Dear Parents/Guardians,

Last Sunday was a very special day in the lives of 17 students who made their First Holy Communion. A huge thank you to the parents who helped to decorate the hall and church, provided morning tea and tidied the hall afterwards. Tocoda Pierotti was our official photographer on the day and students can bring in a thumb drive to school if parents would like copies of photos.

We have received the results from the NAPLAN testing that was carried out early in Term 2. The results give an indication of how students are progressing and are a useful tool for school planning. Parents of students in Years 3, 5 and 7 will receive their copies tomorrow.

God Bless
Mr Cronin

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**Prayer Corner**

**Fathers Prayer**

God, bless all the fathers in the world. Guide them to be good role models and loving to all their children. Help them to be a father like you are. Give them grace and patience to handle situations in a loving way. Amen.

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**Hunga Busta Roster**

| Sep 05 Friday       | Karena Rankin     |
| Sep 08 Monday      | Sheree Payne      |
| Sep 10 Wednesday   | Sarah Mounsey     |
| Sep 12 Friday      | Sports Carnival   |
| Sep 15 Monday      | Colleen Read      |
| Sep 17 Wednesday   | Nicole Tate       |
| Sep 19 Friday      | Kristy Macintyre  |

**HELP REQUIRED FOR SPORTS CARNIVAL**

FRIDAY, 12TH SEPTEMBER

The Canteen requires parent helpers on the day of the Sports Carnival. If you can donate 1 hour of your time it would be greatly appreciated. Please put your name down at the Front Office if you are able to assist. Help is required between 8am - 1pm.

Many Thanks
Sam Higgins
**Athletics Carnival**

For students in Years 1-7, the Athletics Carnival will again be held over two days. On Thursday 11 September students will be involved in their jumping and throwing events. On Friday there will be the team games and running events. Students in Kindy and Pre-Primary will be involved in Friday's Carnival from 9am and will return to class after their events unless parents want to keep their children with them for the afternoon to watch older siblings. Thanks to the parents who have volunteered to help over the two days and a reminder for those who offered to set up on Friday, that they are welcome from 7.30am.

**The times for the Jumps and Throws on Thursday 11 September:**

9am-11am – Years 6 and 7  
11.20am-12.45pm – Years 1-3  
1.30pm-3.05pm – Years 4 and 5

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**Morning Tea and Lunch for Athletics Carnival**

You should receive today a hard copy of the lunch order form for the canteen that is available for Kindy to Year 7 students. Parents can also use the same order form and the lunches will be delivered to students to pass on. Parents may like to donate cakes, slice or biscuits that will be sold through the canteen for morning tea. All plates can be dropped off at the canteen from 8am on Friday.

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**Year 2 Assembly**

The Year 2 students' many talents will be on display at their Assembly on Friday 5 September

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**P & F Art Spectacular**

Planning is well under way for St Brigid’s Art Spectacular to be held in the school hall on Friday 19 September at 7pm. Entry will be $10 for adults (not open to primary school students), which will include a drink and cheese platters. We have a few high school students who will be assisting with the serving of the cheese platters as part of their Community Service Hours for BCC. There will be individual student’s art work to admire as well as a piece of art work from each year level that the students have worked on together that will be actioned off. The school has applied for an Occasional Liquor Licence and drinks will be for sale on the evening.

Parents who would like to help set up the art work are welcome to join the team on Thursday 18 September at 3.30pm in the hall or at 9am on Friday 19 September.

**REMININDER**

In order to help make the evening a success, parents have the opportunity to assist with the donation of food items that can be brought in on the morning of Friday 19 September with families asked to spend no more than $5 per item:

Kindy, Dip.  
PP, Salami, Pepperoni, Twiggy Sticks, Prosciutto.  
Year 1, Hard Cheese eg Cracker Barrel, Cheddar, Blue Vein.  
Year 2, Sundried Tomatoes from Deli – Small container ONLY.  
Year 3, Olives from Deli eg Garlic/Chilli, Kalamata – Small Container ONLY.  
Year 4, Cherry Tomatoes, Grapes, Strawberries.  
Year 5, Soft Cheese eg Brie, Camembert, Boconeini  
Year 6, Toothpicks, White Serviettes.  
Year 7, Savoury Biscuits eg Water Crackers, Jatz, Rice Crackers.
**Griffin Art Display**

Congratulations to Mrs Chris Harnby and to our students on the exceptional quality of art that has been produced by our students that is on display at the Margareta Wilson Centre in Collie as part of the Griffin Festival. Parents are encouraged to visit the centre to look at the range of art on display. We will be taking students in Year 4 and 5 next Tuesday.

**Father’s Day Stall**

Following the Year 1 Assembly on Friday 5 September at 9.30am, students will have the opportunity to purchase a Father’s Day gift from a stall for $5. Students are able to buy more for grandfathers if they want to. We have had four mothers volunteer so far but it is not too late to help.

**Lost Property**

A girl’s watch was found last week in the Library. If you think this watch belongs to you please collect from the Front Office.

**P & F Meeting Postponed**

We have discovered that several of the P&F Executive have other commitments tonight so the P&F meeting has been postponed to Wednesday 10 September at 2pm in the staff room. It is hoped the time will allow some parents who have difficulty making meetings at night the opportunity to attend.

**Parish to Parish**

**Bed & Breakfast**

Wanting to find the best value accommodation? The Parish has a choice of Bed & Breakfasts located throughout Australia and New Zealand.

For more information or to view the accommodation booklet please contact Marie Hicks on 97344421

**St Brigid’s Hosting a Positive Parenting Session**

Sandra Robertson as part of the ‘Investing in Our Youth Program’ has been able to arrange for a Positive Parenting session to be held at St Brigid’s School on Thursday 18 September at 1pm in the Library. See the attached flyer for more information.

**The St Brigid’s Parish Church Cleaning Roster**

September 05 Battista Family
September 12 Anna and Frank Papalia
September 19 Filipino Group (Malou and Cynthia)

**REMINDER**

**INFORMATION EVENING TONIGHT**

**GUEST SPEAKER:** Fr. Tony Chiera  
**VENUE:** St Brigid’s Parish Hall  
7.00pm—8.00pm Presentation  
8.00pm—8.30pm Discussion/Supper

- Finding Peace in our lives, families, world  
- Dealing with failure, division, brokenness  
- A new look at the Sacrament of Reconciliation
THE POWER OF POSITIVE PARENTING

- Struggled with handling your child's behavior
- Wanted to improve the relationship with your child
- Questioned if you were doing the right thing as a parent

PARENTS: Have you ever?

YOU ARE NOT ALONE
Let's talk about how to feel more confident as a parent

WHEN: Thursday September 18th
TIME: 1.00-3.00p.m.
WHERE: St. Brigids PRIMARY SCHOOL

BOOKINGS ESSENTIAL
FREE CRECHE and REFRESHMENTS
Ring Sandra Robertson: 0467941220
Or Email: Sandra.robertson@investinginouryouth.com.au
RSVP by Friday September 12th
ACADEMIC SCHOLARSHIPS,
INDIGENOUS and P & F BURSARIES

The Principal and Bunbury Catholic College Community congratulate these students on their achievements and welcome them to our College:

Year 7 2015

Year 7 Academic Scholarship
Joshua Vincent leraci - Leschenault Catholic School AUSTRALIND (full scholarship)
Carmel Italiano - Our Lady of Lourdes School DARDANUP (half scholarship)
Jackson Pedley - St Mary’s School BUNBURY (half scholarship).

The College P & F Bursary: Juan Aguilar – St Joseph’s School BUNBURY

Indigenous Bursaries
Shakira Bennell - Djidi Djidi Primary School
Jaymon Whatford - Eaton Primary School

Year 8 2015

Year 8 Academic Scholarship
Darci Wallis - Leschenault Catholic School AUSTRALIND (full scholarship)
Julian Botica - Leschenault Catholic School AUSTRALIND (half scholarship)
Jorja Julian - St Joseph’s School BUNBURY (half scholarship)

The College P & F Bursary: Egypt Simpson – Harvey Primary School

Indigenous Bursaries
Natahlia Amat - Our Lady of Lourdes School DARDANUP
Amerikaz Bennell - St Joseph’s School BUNBURY
Dana Carr - St Mary’s School BUNBURY

Contact details: Bunbury Catholic College, PO Box 414 BUNBURY WA 6231
Ph 9721 0000 Email: admin@bunburycatholic.wa.edu.au
www.bunburycatholic.wa.edu.au
When will Sara stop worrying?

Ten-year-old Sara is hard to get to school in the mornings. She seems happy all weekend until Sunday night arrives. On school days, it's hard to get her out of bed. When she finally does get up, she takes ages to get dressed. She often complains to her mum that she feels sick. She says 20 times, "When are you picking me up from school?"

When she has been at school Sara always does her homework without any fuss. Often she takes extra time to make sure it is just right. Lately Sara has not been paying attention in school and has been telling the teacher she feels sick and wants to go home.

At night Sara won't go to bed by herself. She says she's scared of burglars. She won't go on sleepovers to her friends' houses either. Her father thinks it's just a passing phase, but her mother is concerned.

Does Sara have an anxiety problem?

She may have, so further investigation would be a good idea. Anxious children see the world as a dangerous place. They fear getting hurt, either physically or socially. They feel anxious even when there is no actual danger. The way children deal with their anxiety can make it worse. If children keep on avoiding the things that make them anxious they don't learn effective ways to cope and their anxiety may keep growing.

How parents and carers can help:

Children with anxiety problems lack confidence in their abilities and feel overwhelmed easily. They are not "putting it on" or trying to take the easy way out. They need to learn how to cope with worries and build confidence. This does not mean just telling them not to be silly. It means providing positive support and teaching them the emotional and thinking skills that can help them.

Parents and carers can

- Teach children to be brave by showing them you believe they can do things and encouraging them to have a go even when they are scared or worried. You might remind them of a time when they were brave and it worked.
- Break larger goals into small steps that children can succeed with, and praise their success.
- Help them learn relaxation skills. Breathing slowly to calm down and imagining yourself coping in a scary situation are really helpful ways of managing anxiety. Doing it with them is a fun way to start.
- Teach children helpful self-talk. Instead of saying to themselves "I can't do this" encourage them to say "I'll give it a go". Help them to see that by worrying less they can do more and feel better about themselves.

Everyone gets anxious in certain situations. In children fears and worries are not unusual. If anxiety is uncontrolled, it can stop children learning well, joining in with others and enjoying life.
What you might see in a child with anxiety problems...

<table>
<thead>
<tr>
<th>A child with anxiety problems may:</th>
<th>What parents and carers might notice</th>
</tr>
</thead>
<tbody>
<tr>
<td>seek reassurance often</td>
<td>clings to parent or carer</td>
</tr>
<tr>
<td></td>
<td>asks for help with things they can do for themselves</td>
</tr>
<tr>
<td>avoid situations they feel worried or scared about</td>
<td>doesn't want to get ready for school</td>
</tr>
<tr>
<td></td>
<td>won't go to sleep without parent or carer</td>
</tr>
<tr>
<td>try to get others to do the things they are worried about</td>
<td>asks &quot;will you do it for me?&quot; a lot</td>
</tr>
<tr>
<td></td>
<td>asks &quot;will you tell them for me?&quot;</td>
</tr>
<tr>
<td>tell you they have physical pains</td>
<td>often complains of stomach pains or headaches</td>
</tr>
<tr>
<td>dislike taking risks or trying new things</td>
<td>worries a lot about doing things right</td>
</tr>
<tr>
<td></td>
<td>prefers to watch others rather than have a go</td>
</tr>
<tr>
<td>have lots of fears</td>
<td>scared of the dark, dogs, injections, being alone, germs, tests</td>
</tr>
<tr>
<td>get upset easily</td>
<td>often cries over small things</td>
</tr>
<tr>
<td>have lots of worries</td>
<td>complains &quot;he's teasing me&quot; a lot</td>
</tr>
<tr>
<td></td>
<td>always sees the dangerous side of everything</td>
</tr>
</tbody>
</table>

Are you worried that your child is a bit like Sara?
Here's how to get some help:

- talk with your child's classroom teacher about how your child is managing at school and find out what resources the school can offer
- ask to speak to the school psychologist or counsellor
- talk to your doctor about the possibility of an assessment and referral to a children's mental health specialist

A mental health professional may diagnose an anxiety disorder when...

1. A child gets anxious more easily and more often than other children of the same age.
2. Anxiety affects them in lots of settings - at home, at school and in their community.
3. The problems with anxiety interfere with the child's ability to get on at home, school and with friends.
4. The fears seem to be out of proportion to the risks in their life.

Further information on anxiety and KidsMatter Primary can be found on our website:
www.kidsmatter.edu.au/resources/information-resources

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at: www.kidsmatter.edu.au

Australian Government
Department of Health and Ageing

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