COMING EVENTS

Friday, 13th May  
Catholic Ed Week begins

Sunday, 15th May  
Youth Mass @ Boarding House (6.00pm North Shields Hostel)

Tuesday, 17th May  
Year 7 Retreat

Wednesday, 18th May  
Open Night - early dismissal 1:00pm
Open Night commences 4:30pm - 7.00pm
Walk Safely to School Day
Confirmation
Interschool Gymkhana
Surfing Carnival
Ready4School 9:00am

Friday, 20th May  
Walk Safely to School Day

Saturday, 21st May  
Confirmation

Monday, 23rd May  
Interschool Gymkhana
Surfing Carnival

Thursday, 26th May  
Ready4School 9:00am

Congratulations
Congratulations to Mr Matt Keatley and his wife Bree on the arrival of their third child, Zaylen Cruz.

Welcome
This week two pre-service teachers have begun placement at St Joseph’s. Mitchell Asser is working with Mr Frezza’s and Mr Glacken’s classes; Jessica Haagmans is working with Miss Fanto’s Years 4s.

NAPLAN
This week students in Years 3, 5, 7 and 9 have been involved in NAPLAN tests and I congratulate everyone on their participation. When I visited all classes before the tests began on Tuesday, I reassured students that NAPLAN should not be a cause for anxiety. The tests are just another avenue for students to show their knowledge and skills, and to provide parents for additional feedback on learning. We encourage students to have a go and do their best; tests are a fact of life and familiarity with the process quietly and under a little pressure of time is not a bad skill to develop for anyone!

Year 3 students told me that they were excited about NAPLAN! What an amazingly positive attitude to hold about what, for them was a new experience. The results from NAPLAN help to identify areas of focus and development, but our teachers know more about the talents and challenges of their students than any test can tell us. There is far more to education than raw scores, and whatever our ability to manage time constraints or nerves, it does not change that children are loved for their uniqueness and diversity; their smiles and laughs; their compassion and care for others; their ability to run, sing, dance and create. The world is a better place because we are all so unique, with different talents and strengths.

Parent Teacher Interviews
Thank you to all of the Year 7-11 students and their parents who came to meet with teachers in the Gym on Tuesday night as a follow up to Term 1 reports. Such discussions are a valuable part of learning and improving student outcomes.

Feedback regarding the online reporting system is welcome - go to https://www.surveymonkey.com/r/JSGG3XM to complete the parent survey.

Sailing Team Fundraiser
Our School Sailing Team has successfully qualified to compete at the Australian Secondary Schools Team Racing Championships at Goolwa in July. They would love your support at their ‘Finding Dory’ Movie Fundraiser on Thursday, 16th June at 7.00pm. (Please see flyer with this week’s Newsletter)

DECD Buses
We have been advised that DECD buses will not be running on either Thursday 19th May or Friday 20th May. Public Schools will be involved in Staff Professional Development over these two days. Therefore, you will need to make alternate arrangements for your child/ren to arrive at school.
Walk Safely to School Day
Did you know that until children are ten, they must always hold an adult's hand when crossing the road?
Next Friday, 20th May is Walk Safely to School Day. Now in its 17th year, this event encourages all Primary school children, their parents and carers to walk and commute regularly and safely to school. It is a community event seeking to promote Road Safety, Health, Public Transport and the Environment. To find out more information about ‘Walk Safely to School Day’, please visit www.walk.com.au

Open Night - Wednesday, 18th May
Early Dismissal: 1:00pm  Open Night: 4:30pm - 7:00pm
We invite all current families, friends and prospective students and families to come along and see the learning experiences offered.
You are welcome to have a tour of the school; you can enter the frog naming competition; purchase ‘Finding Dory’ movie tickets; try some awesome Science experiments; listen to performances and our talented musicians; enjoy food and drinks; visit classrooms and check out Stage 1 of our new look GP Room whilst grabbing a coffee and a piece of cake.
It is an expectation that students will return to school for Open Night wearing their Full Winter Uniform.
For more information, enrolment details or to register for a tour please contact the school on 8683 2400.
(请及时 see poster with today’s Newsletter)

Please see the Sherpa Kids Poster with today’s Newsletter in regards to Early Dismissal for Open Night. If you require care for your children, give Megan a call on 0419 524563.

Around The School
The first stage of the GP Room re-development is nearing completion with most of the scheduled work successfully completed ready for students and teachers to return next week. The following work has been undertaken:
• Complete roof and eaves replacement including removal of existing box gutters and replacement with external gutters fixed on fascia to match the newer buildings and colour schemes
• Installation of aluminium bi-fold doors and windows
• Lining of all internal walls
• Upgrade of all power and data infrastructure and installation of LED lighting
• Projector and screen installation
• Internal painting
Stage 2 work will commence in the next holiday break and will include:
• New vinyl flooring
• Fixtures and furnishings
Construction of an outdoor covered area is also scheduled but work on this is dependent on design negotiations. This addition will provide greater flexibility to the function of the room, allowing the bi-fold doors to be utilised. The finished project will certainly be a wonderful addition to our school.

['Open Night Café’
Donations of cakes/biscuits/slices are needed for the Open Night Café on Wednesday, 18th May.
If you are able to help, for catering purposes, please email Maree Easton mareee@sjspl.catholic.edu.au or notify the school office on 8683 2400. Please drop your baked goodies off to the Front Office before lunchtime on the day. Please clearly label containers so they can be returned to you! Money raised from the Open Night Café will go towards establishing our new Mary MacKillop Café to help celebrate 150 years of Josephite education.
All support is greatly appreciated!]

Canteen Roster - Week 3 Term 2

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If you are unable to attend your rostered day, please contact Val Ingerson on 8683 2400 at School or 8682 6457 at home.

Soup: Chicken & Vegetable  $2.50  Roll: 80c

Week 2 Hot Meals:
Hot Chicken & Gravy Rolls
Rustic Pizzas - Ham & Cheese, Ham, Cheese & Pineapple or Supreme (5.50 each)
St Joseph’s School Sailing Team Fundraiser

The St Joseph’s School Sailing Team have successfully qualified to compete at the Australian Secondary Schools Team Racing Championships in July, 2016 at Goolwa, South Australia and needs your support!

7.00pm Thursday, 16th June 2016 at Youthoria Cinema - Port Lincoln

Adults - $15.00 Children/Students - $12.00

Tickets are available at St Joseph’s School Open Night on Wednesday, 18th May or call Kelly on 0429 835 036 for tickets

Please help us get across the line by showing your support!
We are pleased to advise that Sherpa Kids are offering a service to assist with the early finish for Open Night:

Session 1: $25 (1pm-3:30pm)*
Session 2: $35 (1pm-6pm)*
*Minus CCB & CCR entitlements*

Call Megan 0419 524 563 to secure your child's place.

LOCALLY OWNED AND OPERATED
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.

parentingideas.com.au
... 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.

Michael Grose
CASTING CALL
FOR TELEVISION COMMERCIAL!!!

Looking for **Eyre Peninsula Locals** for a commercial to promote the region.

This is **PAID** work, half a day on either May 17\textsuperscript{th} & 18\textsuperscript{th} May.

**ROLES:**
- Families with parents in their 30’s and Kids (aged 5 to 12)
- Couples/Individuals late 20’s - early 40’s that preferably have an ‘Irish’ look, (fair skin and dark hair)
- For a scene of glamorous people enjoying the area.
- No beards or tattoos please.

If you are a right fit for one of the roles above PLEASE APPLY!
You are definitely the person we are looking for, no need to be shy.
So give it a try, have fun and help your community!

**To apply:** Please send us a recent headshot, couple, or family shot (no sunnies or hat please); along with your names, heights, mobiles, suburbs/locations to:

```text
casting@heesomcasting.com URGENTLY
```

In Subject Header write: Eyre Peninsula Locals
Please get your shots to us ASAP to be considered

**ALL PHOTOS MUST BE SMALL IN SIZE (and 2MB absolute limit)**

**CASTING CALL**
**FOR TELEVISION COMMERCIAL!!!