Dear Parents and Carers

Enrolment Period and Open Day—The enrolment period this year runs from Monday 2 May and finishes on Friday 20 May. Enrolment forms can NOW be picked up from the front office and returned ASAP or you may download a copy from: www.ceocg.catholic.edu.au and follow the links. If you know of families who intend applying to St Jude’s, then please give them a reminder that forms can be collected NOW.

We had our Open Day yesterday and it was a great success with many prospective parents coming along to ‘have a look’. Our Year 6 students took small groups on tours of the school. Staff were also available to talk to visitors. It is always especially interesting to talk to potential parents who are new to St Jude’s. All in all, it was a very successful day.

Winter Uniform—All students in Kinder to Year 6 are asked to be in full winter uniform from next Monday 9 May. I hope the two week transition period has made things a little easier/convenient for parents and students alike.

Community Council Meeting—Come along next Thursday at 7.30 pm to our next Community Council meeting. Meetings are held in the library and all are welcome.

Working Bee—Thank you to all of the families who helped during our working bee last Sunday. Your efforts are very much appreciated and the school grounds look so much better. Thank you all.

NAPLAN—We wish our Year 3 and Year 5 students all the best as they embark on the 2016 NAPLAN testing period. These students will complete these tests next Tuesday to Thursday. There are four tests in total.

DISCO—A school disco will be held on Friday 13 May in the school Hall. There will be two sessions available in order to cater for the different needs of the children in our school.

Session 1 will run from 6:00pm – 7:00pm for ELC children, Kinder, Year 1 and Year 2 children.

Session 2 will run from 7:15pm – 8:30pm for children in Years 3, 4, 5 and 6.

Please refer to the hard copy note which went home last Tuesday with the eldest student.

Thank you from an ex-student—Tara Finlen wrote:
"These 6 Nike Strike Balls (and a pump!) are a donation from Weston Molonglo Football Club for your ongoing support of soccer in our local region of Weston Molonglo. Your support was most recently shown in allowing the Under 13 girls, Under 18 girls and a Women’s Masters team to train on the St Jude’s Oval whilst the ACT grounds were closed for the 2 weeks in March. This was greatly appreciated by all of us and donations were collected from every junior player. Most of the girls had a great time on their old oval as well."

Thank you Tara and her dad Jason, for your kind words. The soccer balls will be put to good use.

Wishing you well

Acting Principal

Dan Fulton
School News

Happy Birthday wishes to: Amelia R, Isaac V, Ashleigh M.

For All Catholic Schools—The 2016 Catholic Schools Enrolment Period is in term 2 from Monday 2 May through to Friday 20 May 2016. 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.

Mother’s Day Stall—The Mothers Day stall will be held tomorrow, Friday 6 May at 12.30pm. Children will be able to purchase a small gift for mum. Gifts range from $2 to $5.

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.

ELC News

Happy Birthday Imogen O and Sophie B

We had a very successful Open Day at the ELC on Wednesday with many families coming to have a look at our preschool. This week, the children have all been talking lots about mums and preparing some special things for Mothers Day! The Joeys enjoyed their first intergenerational playgroup at Mirinjani and the Echidnas and the Wombats celebrated their first whole school mass today. They have all been enjoying the sunshine with lots of outdoor play, looking at Autumn leaves and making paper airplanes.

Working Bee Thank You!—We had a great turn out to our working bee last Sunday. Thanks to all the ELC parents who came along!

Mother’s Day Stall—The Mothers Day stall will be held tomorrow, Friday 6 May. Children will be able to purchase a small gift for mum. Gifts range from $2 to $5.

Mother’s Day Morning Tea—ELC mums and grandmas are welcome to join us for a cuppa and a chat after morning drop off tomorrow, Friday 6 May. We’d love to see you there!

Michelle Parkes
Director

Early Learning Centre
Enrolling Now for 2017
Enrolment Applications Due 20 May
Forms can be collected from the ELC

Mothers Day Wine Raffle
Drawn Tomorrow!
Tickets just $2
Prizes include wine packs and family photography
Ticket orders due 9am Friday 6 May. See order form at the end of the newsletter for more information.
The Ascension—We might compare the Ascension to the passing of a baton from one runner to another in a relay race. On this day, just over 2000 years ago, Jesus passed the baton of his work to Peter, James, and John. They, in turn, passed it on to the people who came after them. They, in turn, passed it on to us. And now it is our turn to pass it on to others.

Practically speaking, what does this mean? Does it mean going out and preaching about Jesus, as Peter, James, and John did? Does it mean mounting soapboxes in shopping centres and telling everyone about Jesus? It could mean this for some of us, but for most of us it means something much more basic than this. It means something much more fundamental. It means living out Jesus’ teaching in our own personal lives.

The way to begin preaching Jesus to the world is to begin preaching Jesus to ourselves. There’s an old Chinese proverb that says:

If there is right in the soul, there will be beauty in the person.
If there is beauty in the person, there will be harmony in the home.
If there is harmony in the home, there will be order in the nation.
If there is order in the nation, there will be peace in the world.

The way to begin preaching Jesus to the world is to begin living Jesus in our own lives. Once we begin to do this, the message of Jesus will begin to ripple out across the world. And if enough Christians do it, that ripple will turn into a tidal wave, and that tidal wave will change the face of the earth in a way we never dreamed possible.

How well are you fulfilling Jesus’ command to share the good news with others? How have you been challenged to act on the good news in your everyday life?

The Action—What does ascending, climbing, lifting up mean in your life? In Jesus’ life?

How has the world benefited from the witnesses spreading Jesus’ good news?

Thank you to Jess C, Layla M and Clare M for altar serving and to Mrs Hart for organising the music at today’s mass.

God Bless

Susan Chant
Religious Education Coordinator

Dates to remember:
- The weekend of 7-8 May—Confirmation commitment Mass, 6pm Saturday St Jude’s and 9am Sunday SJV
- Thursday 12 May—4OB and KL class Mass
- 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

Congratulations to all the cross country runners on a fantastic effort on Tuesday. A special mention needs to go to three runners. Amelia and Ella N for coming first and second in the girls U9’s. Also to Kaitlyn K who came equal 10th in the U11’s girls.

A big thank you goes to Mrs Feerick for supervising the children on the day.

Tim O’Brien
Sports Coordinator

Reading Corner

“Go back and give that part a little more oomph. Really make me believe!”
Congratulations to Hayley V, Grace L, Caelan E, Ava B and Halle T for completing their Chief Minister’s Reading Challenge so quickly! Lots of other children tell me they are also well on the way. Great news!

Happy reading!

Verna Comley
Librarian

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**Mulleygrub Café**

**Master Chef — Friday**

The Bailey Family are cooking Banana Bread!

Ingredients are: self raising flour, ground cinnamon, bananas, butter, eggs, milk and vanilla extract.

**Special hot lunches for Week 3:** Butter Chicken with boiled rice for $5.00.

We have plain milk and bottled water as an option for $1.00.

**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

**Canteen Roster**

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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 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.

uniformstjudesps@gmail.com
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

ELC Mothers Day Raffle
Ticket Order – Return to school by Thursday 5 May

Name: ________________________________
Phone: _______________________________
Child’s Class: ________________________
Number of Tickets: _________________
Cash enclosed: ______________________
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.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.

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<tr>
<th>PARTICIPANTS:</th>
<th>Children aged 8-12 years and their parents (one or both parents welcome)</th>
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<td>DATES:</td>
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<tr>
<td>COST:</td>
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<td>TIME:</td>
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<td>VENUE:</td>
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<td>BOOKINGS:</td>
<td><a href="mailto:Debbie@calmerwaters.com.au">Debbie@calmerwaters.com.au</a></td>
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[Calmer Waters]
www.calmerwaters.com.au
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)

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