



43 Ferntree Gully Road Oakleigh East 3166
 Phone: (03) 9569 8966 Fax: (03) 9563 0295
 Email: principal@cohroakeast.catholic.edu.au
 Website : www.cohroakeast.catholic.edu.au

Newsletter No: 7 13th March 2014

Dear Parents,

As we commence the season of Lent, Sunday's gospel is the account of the Transfiguration. The account of the Transfiguration appears in the Gospels of Matthew, Mark and Luke. God's voice from the cloud claims Jesus as his Son, the Chosen One, and then goes on to instruct those present – and we, the readers – to 'Listen to him!' For the disciples, this was a message not to get carried away with their own ideas about the Messiah but to listen to what Jesus was saying about the suffering he must endure and to what he was saying about true discipleship. Jesus tells us that to be a follower of his involves sacrifice, hardship and often unpopularity. It is this message we must listen to as much as the promise of salvation.



SCHOOL CLOSURE DAY – Monday 17th MARCH

Georgina Manning, who presented at last week's Parent meeting, will be working with the staff next Monday 17th March. This will be a school closure day for this term.

CAMP

Last week our Years 5 & 6 students participated in a camp at Sovereign Hill. They participated in all the activities with great enthusiasm. Importantly, they are to be complemented and congratulated for the manner in which they behaved and supported each other – they were wonderful ambassadors for our school.

Last year we looked at the possibility of travelling to Canberra as our camp experience for the 5/6's. We are still considering this option, but have yet to make any firm decisions.

PARENT/TEACHER INTERVIEWS

Parent/Teacher interviews will be held during the first week of next term – on Wednesday 23rd April (from 3pm – 6pm ~ children will be dismissed at 2:30) and Thursday 24th April (from 4pm to 6pm). Shortly each family will receive details about how to make a booking using PTO online.

VEGGIE GARDEN "SAVE THE DAY"

On Monday morning 24th March at 8.50am we are having a mini working bee to top up the garden beds in the veggie garden. Please come and help us.

PARENT PROGRAM

After the successful Parent Information evening at the beginning of the year, the school is hosting a Parent Workshop on Friday 2nd and 9th of May here at school. This is a wonderful opportunity to join with other parents to assist parents in the (sometimes) challenging job of being a parent. Please see the flyer for details on the workshops and of how to book your place.

ICY POLES

Icy poles will be available on the remaining Fridays for this term. They will be 50c each.

SCHOOL HATS

A reminder that children are required to have their school hats for recess, lunchtimes and PE. Please, please ensure hats are clearly named.

WORKING BEE

This year there will be two working bees. The dates for these will be:

- **Saturday 26th April 8am-9:30am** (opportunity to tidy school grounds before Open Day)
- **Friday 7th November 3:45pm-5:30pm** (opportunity to tidy oval etc before the School Fete)

We would appreciate as many as possible at both of these working bees. It is a great chance to meet new families too. Your maintenance levy will be deducted from the fees by attending one of these working bees.

SPORTS DAY

Our annual Sports day will be held on Monday 31st March at Davies Reserve.

The Sports will commence at 3:30pm and the children will be dismissed from school at 2:30pm.



OPEN DAY

Wednesday 30th April enrolment applications for next year's prep will open. It will also be our 'open day' during which our senior students will act as host and 'tour' guides for prospective parents. Please note that enrolment for exiting families will close on Friday 30th May.

TERM ONE

February

March

Monday 3 rd	School Photo day
Wednesday 5 th	Ash Wednesday Yr 5 & 6 leave for Camp
Friday 7 th	Yr 5 & 6 return from Camp
Monday 10 th	Labour Day holiday
Thursday 13 th	Education Board meeting
Saturday 15 th	Catholic Education Visual Arts Exhibition
Monday 17 th	School Closure day
Thursday 20 th	Mass for schools at St Patrick's Cathedral
Friday 21 st	National Day against Bullying & Violence
Wednesday 26 th	Parents' Association meeting
Monday 31 st	School Sports day (children dismissed at 2:30pm)
<u>April</u>	
Thursday 3 rd	Fete Meeting 7:30pm
Friday 4 th	Term 1 ends (children dismissed at 2:30pm)

With thanks

Thomas Coghlan

PRINCIPAL

SCHOOL BANKING

A big congratulations to all our school bankers. We have a record number of students currently banking through the school and we are off to a great start for the year. Due to a transmission error with the CBA all deposits for 4/3/14 will appear on your statements as 12/3/14. This will not affect interest accrual and all tokens have been added on correctly. It is vital that the deposit slips are filled in prior to dropping off each Tuesday. With the large volume of students banking it is not viable for the volunteer parents to fill in the slips for each child. The essential information includes, **name, student number, account number and total amount deposited**. Please note that incomplete books will not be processed. If you have any questions please contact Kerri-Anne Higgins, Caroline Aldred or Christine Morgan (School Banking Coordinators)

SCHOOL BANKING DAY - Tuesday

AFL KNOCKOUT FOOTY TIPPING COMPETITION

Tickets were sent home last week promoting Frankston Football Club Footy Tipping Competition. If you are interested in participating please sell your tickets and return the stubs to school by March 19th. Tickets cost \$20 with COHR making \$10 on each ticket sold.

CHOIR PRACTICE

Choir practice for the Children's Church Choir will commence on Thursday 20th of March, in the Church at approx. 3.40pm. All children welcome. Lucy Rogers will pick children up in school foyer at 3.30 pm. Parents are to pick up their children at 4.15 pm. Parents very welcome to stay with children during practice. For any enquiries please feel free to speak to Dawn or Lucy on a Thursday during 3.40 and 4.15 pm at the church.

Regards

Lucy Rogers



Siena College
connecting girls • empowering young women

Open Evening
Friday 21 March
4.00pm – 8.00pm

Join us to see how a Siena College education empowers young women.

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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 at school or home where they were upset, explain that there are some helpful ways they can think about what 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

If you would like to learn more about how to support your child to build resilience look out for the flyer attached in this week's newsletter on a 2 week Parent Workshop '5 Secrets to develop resilience and confidence in your child'. We will be offering this workshop over 2 weeks on Friday 2nd & 9th May from 9 to 11am at school.

'5 secrets to develop confidence and resilience'

*Comprehensive workshop to support parents develop
resilience and confidence in their child*



Parents learn:

- Practical strategies to support their child to build confidence
- The effective parenting styles that foster resilience
- How to teach their child positive and effective thinking habits
- How to support their child to build a positive self-concept
- The fundamental life skills that all children need to be happy, confident and successful

Parents are supported to teach their child how to:

- Lessen their anxiety
- Cope with life's ups and downs
- Develop independence and persistence
- Become more resilient
- Develop more confidence
- Solve problems independently and deal with conflict

9 – 11 am Friday 2nd & 9th May
Christ Our Holy Redeemer

Workshop Details

- Runs over 2 weeks – 9am to 11am, 2nd & 9th May
- Cost: \$95 per parent
- Bookings online only – www.wellbeingforkids.com.au (go to bookings tab)
- Maximum of 25 parents per workshop
- Supportive small group with enough time to ask questions and for parents to receive support with concerns
- Range of reading material and tip sheets are given after each week
- Enquiries: Georgina Manning 0419 020 891

Contact

Georgina Manning 0419 020 891
info@wellbeingforkids.com.au
wellbeingforkids.com.au

