Principal’s Report

Dear Parents and friends of St. Brendan’s,

This week, I would like to touch on the subject of partnership. Partnership is vital to the successful running of any family, group or organisation. Strong partnerships are also vital in schools. We as educators, spend five and a half hours per day, five days per week with your children. While we are with them, we are responsible for their education and their wellbeing. In order for this great honour and responsibility to work well, we require strong relationships and communication with our parent body. We need you to:

- Promote our school values
- Support our school decisions
- As your partners, we will:
  - Communicate with you
  - Listen to your feedback

When the channels of communication are strong and clear, we establish a great partnership for the education of your children. Sometimes we will make decisions that you don’t necessarily agree with, however, these decisions are always made with our students at the centre. We ask that you support us in our decisions and encourage your children to also follow the St Brendan’s school commitment to a respectful, safe and orderly learning environment.

When decisions are made in our families, our schools and in life, we sometimes need resilience to deal with them. More and more our children are requiring the skill of resilience to cope with living in this rapidly changing century. I hope you enjoy this article on resilience from well known parenting expert; Michael Grose.

Resilience is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.

**Building Resilience**

From a resilience perspective, parents need to coach kids through some of their more challenging moments and review with them what they may have learned for next time. **Avoid solving all their problems for them.**

You can promote a lasting sense of resilience in your kids by:

1. **Have a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he/she meets some of life’s curve balls.

2. **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help...
them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

Parent Information Night ~ Years 1-6

We look forward to welcoming our Year 1-6 parents to St Brendan’s this evening. These meetings will provide you with an excellent opportunity to meet your child’s teacher and to hear the expectations and program for the year outlined. I look forward to seeing you all this evening.

Year 1/2 - 6:30-7:00pm
Year 3/4 – 7:00-7:30pm
Year 5 & Year 6 – 7:30-8:00pm

Foundation (Prep) Information Night

The Information Night for parents of Foundation students will be held next Wednesday 25th February from 7:00-8:00pm. We hope to see all Foundation parents there.

Shrove Tuesday/Ash Wednesday

Today is known as Shrove Tuesday. This day marks the last day before the Lenten period commences. The children enjoyed pancakes at school today and they have begun thinking about what the season of Lent means to Catholic People. The Year 3/4 students and their teachers have prepared the Ash Wednesday Mass and you are all welcome to attend in the Multi-Purpose Room on Wednesday at 11:30am.

School Advisory Committee S.A.C Meeting

The first meeting of the School Advisory Committee will be held next Tuesday at 7:00pm at school. We welcome any parent including new Foundation parents who wish to contribute to the life of the school to attend this meeting.

Class Reps

We still require a class representative in Year 5N. We are hoping someone will be able to fulfil this important role in the school. Please inform the office staff if you are available to help.

Have a great week.

Sue Carr

OUR NEW STAFF MEMBER REVIEW

Name: Rebecca Thomas
Favourite Sport: Aerobics
Favourite Hobby: Dancing
Thoughts from Rebecca: I’m very excited to be here and the children are very enthusiastic. St. Brendan’s is very welcoming.
Heavenly Father, Ash Wednesday, on our foreheads is the sign of Christ’s saving Cross. We pray that Christians may embrace Lent as a time of repentance and renewal: That those preparing for baptism may learn of your mercy and faithfulness. That all Christians may be faithful to prayer, fasting and good works in this holy season. We pray to you Lord, be merciful and gracious, you are ready to forgive. Cleanse us of our sin and leave your blessing with us. May Easter find us ready to celebrate and proclaim the new life offered in Christ, who lives and reign for ever and ever.

Amen

“Create a clean heart for me, O God. Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for God is gracious and merciful, slow to anger, and abounding in steadfast love. (Joel 2:12–14)”

Yours in Faith
Anne-Marie Robb

Happy Birthday to...
Samuel Rhodes
Nikola Varga
Jaymie Longmuir
Mrs Rebecca Thomas

Wishing you a fabulous time with your family and friends!

The Uniform Exchange
Our opening days for this term are Monday, Tuesday and Wednesday the 16th, 17th & 18th February from 3.00pm to 3.30pm in the uniform shop located at the rear of the multi purpose room. Funds raised from our shop are put back into our school community to make our school a better one for our children.

Please remember to relabel your new purchases!
Any queries about the uniform exchange can be made via the office and we shall contact you asap.
So come and grab a bargain, we look forward to seeing you next week

Regards
Liz Gazzola & Cristy Marsh

3 tickets to 5 seconds of Summer Melbourne Concert on Thursday, 25th June, 2015 at 7.30pm
These are for the Upper Section, Row DD for $89.90 each (just hoping to get my money back). Only selling due to the Grade 5 camp being on the same date, so my ‘devastated’ daughter can no longer attend the concert. If interested, please call Bernie on 0419 332 768
**AWARDS**

**Alexander Smith**  
For being a helpful friend and worker in Prep K.

**Annabel Milton**  
For being a fantastic role model for our Daily 5 program.

**Caleb Whateley**  
For trying his best to write on the lines.

**Eboni Penny**  
For contributing beautifully to class discussions. Welcome to St. Brendan’s.

**Georgina Wiebrecht**  
For being super engaged during Daily 5 ‘read to self’

**Hannah Smyth**  
For working well in a team.

**Hayley Cross**  
For giving 100% effort during Maths lessons.

**Jake Gundy**  
For working well with others in maths.

**Joseph Arena**  
For always presenting his working beautifully in class.

**Lily Godfrey**  
For her creative flare. All Lily’s work is presented beautifully.

**Natasha Holmes-Lainson**  
For a great start at St. Brendan’s in 3/4BP

**Principal Award**

**Blake Simmonds**  
Giulia Piovillico

**Jack Sidwell**  
Lachlan Evans-Holt

**Lachlan Neeson**  
Maddisyn O’Shea

**Mollie Conlin**  
Scarlett Marsh

**Tabitha Piercy**  
Tate Wakenshaw

**Ty Godfrey**  
For playing nicely in the playground.

**Congratulations!**

**SAVE A TREE! GET YOUR NEWSLETTER VIA EMAIL**

Yes, I would like my weekly newsletter via email.

Name:_________________________________________

Email:_________________________________________

Eldest Child’s Grade:_________________________

**SOMERVILLE FAMILY DENTAL CARE**

1163 Frankston-Flinders Road  Phn 5977 7704

**FREE DENTAL CARE**... under the Medicare Child Dental Benefits Scheme, eligible children between the ages of 2-17 are entitled to $1,000 of dental care. Somerville Family Dental Care strongly supports early attention to dental health and bulk-bill all eligible patients.

**MOUTHGUARDS**...is another service we provide and with children getting back into their sports routines, it would be a good time to look at getting quality protection organised.