Dear Parents,

Throughout the year I have included articles that may help you with the many issues that arise for you as a parent. Understanding and accepting mental health as an important aspect of your child’s growth and development is another of these areas.

Some people may be surprised to hear the term ‘mental health’ being applied to young children. Mental health - like physical health - is something we all have. Like physical health, it can range from good to poor, and can also change over time.

Good mental health helps us form positive relationships with others, handle ups and downs, and generally enjoy life. With good mental health, children can feel confident and be more open to trying and learning new things.

You may be surprised just what areas come under mental health. Mental health doesn’t mean being happy all the time. We all know what it’s like to be sad, angry, afraid, or upset, and everyone will experience a range of these feelings. Sometimes these can lead to difficulties for children to manage. Because children grow and change so quickly, the way they experience mental health, and the support they need from adults, can be quite different depending on their age.

At times people feel uncomfortable speaking about mental health but we have to remember it is just as real as a physical illness. We would think nothing about working with the medical profession if a child had diabetes or another serious disease. Why then, are we so worried about seeking help for mental health issues?

The following article from the KidsMatter site is one of many that can help you understand the many ways you can assist your child in the area of Mental Health.

**Helping children manage feelings**

Did you know children aren’t born with innate skills to regulate their emotions? In fact, they need to learn to manage their emotions, attention and behaviours. During the first few years of life, children learn how to concentrate, share and take turns, which helps them move away from depending on parents or carers to beginning to manage by themselves. This process is called self-regulation.

You will notice when your child begins to self-regulate. They will learn to stop themselves from doing something they really want to do (like eating the whole bowl of cake mixture) and motivate themselves to do something they don’t like (like sharing a toy with a sibling). Children who have learned to self-regulate will show more control over their impulses, be able to sustain their attention for longer periods of time and be better able to deal with day-to-day frustrations such as distractions, noise and conflict.

But this process is not always easy. Like with learning any new skill, children experience ups and downs when they are trying to manage their feelings and behaviours. Parents and carers can play an important part in helping children to self-regulate. You can:

- Provide particular support at times when kids are upset, tired or angry. For example, your children might be less likely to cooperate with their siblings before bedtime.
- Break down complicated tasks into smaller parts so children can practise self-regulation without becoming overwhelmed. Help your child get ready for school or their early childhood service by breaking down the morning’s jobs into more manageable things like breakfast, getting dressed and packing a bag instead of simply talking about “getting ready”, which can be overwhelming for many kids.
- Lead by example and demonstrate appropriate self-regulation. Think about how you negotiate decisions at home, manage conflict or a change of plans, and communicate with your child’s teacher.

With the right assistance we can often remedy a situation. It’s a matter of having the skills to do this. The KidsMatter website is a great resource for schools and families if you have any queries or concerns. Being informed and aware can help prepare you for any instances that may challenge you in the future.

Please feel free to come and talk to our wellbeing lead teacher, Mrs Jenny Hanrahan, your child’s teacher or me if you are worried at all.

Keep smiling,

Cathy Blackford
Principal

**Congratulations and well done to four Grade 5/6 students, Eliza Whitty, Noah Georgeson, Mub Murshed and Meg Stanway who represented our school at the Vicspell Competition at Lowanna College yesterday. We are very proud of their efforts.**
VALUES PROGRAM

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

- Alanna Rossi for being thoughtful towards others
- Brandon Piening for being a responsible learner
- Tara Whelan for being patient and a responsible learner
- Chantal Potter for caring for her world
- Jack Lynch for being thoughtful towards others
- Sarah Rickwood for being co-operative
- Conor O’Loughlin for being a responsible learner
- Anai Wel for being co-operative
- Noah Stanistreet for being a responsible learner
- Brayden Murray for including others

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 Weeks 2&3 / Term 3 are:

Meg Derham  Alanna Rossi  Luca Paolemilio  Julian Dore
Liam Zomer  Daniel Carstein  Arlo VanderVelden  Lucy Trail
Brodie Donchi  Oscar Storm  Declan DiMaria  Anna-Rose Burton
Joel Scholtes  Tony Chen  Reagan McDonald  Tom Hamilton
Matthew Carstein  Leah Wilbraham  Sebastian Poole  Jules Wyntjes
Mark Lucas  Bridie Gleeson  Georgia Hughes  Lincoln Ingravalle
Meg Stanway  Lara Whitham

Education News

Mathematical Problem

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. 22

A rectangular swimming pool has a 140 metre perimeter. What is the area of the pool if it is 50 metres long?
"HELP YOUR CHILD TO LOVE LEARNING"

Ways a Parent Can Help with SPELLING

1. Have your child write spelling words:
   - On paper with pencils, pens, markers or paint
   - With chalk on a sidewalk or patio
   - With dry erase markers on a mirror
   - Type on the computer
   - With his/her fingers in a plate of pudding
   - With fingers in sharing cream on a counter

2. Have your child spell the words out loud while you are in the car or in line at a store

3. Spell words using blocks, Scrabble tiles, or flash cards.
   (Make your own with index cards – one card for each letter. Consider using different colored cards for vowels.)

4. If the list of words to learn is long, have your child choose 4-5 to focus on at a time.

5. Have your child write the words in alphabetical order or in order from shortest to longest.

6. Play “Hangman” with your child using the spelling words.
   Make crossword puzzles and word searches with the spelling words for your child to solve.

7. Keep a dictionary in your home and help your child look up unfamiliar words

Encourage your child to read! Good readers are often good spellers.

St Michael’s Church will be closed for maintenance from Monday, 5th to Friday, 9th August 2013. There will be Liturgy of the Word in the Mackillop Room. Please see parish bulletin for times or contact the Parish Office on 5174 2060.

Education in Faith News

St Michael’s Parish – Piety Stall
Due to maintenance being carried out on the Church this week, the Piety Stall will only be open, after both the Confirmation Workshops on Wednesday. Next week it will be open Monday, Wednesday and Friday from 1.00pm-3.00pm and after each weekend Mass.

Dates to Remember

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<th>AUGUST</th>
<th>SEPTEMBER</th>
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<tr>
<td>7th Wed</td>
<td>2nd Mon</td>
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<tr>
<td>Confirmation Parent/Child Workshop</td>
<td>Concert Dress Rehearsal at School</td>
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<td>8th Thurs</td>
<td>4th Wed</td>
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<td>School Incursion ‘Out of the Bag’</td>
<td>Eucharist – Parent Meeting</td>
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<td>9th Fri</td>
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<td>Hoop-time Basketball</td>
<td>Dad’s Night – School Hall</td>
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<td>10th/11th</td>
<td>5th Thurs</td>
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<td>Confirmation – Presentation of Pins</td>
<td>Division Summer Sports</td>
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<td>13th Tues</td>
<td>6th Fri</td>
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<td>Incursion – Footsteps Dance</td>
<td>Walk-a-thon</td>
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<td>14th Wed</td>
<td>10th Tues</td>
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<td>Gr Prep – Puppet show</td>
<td>Division Athletics</td>
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<td>15th Thurs</td>
<td>11th Wed</td>
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<td>Parents &amp; Friends Meeting</td>
<td>Rehearsal – School Concert (Morwell)</td>
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<td>15th Thurs</td>
<td>12th Thurs</td>
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<td>Feast of the Assumption – Mass 12.00</td>
<td>Parents &amp; Friends Meeting</td>
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<td>17th/18th</td>
<td>16th Mon</td>
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<td>Sacrament of Confirmation</td>
<td>Footy Day</td>
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<td>Book Week</td>
<td>Lunch Order Day</td>
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<td>23rd Fri</td>
<td>18th Wed</td>
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<td>Eucharist – Parent/Child Workshop</td>
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<td>23rd Fri</td>
<td>19th Thurs</td>
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<td>Book Week – Dress Up Day</td>
<td>School Concert – Kernot Hall</td>
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<td>27th Tues</td>
<td>20th Fri</td>
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<td>Father’s Day Stall – Gr 5</td>
<td>Term 3 Finishes</td>
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<td>28th Wed</td>
<td>3rd Fri</td>
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<td>Grade 5 – Camp</td>
<td>Father’s Day Stall for rest of the school</td>
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<td>30th Fri</td>
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<td>Grade 5 – return from Camp</td>
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OCTOBER

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<tr>
<td>7th Mon</td>
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<td>Term 4 commences</td>
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Help St Michael’s to Win! We encourage everyone in our school community to register for St Michael’s chance to win 1 of 3 $5,000 school grants. If we are the school with the highest number of registrations we will win a massive pallet of stationery products worth $2,700. Please remember the more registrations we get the more chances we will have to WIN one of the grants. Maximum one vote per person. To enter, visit books4schools.com.au
“SLEEPING ROUGH” 15th August 2013

A parent from our School, Mark Potter (father of Caeley Gr 3 and Chantal Gr 1) is participating in the “Sleeping Rough” for Gippsland Lifeline on Thursday, 15th August. Lifeline provide mental health services across Gippsland including a crisis line.

If you would like to support this worthy cause there is a tin at the school office, all donations will be greatly appreciated. We only have the tin for collection until next Tuesday.

Several past and current students from our school are performing in Class Act Productions Inc. production of “Beauty and the Beast”. Shows are: Fri 16th, Sat 17th and Sunday 18th August 2013. At Lowanna College Auditorium, Newark Avenue, Newborough. Tickets: 0412 478 975 or 0412 871 696. classactproductions.com.au

ST MICHAELS NETBALL CLUB BREAK UP

The committee will be putting on a break up for all the St Michaels netball players, coaches, sponsors and umpires to thank them for all their hard work, and to celebrate a great season. There will be presentations and raffles held on the day.

So come along and enjoy!! Wednesday 21st August, 2013 Time: 3.30 – 4.30pm

Venue: St Michaels Hall, Food and drinks will be supplied

We will also be holding our final committee meeting on: Tuesday 6th August in the staff room at 7.00pm. All Welcome,

Yours in Netball, Michelle Cameron, President

2014 Intention to Return: Please indicate your intention to return to St Michael’s School in 2014 on the form below. We ask all families to complete this and return it to the office by Monday, 19th August 2013. An accurate prediction of numbers is a vital part in developing grade and staffing plans for 2014. We acknowledge that factors can contribute to changes later in the year, however returning this slip will aid in making class predications.

INTENTION TO RETURN to St Michael’s School in 2014

Family name: __________________________________________

Student names: ________________________________________

_____________________________________________

_____________________________________________

_____________________________________________

- intend to return to St Michael’s School next year [ ]
- will not be returning to St Michael’s School next year [ ]

Signature: __________________________________________ Date: ___________________________