



St Joseph's School NEWSLETTER

PO Box 129
Millar Street
WAROONA WA 6215
Telephone: 08 9782 6500
Facsimile: 08 9782 6590
Email:
admin@stjoeswaroona.wa.edu.au
Web Site:
www.stjoeswaroona.wa.edu.au

Dates to Remember

Monday, November 9

MJR Award

Tuesday, November 10

Book Fair Ends

Drama Club

Wednesday, November 11

Remembrance Day Liturgy, Yr 5, 11am

Thursday, November 12

Yr 1 & Yr 5 excursion

Woodwork Club

Friday, November 13

Yr 5 attending Mass

Tuesday, November 17

School AGM, 6pm

Thursday, November 19

Kindy & Yr 3 Assembly

Book Swap

Christmas Club

Friday, November 20

Newsletter

Nail Polish Club

Wednesday, November 25

PP Assembly

Thursday, November 26

Special Canteen Day

Christmas Club

Friday, November 27

Yr 6 attending Mass

Nail Polish Club

Monday, November 30

Advent Liturgy Yr 2, 8:40am

Tuesday, December 1

2016 Kindy Orientation, 9:30am

School Concert, 6:30pm

Wednesday, December 2

3 YO last session

Thursday, December 3

K & Yr 3 excursion

Christmas Club

6th November 2015

Mission Statement

To provide an affordable, quality Catholic education.

Newsletter No: 16

Vision Statement

St Joseph's School, as an integral part of the Waroona Catholic Community, is inspired by Christ's teachings.

We endeavour to nurture all children to grow as confident, independent, life-long learners, enabling them to contribute to society with dignity, respect and a spirit of service.

From the Principal

Dear Parents/Guardians, Friends and Students of St Joseph's School,

Reconciliation: Nine students celebrated their 1st Reconciliation on Thursday 22nd October. The liturgy was beautiful and helped candidates, their families and friends to focus on the significance of the event. My congratulations to all candidates and their families. Sincere thanks to Fr Jayan Johnson, Mrs Del Leahy – Parish Coordinator, Miss Rimmer – Y3 Teacher and Mrs Gallin – AP for their dedication towards ensuring the candidates were supported and well prepared.

P&F and School Board AGM: Please note our AGM for both P&F and School Board will be on **17th November at 6pm**. I encourage all parents to attend. 2015 will be reviewed, and future planning and staffing will be announced. This will be my last AGM at St Joseph's School and I look forward to seeing you there. Please consider nomination to either the P&F or School Board; all P&F Executive and Class Coordinator positions are open, as well as two positions on the School Board. Nomination forms are available from the school office.

World Teacher Day: Thank you to our P&F for making our staff feel very special on World Teacher Day. Each staff member received a merit award and was treated to a lovely afternoon tea hosted by the P&F. On behalf of the staff, I sincerely thank our P&F for their acknowledgement and support.

Alcoa: Thank you to the Alcoa crews lead by Giglio Martelli and Frank Chiera for the volunteer work done around our school recently. This annual assistance is much appreciated.

Thank you Morning Tea: Thank you to all who attended this event earlier this week. Special thanks to all staff for lovingly preparing the delicious goodies towards the morning tea.

Aboriginal Playgroup: has started this term with three families attending. Mrs Turner works closely with our 3 Year Old Playgroup facilitators, and has established a warm and inviting environment for our Aboriginal families.

Families as 1st Educators: Our school is one of two schools in the Bunbury Diocese, and amongst a small number of WA Catholic Schools, to have been selected to be a part of the 'Families as 1st Educators' program. This program is government funded and led by the University of Melbourne.

Essentially the program aims to help families help their children and recognises the huge impact families have upon a child's education. It is based on a study originating in the US and since then the study has gone worldwide. The program is in Australia, starting in the Northern Territory and now moving into WA.

As part of the program, key staff must attend a training session in Broome. Broome being the location as most of the participants are from the NW of WA. The training is over three days, November 10 to 12, 2015. My thanks to both Jennifer Turner (Aboriginal Playgroup Facilitator) and Lisa Gallin (Assistant Principal) for agreeing to attend on such short notice.

God Bless

Karmela Messineo - Principal

Striving In Faith

*Congratulations
to;*

Lacey Brett

Jett DeRosa

Brooklyn Fiorenza

Nicholas Fuller

Mikaylee Magno

Payton Martelli

Thomas Nottle

Braidy Rossell

Thomas Scott



*"May God bless you and
keep you strong and
help you in your
anxieties."*

*St Mary Of The Cross
St Mary MacKillop*

SCHOOL NEWS

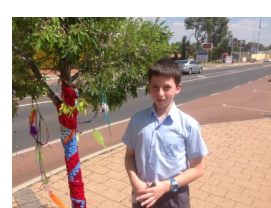
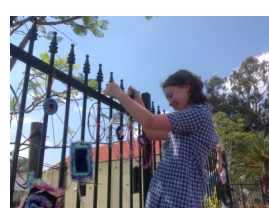
Lions Club Christmas Raffle

Raffle tickets for the local Lions Club were sent home for each family recently to sell/buy. We receive 100% profit and **all of the tickets need to be returned back to the school sold or unsold by Wednesday, 18th November, 2015.**

Waroona Yarn Bombing

Over the past 3 weeks students from Kindy - Year 6 have participated in a number of weaving and wool-related activities to join in the Town of Waroona Yarn Bombing for the month of November.

The students had a great time and have learned new skills creating spider webs, circle woven plates, woven cups, coat hanger circle weaving and God's eyes galore! The Year 6's ably assisted in decorating our front fence facing SW highway and have received so many compliments and favourable comments. It has been wonderful to be able to participate in this community event and we are all so proud to show our new skills.



Remembrance Day

At 11am, on November 11th, 1918 the guns of the Western Front ceased firing after more than 4 years of continuous warfare. Remembrance Day is now held on the anniversary of this event and we remember all those who have fought, died and suffered for Australia's cause in wars and armed conflicts. Our Year 5 class will be leading a school Liturgy next Friday, November 11th at 11am and all parents and community members are welcome to attend.

3 Year Old Kindy 2016

Expressions of interest are invited from parents wishing to enrol children in the 3 Year Old Kindy. The 3 Year Old program provides opportunities for children to gain fundamental skills for Kindergarten. Applications are welcomed for children from birth to 3 years old, however preference will be given to children born 1 July 2012 to 30 June 2013. Please direct enquiries to the school office.

Schoenstatt Spring Fair

Raffles, cakes, BBQ & food stalls, children's wear, Gold Rush, plants, tea & coffee, piety stall, books, bargains and fun for all. 9 Talus Drive, Mt. Richon, Sunday 8th November, 10am to 2pm.

Fundraising Tea Towels

The P & F have only 10 tea towels left selling for \$15 each. They make a great Christmas present for grandparents so grab one before they all go!

Did you know.....

- Blake C (Yr3) completed in the Western Australia State Titles for Dirt Gokarts in Wagin. He finished 7th overall and was awarded the Junior Sportsmanship Award. Congratulations Blake.
- Mr Hodgson, the school gardener and maintenance man has a son called Joe and his grandma is Mrs Hodgson.
- The uniform shop will be open just before school starts next year. Ladies will be able to help you out on Friday 29th January between 9am and 12 noon. Eftpos will be available on the day.
- Douglas S was seen helping Peta S (Y1) carry her bag into school.
- Mrs Mulholland, Mrs Della Franca, Mrs Gear and Mrs Gallin share a love of quilting.



Childhood Conditions Information— Type 1 Diabetes

Type 1 diabetes in children is a condition in which a child's pancreas no longer produces the insulin he, or she, needs to survive. This form of diabetes in children used to be known as juvenile diabetes or insulin-dependent diabetes. Careful attention to diet and blood glucose levels is essential for care of children with the condition and, in most cases, frequent insulin injections are needed to maintain good health.

The main symptoms of Type 1 Diabetes include increasing thirst and frequent urination, weight loss, extreme hunger, fatigue, blurred vision and irritability. A doctor should be consulted if a combination of these symptoms is noticed.

Parish News

Altar Servers

November 8th : Ella & Nicholas D, Danny S
November 15th : Maddie H, Sophie & Mackenzie P
November 22nd : Angelina & William D

St Patrick's Church Cleaning Roster

November 13th : No one on roster?
November 20th : Ray & Jo Vergone
November 27th : Rebecca Fiorenza & Family



Government of Western Australia
Department of Local Government and Communities

Parenting WA Peel

Practical Parenting Workshop

A five session parenting program for parents/carers of children aged 2 to 8 yr.

- CHILDREN NOT LISTENING TO YOU?
- HAVING TO SHOUT TO GET THEM TO DO AS THEY ARE ASKED?
- WOULD YOU LIKE TO EXPLORE PARENTING STRATEGIES?



Would you like to know more about:

- Ages & Stages of Child Development
- Family Belonging & One on One time
- Communicate effectively
- Guiding Behaviours
- Routines & Consistency
- Building Self-Esteem

DAY WORKSHOP

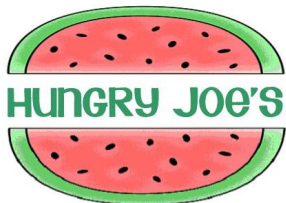
When: Wednesday, November 4th, 11th, 18th, 25th & December 2nd 2015
Time: 9.30am – 12pm
Where: Child & Parent Centre, Kooljack Street, Dudley Park
Cost: Free
Crèche: Limited crèche available

EVENING WORKSHOP

When: Wednesday, November 4th, 11th, 18th, 25th & December 2nd 2015
Time: 6.15pm – 9.00pm
Where: The Parents Place, 63 Ormsby Terrace, Mandurah
Cost: Free
Crèche: no crèche available

Booking to attend the workshop and for Crèche is essential

For more information or to register, contact Kris
Tel: 9583 9801, **mobile:** 0419 869 305
Email: kris.black@dlgc.wa.gov.au



CANTEEN ROSTER

Tuesday, November 10 : Harrena Platell, Cath Dwyer

Friday, November 13 : Angie Stickney, Nat Birch,
Katie Simpson

Tuesday, November 17 : Vanessa Wildman, Nadia
Tognolini, Jen Stokes

Friday, November 20 : Pat Dunne, Peter LeRoy, ???

We are looking for donations of

watermelons or fruit for our
fruit salad cups!!

Bianca Panetta Academy of Dance
Presents
A NIGHT ON BROADWAY

HARVEY RECREATIONAL THEATRE
TOM LATCH DR HARVEY

SATURDAY
NOVEMBER 28th
2015

6.30PM
DOORS OPEN 5.45PM

Tickets on sale at the
Bianca Panetta
Academy of Dance Studio
119 Uduc Road,
Wednesday 18th November
3.45pm-5.45pm
Team Classique
for Hair and Body, Harvey
Thursday 19th – Friday 27th
ADULTS (15+) \$20.00
CHILDREN (Ages 4-14) \$12.00

Stage proudly sponsored by
Abbotts Industrial Cooling

The school office is looking for ice
cream containers. Any donations would
be greatly appreciated.



UNIFORM SHOP

The uniform shop will be open every Monday between
8:40am—9:40am. If you need to order something outside of
the usual uniform day and hour, please fill in an order form
(either collect one from the office or download from the school
website) and leave it with full payment (correct money if paying
by cash) in the office. The uniform shop volunteers will fill the
order when they are in on the next Monday, sending the items
home with your eldest child. "Buy & Sell Waroona School
Uniforms" is a Facebook page set up for Waroona schools
second hand uniforms also.

Eftpos facilities are available



Building parent-school partnerships

WORDS Michael Grose

What to say when kids become anxious

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

"You're okay. I'm here and I won't be going anywhere."

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

"You don't have to do anything right now. Just breathe."

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but let it pass. The less children fight

anxiousness, the more likely it is that the feeling will go.

"Let's go for a walk and see if we can take some big breaths."

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

"Take some big, deep breaths. I'll do it with you."

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

"I'd like to understand what your worry feels like for you. Can you teach me?"

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to

verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

"What would you say to a friend who was going through what you go through?"

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose 



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



parentingideas.com.au

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The Best of Year One!

Year Ones are thinking.....

What is my favourite part of being in Year One?



Vee-jay said, "My favourite part of Year One was the Book Fair. I can't believe I won the raffle competition. My favourite part was buying the books."

Cameron said, "My favourite part of Year One was when we made the rafts."

Douglas said, "My favourite part of Year One is Sport because it makes us get fit and healthy."

Milla said, "My favourite part of Year One is Investigations because I get to investigate lots of things."

Miggy said, "My favourite part of Year One is Science because we do fun stuff. We learnt about vibrations and sound. We also learnt about planets and sometimes Miss G lets us eat food. My favourite part was the planets."

Willow said, "My favourite part of Year One is Art because Mrs Fuller always does fun things."

Peta said, "My favourite part of Year One was when Miss Godbar was here. She taught us about Dr Seuss. My favourite Dr Seuss book is 'Hop on Pop'!"

Alexander said, "My favourite part of Year One is Investigations. I like playing the Maths games."

Tyler said, "My favourite part of Year One is writing because I am good at it."

Dana said, "My favourite part of Year One was learning about animals and the parts of Australia. I love animals and Australia. I also enjoy Sport because it makes you fit and healthy."

Matilda said, "My favourite part of Year One is Art because I like to make stuff. My favourite thing that we did was the wool spider web. They were fun."

Jonny said, "My favourite part of Year One is counting money because when I was in Pre-primary I didn't know what 5c was and 20c and \$50 and 10c. Now I know what they are."

Charlie said, "My favourite part of Year One is when we do Maths, Religion, Grammar and Spelling. I also like Investigations and writing. I like the musical instruments. I like everything in Year One."

Mathew said, "My favourite part of Year One is when we weigh things with the balance scales."

Matthew said, "My favourite part of Year One was when I was learning about odds and evens. I even like Sport and English. These are my favourite things."

Lara said, "My favourite part of Year One is Investigations because in Investigations we read books. I love all the teachers in Year One. I love Mrs Mulholland, the best in the school. I love Year One!"



Wagging 'Tales'

Story Dogs Newsletter #19 Term 3 2015



Western Australia

Our newest region to take off is in WA. Lisa Gallin is the vice principal of a school near Perth, and she was visiting a school in Victoria, and saw the Story Dogs program in action. She thought: 'I want this program in my school.'

With any new area Story Dogs goes into we need a co-ordinator on the ground. When we told Lisa we needed a co-ordinator in her region, she said she would do it. She now has three dog teams in her school, St Joseph's in Waroona!



'Today Tonight' came and filmed Story Dogs at the school – a wonderful 3-minute showcase of the joy and success of our reading program.

View it at Story Dogs Facebook page:

<https://www.facebook.com/storydogs>

8,511 people have watched it so far!