Dear Families

We have recently subscribed to the Michael Grose Parenting Ideas Magazine. This magazine has tips for Parents on many of the common issues parents deal with and encounter with their children. From time to time snippets from these articles will be included in the newsletter, and while it may not be information you need at the time, it may be useful in future situations with your child. The first article is titled How to move your child from worrier to warrior.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers ‘There’s a Hippopotamus on our Roof’ by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

Put your worries in a jar: Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can’t get out because they are locked up tight.

Limit talking time: Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety: Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about: Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax: My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

This may be of use to some of you now, or in the future.

Best wishes for a great weekend everyone

Carmel Marantelli
PRINCIPAL
Parish Of Melton Office
10 Unitt Street, Melton
Tel: 9743 6515, Fax: 9747 8603
Email: stdoms@bigpond.net.au
Office Open: Tuesday-Friday 10am-4pm

Mass Times - St Catherine of Siena
Wednesday: 9.15am
Saturday Evenings: 6.00pm
Sunday Mornings: 9.00am & 11.00am

Reconciliation
Saturday: 5.30pm - 5.45pm

Mass Times - St Dominic’s
Tuesday Evening: 7.00pm
Thurs - Friday: 9.15am
Sunday: 5pm

Uniform News
Navy Blue Beanies are now available for purchase in the uniform shop.
Cost: $6
Winter uniforms are compulsory in Term 2 and Term 3.
The Uniform Shop is open every Monday & Wednesday from 8.30am - 9.00am
**Eftpos is Not Available**

CDF Student Banking
Tuesday is our banking day. Deposit books are to be handed in to class tubs or the Office by 9.00am on banking day.
Encourage your child to save by opening up a CDF Banking account.
Application forms are available from the Office

Scholastic Book Club
Scholastic book club order forms have been sent home recently. All orders are due back by Friday, May 27th.
**NO LATE ORDERS CAN BE ACCEPTED**
Thank you
Theresa Maskell
Book Club Co-ordinator

2017 Prep Enrolments
Enrolment applications are now available from the office. When lodging an application please remember to bring along your child’s birth certificate, immunisation certificate and Baptism certificate along with any VISA or legal documents if these are applicable.
All siblings of current students as well as all new applicants are required to have an enrolment application lodged and attend an enrolment interview.

CONGRATULATIONS

Congratulations to the following children who received an award at our assembly today. Well done on all you have achieved this week. Keep up the great work!!

Prep B - Tong Alew
Prep C - Alicia Casssar
Prep D - Kade Fenton
1E - Jessica Mialual
1F - Taj Carmichael
1H - Gabriella Valentine
2I - Jacqueline Puccio
2K - Juan Guanlao
2/3M - Mia Carl
3J - Haar Are
3L - Akual Kuel
4N - Abbey Higgins
4O - Panom Chol
4P - Olivia Eagle
5Q - Jude Praveen-John
5S - Jessica Barnett-Tonna
6R - Hollie Wilson
6T - Anuji Peramuna
6U - Monique Wroblewski
May and June 2016

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>23</td>
<td>Week 7</td>
<td>24</td>
<td>25</td>
<td>*Class Mass Yr 5 9:15am</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>30</td>
<td>Week 8</td>
<td>31</td>
<td>1</td>
<td>*Class Mass Yr 4 9:15am</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>Week 9</td>
<td>7</td>
<td>8</td>
<td>*Class Mass Yr 3 &amp; 2/3 9:15am</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>13</td>
<td>Week 10</td>
<td>14</td>
<td>Queens Birthday 15</td>
<td>*Class Mass Yr 6</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>20</td>
<td>Week 11</td>
<td>21</td>
<td>22</td>
<td>*Class Mass Yr 3, 2/3 &amp; 4 9:15am</td>
<td>23</td>
<td>*School Closed Today</td>
</tr>
</tbody>
</table>

---

St Vincent de Paul Blanket Drive 2016

The Christian Service Team is organising a blanket drive for the Feast of the Sacred Heart. The blankets will help people in our community who need them the most. If you are unable to donate a blanket you might like to donate money and classroom teachers will buy the blanket. The blankets need to be brand new or close to it.

The Christian Service Team’s goal this year is 100 blankets.

So that we can get excited about this very important fundraiser, we have organised a competition. The class that raises the most blankets will win a prize. We will have a tally at the front office to show how many blankets each class has raised. For every 5 blankets your class donates, you will be able to display a token on the tally. Just put your class tokens in the office tub and members of the Christian Service Team will display them.

Please join us at Mass on Friday 3rd of June at 9:15am to celebrate the Feast of the Sacred Heart.

Thank you for your participation.

The Christian Service Team.

---

Then PFA committee would like to say thank you for your continued support of the Mother’s day raffle and stall which made over $1500. Thank you!

Also we would like to thank the volunteers and committee for their continuous support and help.

We are always looking for volunteers. Please leave your contact details at the front office or email pfa@scmeltonwest.catholic.edu.au if you are able to assist us throughout the year.
Walking in Autistic Shoes

A special presentation by renowned expert:

Donna Williams

Born in 1963, thought deaf and diagnosed as psychotic at the age of two, Donna Williams acquired functional speech in late childhood and came to terms with her autism in her 20’s. Donna will provide a fascinating insight into the world of Autism from someone who actually lives the experience.

DETAILS:

WHEN:
Tuesday, 24 May 2016

TIME:
5pm – 6.30pm

WHERE:
Tabcorp Park
2 Ferms Road
Melton South

COST:
Free

RSVP:
Natasha Napiza
Email: natashan@melton.vic.gov.au
Phone: 9747 7200

BOOK EARLY! Don’t miss out!
Building resilience in children
Presented by Andrew Fuller

To celebrate National Families Week 2016, Relationships Australia Victoria invites parents and teachers to attend this free, fun and informative session on building children's resilience and emotional intelligence.

Topics
- How resilience and emotional intelligence contribute more to career and life success than academic intelligence.
- The active ingredients of resilience.
- How parents can develop these in their children.
- Friendship skills.
- Parenting tricky kids.
- Creating happy kids.
- Building self-esteem and dealing with setbacks.
- How to talk to boys and girls.

About the presenter
Andrew Fuller is a clinical psychologist and author of books including Tricky Kids, Raising Real People and Life: A Guide. He is a co-author of programs on the promotion of resilience and emotional intelligence. Andrew is a Fellow of the University of Melbourne's Department of Psychiatry and the Department of Learning and Educational Development.

When 4 - 6pm, Thursday 26 May 2016
Where Resurrection Catholic Primary School
51 Gum Road, Kings Park
Cost Free of charge. Bookings are essential.

Bookings and enquiries
Resurrection Catholic Primary School
Ph: 9366 7022
Email: hbeiden@kingspark.catholic.edu.au