



St Benedict's Primary School

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NEWSLETTER 28

13th September 2017

Praise the Lord

PRINCIPAL'S COLUMN

Dear Parents and Carers,

This morning we celebrated the life of Connie Johnson, parent of Willoughby in Year 5, with a beautiful whole school liturgy. The children were extremely reverent and their singing helped to add to the sacredness of the occasion. Thank you those parents and extended family who joined us for the liturgy. I know you will join with me in continuing to pray for Willoughby, Hamilton, Mike and the family. We pray that they have the gifts of strength and courage at this sad time.



St Benedict's Trivia Night

Don't forget the St Benedict's trivia night is on this Saturday night, 16th September at 7pm. It is not too late to put in a table and come along and enjoy a great social occasion. Forms are available at the Front Office. I hope to see many of you there.

Whole School Performance – St Benedict's 'Fractured Fairytales'

Next Wednesday evening our whole school is performing *St Benedict's Fractured Fairytales*. We are expecting every student to participate and are requesting all children be at school at 6pm for a 6:30pm start. The students are looking forward to performing for their families and putting on an entertaining show.

BYOD 2017

On **Tuesday 19th September** we will hold a **BYOD 2018** Meeting for all Year 4 and 5 parents whose children will be in Years 5/6 next year. All students in Years 5/6 participate in the BYOD Program. The evening will be aimed primarily at the current Year 4 parents as they prepare a device for their child in Years 5/6. Notes were sent home last Friday regarding this meeting.

Outdoor Education Day

On **Friday 22nd September** the whole school will be participating in an Outdoor Education Day. All students on this day will participate in lessons based around the outdoors. For this fun filled day it has been decided that the students may wear their favorite sporting team colours.

Keep Calm and Carry On

Sometimes school can seem overwhelming. Your child might come home anxious after a disappointing test result, a schoolyard squabble or even a lost library book.

Nurturing personal and academic growth...

...a journey from Kindergarten to Year 6.

Here are some techniques you can do with them to help calm them down:

Discuss the problem

If your child walks in the front door upset, the first thing to do is find out what has happened to upset them. Sit down with them and keep eye contact. Let them talk and try not to interrupt. If your child is upset, even if it is about something that seems trivial to you, let them know that you care that they are upset. Name the feeling they are expressing. For example, 'I can see that you are feeling disappointed that you were not picked in the team'.

Breathing techniques

Now your child has shared with you the reason behind their anxiety, help them to calm down. This breathing method will replenish their oxygen. Ask them take a deep slow breath and hold it while you count to five. Then ask them to exhale slowly through their mouth. Repeat this five times.

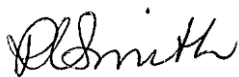
Possible solutions

Once your child is feeling calm, it is time to work out ways to deal with the issue. Encourage them to think of solutions for themselves, and suggest some of your own. If they are upset about a test result, talk about how tests just let you know how well you are going at one point in time and discuss ways your child could improve in that area. If your child has had an argument with a classmate, discuss ways to resolve conflict and perhaps suggest other friends they could socialise with.

Most importantly explain to your child that you understand why they are upset, and that you are there to help them get through this tough time. If your child needs extra support at school to get through the issue, contact your child's teacher to work out a possible solution.

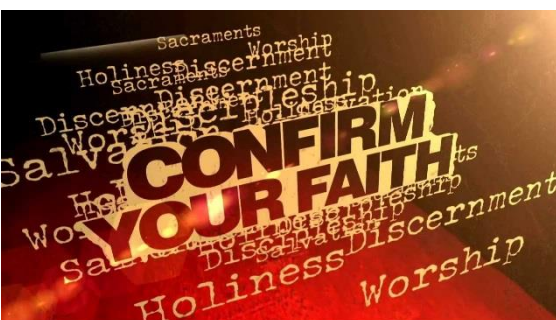
If your child has experienced a significant traumatic event, there are many services out there to support. You can contact [headspace](https://www.headspace.org.au) (call 1800 650 890) or [Kids Helpline](https://www.kidshelpline.com.au) (call 1800 551 800). Each service provides private and confidential telephone and online counselling services to young people and their families.

God bless.



Rachel Smith
Principal (Acting)

CATHOLIC COMMUNITY LIFE



Meaghan Younger
Religious Education Coordinator

What a beautiful celebration last Sunday!
Thank you to all Staff who helped to make the day so special. Congratulations to the students on your prayerful participation in a beautiful Mass.



P&F News

Save the Dates

Saturday 16th September – Trivia Night (for adults only)

Friday 13th October – Disco (students)



School News

In Religion this term, Year 3 have been learning about Superheroes. What do Superheroes have to do with Religion you ask? Well for starters Superheroes share many of the same qualities as Jesus. Year 3 have identified that Superheroes are people who help others and are:

brave	powerful	friendly	graceful	helpful
grateful	share	loving	self-controlled	meaningful
nice	joyous	kind	selfless	humble
gentle	faithful	patient	kindness	thoughtful
	generous	kind hearted	peaceful	



We have been learning an awesome song called Jesus is my Superhero and stories about heroes from the Bible. Year 3 have also been learning about some local heroes and what they do in our parish at St Benedict's. Our first guest was Tony Liston, who shared with us his knowledge of Aboriginal spirituality and treated us to a performance on his didgeridoo. Our second guest was Father Mat, who shared his own faith journey with us. Father Mat talked to us about how he helps people in our Parish and that he draws his strength to help people from prayer. Our third guest was Chiara, who is a Youth Minister at St Benedict's. She shared with us how much she loves Jesus and sharing that love with others.

The Year 3 students asked our guests some excellent questions about their roles and their contribution to our community. Each guest was very surprised when at the end of their visit we told them that we had invited them into our class because we thought they were Superheroes. After the visits, the students reflected on what the guests had told them and identified which fruits of the Holy Spirit were evident in their lives. We are blessed to have so many wonderful role models. Watch this space as we progress further on our journey towards learning to be a hero for others.

Year 3 Teacher

Melanie Stratford

Dates to Remember

- ✓ 16th September – Trivia Night (Adults only)
- ✓ 18th September – Mothers' Prayer Group
- ✓ 19th September – BYOD Info Night – Yrs4 & 5
- ✓ 20th September – Whole School Performance, Student 6pm, 6.30pm start
- ✓ 22nd September – Out Door Day – Uniform Free
- ✓ 22nd September – Last day of term
- ✓ 9th October – First day of term four

School Fee Reminders!

School fee reminder are going out today. If you have paid your fees in the last week, please disregard the reminder notice, otherwise please pay by Wednesday 4th October.

Merit Certificate Recipients

Kinder	Mia F and Austin M
1/2 Blue	Finn W and Zella K
1/2 Gold	Marissa M and James N
3/4 Blue	Sarah D, Emerson C and Lucas M
3/4 Gold	Maxima S, Arabella S and Arthur S
5/6 Blue	Breahna DB and Caitlin F
5/6 Gold	Lewis A and Shanae R

Happy Birthday to the children at St Benedict's who celebrate their special day this week: Namatjira J, Claudia K and Zara S.



Weekly Notes

The following notes have gone home this week and are currently on the website.

- School Flyers
- Fractured Fairytales – Yr 5/6 - costumes
- BYOD 2018 Parent Information Yr 5/6
- Letter about Connie Johnson
- Outdoor Discovery Play Area
- Naplan Online Yr 4 & 6
- Matthew Garton appointment as Principal St John The Apostle Florey
- Canteen Amber Day – Friday 22nd September



Canteen

Hello Parents, Friends and Carers.

Last day of term is fast approaching (22nd September) and this term the Tuckshop is offering Chicken Burgers and a bottle of Canberra Raider's Choc Mint Milk, there is an order form at the back of the newsletter. If you have any time to help out at all, I would greatly appreciate your time and assistance ensuring the children receive their lunches. The Children love it when their parent or carer assists in the canteen. It is really special.

A new summer menu will be up and running for week one of term four. Refinements on the original summer menu have been made with some really lovely additions.

If you would like to help in the Tuckshop at any stage, please pop into the Tuckshop on either a Thursday or Friday, or e-mail me cara.cook@cg.catholic.edu.au to discuss further.

Yours in tongs.

Cara Cook, Canteen Manager

Clothing Pool

The Clothing Pool will be open on Fridays between 2.55pm to 3.15pm. Most items are between \$4.00 and \$10.00.



Woolworths Earn & Learn

St Benedict's is once again participating in the Woolworths Earn & Learn. This program is running from the 26th July to 19th September. You are able to collect a Sticker Sheets from the front office or download one from woolworths.com.au/earnandlearn. The stickers can then be placed in the Earn & Learn box in the front foyer area.

Mothers' Prayers Group

On the last Monday of Term, 18th September at 9.30am. The Mothers' Prayers group will be meeting in the school Library for their weekly prayer session and all are welcome. At 11.00am they will then be putting on a morning tea for all.

COMMUNITY NOTICES

Parish News

Parish Office Hours: Tuesday to Thursday 9.00am to 3.00pm

Website: www.cg.org.au/narrabundah

Weekend Mass Times

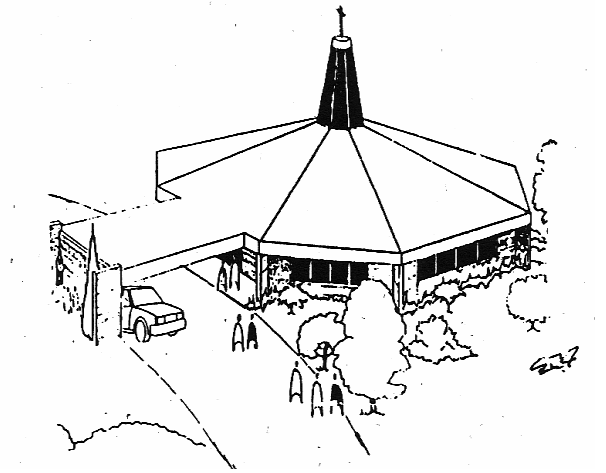
Saturday 6.00pm

Sunday 9.00am

Youth Mass 7.00pm

Charismatic Mass 7.00pm (last Sunday of the Month)

Baptisms: 11.00am, 2nd and 4th Sundays of the Month



Canteen

Amber Day

The Amber Day is fast approaching and will be on

Friday 22nd September



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Lunch

Chicken Burger with Lettuce,
Cheese and Mayonnaise



Wash it down with a

CANBERRA RAIDERS CHOC MINT MILK

\$7.00

(There will be no other lunch orders on the day)

Recess

Over counter sales as normal

All orders must be in by Monday 18th September to ensure there is enough to go around with no one missing out.



Don't forget to put your **Name:** _____

and **Class:** _____

on your lunch order bag.