Principal’s Report

Thought for the Week
God gave us two ears and one mouth, so we can hear twice as much as we say.

Dear Parents and Caregivers

The cold weather has certainly made its presence felt over the last week or so, and we have adapted accordingly. However, as we lament about the cold weather and conditions, spare a thought for the many homeless people, young and old, on our streets in towns and cities. As well, we have many needy families with our own communities. Groups such as St Vincent de Paul, Lifeline and Red Cross do a marvellous job in helping people in need. They are presently calling for any blankets and warm clothing that you may no longer need. Some people in our community have an enormous cross to carry, but this can be made easier when a whole community shares the burden with them.

So have a search through the cupboards now, rather than the end of winter, and please donate items if you can, to others in need by dropping off items in clothing bins around the neighbourhood - and let’s be thankful for our warm homes, winter clothing and the comfort of loved ones.

NAPLAN
This week, our Year 3, 5 and 7 students have been involved in NAPLAN testing with the last day to conclude tomorrow. For any student who has missed a test this week, the catch up day will be Friday.

On Friday afternoon these tests are boxed up and sent to QSA where they will be marked and reports compiled. In the past NAPLAN reports have arrived at school in the last week of Term 3.

PREP ENROLMENTS FOR 2015
We are now in the process of interviewing our families for Prep in 2015. If you have a sibling ready for Prep in 2015 and have not yet enrolled them, please do so by the end of this week. You might also know of friends who may wish to send their child to St Joseph’s, if so, please remind them that our process has begun and enrolment forms need to be in as soon as possible.

TRAFFIC ISSUES AND COMPLAINTS RECEIVED – WE NEED YOUR HELP
Over the past few weeks we have received a number of complaints from our neighbours and commuters using Cecil Road that our parents are blocking up the access each afternoon for their commute. These complaints have also been registered with the police and the City Council and they will be doing spot checks.

It is important that all parents/grandparents/carers comply by our 2 minute drop off area. We ask that you pass on this message to all members of the family who are involved in pick-up duties.

- Enter the roundabout via turning LEFT only off Cecil Rd
- Please have your family name on the visor
- If cars are banked up, please continue around the block to allow access for through traffic to continue. Do not block Cecil Road by waiting to get into the roundabout.
- When in the roundabout, drive in as far as possible. The first car should be in line with the pump house.
- On exit turn LEFT only.
- If your child is not at the roundabout you will be asked to go around the block to keep cars following through the 2 minute zone
- Please do not park across neighbours driveways
It also appears that Friday afternoon is the worst when parents are leaving the car-park en masse after assembly, which may result in a change of assembly time that does not correlate with the end of the school day. Over the next few weeks we will be in discussions with Council and Fr Peter as to possible solutions. It is hoped that we will not have to shut down the roundabout facility.

Thank you, in advance, for being considerate of others in our community.

**NEWSLETTER CHANGE**
As of next week our newsletter will be sent out on Thursdays rather than Wednesdays. Please note this change will occur as of next week.

Yours sincerely, Carolyn

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**From the APRE**

**Sacramental Program – First Communion and Confirmation**

Students who are Catholic and who have made their sacrament of Reconciliation are eligible to enrol in the program. The Year Four class will be working through this in class to support the Parish program. The program consists of a compulsory Enrolment night, online worksheets, a retreat day and a weekend at which they make their Sacraments. Please contact the Parish Office on 33695351 or myself through the school office if you have any questions.

**Date Claimers:**
- Tuesday 29 July – Parent Information (enrolment) Night: 7.00pm Scared Heart Rosalie
- Thursday 4 September – Retreat Day Lavalla Centre
- September 5/6/7 – Sacraments of Confirmation and Holy Communion

**Upcoming Masses:**
- Week 5: Year 1
- Week 6: Year 3
- Week 7: Year 5 and Prep G
- Week 8: Year 4
- Week 10: Year 2

**Mother’s Day Masses**
If you were lucky enough to get to one of the class Masses for Mother’s Day you would have been very proud of the kids and the way they spoke of their mothers. Some even had cards made up with all the great things their mother does for them.

**Surfing Scientist**

Last Friday we had a visit from the Rob Meerman, the Surfing Scientist. We saw lots of cool experiments (literally) that involved freezing and blowing up things (only balloons). Rob has worked on many kids TV programs including “who stole the Mayor’s Malibu?” and Planet Science.

Here is a post from his Instagram post “Last day of my 2 week QLD Schools Tour and I'm at St Joseph's in Bardon, 300m from the first share house I lived in during first year…”

Michael Robertson
Assistant Principal (Religious Education)

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**Term Dates 2014**

Term 1 - Wednesday 29 January - Friday 4 April
Term 2 - Tuesday 22 April - Friday 27 June
Term 3 - Monday 14 July - Friday 19 September
Term 4 - Tuesday 7 October - Friday 5 December
**School Photos**
School photos will be taken on Monday 26th May 2014.

You will receive a flyer/envelope for each student explaining the products available. Please ensure that each student returns his/her own envelope, even if payment is made in the eldest child’s envelope. Envelopes are not to be placed inside other envelopes.

**Students are to bring their envelopes to their class teacher before Photo Day (by Thursday 22 May).**

For your convenience, the photographers have an automated system for credit card payments, through their secure website. You can go online to www.advancedlife.com.au for easy to understand payment instructions. You will receive a receipt number which MUST be written on the order envelope in the space provided. You can also make payments by cash, cheque or money order.

Sibling Photos are also available for students enrolled at the school. Please collect a Sibling Order Envelope from the school office.

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**Kilometre Club News**

Our Sunday session was our best yet, having no big storm or a howling gale to contend with. We had about 60 runners who did a great job, with lots of effort and enthusiasm. A big thank you Cath McAuliffe and Glenda Hawley, our parent organisers for last Sunday, and also to our regular volunteers, including Kate Nunan who signs the folders.

A few reminders…

# We are looking for a parent or small group of parents to organise the ordering, setting up and helpers for our Kilometre Club BBQ. This will be held at school, on the final Wednesday of term. Please contact Mrs Lamb if you are able to do this.

# Make sure to run consistently. Check your child’s progress. You may need to provide some time to go for a run to ensure goal distances are within reach. Notes have been attached to folders of those children who need to get ‘running’.

# Make sure all kms run outside of school sessions are signed by an adult.

# Goal distances for medals are…
  Prep and Yr 1 - 20km, Yrs 2 to 4 - 30kms, Yrs 5 to 7 - 50kms.

# There are 5 Wednesday and 5 Sunday sessions left for this Kilometre Club season.

# Some joining fees are still outstanding. Please check your child’s folder for a PAID stamp. Next week notes will go home as a reminder to anyone who has not sent along their joining fee.

# So that we do not need to cancel any Wednesday sessions due to rainy conditions, we will trial a cardio session for Kilometre Club runners. In case of rain, please bring ALL runners to the school hall.
**District Cross Country**

Last Monday fourteen St Joseph’s students were chosen to compete in the North-West District Cross Country Trials at Teralba Park. In the 10 year girls event (2km) Rebecca narrowly missed selection by placing 9th. The 11 year girls saw (3km) Ella win her age group well ahead of the field and Abigail came in 5th position. Both girls were selected to compete in the Metropolitan North Regional Competition on May 27. Well done to all the runners who put in a huge effort and also encouraged their fellow students.

The competitors on Monday were Rebecca, Claudia, Lucinda, Finn, Keegan, Alexander, Ella, Abigail, Sienna, Patrick, Candice, Charlotte, Bridget and Aurora.

**Cross Country Squad**

Training will be on this Friday and then on the following Monday (not QC cup players). The next cross country event for all squad members is on Monday May 26 and the venue is to be decided.

**Cross Country Training**

Cross country training is in full swing at the moment with great numbers coming to Monday and Friday morning sessions and KM Club on Wednesday mornings. The full training calendar has been attached to the newsletter this week including 2 upcoming Interschool races with Mater Dei and St Peter Chanel. On the completion of these races the St Joseph's Zone Cross Country team will be chosen. Please note there will be no morning training on Monday 25th May and 2nd June due to Interschool races on those afternoons.

If you have any questions please don't hesitate to contact the school.

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**Student of the Week**

**Prep B**  Jagger for always demonstrating positive listening skills and for being kind to his classmates.

**Prep G**  Jaimie for doing a great job at his sounds this week in class. Keep up the good work Jamie.

**Prep W**  Jacob for increasing in confidence when contributing ideas and “having a go” at some tricky tasks.

**1B**  Henry for making much better choices in the classroom and playground.

**1G**  Harriet for showing great persistence and a wonderful attitude towards her learning.

**1W**  Frank for working enthusiastically during maths rotations.

**2B**  Sophie for consistently using good listening skills and following directions carefully and quickly.

**2G**  Karl for consistently working well and trying his best at all tasks.

**2W**  Eleanor for always being a cheerful and enthusiastic class member who sees things that need to be done.

**3B**  Bella for her wonderful efforts in her maths activities and for always participating enthusiastically in choir.

**3G**  Callum for being a keen listener who always works well in class.

**3W**  Sam Hynie for showing persistence, enthusiasm and having a great attitude towards learning.

**4B**  Lydia for showing persistence in Maths and for being such a great helper in class. Keep up the great work!

**4W**  Imogen for paying attention to detail and using determination to complete tasks.

**5B**  Mia and Isabel for excellent work in all class activities and showing beautiful manners.

**6B**  Lola for always listening in class and contributing to class discussions with purpose.

**7B**  Amaya for an excellent soldier project that was both well researched and presented.
WALK SAFELY TO SCHOOL DAY NEXT FRIDAY 23RD MAY!

Friday 23rd May 2014 is Walk Safely to School Day. Walk Safely to School Day is an annual, national event when all primary school children are encouraged to walk safely to school. It promotes road safety, health and the environment.

Being part of the Active School Travel program, we are already leading by example and encouraging our students to actively travel every week.

Being part of a national day also shows our students they are part of a much bigger, national movement encouraging healthier habits and a greener environment.

So join in the fun, be active and healthy, and walk to school with your child on the 23rd May.

WEDNESDAY ACTIVE TRAVEL SURVEYS

Congratulations to the winners of last week’s Wednesday Active Travel Survey. That is an absolutely huge effort by the grade 7 class. Well done!

- 7B – 94%
- 2W – 70%
- 3G – 63%

To celebrate National Walk Safely to School Day, this month’s Star Class certificate will go to the class with the largest number of students walking to school.

WALKING SCHOOL BUS: EVERY TUESDAY AND WEDNESDAY

The Walking School Bus operates every Tuesday and Wednesday for the walk from school to Bowman Park. We would like more parents to volunteer to help out. For the Walking School Bus to be a success there needs to be at least two Parent Helpers on each day. If we get enough volunteers, then we can set up a roster so that you don’t need to commit to every week.

The Student Enrolment Form has been included in this newsletter for those families interested in joining our Walking School Bus. PLEASE NOTE: Could you please drop the application form off at the school office at least 24 hours before you wish your child(ren) to join the Walking School Bus.

If you are interested in being involved please come to one of our meetings, or contact Christine Brown (AST Coordinator) on 0406 425561 or mickandchris@mail.com.au.
Student Enrolment Form
St. Joseph’s School Bardon
Afternoon Walking Group
Bowman Park Bus 2014

Child / Children’s Name:
1. _______________________________ Class: ______
2. _______________________________ Class: ______
3. _______________________________ Class: ______

Parents/Guardians: ____________________________________________

Contact Numbers: Home: _____________________ Mobile: ____________

Adults who will sign and pick up if you are not on time
______________________________________________________________

I agree to my child / children, named above, joining the afternoon walking group to Bowman Park:

Tues [ ] Wed [ ]

Days parent can walk/ assist ____________________________

The Afternoon Walking Park Group will be conducted by volunteer parents. Your child will be signed onto the bus by a school official and issued with a visibility vest to wear, walk as a group to the park and then will be signed out by a nominated adult, no later than 3:15pm from the park stop. Your assistance would be appreciated if you are free walk with us on either of the days – even if you meet us half-way this will ensure extra eyes for the safety of our children.

Please note this is a P & F initiative to assist with traffic congestion and a healthy way to finish a school day!

Questions can be directed to St Joseph’s School Office or Christine Brown
Mobile: 0406 425 561 or mickandchris@mail.com.au

Name: _____________________ Signature ___________________ Date: _____________
The P and F has a Facebook page called St Joseph's Catholic Primary School Parents & Friends Association, located at https://www.facebook.com/joeysPandF?ref=hl. If you are on Facebook we would love you to 'Like us' as this will be one more way that we will communicate P and F news to you.

### St Joseph’s P & F Calendar

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<td>DAD'S NIGHT</td>
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<td>JUNE 6th</td>
<td>SECOND HAND UNIFORM STALL</td>
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<td>JUNE 10th</td>
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<td>KILOMETER CLUB BREAKFAST</td>
<td>Christine Brown, Gienda Hawley</td>
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### DADS NIGHT 23rd MAY – LAST CHANCE TO RSVP!

With this event fast approaching we need to give Gambaros our final numbers by NO LATER THAN THIS FRIDAY 16TH MAY. If you haven’t already done so, please RSVP asap to Barney McAuliffe on mcauliffe@bcmtrading.com or 0400 090 822. Payment of $30 on arrival to cover food and a small donation to the P & F Association. Don’t miss out on this traditionally great night!

Cheers
Barney

### Mothers Day Stall

We hope everyone had a wonderful Mothers Day on the weekend!
The stall was a huge hit with the kids & we hope all the Mums got some lovely little presents.
A BIG thank you to all of the lovely ladies who helped out on the day - it all went so smoothly because of your help!

**Congratulations to our raffle prize winners**
- all students names got put into the draw & we had 1 lucky winner from each grade!
  Prep- Matthew
  Yr 1- Katarina
  Yr 2- Finnbar
  Yr 3- Paige
  Yr 4- Samuel
  Yr 5- Jess
  Yr 6- Harriet
  Yr 7- Olivia
  Staff 1- Jan Brewster
  Staff 2- Mrs Barbeler

**IOU’s**

We had a few IOU’s on the day with kids who had forgotten their money. If you could fix up any IOU’s this week that would be really appreciated.

**Soaps for Sale at Assembly**

We have some lovely soap & washer sets leftover which would make a lovely little present to keep in the 'present cupboard'! They aren't really something we can keep till next year so we'll have a little table up the back at assembly this Friday to sell what we have left.
The soaps are handmade soaps from The Soap Bar at Maleny - they smell divine with essential oils and are really good quality. **$6 for the pack.** The soaps alone sell for $6.50 at the Eumundi markets, so it's a good price too!!

Danielle and Bianca

The P and F has a Facebook page called St Joseph's Catholic Primary School Parents & Friends Association, located at https://www.facebook.com/joeysPandF?ref=hl. If you are on Facebook we would love you to 'Like us' as this will be one more way that we will communicate P and F news to you.
ST JOSEPH’S NETBALL CLUB

Team News – Round 5

St Joseph’s 1 – U12 Gold (Div 1) v Pine Rivers
Well another great performance by our mighty Joeys team. The girls really played a wonderful strong game this week with the third quarter score tight at 18/17. The fourth quarter got away from us with our opponents attack & shooters proving too strong, and the score running out 30-19 at the final hooter. Despite the score not being in our favour in this very competitive division, all girls played well but the team nominated Issy in attack/goal shooting & Lillian in defence as our players of the match.

St Joseph’s 2 – U12 Brown (Div 4) vs Pine Hills 19
A fast-paced and high scoring game this week. The girls played really well defensively (again facing some very tall shooters) and while the other team won in the end, the girls gave them a run for their money! Some great turnovers and fantastic goal shooting (including Chloe’s goal from near the goal circle line!) kept the game pretty even. Player of the week was Ava for her energy, excellent defence and positive comments on the court. St Josephs 18, Canons 25

St Joseph’s 3 – U11 Gold (Div 1) v Pine Hills
After a shaky start the girls got their mojo back in the second half and clearly showed their talent and skills. Strong passing and well-practised drills led to a convincing win. Well done girls.

St Joseph’s 4 – U11 Brown (Div 3) vs Aspley 12
The team started slowly on Saturday, however they managed to reduce the unforced errors from the previous week which saw them achieve their first win. The scoring was quite close over the first 2 quarters however it was in the 3rd quarter when St Joseph’s shot 5 goals allowing them to pull ahead by 4 over Aspley. The team continued to put in some amazing defensive play and saw Aspley add only 1 goal in the 4th quarter. St Joseph’s kept up the pressure against Aspley 12 till the very end and it was wonderful to see the great teamwork at play. Well done girls on your first win and we look forward to next week’s game. Teamwork Award was awarded to Abbey and Ella for their enthusiastic defensive work. Result: St Joeys 9 to Aspley 5.

St Joseph’s 5 – U11 White Gold (Div 5) v Valleys 25
A high energy match today against Valleys. Everyone played hard and made great efforts to spread out and keep the ball away from the opponents. A very close game but Valleys had a few good shots and took the game 4-2. Our girls were fantastic and deserved a big sleep in!

St Joseph’s 6 - U10 Blue vs The Gap 38
Our girls were certainly on fire this week with an amazing game against The Gap. With dynamic defence and awesome attacking skills, every player in the team played with great gusto and determination. Excellent focus and teamwork saw the ball flying between our girls in yellow to our goal. Certainly a Joey’s dominated game!! Go Joeys!

St Joseph’s 7 – U10 Yellow v AHS 34
Wow what a close game - we have progressed so well with our amazing long distance throws. Our enthusiasm was running at high speed! The AHS girls scraped it in, but we gave it our all. We are VERY proud of our girls. Star player was Ashley-the best all-rounder. Final score AHS 5, Joeys 2.

St Joseph’s 8 – U9 Red v Canons
The girls played a great game on Saturday. Their ball skills have improved immensely. The girls showed a lot of skill in securing the ball from the centre pass. Lots of accurate, fast passes enabled us to get the ball to our end, where our shooters displayed some great skills. Fantastic game girls!

St Joseph’s 9 – U9 Red v The Gap 46
Our girls put in a great effort against formidable opponents. We need to continue to work on passing with emphasis on transition (that is, moving to receive the ball, stopping and making sure that we have strong passes).

St Joseph’s 10 - U9 White vs Raiders 28
In our closest game yet the girls drew against Raiders on Saturday. Nippers - it is great to see how well you are moving the ball up and down the court and switching from attacking to defending as needed. A reminder to all girls: look for an open space before calling for the ball. Keep up the great team spirit we love hearing those excellent cheers. Nippers White ‘Player of the Week’ goes Jessica who displayed great focus and skill in her full game performance this week. Well-done girls keep up the great work.

St Joseph’s 11 – U9 Maroon vs Raiders 30
What a fabulous start to the game with a goal scored by our girls in the first set of passes! The 2 teams were evenly matched and there were many continuous passages of play and spirited defence displayed by both sides. Our girls played with great energy throughout the game and were rewarded with many good shots at goal, with at least 3 paying off. Well done Maroons!
URGENT - Vacancy - School Crossing Supervisor

A casual position exists for a School Crossing Supervisor.

The School Crossing Supervisor position is for 2 - 5 days a week however you may be required to work up to 10 days per fortnight in all weather conditions. The hours of work for the School Crossing Supervisor are 1.5 hours a day and comprises 60 minutes in the morning and 30 minutes in the afternoon.

The current rate of pay is $26.90 per hour.

Commencement of work for the successful applicant is dependent on:

- The favourable outcome of a health assessment carried out by a Government Medical Officer.
- A Positive Notice Blue Card (You will be assisted through this process by the Road Safety Office)

Completed applications should be returned to:

The Principal
St Joseph’s School Bardon
The Drive
Bardon Qld 4060

All past students, staff and parents are invited to attend
85th Anniversary celebrations at
Brigidine College Indooroopilly
Sunday 27 July 2014

- Celebration Mass at 2pm in Holy Family Parish Church
  Cnr Ward St and Central Avenue, Indooroopilly followed by
- Afternoon Tea around the Holy Lawn at Brigidine College from 3 – 5pm
- Optional tour - Discover all of the latest developments as you enjoy a student guided tour of the College campus.

RSVP by Monday 14 July 2014 (for catering purposes) on (07) 3870 7225 or 85anniversary@brigidine.qld.edu.au

Note: Please extend this invitation via your personal contacts, email, facebook or twitter.

It is anticipated that Mass and High Tea will become an annual event during Brigidine Week as the College moves towards its centenary in 2029.

Congratulations to Hannah!

We were notified last week that one of our past students, Hannah, has made the born 1998 Australian Water Polo Team. This is a wonderful achievement for Hannah who currently attends Stuartholme.
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

1. **Breathe deeply**
   - The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   - There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   - Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem!” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. **Use positive, REALISTIC self-talk**
   - Ever talked yourself out of doing something exciting, new, or challenging before you’ve even started? Maybe you’ve said something like “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at...”. I know I have.
   - Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like I’ve done it in the past and I survived. So I should be able to do it again. Repeat this a few times and your emotional state will shift to a better one.

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3. **Exercise**

Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

4. **Distract yourself**

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after giving your mind a short break from it.

5. **Have constructive habits and hobbies**

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed at all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that’ll we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at ParentingIdeasClub.com.au

Michael Grose