Dear Parents

As you know our learning theme is ‘Building Learners as Thinkers’, everything we do throughout the school day is leading the children to this. The following article is a way of linking the learning from school to home and help us work together to bring out the best in the children.

Being a parent is a wonderful privilege but it is also very challenging, sometimes scary and, on occasion, puzzling. When Mary and Joseph found their twelve year old Jesus in the temple after three days of anxious searching, Mary was unable to restrain herself and said to Jesus, “Son, why have you treated us so? Your father and I have been looking for you anxiously.” Luke 2:48. Mary’s statement showed that she was unable to understand the conduct of her child. Here is some comfort for us, as we witness the growing up conduct of our own children.

Parenting can be an emotional journey and all we naturally know about the trip, we learned from people who raised us. We either mime our parents’ or reject it outright. Neither approach has much to do with what is best for our child, but has more to do with our reaction to our growth in childhood.

Recent studies tell us that parents spend as little as 2-5 minutes a day in meaningful conversation with their teenagers. Telling our children to clean their room, get up, brush their teeth and go to school does not count as meaningful conversation. 2-5 minutes a day, no matter how meaningful is simply not enough to compete with the multitude and variety of influences being presented to our children. We need to spend a meaningful amount of time with our children so we can get to know what’s going on in their lives, what they are thinking and what are the outside influences that are forming their moral and ethical values.

Spending time raising responsible children who are happy, self-discipline and able to think for themselves is a worthwhile goal. Finding out how we can help our children towards that end is our job and responsibility as parents. Our children rely on us to bring a mature adult perspective to our parenting and to be their main influence. For example, discipline is not a process of trying to win a battle, to eventually force our child to give in; neither is it about reward or punishment. It is about teaching our children to self-manage.

“Reward doesn’t work because, putting it simply, it teaches children that they are entitled to payment for their cooperation. Therefore, they behave to get something. Punishment doesn’t work because it’s an attack on self-esteem. Your child’s relationship with you is based on fear and so invites rebellion. Reward and punishment teaches our children to expect an adult to be responsible for the children’s behaviour. Our goal as a parent is to guide our children towards self-discipline. We need to remove ourselves from the ‘good guy-bad guy’ role and be free to be our children’s confidants, supporters and role models” Robyn Lelvos-Necowitz

Children, like adults, don’t like to be controlled, so we need to establish mutual respect and to expect cooperation. Teaching children that they, not us, are in charge of their lives can’t happen early enough. A parent-child relationship that involves choices and consequences and avoids power struggles, will teach children to believe in themselves and give them a sense of personal responsibility that will last them a life time. This is not a recent ambition for in the Book of Proverbs, written in about 900 B.C., we find this piece of advice: Train up a child in the way they should go and when they are old, they will not depart from it.” Prov22:6

Lord, may we always be open to Your love, Your enlightenment, Your enabling power. May we always be able to draw upon the gifts of Your Spirit within us and be true parents to our children. Amen

Another quote from Stongersmarter

90 to 95% of our daily perceptions, thoughts, judgments, responses and behaviours are habitualised- David Snowden

Found

We have a pair of child’s reading glasses (brand: Converse) at the office. The glasses have been announced on the school PA but they are still unclaimed, maybe they belong to a sibling not attending school.

Keep smiling,

Cathy Blackford
Principal
**STUDENT OF THE WEEK**

Each week students from each class are awarded Student of the Week certificates. These children are nominated for the example they have been within the school. The award winners for **Week 5 / Term 1**

<table>
<thead>
<tr>
<th>Millie Bermingham</th>
<th>Charlie Croucher</th>
<th>Taite Crosby</th>
<th>Violet Blackford</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandra Georgiou</td>
<td>Sam McLuckie</td>
<td>Chloe Yeates</td>
<td>Darcy Ruri</td>
</tr>
<tr>
<td>Harry Kus</td>
<td>Hayden Rodgers</td>
<td>Harry Linehan</td>
<td>Poppy Corser</td>
</tr>
<tr>
<td>Rohini Arun Kumar</td>
<td>Sid Cogan</td>
<td>Harry Thoppil</td>
<td>Eliza Dunbar</td>
</tr>
<tr>
<td>Callum Sutton</td>
<td>Melody Paulet</td>
<td>Oliver Turnbull</td>
<td>Tom Tripodi</td>
</tr>
<tr>
<td>Madison Webster</td>
<td></td>
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</tbody>
</table>

**VALUES AWARDS**

Through a whole school focus on the values of **respect, resilience, tolerance** and **excellence**, St Michael's students are supported in their social, emotional, spiritual and academic development.

Each child who is nominated by a teacher or a peer for living out the values of St Michael's school, will be awarded a certificate acknowledging their efforts. These certificates will be displayed on the tree in our foyer on a Monday and left there for a week for all the school community to view and celebrate the children's efforts. On a Friday, the certificates will be taken down and given to the children to take home and share with their families.

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**Our school photos will be taken on Wednesday, 18th March 2015.**

A note was sent home today with the envelope from the photographer outlining prices and packages if you wish to order photographs.

This year there is the option for prepayment and online ordering of school photos. Please following the instructions on the back of your child’s envelope (their unique ‘Shoot Key’ is found on the front of the envelope) www.johnansell.com.au

If you wish to have a family group photo taken please collect a “Sibling Group Photo” envelope from the school office.

Children will wear their summer uniforms. Girls in their summer dresses and wearing school colour hair ties and ribbons. Boys are to wear their red polo tops and grey shorts. The photographer will start at 9.00am sharp so children will need to be at school on time.

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**Art Auction 2015**

In 2015, it has been suggested that we conduct a St Michael’s Art Show and Auction. The event would be a social evening as well as an opportunity to fundraise for the school. The art included in the auction would be created from contributions from each child within the school.

For the project to be successful, we will require support from our school community. Whilst the art would be created during visual art lessons, a committee would be responsible for providing support with the assembling of the art and framing of each piece. If you think you would be interested in supporting this project (or if you have family members who may be interested), please contact me at school either in person, by phone or by email jhanraha@stmtraralgon.catholic.edu.au. No prior skills are necessary, just a willingness to lend a hand and have some fun. Working bees for the project would be held both during the day and at night to allow as many people as possible to be involved. Hopefully we will get a great response and our inaugural art auction will be a great social and financial success. (Jenny Hanrahan)

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**Education In Faith News**

**St Michael’s Parish - The Piety Stall** on the Kay Street side of the Church will be open for family and friends who would like to purchase gifts and cards, etc. for the children who will receive the Sacrament of Eucharist on 14th/15th March & 21st/22nd March 2015. As well as the following dates and times the Piety Stall is open after each of the weekend Masses.

The Piety Stall will be open from **12.30pm to 3.00pm** on: 4th, 9th, 11th, 13th March 2015

For further information please call Lyn Kennedy on 5174 5848 or 0411 149 030

**St Michael’s Parish - Children’s Liturgy**  The Children’s Liturgy group are looking for more help at the Sunday, 9.30am Mass. It is not difficult work sharing the gospel with the children at their level. There are resources to access and use with stories, activities and printed sheets relevant to the gospel. If you are interested, you are welcome to come out of Mass with the children to observe. For more information please contact Carol on 5174 7712
Our School Athletics Carnival will be held this **Friday, 6th March 2015** at the Little Athletics Track (Harold Preston Park) in Davidson Street. All children are involved in running races, aerobics, ball games and field events.

**Proposed Timetable** (approximate times)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9.40</td>
<td>800m</td>
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<tr>
<td>10.15</td>
<td>Year 3-6 Senior Field Events</td>
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<tr>
<td>10.45</td>
<td>Junior children leave for Harold Preston Park</td>
</tr>
<tr>
<td>11.20</td>
<td>Junior children Tabloid Rotation <em>(6 x 10 min activities)</em></td>
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<tr>
<td>11.55</td>
<td>Sprints – Gr 3 – Gr 6</td>
</tr>
<tr>
<td>12.25</td>
<td>Sprints – Gr 2 – Grade Prep</td>
</tr>
<tr>
<td>12.55</td>
<td>Tug-of-War</td>
</tr>
<tr>
<td>1.25</td>
<td>Relay</td>
</tr>
<tr>
<td>1.40</td>
<td>Ball Games</td>
</tr>
<tr>
<td>2.10</td>
<td>Aerobics</td>
</tr>
<tr>
<td>2.20pm</td>
<td>Assembly – Presentations</td>
</tr>
</tbody>
</table>

The children will walk down to Davidson Street with their class and teachers. **Children need to have lunch, plenty of water drinks (no cans or glass) and sunscreen in their school bags.** You may walk down with your child’s class. Please remember to return the permission/parent help slip to your child’s classroom teacher tomorrow.

All children need to wear their sport polo top and black shorts, sneakers and their school hats. Track suits are optional. Children are not to wear coloured hair spray, face paint or coloured zinc.

Children may go home with their parents but must report to their class teacher before they leave. If your child is to go home with another parent – a note advising of this must be given to the class teacher.

All other children will return with their teacher to school. No children will be dismissed from the sports ground except those who leave with their parents or have a note.

We will need assistance at the end of the sports day to dismantle the sun-shelters. If you are able to help please notify a class teacher or the school office.

Each year, talented Victorian school students have the opportunity to trial for a place in the School Sport Victoria (SSV) Team Vic state team and participate in annual School Sport Australia (SSA) Championships. Sixty two teams are selected across twenty sports, involving over nine hundred primary and secondary school students representing 'Team Vic'. Students must fully register before attending trials and hand into the relevant SSV Team Vic Team Manager the signed form (ie. Signed as required by the parent / guardian and a School Principal of the school the student attends that is affiliated with School Sport Victoria NB. the form is received on completing the registration fully).

The sports include Australian Football, Baseball, Basketball, Cricket, Cross Country, Diving, Football (Soccer), Golf, Hockey, Netball, Orienteering, Rugby League, Softball, Surfing, Swimming, Tennis, Touch, Track and Field, Triathlon and Volleyball. If any parents are interested in nominating their child you can go to the School Sports Victoria website and download the forms. If you have any queries please come and see Mrs Sharon Scholtes in the Prep room. **All nomination forms need to be to Mrs Sharon Scholtes by Thursday, 5th March.**
National Ride2School Day is the perfect opportunity for Australian students and school communities to embrace a healthier start and to try walking and riding to school for themselves.

On Friday 13 March 2015 we'll be celebrating the ninth National Ride2School Day event, where over 300,000 Australian students, just like ours, will ride, walk, scoot or skate to school.

We would love for as many students as possible to make an effort to ride, scoot or walk to school on this day.

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**Scholastic Book Club Issue 2**

The last day for orders to be back at school is **Friday, 6th March 2015**

Please note: If paying by credit card, follow the instructions for Option 1 on your order form and order via LOOP (refer to the previous school newsletter). If paying by cheque, make cheques payable to ‘Scholastic Australia’.

Place order form and payment in an envelope and return to class teacher, orders must be returned to the year level they were issued from. This is not necessary if you order and pay with LOOP.

**Royal Children’s Hospital Good Friday Appeal**

Good Friday Appeal Hug a Mug 300ml stoneware mug covered in multi coloured Welby characters.

Packaged in matching gift box.

$5 each

If anyone would like to order a mug/s please enclose money and order details in an envelope and hand in at the school office. Michelle Quail will organize a bulk order to support RCH Good Friday Appeal. You can approach Michelle in person, or by mobile 0448 936 769 or email jm.quail@bigpond.com

All funds and orders will need to be in to the school office or Michelle by Monday 16th March. All proceeds will go towards the TRARALGON total for the Good Friday Appeal.

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**SOUTHSIDE JUNIOR FOOTBALL CLUB are looking for players to join their 2015 Under 12 team. Must be born in 2003 or 2004.**

All enquiries to Club Secretary Vicky Atlee on 0439 749 909

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**from the Parents and Friends Association**

The Annual General Meeting for the Parents and Friends Committee will be held on Monday, 16th March 2015 at 2.00pm. Note change of date and time.

The P&F are largely responsible for organising fundraising and social events within the school. It is a great way to meet other parents, contribute to the well-being of the school and to give feedback. You will also hear about new developments first-hand.

Nomination forms with a description of the roles within the P&F committee are available from the school reception area or office. We are particularly in need of a new president and treasurer and also general committee members. If you would like to take on these rewarding roles please nominate.

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**from the Community**

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Positive Behaviour Support Workshop

For Parents and Carers of Children and Young Adults with Autism Spectrum Disorder

(see eligibility criteria below)

Aspect Victoria is pleased to offer our highly successful, contemporary, evidence-based three (3) day Autism specific Positive Behaviour Support Workshop in the Southern Region of Victoria.

More than 1200 families have participated in Aspect’s Positive Behaviour Support workshops across Australia. Post workshop evaluations showed an effectiveness of the workshops, with participants reporting decreases in challenging behaviours and increases in confidence and capacity to support their children and young adults.

When: 17th, 18th & 19th March 2015
Where: Federation Training Conference Centre
GippsTAFE Academy - 49-63 Princes St, Traralgon VIC 3844
Time: 9:30am-2:30pm (9:15am for registration)
Cost: FREE (Tea, coffee & biscuits provided ~ participants to bring own lunch)
Registration: Register online at www.autismspectrum.org.au/content/events-and-workshops
Please note: You may search for this specific workshop location by entering the location into the ‘Search Keyword’ field

Eligibility to participate in this Workshop:

» Parents or carers of children and young adults aged between 6 - 25 years, diagnosed with an Autism Spectrum Disorder (ASD)
» The individual with ASD must be living at home
» Participating families are encouraged to invite professionals or service providers working with them to attend the workshop

Families participating in this workshop will:

» Develop an understanding of autism and how an ASD impacts upon learning and behaviour
» Learn how to be proactive by creating an autism friendly environment at home
» Learn how to write an autism specific behaviour support plan for one of their child’s behaviours
» Learn how to write a plan to respond confidently when challenging behaviour occurs
» Learn how to teach new skills to promote their child’s independence and quality of life

Enquiries:
Contact Amber Day – Workshop Administrator or Heather Kirkhope - Service Coordinator
Phone: 03 9377 6600 or email: aday@autismspectrum.org.au

What participants say about Aspect Positive Behaviour Support Workshops:

“Brilliant information and concrete strategies to use, thank you. I have learnt very important self-reflection, being able to step back and really look at and examine behaviour, so valuable. I really value the focus on being positive and improving my child’s, my own and my family’s quality of life. Great workshop – I will highly recommend it to others.”

“Fantastic presentation. Very interactive, affirming & capacity building. Ideas not just discussed but taught how to follow through on.”
“Best information session on Autism I have been to. So much clarity about getting to the core behaviour, unpeeling the onion. Enjoyed all the visuals. Thank you so much.”
THRASS
Intensive Literacy School Holiday Program

Easter Holidays
Develop your child's literacy skills through an intensive four day literacy program held during the Easter school holidays. The program will be run by CGSP Speech Pathologists and is open to children of all ages.

- 4 x 1.5 hour sessions over 4 days
- Junior and senior groups
- Daily program and feedback for parents
- Cost: $200 (claimable through private health)
- Location: CGSP Clinic (11 Lansdowne Road, Traralgon)

Please complete an expression of interest form if you are interested in participating in the program and speak to your Speech Pathologist if you have further questions.

An Expression of Interest form can be collected from CGSP or the school office.