



Our Confirmation students with Fr Robert & Bishop Holohan

### Year 6 Confirmation

Congratulations to Toby, James, Xander, Mia, Kameka, Isabella and Kaas, who celebrated Confirmation on Sunday. It was such a joyous occasion for the whole community and I could not be prouder of how the students conducted themselves through all of the preparations, as well as on the day of the Sacrament. Thank you to all of those many staff members and parents who contributed to the event in a myriad of ways; we are so fortunate to have such a generous and giving community who work together to provide the very best for our wonderful children.

### The Importance of Optimism

This week, I happened upon an article about the life of Helen Keller and some of the lessons that can be learned from her example. Although born deaf and blind, Helen Keller is known for her multiple accomplishments and for her famous quote, "Although the world is full of suffering, it is full also of the overcoming of it." She demonstrates to us the power of an optimistic attitude.

According to the renowned social psychologist, Martin Seligman, optimism is associated with less depression, greater achievement, and better physical health.

Seligman also argues that optimism is a learned skill. In other words, children can be taught to be either pessimistic or optimistic. How do you turn your child into an optimist?

1 | Don't shield them from obstacles. It is important to teach your child that there are always obstacles to success. When you shield them from obstacles, you prevent them from learning through failure. According to Seligman, children should be allowed to experience negative emotions (such as anxiety) because they are a normal part of life. These emotions also provide an opportunity to teach your child how to react in a socially acceptable manner.

2 | Nothing succeeds like success. A child's self-efficacy is reinforced after a successful performance, so give your child opportunities to succeed. Even young children experience success when they are able to do simple tasks such as putting on their clothes by themselves, helping clear the table, or being responsible for tidying up.

3 | Avoid scare tactics. Evidence suggests that children are more motivated and achieve greater success when they are encouraged rather than when messages focus on failure. A recent study found that telling children "they would be unable to get good jobs if they failed exams" was less motivating than explaining in a positive way why exams are important.

4 | Develop an optimistic explanatory style. How do you react when things go wrong? Children will often copy what they hear or see.

Developing an optimistic explanatory style, therefore, begins with you. Be attentive to how you explain things to your child. Developing an optimistic explanatory style won't happen overnight but it will happen if you practice consistently.

5 | Teach your child to view themselves as a successful person. According to some researchers, children are rarely taught to view themselves as competent and successful human beings. You can help your child by modelling the attitude you would like him/her to develop.

### Catholic Care Fundraising Day St Joe's Jolly Jumble Sale!

Next Thursday, 24 May, at lunch time we will be holding a 'jumble sale' to add to our free dress fundraising contribution to Catholic Care.

We would like to ask students to bring in one or two small items they do not need any more that another student may like to buy.

Examples may include:

Books                      small toys  
Ornaments                hair accessories

Each item will cost .50c.

Items can be delivered to the Year 4/5 classroom.

FYI – Catholic Care is the charitable arm of the Diocese of Bunbury and provides funding for people in need across the community in the Diocese. Its motto is: "People Helping People"



"Strength through Christ"

*Respect  
Compassion  
Safety  
Responsibility*

*17 May 2018*

**Code of Conduct**

This week our focus is on Conduct Statement 6: 'You treat personal information about members of the school community as private and confidential'.

It is important that the privacy of each individual in a school community is acknowledged and accepted in a respectful manner.

You can demonstrate this statement by:

- Ensuring you have permission before uploading to the internet any images or names of members of our school community.
- Information directly related to our school should not be shared or uploaded without permission.
- School helpers, Board and P&F members are respectful of, and abide by, the need to treat personal information as confidential.

**Winter Uniform**

This term, students begin to wear their Winter Uniform please. While the first two weeks of term are a transition period for the uniform, it would be great to have all students in correct uniform by Week 3 of term please.

If you require uniform items, please speak to Jodie Omodei (Uniform Coordinator) or speak to Rose at our front desk.

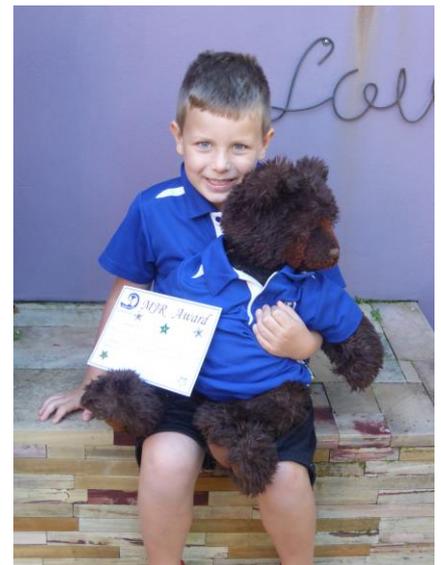
**WINTER UNIFORM (Term 2 and Term 3)**

	<p><b>GIRLS</b></p> <ul style="list-style-type: none"> <li>• Blue woollen school jumper with crest</li> <li>• Tartan pinafore/skirt</li> <li>• Blue short sleeved shirt</li> <li>• Navy blue tights</li> <li>• White ankle socks (if not wearing tights)</li> <li>• Black lace up school shoes.</li> <li>• Black buckle girl's school shoes may be worn.</li> </ul>
	<p><b>BOYS</b></p> <ul style="list-style-type: none"> <li>• Long grey school pants</li> <li>• Blue woollen school jumper with crest</li> <li>• Blue short sleeved shirt</li> <li>• Grey socks</li> <li>• Black lace up school shoes</li> </ul>

Take care, Brett Wilkie

WHAT'S COMING UP?	
<b>Fri 18</b>	6-9-year-old groups. 3.30-5.30pm at Karriholm
<b>Sat 19</b>	Mass at 6.00pm (note there is no Mass on Sunday)
<b>Mon 21</b>	'Little Joey's 3-year-old program continues @ 9.00
<b>Thurs 24</b>	Catholic Care free dress day. Gold donation
<b>Thurs 24</b>	Catholic Care "St Joes' Jolly Jumble Sale" at 1.00pm. All items .50c

**Joseph the Bear**



**Congratulations William!**

We are so very proud of William Love this week, as he was awarded Joseph the Bear for displaying our school values so genuinely. William goes out of his way to assist others and does it in such a caring and sensible manner. Well done, Will!



**Office hours**

The school office will open on Friday this week and next week on Monday, Tuesday & Thursday.

**Absentee notes**

Today, a number of families were sent home absentee notes for their child's absence from school. Please complete and return to the school office ASAP. Thank you for your assistance!

**Celebrating their birthday**

**Sebastian Van der Putten**

Sunday 20 May

**Charli Windberg**

Monday 21 May

**P & F News.....**

**Canteen Roster:**

**Tuesday 22 May**

Lara Vesela & Kai Flanders

**Tuesday 29 May**

Vanessa Roche & ?

**After School Mountain Bike Program – term 3**

Calling for expressions of interest.....

If your child is interested in doing a mountain bike program in term 3 please contact the school office. The program will run for seven weeks and will happen at the Camp School and run by Mark Hudson. The school will support if there is sufficient students participating.

**It's nearly time for Options again!**

We are very excited to have our Options Programme running once again next term. This programme aims to provide the students with new skills and knowledge through engaging in a variety of interesting, creative, energetic and, of course, fun extra-curricular activities.

Our staff already have their 'thinking caps' on but we are always keen to have parents and community members join the Options Team too. If you have Tuesday afternoons free and would like to be involved, please give Brett or Pip a call. You could run your own small group with teacher support or assist a teacher with their group. The more options we offer, the richer our programme can become! Looking forward to hearing from you!

**Community School Nurse Update**

Welcome Back!

This term we will be commencing our School Entry Health Assessments for all Kindergarten children. These assessments include: Vision, Hearing, Growth (height, weight, BMI) and Oral Health. Early identification of physical, developmental and social wellbeing concerns has been shown to assist with school engagement and minimise the impact on learning. If your child is pre-primary age or older and has not had a School Entry Health Assessment that you're aware of or you are concerned about an area, please discuss this with your teacher or contact me on: 9777 0413 for more information.

In addition, we are also commencing the Year 10 Meningococcal ACWY program for all secondary students. If you haven't returned your consent form to the school yet, please do.

Remember, that there is a free meningococcal ACWY vaccine available for all children aged 2-5 years of age. This is available at your GP or alternatively, there are free immunisation clinics offered at your local hospital. Please ring: 9777 0400 to make an appointment today.

Finally, National Food Allergy Awareness Week starts on May 14 to the May 20. Check out the activities and information on the link:

<https://www.foodallergyaware.com.au/>

Julia Green

**Art Classes**

Invitation to join our art workshop  
Open to all ages

It will be a six week course in pottery

Cost is \$100 to join our workshop

Wednesday night 7 – 9pm

Saturday 1.00 – 3.30pm

This entitles you to attend both days

Venue: behind the CRC building

Planning to have lots of fun as we as beginners try our hand having a go at a great hobby

Marilyn has been teaching for 40 years and working with all ages

Contact: Marilyn 0408 910 219 or Dianne 0428 566 932

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## Around town...



### An Interview With...Mrs Kelly!

Our Year 6 students have been given the task of conducting some staff interviews for our newsletter, so that the community might find out a little more about some of the wonderful staff members here at St Joseph's. The students were in charge of compiling a suitable list of questions. This week, Charli Windberg and Xander Omodei conducted an interview with Mrs Ruth Kelly, one of our teachers in K/P/1.

1) *Why do you think you were hired to work at St. Joseph's?*

Well, I think I must have answered some interview questions correctly! I can still remember saying, hoping that it was true at the time, that I was quite organised. I know that the Principal at the time liked the idea of employing someone with good organisation. Also, I had good qualifications and good references.

2) *Please tell us about your professional history; where have you worked aside from St Joseph's and what roles have you had?*

Most of my teaching career has been at Saint Joseph's. Before I was a teacher, I was a childcare worker, working on different childcare centres in Perth. I then went back to Uni and did my teaching degree. I worked at Saint Helena's up in Perth. I was a PP/Year 1/Year 2 teacher. They had multi-age classes as well, but they had six P/1/2 classes, so it was very different to here. I was Acting Assistant Principal there for a little while as well. I've also done relief teaching in various places, but my main teaching career has been here at Saint Joseph's.

3) *What professional qualities do you have? Are you studying anything at the moment or do you plan to in the future?*

I have actually finished a Masters in Curriculum already, which I finished about six months after Gaia was born. So, I have a Masters to go with my Teaching degree. I'm not planning to go back and do anything else just at the moment, we are pretty busy just how we are.

4) *What do you enjoy most about working at St Joseph's?*

Well, the kids are absolutely awesome, you guys included. Also, there's a really good team of people to work with. The staff are really friendly. Everyone shows that friendliness; the kids, the teachers, the teacher assistants, Mrs Moyle in the office-everyone does their bit to make the school run really smoothly, that's something that's really special about St Joe's.

5) *What are your interests in life outside of St Joseph's?*

I love going bushwalking and walking our dog, when I have time. Walking through the bush is really, really nice. Gardening, I like working in my vegie garden and just spending time hanging out with the girls and Mr Kelly.

6) *What is it like having to teach your own daughter? Is that challenging at times?*

It's interesting, it can be challenging at times, especially as sometimes she gets a bit upset if someone is not behaving perfectly; she gets a bit upset that they are not being good for her mum. It can be a bit tricky, the difference between teacher and mum. But overall, both my girls have been very, very easy to teach. They both love learning, so they are good fun to teach.

7) *What do you enjoy about teaching the really young children in early childhood?*

One of the things is they are very, very giving and enthusiastic, but also you get to see a huge amount of progress in their learning. So, even from the beginning of the year to now, the things that the children can do, they just grow and learn so quickly, you can get really quick feedback on how effective your own teaching is and it's always fun to find ways to help them get better with their learning, especially if they find something challenging.