Dear Parents,

Often during the school day children experience little setbacks. We have been trying to help the children become more resilient and understand that sometimes situations aren’t such big problems - they have to decide whether they are “mountains or molehills”, big problems or little ones.

We, as parents can assist our children in developing resilience or we can hinder the development by the way we react.

The following article by Michael Grose gives some excellent ideas to help make the most of situations that may arise.

Make the most of teachable moments to promote resilience

How children cope will be determined by their resilience and the mindsets of the significant adults around them.

Kids live in the NOW. Fun comes before work in their dictionaries. It’s easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

The big learning opportunities are usually hidden as problems.

Most commonly they are: change, loss, rejection, failure, disappointment and conflict.

Perhaps your child has experienced some of these common challenges:

- Been snubbed by a classmate or friend
- Missed being picked for a team even though they tried hard
- Losing a game or a race
- Worried about going to school camp
- Had something stolen from them
- Been taught by a teacher they don’t get on with (not at our school)
- Not getting the mark they were expecting

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

When faced with a TEACHABLE moment ask yourself:

How can I teach my child to cope?

e.g. Encouraging kids to talk about problems is a great coping skill.

What can my child learn about himself for next time?

e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.

What can my child learn to avoid or turn this situation around?

e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That’s why it is such a hard job.

BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about ‘stuff’ and help them to work out how they may cope or manage different situations they meet.

First we need to be on the lookout for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.

Keep smiling and enjoy the week

Cathy Blackford
Principal

Thank you to the parents who have completed the on line Catholic Identity survey. The information gathered from this survey will help us develop our next five year plan so it would be wonderful if as many as possible could complete it. It doesn’t matter what religion you are we are just after your valuable input.

Thursday, 30th May: School Closure Staff PD
Friday, 7th June: School Closure Staff PD
Monday, 10th June: Public Holiday
                 Queen’s Birthday
Monday, 24th June: School Closure Staff PD
Friday, 28th June: School Closure
                 Parent/Teacher Meeting
VALUES PROGRAM

Congratulations to the following children who this week received our school Values awards:

- **Alanna Rossl** for being a responsible learner
- **Abbi Jephcott** for caring for her world
- **Sienna Affleck** for being thoughtful towards others
- **Tyron Bramwell** for being a responsible learner, thoughtful and co-operative

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 6 / Term 2** are:

- Darcy Ruri
- Connie Townsend
- Zali Tripodi
- Eden Smith
- Ryan Jones
- Noah Lancaster
- Srijan Mann
- Liam Ashton
- Connor O'Loughlin
- Thomas Gray
- Brandon Wass
- William Tripodi
- Jimmy Townsend
- Anai Wel
- Molly Grieve
- Maliat Monir
- Robin Chen
- Madi Rohde
- Liam Ashton
- Srijan Mann
- William Tripodi

Reminder to St Michael’s Current Families

We ask all existing families with a child beginning Prep in 2014 to collect an enrolment form from the School Office. Please return it with the Birth, Immunisation and Baptism Certificates to be copied during May. This will help us predict available places in the Prep classes for 2014.

**Prep Expo and Enrolment Night**

**Tuesday, 28th May 2013 at 7.30pm**

(in the school hall)

**Friday, 14th June 2013**

**St Michael’s School Giving Mass 9.30am**

Traditionally our whole school comes together for the Feast of the Sacred Heart of Jesus to reflect on people in our community, whether it be local or overseas, who are less fortunate than ourselves. Again, we are supporting St Vinnies. Over next couple of weeks each classroom will be collecting donations of non-perishable grocery items to present to St Vinnies at the Giving Mass.

Education in Faith News

This Friday, Mass for Grade 1/2A&B has been cancelled due to the closure of St Michael’s Church. The Church has been closed for urgent repairs to the ceiling above the Altar.

**Weekend Mass – Altar Servers**

If there are any students in Grades 3-6 who would like to do altar serving at the weekend Masses at St Michael’s. Please see Fr Mathew at least 15 minutes before Mass.

Be the change you wish to see in the world - Mahatma Gandhi
It would be great if you as parents could work the problem with your child or against your child and then compare your results. Have fun thinking mathematically.

Solution for Mathematical Problem in Newsletter No. 14

Each child must give five presents. There are six children. Thus 30 presents must be bought.

The height of a river is shown on a marker, with the level at which it floods marked as zero. Due to very heavy rain, the river level changed from -3.8m to 2.7m on the marker. By how many metres had the river level changed?

"READ, READ, READ, FOR THE MORE YOU READ, THE MORE YOU KNOW, THE MORE YOU KNOW, THE MORE YOU GROW, SO READ, READ, READ"

Reading is a complex process beginning from the role play reader to the advanced reader with a few stages in between.

So this week we will focus on early readers, who may read slowly and deliberately as they focus on reading exactly what is on the page. They are beginning to realise that it is good to comment on and sometimes question texts they have read or listened to.

HOW I CAN HELP MY CHILD WITH READING?

- Continue to read to your child every day. Vary the types of books read, e.g. short stories, poems or serialise long stories.
- When reading to your child stop sometimes and ask, ‘What do you think might happen next?’
- Occasionally ask some ‘why’ questions about the story, e.g. ‘Why do you think the author put that bit in the story?’
- Talk about books you are reading together. Compare characters with real people.
- Play numberplate games in the car, e.g. ‘silly sentences’-FCF could be ‘Fat Cows Flying’.

"Children are egocentric by nature. Family life means they need to adjust their wants to fit the needs of others" - Michael Grose parentingideas.com.au

From the Community

SUPPAUT

SUPPAUT is a parent-run group that aims to support one another as parents of a child/children with Autism (or asperger’s, PDD or other autism-related conditions). We share our own experiences, problems, joys, successes and support each other with a listening ear and understanding. It is a very informal gathering. All parents/carers/family members are welcome to attend and children/siblings are welcome too. Guest speakers are invited to some meetings. We meet every LAST THURSDAY of the month – except during School/Public Holidays.

2013 meeting dates: 30th May & 27th June – Noah’s Ark, Lunch Room – Chestnut Avenue Morwell
25th July (note: change of venue to Latrobe SDS, Hickox Street Traralgon)
Andy Griffiths is Australia’s most popular children’s writer. He is the author of over 20 books, including nonsense verse, short stories, comic novels and plays. Over the past 15 years Andy’s books have been New York Times bestsellers, won over 50 children’s choice awards, been adapted as a television cartoon series and sold over 3 million copies worldwide.

Andy is best known as the author of the much-loved Just series and The Day My Mum Went Psycho.

**Saturday 15 June 2013**

11 am Writers Master class
1.30 pm - Author Talk

Latrobe Performing Arts Centre Traralgon

For further information or bookings, please call Latrobe Performing Arts Box Office on 5176 3539

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**BLACK & GOLD PARISH SCHOOL’S BALL**

Saturday 20th July 2013

7pm start

Premiere Function Centre

$60.00 per head - 3 course meal

Drinks at bar prices

Entertainment by Supersonic

To reserve your tickets, please contact

Fiona Said 0438748278

Tables of 10 available

Dress Code: Strictly BLACK AND GOLD

Major Prize Raffle to be drawn this night!