Dear Parents and Carers

Enrolments—Enrolment season is here so if you know of anyone who is considering St Jude’s for their child for next year (in any grade P-6) then encourage them to come along to our open day on Wednesday 4 May from 9am-11am and from 4.30pm-6.00pm. Tours of the school (K-6) 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 applications are available from the front office at any time or they can be downloaded 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.

Winter Uniform—The weather can be highly variable at this time of the year so this week and next week will be a change over period from summer to winter uniform. Please ensure your child/ren’s clothing is clearly labelled. Students are very welcome to wear either summer or winter uniform during this change over period. The wearing of hats is not compulsory in terms 2 and 3.

National Assessment Program for Literacy and Numeracy, NAPLAN—Students in Years 3 and 5 will be involved in the National Assessment Program for Literacy and Numeracy (NAPLAN) on 10, 11 and 12 May. Testing will be conducted at school and will be administered by the school teaching staff with most tests concluding by lunch time. Parents are advised to make dentist, doctor and other appointments outside from these dates and times. See inside for more information.

Working Bee—This year’s first working bee will be held this Sunday from 10am to 12noon. There are lots of jobs to be done, particularly outside in the gardens. So bring garden tools to use in the gardens. If you can bring your leaf blower please do so. Wheelbarrows will be needed to spread mulch. As usual, a sausage sizzle and cool drink will be available at the end for adults and children.

Arriving on Time—Please do what you can to ensure your children are at school and on time each day. We have many students arriving after the first bell. They should be present before the first bell rings at 8.50am. If students are late and classes have moved in from morning assembly then parents are asked to sign their child in at the front office.

Wishing you well

Dan Fulton
Acting Principal

Gracious God, you have blessed each one of us with many gifts and talents and you want us to use these gifts in the service of others. May the Holy Spirit bless us with the grace and courage to witness to our faith through our words and actions.
Catholic Schools 2016 Enrolment Period

Open Day—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.

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.

Shed opening—The shed will be open on Sunday 1 May 2016 at 10am. Please bring down your pre-loved items for us to sell at the 2017 school fete.

Happy Birthday wishes to: Viktor H, Alexander M, Justin V, Sophie M, Jackson O and Hannah K.

Happy Birthday Poppy K, Mieke D, Lara O, Olivia W, Grace L, Amalia S, Caolmhe W and Hooper D

Welcome back to term 2. We hope you had a relaxing break. This term’s highlight is our weekly gymnastics class at the Woden Valley Gym, next door. The children love all the great activities at the gym aimed at developing gross motor skills. The Joeys visited Mirinjani for their Intergenerational Playgroup and will alternate each week with the Wombats. This week we have also talked about Anzac Day and made Anzac Biscuits.

Mothers Day Stall—The Mothers Day stall will be held on Tuesday for the Joeys and Friday for the Wombats and Echidnas. Children will be able to purchase a small gift for mum for $2.

Mums Morning Tea—ELC mums and grandmas are welcome to join us for a cuppa and a chat after morning drop off on Friday 6 May (Tuesday 3 May for Joeys) to celebrate Mothers Day. We’d love to see you there!

ELC Open Day—will be on next Wednesday 4 May from 9:30 - 11:30 and 4:00 – 6:00. If you know any families with children approaching preschool age, invite them along to have a look!
KC and 4M Mass—KC and 4M celebrated Mass with the parishioners and Fr Brannelly this morning. Thank you to Anna B and Chloe B for altar serving and to the readers who read so clearly.

Next week, the whole school will celebrate Mass together at St Jude’s Church. Next Thursday is the Ascension of the Lord. Thank you to Jess C, Layla M and Jennifer M for altar serving and to Mrs Hart for organising the music.

Confirmation 2016—This weekend is the last weekend available to nominate your child to receive a sacrament. Nomination forms will be in the Parish bulletin at Mass on Saturday and Sunday. If you have more than one child making a sacrament this year, you will need to fill out separate nominations. Please also 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 May 3.

Confirmation Information Night has been cancelled. For children that have nominated and registered, the information packs will be sent home next week.

God bless

Susan Chant
Religious Education Coordinator

Dates to remember:

- Thursday 5 May—Whole School Mass 9.30am (the Ascension)
- 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

Cross Country

Please return your child’s note and money ASAP to the front office. The South Weston carnival is being held next Tuesday at Stromlo running track.

Representative Honours

Congratulations to Rebecca R who has been selected to represent the ACT in gymnastics. She will be traveling to Melbourne for a competition in May. Rebecca came first overall on beam and floor for the state championships.

Just a reminder that if your son or daughter has been selected to participate in a representative team, please notify me by email so that I can acknowledge their efforts.

South Weston Trials

Please continue to register on the ACT School Sports website if your child would like to trial for a particular sport. If you require a note please see Mr O’Brien.

Have a wonderful week.

Tim O’Brien
Sports Coordinator

Choice is important when creating readers. Often what we choose to read is not what our children would choose. Allow them to read what they like and slip your preferences in there on alternate nights.
Library News

This term, the focus is on remembering to borrow and return every week so we can all complete the Chief Minister’s Reading Challenge! If your child(ren) did just that this week then they are off to a flying start! Well done!!

Unfortunately, approx. 1/3 of our junior classes did not remember their books this week so Mums and Dads please ensure that Library bags and books are ready to go....

Happy reading!

Verna Comley
Librarian

Mulleygrub Café

The Riley Family are cooking Freckle Honey Joys!
Ingredients are: butter, sugar, honey, cornflakes, milk chocolate and milk chocolate freckles.

Special hot lunches for Week 2: Honey Mustard Chicken with boiled rice, $5.00

MENU—Term 2 will have slight changes with the cold weather approaching. Please keep an eye out on the website for the new menu. We will be doing special hot meals each week. Hot chocolate and soup is back on our menu.

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.

COMMUNITY COUNCIL FREEZER—Thank you to all of the families who have donated home made meals to the Community Council Freezer. We are still welcoming meals, so please feel free to drop your home made meals to our canteen.

Kim Hekimian
Canteen Manager

Canteen Roster

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<th>Thursday 28 April</th>
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<td>Scott H</td>
<td>Jo W</td>
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<td>Jack H</td>
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<td>Jack H</td>
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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)

Just a reminder that payment for uniforms at the uniform shop can be made by cash and/or Qkr! Please note that payments cannot be made by credit card. If you have ordered school uniform via Qkr!, your order will be delivered to your child’s class room the same week.

uniforms@stjudespss@gmail.com
ST JUDE’S PRIMARY SCHOOL / ELC (Preschool)  
49 Mulley Street, Holder

ENROLMENT PERIOD  
2 - 20 MAY 2016  
PRESCHOOL - YEAR 6

OPEN DAY - Wednesday 4 May 2016
St Jude’s Primary—9 - 11am & 4.30 - 6pm  
St Jude’s ELC—9.30 - 11.30am & 4 - 6pm

- NEW PRESCHOOL (ELC) - F/T & P/T for 4 year olds  
  Covered by Child Care Benefit and Rebate  
- FULLY REFURBISHED SCHOOL and HALL  
- EXCELLENT SUPPORT STRUCTURE FOR TALENTED STUDENTS and  
  THOSE NEEDING EXTRA SUPPORT  
- WELL ESTABLISHED PASTORAL CARE, BEHAVIOUR MANAGEMENT  
  PROCESSES and STRONG ACADEMIC ACHIEVEMENT  
- SERVING THE CATHOLIC and GENERAL COMMUNITY OF WESTON  
  CREEK SINCE 1975 and NOW MOLONGLO

CONTACT: Front office: 6288 7688 / ELC: 6287 5520  
Email: office.stjudes@cg.catholic.edu.au / elc.stjudes@cg.catholic.edu.au  
or visit: www.stjudesps.act.edu.au
**St Jude's ELC**

**Mother's Day Raffle**

1st Prize:
Taylors St Andrew
Wine Gift box

Tickets $2 or 3 for $5
Drawn Friday 6 May

2nd Prize:
$250 gift card to Fifth Lane family photography

3rd Prize:
Bottle of Chandon Brut & Penfolds Bin 128 Shiraz

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**ELC Mothers Day Raffle**

Ticket Order – Return to school by Thursday 5 May

Name: ________________________________

Phone: ________________________________

Child's Class: ________________________

Number of Tickets: __________________

Cash enclosed: ____________________
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)
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.centreforemotionalhealth.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