Dear Parents/Carers,

Thank you for my children, LORD; I know they are a gift from you. Daily I need your strength and wisdom to train them in the way they should go. Give me patience and a joyful heart; Let me be an example of your love and forgiveness. Thank you, Father, for the honour of being a parent. Amen

Following is an article I read recently by Michael Grose from his website “Parenting Ideas”. There is a lot of great advice for first time parents as well as those who may wish to change some ‘interesting habits’ that may have developed over the years. Please take some time to read.

7 WAYS TO MAKE A SENSATIONAL START TO THE SCHOOL YEAR
BY MICHAEL GROSE

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are seven ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. Commit to your child going to school every day on time
One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well
A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day. Consider taking a leaf out of the book of a friend of mine who gets her children to make their beds each morning which sets the tone for a productive day ahead.

3. Establish work & study habits
The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn’t fit all when it comes to study routines.

4. Make sure your child gets enough sleep
I encourage you to make a big focus as this year as many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have a 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.
5. Get your kids outside more for good physical and mental health

Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child’s green time and decreasing screen time for good physical and mental health.

6. Focus on being friendly

Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some kids close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

7. Develop self-help skills

Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their everyday lives. Also use visual parenting techniques (outlined in Spoonfed Generation) to aid organisation and encourage independence. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you’ll find that the rest may well fall into place.

Have a wonderful weekend,

God Bless.

Olivia Rostirolla

FROM the Assistant Principal
APRE
Amanda Griffin

FROM THE GUIDANCE COUNSELLOR

The mission of Catholic Education school counselling and wellbeing initiative strives to prepare every student socially, academically, and emotionally for present and future challenges. My aim is to work in collaborative partnerships with students, educators, parents, and community members to empower students to achieve their goals and enhance their quality of life. The Counselling service provides competent short-term individual and group counselling to students and families. This could include topics such as self-esteem, problem solving, goal setting, emotional wellbeing, behaviour, home stresses, etc. Parents can also get support with information and strategies regarding their child’s wellbeing. I will also be working in collaboration with the leadership team on a whole school approach to mental health and wellbeing and to support teachers with information and strategies regarding student mental health and wellbeing.

For further information, please see the front office for a brochure and/or referral form.

Mrs Ninette Nell—Guidance Counsellor

P & F AGM/GENERAL MEETING
Wednesday 7 February, 2018
6.00pm ~ Staffroom

We will hold our AGM/General Meeting for our P & F on Wednesday 7 February at 6.00pm in the staff room. At this time all positions—President, Vice-President, Secretary and Treasurer will become vacant. For our P & F to continue, we need to fill these positions. If you would like to know any further information about any of the positions or to express your interest, please let Olivia know.

“Alone we can do so little; together we can do so much.”
**SICK STUDENTS**

With the high incidence of ill children at this time of year, it’s important to be very clear about responsibilities in regard to care of sick children. Queensland Government Schools Policy stipulates that any student who suffers from the effects of diarrhoea or vomiting must be excluded from school for 24 hours after the symptoms cease. In the case of flu, students MUST be excluded until well.

In the interest of individual students, and our school community, we do call parents to immediately come and collect their children as soon as we reasonable suspect they are unwell. This clearly ensures students get the care they need, and very importantly, the risk of spreading illness to fellow students and staff is immediately and significantly reduced. Parents who both work must make arrangements with their employer, or have made arrangements with another care provider, to be able to collect their children when needed. It’s obviously not acceptable for individuals to be sent to school when they are clearly unwell, or not to have arrangements in place if they become ill while at school. Please make sure you have these arrangements in place, so that your children, and our community, are protected.

**SIGNING CHILDREN IN AND OUT**

When children arrive late at school – any time after 8.40am they are required to be signed in at the office by a parent/guardian. Please do not just drop your child off at the drop off zone. Similarly if children are being picked up any time prior to 3.00pm they also need to be signed out by a parent. This is Workplace Health and Safety requirements. I remind you of the importance of establishing routines in classrooms, and having children arriving late in particular and leaving early can be quite disruptive. We do understand that occasionally children may have appointments to attend but if they can be kept to a minimum it would be appreciated.

**ABSENT FROM SCHOOL**

If your child is unable to attend school for the day due to an illness or for some other reason, it is important that you please contact the office prior to the commencement of school. A text will be sent home for all unexplained absences.

**TO OUR PARENTS**

Your involvement in your child’s education is actively encouraged as it is an exciting time of development and growth for them. At the beginning of the year parents have the opportunity to indicate a preferred area of involvement in the life of the school.

Some of the ways you can be involved in sharing this time with us are:

- Meet your child’s teacher. You can meet your child’s teacher at any mutually convenient time to discuss your child’s progress or any matters of concern. Your interest is essential.

- Assisting by listening to a group reading, assisting in Art & Craft or assisting in the training of a sporting team and so on.

- Attend Parent Information Sessions and Parent/Teacher Interviews.

**PARENTS’ & FRIENDS ASSOCIATION**

The Parents’ and Friends’ Association meets each term. An Executive Committee is elected at the Annual General Meeting. Parents are encouraged to attend meetings.

Many of the meetings are an education forum for parents so that they can support their children fully at home. The Association needs a good number of willing people prepared to serve in order to “make things happen” and ensure that the load does not fall on just a few. The Association is an essential element to the successful functioning of our school.

**SCHOOL BOARD**

The School Board is responsible for the future directions of the school with regards to resourcing, budgeting and reviewing school policies. It is made up of school administrators, staff members, members of our parish and parents. You are welcome to take up any opportunities made available to learn about the goals and functions of our School Board and ultimately contributing to our school community through membership of the Board.

**NEWSLETTERS**

A School Newsletter is produced on a weekly basis and emailed home to parents every Friday. The newsletter can also be accessed on [www.sfxmrok.catholic.edu.au](http://www.sfxmrok.catholic.edu.au), through our Facebook page and via the Skoolbag app.

Parents are asked to read the newsletter, as it gives up-to-date information about events and arrangements at school. Hard copies of the newsletter also available from the school office.

**WEBSITE**

The school website can be accessed on [www.sfxmrok.catholic.edu.au](http://www.sfxmrok.catholic.edu.au)

We encourage parents to access the site as it contains up to date information on recent events, a school events calendar, school procedures and general information regarding the school.
FROM the Assistant Principal
ADMINISTRATION/WH&S
Mary Oxenham

Dear Mums and Dads, In 2016 we began our Read to Rover program, where our students read stories to dogs and their owners. We are very pleased and proud to say it was a great success and we would like to continue the program again, this year.

So, we are again, looking for anyone in our school community who has a dog and would be willing to volunteer to bring it to school. If so, you will be asked to supervise a one to one reading session with some of our students who require assistance to build up their reading skills. The dog would need to be suitable for such an activity, so would need to be:

- clean and healthy
- placid in nature
- familiar and comfortable with children
- obedient to the commands of its owner
- able to be on a lead at all times

If you feel your dog meets these criteria and you would be happy to volunteer for one or more sessions each week, (approximately 1 hour per session) would you please contact me in the office. If we are able to obtain some volunteers this year, we will, again, seek the permission of parents of any students we would like to join this program.

Parents do not need to have a Blue Card to volunteer, any other family members would have to obtain one, in order to work with our students. (If you were a volunteer last year and would like to do so again, please ring Mary in the office.)

Kind Regards,
Mary
One of the recommendations we received on our school’s last Renew and Improve process in 2014, was for us to review our RTP (Responsible Thinking Process) behaviour management program. Over the past three years we have been working, in consultation with the community to develop a behaviour and well-being program that best suits the needs of our students.

Our new BMW (Behaviour Management and Well Being Program) is designed to provide a safe and happy environment for all members of our school community by instilling in the students an attitude that reflects our Mission Statement to Learn, Love, Live the Gospel, Witness our Faith and Celebrate Life.

Students have the right to learn and teachers have the right to teach. Our BMW program guides students to make the right choices and assists them to modify their behaviour, when they make choices that do not reflect our Mission Statement.

Below, you will find our **SFX Behaviour Management and Well Being Program**. We ask that you read through it and become familiar with it. If you have any questions in regards to our new program, please do not hesitate to make an appointment with one of the Leadership Team.

The SFX Behaviour Management and Well-being Program is not a set of rules; it is:

An attitude about how a student interacts in a positive way with others.

- An understanding that can help students build resilience and **work towards making positive choices**, rather than dwelling on poor choices.
- A way to give students **opportunities to learn**, to actively participate and consider the needs of others in the process.

**SCHOOL EXPECTATIONS**

- Students can expect to learn in a safe environment.
- Teachers can expect to teach in a safe environment.
- Students are responsible for their own actions.

*The SFX Behaviour Management and Well-being Program supports each teacher’s classroom management plan.*

**THE STUDENT**

Each student has a unique background, but they do not have the right to disturb or interfere with the teaching and learning of others.

Uncontrollable factors (such as a difficult home life) or specific personal issues (such as an Oppositional Defiance diagnosis) do not exempt students from complying with our school’s behaviour guidelines.

However, we must show empathy in our dealings with all our students.

**THE TEACHER**

Our school’s behaviour management and well-being program is designed to be a pastoral experience, which supports both the need for the students to learn and the teachers to teach.

Our teachers:
- Give clear expectations for classroom behaviour through their behaviour management plan.
- Allow students to make mistakes with behaviour.
- Give students the opportunity to rectify their behaviour.

**WHEN CLASSROOM EXPECTATIONS ARE NOT FOLLOWED**

A student goes to the office to meet with one of the Leadership Team when...

The classroom behaviour management plan has been exhausted.

Or the student commits major incidence as per the BMW handbook.
Office Display

Throughout the Term, classes will be showcasing some of the amazing work they have been doing in class, in the administration office. If you come into the office next week you will see what the Preps have been up to in their first weeks at BIG SCHOOL!

Assessment

Over the past two weeks (and over the next couple of weeks), students have undergone various baseline assessments to enable teachers to gather information and prepare lessons that are tailored to meet students’ current needs. Teachers have implemented various strategies for gathering this data, such as tests, observations and analysis of work samples, just to name a few. It is important for teachers to gather information on students’ current knowledge of the various subjects on offer, before commencing effective learning experiences in classrooms.

Once the teaching cycle has begun, teachers will continue to monitor student’s progress and adjust their teaching as needed. During this time, teachers will also provide feedback to students to make them aware of areas of greatest strength and areas that require further support and/or practise. This type of ongoing assessment throughout the teaching cycle, is known to teachers as formative assessment. It is quite possibly the most satisfying assessment for teachers, as the focus is on the growth of a child and any amount of progress is success!

Once the teaching cycle is completed, students will undergo summative assessment. This assessment will outline what students are able to achieve and how they measure against required benchmarks set by the Australian Curriculum. This information is then formally presented on Student Report Cards at the end of each semester.

GETTING INVOLVED IN THE SCHOOL BANKING PROGRAM

St Francis Xavier School is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2018 are:

- Twister Power
- Handball
- Secret Scratch Pad
- Sparkle Glitter Pens
- Glow Light
- Mighty Boom
- Handball
- Heat Reactor Pencils
- Slushie Maker Cup
- Zoom Flying Disc

School Banking is also a great fundraiser for our school. Our school receives a Regular Saver Contribution of $5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

Getting involved in School Banking is easy!

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

1. Online

2. In branch
   Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver’s licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking day is Wednesday. Each week you need to drop off the deposit book to the office first thing on Wednesday morning. The deposit will be processed and the deposit book returned to the student on that day.
ST FRANCIS XAVIER SCHOOL HOCKEY

The 2018 hockey season will soon be upon us. The season will commence on Saturday 3 March, 2018. We will be catering for U7 mixed, U9 mixed and U11’s boys & girls. All school hockey will be played on Saturday mornings at the hockey fields in Harney Street/Bridge Road. If your child is interested in playing hockey this season for St Francis Xavier, please fill in the form below and return to school by Wednesday 7 February. More info will be forwarded at a later day or you may contact me if you have any questions.

ST FRANCIS XAVIER HOCKEY FORM ~ 2018 ~

Child’s Name: .................................................................
DOB: ..............................................................................
Age Group: { } Under 7 { } Under 9 { } Under 11
Parent’s Name: ..............................................................
Phone: .........................................................................
Email: ...........................................................................
Are you able to coach? YES { } NO { }

CONVEYANCE ALLOWANCE ASSISTANCE

Conveyance Allowance is an assistance provided by the Department Transport and Main Roads to eligible parents/guardians who drive their students to school or to the route of a school bus.

There are several types of Conveyance Allowance available. These are determined by the type of school attended, distance driven to school or bus route and the type of school bus service (if any) provided in your area.

Application forms with further details are available by calling into the TransLink Division of the Department of Transport and Main Roads at Level 3, 44 Nelson Street, Mackay or by telephoning 4951 8673.

FIELD HOCKEY
Today, Friday 2 February, we celebrated our Opening School Mass. Fr Don White & Fr Sathish received a warm welcome from staff, students and parents as they presided at our first mass for 2018.

Congratulations to our school leaders who received their badge with pride and made a strong commitment to leading our school in Jesus’ footsteps.

The Student Representatives from Year 3—6 also received their badge and promised to represent the student body that elected them.

Thank you to Mrs Griffin (APRE) and Year 6 teachers who prepared the students and to the students of St Francis Xavier who participated in our mass reverently.
GOWERRA EAGLES ~ HOUSE CAPTAINS
HUNTER HARRIS
BRIANNA PASKINS
SARAH WORSLEY
JACK MULLER

RUPRIE TAIPANS ~ HOUSE CAPTAINS

YEAR SIX LEADERS ~ 2018
Dear Parents,

To enable our Tuckshop Convenors to collate a Tuckshop Roster for 2018, could you please fill in the form below and return to school ASAP if you are able to assist. Thank you.

Helper’s Name: ..................................................

Phone: .................................................................

Eldest Student’s Name at this school in 2018: ..................................................

Grade: ......................

Please circle what day/s of the week would be most suitable:

MON  TUES  WED  THUR  FRI

Do you wish to attend: (Please circle)

WEEKLY  TWICE PER MONTH  MONTHLY

PLEASE COMPLETE THIS FORM AND RETURN TO THE SCHOOL ASAP to enable a roster to be collated.

Thank You
FOR ALL YOUR SUPPORT
Outside School Hours Care Coordinator

Term Time (20 HPW)

Additional casual hours may be required depending on the needs of the service.

MacKillop Catholic Primary School, Andergrove

Applications are invited from suitably qualified and enthusiastic persons for this term time continuing position.

The successful applicant will have appropriate experience and an understanding of and a commitment to the ethos of Catholic Education.

A Working with Children Check (WWCC) and eligibility for a Suitability Notice will also be required.

Application packages can be obtained from the school office:-
20 Nadami Drive
ANDERGROVE, QLD 4740

For further information, please contact:

The Principal, Allison Blakey, MacKillop Catholic Primary School, Andergrove
phone: (07) 4955 3611 or email: mnm@rok.catholic.edu.au

Applications close Wednesday, 7 February 2018.

Catholic Education is committed to best practice in student protection policies and procedures.

Our school exist not to be different, but to make a difference.