**Reflected on All Saints and All Souls – 1st and 2nd November**

On the feast of All Saints, 1st November, we reflect on the lives of the saints. We can often think of saints as perfect people, but their greatest witness is how they coped with the ordinary difficulties of their life, and how they courageously showed the love of God to others.

We also remember and pray for all those who have died on the feast of All Souls, 2nd November.

Together we pray: Lord God, we remember with love all those who have died...  
Lord God, we remember with love all those who have died. We ask the support of all your saints who by their persistence and example have shown us how to live and love in Your ways. Give us strength to cope with the daily routines that we put down. Help us to act as your witnesses when we respond to each other with love.

**Principal’s News**

We cannot do it on our own. With the support of one another we can all succeed.

On the Camino, the 115km journey to Santiago de Compostela, the qualities of generosity and kindness were ones that struck a cord with us all. There are some people along our journey in life that are very generous in spirit. They are the ones who notice what others miss and go out of their way to help and support. It is always a blessing to walk the journey of life with such people. Any journey has its ups and downs, its challenges and difficulties as well as its rewards. How we handle these ourselves and with those beside us makes a difference to all who walk with us. I could not imagine reaching the end at all costs and leaving others in pain, to falter. By helping and supporting one another, we all did succeed. No one could, no matter how fit they were, succeed alone. We need to work in partnership.

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**Important Dates**

- **Friday 29 October**
  - Assembly 3/4 at 2.30pm
- **Saturday 31 October**
  - Reconciliation Presentation
- **Sunday 1 November**
  - Reconciliation Presentation
- **Monday 2 November**
  - Pupil Free Day (No School)
  - Tuesday 3 November
  - Public Holiday (No School)
- **Thursday 5 November**
  - Whole School Mass – All Saints
- **Friday 6 November**
  - PFA
  - Prep orientation 9:30am -10:30am
  - Grandparents & Special Friends Celebration 2pm to 3.20pm
  - Assembly 1/2 B+C at 2.30pm
- **Monday 9 November**
  - Prep 2016 optional orientation Music/PE 2pm - 3pm
- **Tuesday 10 November**
  - Reconciliation family Night 2 at 7pm
- **Wednesday 11 November**
  - Remembrance Day Prayer 10.45-11.05
  - PSG
- **Thursday 12 November**
  - Reconciliation Workshop 9am-3pm at the Church
- **Friday 13 November**
  - Assembly 1/2 F+G at 2.30pm
  - Working Bee 4-6
- **Saturday 14 November**
  - Reconciliation Presentation
- **Sunday 15 November**
  - Reconciliation Presentation
- **Tuesday 17 November**
  - Reconciliation 7:30pm
- **Thursday 19 November**
  - 5/6 Level Mass
  - Gr 1/2 Priest Visit
  - Reconciliation 7:30
  - PSG
- **Friday 20 November**
  - PFA
  - Assembly Preps at 2.30pm
- **Thursday 26 November**
  - Reconciliation Mass
- **Friday 27 November**
  - Mandarin Assembly at 2.30pm
  - 3/4 BIG Day out + Sleep over

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**Terms 2015**

- **Term 2**: 13th Apr-26th Jun
- **Term 3**: 13th Jul-18th Sep
- **Term 4**: 5th Oct-17th Dec

**School Supervision Times** 8:30am-3:40pm  
Supervision before school commences at 8.30am. Children should not arrive at school before this time. Students need to be at school by 8.45am for a 8.50am start. School finishes at 3.20pm. Teachers are on duty until 3.40pm. Students need to be collected by 3.40pm. The school has an Out of School Hours Care Program to assist parents who work or cannot make it to the school by 3.40pm.

**School Gates**  
Please note that, for the safety of your children, the school gates will be locked between 9.00am and 3.10pm every day. The gates will be opened around 2.20pm on a Friday for parents wishing to attend Assembly at 2.30 pm. The gates will be locked again from 3.40pm. Please ensure that you do not park at the back of the school after this time as you will be locked in.

**Canteen**  
The canteen operates every Monday, Wednesday and Friday. Please go to the school website for the current price list and ordering procedures.

**Uniform Shop**  
The Uniform Shop is open every Wednesday from 8.30am-10.00am in the Specialist Block. Uniforms can also be purchased directly from our suppliers, KLAD Sports (8 Macro Court, Rowville. 9763-0266). Good quality secondhand uniforms are also available. Please enquire at the school office.
In Education over recent years, it has been pleasing to see this same shift in our schools and systems. Once we held things to ourselves so that we could be the best and our school could be the best. It is now refreshing to see that within the school we believe strongly in supporting and helping one another to succeed. At our school, teachers work in teams to share expertise. They are involved in staff meetings where ideas are exchanged across the school. Teachers coach one another and give each other constructive feedback so that we can learn and improve with the support of our peers. Thus, all can be proficient. This makes it better for our children as they move from class to class. As a system, we share and support one another by exchanging ideas. In our Catholic school system, we have collectives of schools who gather regularly to help each other improve in a focus area. We have been involved in regular exchanges with a number of local Catholic Schools. As an education department, we share across sectors and across states. Technology makes these exchanges easier. No longer do we work in isolation in Education. By helping each other we can help all schools improve. Problems will surface on any journey and are discussed and resolved respectfully so that all can succeed. This benefits us all. Raising the standards of education across the country makes it better for all Australians. We live in a global village and there is also an exchange across countries. Our leadership team communicates regularly with mentors in America, I visited classrooms in Ireland and England when overseas, we share research results across countries so that we can all learn from best practice and improve. Generosity and kindness to share strategies are vital qualities as we build supportive partnership in education.

An area that I believe we can do better at St Paul Apostle North is our supportive partnerships between home, school and between families. We are all on a journey and all wanting our kids to succeed. However, life today for busy families can at times be isolating and tricky as we navigate the ups and downs of supporting children. You may be facing a difficulty that might also be encountered by other families. We have ideas to share and we would love to know more about ways we can support you. Between us, we have the solutions to many difficulties and we need to improve the way we can support each other and share strategies. There are at times misconceptions and misunderstandings. Waiting until there is a problem and then getting frustrated is not helpful for you, the child or the teacher. It is important to come and discuss things together so that it is a win for all. How we support each other is vital. We need to continue to find ways to communicate with one another in respectful ways. Confrontation is never helpful. We need to continue to build positive home and school partnerships. I encourage you to use the many ways we have to stay in touch with the school. Please take the opportunities whenever possible to meet with the teacher, take part in events and build supportive relationships. Activities like working bees and PFA meetings on Fridays are some possible ways to make connections. Come and visit the classrooms or become a classroom helper. Make an appointment, when possible, as this is always better for a concern. Teachers are also available for a quick chat before or after school. We have lots of new initiatives planned like our Kitchen Garden, Playground upgrades and re starting our SPAN playgroup. We invite you to join us in building a better school community. The most important thing is to get involved at some level.

The more we show generosity and kindness to one another along the journey, the greater the trust and the relationship. The better the relationship the better the partnership will be. Schools that have a strong parent engagement and partnership have better results. Let us improve our parent engagement and partnerships at St Paul Apostle North. Please also see the article by Michael Gross in this newsletter entitled, ‘How to raise a child as a Giver.’ I hope these parenting ideas are a help to you. Also check out this video link on Redundancy parenting. https://youtu.be/i2KczkV6oUY

RELIGIOUS EDUCATION

Reconciliation is a sacrament that we revisit many times in our lives. It is one of the many sacred moments we can choose to experience.

The grade 3 children are preparing to receive this sacred moment and learning about the importance of positive actions in maintaining healthy relationships.

Please join us as we celebrate

All Saints Day and All Souls Day

with a Whole School Mass on

Thursday 5th November at 9.15am in the PLC (Senior Building)
**CLASSROOM NEWS**

**Grade 1 / 2 News**

Term 4 is here and the Grade 1 and 2’s have been busy writing narratives about haunted houses and using the CUBES strategy to assist in their understanding of multiplication and division. In Investigations we are exploring new ideas such as our dramatic play areas of Pirates and the Camp Site. Our newest Investigation area is a history area that is all about Australia. In Religion we have made ourselves into our image of God.

**NUMERACY NEWS**

Our annual Footy Day at Span was once again a huge success. A big thank you to all the Grade 6 students who took charge and ran all the sport activities. They were excellent leaders and a credit to our school.

Before going out for the Sports activities lots of fun learning was also taking place in the classrooms during the morning. The children were involved in ‘footy’ based games and activities that addressed many areas in Mathematics - Number, Chance, Data representation and interpretation, Location and Transformation. All the children added their team to the Whole School Graph- once again Hawthorn was the most popular team.

Thank you also to all those students who brought in a gold coin donation. All money raised through supports education programs for young Australians living with cancer and funds vital cancer research into cures and improved treatment methods.

Esther Atwell

Work done by Mercy and Mark in Prep D
**IPAD PROGRAM**

Thank you to all the families who attended last Thursday’s information session about our 2016 1:1 iPad Program that we are very excited about extending to the Middle school next year. This was a valuable time to share a snapshot about how the iPad program works and discuss any questions about this.

Through a range of different applications, students are able to make videos and podcasts to share their learning and thinking, annotate pictures to show examples of concepts in the physical environment and share their thinking and connect and collaborate with students all over the world. These tasks continue to enable students to develop their reading, writing and thinking skills, enabling our students to refine and develop key critical 21st century skills that employees value, including critical thinking and reflection, creativity brainstorming, problem solving, effective collaboration and good communication skills.

_Casey Jenkins_

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**WELLBEING**

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**Anxiety in Children**

**What is Anxiety?** Anxiety is a normal feeling people experience when faced with threat or danger, or when stressed. Most people including children feel anxious at times and this is perfectly normal. Anxiety presents itself in 3 ways; behaviour, thoughts and feelings. When children experience anxiety they may experience some of the following:

**Anxious Feelings**
- Feeling anxious or tense
- Irritability, uneasiness
- Feeling ‘out of control’
- Fear that something dreadful is going to occur
- Feeling dizzy, unsteady, light-headed or faint
- Feeling upset and uncomfortable

We all experience anxiety at some time during our lives when we are faced with difficulties, faced with challenges or when we are feeling out of our comfort zone. Some children experience anxiety over everyday life activities and this can be incredibly draining and take the fun out of life. **Although feeling anxious from time to time is normal for children, extra support may be needed when:**

- Children feel anxious more than other children of their age and year level and talk about their worries a lot.
- Anxiety stops them participating in activities at school or socially.
- It interferes with their ability to do things that other children their age do easily.
- Children find it hard to separate from parents.
- Children are afraid to take healthy risks and have a go at new things.
- Children need a lot of reassurance before beginning tasks or socialising.
- There is a need for perfectionism particularly with academic tasks.
- There are ongoing physical symptoms such as an upset tummy and headaches.

**Anxious Behaviours**
- Difficulty sleeping
- Restlessness
- Fast heart beat
- Sweating
- Headache
- Nausea, vomiting, diarrhoea
- Tense muscles
- Difficulty breathing

**Anxious Thoughts**
- Not being able to think clearly or to concentrate
- Perceptions of threat or danger appear greater than it is
- Excessive worry, or ‘catastrophising’, about life
- Recurrent and persistent intrusive ideas and thoughts
COMMUNITY NEWS & EVENTS

We warmly invite you to attend

A GRANDPARENTS & SPECIAL FRIENDS CELEBRATION
Friday, 6th November 2015
from 2 pm – 3.20 pm

- 2.00 – 2.30 pm  Afternoon tea
- 2.30 – 3.10 pm  Special Assembly in the PLC
- 3.10 – 3.20 pm  Grandparents visit classrooms

We look forward to seeing you and thank you for joining us

The students and staff of St Paul Apostle North

Tree Removal

Please be advised that we are having a large tree removed from the back of the playground on Thursday November 5th. The work will begin at 8:00am. Therefore, the back gate will not be open on that morning. Please tell anyone you know who might be inconvenienced by this. We will send out notes closer to the day and advise via the school app.

Thank you  Mary Lucas (Grounds)

The Book Club is coming back to SPAN. Look out for your book catalogue soon.

NO SCHOOL ON:
- MONDAY 2 NOVEMBER
- PUBLIC HOLIDAY TUESDAY 3 NOVEMBER

PLEASE NOTE
SPONSORSHIP MONEY TO BE HANDED IN BY FRIDAY 30TH OCTOBER.

Great prizes to be won for most money raised. Also any child who raises over $20 will go into a draw for a chance to win an additional special prize. Winners will be announced on Friday 6th November at afternoon Assembly.
Market Day
Save This Date!!
Thursday, December 3rd, 2015.

Our Kitchen Garden Program has been slowly building over the past 18 months. You may have noticed the lettuce, beetroot and carrots flourishing recently, and heard all about the yummy recipes being whipped up in the PLC kitchen every Wednesday morning. We have begun selling some of our produce and have made a princely sum of $50 so far. This will be used to purchase more seeds etc. The Kitchen Garden Program is committed to sustainability and recycling wherever possible.

On Thursday, December 3rd, we intend holding our first market stall from 9:30 to 11:00am. We will be beginning small with some garden produce, some goodies from the kitchen and other stalls selling articles made from recycled materials. You may even pick up some Christmas bargains.

We are asking for the school community to help us out over the next few weeks with recycled small glass jars with lids, recycled food cans of all sizes and recycled small pots for planting in. Any small flower cuttings that could be propagated would also be appreciated. We are also after any old car tyres you may want to get rid of. They make wonderful flower planters.

Next year we hope to add eggs to our market stalls. If there are any handy people who have some time and expertise to help us build our chook run and shed we would be very grateful. In the meantime, come along and enjoy the market atmosphere on the 3rd.

ST PAUL APOSTLE SOUTH – CHRISTMAS FAIR
SATURDAY 28 NOVEMBER 2015
11AM – 5PM

Please join us for a day of fun and games with rides, stalls, trash & treasure, car boot sale, talent show, food and much more.

Santa will be here and you can have your photo taken with him.

Wrist bands are on sale now for $20 unlimited rides. If you wish to purchase please put your name and the number of wristbands you require in an envelope with the money and give to your school office. Wristbands to be picked up at the Fair.

If purchased on the day cost $25.
Join Michael Grose for a 4-week online parenting course

**Parent Well with the Meta-Moment**

Get the skills to be a more effective parent as well as help your kids better manage their feelings and emotions.

**Parent Well with the Meta-Moment** is one of a series of online courses to teach you how to gain mastery over your emotions so you can be successful in all areas of life.

- The Meta-Moment is a practical research-based tool developed by the Yale Centre for Emotional Intelligence
- Retrain your brain to be a better parent so you can always stay cool in stressful situations.
- Learn how to manage everyday stressful situations calmly so you don’t respond with angry outbursts and don’t say things to your kids that you regret later on.
- Help your children stay calm rather than overreact when others tease or taunt them.
- Develop critical greater self-awareness of how your thoughts and emotions drive your behaviour, and importantly be able to pass these skills on to your children.
- Downloadable weekly videos, workbooks, learning activities and Facebook Q & A to discuss and answer your queries with Michael Grose
- A useful tool for carers and teachers who are looking for a great tool to help their students better manage their emotions
- Suitable for all age groups

The 4-week **Parent Well with the Meta-Moment** starts on 13 November.

Join now for a **special discount price of $57** (normally $67) to take advantage of **FREE** access to **Parentingideas Club** before the course starts on 13 November. Use special discount code: **META SPECIAL**

Or why not join **Parentingideas Club** for $167 (normally $197) annual membership and get access to **Parent Well with the Meta-Moment** plus the CLUB plus 4 more online parenting courses planned during the next 12 months. Use special discount code: **META SAVE**


Or contact the Parentingideas team on 03 5983 1788 office@parentingideas.com.au

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**Parentingideas Schools**

Building Parent-School Partnerships
Parenting ideas

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

How to raise a child to be a giver

Michael Grose highlights why it is so important to teach your child to be a giver, not a taker, and gives five practical ways to develop a sense of generosity in kids.

Young children are egocentric by nature. As any three-year-old knows only too well the world revolves around them. “I want…” “Give me…” “It’s mine!” and other variations are the mantras for this age group. This self-centredness is developmental, which means it’s something they grow out of...or they’re supposed to.

But some kids never bridge the gap from self-centredness to generosity. They become takers with an inflated sense of entitlement rather than givers who do all they can to accommodate the needs of others. While it can be argued that some children may be self-centred by temperament I’m not convinced that we can blame Mother Nature entirely. There is no doubt that parenting impacts enormously on a child’s propensity to give rather than take.

In the eagerness to get kids off to a good start in life, a spirit of generosity is one quality that parents can easily overlook. Developing children’s personal competencies tends to be higher on most parents’ wish lists for their kids than developing a generous spirit.

But developing a sense of sharing in kids has plenty of positives. Children who are able to share their time, their space and themselves generally have more friends and experience more success than those who are self-centred and mean-spirited. Quite simply, they are less-prone to material!

Like most facets of child rearing developing a community ethos in kids can be a frustrating task but perseverance, modeling and expectations are parents’ greatest allies when it comes to things that really matter.

Here are five practical ways to develop a sense of generosity in kids:

1 Expect kids to help
With families shrinking, kids get fewer opportunities to help at home than before. With this in mind expect your kids to help without being paid. Regular chores and activities that benefit others such as setting the meal table or helping a younger sibling get dressed teaches them that their contribution is valuable and very much required.

2 Think ‘gang’
It’s a quirk of modern life that parenting is an individual endeavor. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as a key parenting principle. Encourage children to make allowances for each other which may mean everyone watches a sibling’s special concert rather than some children missing it because it’s boring!

We put ourselves out for each other is a wonderful family strength that often needs to be reinforced by parents.

3 Don’t let them get away with meanness
Children wear L-plates when it comes to behaving generously. They don’t always get it right, which means that parents as the wise adults need to remind children when their words and actions are intolerable or mean-spirited, or when they need to put their own needs behind the needs of others.

more on page 2
... How to raise a child to be a giver ...

4 Develop a sense of other
Children and teenagers don’t live in a bubble. The socialisation process demands that kids be accountable for their poor behaviours. “What does this social situation reasonably require of my child at his or her age and stage of development?” is a great question to ask yourself to develop a sense of other, rather than entitlement in kids.

3 Encourage giving
During the Victorian bushfires a few years ago I heard the story of a nine-year-old whose mum went into his bedroom to grovel at him for being up too late. She found him busy emptying his money box into little plastic bags, ready to donate at the school bushfire appeal next day. There were plenty of stories like this showing the generosity of Australian kids, we just need to encourage them in everyday life, rather than wait for a tragedy, to give their generosity a kick start. You can begin by encouraging them to give toys, books and clothes away when they have finished with them, or doing a good deed by a neighbor or friend.

The skills that kids need for future success are changing as technology, greater flexibility and mobility, and new economic forces are transforming workplaces at an astonishingly rapid rate. But the basic attitudes and character traits needed to succeed such as teamwork, initiative and generosity haven’t changed too much over time. Ask any employer and I’m sure they’d say they’d hire a giver over a taker any day as they are just so valuable to have on a team. Hopefully they are not becoming a rarity as well!

Michael Grose

Want more ideas to help you raise confident, kids and resilient young people? Subscribe to Happy Kids newsletter, my free weekly email parenting guide at parentingideas.com.au You'll be so glad you did

parentingideas.com.au

© 2015 Michael Grose
The Prep Children have been enjoying the two weeks of swimming this term. Last week was their ‘Survival Training Day’. The children jumped into the pool with their pyjamas on over their bathers. One of the many skills taught on the day was to get to the edge of the pool and out of the wet clothes while in the water. The children have learnt many skills throughout the swimming program. The children can use these learned skills in the future to discover the fun of swimming and enjoyment in the water.