Dear Parents/Guardians,
Welcome to the new school year. It was fantastic to see so many mums, dads, grandmas and grandads at school on Monday to help their children/grandchildren settle in. We have several new students starting across the school coming to us from as far away as Newman. We hope that all new families enjoy their stay at St Brigid’s and have many positive and memorable experiences.

Last Saturday the parish celebrated St Brigid’s Feast Day (1 February) and we were reminded of the incredible work St Brigid’s did in establishing convents and schools 1500 years ago.

Attached to the newsletter is a letter from the Executive Director of CEO, Mr Tim McDonald.

God Bless

Mr Cronin

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**Prayer Corner**

**St Brigid’s of Ireland Prayer**

I would like an abundance of peace.

I would like full vessels of charity.

I would like rich treasures of mercy.

I would like cheerfulness to preside over all.

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**Term 1 Important Dates 2014**

- **Feb 12** · Altar Server’s Training Church 10am
- **Feb 13** · Board/P & F AGM
- **Feb 14** · Yr 2 Assembly
- **Feb 17** · Swimming Lessons Commence
- **Feb 19** · Parent Information Night
- **Feb 22** · Yr 3/7 Parish Mass (Yr 3 Commitment)
- **Feb 28** · Yr 6/7 Student Council Just Leadership Bunbury

- **Mar 03** · Ash Wednesday 9.30 Mass
- **Mar 06** · Yr 5 Assembly
- **Mar 15** · Staff Commissioning Mass 6pm
- **Mar 21** · Yr 4 Assembly
- **Mar 26** · Yr3 Reconciliation
- **Mar 28** · Swimming Carnival
- **Apr 04** · Yr 1 Assembly
- **Apr 05** · Yr2 & Yr4 Parish Mass
- **Apr 10** · End of Term Mass

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**Hunga Busta Roster**

- **Feb 14** · Friday · Sonya Mumme
- **Feb 17** · Monday · Camille Mumme
- **Feb 19** · Wednesday · Trish Stocks
- **Feb 21** · Friday · Karri Dallywater
- **Feb 24** · Monday · Carol McLeod
Uniform Clarification
Students from Years 5-7 are required to wear black lace-up or buckled school shoes on Tuesday to Thursday. Sandshoes in Years 1-7 worn on Monday & Friday should be predominately white or black.
Mr C.

Year 2 Assembly
Some of the Year 2 students’ many talents will be on display at their assembly on Friday 14 February starting at 9am in the hall. Parents and friends are welcome to attend.
Mr C.

Swimming Lessons
Swimming lessons will run from Monday 17 February to Friday 28 February. Pre-Primary students can wear their bathers to school to save changing at the pool. Year 1 to Year 3 students may wear their sports uniform and sandals or thongs to school for the two weeks of swimming lessons. Other year levels can wear their bathers under their usual uniforms to school. Please ensure that all clothing is labeled and it helps if children have a plastic bag with their name on it to put their wet items into. Thongs can be worn to the pool.
It is important that parents who are at the pool to watch their child during lessons, are not interact with them during this time.
9.25-10.05 PP, Year 4, 6 and 7
10.10 10.50 Year 1, 2, 3, and 5.
Mr C.

AGM for School Board and P & F
The Annual General Meeting for the School Board and P&F will be held on Thursday 13 February starting at 7pm in the School Library. The evening will provide parents with an opportunity to hear about and celebrate the work the Board and P&F have done over the past twelve months and find out how you can get involved with some vacancies to be filled. Drinks and nibbles will be provided.
Mr C.

P & F Levy
Folders are in place in the office, Pre-Primary room and canteen for parents to register when they assist in some way in or around the school. Each time parents (or grandparents) help, $10 will be recorded and families who pay the $100 levy will have up to $80 returned to them in December. The Kindy P&F levy has been modified to $50 with a maximum of $30 returned. It is hoped that all parents take the opportunity to get involved in school life.
Mr C.

Parent Meeting for Reconciliation
A meeting of parents with Catholic children in Year 3 and other year levels who are preparing for the Sacrament of Reconciliation will be held on Wednesday 12 February. The meeting will be at 3.15pm in the Year 3 classroom and students preparing for the Sacrament are also expected to attend.
Mr C.

Parent Information Sessions Year 1-7
Group parent information sessions will be held with classroom teachers on Wednesday 19 February. It will provide parents with an opportunity to meet their children’s teachers and gain an insight into how classrooms will operate this year and include topics such as: homework, Sacraments, diaries and camps. Times will be:
3.15pm Year 7 and Year 2
3.45pm Year 3 and 6
4.15pm Year 5
4.45pm Year 4
5.15pm Year 1

Student Absences
Parents are asked to phone the office if your child is sick and unable to attend by 9.30. It is a State Government requirement that all students from Kindergarten to Year 7 supply a signed note by parents to school explaining absences (Emails will not be accepted). We have a new attendance system and parents will receive a text message on their mobile if their child is away and we have not been informed.
Mr C.

Pre-Kindy
The first session of our Pre-Kindy program will begin on Thursday 20 February. Sessions are held in the Kindy room from 9-11am. Mrs Teresa Harker will again be the coordinator and the sessions are open to Pre-Kindy students from birth to three years! Mums and dads stay and it provides a great opportunity to get to know other parents within the school. The cost is a gold coin donation.
Mr C.
Costumes
We require some volunteers to wash and possibly repair our
costumes for the school. If you are able to help please leave
your name at the front office.
Thank you
Mrs Cronin.

Music Lessons Starting After Swimming
Piano lessons with Mrs Uren will begin after Swimming in
Week 5.

Message from the Office
Full Family Details form has been attached to this Newsletter.
Parent please check details and make relevant changes. Make
sure that your mobile no. and your email are correct.
Emergency contact numbers must be within the Collie area.
Permission Slip for Class Excursions to be signed and returned.
Swimming Forms and Pool Entry - forms and payment must
be returned to this office no later than Wednesday 12th February.

Amaroo Dental Clinic
Welcome back to 2014 hope everyone had enjoyable break.
Amaroo Dental Therapy Centre will be open Mondays and
Tuesdays only for first term the hours being from 8.00 am-4.00
pm. In case of emergencies please contact the South Bunbury
Dental Therapy Centre on 97211497 between the hours of
8.00-4.00. Due to staffing arrangements hopefully this is a
temporary arrangement until second term.

Uniform Roster
Feb 02 Fiona Shepherd
Feb 14 Julie Moffatt & Sheree Payne
Feb 21 Nicole Martin & Sheree Payne
Feb 28 Swimming Carnival
Mar 07 Nicole Tate
Mar 14 Karyn Cronin
Mar 21 Nicole Martin
Mar 28 Tracey Johnson
Apr 04 Sheree & Fiona

Collee Lawn Tennis Club
Free Family fun day Saturday 15 February from 2pm.
Check out the grass and hard courts. Have a go with the new
ball machine. Sausage sizzle at end of day.
Racquets available.
Laughs and giggles for the whole family.

Junior Golf
8-10 Week Initial Program designed to introduce
Juniors to the game. Golf Equipment Supplied
Accredited Golf Coaches
Contact: Matt Harker 0400306803
Where - Collie Golf Course Mungalup Road
When - Starts Sunday 9th February 2014
Ages 6-9 8am to 9am
Ages 9-16 9am to 10am
Cost - Free

Worried about your Child’s Weight?
Bunbury and Naturaliste Community Health Centre is running a
free program called Lifestyle Triple P for parents of children
aged 5 to 10 years. The program will provide you with age-appropriate information including positive and fun ways to reduce
your child’s weight gain while they continue to grow. Some
comments from past participants; ‘She is looking healthier and
people have commented on it, boosting her confidence and self
esteem’. ‘I’m now more organised, taking snacks to the play
ground’; I’ve stopped thinking about food choices, the healthy
ones are automatic’. For a confidential discussion on your
child’s eligibility for the program please call Dietitian, Adele
Morris on 9795 2823.
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn't work for many children as bottled up emotions don't always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand it**: Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a 'wobbly', so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name it**: Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. "Mad as a snake", "about to lose it", "throwing a tantry" are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. **Diffuse it**: You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose it**: Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don't have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say it**: Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of "I" statements is one way of letting others know how they feel. "I feel really mad when you say nasty things to me. I really don't like it!" is one way of being heard and letting the anger out.

6. **Let it out safely**: Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: "There is nothing so bad that we can't talk about it. However there are behaviours that are not acceptable."

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au

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Dear Parents / Caregivers

Welcome to the start of 2014 academic year in Catholic Education.

To the families who have joined our system for the very first time in 2014 I offer you a very warm welcome. I’m delighted that you’ve chosen to send your son or daughter to one of the 161 Catholic Schools operating across our state from Kununurra to Esperance.

To all who are returning to Catholic schools, welcome back.

Our schools rely on the contribution of staff, students and parents working in partnership to build a successful Catholic community. As a working parent and father of five children I understand first-hand the time pressure that you are under every day. Within the context of your busy work and family life, if every member of our school community could share just a little of their time and talents, our schools would be all the richer for it.
You can contribute by nominating to become a member of the Board, joining the P&F, volunteering to be a class representative, helping out at the annual sports carnival, doing a shift at the canteen or helping with school reading rosters. Every contribution makes a difference to your child’s education.

This year will continue to be a period of positive growth for our system. Two new schools are opening in Hocking and Baldivis which will take our total numbers to 161. The decision to build new schools is the result of extensive planning over many years and is always in response to parental demand for a quality Catholic Education.

Over the coming years we have plans to build a number of additional schools across Dioceses in WA. The development of a new school community is exciting and challenging and is a visible sign of ongoing renewal for our system.

We have recently defined our Strategic Directions for the next three years which is encapsulated in the acronym LEAD – learning, engagement, accountability and discipleship. Over the coming years you will hear and see many references to LEAD as we work to embed it in every aspect of our schools. I encourage you to have a conversation with your school staff about what LEAD means to them and how they are working to bring it to life in a very practical way in the classroom.
Over time we will produce some short video messages which we will place on our website and regular stories that showcase examples of schools bringing LEAD to life in their context. 2014 will also see some important changes to how we communicate with parents and schools. I encourage you to regularly visit our website to stay up to date with news, events and our latest videos. As always I welcome your comments and feedback which you can direct to communications@ceo.wa.edu.au

As a system, Catholic Education is committed to providing positive learning environments where every child will grow to their God given potential, committed to working for justice and centred on the person and teachings of Jesus Christ.

Pope Francis encourages us to share our Good News story with others. In one of his many talks at World Youth Day, he said "I want you to make yourselves heard in your Diocese, I want the noise to go out, I want the Church to go out onto the streets". I hope you join other members of your school community to enable our Good News story to flourish.

I wish you and your children the very best for the 2014 academic year.

God Bless

Tim McDonald
Executive Director