Dear Parents

One of the important areas we are trying to work with our students is that of being responsible for their actions, decisions and learning. The following article by Michael Grose offers you some ideas that may help you assist them.

**How to encourage kids to be problem-solvers**

When parents solve all children’s problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That’s fertile ground for anxiety and depressive illness. So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats? Here are three practical ideas to get you started.

1. **Turn requests into problems for kids to solve**
   
   Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It’s tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2. **Ask good questions to prompt problem-solving**
   
   A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child’s problems. The first question when a child brings you a problem should be: ‘Can you handle this on your own?’ Next should be, ‘What do you want me to do to help you solve the problem?’ These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3. **Coach them through problems and concerns**
   
   So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what’s going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

Keep smiling

Cathy Blackford
Principal

**Catholic Diocese of Sale**

For your information please find attached to this newsletter a letter from Bishop Patrick O’Regan of Sale regarding the Royal Commission into Institutional Responses to Child Sexual Abuse.

**Communication** between teachers and parents is a vital part of your child’s development. Parents are encouraged to discuss any concerns or relevant information about your child with their teachers. Informal discussions are welcome, although not during class time. A teacher will be able to arrange a mutually convenient time to meet with you.

Or alternatively, please contact the office to arrange a time to meet with a teacher, Principal or Deputy Principal.

**School Assembly**: There will be a School Assembly in the Hall each Monday at 9.00am. All parents and friends are welcome to attend.
Congratulations to our new House Captains and Vice Captains. We know that they will be a valuable part of the St Michaels leadership team.

Blue
Captains: Eliza Dunbar & Callum Sutton
Vice Captains: Bella Jephcott & Noah Addison

Gold
Captains: Eliza Watts & Josh Rickard
Vice Captains: Victoria Luque & Johnny Marcou

Green
Captains: Scarlett Lear & Joshua Hamilton
Vice Captains: Tess McDonald & Keelan Murray

Red
Captains: Makayla Geary & Adam Wilbraham
Vice Captains: Rhyley Shaw & Enrique Sbaglia

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 1 / Term 1

Candice Bramwell  Lewis Manzo  Isla Hollands  Amelie Harper
Chloe Szkwarek  James Poursanidis  Lachie Seeber  Elly Traill
Archer Mallia  Star Ruri  Ruby Campbell  Rachel Lim
Daniel Toms  Angus Stewart  Makailah Tharle  Chase Stanistreet
Riley Sutton  Gabriel Paolemilio  Harry Linehan  Cassie Davis
Andrew Alston  Tara Elston  Kai Rowley  Chelsea Elliott

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.

Re: School Bus Management System
Country Buses
Whilst many families have logged in to the School Bus Management System and renewed their 2017 travel applications, a number of families are yet to log in for the first time.

If your child/ren were travelling last year as an approved traveller/s and wish to continue travel in 2017, you must log in to the School Bus Management System and select ‘Renew Application’ for your child/ren.

To renew your 2017 travel, please go to schoolbusapplication.ptv.vic.gov.au and complete your renewal prior to Wednesday 8 February 2017.

Travellers that have not renewed their 2017 applications beyond this date, are not approved for travel and will eventually be removed from the bus in accordance with the Department of Education and Training’s School Bus Program Policy,

- any student that presents at a bus stop for a morning bus service and is unauthorised for travel must be accepted on the bus and reported to the coordinating principal once the bus arrives at school
- bus operators are not obligated to carry unauthorised student passengers in the afternoon.
Unauthorised student passengers should be reported to the schools on duty supervisor/teacher for removal from the bus service prior to the bus departing the school interchange.

If you have already renewed and accepted your 2017 travel offer, please disregard this notice.
If you require assistance to log in to the School Bus Management System, renew your child/ren’s travel applications or you are unsure of your child/ren’s travel status, please contact Public Transport Victoria on 1800 800 007.

Bus Passes
Bus passes for the 2017 school year will be sent to travellers via Australia Post this week. Whilst waiting for their bus pass to arrive, families can login to the School Bus Management System to print their child/ren’s temporary bus pass. In addition to this, drivers will have all traveller details listed on the bus roll.
### Dates to Remember

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<td>15th Wednesday</td>
<td>Yr 6 leave for Camp Coolamutong</td>
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<td>16th Wednesday</td>
<td>Gr Prep do not attend school</td>
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<td>17th Wednesday</td>
<td>Region Swimming</td>
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<td>Mass 9.30am – 5/6C&amp;D</td>
<td>District Swimming</td>
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<td>First Communion Parent Meeting</td>
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<td>21st Tuesday</td>
<td>9.30am - First Communion Mass</td>
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<td>23rd Thursday</td>
<td>District Athletics</td>
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<td>24th Friday</td>
<td>Yr 6 return from Camp</td>
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<td>26th Saturday</td>
<td>- First Communion Mass</td>
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<td>27th Monday</td>
<td>Gr Prep attend fulltime</td>
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<td>28th Tuesday</td>
<td>Yr 3/4 return from Camp</td>
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<td>25th Saturday</td>
<td>Yr 6 Graduation Mass</td>
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<td>Reconciliation Pin Mass</td>
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### Scholastic Book Club – Issue 1

The last day for orders to be returned to school is Thursday, 9th February 2017.

Please note:
- If paying by credit card, follow the instructions on the receipt/order form for online Loop orders.
- 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.

### ICY POLES

(Zooper Dooper) will be sold for 50cents each from the sports storeroom by the Grade 5/6s at lunchtimes commencing this week.
CAMPS, SPORTS & EXCURSIONS FUND (CSEF)  School camps provide children with inspiring experiences in the
great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork,
discipline and leadership. All are part of a healthy curriculum. CSEF will be provided by the Victorian Government to
assist eligible families to cover the costs of school trips, camps and sporting activities.
If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A
special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the
school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.
The annual CSEF amount per student is: • $125 for primary school students • $225 for secondary school students.

HOW TO APPLY Contact the school office to obtain a CSEF application form or download from
Application forms should be completed and lodged with schools by 28th February 2017, as payments are made from
March. However schools will be able to accept and process applications up until the end of term two each year.

SCHOOL FEES: Fee statements will this week. The first quarterly instalment, being 25% of the annual
fees, plus Mathletics, is due by 24th February 2017. If you elect to pay the fees in full for the year this
payment is also due by 24th February 2017.

The school’s mobile app is available for download in the Apple App Store and via Google Play for Android
devices. This mobile app is part of our website so now you will be able to stay up to date with all the
latest school information on your IOS and Android smartphones.

This app will allow us to send key information and reminders out to parents through the notifications
system. You can access the app via the direct links below, or by searching for your school name.

Child Safety Code of Conduct
A copy of the Child Safety Code of Conduct is on the school app. It is a
requirement that all volunteers and
regular visitors to our school read this
Child Safety Code of Conduct and acknowledge doing so by signing the
last page.

I would be appreciated if any existing
or new families who have not returned
their signed form to school to do so as
soon as possible.

After School at St Michael’s:
Teachers will supervise the Seymour Street exit area until 3:30pm for safe
departure from school grounds. No playground areas or equipment will be
supervised by staff after 3:20pm. If parents and children remain after this time to
use the play equipment, parents must provide direct supervision at the
playground with the child. All responsibility for the safe and appropriate use of
the playground equipment at this time is placed on the supervising parent. No
child is allowed on the play equipment without their parent right there with them.

If students and siblings are using the equipment unsupervised, the need to ban
all access after school will be exercised.

Whilst after school training of netball and basketball occurs in our yard, we ask
that no siblings are left to wait unsupervised while training is being conducted.

If students are not collected by 3:30pm they will be required to wait for their
parent in the office corridor. Due to staff commitments and to minimise students’
distress, parents are asked to be punctual in collecting their children.

Education News

FAMILY MATHS

Find the five digit numeral from the clues given.

1. Each digit is different.
2. The 1st digit is odd and is more than the 4th digit but less than the 2nd digit.
3. The last digit is odd and is half the 4th digit.
4. The 2nd digit is three times the last digit.
5. The 3rd digit is an even square number and is less than the 1st digit.

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1     |     |     |     |     |
All volunteer helpers at St Michael’s School, Traralgon are required to have a current Working With Children Check (WWCC).

The WWC Check is a process that screens an applicant or cardholder’s criminal records and the professional conduct reports made by the professional bodies listed in the Act. If the WWC Check finds serious sexual, violent and drug offences, the department assesses these offences or reports in order to determine if the person will pass the WWC Check.

Organisations that care or provide services for children are required to provide safe environments that protect children from harm. The WWC Check screening process is just the first step organisations should take. The WWC Check permits successful applicants to work with children, but it is the responsibility of organisations to assess if people are suitable for a particular role and to continue monitoring workers’ behaviour around children.

**The Online Application:** [www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au)  
**Information Line:** 1300 652 879 (8.30am-5.00pm Monday-Friday) except Public Holidays

There are no fees for a Volunteer WWC Check. A WWC Check is valid for 5 years unless it is suspended or revoked by the Department of Justice & Regulation.

The Application Summary and Receipt must be printed on separate pages of A4 paper (i.e. single-sided) without any scaling or cropping. Do not sign the Application Summary before lodgement.

When you have successfully lodged your application at Australia Post, with passport photo and identity documents, your receipt will be stamped and returned to you. You can use this receipt to prove to organisations that you have applied for a WWC Check.

You must always keep your details up to date. By law, you must notify the Department of Justice & Regulation within 21 days of any changes to your personal and contact details, and the details of existing, and new organisations that engage you in child-related work.

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### from the Parents and Friends Association

**St Michael’s P&F Group** welcome everyone back to school for 2017. A special welcome to all the new families at the school. Please check the next newsletter for P&F meeting dates we look forward to many new faces to discuss fundraising ideas for 2017 and planning for the year ahead.

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### School Library - BOOK COVERING

Each year parents are asked if they would be interested in assisting with book covering. When we purchase new library or class reading books, small numbers (12 to 18) are sent home with your child, with contact and tape for covering. If you would like to remain on the list or be added to the Book Covering List, please fill in the form below and return it to the office or email Debbie dglmour@stmtraralgon.catholic.edu.au with your details.

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**BOOK COVERING**

I am able to assist with covering books:

- Child’s Name: ___________________________  
- Child’s Class: ___________________________

- Name: ___________________________  
- Signature: ___________________________

- ☐ Mobile No: ___________________________  
- ☐ Email: ___________________________
1st February 2017

Dear Brothers and Sisters in Christ in the Diocese of Sale,

I am writing to you as the final hearing involving the Catholic Church at the Royal Commission into Institutional Responses to Child Sexual Abuse commences this coming Monday the 6th February, 2017.

For the victims and survivors, for the Catholic community and for many in the wider Australian community, this hearing may be a difficult and even distressing time, as the Royal Commission reviews the evidence it has already received and seeks to understand why and how this tragedy has occurred. The Sale Diocese has had its share of grief and of hope.

I am deeply aware and mindful of the hurt and pain caused by abuse, I once again offer my apology on behalf of the Catholic Church. I am sorry for the damage that has been done to the lives of victims of sexual abuse. As Pope Francis said recently, ‘it is a sin that shames us’.

Over the next three weeks, evidence presented during the Royal Commission hearings will be analysed, statistics about the extent of abuse will be made public, and the way forward will be explored. Many of our bishops and other Catholic leaders will appear before the Royal Commission. They will explain what the Church has been doing to change the old culture that allowed abuse to continue and to put in place new policies, structures and protections to safeguard children.

I am grateful to the all the members of the Diocese of Sale who have responded to our Diocesan initiatives in putting into place all the necessary protocols and changes in attitudes and behaviour that seek to ensure that the proper care of our children and vulnerable adults be our highest priority.

Pope Francis has urged the whole Church to, ‘find the courage needed to take all necessary measures and to protect in every way the lives of our children, so that such crimes may never be repeated’.

In 2017 the Diocese of Sale celebrates its 130th Anniversary. May the hope and faithfulness we celebrate this year, continue to draw us ever deeper into the mystery of God’s love.

Throughout the coming weeks, then, I wish to assure you of my thoughts and prayers. I encourage you to turn in prayer to the one who is always ready to listen: Jesus Christ, who brings healing and hope.

Yours in Christ,

+Pat O’Regan
Bishop Patrick O’Regan
Bishop of Sale
Private Singing Lessons
now available on Mondays

Vocal coach, Clare Lappin is now available for private singing or speech and drama lessons on a Monday at St Michaels.

A little about the teacher...
Clare has been teaching since 1992 and professionally singing since 1990.
The lessons are about:

- sharing techniques
- methods of understanding and connecting with your voice,
- incorporating breathing techniques and muscle control,
- learning to feel your sound!

Love what you sing and learn to connect with your song!

Limited spots available. 30 minute lessons $30.

Contact Clare on 0409 860 697

PIANO / KEYBOARD LESSONS

are available during school hours. Lessons are provided by well known professional musician and music teacher

Anton Fullerton.

Anton is a reputable teacher with over 30 years local teaching experience.

Anton’s after school private practice has a long waiting list. This is an opportunity to jump the queue and have your child taught conveniently, at an affordable weekly rate.

Ring Anton to express your interest and find out more.
PHONE 51750464.

FREE Come and Try Tennis day at the Traralgon Tennis Club

Saturday, 18th February 2017 from 10.00-11.30am. On the corner of Franklin and Davidson Streets (on the clay courts). For Tiny Tackers / Hot Shots (4yo – 10yo) or if your older there is a tennis program for you. There is no charge. It is just a chance to have some fun. 4-6 year olds can come at 10.00am and go to 10.45am. 7 years and older can come at 10.45am to 11.30am. It is never too early to try! If this time doesn’t suit, something else can be organized. Call Graham Charlton on 0417532351
LATROBE VALLEY ‘ALL-ABILITY’ TENNIS   TERM 1, 2017

‘All-ability’ sports are about fun and participation for EVERYONE! The local All-ability groups are parent-run and driven, so cater directly to the needs of kids with special needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills, activities are modified so that everyone can ‘have a go!’ Participants can also benefit socially by making new friends and feeling part of a team.

We currently run four sporting programs locally, Term 1 – Tennis at Pax Hill Tennis Club, Term 2 – Basketball, Term 2 & 3 – Footy at West end Junior Football Club and Term 4 – Cricket at Traralgon West Cricket Club.

All school aged children with special needs are invited to join us for ‘ALL Ability’ Tennis, the sessions will run weekly during Term 1,2017.

Registrations are now open for All ability Tennis. The tennis sessions will be held at Pax Hill tennis courts in Traralgon, with coach, Sally Kirstine, every Thursday evening from 5.30-6.15pm, during Term 1. The cost will be $20 for the term, payable by the 4th session, which includes a shirt. Siblings welcome to participate but must also be registered. Tennis will start on Thursday 9th February, 2017.

A parent/carer must attend and be willing to participate with the child if necessary.

Please register your details or further queries to Louise Varsaci: 0414540296 or email varsaci@aussiebb.com.au or via the facebook group ‘All ability sports, Latrobe Valley’

SMY@L – St.Michael’s Parish Youth Group

St.Michael’s Youth group is for all young people from Year 5, 6 & lower secondary levels (from any school). The group is called SMY@L – St.Michael’s Youth at Latitude 38-11-41. We meet at St.Michael’s Mackillop Hall a few times during school terms on a Friday night and run a variety of activities and events. We provide a safe and friendly environment where young people can get together with friends and make new ones. It is also great in maintaining friendships across a variety of local schools.

All activities are fully supervised by Youth leaders who are members of St.Michael’s Parish community. Young people are signed in by parents/carers at the beginning of an activity and signed out at the end of the night. All leaders have current Working with children checks and have varying levels of experience in working with young people (from 5 years to 22 years experience).

Our first meeting this year is on…

FRIDAY 17th FEBRUARY, (The annual) MESSY & GROSS GAMES NIGHT!

Don’t let your friends miss this one!!

Wear old clothes or bring a spare set & a towel!

Warning! You WILL get messy!

Meet at St.Michael’s Mackillop Hall, Cnr Church & Kay St, Traralgon.
6.30pm – 8.30pm
Cost $3 - Lucky Door Prize
All Welcome!

Contact Leah 0438811709 for info

For any further inquiries regarding St.Michael’s Youth Group or for a copy of the full program, please contact Louise Varsaci on 0414540296.
All families are eligible for Child Care Rebat (CCR). It is NOT income tested and covers up to 50% of out-of-pocket costs, up to $7500 per child, per year.

Child Care Benefit (CCB) percentage is determined through Centrelink.

To register for CCR/CCB call Centrelink on 13 61 50

Daily: $97
Weekly&Early Bird: $80 / day (booked a min 2 weeks prior)
Sibling discount: $50 per child/day
Note: These prices are without your CCR and CCB rebates.

St Michael's School Closure Day Rate:
$80, $40 Siblings

Details

Hours of operation: Monday to Friday, 8.00am to 3.45pm
Arrive & Leave when it suits you! Facilitator activities begin from 10am

Venue: St Michael's Primary School Hall

2017 Holiday Program Dates:
APRIL 3 - 13
JULY 3 - 14
SEPT 25 - OCT 7

St Michael's School Closure Programs:
FEB Mon 27th
Basketball Clinic, Brides 4 Kidz
Technic & Robotics, Sewing, Knitting, Nail Art, Kites, First Aid & loads more!

MAY Mon 29th
OCT Mon 9th

To Register:
Email us your name, child/children's names & PH No. and we will send you login details and program information.
- admin@clubhousebootcamp.com.au
- call 0414 861 442

Club House is a creative FUN boot camp style program with fun activities aimed to teach kids real life skills for a COOL LIFE!

The program caters for 6 – 12 yrs boys and girls. Two levels of activities ensure age appropriate experiences.

Social connection and building resilience are our core values.

Why Boot Camp style? To encourage kids to participate in activities to empower them with confidence, a positive 'can-do' attitude and community connection in preparation for a cool life of learning and adventure.

Community mentors: Over summer we got to see and 'hear' the new SSV Redline Sportswagon with Traralgon Holden.