



St Anthony's Catholic School

382A West Tamar Rd. Riverside 7250

Ph. (03) 6327 3618

Please return your Project Compassion box by Fri 12th May

No 11

Wednesday 10th May 2017

A Prayer for Mothers

May God bless your generous spirit,
keep your loving heart,
and hold you close forever.



A Mother's Prayer

Lord,

Give me patience for little ones.

A gentle heart and words so kind,

so when each child is grown and thinks of home,

a loving place will come to mind.



Reminder to all Mothers to join us at the Mother's Day Liturgy commencing at 10.00 am on Friday, 12th May in the Assisi Centre, and to be followed by a "Pamper Session".

May

Fri 12th

Mother's Day Liturgy 10.00 am
and Mothers' Pamper session

Thur 18th

Kindergarten 2018 Open
evening 7.00 pm

Fri 19th

Walk Safely to School Day -

Tues 23rd

Cross Country Carnival –
commencing 12 noon

Mon 29th & Tues 30th

Kindergarten 2018 interviews
commence for new families

Mon 29th

Primary Schools Futsal
competition

June

Sat 3rd

Family Mass St Francis Church,
Riverside 5.00 pm

Wed 7th

School photo day

Mon 12th

Public holiday – no classes

Tues 13th

St Anthony's Feast Day Liturgy
and celebrations
NIJSSA Cross Country

Students may wear school sports uniform for the next two weeks due to training for the Cross Country Carnival. Please remember to bring a spare pair of socks and shoes.

School Counselling at St Anthony's

The CEO and Catholic Care have joined together to provide a school counselling program for the Catholic Primary Schools in the North of the state. Belinda Flack will be visiting St. Anthony's every second Friday from 9.30 till 3.30. Her first day will be Friday 26th of May (unfortunately, she had leave booked before taking this position and won't be back until 23rd of June). She is able to provide individual counselling sessions and group sessions for *Seasons for Growth* program. If you feel that your child would benefit from either individual short-term counselling or being part of *Seasons for Growth* program, please contact your child's class teacher.

Individual Counselling will be around;

- grief and loss,
- conflict resolutions,
- social skills,
- personal development and
- family relationships

***Seasons for Growth* (small groups for approximately 40 to 50 minutes - 8 sessions)**

Level 1: 6-8 years

Level 2: 9-10 years

Level 3: 11-12 years

Seasons for Growth is based on the belief that change and loss are part of life and grief is a normal response to these losses. Students need the opportunity to learn about how death, separation, divorce or other significant loss events may impact their lives. The program provides an opportunity for participants to learn knowledge, skills, and attitudes required to understand and respond well to such experiences.

The *Seasons for Growth*

- supports children to understand and respond well to the issues they experience as a result of death, separation, divorce or other significant change and loss in their lives
- assists children to understand that their feelings and other reactions are normal
- develops skills for coping, problem-solving and decision making
- builds peer support networks
- helps restore self-confidence and self-esteem
- educates children about the grief process

If you have any questions regarding the counselling sessions here at school please feel free to contact myself via the school office.

Angie Burnell
Student Learning Needs Coordinator



Seasons for Growth Grief Program Learning to live with change and loss



Change and loss are issues that affect all of us at some stage in our lives. At CatholicCare we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth which will commence on this term. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the program and contacting their class teacher.

St Anthony's Primary School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you require further information please contact either the School office on 6327 3618 or CatholicCare on 6332 0600.



What is Seasons for Growth®?

Seasons for Growth® is based on the belief that change and loss are part of life and grief is a normal response to these losses. Children, young people and adults need the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives. The Seasons for Growth® programs provide an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.

The Seasons for Growth® Children and Young People's Program:

- supports children and young people to understand and respond well to the issues they experience as a result of death, separation, divorce or other significant change and loss in their lives
- assists children and young people to understand that their feelings and other

reactions are normal

- develops skills for coping, problem solving and decision making
- builds a peer support network
- helps restore self-confidence and self-esteem
- educates children and young people about the grief process.

The program is based on small group like-to-like peer learning processes (4–7 participants with 1 adult ‘Companion’), creating a safe space for children and young people aged 6–18 years to practise new ways of thinking and responding to change and loss in their lives. The emphasis is on understanding the effects of change, loss and grief, whilst developing skills in communication, decision making and problem solving. The program is underpinned throughout by an emphasis on the development of children and young people’s identity (‘I am’), relationships (‘I have’) and competence (‘I can’), helping to build self-confidence, self-esteem and a felt sense of belonging and connection. The Seasons for Growth[®] program is evidence based and relies on research, strategies and techniques consistent with high quality, psychosocial education. The program has a sound curriculum structure and incorporates a wide range of age-appropriate activities including writing, drawing, discussion, stories, role play, music, guided meditation and journalling. Children’s learning is largely generated through these activities and the conversations that emerge from stories shared, questions asked, skills learnt and friendships developed. This child-centred approach to learning encourages participants to not only value who they are and the particular ‘story’ they have, but also to modify where necessary their thinking, attitudes, beliefs and constructs about life and to ‘take charge’ of their behaviours. As de Winter and colleagues (1999) point out: *Learning by doing, learning by participation instead of exclusion is to be considered as a powerful tool to promote self-confidence, self-respect and a sense of control over one's own life.*

Kinder 2018 Information Night

The Catholic Primary Schools of Launceston invite prospective parents of 2018 Kindergarten students to Parent Information Evenings. We encourage parents to attend any information session of potential schools for their child. Listed below are dates and times for each school. If you have any further queries, please contact individual schools during office hours on numbers provided.

Larmenier Catholic School	Wednesday 10th May 7:00pm 6339 1910
St Thomas More’s Catholic School	Thursday 11th May 7:00pm 6337 7200
Sacred Heart Catholic School	Monday 15th May 7:00pm 6331 1011
St Finn Barr’s Catholic School	Wednesday 17th May 7:00pm 6326 3082
St Anthony’s Catholic School	Thursday 18th May 7:00pm 6327 3618

Applications for Kindergarten 2018

Applications for Kinder 2018 will be taken until the end of May. If you have a child turning 4 this year and wish them to be enrolled in Kindergarten at St Anthony's Catholic School please get an enrolment application form from our website or the office and return it as soon as possible. If you know anyone in the community who would like their child to attend St Anthony's Catholic School Kindergarten next year please advise them to get an enrolment application form off our website, or the office, and return it as soon as possible.

Grade 2 News

As part of our learning about ANZAC Day Mr James spoke to Grade 2 about his time in the defence force. He also showed us some of his things. Thank you Mr James we all loved having you share with us!



School Banking

Thank you to all students and parents for their participation in the Commonwealth Bank School Banking program.

CommonwealthBank



Just a reminder of things to ensure you complete each Wednesday banking day,

1. Please complete the details of your deposit on **both** the deposit slip and the stub in your deposit book
2. Write your account number and student number on the deposit slip

Please remember that School Banking is unable to provide you with an account balance. Please visit your local Commonwealth Bank branch or call 13 221 for this information.

From the P & F

A big THANK YOU to Bob McLoughlin for stepping up and filling the role of Secretary. We are very excited to have the new P & F gaining momentum.

Please remember

All raffle books sold or unsold and money must be returned to the school office by tomorrow (Thursday 11th). The raffle will be drawn after the Mother's Day Liturgy on Friday. Winners will be notified by phone and published in the newsletter. Goodluck!

The P & F is running a food & drinks marquee at this years Cross Country. We need some friendly helpers. If you are available on Tuesday 23rd May 11.30 am – 2.30 pm or would like more information please contact Steph 0447 342 195. A WWVP check is required.

Manions Coaches – change of bus arrangements

This note/letter is to notify students, parents, guardians and schools that the Devil bus will **NOT** be servicing Jetty, Beach or Freshwater Point Roads for passengers of an afternoon starting Monday 15th May 2017.

For the children at St Anthony's this will require your students to travel on the Devil bus to Riverside Primary where they will need to transfer to the Possum bus if required

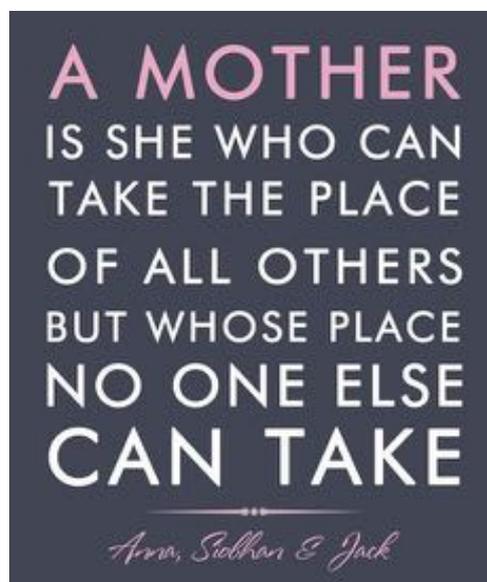
This has been brought about because of overcrowding on the Devil bus and our concerns for the safety of the students, driver and the travelling public.

These roads will have the Possum bus from the Primary School and the Koala bus from the High School. St Anthony's may need to transfer from the Devil bus at Riverside Primary where the Possum bus will be waiting.

Therefore the bus will stop its afternoon service at the end of St Clair Road.

At this stage there will be no change to the morning service. Thank you for helping with a smooth transition. If you have any queries please call Manions directly on 03 6383 1221.

Bernard Manion - Managing Director





2017 PERFORMANCE CHALLENGE

Prizes - Trophies - Medals - Certificates

Opportunities
for all Tasmanian musicians
to perform in a competitive but
friendly & encouraging environment.

September 8th, 9th & 10th
Hotel Grand Chancellor
Launceston

Entries close Fri 16th June



Tasmanian Catholic Schools
Parents Council



CSPA

Parent Knowledge and Parent Engagement improving Student Learning Northern Workshop

Separate workshops for Parents and Catholic Educators
(Free – No Charge)

Tuesday - 16 May 2017

Educator Focused Workshop	Parent Focused Workshop
3:45 – 6:15 PM	7:15 – 9:00 PM
Catholic Parish Offices 44 Margaret St. Launceston	St. Patrick's College Edmund Rice Centre (Senior Campus) Westbury Rd, Prospect Vale

Dr Debbie Pushor
Professor – Curriculum Studies



UNIVERSITY OF
SASKATCHEWAN

Professor - Researcher - Author - Advocate



RSVP to catholicparents@bigpond.com or phone/text to 0418 589 888 indicating your name, school and the session you are attending.