

Dear Families,

Did you know that the greatest commandments of all are not even a part of the Ten Commandments? In fact, all of the commandments and laws are an outgrowth of just two. Jesus said this in answer to the lawyer's question in Matthew 22:36-40: *"Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets."*

I was drawn to the above scripture because of our current focus on learning about the social-emotional disposition of Getting Along as well as our Golden Rule at St Joseph's, *"Treat other as you would like to be treated"*. These are the simple words that offer the essence of the lesson that Jesus was delivering when he responded to the lawyer's question? No matter where we fall on the extrovert/introvert scale, we are all afforded the opportunity and invitation to get along with the people we encounter in our daily lives and 'love them as we do ourselves'. It's not rocket science but we do have to make a deliberate choice to practice and incorporate a number of skills into our daily interactions.

These skills, listed below, are not just for our students but for all of us as we work together to create a harmonious community.

- Listen with the intent to understand
- Walk in another's shoes
- Be polite
- Show interest in others
- Always take the opportunity to share a kind and encouraging word about someone
- Be positive and keep an open mind

Further to the above skills that are important for all of us, I want to highlight some of the particular meta-cognitive ways our kids can be super successful in getting along with others. These include:

- They think about ways to solve problems between people
- They think about ways to be independent and how they can stand up to those who make poor choices
- They think about ways to work with others to achieve common goals and they look for opportunities to recognise the contribution of others

The past couple of weeks have seen students introduced to two key characters which will help support the promotion of the Getting Along message; Gary Get Along and Angry Annie. The attitude that Gary brings to his learning is far superior to poor old Annie's. No doubt the images associated with these characters will resonate with all of us. I encourage parents to use the language of Gary and Annie to identify and recognise examples of people and characters that they may know in order to support our work and reinforce these messages at home. Don't forget though, our best example remains Jesus Christ.

Every Blessing for a great weekend,

Rosie



News from the APRE

Week 3 Term 4

This week I have been busy attending meetings and Professional development in Mareeba, Brisbane and Cairns so it seems like ages since I have been able to speak with many of you. To date there has been no response with regards to the Family Movie night so it will be necessary to cancel this evening. We can look at maybe rescheduling or put some plans in place for next year. The end of the year is approaching fast and there are lots of events happening.

Grandparents Day for 2016 is Sunday 30th October so we would like to celebrate how special they are and what they mean to us. We would like to invite those grandparents who will be in town on Friday 28th October to join us for Funtastic Friday and stay for Assembly in the afternoon where we will read a special poem/prayer for them as recognition of the wonderful contribution they make to the lives of their families.

12.30pm – attend Funtastic Friday with their Grandchildren

1.00pm – enjoy a shared lunch with staff and children.

1.45 pm – sit with children in classes to wait for assembly.

2.30pm – attend Assembly.

I would also like to remind everybody about our "Day for Daniel" on Friday 28th October where we are all encouraged to wear a red shirt for the day.

Every day, Queensland teachers are making a difference educating and inspiring young people across our state. World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make in our classrooms and communities.

Celebrated in more than 100 countries world-wide, World Teachers' Day was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to recognise the role of teachers in society.

World Teachers' Day is held internationally on 5 October. As the day usually falls during school holidays, Queensland celebrates on the last Friday of October each year.

We will have a shared lunch with the grandparents to celebrate the amazing and wonderful teachers in our school.

Thank you and blessings for a great weekend,

Amanda



MARK YOUR
CALENDAR!

24 – 28th October Lillian Millar
School Communication
Engagement Officer visit

28th October Swimming
Program & A Day for Daniel –
come dressed in **red**

31st October – 4th November
Laurel Eden, School Counsellor
visit

4th November Swimming
Program

11th November Swimming
Program

17th November Swimming
Carnival

23rd November Starry, Starry
Variety Night 6pm

25th November Last Day Term 4

*School resumes 23rd January
2017*

MINDFULNESS AT ST JOSEPH'S

A message from Miss Cassie ...

Did you know?

- 1 in 7 primary students and 1 in 5 secondary students suffer from a mental illness.
- By the age of 25, 1 in 3 Australians has experienced a diagnosable mental illness.
- Around 75% of these illnesses develop before the age of 24.
- 65% of people do not access treatment.

St Joseph's teachers are raising awareness of the importance of mental health and wellbeing. Just as we teach kids to eat well and stay fit to keep their bodies healthy, teaching them about how to care for their minds is equally important. However, within most parts of society, including the education system, mental health is often overlooked. Many children live busy lives in a state of mindlessness. This is the same as being on autopilot, or taking a back seat and letting thoughts and emotions drive actions and behaviour. Mindfulness puts the child's mind in the driver's seat. Instead of reacting, thinking in circles or repeating old habits, they can choose to act in ways that are both clear and empowered.

At St Joseph's, our social and emotional learning program involves Play is the Way, You Can Do It, and next year will also include mindfulness meditation into daily routines. Most classes have already started this relaxation practice to help centre the students and bring focus, calm and concentration to their lessons with much success.

St Joseph's School is a place for learning and growing. It is a place where students can feel safe, calm and engaged every day. If your child is experiencing any difficulties with sleep, mood or emotional regulation, concentration, relaxing or you have concerns around their behaviour, mindfulness guided meditation is a strategy that you can use. Check out the FREE apps below for your iOS devices that include scenic relaxation, music and guided meditation to focus, body scan, enhance feelings of calm, concentration, relaxation and encourage personal growth.

Whilst completing a Bachelor of Behaviour Science (Psych) and a Masters of Education (Guidance & Counselling), I've been able to access many resources and research studies demonstrating the effectiveness of practices not just at school level but in our school community involving teachers, educators and parents. If you'd like more information, access to online courses for home or any other resources, please email or give me a call.

The benefits of Mindfulness:

ATTENTION Strengthens our 'mental muscle' for bringing focus back where we want it, when we want it.

COMPASSION Awareness of our own thoughts, emotions and senses grows our understanding of what other people are experiencing

EMOTIONAL REGULATION Observing our emotions helps you recognise when they occur, to see their transient nature, and to change how we respond to them

CALMING Breathing and other mindfulness practices relax the body and mind, giving access to peace independent of external circumstances.

ADAPTABILITY Becoming aware of our patterns enables us to gradually change habitual behaviours wisely.

RESILIENCE Seeing things objectively reduces the amount of narrative we add to the world's natural ups and downs, giving us greater balance.

FREE APPS, available from the Apple Store that feature guided meditation, relaxing scenes and music:

Calm: Meditation techniques for stress reduction

By Calm.com

Open iTunes to buy and download apps.



View in iTunes

Description

Relax with Calm, a simple mindfulness meditation app that brings more clarity, joy, and peace of mind into your life.

[Calm.com Web Site](#) • [Calm: Meditation techniques for](#)

What's New in Version 2.7.7

We've made some big improvements to your Profile screen: smarter download mechanism, plus other improvements

Smiling Mind

By Smiling Mind

Open iTunes to buy and download apps.



View in iTunes

Description

Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

[Smiling Mind Support](#)

What's New in Version 3.1.0

– Offline mode, you can now download programs or sessions to your device
– Bug fixes and improvements

Important Announcements

Parish Community Meeting

Monday 24th October in the St Joseph's school Multipurpose room at 6.30pm.

All school parent and parish community members are invited to attend this Parish information evening at which Fr Neill Muir, the Cairns Diocesan Vicar for Education will attend and speak to the St Joseph's Parish community about future parish and school partnerships.

We also welcome Fr Dariusz to our parish and school community for a few days. Fr Dariusz arrives today and will be here until Tuesday. If you see him about the school, please introduce yourself and make him feel welcome.

2017 Prep Class

Information Evening 31st October 7 – 8pm Multipurpose Room

Orientation Day Wednesday 2nd November 9:00am – 10:15am Prep Children's Activity session Prep Classroom

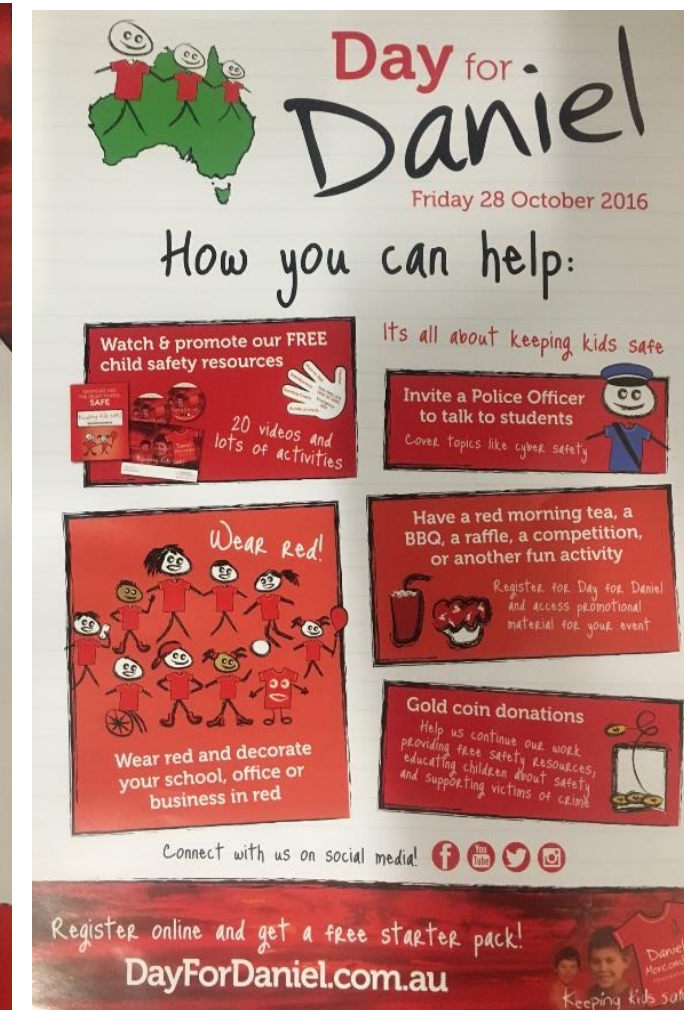
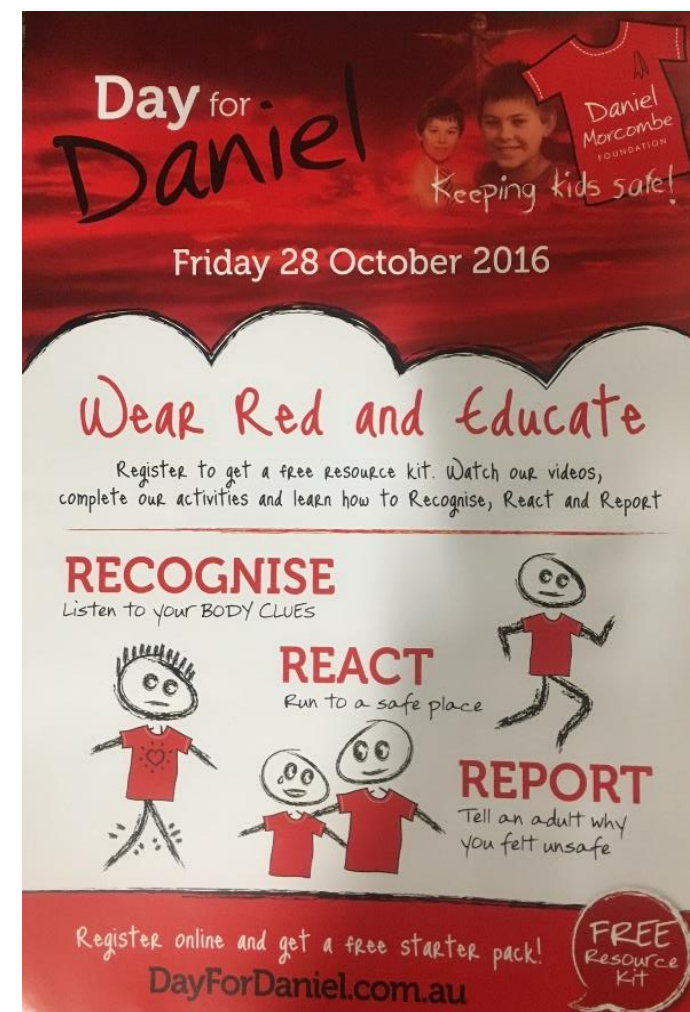
10:15am – 11:00am Liturgy with Parents & children

Location: School Multipurpose Room

Year 6 Trip to Brisbane

Next Monday our Year 6 students head off to Brisbane for the week. Whilst in Brisbane the students will visit Australia Zoo; Brisbane city; the Mt Cootha Planetarium and Gold Coast. I will be away in Brisbane with the Year 6 girls from Tuesday. Mrs Peta Hancock and Mrs Emily Haardt will leave with the girls on Monday afternoon. Mrs Amanda Saunders will be Acting Principal in my absence and Mrs Melanie Turner will be the Year 4/5 teacher until Mrs Haardt returns on Thursday. Many thanks to Emily Haardt and Peta Hancock for giving up their own family time to be away with the students; I am sure this will be a very exciting and fun trip.

Next week we also welcome Mrs Amanda Scikluna to our school community, Amanda will be filling in as a relief teacher for us while staff are away from school.



Class News

Prep News

Preps are currently learning about various celebrations. They have identified similarities and differences between some types of celebrations. The class watched a video about a baby's Baptism in a Catholic church. The students learnt about the Baptismal font and the pouring of water over the back of the baby's head as the baby is baptised. It was also a great learning activity to see the important symbols and rituals used in Baptism including the Baptismal candle which is lit from the Paschal candle, the oil of chrism used to anoint the baby, the white garment worn by the baby after being baptised and the christening gown as well as celebrations following the baptism which included a family meal, a christening cake, cards and gifts. This week Prep welcomed another new student to St Joseph's. Welcome to Tre and his family.

Year 1 News

In year one we interviewed a class partner and then recorded the information. We then made comparisons of similarities and differences in areas for example our height, hair colour, number of siblings and favourite foods. We represented different emotions through illustrations and diagrams. Each child chose a nursery rhyme and took turns reading it to the class. We chose some new books from the library for our classroom bookshelf. We recorded the different sounds that we could hear both inside and outside the classroom. It was very exciting to have our first game of soccer and a play out on the oval. We continued to enjoy our swimming lesson on Friday.

Year 2 News

We sent off our second letter to our pen pals and next week will be taking photos to send down as well. We have been exploring the concept of sharing (division) in maths and how this links very closely with multiplication. The class are enjoying using the flip cards to help them learn their times tables faster. We started constructing a model of a house that would be similar to a house Jesus lived in, using a variety of materials. The class did clay modelling Thursday with Mrs Quartermaine so many children will use this as well. The highlight is possibly being the first class to play on the oval, what a great game of soccer it was, with fair play and no injuries!

Year 3 News

Year 3 have been learning to keep the beat and rhythm using djembe drums and the Ipad app Garage band. They are learning to play the Cup Song on piano as well. In science they've continued to work on their circuits and connecting electrical devices to power. In Civics we've been working on building our working civilisation on Minecraft and have included public transport to link our businesses, farms and homes together. In PE we've been practising our swimming strokes and learning to float. In English we've been practising demand writing techniques and creating questions in response to visual stimulus using a mixture of simple, compound and complex sentences.

Year 4/5/6 News

In 4/5/6 this week we had 2 Science days where we looked at "Light". We discussed where light comes from, how light travels and how far it travels, what is a shadow and made some very cool shadow puppets. We have continued reading "Tom Appleby Convict Boy" and he has nearly completed his journey on the Scarborough as part of the First Fleet to Botany Bay. Maths saw us complete some interesting investigations, including one on area and volume of boxes. Next week, Year 6 will be at camp in Brisbane and Year 4/5 have some fun and exciting leadership and team building activities planned to complete.

** STAR STUDENTS OF THE WEEK **

Prep... Gemma Mellner, Nate McLellan & Chelsea Steele

Year 1... Jackeal Day, Hailey Merkel

Year 2... Xavier Lobley & Cordy Foo

Year 3... Wylie Clarke & Holly Jackson

Year 4 5 6... Makayla Lobley & Taj Barba

