Dear St Michael’s Families and Friends

As we find ourselves in the middle of the last term of the year, I was reflecting on some of the articles /quotes I have shared with you regarding your very demanding role of ‘parents’. There are several specialists in this field to whom I refer when choosing these articles. One of these experts is well-known psychologist, Michael Carr-Gregg who presented to the Principal’s Conference I attended last week. He reminded us that we all needed 8 hours of sleep a night, that we should have a healthy diet, to look at the positive things in our life and have periods of exercise and relaxation in order to protect our mental wellbeing. A timely reminder as we move towards the very busy end of year and Christmas season. I encourage you to check out Michael’s website and I also recommend on his behalf a free app that is most worthwhile.


One of the other experts I refer to is Michael Grose; and earlier in the year I shared that we had become a ‘Parenting Ideas School’ which gave us access to all Michael Grose’s newsletters and blogs. We had some issues with uploading the magazines to our website and this is still problematic (something to do with the platform that is used) so I have included the link to the site below. http://www.parentingideas.com.au/Parent_Magazine.html I hope that there are some articles in the magazines that prove to be helpful to you in your very important role. We will continue to share this information with you through the newsletter.

NOTE: In light of a recent increase in ‘disagreements’ on the playground (Term 4, warmer weather, tired children!), generally over the details of a game, I ask that you talk to your children about the concept of ‘games have rules, so if you are playing you should follow the rules’. There is also the issue of ‘not being able to lose or get out’. I have uploaded to the website ‘communication - attachments’ an article from Michael Grose on ‘Why finishing 4th beats winning’. Obviously we will always encourage healthy competition but it is also important to accept that sometimes you don’t win.

COMMUNITY COUNCIL NOMINATION
The Community Council for 2015 welcomes Claire Carton as the final member of the Council executive. We thank her for accepting the nomination and taking on this important role. This now completes our Council membership for 2015.

STAFFING
At this time of the year the organisational aspects of the school increase as we set things in place for the next school year. At this time on your behalf, I would like to congratulate Mrs Mary deSmet on her appointment as Permanent Primary Coordinator at St Michael’s. Mary has been in the role throughout this year and we look forward to her continued contributions to the leadership of the school.

CLASS LISTS FOR 2015
Class lists will be formed in accordance with the class allocation policy which can be found on the website at http://stmichaelsps.act.edu.au/srcfiles/Class-Allocation-Policy.pdf As per the policy, Parents who wish to discuss particular educational concerns regarding the placement of their children in particular classes should put the concern in writing and address it to me by tomorrow - Friday of Week 4 (Friday 7th November) – an email is acceptable. Requests will be considered alongside the policy process. No late requests or requests for specific Teachers can be considered.

Thought for the Week
Where we are free to act, we are also free to refrain from acting, and when we are able to say NO, we are also able to say YES. Aristotle

Yours in partnership
Judy

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<tr>
<th>COMING EVENTS</th>
<th>Tuesday 18th November</th>
<th>Friday 21st November</th>
<th>NOTES SENT HOME THIS WEEK</th>
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<tr>
<td>Tuesday 11th November</td>
<td>Kinder 2015 Orientation Day</td>
<td>Whole School Prayer Time</td>
<td>- Bookclub Issue 8 order form</td>
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<td>KD @ 10.20am</td>
<td>2W @ 12.50pm</td>
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RELIGIOUS EDUCATION
Today the Year 5/6 classes had the opportunity to attend Mass along with the usual Thursday parish community. As we head into the new Liturgical Year for the Church we are increasingly aware of the upcoming Advent season. Our next school Mass will take place as our school comes together for a Giving Mass on Thursday 4th December.

We are asking for donations for our giving tree as part of the St Michael’s Parish St Vincent de Paul’s Giving Tree. Please take time to discuss with your children the significance of contributing a gift or two for those in our local community who are less privileged. The tree along with donation boxes, will be up soon.

WHOLE SCHOOL PRAYER TIME
This coming Tuesday 11th November at 10.20am we will all attend our next Whole School Prayer Time led by Kindergarten. They will show us the real meaning of Remembrance Day. You are all welcome to join us!

Friday 22nd November led by Year 2W at 12.50pm.

SPECIAL EVENTS AT ST MICHAEL’S THIS TERM
Graduation Mass: Thursday 11th December @ 6pm
Our Year 6 students will celebrate their graduation with Mass

Carols: Monday 15th December @ 5.30-7.00pm
Everyone is encouraged to come along with a picnic to share in our last community event. All children are preparing their items for a Carol spectacular.

Light Ceremony: Wednesday 17th December @ 2pm
We will gather in the church for a prayer service at which the current Year 6 students will pass on the leadership to our 2015 Year 6 students.

PARENT SURVEY
Each year we ask the Parents/Guardians, the staff and the students to complete a survey about how well things are going at St Michael’s. This helps us make changes if needed and plan for the future. Your feedback is very important to us and I thank those families who have provided us with constructive feedback throughout the year.

Following the success of our Communication survey earlier in the year, we have also constructed this survey using Survey Monkey so you can complete it online. We trust this will make the process simpler and faster for you, as we would really like you to be involved and have your point of view heard. No names required. The responses will be considered in our planning, with consultation at Community Council level where appropriate. Thank you for helping us to make St Michael’s an even better school than it is already.

https://www.surveymonkey.com/s/QV5XG9K

This link will also be distributed through the Skoolbag App.

TWILIGHT FAIR
We have some Cookie Dough and Showbags left over that we would like to sell at a reduced price.

COOKIE DOUGH ($15 per tub)
Gluten Free Chocolate Chunk
Caramel Fudge
White Chocolate Macadamia
&Doggie Dough

The cookie dough comes frozen and can be thawed and re-frozen, a tub will make approximately 50 cookies.

SHOWBAGS
Tricks & Jokes $5
Totally Girls $5
Totally Boys $5

Just an idea, the showbags would come in handy if you were planning a birthday party.

Please contact Lisa in the Front Office if you would like to purchase any of these items.

NAME LABELS
St Michael’s Primary are in the process of starting an account with Stuck on You Labels. Parents will be able to go online and open an account to order labels for their children. A percentage of that order will then come back to the school. All commission received will assist with the purchase of seedlings and plants for our sustainable schools project. Check next week’s Newsletter for more information and a password.

BOOKCLUB
Issue 8 for Bookclub will be going home tomorrow, all orders are due back by Wednesday 26th November.
Sport in Schools Australia
The children are having a wonderful time going out on to the oval for sport every day. They are also learning a lot about things like sun safety and healthy foods to eat. Thank you for your support of this program and for sending them in the right clothes every day. Thank you again to the Community Council for their financial support.

SCHOOL-WIDE POSITIVE BEHAVIOUR SUPPORT PROGRAM
Our school Rules are:
Be Safe    Be Respectful    Be Responsible    Be a Learner

St Michael’s Week 5, Term 4, SWPBS
focus— Be Responsible!
Am I taking care of school property?

ST MICHAEL’S MASTERMINDS
To enter, place your solution along with your full name and class into the competition box at the Front Office. Entries need to be in by next Wednesday. The first correct entry drawn will be published in next week’s newsletter and will receive a canteen voucher.

Last week’s answers and winners:
K-2: (18 legs) Samara KD
Yr 3-6: (MAILBOX) Isabella H-O 3/4H

Congratulations to Samara & Isabella who has received a canteen voucher.

HARMONY AWARDS
Congratulations to the following children that received Harmony Awards last Friday:
KD: Jamie, Caitlin & Jarrah
1F: Victoria & Coomara
1S: Alicia
2T: Bethany, Daniel & Marko
2W: Emma & Akshobhya
3/4B: Zoe N
3/4H: Tilly, Heidi, Cooper & Massimo
5/6C: Elise & Jessica
5/6M: Jessy & Jai
5/6P: Danielle & Joel

HAPPY BIRTHDAY!
Special wishes to those children who celebrate their birthdays this week:
Angelina KD, Emma 2W
Morgan 2T and Bryce 2W

We hope you have a great day!

K-2
How many buns in a bakers dozen?

Year 3-6
If it takes six men one hour to dig six holes, how long does it take one man to dig half a hole?

FIRST AID
Last week all the students participated in the 2014 First Aid Skills in Schools Program run by St Johns. Thank you to Amelia Motbey for your time.
ST MICHAEL’S PARISH
CONTACT DETAILS
Administrator: Father Warrick Tonkin
Pastoral Assistant: Sr Kate McMahon
Address: 2 Tyrrell Circuit, Kaleen ACT 2617
Telephone: (02) 6241 3364  Fax: (02) 6241 0747
Parish Email: stm.kaleen@cg.catholic.org.au
Email: k.mcmahon3@bigpond.com

BOOKCLUB
Please contact Mrs Monro or Mrs Arena if you have any queries regarding Bookclub.

SCHOOL BANKING
School banking is carried out every Friday. Please fill in all details on the deposit slip and leave your banking books at the Front Office.

DANCECORE
Dancecore is on every Thursday recess. Please contact Cassie on 0417 442 750. Forms are available from the Front Office.

GUITAR
Please contact Sam Strano on 0408 196 855

PIANO
Please contact Mary-Liz Partridge 0413 425 753

SPEECH & DRAMA
Tuesday lunchtimes. Please call Elizabeth McIntosh 6255 9054.

YMCA OUTSIDE SCHOOL HOURS
For further information, please contact the YMCA of Canberra Children’s Services Headquarters on 6242 4040 or cscanberra@ymca.org.au.
Vacancies available Monday to Thursday.
Please register your interest for Fridays on our website www.canberra.ymca.org.au

PETER MORTON ACADEMY OF JUDO JUJITSU KARATE
Classes held in the school hall on a Thursday evening for children and adults. Please contact Peter Wilson 0412 628 450 or email: info@pjtracks.com.au

Remember if your child is unable to make a private lesson due to an excursion or illness you will need to contact the appropriate person to cancel their lesson.

ST MICHAEL’S NOTICE BOARD

ST MICHAEL’S PRIMARY SCHOOL, KALEEN

CANTEEN NEWS
The new Summer Menu is now available. Please check the menu for new food items.
The canteen will be selling freshly baked chocolate chunk cookies (gluten free) on Friday’s for $0.50 each.
Sunfruit Frogs are no longer available.

CANTEEN - Help required on all Wednesdays, Thursdays and Fridays for 2014
Please contact Caitlyn Frost on caitlyn.frost@cg.catholic.edu.au

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Weekday Masses
Tuesday & Thursday: 9.30am
Liturgy of the Word
Saturday: 9am
Weekend Masses
Sunday: 8am and 5.30pm

KEEP CONNECTED WITH THE LATEST SCHOOL ALERTS AND INFORMATION
SKOOLBAG COMMUNICATION APP
Get us on your Smart Phone...
We currently have 268 users of Skoolbag. Our School has its own Skoolbag iPhone and Android App to help us communicate more effectively with our Parent/Student community. We are asking parents/students to install our Skoolbag School App. To install it, just search for our school name “St Michaels Primary School Kaleen” in either the Apple App Store, or Google Play Store. You can download the app for free.
Please go to the Attachments section under Communication on the school website for comprehensive instructions on downloading the App.
Those who do not have a smart phone can access all the same information via the control centre for the app, available on the school’s website.

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