Dear Parents

Welcome to the last newsletter for the term. It certainly has flown by and has been a very productive time for students. I trust you all enjoyed the Easter break and are looking forward to the holidays. Coming home with this newsletter will be the term planner. Make sure you diarise important events to ensure you are able to attend.

On Tuesday we competed in the Interschool Swimming Carnival. It was a fantastic day and our team enjoyed great success. For the second year in a row we were able to win the overall shield and also had many students taking out individual honours. As always, thanks must go to Michael O’Dwyer for the amazing work he does in organising and planning for our students.

NAPLAN will take place early next term for all students in Years Three and Five. Whilst the NAPLAN supplies us with important data it is one test on one day of your child’s year at school. It needs to be viewed in this context and not become a source of stress or anxiety for students. Teachers work to keep the week as normal as possible. If your child is showing signs of concern or worry in the lead up to the tests, do not hesitate in informing the classroom teacher. An information brochure has been sent home regarding the testing.

This week’s Parenting Ideas information sheet is about anxiety in children. Some level of anxiety in children is normal and the primary school years are a great place to learn how to manage and cope with anxiety. The article delves further in to this topic.

Our first day back next term is Tuesday 26th April. Monday is the ANZAC Day public holiday. We will have an ANZAC Mass in the first week of term. I hope you all have a safe and happy holiday and look forward to seeing all the children back ready for more learning next term.

God Bless

From the Principal

Holiday Quote

A holiday is a restoring thing, which, by a blast of magic turns man into himself

G.K. Chesterton
MISS ADDISON’S MESSAGES WK 10

PROJECT COMPASSION AWARENESS
RAISING, PRAYER AND FUNDRAISING.

TOTAL AMOUNT RAISED $644.25

Thank you to all the children and families who have been able to support Caritas this year by giving so generously. Well done to our prefects who have been collecting and counting.

SACRAMENTAL PROGRAM

Parents, if you wish your child/ren to be in the Sacramental Programmes that will be conducted in the St. Bernadette’s Catholic Parish this year you will need to fill out a form. Forms are available after the 6:00pm Saturday Mass and the 7:30 and 9:00am Sunday Masses they are not available through the school office and are not to be given in to the school office. Forms will be out until the end of the April school holidays. If forms are not handed in by this time parents will need to see either Fr. Gavin or Cath Flynn to have their children included in the programme. Please note that Confirmation this year will be ONE Mass which will be held on Sunday May 29th at 9am. This time is not negotiable as it is given by the Arch-Diocese. The celebrant for Confirmation will be Arch-Bishop Timothy Costelloe.

Caritas Australia would like to THANK YOU for supporting Project Compassion. If you still have your Project Compassion box or set of envelopes at home, please bring them back next week or visit www.caritas.org.au to make your donation online.

Thank you for supporting us this year as we celebrate 50 years of Project Compassion. You are helping to empower the world’s poorest children, women and men with vital learning and renewed hope.

www.caritas.org.au/projectcompassion  1800 024 413
Thank you to our Yr 6 students who volunteered to be Big Buddies. We have over 40 eager and helpful buddies who are doing a really good job interacting with our younger students. They give up one of their playtimes each week to spend time getting to know our younger students, teaching them sport and play skills, joining in with them when they are playing and generally bringing a lot of sensible joy to the junior playgrounds. All Big Buddies have asked to continue next term which is overwhelmingly impressive!! They demonstrate both leadership and generosity of spirit and as a school community, we are most appreciative.

Thank you Big Buddies!

INTERSchool swimming CARNIVAL

St Bernadette’s Inter school swimming team convincingly won the carnival. There were a number of individual stand-outs including: Seth Hall Year 5 Champion Boy, Cierra O’Donnell Year 5 Champion Girl, Joshua Easter Year 6 Runner Up Champion Boy, and Sophia Pinto Year 6 Champion Girl. Congratulations to the medal winners.

However, the overall result was decided by the twelve relay team events with St Bernadette’s winning in six relays and placing in the top four in five other relays. A big congratulations needs to go to all team members and to all their hard work they put into training.

Well Done.

CHECK OUT THE NEW WALL SPACE

http://www.stbernadettes.wa.edu.au/wallspace.html

Fantastic things to try at home with your kids.
On Thursday 17th March, Miss Addison, Marco, Josslyne, Josh E and I went to the National Young Leaders’ Day and heard some amazing stories from the speakers. There was Dylan Parker who came third in the world paper plane throwing championships, Nathan Want who used to be a personal trainer and helped people achieve their goals. Drisana Levitzke Gray who is deaf and was awarded the Young Australian of the Year (2015), and Tarco Scutton who wants everyone to be friends no matter how different they are.

It was certainly an amazing experience for me and helped me understand what is important as a young leader. The main theme for the day was to always “master the little” and the messages I went away with are to believe in yourself even after adversity in your life and that if you have passion and dedication, anything is possible.

By Maya

Head Girl 2016
I am Marco and I am the Head Boy of St. Bernadette’s C.P.S. Recently, I had the privilege of going to the National Young Leader’s Day in the Perth Convention Centre. All of the guest speakers were so motivating, but for me Dylan Parker was the one that stood out because he inspired the movie Paper Planes by doing little things along the way and eventually it added up and he was rewarded with a big prize. I really enjoyed the topic which was Master the Little. I enjoyed the topic because it really inspired me to keep mastering the little things and eventually all those little things will build up to make one big thing!

By Marco

My name is Josslynne and I am Deputy Head Girl of St. Bernadette’s CPS. I really enjoyed Young Leaders’ Day at the Convention Centre in the city. The theme of Young Leaders’ Day was ‘Master the Little’ and I thought that was a great thing to keep in mind if you are a leader. I was really inspired by Dylan Parker’s speech because in his story that he told, he really did master the little. Dylan had a few problems but he kept on going and that is why I was inspired by his speech. Every other speech was inspiring as well but it was his that stood out the most to me.

By Josslynne
Deputy Head Girl 2016
CONGRATULATIONS TO
AYSHA IN 5 RED
Interschools EA 70cm at Serpentine Pony Club and coming first in her class.

Term Two Commences
Tuesday
26th April 2016

LEARN TO SAIL
THESE SCHOOL HOLIDAYS!
April 18th - April 22nd 2016, 9am - 1pm

$245 Members
$265 Non-Members
Aged between 7-12 years
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Easing children’s anxiety

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.