PRAYER

Last Saturday, the Feast of the Assumption of Mary, we celebrated a special favour that God gave to Mary, our Mother. Because of her sinless life, Mary was taken up into the glory of heaven not only with her soul, but also with her body. God would not let the body of the Mother of God be spoilt. This was her reward for her love of God and her years of faithful prayers and suffering.

Now Mary is in heaven. She is queen of heaven and earth. Blessed Mother Mary we pray that you guide, protect and care for us.

Prayer for the Assumption of Mary

Father in heaven, all creation rightly gives you praise, for all life and all holiness come from you. In the plan of your wisdom she who bore the Christ in her womb was raised body and soul in glory to be with him in heaven. May we follow her example in reflecting your holiness and join in her hymn of endless love and praise. We ask this through Christ our Lord. Amen.

PRINCIPAL’S NEWS

Raising the BAR- Feeling very PROUD!!!

Our 2015 NAPLAN results have arrived and they are testament to the excellent learning community that we have at St Paul Apostle North Primary School!!

NAPLAN is just one of many indicators we use to gather data on our performance as a school. We do use it to set benchmarks and raise the learning standards for our children. We never just look at one year but at the trend data of at least five years to gauge growth and set goals.

As I begin the analysis of the data with staff I am delighted and very proud of the results that I am seeing. I am so proud of our students, our parents and just so very PROUD of our staff. Our trend data is strong against like schools and the state. We are trending upwards in the majority of areas tested. If we have not improved we are at least consistently achieving at the state level.

Of particular delight is our Grade 3 2015 data. We have made great gains in all areas of Literacy assessed. We have been trending upwards but this year we have the BEST results compared to the previous five years! All our collective work across the school with the implementation of consistent strategies across learning communities and across the school is reaping the rewards. We can see improvements not just in our NAPLAN test but this is also verified in other forms of data collected.

We are now adding student data to an online data base where we can analyse trends. As a level planning team and as a leadership team we are able to analyse growth and proactively intervene when required to scaffold learning.
Our word “music” comes from the Greek word ‘mousike’. Unlike us, the Greeks used this word to describe all the performing arts – that is – dance, drama, poetry, as well as music. In our doubles class last week, with Grade 4 K we focused on Poetry.

After listening to a few poems – “Countdown” by Judith Nicholls and “How Can One Sell The Air?” by Chief Seattle, we discussed the similarities and differences in their themes. Both the poems talked about the major issues that presently affect our planet and questioned our ideas of progress and our perspectives of how global communities need to evolve and grow. Next, we read the poem – “The Green Unicorn” by Mike Jubb. This poem tells of a green unicorn, who suddenly visits Earth for a week. Each day, the unicorn uses its powers to reverse some of the damage we have done to our world, so that we could have another opportunity to create a more sustainable planet.

The children of Grade 3/4 imagined they had magic powers of the air, water and soil. They imagined what they would do to change the world for the better. They wrote their own ideas of how they would tackle some of the current problems and re-create the world.

Here are some of their suggested reforms to ensure a better quality of the life, in the future, on our planet.

- On Monday, I would make the air pure
- On Tuesday, I would clean the lakes, river and sea

- On Wednesday, I would make the water pure
- On Thursday, I would make the soil clean

- On Friday, I would make the world a better place
• On Wednesday, I would stop people from cutting down
trees...
• On Thursday, I will find homes for orphans
• On Friday, I will help the poor
• On Saturday, I teach children who have no one to teach them
• On Sunday, I would stop people from stealing and being
greedy
I found a magic wand...
• On Monday, I made world peace
• On Tuesday, I made everything fair

• On Wednesday, I cured cancer
• On Thursday, I went and helped people to live a better life
• On Friday, I gave the gift of love and gave lots to those who
need it most
• On Saturday, I travelled the world and took away bad
memories.
• On Sunday, before I left, I asked everyone to do the same.
We plan to finalize and print out our poems and make a
collection, titled – “If We Could Make A Different World…”
Marilyn Noronha - Performing Arts Co-ordinator

WELLBEING

Building Resilience in children

What is resilience? Resilience is
knowing how to stay calm, being able to stop yourself from
getting extremely angry, down or worried when something bad
happens. It also means being able to control your behaviour
when you are upset so you can bounce back from difficulty.

Teaching your child to be resilient

A vital element of teaching children to build resilience is
teaching children that what they THINK affects the way they
FEEL. Usually it is not what happens that makes us feel
negative emotions, it’s the perception and understanding
around the situation that creates our feelings. Two children in
the exact same situation can perceive a situation differently and
therefore one crumbles and gets down and the other is
able to control her emotions and bounce back from a minor
setback. This is most often because of the child’s thinking skills
and habits.

Discuss Ways to Think as well as Coping Skills that will Help
Your Child to Be Resilient

Introduce your child to the idea of an Emotional Thermometer
and explain that feelings like physical temperatures can go
from being very low/weak in intensity to very high/strong: You
could explain it something like “When something happens to
you that you think is bad like someone doesn’t say hello or you
get a bad mark, you can feel extremely upset, medium upset or
just a little upset. A resilient person tries to manage her
emotions so that she stays in the medium range of upset and
when she gets to the top of the thermometer, she calms down
quickly.”

When you are talking with your child about something that
happened that can strengthen their resilience. One way, is not to let your
thinking get the better of you by blowing
the badness of what happened out of
proportion (making mountains out of molehills).

Things that happen can be truly awful and terrible and other
events are just “a bit bad” like being late for an appointment, a
bad mark on a test, someone laughs at what you say in class or
forgetting to do something. When you are thinking about
something bad that happened, it’s good to think: “This is bad
but it could be worse. It’s not a catastrophe, the worst thing
in the world.” Thinking this way helps you to be calmer and more
resilient to a difficult situation.

Habits of Mind that lead to poor emotional resilience:

There is a range of thinking habits that don’t help children to
be resilient. If we can identify these unhelpful habits, then it’s
easier to help our child think about a situation in a more
healthy way. These are some common negative habits:

• Self-Downing – means thinking that I am useless or a total
failure when I have been rejected or have not achieved a
good result.
• Needing to be perfect – means thinking that I have to be
successful or perfect in everything important I do
• I Can't Do It – means thinking that, when I have not been
successful at something important, I am not good at
anything and never will be
• I Can't Be Bothered – means thinking that life should always
be fun and exciting and that I can’t stand it when things are
frustrating or boring
• Being Intolerant of Others – means thinking that people
should always treat me fairly, considerately, and the way I
want and if they don’t then I will get really angry and
frustrated.

LIBRARY

BOOK WEEK

The theme for Book Week this year was “Books Light up the World”.
The week has been fantastic with the Book Fair, The Reading Hour and the Book Parade
today. Tomorrow it is Pyjama Day and the children will be reading stories with their
buddies. It has been a great week with lots of fun and happy faces.
A big thank you to all the parents, students and staff for supporting our book fair, it was a
lot of fun and students were very engaged looking at all the new books. It was a great
success with all profits buying new stock for our libraries.
COMMUNITY NEWS & EVENTS

1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old
A three-session program for parents and carers at St Paul Apostle South School, 9 William Hovell Drive on: Sept 2nd, Sept 9th and Sept 16th from 9:30-11:30am and 7-9pm
Learn:
• To engage your children’s cooperation by positively noticing and encouraging them
• To set clear expectations and help them develop frustration tolerance
• To help children’s brains to develop filters for behaving well
• To resolve family conflict quietly
• Some simple strategies to practise being a calm parent
Course costs: $5 for all 3 sessions
Registrations: Contact the Parish Office on 97003781

*Please note that in order to ensure all participants can concentrate effectively, children cannot attend these sessions

What people are saying...
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!
I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control

Who is running it?
The presenter for this course is Gauri Sanjanwala who has completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training.
Gauri is an experienced Paediatric Occupational Therapist working with children and families at Yooralla Inner South Children’s Service.

For more information contact Sister Brigid on 97003781
• An end to the arguing and yelling!
• It saved our lives
• Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

CONFIDENT PARENTS RESILIENT CHILDREN PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years
SEPTEMBER 2ND, 9TH AND 16TH 9.30AM-11.30AM
or
SEPTEMBER 2ND, 9TH AND 16TH 7-9PM
COST: $5 FOR 3 SESSIONS
Please register your interest by completing the form below and returning it to the school office by Wednesday 26/8/15

NAME:...........................................................................................................................................

ADDRESS:...........................................................................................................................................

LANDLINE /MOBILE:.........................................................................................................................

SCHOOL:................................................................................................................................................

Ages of your children: a. b. c. d.

9.30-11.30AM 7-9PM

If you would like to discuss this course further please contact Sister Brigid at the Parish Office 97003781
PFA Welcomes ALL Parents Friday 9am in the Parents Room

What we have been up to:

School Banking: Don’t forget to hand in your school bankbooks on Fridays. Please note: it’s never too late to join School Banking. Just ask us how.

Dinner Dance: Our Dinner Dance is this Saturday the 22nd of August. We have an amazing international buffet provided by Silver Platter Catering. A fantastic band featuring The Empire Ants and many raffle prizes to be won on the night. If you haven’t ordered your tickets please contact Lina 0409 038 186 or Neshe 0400 378 722.

Cooking Class: Our 1st Cooking class was a great success our Chef Karen cooked up Rendang Chicken, a fragrant coconut Malay Curry. This delicious meal was enjoyed by all. Will keep you posted on our next cooking class.

Father’s Day: Our annual Father’s Day Raffle will be held on Friday the 4th of September. The PFA are asking for donations to go towards the raffle. Please forward donations to the office by Thursday the 3rd of September.

Once again, please feel free to come in anytime. We are always there on a Friday and would love for you to join us. Also, if you have any queries or suggestions and you are not able to pop in, please drop us a line on spanpfa@gmail.com. We are always happy to hear from anyone and will respond to any query.

BOOK FAIR PHOTOS

Books Lights Up Our World