CLEVELAND WEEKEND MASS TIMES:

Saturday 5:30pm
Sunday 7:00am
Sunday 8:30am

You have BRAINS in your HEAD.
You have FEET in your SHOES.
You can STEER yourself any DIRECTION you CHOOSE.

- Dr Seuss

Our theme for 2015 is "Make today your best day!"
Our theme song for 2015 is "Best Day of my Life" – American Authors

STUDENT PROTECTION CONTACTS

Karen Bakon ----- Principal
Kylie Williamson-- APRE
Kathy Casley ----- Guidance Counsellor

Click on link below for Brisbane Catholic Education’s Student Protection Process

www.bne.catholic.edu.au/students-parents/Pages/StudentProtection.aspx

2015 Term Dates

TERM 1
Jan 28 – April 2
TERM 2
April 20 – June 26
TERM 3
July 13 – Sept 18
TERM 4
Oct 6 – Dec 4 (12noon)

Click to Watch - Cookie Monster - Me Want It (But Me Wait) - YouTube
A MESSAGE FROM THE GUIDANCE COUNSELLOR

We have been fortunate to have two wonderful guest speakers attend our school recently who have broadened our minds. James Ryan spoke with the students in Grades 4, 5 and 6 about the plasticity of our brains and the effectiveness of exercising our brains to increase our skills and knowledge, as well as overcome unhelpful thought patterns.

Fiona Canny who is a parent and Occupational Therapist, spoke with parents and staff about specific difficulties that can impact on a child’s participation at school and remediation strategies. If you would like to view Fiona’s PowerPoint presentation, please let me know and I will forward it to you via email.

A great program was aired on ABC2 on Monday evening, ‘Bully’. In this film 5 cases of US youths who are being bullied are examined. It provides interesting insight into the impact of this behaviour on youth and the importance of instilling in our children respect for others. It makes for very important viewing.

http://iview.abc.net.au/programs/bully/ZW0198A001S00

Next term parents will have the opportunity to participate in a parenting program at school, offered by Centacare. The program ‘1-2-3 Magic Parenting’ has received much recognition for its gentle but firm approach to managing behaviour of 2 - 12 year olds. These sessions will be run from 9:00am - 11:00am am on Wednesdays – 26th August, 2nd September and 9th September.

Attached to this newsletter is a flyer to another parenting program being offered over 7 Tuesday evenings (21st July – 1st Sept) by Judy Butler who is Guidance Counsellor at St Anthony’s Alexandra Hills. Circle of Security is another highly acclaimed program that explores how to build and strengthen relationships in families. The program has the endorsement of and is promoted by many leading specialists in the field of mental health. Please complete the form and return to either Judy Butler at St Anthony’s or me as soon as possible.

Happy holidays! Kathy Casley

EXCITING PARENT OPPORTUNITY!

Are you a parent curious about self-compassion or wish you could feel a little more compassionate at times???

The University of Qld is on the hunt for some kindly parent folk to participate in a project about compassion and parenting through the Parenting and Family Support Centre.

This FREE project will explore the effects of parent levels of self-compassion and is aimed at parents with children aged between 2 and 12 years of age. Given that we have loads of kindly parent folk at Sots, the UQ Team is willing to come to school to conduct a one hour session – including a fifteen minute guided meditation – on Wednesday 22nd July from 2:00pm – 3:00pm.

Please reply via email ASAP to pcleland@bne.catholic.edu.au an expression of interest if you would like to participate. A scrumptious afternoon tea will be provided!!! BYO Laptop, iPad and headphones – we can provide these if you don’t have your own!

Kylie Williamson Assistant Principal – RE and ST(IE)

SCHOOL MUSICAL

There will be 2 performances on Wednesday 16th September…1:00pm and 6:00pm in the Redlands Performing Arts Centre. Details about tickets etc. will be communicated after the holidays.

UNIFORM CODE

School holidays are a great time to check out the school uniforms. Are they named, neat and tidy? Holidays are also a great time for haircuts.

PARENT COMMUNITY GROUP MEETING

Our June meeting will be held tonight from 7:00pm to 8:00pm. John Beaton and Bernadette Kreutzer, from the Qld Catholic Parents and Friends Federation, will be joining us from 7pm to 7:30pm to share with us the role of the Federation. General Business items will follow.
LOST EARRING
A gold hoop earring with small diamonds was lost at school on Wednesday 24th June. If you find it can you please hand it in to the school office?

THANKS FOR A GREAT TERM
We have achieved so much in Term 2 and we have managed to get to the end despite a variety of illnesses. Everyone deserves a really good rest over the holidays so that they can return re-energised and enthusiastic for Term 3.

As well as all students making great progress academically, socially and behaviourally, we have managed to fit in;

- Cross Country Carnivals
- ANZAC Day celebrations
- Mother’s Day
- Netball Carnivals
- Gala Sports Days
- School sponsored Parish Mass
- Class liturgies
- Musical and Eisteddford rehearsals
- … and LOTS of meetings.

Although it has been at times a difficult and challenging semester, I could not have been prouder of our students and staff during our whole school end of semester Mass this morning. Congratulations to our Seniors, Mrs Clough and Mrs McLucas for their outstanding preparation and leadership. They showed great reverence and confidence and at the same time took their usual wonderful care of their Prep buddies.

TERM 3
What are we planning for Term 3? We have First Communion celebrations, Catholic Education Week, Athletics Carnivals, Ekka, Foundation Day Celebrations, Gala Sports Days for 5-6, a Parish Multi-cultural Mass and followed by a feast and expo in the Parish Centre, and our very first SOTS whole school musical and so much more.

SPEECH AND DRAMA NEWS
What a whirlwind term it has been! It’s hard to believe that we have had our last lesson for another term. The Drama Group students, who are in the school musical, have been working very hard and are quite eager to run through their lines with me, at the end of our lessons.

Parents, please let me know, as a matter of urgency, if your child is either leaving or joining our Thursday morning Drama Group. I mentioned a few weeks ago that I wanted to hand out scripts for our end of year performance. Unfortunately, this hasn’t happened because there have been a few children, who were at the first few lessons this term, but haven’t returned. This makes it quite difficult for me to know how many characters I need for a play and extremely disappointing for the others in the group.

In light of this I’m asking for a semester (Terms 3 & 4) commitment from all students. There will be 9 lessons in Term 3 and 8 in Term 4. We will avoid the last weeks of both terms. I can be contacted by email at tlarsen@bne.catholic.edu.au Terry Larsen  Speech and Drama Teacher

“ASK THE EXPERT” ASTHMA/ ALLERGIES SESSION
Asthma Foundation Queensland is hosting a FREE n “Ask the Expert” session for parents of children with asthma or allergies.

Date ................. Wednesday 29th July
Time ................. 6:30pm to 8:00pm
Venue ............... Meeting Room Carina Leagues Club. 1390 Creek Road Carina
Registrations can be made online at asthmaustralia.org.au or by phoning 1800 278 462

DATE CLAIMERS:
First Communion Masses ----------- 5th September, 6th September, 12th September, 13th September
Multi-cultural Mass and Expo-------- Sunday 30th August from 8:30am

PREMIER’S READING CHALLENGE
Each of our students from Prep to Year 6 has been registered to participate in the annual Premier's Reading Challenge. A School Reader Record Form will be sent home with each student. Prep to Year 2 need to experience or read 20 books, Years 3 - 4 20 books and Years 5-9 15 books. The record forms need to be returned to school by Friday 28th August. Books read from home as well as school can be recorded on the sheet.
Wow! Can you believe we have been at school for a whole semester already! Our Preppies are bringing home their first ever Student Report today. We are so proud of each and every one of our Prep All Stars.

We have had a fabulous week, celebrating our Discovery Unit “Animal Rescuers” and all that we have learnt about animals from Australia and around the world. We have loved learning about the needs of living things, especially the habitats and features of different animals. A highlight for most of us this term was our trip to Australia Zoo!

We hope you enjoy the Prep All Stars Bag your child brings home today. Thank you for a wonderful first semester, the students are a delight to teach and truly are our Prep All Stars! We wish you a safe and happy break.

On Wednesday we celebrated our beautiful liturgy about Mary, Mother of God. We held this liturgy in our learning area and welcomed parents, grandparents and Father Ashley. During the liturgy, parents were given a decade of the rosary that we had made using pipe cleaners and beads. Father Ashley made this a very special occasion by blessing the beads and saying the rosary with us.

After the liturgy we shared a delicious morning tea. Thank you to all the parents who contributed to the mouth-watering treats.

During this term we have been learning that all people have dignity and natural rights and deserve respect. This week we listened to a story about children from all over the world and discussed how all children have rights. We made a paper chain of children, decorated them and wrote down some rights which included the right to learn, to play, to be loved and to be fed.

Tomorrow is Friday and that marks the end of term. We wish everyone a safe and happy holiday.

Wow, what a term we have had! It feels like only yesterday that we were opening our immersion box filled with interesting artefacts from the Queensland Museum relating to the history of our local community.

We ventured off to explore Cleveland and investigate the many historically significant places and people in this town. We discovered ‘The Golden Book' had gone missing from the Redlands Museum and volunteered our time to help the museum recreate this special book. Working long and hard we researched buildings, people and events in Cleveland’s history.

We learnt how to write information reports, descriptions and recounts in order to make this book correctly as it might have been before. Mapping skills are required to look at maps of Cleveland and locate these specific places. We used these skills we learnt and created detailed images and pictures to add extra information to our Golden Book.

We made rough copies, we made good copies and now we are waiting for the final product to be published! We have been told it will be ready during the holidays so we will have a wonderful surprise when we return to school next term.
Our teachers are so proud of our efforts and accomplishments this semester, we have done things that many year 2 children wouldn’t think was possible at their young age.

We have made our own SotS Science Kids website and now are in the process of publishing our very own ‘Golden Book’ on the history of Cleveland. Do we need to remind you we are only 7 years old? It is amazing what we can accomplish when we put our minds to it!

The younger we are, the less afraid we are of failing. So parents and families, we leave you with this question to ponder over the winter break: What would you attempt to do, if you knew you could not fail?

With it being the last week of Term Two, we have all been very busy! In Discovery Learning, we have been finishing off our dreamtime stories to teach a rule we have at school. We have had some very creative children create plays, books, posters, games and songs/dances to demonstrate their school rule. We have had lots of fun creating these projects!

This week on Tuesday, the whole school had practise for the up and coming school musical. It was excellent to watch the different parts of the musical come together, with all of the hard work of Mrs Hardy, Mrs Larsen and the SOTS children. Well done to everyone! It is looking fantastic.

We have also been having lots of fun in Maths and Literacy rotations this week. As a Math measuring activity, we have been making traditional damper! As a Literacy activity, which looks at Aboriginal communicative symbols, we were each given a flat rock to paint our symbol on. They are looking fantastic! We sure love getting our hands dirty in Year Three.

We can’t believe we are half way through the year already. We wish all of our Year Three families a relaxing and safe holiday break. We are excited to hear about it all in Term Three.

Miss Willis, Mrs Porter and the children of Year Three.

In the Year Four classroom this term we have been learning to STOP, THINK, DO with Mrs Casley.

We have really enjoyed these lessons and look forward to stopping, thinking and doing in the future.

We are now looking forward to our holidays and hope they are safe, fun and relaxing.

The holidays are finally here! Just one more (very easy and very fun) day at school and we have two whole weeks at home! We have already been chatting about our plans for the holidays... Some of us are heading to the movies to see 'Inside Out' or 'Jurassic World', others are spending a few days at the local YMCA and there are play dates flying around all over the place. We cannot wait!

We sure do deserve a rest, too, after the term that we’ve had. This week has been choc-a-block with putting the finishing touches on all of the projects that we’ve had on the go. The Beebot maps that we have been designing for the Preps and Year Ones to use are looking great. We are so creative and we’ve really enjoyed working together as a team to make large maps for Beebot to travel around.

In Religion, we have been sharing our knowledge about the Fruits of the Holy Spirit in many different ways. Some of us have chosen to write a song, others have made posters, and one group has written a set of quiz questions to test others’ knowledge. Heaps of great ideas.
On Tuesday, our day was almost completely consumed with musical rehearsals. It was fantastic to see it coming together as a whole school, so be sure to clear your calendar at the end of Term Three.

Today we celebrated what has been an incredible semester, in the church. The Seniors did a beautiful job of the mass and it was great to see so many family and friends at the morning tea in the 5/6 learning area following.

Tomorrow we are looking forward to a movie day and some other cool activities with the Year Sixes so don't forget to email through permission for the movie, and our blankets and pillows!

Have a fun and safe break!

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We would like to sincerely thank all the students, parents and friends who joined us for our Mass this morning. We felt it was a very fitting end to a wonderful Semester.

Thank you also to those of you who joined us for a cuppa and morning tea after Mass. It was great to be able to spend some time chatting with you all. Once again the seniors showed exemplary behaviour – Mrs Clough and Mrs McLucas were both so incredibly proud of them all.

We wish you all a wonderful and restful break and look forward to hitting the ground running next term.

HEALTHY LUNCHBOX SEMINAR - HOSTED BY QUT LECTURER **DR HELEN VIDGEN** & LOCAL FOOD AUTHOR **ANGELA STAFFORD**

Let’s take a look at the diet of children and what a healthy lunchbox really looks like. This is an informative evening that will create nutritional awareness and provide healthy food options for the lunchbox.

DATE: ........ 22nd July 2015

WHERE: ......St Luke’s Catholic Parish School. Emmaus Hall. Degen Road, Capalaba

TIME: ........ 7.00pm start

RSVP: ........ 20th July 2015 - St Luke’s 3245 9595

All welcome to come along and be a part of this great evening. It’s a free, positive step towards raising healthy, happy little bodies and gives parents/caregivers the tools to achieve it!

Dr Helen Vidgen. QUT Senior Researcher Lecturer Nutrition and Dietetics. Faculty of Health, School – Exercise and Nutrition Sciences

St Anthony’s school is pleased to be able to present a FREE program which offers support to all parents, carers and grandparents, regardless of where you are on your parenting journey or the age of your children. Your participation has nothing to do with whether you are a good or bad parent (whatever that is) it simply means you are a parent open to exploring how to build and strengthens your relationships. The program has the endorsement of and promoted by many leading specialists in the field of mental health both in Australia and internationally.

Before you ditch this letter thinking “this certainly doesn’t apply to me”, please check the link below as it might surprise you: https://www.youtube.com/watch?v=F6DhnbgRAOo

The program will be facilitated by, Judy Butler (Guidance Counsellor at St Anthony’s and St Mary MacKillop) who is a trained Circle of Security Parenting facilitator.

The 7 week program will run for 7 Tuesday evenings from 7.30pm to 9.00pm on the following dates: July 21st, 28th, August; 4th, 11th, 18th, 25th and Sept 1st.

A minimum of 5 participants will be required for the group to proceed. You will receive a letter of confirmation which will include where to meet, etc.

Being a parent may be the hardest job on the planet. The emotional roller coaster we often find ourselves on can leave us asking our children, “What do you want from me?” Part of what makes parenting so difficult is that children don’t come with an instruction manual. That’s true, but there’s another way to look at it…our children are the instruction manual because from the moment they’re born they’re doing their best to tell us what they need.

What Circle of Security parenting IS and IS NOT

- NOT a behavioural modification approach “Behaviours are feelings that are meant to be heard.”
- IS an understanding behaviour approach – children have legitimate needs; behaviour is how they communicate those needs
- NOT permissive or authoritarian parenting
- IS a balanced parenting approach based on the need to be Bigger, Stronger, Wiser and Kind.
- NOT a parent education class that tells people how to raise their children.
- IS an attachment based parent reflection program – designed to engage parent wisdom and help parents understand and work with the child’s needs.
- NOT a ‘working through’ model as in having a ‘recipe to follow’.
- IS a reflective model to encourage parents to ‘be a BIGGER, STRONGER, WISER and KIND parent who is emotionally available to meet the child’s needs (most of the time).

Please contact Judy Butler at St Anthony’s School if you have any queries about the program. Parents and friends from both Star of the Sea and St Mary MacKillop schools are welcome to attend.

Kindly return the response slip below as soon as possible so a resource pack can be prepared for you. (Keep the top section so you know session dates – please add the dates to your diary).

I / We will be attending the 7 week CIRCLE OF SECURITY PARENTING course:

NAME/S:_______________________________________________________________________________

CONTACT DETAILS (email/phone):_______________________________________________________

I’d like some additional information about the sessions:____________________________________
Have a safe and relaxing holiday kids!