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*Jesus my friend,
 Thank you for being with me today.
 I show you to others
 By what I do and what I say.*

*Bless me and guide me
 And teach me to act
 With gentleness, kindness,
 patience and tact!
 Amen*



Dear Parents,

Well yesterday was my first experience of a combined schools mass and activities day with Sacred Heart Primary School and what a wonderful day it was!!

An enormous thank you to all people involved in the preparation, organisation and participation in the mass and celebrations yesterday. It showed the wonderful community we have here with so many parents giving of their time to ensure that the day progressed smoothly. We had a large group of parent helpers from both schools who worked so well together in the heat of the day. Thank you SO much. You are amazing!

A special thanks to the **Iverson Family** for donating all of the bread for the sausage sizzle lunch. The Iversons are always happy to assist at our catering functions. Thank you.

Given the heat we changed plans and celebrated Mass in the church rather than the courtyard. Given the 'cosy' fit, the children are to be commended on their reverent behaviour. After Mass the children enjoyed a sausage sizzle and drink and played outside together.

We received positive feedback from students, parents, staff and visitors. It was a wonderful example of a community coming together to celebrate!

CATHOLIC EDUCATION WEEK 2017

This week we (and all Catholic Schools in Victoria) celebrate Catholic Education Week. As part of the Catholic Education System in Victoria we acknowledge the great work of our Catholic schools and the contribution they are making to the lives of many Victorian children. Here at Christ Our Holy Redeemer we are very proud of our Catholicity and this week reminds us to stop and reflect about what it is that makes Catholic schools different from government schools.

As you would be aware there have been a number of activities take place already this week.

Yesterday we held our **Combined Schools Mass** and Activity Day.

Today we held our **Open Day** where prospective parents were invited to come along and see our school in action. I was very impressed with our school leaders who led the tours for some of these families. They were extremely polite and respectful and provided a wealth of knowledge about our school and what it offers. We have another Open Day planned for Thursday 20th April.

Tomorrow we have a group of student leaders heading into St Patrick's Cathedral for a special mass and concert in the park for Catholic Education Week.

To finish off the week we have a **Family Movie Night** on Friday evening . The weather forecast indicates a beautiful evening so it is sure to be another great community event.

What a week in Catholic Education at COHR!!

TERM ONE DATES

MARCH

Thursday 16 th	COHR Open Day
Friday 17 th	St Patrick's Day PA's Twilight Movie Night
Tuesday 21 st	Hot Dog Day
Wednesday 22	5/6 Canberra Camp Information Night 7pm
Friday 31 st	Term 1 finishes. Students dismissed at 2.30pm

SCHOOL EDUCATION BOARD

Last night we held our first Education Board meeting for the year. Agenda items discussed included;

- Minor capital works for 2017
- Building proposals for an extra two learning spaces,
- An update of the Child Safety Standards,
- Use of Dojos in the classroom,
- A proposal to revamp our school website.

The next meeting of our Education Board will be Wednesday 26th April at 7:30pm in the Staffroom. This meeting will be our AGM for the year.

Nominations for the Education Board are sought from interested parents. We are looking to have representation from the junior school ie. Prep, Year 1 or Year 2. Interested parents are invited to nominate themselves in writing to me by the end of Term.

In consultation with Father John the following amendment has been made to the Education Board Guidelines;

The AGM

The AGM will be held immediately prior to the second scheduled meeting of the year.

Prior to the AGM the Principal will invite the existing Board to confirm their position or retirement on/from the Board for the forthcoming 12 months. Members will also be asked to nominate for Office Bearer positions. Office Bearer positions of Chairperson, Deputy Chairperson and Secretary shall be appointed from nominations made by the incumbent Board to the Principal. Where more than one person nominates for an Office Bearer position the Parish Priest and

Principal may elect to interview the nominees. The positions will be appointed at the discretion of the Parish Priest and Principal and will be announced at the AGM. Should no nominations come forward the Parish Priest or Principal may invite a member to nominate.

Prior to the AGM an invitation will be extended to the Junior School parents to nominate for selection to the Board. At a mutually convenient time the Parish Priest will meet with each nominee prior to their appointment on the board. The positions will be appointed at the discretion of the Parish Priest and Principal. Should no nominations come forward the Parish Priest or Principal may invite a parent to nominate.

At the AGM the Principal will confirm the retiring members and announce new Board members. Office Bearer positions will become vacant and the Principal will announce the Office Bearers for the forthcoming year.

Take care and enjoy the rest of the week

Brendan Welsford
Principal

SEASONS

Dear Parents,

We are pleased to inform you that the 'Seasons' program will begin early in Term 2.

Seasons is a peer support program for young people who have experienced the loss of a significant person in their lives. This loss and change is essentially because of death or separation and divorce within the family unit.

When we experience loss we may look for support and encouragement as we adjust to the loss. The changes in our lives that occur because of this loss, challenge us to find 'inner and outer resources' to help us to cope and reconcile our lives.

Seasons provides an opportunity for young people to express, acknowledge, normalise and integrate their grief. We have been trained to guide this process.

If your child is part of a single parent or step-family or has experienced the loss of a significant person, this will be an opportunity for him/her to share with someone, what is happening on the inside. In order to properly facilitate the program, we only have places for a certain number of children.

The Seasons program will be organised as follows:

- sessions will be held at school.
- will comprise of 8 weekly sessions
- the group will have no more than 6 children.
- the group will be facilitated by Franca Paduano (a specially trained staff member)

If you would like your child to be apart of this program please NOTIFY THE OFFICE OR Franca Paduana directly no later than Tuesday 28th March. Contact will be made with the parents whose child has been accepted into the program.

fpaduana@cohroakeast.catholic.edu.au

PARENT'S ASSOCIATION NEWS

FUND RAISING FOOTY TIPPING COMPETITION

With the start of the footy season just around the corner we would encourage families to finalise the purchase of their footy tipping ticket. The competition does not start until the second round so there is still plenty of time!

Please take the time to read the information sheet attached to the ticket. This is a very different kind of footy tipping competition – with a prize of \$5,000.00! Tickets cost \$20.00 and \$10.00 from each ticket sold is kept by COHR to benefit our school. If required, extra tickets are available in the office.

HOT CROSS BUNS – order forms for Hot Cross Buns, Easter 2017 need to be **returned by 23 March 2017**.

MOONLIGHT MOVIE NIGHT 17 MARCH

We are looking forward to our Movie night tomorrow night. Don't forget to bring your chairs/blankets etc. There will be a sausage sizzle / calamari stand / coffee / popcorn/fairy floss & drinks available to purchase on the night.

Pre purchased tickets will be sent home on Friday.

Raffle tickets will be sold for the Parish Easter Egg Raffle with all proceeds going towards Our Lady of the Missions.

HOT DOG DAY

We are having a hot dog day next Tuesday 21st March, please return money by Monday.

ICYPOLES

Icy poles will be sold tomorrow for 50c. The money raised from the sale of icypoles during March, will be going to Caritas Australia as part of our project compassion contributions.

CLASS REPS

Thank you to those parents who have offered to be class reps for 2017. There are still a few vacancies for the following classes;

1/2IC

3/4KS

5/6F

5/6IK

Please let the office know if you are able to assist by being a class rep for one of these classes.

CAR PARK AUCTION

The 'Rock Star' car park is to be auctioned off for Term 2. This will take the form of a silent auction and bids can be made through the office. The winner will be announced at assembly on the last day of term.

APRONS

We still have plenty of aprons for sale. They are available in the office for \$20.00

Don't let lack of confidence and anxiety hold your child back

BY MICHAEL GROSE

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex.

Great confidence-builders use a number of approaches that impact on how kids' think; how they feel and what they can do.

Here are some practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up." As well show kids how to reframe their negative self-talk by showing them how to find a positive in difficult situations.

2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort an improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than their purely ability, talents or smarts.

3. Praise strategy

While effort is key for achievement, but it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches-not just sheer effort-to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!"(strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such organisational skills and many social skills are formed.

5. Let them spend more time in environments where they feel confident

Some children thrive on the sporting field but struggle in the classroom; they may be confident risk-takers outdoors but are held back by self-doubt in social settings. While self-confidence tends to be situational, it is also transferrable. That is, often when you feel brave in one area of their life then these feelings tend to merge into other areas. Confidence has a snowball effect so increase the time your child spends in areas where they shine to give their self-esteem and feelings of self-worth a boost.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.

Want more ways to develop confidence in kids? I'll teach you my confidence-building framework so that your child (and you) will continue to acquire new skills and knowledge across their lifespan in my [Cracking the Confidence Code](#) course.

You'll also learn how to:

- Impact on your **kids' thinking** to help them overcome self-doubt.
- Use praise and encouragement effectively to help them **overcome their fears**.
- Develop a real sense of **independence** in your kids
- Help kids tackle the tasks and situations that induce **anxiety or nervousness** rather than avoid them.