



## Tuesday 1<sup>st</sup> June 2021 Week Seven Term Two

Dear Families

Our Junior and Senior Field Events have been a great start to our 2021 Athletics, and we have been proud of the many achievements we witnessed. Those achievements can look very different for each child. For some children, just turning up is a huge achievement and for others it is achieving personal bests or breaking a school record.

We should never underestimate the personal battle each person might be struggling with in their own mind. Competition or sport is not the only thing that can cause stress. Friendships, learning in class, following instructions, self esteem and motivation are just some of the battles some of our children have to fight each day.

Using **positive self-talk** is a strategy we often try to teach our students to help them through these battles and it is something us adults need to keep practising also!

A large percentage of the communication we engage in each day is with ourselves. Sadly, about three quarters of that communication is often negative. Self-talk is vital because it plays a big part in shaping our self-esteem. There are a number of strategies that you could help your child to practise to improve their self-talk.

Teach your children to become aware of the actual words they are saying to themselves. Encourage them to listen to themselves and share what they are hearing. If they are saying something negative to themselves, help them reframe it and say it in a more positive, empowering way.

Another great tool is using solution language. If you hear your child is thinking words like 'I can't', 'I should' or 'I'll never be able to', help them to recognise those negative thoughts and substitute words like 'I can' or 'I will' when they're using self-talk.

Tell your child that many successful people use positive self-talk to achieve success. Help them to build a 'Tool Box' of positive words that they can use whenever the negative starts to loom.

### Don't forget that you are the best role models for your child to learn from:

*Try talking to yourself out loud so your children can hear you. Loving yourself out loud will cement the good words in your head and in the heads of your children.*

Lisa @ <https://growkidsminds.com/positive-self-talk-and-why-its-important-gkm025/>

What a precious gift if we can teach our children to be positive and kind to themselves which, in turn, can filter into all of their relationships.

If you want some really practical ideas to help your child reframe their negative thinking, Laura Driscoll has some brilliant suggestions at this link:

<https://www.socialemotionalworkshop.com/2019/01/challenge-negative-thinking/>

God bless you and Live Jesus in Your Hearts Forever!

Jennett Mullane

Principal

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<https://www.thepathway2success.com/positiveselftalk/>

## **From our APRE**

*This week a group of students will receive the Sacrament of Confirmation. Congratulations to this group of students – we pray that they receive the gifts of the Spirit.*

*We will welcome Bishop Michael on Wednesday when he comes to Gladstone to celebrate the Sacrament of Confirmation.*

### **MJR MESSAGE OF THE WEEK**

#### **SOJ – Spirit of Jesus.**

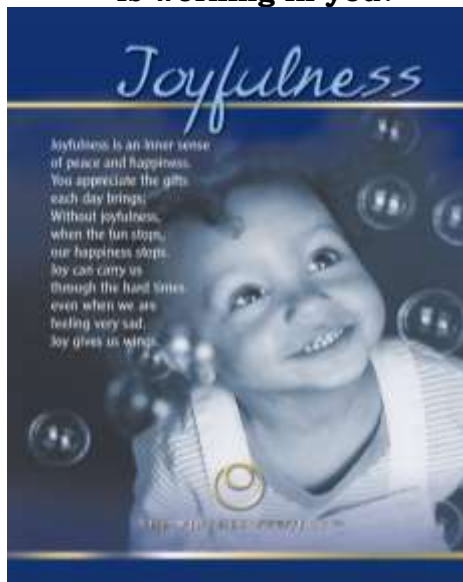
The Spirit of Jesus is all around us we just have to know where to look. When you have the Spirit of Jesus you -

- Feel happy and calm
- Smile often
- Forgive others
- Really listen to others
- Pray for those around you
- Are happy when others succeed
- Confident in what you do
- Are honest
- Bring out the best in others

When have you seen the Spirit of Jesus in yourself?

### **WEEKLY WONDERING**

**I wonder how you show the spirit of God is working in you?**



*Look for joy within.*  
**Have a wonderful week,**  
**Kellie Richardson**  
**Assistant Principal: Religious Education**

## **IN OUR PRAYERS**

- We pray for those children preparing for their Confirmation this week: May the Holy Spirit guide them in their lives and fill them with courage, joy and peace as they lead the lives they have been called to.
- We pray for our school community that we may be true believers in the unity and love of the Father, Son and Holy Spirit and that our efforts together will bring about Glory for God.
- We pray for all who live with war and suffering, that leaders who impact society will be moved by the Holy Spirit to bring about justice and peace.
- We pray that the sick and housebound will be comforted and given the support they need, including those suffering the ravishes of Covid.
- We pray that, through the Holy Trinity, those who have died will find their home with the Lord.





On Monday, I had the pleasure of running the high jump at the Senior Fields Day. Every group of students that competed displayed excellent sportsmanship values. They were encouraging and supportive of each other. I was so impressed, at the end of each session I congratulated them all for displaying such care and respect to each other. They were all striving to win and being competitive with each other but never losing sight of the importance of being kind.

Unfortunately, this is not always the case during lunch times. We are finding that more and more often teachers are having to step in and settle some very competitive games where some students are forgetting about fun and focusing on winning. In order to change this approach to our lunch times, we have spent time with our students to remind them of *THE GOOD SPORTS CODE*.

Please spend time with your children to talk through the code and discuss ways they can work towards lunch times being about friends and fun!!

### THE GOOD SPORTS CODE

*I am a good sport and respect my classmates.*

*I give my 100% best and I will never give up.*

*Win or lose.... I have fun and play hard.*

*I congratulate my opponent when they win.*

*I love to win, but I do not brag.*

*After all.... It is just a game.*

Have a great week.

Anthony King  
Assistant Principal: Curriculum

## 200 YEARS - FAITH IN THE FUTURE OF CATHOLIC EDUCATION IN AUSTRALIA

*Almighty and all-loving God,*

*With gratitude for the endeavours of Catholic education in the past, with confidence in our Catholic pre-schools, schools and universities today, and with faith in their continuing contribution in the future, we celebrate 200 years of Catholic education in this Great South Land.*

*As our Heavenly Father, we thank you for your providential care for your children in this land in inspiring priests, religious and lay people to found and staff our schools in ages past.*

*Through them the Good News of your Son was brought to the young even in colonial times - and ever since.*

*As Christ the Teacher, you grace the staff and leaders of Catholic education today. As they build on the achievements of their predecessors, direct them in their present efforts to ensure that every young Australian has the opportunity for an excellent education and formation in faith.*

*As our Inspiring Spirit, you lead us into the future. In the century ahead, grant those teaching and learning in our schools, those planning and leading, and the families and community that entrust their young people to us, a love of learning and a willingness to be the face of Christ in the world of tomorrow.*

*Pour out your abundant blessings upon all involved in the ministry of Catholic education.  
Amen.*

*Our Lady of the Southern Cross - pray for us.*

*St Mary of the Cross MacKillop, Patron of Catholic Education in Australia - pray for us.*



**P&F Meeting  
Tonight  
Tuesday 1<sup>st</sup> June  
6:30pm**

**Come along at 6pm  
for a drink and a chat  
beforehand.**



**A reminder not to  
attend if you are  
unwell please.**

**Book Club Orders - Reminder**

A reminder to families that orders for **Book Club** will close this **Thursday 3<sup>rd</sup> June**. Book Club orders are to be placed via LOOP. Please see 'How to Pay' inside the back cover of the brochure for instructions.

**A "Student Achievement" book is available in the school office for all parents to submit details of their child/children's achievements in the school newsletter. Please contact the school office on 49721305 for further information.**

**USE OF THE NEW  
CAR PARK**

We are slowly getting used to our great new car park and fine tuning a few procedures. The following concerns have been noted and we ask your support in keeping traffic flowing and safe:

- Please do not block the exits to the properties along the road. Keep your eye out and make room for them. This is especially important near the ambulance at the bottom of Central Lane.
- PLEASE TURN LEFT at the bottom of Central Lane.
- It is a wide turn for some vehicles to enter the car park and we ask you to be aware of this as you are travelling in the opposite direction and give way as necessary.
- Family name cards will be sent home later this week. Please display these cards in a prominent position on your dashboard when driving through pick up. Thank you.



# ***DATE CLAIMER***

## ***Whole School Picnic and Disco***

***Friday 11 June  
5:30pm – 8:00pm***



***Come and help us celebrate the great new facilities we have.***

***Bring your own dinner and a rug and enjoy a picnic and a dance.***

***A bar will be operating on the night to sell drinks.***

***Parents should please be aware that, while some dance music is being organised for the student's enjoyment, no formal supervision of the children is being provided by the school. Parents are responsible for the supervision of their children during this social gathering. Students may not attend this function without being accompanied by a supervising adult.***

***A reminder not to attend if you are unwell or experiencing Covid symptoms. Please sign in on arrival and obey all distancing guidelines.***

# Student of the Week Award

*Congratulations on the way you show the Spirit of Jesus to those around you. You are a shining light in the way you choose to stay positive even when things are difficult.*



# SCHOOL PHOTO DAY WEDNESDAY 16<sup>TH</sup> JUNE



## A NOTE FROM YOUR SCHOOL PHOTOGRAPHER

School photos are almost upon us again! The school has engaged MSP Photography to create our school records this year and you are invited to purchase prints of your child.

On photo day, **every student will be photographed** regardless of whether you are purchasing or not.

Your child will bring home a personalised order envelope from the photographers. Please take care to read and follow all the instructions carefully. This will ensure your order is processed smoothly and efficiently and will help you to avoid any late fees.

You will have the option to order online or with cash in your student's envelope. Please take care to follow the instructions carefully.

Additional order envelopes are available from the school office for **separated parents, blended families and grandparents**. You will need to collect these on or before photo day and give it to the photographer on photo day. Be sure to write "Mum's order" or "Dad's order" on top of your envelope.

To **order a sibling or friends photo**, please collect Sibling and Friends Order Envelope from the school office on or before photo day or order it online **at least 24 hours in advance**. *Please note: Sibling photos are only for siblings who all attend the school.*

If your child has been photographed in a **special group** (ie sports team or leadership team), order envelopes will be available in the weeks following photo day. Please watch this newsletter for information when they will be available.

As school staff are unable to help with photography enquiries or payments, please direct your questions and comments directly to MSP Photography by phoning 4921 3355.

Thank you for your co-operation and we look forward to a great photo day.

**Keep smiling!!!**



