Dear Parents and Carers

Parent Teacher Interviews—These very important meetings between school and home commence on Monday 16 May and run until Friday 20 May. A letter will be sent home shortly which explains our booking system for interviews. For the last couple of years, we have used an online booking system and this has been well received. I believe the month of May is a good time to talk about student strengths and areas to be developed, than later in the term as we used to have.

Reading Information Evening—We would like to invite you to attend our Reading Programme Information Night. This session is designed to explain and discuss the research and adaptation of the Reading Programme at St Jude’s. The information night will be held on Wednesday 4 May, 7 to 8pm. Please return the slip indicating your interest. One of our goals is to ignite a passion for reading. We are keen to create opportunities for students to have high reading achievement goals. These will be set in class, with guidance from the teacher. Every student in the school will have reading goals and these are an integral part of the project, aiming to increase reading participation from the older students, as well as fostering reading in the younger students. This session will describe how these goals will be set and applied, and how parents can support their students whilst reading.

Winter Uniforms—The children have the first two weeks of next term to wear either summer or winter uniform. The weather can be warm or cold at this time of year so please feel free to dress your children accordingly. From Monday 9 May, all children are expected to be in the correct winter uniform.

Enrolments—The enrolment period for Preschool to Year 6 is almost here, so if you know of anyone who is interested in sending their child to St Jude’s next year (in any grade from P-6) then encourage them to come along to our Open Day on Wednesday 4 May, from 9.00 to 11.00am and 4.30 to 6.00pm. The ELC Open Day is also on Wednesday 4 May from 9.30 to 11.30am and 4.00 to 6.00pm. Tours of the primary school will be hosted by our Year 6 students, and staff and parents will be present for visitors to talk to. Enrolment packs will be available which include an enrolment application. Enrolment forms are available from the front office at any time or you may download a copy from: www.ceocg.catholic.edu.au and follow the links, if you are unable to attend the Open Day. All enrolment applications should be returned to the front office by Friday 20 May.

Changed Living Arrangements—Parents are reminded that any court orders or changes to these should be provided to the school. We need to be informed of the care arrangements to ensure the children, especially the younger ones, are picked up by the ‘correct’ parent/carer on any given day. This also applies to parents who may have separated or are in the process of divorcing and there may not yet be any court orders in relation to the care arrangements for the children. Please inform the school in writing of any arrangements.

Mr Galvin—Mr Galvin’s operation went well. He is now home and becoming more mobile. We wish Mr Galvin a speedy recovery.

I hope all our students and families can take the time to have a well earned rest this holidays. We are back at school on Tuesday 26 April.

Wishing you well

Dan Fulton
Acting Principal
St Jude’s Primary School Newsletter

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Catholic Schools 2016 Enrolment Period

Open Days—St Jude’s Primary School and the ELC will hold our open day on Wednesday 4 May. The primary school open day hours are from 9.00 to 11.00am and 4.30 to 6.00pm and the ELC open day hours are from 9.30 to 11.30am and 4.00 to 6.00pm. Visitors are welcome to come and have a look around our primary and/or preschool at any time during the day. Enrolment Packs will be available from the beginning of term 2. If you have a younger child who is commencing school in 2017, please collect an information pack from the Front Office. If you have friends whom you know are interested in enrolling at St Jude’s, please let them know about the enrolment period and open days and inform them that packs are available from the school. Your help in spreading the word is greatly appreciated.

For All Catholic Schools—The 2016 Catholic Schools Enrolment Period is in Term 2 from Monday 2 May through to Friday 20 May 2016, that is week 2 through to week 4. If you know of anyone outside of our school community who has a child at a Preschool or Early Learning Centre, please notify them of the opportunity to enrol at St Jude’s during the above period.

Community Council Meeting—Our next Community Council Meeting will be on Thursday 12 May 2016 at 7.30pm. Meetings are held in the Library and all are welcome to attend.

Staff Professional Development—Staff at St Jude’s are constantly updating their skills. Last Saturday, a number of St Jude’s staff members attended a workshop run by Sydney Story Factory. Richard Short from the Sydney Story Factory shared with teachers strategies to guide students through gathering and generating ideas for a piece of writing through to the planning, testing and selection required to complete a coherent piece of work. Sydney Story Factory combines the fun and excitement of divergent thinking with the more reasoned and critical convergent thinking to support and develop student writing.

Difficulties receiving emails? Some parents are reporting that they have been unable to receive emails from the school. Please see the school website under Parents, then Hotmail Issue for more information.

ELC News

The Wombats were inspired by the story ‘Dinosaur Starts School’ this week. It taught them about mixing colours and painting with yellow and red. They joined with the Joeys to look at art by John Olsen, then collected sticks to make giant paint brushes and together created some wonderful art. The Echidnas learned some new songs with Ms Shanahan. They have been talking about feelings and focusing on kind actions. They had a great time visiting their buddies in 5/6SC today. All the children also explored the local parks this week.

ELC Parents Meeting—Thanks to those parents who came to our ELC Parents Meeting this week. We have a great Mother’s Day Raffle organised for next term. Watch this space.

Learning Journeys—If you haven’t already done so, feel free to spend some time at the ELC at drop off tomorrow to look through your child’s portfolio and to see their work displayed in the classroom.


Happy Birthday Ben W and Toby S

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Michelle Parkes
Director

Working Bee
Sunday 1 May
(Week 1)
10am – 12noon
Followed by a BBQ
at the primary school
RE News

Confirmation 2016—If you haven’t already done so, can you please complete the registration form on the parish website. http://stjjwestoncreek.blogspot.com.au

If your child was not baptised at either St Jude’s or St John Vianney’s Church, a copy of their Baptismal Certificate also needs to be forwarded to Cathy at the Parish office before 3 May.

Please put in to your diaries the important events listed below to help prepare you and your child for the sacrament.

Project Compassion—Congratulations to St Jude’s! Over the season of Lent the school has raised around $650 for those who need our help. Well done to all of you who put as little or as much as you could.

Families in need—At the moment we have a few school families in need. If you are a keen cook donations of casseroles or soups would be greatly appreciated. We have a community freezer at school and we use this freezer to hold meals for families. Alternatively, if you would like to make a cash donation, it can be left at the front office for the attention of Susan Chant. We will use this money to buy Woolworths or Coles vouchers.

God bless

Susan Chant
Religious Education Coordinator

Dates to remember:

- Monday 25 April—ANZAC Day
- Tuesday 26 April—ANZAC Day liturgy 9am in the hall
- Thursday 28 April—KC and 4M Mass
- Thursday 5 May—Whole School Mass (the Ascension)
- Tuesday 3 May—Confirmation Information Night SJV hall 7-8pm
- The weekend of 7-8 May—Confirmation commitment Mass. 6pm Saturday St Jude’s and 9am Sunday SJV
- Tuesday 24 May—Confirmation Adult Formation Evening SJV hall 7-8pm
- Tuesday 31 May—Confirmation Family Formation Evening SJV hall 7-8pm
- Friday 17 June—Confirmation Retreat Day
- Wednesday 29 June or Thursday 30 June—Sacrament of Confirmation

Sports News

Rugby Union—Are you interested in attending a rugby union camp in the school holidays? Please see the flyer on our website ‘Rugby Union Camp April 2016’ for all the details.

Cross Country Carnival—What an amazing day we had last Friday! Thank you to all of our amazing parents who helped out with the timekeeping, marshalling, on the track supervision, teacher assistance, and feeding so many of us. A special thank you to Sean Debeham for helping Mr O’Brien mark out the course and coordinating where to best place our parents on the track. Our carnival wouldn’t have run as smoothly without your assistance. Thank you also to all of our amazing teachers. You ensured that the children were all participating and you were on time for the races, so thank you, thank you, thank you!

We are blessed at St Jude’s to have such enthusiastic children. The team spirit that was on display today was remarkable. It was a joy to watch the children cheering each other on and giving one another a pat on the back. Well done to Streeton House who were our winners this year with a score of 238 points. In second place we had Mulley House with a score of 192 points. Next we had Dixon House with a score of 190 points and Hindmarsh with a score of 154 points.

We have a team of around 50 children attending the South Weston Cross Country carnival at Stromlo Running Track on Tuesday, 3 May. Congratulations to these runners – we know you will do well. All permission forms and money should be returned to the front office by Friday 29 April! If you are unsure of whether your child is participating in the carnival, check the notice board outside the staffroom. All children must make their own way to and from the track.

Soccer—What an amazing day we had on Sunday. Congratulations to all of our soccer players from Years 3-6. I was so impressed with the level of skill displayed by our St Jude’s teams. You were all participating with great enthusiasm and it was a joy to watch.

Another HUGE thank you must go to the following parents who gave up their time to ensure that the day was a success; Greg Lye, Nicole Gibson, Tracey Henry, Kylee Rainey, Kim Hekimian, Mijo Gavran, Sarah and James Kirkcaldie, Paul Bassett, Natalie Gallagher, Andrew Brettargh and to all of the parents who supported our teams on the day.

ACT Swimming—Congratulations to Jessica V and Isaac B who were selected to represent South Weston at the ACT Swimming carnival.

Irish Dancing—Congratulations to Anna M. She came 2nd and 3rd in her two dances while performing in an Irish Dancing competition last weekend. Congratulations to Charlie E who competed and placed 1st, 2nd and 4th in Irish Dancing on the weekend in Dickson.

Gymnastics—Congratulations goes to Rebecca R. She is competing on both Saturday and Sunday on the first weekend of the holidays for the National level 7-10 gymnastics state titles. She is the youngest level 7 in the state and given that there are only 10 levels before the international levels it’s a pretty mean feat. The top 8 with qualifying scores will then travel to Melbourne in May to represent the ACT at Nationals. We wish Rebecca all the best.

Have a wonderful holiday.

Tim O’Brien
Sports Coordinator
Library News

We have commenced our Chief Minister’s Reading Challenge with all classes in the school! Students in years 3 to 6 have their own recording sheets and may select books from home or school or Library (any) – there is no recommended reading list this year so choice is even wider for everyone. However, I have encouraged all children to read widely. Reading quota has also been raised to 15 books (previously 12) but this should not be difficult to achieve. Children in years K to 2 have sticker charts, kept in the Library, for recording their reading. Holiday time is a great opportunity to read and record a few books! Enjoy!

An information note has been given to the eldest child in each family re “Happenings in the Library” next term. This information is also available on our website.

Happy reading!

Verna Comley
Librarian

Mulleygrub Café

Ma s t e r C h e f — Friday

The Vink Family are cooking Mini Donuts!

Ingredients are: flour, sugar, milk, butter, salt, cinnamon.

THANK YOU!!!—I'd like to say a HUGE thank you to all the wonderful helpers that have graced me with their presence over this first term. I hope you have left feeling happy after spending time in the canteen especially on Freaky Fridays with our fun antics and conversations. Your help has been priceless. The parents/grandparents that have just popped in have had the best timing! I couldn't have done it without you all.

MENU—Term 2 will have slight changes with the cold weather approaching. Please keep an eye out on the website for the new menu. If anyone has a suggestion on what could be put on the menu let me know. I'm open to new ideas from parents, teachers and students.

CAFÉNTEEN HELPERS—Ulrika Hedborg is helping in the Canteen today and Chris Merner is helping on Friday. Thank you for your support.

VOLUNTEERS NEEDED!—Please, if you could spare any time at all, particularly Thursdays and Fridays, it would be greatly appreciated. The crucial time is from 9am to 11am. Children are welcome. Why not give it a go! Come for a complimentary coffee and a chance to meet new people.

Kim Hekimian
Canteen Manager

Mulleyduds—Uniform Shop

Don’t forget to check the wardrobe to ensure you have all Winter Uniform!

Mulleyduds is OPEN from 3.00-3.30pm on the following days in Term 2:

- Friday 29 April (Week 1)
- Friday 6 May (Week 2)
- Friday 20 May (Week 4)
- Friday 3 June (Week 6)
- Friday 17 June (Week 8)

We all wish Susana Lloyd a speedy recovery. Susana, you and your family are in our thoughts and prayers. We are looking forward to having you back within our school community very soon.

Thank you to all the ladies who are helping run the Uniform Shop in Susana’s absence.

Wishing you a happy, restful holiday.

uniformstjudesps@gmail.com
Sunday 1 May from 10am - 12pm

Please bring along:
- rakes, shovels, crow bars, gardening tools
- yard brooms
- wheelbarrows and trailers
- pruning equipment
- lawn mowers and trimmers

ELC parents will work at the preschool and primary parents will work at the ‘old’ school.
Enjoy a sausage sizzle and cool drink when finished.
Children welcome!

Josh H in the Sundays CT Relax magazine.
Josh was the mascot at the Asian Cup qualifying game in Canberra last year.

Anna M competing at her Irish dancing feis on the weekend. Anna received a 2nd and 3rd for two of her dances. Anna is also one of our recipients for the Josh de Smet Scholarship 2016.

Charlie E also competed and placed 1st, 2nd and 4th.
Congratulations to you both.
CHILDREN AND ANXIETY

‘Self-doubt and lack of confidence hold more kids back than any other factor.

You can send kids to the best school available but they won’t be happy and achieve unless they feel confident in their abilities.

Real confidence-building is the most important skill you can develop as a parent. Children with healthy self-esteem and self-confidence learn more, achieve more, have more friends and are generally happier than those with low levels of confidence.

But building a child’s confidence is complex. It is not just a matter of becoming a praise robot heaping positive comments on kids at the first sign of them doing something well. For some children praise is meaningless. CONFIDENT kids take learning risks; they can separate themselves from failure or lack of success; and they aren’t dependent on the approval of their parents. I guess this last reason is why so many youngest kids are risk-takers as they are not as concerned as eldest kids about the approval of their parents.

Self-esteem and confidence-building is more than developing children’s capabilities as very competent children can be filled with self-doubts. You have do more than teach them to be optimistic as a Pollyannish feel-good view of the world won’t mean a child will take risks when they meet real challenges.

You need to tackle children’s lack of confidence on a number of different fronts – that is, what they think, how they feel and what they do.’ Michael Grose (psychologist)
COOL KIDS PROGRAM

Does your child have difficulty getting to sleep at night?
Do they worry excessively about things or try to avoid going places that make them anxious?

The Cool Kids Program is a structured, skills-based program that teaches children and their parents how to better manage the child’s anxiety. It involves the participation of both children and their parents, and focuses on teaching clear and practical skills. The program was developed by the Macquarie University in 1993 and has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. For more information about the Cool Kids Program you can visit the website: www.centreforemotionalthalhealth.com.au.

Topics covered in the program include:
- Learning about feelings and anxiety
- Detective thinking, and learning to think more realistically
- Ways that parents can help
- Fighting fear by facing fear (stepladders)
- Learning to solve a problem
- Building assertiveness and dealing with teasing

The course is offered 2 hours per week over an 8 week period. Financial assistance may be available upon request.

**PARTICIPANTS:** Children aged 8-12 years and their parents (one or both parents welcome)
**DATES:** Monday 2nd, 9th, 16th, 23rd, 30th May, 6th, 13th, 20th, 27th June 2016
**COST:** $300 (Cost includes dinner for children, tea/coffee for parents and course materials)
**TIME:** 5-7pm
**VENUE:** 25 Rae Street, Belconnen
**CLOSING DATE:** 1st April 2016
**BOOKINGS:** Debbie@calmerwaters.com.au

www.calmerwaters.com.au