Determination is the virtue in focus at our school at the moment. This week children in Years Three and Five have been sitting the NAPLAN tests. I have been very impressed by the determination they have shown in persisting and working to the best of their abilities. They have made their teachers very proud. I am also pleased to announce a new virtues initiative. Our resident artist/cartoonist Barney Metcalfe will be creating a virtues cartoon to accompany our newsletters. The first of his works appears opposite. I thank Barney for his willingness to share his talents with our community.

It is with great sadness that I inform you of the passing of Mrs Mary Burns’ son Stephen. The staff recently had a mass in honour of Stephen and his funeral will be early next week. We have Mary and her family in our prayers and thoughts during this very difficult time.

Recently a group of parents have worked very hard to gather donations and source resources to spruce up some of the play equipment and garden areas in Pre Primary. I would like to thank these parents for their efforts and I’m sure the children will enjoy using the new items.

Last week we had a very successful Mother’s Day gift stall. This was made possible by the hard work of P&F volunteers. A full list of all the helpers is in the coming pages and I thank those volunteers for their efforts.

With Forest Edge being out of action at the moment due to fire damage the school felt it was an opportune time to explore other options for next year’s school camp. In light of this we have made a booking at Woodman Point Camp School for 2017. We look forward to trying something different and the new experiences that offers.

This week’s Parenting Ideas information sheet is about anxiety in children. It provides some brief ideas of how you can

**From the Principal**

Food For Thought

‘Failure will never overtake me if my determination to succeed is strong enough

~ Og Mandino

‘A dream doesn’t become reality through magic; It takes sweat, determination and hard work

~ Colin Powell
YARLOOP BUSHFIRES

Thank you to all the families and friends of the school for their generous support of the Yarloop and districts communities through the bushfires donation drive.

The donations were delivered to the Cookernup community hall on the pupil free day by the McMullen boys in one fully loaded car. Volunteers at the centre made haste in sorting through the boxes as the timely nature of the delivery meant they could be distributed in the following days to assist families recently allowed to return to their homes to start the clean up. Other families still have to wait for their homes to be deemed safe to return to, even now, months after the bushfires caused such devastation to the community.

SACRAMENTAL PROGRAM FORMS EXTENDED 1 MORE WEEK

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.

MASS TIMES
Mon, Thurs & Friday 9am
Tuesday 6pm
Wednesday 8.45am
Saturday 6pm
Sunday 7.30am and 9am

MASS 1ST SATURDAY OF EACH MONTH
9.30am Mass with the Sacrament of Healing

ROSARY
20 minutes before each weekday Mass, except Tuesday AND Mondays at 3.30pm during school terms

RECONCILIATION
Saturday 5.15 to 5.45pm OR on request

ADORATION OF THE BLESSED
SACRAMENT
Tuesday 12noon – 6pm

CHILDREN’S LITURGY
Sunday 9am Mass
1st, 2nd 3rd, & 4th Sunday of the month

CHAPLET OF MERCY NOVENA
Every Friday after the 9.00am Mass for 10 minutes

St Bernadette’s CPS
BEFORE AND AFTER SCHOOL SUPERVISION

REMINDERS:

All schools have before and after school supervision protocols so that parents are clear about when and how supervision of children is provided. This is important so that parents do not inadvertently leave children at school outside of supervision times, thus putting children at risk. Please do not drop your children off and leave them unsupervised before school. Similarly, please ensure your children are collected promptly after school.

Please ensure you are aware of the following;

BEFORE SCHOOL SUPERVISION (8.10-8.30am):

Supervision is provided in the undercovered area from 8.10-8.30am. Children must gather in the undercovered area during this time where they are supervised by the duty teacher before the 8.30am bell goes and children move off to their classes. Children waiting with their parents must be sitting/standing with their parents. All other children must be in the undercovered area. Where possible, please wait in or near the undercovered area before school so that teachers can have some quiet time to prepare for the day in their classrooms. When the bell goes, you are then welcome to walk your child to their classroom.

WAITING FOR CHILDREN AT THE END OF THE DAY:

Please be mindful that a lot of noise and activity directly outside a classroom at the end of the day is very distracting when teachers are trying to complete lessons and dismiss children. We appreciate your efforts to stand away from windows and doors until the bell has gone and to supervise younger children carefully to ensure their safety.

AFTER SCHOOL SUPERVISION (3.10-3.30pm):

Children are supervised at the pick-up area at the front of the school for drive through pick-ups. All children need to be collected by 3.30pm.

PLAY EQUIPMENT: SCHOOL PLAY AREAS (INCLUDING THE PRE-PRIMARY PLAYGROUND AND OVAL) AND SCHOOL GARDENS ARE STRICTLY OUT OF BOUNDS BEFORE AND AFTER SCHOOL AS THESE AREAS ARE NOT SUPERVISED BY TEACHERS AT THESE TIMES.

We thank you for your co-operation.

Before and After School supervision is available. Please contact the YMCA Out of School Care on 0407049917.
**MISS ADDISON’S MESSAGES WK 3:**

**Fundraising Term 2:**

Please see Wk 1 newsletter for details.

**Chain of Generosity.**

Please bring gold coin donation for your class chain to be displayed at assembly on Mon 23rd May (wk 5)
Heart Kids – Super Hero Day: Come dressed as a “Super Hero” or in free dress.

HEART FOUNDATION FUNDRAISER THUR 30TH JUNE (WK 10) GOLD COIN DONATION

News from our Shire Councillors:

On Thursday 28th April, Sophia and I went to our first Shire Council meeting at Rockingham Council. There were heaps of kids there from other schools. Another group of kids were going to attend the afternoon session.

Part of this first session involved voting for the Rockingham Junior Mayor and Deputy Mayor in the chambers. We had a discussion about a new park going in Secret Harbour that will cost $1 000 000. We also had a say in what we would like in the park such as a zip line, trampolines and much more.

Next time I go to the meeting, we have been asked to bring any community worries or issues that may concern people.

The meeting was very interesting and I look forward to the next one.

By Jed Arthur (Shire Councillor 2016)

My name is Sophia Pinto and I am a Shire Councillor for our school. Two weeks ago, Jed and I went to the Rockingham Council. As we walked in, it was really warm. We walked up the stairs and then into a room on the right. Jed and I received our name tags and we received two big folders to put our work in. We then had some morning tea.

After morning tea we went into a voting room where we got to sit on big comfy chairs. We listened to children’s speeches. Children presented their speeches in a hope to be voted as our new Junior Mayor. I myself had a go but I was unsuccessful. However, it was a great experience and I would definitely try again. When voting was over we were all having a debate. Beth, who is our supervisor, said that we were going to choose some things for the new playground that they are going to build in Secret Harbour.

Our first meeting concluded there and our parents picked us up. We arrived back at school and told our classmates about our experience. We enjoyed our first meeting and we can’t wait until our next one to come.

By Sophia Pinto (Shire Councillor 2016)
Thank you to everyone that purchased a Mother’s Day gift.

We sold over 500 gifts!

We would like to give a huge ‘Thank you’ to the following that helped count the forms and money:

- Alana Allen
- Lee-Anne Seuren
- Tracey Morandin
- Sophie Williams

Thank you also to the ladies that helped with the Mother’s Day stall.

- Paula Britten
- Carly Girbino-Robertson
- Tracey Morandin
- Candi Day
- Jamie Dabinet
- Fiona Perry
- Mandy Crouch
1-2-3 MAGIC® & EMOTION COACHING

PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

1 - 2 - 3 Magic is a three-session program for parents and carers, presented by Kwinana Early Years Services (KEYS)

The Workshop will be held at the Darius Wells Library and Resource Centre (Cnr of Robbos Way and Chisham Ave, Kwinana)

Thursdays 19th, 26th May and 2nd June 2016

(Please note all three sessions must be attended)

9am – 12pm

Learn:

✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy - the three choices
✓ Using emotion coaching to encourage good behaviour
✓ 7 tactics for encouraging good behaviour

Registration Fee: $10 for the parent workbook

For more information contact KEYS on (08) 9439 1838

Crèche Available

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Workshop Presenters
The presenters for this course are Sarah Jarvis and Amanda Read who both completed Parentshop’s 1-2-3 Magic® & Emotion Coaching Practitioner training.
How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I’m a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn’t allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend’s birthday party she’d always have a back-up plan in case a parent wouldn’t arrive in time to take her home! ‘Being prepared for every contingency’ was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it. If you are the ‘It’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of Everyday Jitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chanksy author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name
Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers There’s a Hippopotamus on our Roof by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

Put your worries in a jar
Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... How to move your child from worrier to warrior ...

Limit talking time
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety
Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about
Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

It’s not that worriers can’t function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.
WHO IS A YOUNG CARER? Young carers are people under the age of 26 who help look after a family member who needs extra support at home. The person they care for may have a disability, mental illness, a drug or alcohol problem or a long term illness.

KEY DATES: Entries open Saturday 25th June & close Sunday 7th August 2016.

THEME: Portray the role and/or feeling of being a young carer.

PRIZES:
Young Carer & Non-Carer 8-15yrs winners:
Up to the value of $400, a choice of ipad mini or Drone

Young Carer & Non-Carer 16-25 winners:
Up to the value of $400, a choice of Dr Beats Headphones or Red Balloon Gift Card

The runner up prize for each category is a UE Boom 2 Wireless Speaker

For more information, full terms and conditions, or to download an application form, please visit the Young Carers WA website.