Dear Families,

A big thank you to all those families who came along and supported the Lone Tree planting ceremony last week! I am sure you will all agree that the students displayed genuine sincerity and respect when listening to the address by Mr Dick Roebuck from the RSL. I am so proud of our senior students who helped so willingly on this day.

I encourage you to read the attached sheet on building resilience in our children. There is no love quite like that of a parent for their child. I recall my own children as babies, remembering all too well, the fierce protective and nurturing instincts that kicked in from my very first glance. Throughout their early years, our children depend on us for almost everything. We are the key influences in their lives for a good part of their preschool years. I remember one anxious parent on her child’s very first day once, distressed at the thought of ‘letting her child go’. I reassured her that she was not letting go of her child; she was now on the journey of taking her child by one hand and letting us take the other. This journey can be a confronting one for parents as their child’s influences, experiences and relationships begins to expand.

Even though we may question it at times, the influence a parent has on the development of their child is significant. As parents, you are your child’s primary educator. Many of the lessons you teach will be through your own actions and reactions. How often do you hear your child say something, knowing it is a term or phrase you regularly use yourself? As your child gets older, like us, they will experience many things; from sadness, disappointment, anger, frustration, excitement, success, failure, isolation, inadequacy, wonder and joy. The natural instinct for us as parents is to shield or protect them from all those feelings they perceive to be negative. However, the reality is that life does present many challenges for everyone; no one is immune. It is these experiences that provide fantastic learning opportunities for your child, even if the learning is hard.

Children in MacKillop are busy preparing for the Mary MacKillop Mass which will be held next Wednesday at 10:30. I warmly invite you all to attend. There will be some children from St Brendan’s Primary School at both the Mass and the activities that will follow.

I encourage you to attend the Cyber Safety evening on Monday 3rd August from 5:00-6:00pm. I have seen many of her presentations before and she is a wealth of information when it comes to keeping our children safe online.

Thank you all for your support,

Michelle Garbutt

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**Thought For The Day**

‘Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved’.

- Helen Keller
**Weekly Reminders:**

**Lunch orders:** are available on Monday, Wednesday and Friday.

**Brain Food:** please send along a piece of fruit or raw vegetables cut up for your child to eat at their 10am break.

**Sport:** with Mr Hamer on Wednesday

**Music:** with Mr May on Wednesday & Thursday

**St. Joseph’s Playgroup:** Thursday 9.15am to 11.30am

**Uniform Shop:** Maintained by Ms Marie Donchi – Orders can be placed at the office.

**Out of hours childcare/vacation care:**
For bookings phone Bev Cameron on 0409 953 175

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**Xavier Class – Weekly Snippets**

Finally, we have a bit of sunshine, which has made playing outside all the more fun and enjoyable! There have been many stories shared where Xavier students have set up small activities at recess and lunch to make playtime a lot more fun. This included mini gymastics being taught, to The Loom Bands club being conducted. Well done to these students who showed excellent initiative to get these activities up and running.

All three classes this week have been powering through their work. So much reading and writing has been produced, making all the teachers smile enormously.

MacKillop have been working hard to develop their counting and addition skills. This is a great skill to master early, and everyone has showed excellent persistence. Well done!

Also, Colman have been powering through Miss Kennedy’s online website learning program. This is a fantastic creation, and has been met with huge positivity by the students.

Xavier students have also had a good week. They started work on weight, and worked through a variety of fun, hands on activities, which was very engaging.

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**This Week’s Mass Times**

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>St Colman’s, Orbost</td>
<td>6.00pm</td>
</tr>
<tr>
<td>Sun</td>
<td>St Brendan’s, Lakes Entrance</td>
<td>9.00am</td>
</tr>
</tbody>
</table>

**Weekly Prayer**

Loving God, you offer us in your Son, Jesus, a rich and meaningful life yet we allow ourselves to get so engrossed in our petty concerns. Send us your Spirit that we may see all things leading us into the deep mystery of your love. We ask this in the name of Jesus confident that you will hear us.

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**Assembly Awards**

**MacKillop:**

- **Angus Sparkman:** For reading very well to teachers and helpers.
- **Lucas Shanahan:** For being consistent with writing on lines and spacing words.

**Colman:**

- **Irene Kishaan:** For being a conscientious member of the class.
- **Kiah Findley:** For challenging herself in the classroom and playground.

**Xavier:**

- **Tristan Stewart:** For being a fantastic bucket filler, who always brightens everyone’s day.
- **Shona Brunt:** For showing persistence when working on her Third World Country research.

**Sport Awards:**

- **Shyer Milliken:** For showing good leadership at different sport stations.
- **Kaylee Cameron:** For demonstrating good eye/hand control in sport.

**School Leaders Award:**

- **Ramona Bady-Campbell:** For including everyone in her game and speaking nicely!

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**St. Joseph’s Playgroup**

**Playgroup with Puppets & Play and Beat Boppers every Thursday.**

*Please spread the word that all pre-school aged children are welcome to come along, join in and enjoy the fun! Sessions are run every Thursday during school term, 9.15am to 11.30am.*

**All families are most welcome.**

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Respect - Reverence – Love and Compassion – Honesty – Generosity – Commitment – Faithfulness – Inclusion – Forgiveness
**Autism Social Participant (ASP) Dinner Group**

Is for adults on the autism spectrum or living with the spectrum & parents of children with an autism spectrum.

13th August, 2015

Oz Mexs

79 Nicholson Street, Bairnsdale

6.00pm-8.00pm

Contact Julie from GAAP&S (Gippsland Autism Advocacy, Planning & Support) on 0408 013 555 or email autismplans@outlook.com for more information.

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**Breakfast Club Roster**

Monday: Trish Preston

Tuesday: Joanne Robinson

Wednesday: Mel Findley and Raeleigh Phillips

Thursday: Michelle Ducksbury

Friday: Jane Janson

If you are unable to come on your rostered day could you please notify the school office.

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**School Banking Details for Direct Payments:**

Account Name: St Joseph’s Primary School, Orbost

Bank: NAB, Sale

BSB: 083-879

Account No: 69545 2766

Remember to include your surname and family code if possible – if you are unsure, just ask at the Office for assistance.

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**Earn & Learn**

Woolworths Earn & Learn is back! They are giving you a chance to contribute some amazing new educational equipment to Schools and Early Learning Centres around Australia.

**TO GET INVOLVED, SIMPLY:**

1. Shop at Woolworths and you’ll get 1 Earn & Learn Sticker for every $10 you spend.

2. Stick them on a Woolworths Earn & Learn Sticker Sheet. You can pick one up from your local school, Woolies store.

3. Once you’ve filled your Sticker Sheet, pop it into a Collection Box at your local school or Woolies store or drop the loose stickers into the school office.

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**Around Our School**

Students working hard planting our new fruit trees with Marion Ward and Brenda Cotter.

Jhett, Irene and Amilia making pumpkin soup for the Soup Kitchen.

Xavier Class working hard during Mandarin.
RSL Tree Planting Ceremony

Respect - Reverence – Love and Compassion – Honesty – Generosity – Commitment – Faithfulness – Inclusion – Forgiveness

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

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets – independence, problem-solving, optimism and social connection.

Building Resilience
From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

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

1. 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 he meets some of life’s curve balls.

2. 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.

3. 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.

4. 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 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.

Orbost Primary School Trivia Night
An easy trivia and games night is to be held at Orbost Primary School.

Date: Friday 7th August
Time: 7.30pm
Cost: $15.00 per head
Venue: Orbost Primary School Hall

BYO drinks, alcohol and supper.

PLEASE NOTE: That this is an over 18 years event. Tickets available from Orbost Primary School office, Orbost Gift House, or by contacting Mandy Steele on:- 0409 628 955