Dear St Michael’s Families and Friends

In an increasingly challenging world, some words of support from parenting expert Michael Grose.

**Resilience** is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – the research shows that resilience can also be nurtured and developed. **Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.**

You can promote a lasting sense of resilience in your kids by:

- **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when they meet some of life’s curve balls.

- **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

- **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

- **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

**SEMESTER REPORTS**

It was wonderful to see many parents sharing in their children’s achievements at open classrooms. With the written report, these visits help provide the full picture of your child’s achievements, along with the conversations that have occurred and also the children’s workbooks.

It is always good to remind ourselves what the grades really mean in everyday language (Kidspeak).

<table>
<thead>
<tr>
<th>A – E</th>
<th></th>
<th>KINDER GRADES</th>
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<tbody>
<tr>
<td>A</td>
<td>ALWAYS AWESOME</td>
<td>EXPERIENCING</td>
</tr>
<tr>
<td>B</td>
<td>BRILLIANT</td>
<td>Can’t do it yet (but probably trying)</td>
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<tr>
<td>C</td>
<td>CAN DO THE WORK ON MY OWN</td>
<td>DIFFICULTY</td>
</tr>
<tr>
<td>D</td>
<td>DO THE WORK ON MY OWN SOMETIMES</td>
<td>DEVELOPING</td>
</tr>
<tr>
<td>E</td>
<td>EXTRA HELP NEEDED, PLEASE ?</td>
<td>COMPETENT</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Does it consistently</td>
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Always remember that the grades mean nothing without the comments and what you have witnessed during the Open Classroom evening.

**REMINDERS!!**

- **COMMUNICATION SURVEY – Survey closes on Monday!** The draw for the family cinema tickets will take place next week, in time for the holidays! [https://www.surveymonkey.com/s/QKHW5LS](https://www.surveymonkey.com/s/QKHW5LS)

- **UNIFORM ITEMS – Please name ALL clothing and keep checking and ensuring names are clear.** Lost property with NO names is building up!

- **STAFFING 2015** Please email the school office if it is your intention to enrol your child at another school in 2015 (this does not include Year 6 students). Thank you.

**Thought for the Week**

Challenges can be stepping stones or stumbling blocks. It’s just a matter of how you view them.

Yours in partnership

Judy

<table>
<thead>
<tr>
<th>COMING EVENTS</th>
<th>IMPORTANT DATES</th>
<th>NOTES SENT HOME THIS WEEK</th>
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<tr>
<td>Friday 4th July</td>
<td>Monday 28th July</td>
<td>- AMF Bowling Voucher</td>
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<tr>
<td>Whole School Prayer</td>
<td>Grandparents’ Day</td>
<td>- Auskick Brochure K-3</td>
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<tr>
<td>Time 2W @ 12.50pm</td>
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<td>- Tombola Mad Hat Day</td>
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<tr>
<td>Reports go home</td>
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<td>note</td>
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<tr>
<td>Last day for Term 2</td>
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<td>- School Photos</td>
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<tr>
<td>Monday 21st July</td>
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<tr>
<td>First day for Term 3</td>
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**RELIGIOUS EDUCATION**

**SACRAMENTAL EVENTS**

Confirmation Commitment Mass last weekend was well attended, thank you all! We will have our special Family Confirmation meeting on Thursday evening, 24th July in the Library. All candidates and their parents are asked to attend. Retreat Day will be Tuesday 19th August, when Archbishop Christopher Prowse will be visiting us in the morning as we wrap up our preparations. The Sacrament of Confirmation will follow on the evening of Wednesday 20th August at 6pm.

**WHOLE SCHOOL PRAYER TIME**

Thank you to our prayerful Kindergarten who inspired us last week at WSPT. Next week on Friday 4th July, Year 2W will lead our final term prayer gatherings, so join us if you can at 12.50pm.

Grandparents’ Liturgy will be held on Monday 28th July.

**A Winter Prayer** to share: as we face the cold together

Let us huddle together this morning, our community a place of warmth in our lives as we share the flame of hope and connection. Let us allow the frost of isolation and bitterness to melt away as we open ourselves to a sense of peace and spirit. We extend our thoughts to all those who are cold this morning, lacking shelter or love to keep them warm. Let us wrap our prayers around them and each other like scarves, and wish each other safe journeys through the storm. May we be insulated from fear as the earth is insulated by the snow, and, like bulbs, may we continue to grow and open inside, despite the cold, ready for the spring, to stretch and grow towards justice.

Amen

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**PEER SUPPORT**

Last Monday the Year 6 students worked together through a Peer Support Leadership day. On Friday they led their first session with the school. All students from Kinder to Year 5 have been allocated groups with a Year 6 leader, these groups will be working together throughout all Peer Support sessions.

This week and next week the Peer Support sessions are orientation sessions where the groups get to know each other and look at ways to work as a group. The focus for next term is resilience, with the module titled ‘Taking Opportunities’. The groups will run once a week for eight weeks.

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**ROBOGALS**

On Monday, the Year 5/6 girls enjoyed an engineering workshop run by volunteer students from the ANU, the RoboGals. They worked together using technology to program robots to complete an obstacle course and learn about the engineering career opportunities that are available to them.

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**ARE YOU INTERESTED IN BECOMING A FOSTER CARER WITH MARYMEAD?**

- Marymead Foster Care is seeking people who are willing to provide a safe and nurturing environment for children and young people on occasional weekends, weeks, months or even years.
- Marymead will provide financial assistance, ongoing training and caseworker support.
- Bi monthly information sessions are held at Marymead.

The next information session is on **Tuesday 1 July, 6.00pm at Marymead**.

To register your attendance phone Amy on 61625800 or email fcinfo@marymead.org.au.

Children are more than welcome and light refreshments will be served.
ATHLETICS CARNIVAL
Please stay tuned for more information regarding the athletics carnival. The carnival will be rescheduled to another day next week (possibly Tuesday) and the sausage sizzle will also go ahead at the same time. If you have volunteered to help out on the day could you please send Mrs de Smet an email to let her know if you are still able to assist on the day. Mary.desmet@cg.catholic.edu.au

We apologise for any inconvenience this has caused, the weather is out of our control, please be patient with us.

K-2 SWIMMING
A note regarding K-2 swimming lessons will be coming home shortly. This a really worthwhile program and we will be strongly encouraging all children in these grades to participate in this program. Please watch this space for further details.

ST MICHAEL’S MASTERMINDS
To enter, place your solution along with your surname 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 receive a voucher. All correct entries throughout the term will be in the draw for the major prize.

Last week’s answers were: K—2 (12), Yr 3-6 (6)
The winners were: K—2— No winner Yr 3-6— Harry 5/6P he will receive a canteen voucher.

K-2
In this code, shapes and signs have been used to take the place of letter of the alphabet. The first group makes “elephant”. Which creature is in the code in the second group?

Yr 3-6
A girl bought a dog for $10, sold it for $15, bought it back for $20, and finally sold it for $25. Did the girl make or lose money, and how much did she make or lose?

HAPPY BIRTHDAY!
Special wishes to those children who celebrate their birthdays this week:
We hope you have a great day!

ASSISTANCE NEEDED
The school is in need of any wool or material in earthy colours (brown, red, yellow, orange, grey, green or tan) for a whole school project next term. If you have any wool or material offcuts (no specific type) please drop in into the front office. Thank you for your assistance.

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

St Michael’s Week 9, Term 2, SWPBS focus—
Be Respectful, specifically
Do I speak with polite tone and facial expressions?

BLUNDELL’S COTTAGE
On Thursday the 19th of June Year 2 went on an excursion to Blundell’s Cottage and the National Capital Exhibition.
On the way there we saw some buildings like the Carillon. To get to the Exhibition Centre we had to walk around Lake Burley Griffin. When we were nearly there we had to stop to eat our recess.
After the Exhibition Centre we went to Blundell’s Cottage. We had to dress up in old fashioned clothes. To get inside Blundell’s Cottage the girls had to curtsy and the boys had to bow.
Then Mrs Blundell walked us through the whole house and told us how everything worked. When Mrs Blundell showed us the toilet everyone thought it was really gross.
By Daniela 2W
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

ST MICHAEL’S NOTICE BOARD

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 leave your banking books at the Front Office.

DANCECORE
Dancecore will now commence in Term 3. Please call Cassie on 0417 442 750

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.

KEEP CONNECTED WITH THE LATEST SCHOOL ALERTS AND INFORMATION
SKOOLBAG COMMUNICATION APP
Get us on your Smart Phone...
We currently have 219 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.

CANTEEN NEWS
In Week 9 and 10 Spaghetti or Baked Beans toasted sandwiches will be available for lunch @$2.80 each.

Athletics Carnival Special Menu— On the day of the carnival we will selling party pies, party sausage rolls, vegemite scrolls, chips and other goodies at the recess break.

CANTINEE - 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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<tr>
<th>Wk 10</th>
<th>Wednesday 2/7</th>
<th>Thursday 3/7</th>
<th>Friday 4/7</th>
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<tbody>
<tr>
<td>Term 2</td>
<td>HELP REQUIRED</td>
<td>Liz Segeri</td>
<td>Debbie Snyder, Maria Mastoris</td>
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<td>Debbie Snyder, Kathy Bartelj</td>
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<thead>
<tr>
<th>Wk 1</th>
<th>Wednesday 23/7</th>
<th>Thursday 24/7</th>
<th>Friday 25/7</th>
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<tbody>
<tr>
<td>Term 3</td>
<td>Carmen Giucci</td>
<td>Liz Segeri</td>
<td>Debbie Snyder, HELP REQUIRED</td>
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<td>Debbie Snyder, HELP REQUIRED</td>
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