefully the weather will be as beautiful as it has been all week so we can enjoy all the celebrations that have been planned for tomorrow.

YEAR 5, 6 & 7 - This morning’s class mass was led beautifully by the Year 6 and 7 students, who, with their Year 5 peers and many parishioners, celebrated the feast of the Assumption of Mary. The children were all active participants in the mass, and should be commended on their prayerfulness, and confidence to lead the parish. Fantastic demonstration of leadership Year 5, 6 and 7!

It has been a shorter week, this week, with Monday being our Ekka holiday, and tomorrow being our school’s Foundation Day celebration. We have, however, managed to cram a huge amount of work into the three days.

Year 5 are so focused on their Exoplanets, and are prototyping ideas as to what they should focus on...should they look at plant life, and animal inhabitation, should they look at oxygen production, or should they look into the environmental features of the planet? There are so many decisions to make.

We love how they are documenting their learning through their personal blogs. Well done kids!

The Year 6 and 7 have been VERY focused on their films this week. They are at the fun stage, of making characters, drawing backgrounds and filming. We have an array of film varieties....from 2D animation, stop-go 3D, and Claymations, as well as real-life filming. The children are so creative, and we can't wait to see the finished products.

Tomorrow, being our Foundation Day will be a big day for our Year 5, 6 and 7 kids. They will be not only having fun during the oval activities, but also participating in the mass in the morning, and helping out as leaders of the school.

Don't forget to follow us on Twitter...we are sharing photos and information daily!

@Year567SOTS