



St Benedict's Primary School

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NEWSLETTER 36

15th November 2017

Praise the Lord

PRINCIPAL'S COLUMN

Dear Parents and Carers,

We are at that time of year when we start to get tired and can see Christmas and the end of the year approaching. For some of us this can create a sense of distress as we think about all we have to do in the time left or the changes that will occur as the year ends. This is no different with children. Sometimes as children come to the end of the school year, whether they realise it or not, they start to feel anxious or concerned about the uncertainty of what lies ahead. Whether it is starting school for the first time, moving up to a higher grade or embarking on a journey through secondary school, there is no doubt that any school transition is a very exciting time for children and parents. It means your children are growing up!

However, transitioning is an ongoing process. It can continue long after students have entered their new environment and may encounter difficulties at a number of different stages. These stressors may appear as anxiety and frustration and result in negative or disruptive behaviours. Such behaviours can become problematic making the transitioning process even more difficult for children and parents. At this time open communication between parent and child can become challenging with most questions at the end of the day being met with single word answers. Here are some questions you can ask to get the conversation flowing:

- Tell me the funniest thing that happened to you today.
- What did you do today that made you proud?
- What games did you play with your friends?
- What did you learn about that you found interesting?
- What was the best part about today?
- What happened today that you wish you could have changed?
- What did you learn today that you did not know before?
- What was the most boring thing that happened today?
- Why are you looking forward to going to school tomorrow?

SchoolTV - School Transitions

In this edition of SchoolTV, parents will learn practical strategies to assist your child during the transition process and reduce stress and anxiety levels. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the school counsellor for further information. Here is the link to this month's edition <http://stbenedicts.act.schooltv.me/newsletter/school-transitions>

Nurturing personal and academic growth...

...a journey from Kindergarten to Year 6.

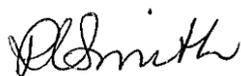
Student Website

It is always so exciting when students show initiative and take their learning to that next level. This week I was lucky enough to have two senior students share a website they had built to showcase the games they have created using code they learnt through Code Club. Julia and Alex have created a website using Google sites which they have named 'Moose Gaming'. They created this forum to allow the students from Code Club a site to share their games through, with the intention of sharing it with other students when it is complete. Congratulations to Julia and Alex for all their hard work and thank you to Mrs Melanie Stratford for igniting a passion for coding in these students. Thank you also to those teachers involved in the BYOD (Bring Your Own Device) program, Ms Meaghan Younger, Mrs Amanda Basedow, Miss Sophie Hall and Mrs Melanie Stratford as your hard work with implementing this program is helping to motivate and empower our students to become responsible digital citizens and self-directed learners.

School Board

The School Board have a new email address through which they can be contacted directly. The new address is; StBenedictsBoard@gmail.com.

God Bless.



Rachel Smith
Principal (Acting)

CATHOLIC COMMUNITY LIFE

Remembrance Day



Thank you to 1/2 Gold and Ms Walsh for their prayerful liturgy last Friday. It was wonderful to take time to pray for all those who have served and died in war. May we continue to pray for peace in our time.



Giving Mass

Our First Friday Mass for December is traditionally our Giving Mass. This Mass is offered in prayer for all those in need in our local community. We also donate items for Christmas hampers that will, through our local St Vincent de Paul chapter, be given to people in our community for whom treats at Christmas will be an unachievable cost. We would like to make the following suggestions of items for the hampers:

tinned ham

Christmas crackers

dried fruits

chocolate biscuits

popcorn

tinned pineapple

chocolates

Christmas pudding

cordial

chips

Christmas shortbread

Bottles of softdrink

Christmas cake

gingerbread

lollies

This is by no means an exhaustive list but may help with some ideas of what we are looking for to make Christmas special for people in our local community who have less than we do. It makes it particularly meaningful if children are allowed to be a part of the decision making and purchasing of these items. Please send in all donations to your child's classroom where boxes are ready and waiting to receive your generous gifts. Please do not send donations to the Front Office as there is no space there for these. All Christmas hamper items will be presented to St Vincent de Paul at our Giving Mass on Friday 1st December. Thank you in advance for your generosity.



Thanksgiving Morning Tea

Excursion supervision, in-class literacy and numeracy helpers, swimming, athletics and cross country carnivals... the list of things that could not be done without parent (and grandparent / aunty / uncle / carers) support is endless. Our annual Thanksgiving morning tea will be after the Giving Mass on Friday 1st December. All families are invited to enjoy morning tea provided by the

staff as our small way of saying thank you for your ongoing support and help throughout the year. St Benedict's is the wonderful community that it is because of the way in which people all pitch in and help out and enjoy being together, working for the good of all our children.

Advent Liturgy

Mrs Tomadini and Kindergarten are very busy preparing for our whole school Advent Liturgy on Friday 8th December. This liturgy will begin at 10:30am and be held in the School Hall. All of Junior Primary are helping to lead this seasonal liturgy. Families are most welcome to join us in the Hall for our Advent Liturgy.

Meaghan Younger

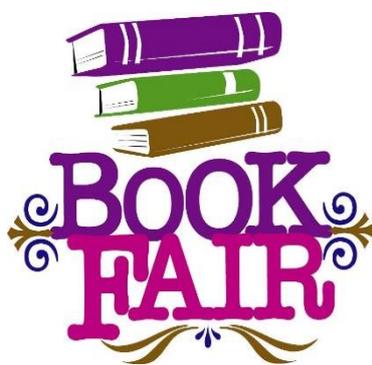
Religious Education Coordinator

School News

2017 Book Fair

St Benedict's Book Fair is today and tomorrow in the library. It will be open for purchasing both afternoons from 3.30pm-5.30pm and Thursday morning before school from 8.00am - 9.00am. The Thursday morning will be for PARENTS ONLY. The children will have an opportunity to view the books and complete a 'wishlist'.

This is an important fundraiser for the library and an opportunity to purchase Christmas presents.



Thanks for your support

Sue Anderson
Teacher Librarian

Weekly Notes

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

- Mountain View – Yr 5/6 – Due by Monday 27th November
- Yr6 Gift
- School Fee Reminders – Fees due by Wednesday 29th November.
- Tuckday – Lunch Order Form – Due by Wednesday 22nd November.



Merit Certificate Recipients

Congratulations to those students at last weeks' assembly who were recipients of Merit Awards:

Kinder: Huxley N, Claire L and Vivienne K

1 / 2 Blue: Ria C, William C and Ruby S

1 / 2 Gold: Henry P and Emily D

3 / 4 Blue: Michael T, Troy J, Matthew S and Emily S

3 / 4 Gold: Claudia C and Lailani A

5 / 6 Blue: Josephine S, Giselle M and Mason T

5 / 6 Gold: Matthew S, Sophia M, April A and Shanae R

Happy Birthday to the children at St Benedict's who celebrate their special day this week: Charlotte G, Huxley N, Ari B, Xavier A, Grace L and George P.



Canteen

Hello Parents, Friends and Carers,

The Tuckday Lunch orders have been sent home today and are due back by next Wednesday 22nd November. All orders received after this date cannot be guaranteed Nachos and instead they will receive what is available in the canteen.

Meanwhile, in the tuckshop, there is vacancy to assist each Thursday from Recess to Lunch. If you have a little spare time in the middle of the day and are keen to be involved, please pop on in, I would love to have a chat. Don't be concerned if your experience in the kitchen is limited, we can learn from each other.

Items needed: If you have any plastic or glass storage containers that are clogging up your kitchen. Please feel free to donation them to the Canteen – all items will be greatly appreciated.

Please pop into the Canteen on either a Thursday or Friday, or e-mail me to discuss further.

Yours in tongs.

Cara Cook, Canteen Manager



Dates to Remember

- ✓ 16th November – Book Fair 8.00am to 9.00am and 3.30pm to 5.30pm – Library
- ✓ 21st November – Parents & Friends Meeting, 6.30pm – all welcome
- ✓ 22nd November – Kindergarten Orientation 2, 9.00am – 11.00am.
- ✓ 24th November – Beach to Bush Program
- ✓ 24th November – Tuckday – Nacho Friyay!!!
- ✓ 1st December – Giving Mass 10.00am – all welcome
- ✓ 5th December – School Board 6.00pm
- ✓ 8th December – Ways of Being Assembly, 2.30pm – all welcome
- ✓ 8th December – Semester 2 Reports
- ✓ 12th December – End of Year/Graduation Mass 10.00am
- ✓ 12th December – Yr 6 Revue, 12.00pm
- ✓ 12th December – Yr 6 Graduation Dinner 6.00pm
- ✓ 13th – 14th December – Yr 4 Camp to Sydney
- ✓ 15th December – Christmas Concert, 12.00pm
- ✓ 15th December – Last day of Term 4

Clothing Pool

Is available each Friday between 2.55pm to 3.15pm by appointment. Please let Belinda at the front office know what you are after. Most items are between \$4.00 and \$10.00.



Lost Property

The lost property box is now overflowing. Over the next two weeks the box will be checked. All labeled items will be returned to students while unlabeled items be washed and given to the clothing pool.



Parish News

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

Website: www.cg.org.au/narrabundah

Weekend Mass Times

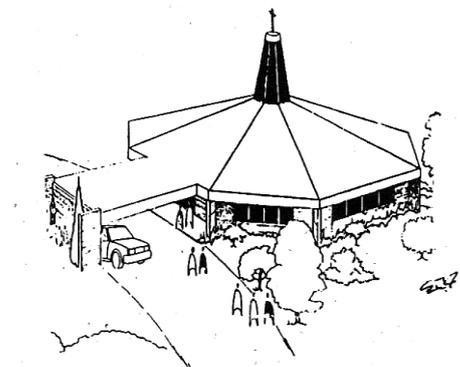
Saturday 6.00pm

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



COMMUNITY NOTICES



Catholic Care
Canberra & Goulburn



The Journey THROUGH ADOLESCENCE

The Program is called The Resourceful Adolescent Program for Parents (RAP – P). This program is suitable for parents and carers of children attending primary school years 5 & 6 and secondary school students attending years 7–12.

RAP – P will help you:

- Help your teenager to develop a healthy self-esteem
- Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with you teenager
- Promote harmony in your familygale

The course is offered 3 hours per week over a 3 week period.

DATES: Mondays 27th Nov, 4th Dec & 11th Dec 2017

TIME: 6pm—9pm

VENUE: 57 Hicks Street, Red Hill

FEE: \$80 (Concessions available)

Fee includes light supper & course materials

Bookings Essential
Contact

1800 068 698

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INCLUDING
SCHOOLWEAR

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INSTORE & ONLINE - THURSDAY 16TH NOVEMBER

* Excludes gift cards & all suit packages. Cannot be combined with other offers or discounts. Floor stock only.
Styles and colours may vary from store to store.

No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.
Offer ends midnight (AEST) 16/11/17. Must use Zero or Rewards card to receive discount.