

St Brigid's School Collie

Principal Letter Wk 5 Term 1

2nd March 2017



Dear Parents and Families,

Thank you to the many parents who attended our AGM last week. We are indeed privileged to have such great parent support in our school, evident by our P&F and School Board. I would like to thank our P&F Executive who continue in their role for 2017 and also welcome Rebecca Stewart (Billy PP, Xavier Y1/2 and Noah Y3) to the St Brigid's Board. I would also like to thank Leonie Davey (Angus Y2 and Laura Y4) who is our new Board Secretary. Finally, I wish to thank Karri Dallywater (Madison PP, Montana Y3 and Isabella Y5) for her contribution as Board Secretary in 2016 and for her ongoing commitment on the Board in 2017.

Our Faith: Many thanks to all our parents and families who joined our school and parish for Ash Wednesday Mass yesterday. Ash Wednesday marks the beginning of Lent, which continues for 40 days right up until sunset on Holy Thursday. During Lent, priests wear violet vestments to represent repentance and humility. Lent is a season of quiet reflection and preparation and is a time of fasting, prayer and almsgiving. At Mass Father Jaybee reminded our students that they can talk to God and Jesus through prayer at anytime. As part of our school social justice, the Pastoral Ministry (Student Leadership) are coordinating our Project Compassion Appeal.

Our Families:

Over the next few issues I will include some helpful family ideas taken from "Hey Sigmund: Where the Science of Psychology Meets the Art of Being Human". This great advice provides examples of strategies and advice to help not only anxious children but all children.

Anxious kids are brave kids. When anxiety takes hold though, it's overwhelming. It can shut down their potential, their engagement with the world and their self-belief. It feels awful and life becomes more about avoiding anxiety than it does about embracing life. This can be turned around and although anxiety doesn't generally go away, it can be managed so that it stays in the background and out of their way. For anxious kids, the important adults in their lives are a powerful ally in helping to make this happen.

Let nothing be off-limits. *Let them know that they can come to you with anything. They don't have to know how to start or how to say it. Let them know that it's enough to let you know that they have something they want to talk to about, but that they don't know what to say. The next part you can do together.*

Let them know you can handle anything. *They'll catch whatever you send out, so let it be peaceful, beautiful zen vibes, even if you have to fake it. Let them know that there is nothing they can say that will make you sad, angry or disappointed in them. You might feel all of these things, but hang on to them. If they're opening up to you, it's because they trust*



you and want to bring you in to their world, which is a pretty special place to be. Keep the connection and take the opportunity to show them that coming to you, however hard it is, will always be worth it. You can't imagine how grateful you might be for this one day.

www.heysigmund.com/school-anxiety-what-parents-can-do

Parent Communication:

- Our new Connected App is having final tests/ updates on the Calendar- coming soon
- School Hats- with thanks to our uniform committee, our new and improved Sun Smart bucket hats with a tightening capability on head rather than a chin strap have been ordered. Given the recent dangers highlighted of hats with cords we request that if the clip breaks please cut the cord rather than re-tying them up.
- Our school calendar is now live on our school website.
- If you are a Facebooker please follow us – St Brigid's Collie
- HTML newsletters are not far away- until this format has been prepared we will continue sending home a paper copy to every family.

External Links available on our website:

- School Board 2016 Report and Finance Report
- P&F 2016 Report and Finance Report
- 2017 Uniform Guide and Price List



Important Upcoming Dates:

- 12 March (Sunday) Staff Commissioning Mass at St Brigid's Church
- 17 March (Friday) Swimming Carnival
- 25 March (Saturday) Yr 1/2 and Yr 6 Mass
- 29 March (Wednesday) Yr 6 Assembly at 9am

Have a great week!

Principal- Daniel Graves

