



SMJ NEWSLETTER

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Principal ~ Andrea Cox
Deputy Principal ~ Michael Rowe
School Advisory Council
Chairperson ~ Heath Watson

Issue 6 14th March 2019

Caring, Learning, Growing: Every Child, Every Day

Dear Families,

What an amazing opportunity our children, family and staff have had this week with the Resilience Project sessions. Everyone who attended a session was most impressed with Martin Heppell our presenter. His energy, humour and passion were very evident. His message around bringing more gratitude, kindness, empathy and mindfulness into our lives challenged our thinking and prompted a lot of reflection. His community presentation challenged us all to allow our children to fail at times in order for them to develop the resilience and courage to pick themselves up and learn from their experience. We all want children who are able to thrive and manage the challenges that life throws at us.

Martin also provided us with three key questions that you can ask your children at the end of their day:

What was the best thing that happened to you today?

What am I most grateful for today?

What am I looking forward to tomorrow?

Parents often say that when they ask their children what they did at school today they get the reply, 'nothing' or they get all the negatives. I challenge you all to try these three questions and don't forget to ask these questions of yourself as well and share your answers with your children.

In asking the children what message they took from their sessions these were some of the replies we received:

- To smile more
- Be positive and grateful for what you have
- Music is good for meditation
- Remember to greet each other and say good morning
- We are lucky to have an opportunity to get an education

If you hear your children yelling, "DIS" ask them why. Martin taught them to yell this out when they are grateful for something in their life, whether it be their pet, bed or the love they receive from people in their lives. We are challenging our children to recognise what they do have rather than what they don't.

Martin also challenged us all about the challenge of managing technology in our own life and that of our children. The children will be receiving their Resilience Journals next week where we will continue the work that Martin has started. We hope that you get the opportunity to talk with your children about their journal.

And on behalf of all the staff at SMJ we are incredibly grateful for the opportunity to work with all your beautiful children, for all that they bring each day and for all they teach us. It is an absolute privilege.

Have a great week.

Louise

Dates to remember over the next week...

Tomorrow 15 th	Assembly Prep Mrs Haase
Thursday 21 st	Harmony Day Activities
Friday 22 nd	Ride to school Day
	Assembly PREP Miss Marr

Community 4
faith • family • fundraising • fun

FOOTY TIPPING COMPETITION

This year we are running our school footy tipping competition through ESPN footytips. All families wishing to enter need to follow the instructions: Go to : www.footytips.com.au

Competition Name: SMJ Horsham Footy Tipping

Password: smj2019

If you don't have internet or are having trouble registering please see Jane at the school office. The costs is \$20 for the Season.
(please pay at the front office by next Thursday 21st)

Sherman Learning Community (Foundation)

In religion we have been talking about Project Compassion and learning about people from different countries and how our support can help give them better lives. Each learning community has a Project Compassion box that we are using to place any spare change that can go towards helping people in different countries get what they need.

A reminder that Mrs Haase's home group will be presenting assembly tomorrow morning at 9am. It would be great if you could come along to watch! .

LYNCH LEARNING COMMUNITY (3/4)

In math we have been working on number lines and place value. Yesterday we went to the resilience project at St Brigid's stadium. In writing we have been working on steps to solve a problem in our narratives. We have been practicing our rocket writing. In Indonesian we have been looking at where our families come from and locating those places on a world map in readiness for Harmony Day. We had Mrs Friend for sport and we did different strategy games. It was great fun!

By Jackson, Judah & Xander.



FISHING CLUB...

This week Tadhg, James, Kassidy, Ella, Zac and I went to the Weir for Fishing Club. It was a bit cold and windy. Kassidy was catching a lot of weeds and it was hard work casting the rod in the wind. Mr Rowe caught a snag and lost my lure too. Nobody caught a fish this time. So far Max is the only one that has caught a fish at Fishing Club so we are on a mission to catch a fish bigger then Max's. I hope we can do it in the coming weeks.

By Kalan





Series of the week ...

CONSPIRACY

Warning ... you might stop trusting your friends, loved ones, and even your pet after reading these! Here are 3 series that will keep you frantically turning pages to find out what it all means.

Conspiracy 365 (by Gabrielle Lord)

This gripping series has been well-received by both avid and reluctant readers alike. The series follows the adventures of Callum Ormond, a 15-year-old who is forced to become a fugitive as he searches for the truth behind the death of his father. The books in the series align with the 12 months of the year, and Callum must unravel the mystery within 365 days.

The 39 clues (by various authors)

Sam wakes from his nightmare to discover the terrifying reality: it will come true. Kidnapped from school and finding out his parents aren't who he thinks they are, Sam is suddenly running from danger at every turn.

The 39 clues (by various authors)

This series chronicles the adventures of two orphan siblings, Amy and Dan Cahill, who discover upon their grandmother's death that the Cahill family has shaped most of world history. The series chronicles Amy and Dan's adventures to pursue clues while evading the sabotage of other Cahills.

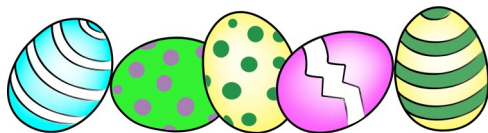


"A good library will never be too neat or too dusty because somebody will always be in it taking books off the shelves and staying up late reading them." -- Lemony Snickett

FREE FUN EASTER EGG RAFFLE

We will be holding our end of term Easter Raffle on Friday 5th of April (last day of term)
We ask that all families please drop off an Easter Egg to the school office by Monday the 1st of April for us to bundle up for prizes in each learning Community.

Thank you!



Breakfast Club Donations

The Breakfast Club is looking for donations of Milo. If you are able to donate a tin could you please drop it off at the School Office. Many Thanks.



LAST DAY OF TERM 1 BBQ LUNCH \$5 PER CHILD/\$10 A FAMILY

Includes BBQ sausages in bread, packet of chips & fruit box or bottle of water.

Students can wear coloured clothes.

Please pay the school office or your child's homeroom teacher.



HAPPY BIRTHDAY TO...
Henry T, Luke W & Marnie C





Busyness seems to have become a way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day kids either. The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families

with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps families of energy, resources and time.

We have great intentions

Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. While the intentions are good, the method of keeping kids busy is probably questionable.

Other reasons for encouraging extra-curricular activities include: giving kids the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

The cost of busyness

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.

Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of children and teenagers. Through play kids learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

How much is too much?

Some children can cope with busy schedules, while others flounder. As a rule of thumb, if your child or young person is struggling in any of these three areas: i) mental health, ii) schoolwork and studies, iii) their participation in family-life then it may be time to reduce their extra-curricular load.

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be 'the one they love.' Here's a good question to ask your child or young person that can make decision-making easier:

'If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?' Their answers will reveal a great deal about their commitment to each activity. Ideally, kids should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity-free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. Make sure your kids enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead

As SMJ is a Parenting Ideas Schools member, you can attend the upcoming webinar, Balancing extra-curricular activities for flourishing kids, at no cost!

About the webinar

Join Dr Jodi Richardson in this webinar to understand the trend towards increasing enrolments in structured after-school activities, the benefits and the drawbacks for kids, the importance of free play for children, the implications of over scheduling on children's mental health and how to create balance in the lives of your children.

When: Tuesday 2 April 2019 8:00 pm AEDT

Price: This webinar is \$37 per person to attend, and is free of charge to families at SMJ as we have a Parenting Ideas membership. Use the voucher code below to register for the webinar.

How parents can redeem the voucher:

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-balancing-extra-curricular-activities>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code BALANCING and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 2 May 2019.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
7. Click 'Place Order'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
8. Click 'Place Order'

parenting * ideas

ENERGY BREAKTHROUGH

All Year 6 Parents & Carer's

A meeting will be held in relation to the energy breakthrough challenge on Wednesday the 1st of May, not the 27th of March as previously discussed.

All parents and students are expected to come. Thank you.

SMJ HORSHAM
COLOUR EXPLOSION
FUN RUN



SAVE THE DATE...

**This years colour fun run will be held on
Friday 26th April**

(first week back in term 2)

More details to follow



Each year during the season of Lent, Ss Michael and John's School participates in Caritas Australia's Project Compassion to help provide hope for a better future while focusing on global social justice. Through the 2019 "Give Lent 100%" campaign, students will learn how donations will benefit people from Zimbabwe, Indonesia, Solomon Islands, Australia, Bangladesh and Vietnam.

Students are invited to donate small change in their official class Project Compassion donation box located on each home groups prayer table or alternatively, make an online donation via the schools fundraising page: <https://lent.caritas.org.au/smj>

All donations will help raise funds for the important work of Caritas Australia, working to end poverty and provide hope for all.

Lives change when we all give 100%
Thank you for your support and generosity.



HARMONY DAY



JOIN US IN
CELEBRATING **21**
MARCH



everyone belongs



FRIDAY 22nd MARCH



RIDE TO SCHOOL DAY



INCORPORATING
WHEELIE 'FRIDAY'



DATES TO REMEMBER AT SMJ

2019

MARCH		
FRI 15 th	9.00am	Assembly PREP Mrs Haase
THURS 21 st		Harmony Day Activities ~ <u>Costume parade at 9.00am</u> ALL WELCOME
Fri 22 nd		Ride to School Day Incorporating Wheelie Friday
FRI 22 nd	9.00am	Assembly PREP Miss Marr
FRI 29 th	POSTPONED UNTIL THURSDAY 4TH APRIL	
		SMJ School Sports Day STILL NO ASSEMBLY
APRIL		
MON 1 st ~ WED 3 rd		Year 4 Camp to Portland
THURS 4 th		SMJ School Sports Day
FRI 5 th	9.00am	Assembly 1/2 Miss Murray
FRI 5 th		LAST DAY OF TERM 1 School finishes at 2.25pm
MON 22 nd		PUBLIC HOLIDAY EASTER MONDAY
TUES 23 rd		TERM 2 COMMENCES
THURSDAY 25 th		PUBLIC HOLIDAY ANZAC DAY
FRIDAY 26 th		Colour Fun Run
MAY		
WED 1 st		Energy Breakthrough Parent information evening
FRI 24 th		School Photo Day
TUES 28 th ~ FRI 31 st		Year 6 Camp to Melbourne



SMJ FAMILY CATCH-UP

All Welcome

Sun 24th March

Mass at 10:30am

Ss Michael and Johns Catholic Church

BYO Lunch 11:45am onwards

Horsham Botanical Gardens

A great chance to catch-up!

Bring your friends.

Rebekah Rowe 0434 913 189

**Caring Learning Growing:
Every Child, Every Day**



THANK YOU TO OUR SPONSORS FOR 2019 !!



HORSHAM RSL CLUB
Bistro on McLachlan

WEDNESDAY STEAK &

Kids get FREE *

- Soft Drink
- Dessert
- Activity Bag
- Face Painting
- New Jumping Castle

**Some conditions apply*



300gm Steak
\$24
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FAMILY NIGHT

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