"Alone we are strong. Together we are stronger"

Dear Families,

Our Kidsmatter focus of “Greeting Others” continues at St Joseph’s. Already we have seen a positive improvement in this area. Not only does this help make our school a happy place, but it is a valuable life skill for our students. At home, when your child greets you by name in a warm and friendly way, with eye contact, please acknowledge this, because research tells us, that what we celebrate, flourishes.

New Leadership Position

The Catholic Schools Office, Wagga, has introduced a new leadership position for all Primary schools within the Diocese of Wagga Wagga. This specialist position supports Maths in Kindergarten and Stage One for the next three years. Maree Graham has been appointed to this position at St Joseph’s, Leeton. Maree will also become part of the leadership team of our school. On behalf of the school community, I congratulate Maree on this position.

Mission Day

On Friday St Joseph’s held our annual Mission Day. What a wonderful event! There was something for everyone as Stage Three senior students led the day, preparing a wide range of stalls to catch the imagination of everyone. From yabby races to the perennial “Jaffa Wacka”, there was definitely something for everyone. An incredible $823 was raised on the day! A special thanks to all Stage Three families. Your support of the Stage Three students’ stalls by providing lollies and prizes did not go unnoticed and was very much appreciated.

Swimming Lessons

Year Two commenced their swimming lessons this week. Already we can see progress in the children’s skill level. We have also been impressed with the children’s organisational skills. As with the gymnastics program, the Swimming program is provided to families at a significantly reduced fee.

St Joseph’s Street Stall

Last Friday St Joseph’s held a street stall. What a stellar success! The support from families was inspiring and spoke volumes about the School Spirit at St Joseph’s. $821.45 was raised at the Street Stall. A phenomenal effort! Special thanks to our P&F for their planning and organisation of this fundraiser.

2016 St Joseph’s Raffle

Many thanks to those who have purchased a book of raffle tickets in our 2016 raffle. Prizes totalling one thousand five hundred dollars are waiting to be won! This cash will definitely come in handy when our raffle is drawn close to Christmas. Many thanks to our P&F for getting out and about selling tickets. There are extra books of tickets in the office if you are able to sell further tickets.

Mrs Mary Jane Simms.
<table>
<thead>
<tr>
<th>WEEK</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT/SUN</th>
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<tr>
<td>5</td>
<td>7 Stage 1 Swimming Program</td>
<td>8 Stage 1 Swimming Program</td>
<td>9 Stage 1 Swimming Program</td>
<td>10 Stage 1 Swimming Program</td>
<td>11 Year Six 'In Their Shoes Day'</td>
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<td>Gymnastics</td>
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<td>PD: Behaviour workshop: Mrs Tavella</td>
<td>Stage 1 Swimming Program</td>
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<td>RE Network Meeting - Mrs Gillespie</td>
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<td>6</td>
<td>14 Final Fix Day</td>
<td>15 Responsible Pet Visit</td>
<td>16 PD-Reading Recovery Training-Mr</td>
<td>17 Gymnastics</td>
<td>18 MIA Cricket Trials</td>
<td>19/20</td>
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<td></td>
<td>School Development Day</td>
<td>2pm-3:30pm</td>
<td>Conroy</td>
<td>Stage 2 &amp; 3</td>
<td>Leeton</td>
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<td>21 2017 Kinder 1/2 Day Transition 9:15 - 11:30 am 2pm-3:30pm</td>
<td>22 2017 Kinder 1/2 Day Transition 12:30 - 3:10 pm</td>
<td>23 Diocesan Tennis Trials</td>
<td>24 Gymnastics</td>
<td>25 SFC Orientation for Year Six</td>
<td>26/27</td>
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<td>School Council Meeting @ 7:30pm</td>
<td>Stage 2 &amp; 3</td>
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<td>28 2017 Kinder 1/2 Day Transition 9:15 - 11:30 am 2pm-3:30pm</td>
<td>22 2017 Kinder 1/2 Day Transition 12:30 - 3:10 pm</td>
<td>23 Diocesan Tennis Trials</td>
<td>24 Gymnastics</td>
<td>25 SFC Orientation for Year Six</td>
<td>26/27</td>
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<td>28 Junior Joey's Playgroup @ 9:30am</td>
<td>29 PD-Reading Recovery Training-Mr Conroy</td>
<td>30 1 Gymnastics</td>
<td>2 Early Stage 1 Giving Mass</td>
<td>2 PD: Bounce Back</td>
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<td>28 Junior Joey's Playgroup @ 9:30am</td>
<td>29 PD-Reading Recovery Training-Mr Conroy</td>
<td>30 1 Gymnastics</td>
<td>2 Early Stage 1 Giving Mass</td>
<td>2 PD: Bounce Back</td>
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<td>8</td>
<td>December</td>
<td>5 Stage 2 &amp; 3 - Reconciliation prior to Christmas School Concert 6:30pm-8:30pm</td>
<td>6 Stage 2 &amp; 3 - Reconciliation prior to Christmas School Concert 6:30pm-8:30pm</td>
<td>7 Diocesan Softball</td>
<td>8 Gymnastics</td>
<td>9 Whole School Transition 11:30-1pm Reports home to Parents</td>
</tr>
<tr>
<td>9</td>
<td>12 Junior Joey's Playgroup @ 9:30am</td>
<td>13 Year 6 Graduation Mass @ 6pm</td>
<td>14 Proposed Year 6 Fun Day Lake Talbot 10am-2:30pm</td>
<td>15 1 End of Year Thanksgiving Mass @ 9:15am</td>
<td>16 Last Day Of Term 4</td>
<td>17/18</td>
</tr>
</tbody>
</table>

**Saint Joseph’s**

Look for your child’s Spelling Challenge Score sent home today!

The Spellathon Fundraiser was held in your child’s classroom today, Friday of Week 4, Term 4.

Your child will be able to tell you how many words they had correct in the challenge by the end of today.

Now you and your child can start collecting their sponsorship money. Remember there is a Certificate and Surprise Prize for the student in each class who raises the most money!

Sponsorship money needs to be collected and sent to the classroom teacher by: Friday 18 November, 2016.
Pupil Free Day
Monday 14 November 2016 will be a staff development day and a pupil free day for all students.

P & F Fundraising Raffle
Thank you to the families who have returned their raffle tickets and thank you to the families who have sold extra raffle ticket books. If you need extra raffle tickets please call in to the school office. All raffle books are to be returned by Thursday 1 December 2016 sold or unsold. Your help with this fundraiser will be gratefully appreciated.

P & F Committee.

Uniform Shop News
In today's newsletter is a 'Starter Pack' order form for the 2017 Kinder students. The uniform shop is next open on Thursday 10 November 2016 from 9am-11am and 2pm-4pm.

Seasons for Growth 2016
On Tuesday, Seasons for growth concluded for the year with a small celebration. Twenty students were involved this year. Stage one groups had either Mrs Vogel or Mrs Tavella as their companion and Stage 2 children had Mrs Houghton.
Some thoughts from the children in their evaluations were it was fun, they felt special, they made me feel better, I learnt how to maybe handle my life, always listen and never get angry at small things.

Congratulations to all the children and families involved.
Yours in seasons,
Mrs Tavella, Mrs Vogel and Mrs Houghton.

Parish Liturgy Roster
5 & 6 October 2016
Saturday 6:00pm: H Ryall, J Bell, A Stevens, O & K O’Callaghan, E Errey, S Pirrotta, M Hogan.
Sunday 10:00am: T Ciccia, R Amato, F Fiumara, C Mercuri & Family, G Nardi, T Fiumara, M Hughes, Italian Ladies.

Kids Matter
Australian Primary Schools Mental Health Initiative
Stepping Stones Triple P Parenting Seminars
See Flyer in today's newsletter and it is free.

From the School Wellbeing Practitioner
In today's newsletter I have included information for parents on Helping children to sleep on their own.
Zuzana Crook.

2017 Student Leadership Elections
The nomination and election process for the St Joseph's Student Leadership team begins in Week 4. We begin with School Captains followed by Sports Captains. This is a lengthy process during which the current Year 5 students are nominated by their peers; the top eight present one minute speeches to the school community; students from Year 3 to Year 6, and all staff, vote in Week 7 for School Captains. Sport Captains are nominated and voted for during Sporting House Meetings. The students elected, and their roles, are announced at the whole school award ceremony following our Thanksgiving Mass on December 16. SRC elections take place in the first few weeks in the new year.

Community News
(please note that in regard to community news advertising, parents need to make their own decision on suitability for their child)

Light Up Leeton
Light Up Leeton is on the 4 December. If any student would like to dress up as a character or would like to wear their own costume could they ring Gwen Spadaro 0428978215 or Robyn Retallick 0407467021.
Costume selection day is on 14th & 15 Nov at the Leeton Jockey Club at 5pm.
Permission notes will be given out with costumes or can be signed on the day.
Light
WEEK 5 INSTRUMENT LESSONS –
SUPERVISING FAMILY

Tuesday 8th November 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Family</th>
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<tbody>
<tr>
<td>9:00-10:10am</td>
<td>Piltz Family</td>
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<tr>
<td>10:10-11:20am</td>
<td>O’Grady Family</td>
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</table>

Band is on every Tuesday at lunchtime. All students need to bring their instruments in for this.

Friday 11th November 2016

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<thead>
<tr>
<th>Time</th>
<th>Family</th>
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<tr>
<td>9:00-10:10am</td>
<td>Looby Family</td>
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<td>10:10-11:20am</td>
<td>Blowes Family</td>
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<td>11:20am-11:55am</td>
<td>Knagge Family</td>
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<tr>
<td>2:05-3:05pm</td>
<td>Camm Family</td>
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</tbody>
</table>

Supervising parents will receive a reminder text message the day before their rostered day. The roster is also put on facebook twice a week to remind parents.

Next week, children will be receiving the next roster which will cover week 6 – week 10.

**The supervising family need to supply an adult to supervise. If you can’t make it, please see if there is another family on the roster that you could swap with. PLEASE ONLY CONTACT THE SCHOOL AS A LAST RESORT**

Supervising adults need to complete a volunteer working with children check and present a copy of their certificate/clearance to the front office.
**2016 MERIT AWARDS — TERM: 4 WEEK: 3**

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
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<tbody>
<tr>
<td>E51G</td>
<td>Tully Fletcher</td>
<td>Alexander McIntyre</td>
<td></td>
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<tr>
<td>E51M</td>
<td>Charlotte Pham</td>
<td>Zaide Harmer</td>
<td>Israel Caffery</td>
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<tr>
<td>S1B</td>
<td>Lex Townsend</td>
<td>Corin Hayward</td>
<td>Sienna Nardi</td>
</tr>
<tr>
<td>S1G</td>
<td>Eden Reilly</td>
<td>Elliott Clayton</td>
<td>Isabella Prestia</td>
</tr>
<tr>
<td>S2K</td>
<td>Ruby Conroy</td>
<td>Livia Baravilala</td>
<td></td>
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<tr>
<td>S2R</td>
<td>Shayla Walsh</td>
<td>Sophie Parra</td>
<td>Jonathon Cotter</td>
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<tr>
<td>S2VH</td>
<td>Cristina Mallamace</td>
<td>Lila Day</td>
<td>Jonathan Bailey</td>
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<tr>
<td>STAGE 3</td>
<td>Ciara Dumdum</td>
<td>Ella Tang</td>
<td>Billy Cox</td>
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<td></td>
<td>Brooke Paton</td>
<td>Sarah Punteriero</td>
<td>Lachlan Bailey</td>
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<td></td>
<td>Mitchell Woods</td>
<td>Sophie Cooper</td>
<td>Jackson Guilford</td>
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<td></td>
<td>Jak Darby-Sanderson</td>
<td>Zach Jackson-Walker</td>
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**VALUE OF THE WEEK AWARDS:** Zac Del Guzzo

**CHAMPION CLASS:** S2R

**GOLDEN APPLE DOCKET SUPER CLASS:** S3C

**ITALIAN LANGUAGE AWARDS:** Shayla Harmer, Kaden Fletcher, Jorja Allen, Kaleb O’Grady

**BIRTHDAYS CELEBRATED THIS WEEK:**

Sophie Cooper, Sam Pirrottina

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**MISSION DAY THANK YOU**

A huge thank you to all who supported our annual Mission Day last Friday.

Thanks to: the Stage Three parents who supported their children’s stalls in many ways (from lollies to yabbies!), the Stage Two parents who baked delicious goodies, the capable, amazing Stage Three students who successfully organised, ran, and packed up 19 stalls, all students who joined in the fun.

$826 was raised, which will go directly to Catholic Mission to support the education of children living in poverty in Cambodia.

Mrs Naimo

on behalf of the Stage Three Team
ST. JOSEPH'S PRIMARY SCHOOL
UNIFORM SHOP
SUMMER KINDER STARTER PACK
Order Form

Welcome to all the children preparing for kindergarten next year. For our new families, the summer uniform is as follows.

Please note the Uniform Shop is no longer able to offer items on approval or on credit. You will need to pay by cash or cheque at the time of purchase. We also have eftpos facilities.

Payment can also be made by direct deposit/internet banking: Account Name: St. Joseph's Parents and Friends Longservice and Sick Leave. Bank: Commonwealth Bank. BSB: 062-564. Account No: 10236955. (Please add your name as reference). Please also make a note on the order form that you have paid with internet banking.

<table>
<thead>
<tr>
<th>Boys pack</th>
<th>Size</th>
<th>Price</th>
<th>Qty</th>
<th>Size</th>
<th>Total</th>
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<tr>
<td>Grey shorts</td>
<td>4-10</td>
<td>$20.00</td>
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<tr>
<td>Short Sleeve Blue Shirt</td>
<td>4-10</td>
<td>$25.00</td>
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<tr>
<td>Sports Polo</td>
<td>6-10</td>
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<tr>
<td>Navy sports shorts</td>
<td>6-10</td>
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<td>Navy Sloppy Joe</td>
<td>4-10</td>
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<tr>
<td>Hat</td>
<td>S, M, L</td>
<td>$20.00</td>
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<tr>
<td>Library bag (with emblem)</td>
<td>One size</td>
<td>$10.00</td>
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<tr>
<td>Paint smock (in bag)</td>
<td>S or M</td>
<td>$20.00</td>
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<table>
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<tr>
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<tr>
<td>Paint smock (in bag)</td>
<td>S or M</td>
<td>$20.00</td>
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<td>$193.00</td>
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We also have socks available in the school grey and school blue in packs of 3 for $20.00. They come in sizes 9-12, 13-3, and 2-8.

Patrizia Salafi 0427 280 267
Email: salafiap1@ww.catholic.edu.au

Child's Name ..................................... Class ..................................................

Contact Phone No: ................................ Date ..................................................
Helping children connect across cultures

“Would you like to come to my party?” Ella asked Sefra. “It’s on Sunday in two weeks.” “Thanks Ella, I’ll ask my parents if I can come,” said Sefra.

Sefra wanted to go to Ella’s party, but it was at the same time as her weekly language class. Sefra’s parents always told her how important it was to keep up her culture and language. Would they let her miss the language class and go to Ella’s party instead? Sefra hoped they would.

Though she was excited about the party, Sefra also felt nervous. Not everyone who might be going was as good a friend as Ella. Some children in Sefra’s class teased her because she didn’t look or speak like they did. They stopped when Ella told them not to be mean, but it still hurt.

Sefra hoped the other children at the party would be friendly and play with her.

Being part of two cultures

Being part of two cultures can get complicated at times. Children may find there are differences in values and expectations. Sometimes there might be difficult choices. When different sets of expectations don’t match, it can make it hard for children to feel like they belong.

When cultural differences are respected and a sense of belonging develops, there are many benefits to mental health and wellbeing for children, families and schools. By working together, schools and families can help children from all cultural backgrounds to understand, respect and appreciate diversity in others. Helping children to understand difference encourages them to feel good about themselves, understand where they fit in the world, and appreciate diversity in others. When adults behave in ways that are open and accepting it can help to teach children to respect diversity and embrace individual differences.

Everybody needs to feel accepted, respected and included. Feeling welcome and at home in both cultures is very important for positive mental health and wellbeing.

Australia is home to people from many different cultural backgrounds. Creating a positive sense of community for everyone involves learning to understand and appreciate others’ values, experiences and beliefs so that together we can build a caring and accepting society that supports mental health and wellbeing.

Parenting is rarely easy

Being a parent in a new country has added challenges. Just as it can be difficult for children to learn to be part of two cultures, learning to parent ‘between’ cultures can be stressful for families too. Being open to adapt your parenting to suit your child’s individual needs, and your own, can be beneficial for all families.
**How parents and carers can help**

- Tell your children stories to help them to develop a strong cultural identity and share a sense of pride in your culture.
- Talk to children about the Australian cultural values you appreciate. This will help them see how they can be part of both cultures.
- Seek support and advice from people you trust. Talking with relatives and friends who understand your values can help you think through the different problems you might face as a parent.
- You can contact your child’s school if you have any questions about your child or their education. Schools welcome questions from parents and carers.
- Take an active interest in activities at your child’s school. Get to know your child’s teacher and look for ways to get involved at school, for example, by helping in the classroom or by joining parent working groups.
- If children complain of being teased or bullied, be sure to tell your child’s teacher so the school can take action to stop it.

**Things schools can do**

- Provide opportunities for students to express and listen to different people and their cultural perspectives to develop respect for and appreciation of diversity.
- Talk to parents, carers and families about their cultural values and needs.
- Respect individual differences – don’t assume that membership of a cultural group means everyone has the same values and needs.
- Invite family members into the classroom to observe and participate.
- Promote and model inclusive behaviour, for instance, by providing information and school correspondence in a number of appropriate languages for parents and carers.
- Work with interpreters or multilingual aids to ensure accurate communication with parents or carers whose English language skills are limited.
- Encourage social opportunities for parents, carers and families to support and learn from each other.
- Link families with local services to provide culturally-appropriate support and assistance.

**The following websites may be of interest**

- About diversity: [www.cyh.com](http://www.cyh.com)
- Raising children in a different culture: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)
Helping children to sleep on their own

Zuzana Crook – School Wellbeing Practitioner

I have had many parents ask about certain behaviours that their child/ren are displaying or have had teachers enquire about ‘normal’ developmental milestones. As such, I have decided to write a quick bit of information for each newsletter on different problems some of you are, or may, be facing. This first issue is on children not sleeping in their own beds. This article is based on the SnoozeEasy program developed by Dr David O’Grady, a psychological sleep specialist in San Francisco. The full program can be found here: 

We want our children to feel confident and secure, able to relax knowing they are safe, able to seek help when they feel bad, yet able to comfort themselves when bothered by minor worries. We want our children to know their own feelings, identify anything wrong, and talk about problems. We want a balance of independence and closeness. When it comes to sleep, we want them to feel okay about coming to parents occasionally on an anxious night, yet comfortable sleeping alone on a regular basis.

Primary school children’s imaginations are growing which includes their capacity to visualize potential threats. Kids think about things that can GET them. “What if” thinking develops (What if a burglar got in the house? What if kidnappers tried to get me?). This imagining can result in increased awareness of their own vulnerability. And sleep is when they surrender watchfulness. Sleep is when they feel vulnerable.

Why doesn’t rational discussion work? A child’s solution to this problem of vulnerability is to seek the protection of parents. Given a choice, a scared child will always choose the comfort of a warm parent rather than rely on his or her own resources for comfort. Rational discussion doesn’t work because your modern adult brain is speaking to a sophisticated yet very ancient threat-detection module in the child’s brain that has been fine-tuned for the past 200,000 years. Just ignore those scary thoughts? Not a chance. For countless generations kids did sleep with (or very near) parents. Kids with this module survived more often than those who wandered off alone. The must-not-sleep-alone alarm serves a good purpose. It protects kids in dangerous conditions. It doesn’t matter if the alarm is wrong most of the time (i.e., it gets kids to cling to parents when there is no real danger). It only matters if the alarm is right some of the time. If it is, nature keeps it.

Comforting oneself is a skill one learns through experience, not rationality. Here is how the child learns: If the child thinks a scary thought but waits it out and nothing bad happens, the anxiety subsides and, with practice, the child learns that waiting and relaxing are good strategies. If a child does not try waiting and relaxing, there is no opportunity to learn that self-soothing works. Whether an anxious night here and there turns into a chronic pattern of dependency is determined mainly by how you respond.

Your job is to provide the right kind and right amount of reassurance. By developing his capacity to soothe himself, your child masters his fears. This mastery and independence will generalize to other aspects of your child’s life, adding to his sense of confidence and strength in whatever he undertakes. Kids who can comfort themselves are more self-reliant, more capable, more self-confident.

Rewards for compliance will help motivate your child, get your child’s attention and reinforce effort. Certainly you should reward your child with praise. “I am so proud of you. I see you are really trying. It makes me feel so good to see you so confident!” Best to keep rewards small.

Punishments don’t work very well for this problem. One reason is that when kids are in the grip of fear, they are willing to pay almost any price to get relief. Don’t make threats. But you definitely should show disapproval if your child breaks the rules. Aim to be brief and pointed: “I am definitely not happy about this.”

Are you part of the problem? You want the best for your child, but are your own emotional needs or marital dynamics getting in the way?

Trying to calm a scared child can make parents feel pretty helpless and frustrated. Remember, your attitude, manner and tone of voice are what is most important. Stay relaxed, patient and confident.
Sympathize. I know it’s scary, honey. I’m sorry. I wish you could feel better. Accept your child’s feelings as they are. Keep your tone warm and soothing. Give a hug and a kiss. Be brief.

Redirect attention to something else. Don’t tell her to think about something else—get her to think about something else. Prattle on about the details of your family world. You are redirecting her attention subtly, naturally.

Your child might feel that he must sleep and may just get more tense and frustrated the longer sleep eludes him. When you give your child permission to remain quietly wakeful, you end the battle, thus helping him relax. It’s okay if you don’t sleep right now, honey. It’s restful to just lie quietly in your bed. You can let your mind drift and think about anything you want.

Use humor. Make up a story that exaggerates the feared object and transforms it into something silly and funny. That scary robber with the chainsaw you keep thinking about—what if you threw water balloons at him and he slipped and fell on his butt and he landed in thick, gooey mud and he got so mad his face turned bright red and a bull saw it and started charging at him and that silly old robber had to run and run and run.

Expectations: There may be some initial protest and anxiety, but if you remind kids of the rules, stick to the rules yourself, help kids take ownership of the problem, and act with a positive attitude, you will probably achieve success within a few nights. Relapses will occur. Do not be worried or discouraged. Simply stick to the program and its rules and good sleep behavior will resume. Don’t backslide into old habits.

If you follow the SnoozeEasy Program, your child will learn to sleep alone, relying partly on comfort from you and partly on self-soothing. Here are the steps you will follow:

- Develop a healthy bedtime routine.
- Hold a family meeting to discuss the problem and how you’ll solve it together.
- Start the SnoozeEasy program and follow the rules (can be found on the website).
- Enjoy your success.
Stepping Stones Triple P Parenting Seminars Series

Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won’t eat her dinner. Or your six year old won’t share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

What is a Stepping Stones Seminar?

Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents – possibly 20 or more. It’s an informal presentation, a little like a public forum. There are three seminars that each last 90 minutes and cover a different topic. We encourage parents to try to attend all three.

When:

Seminar 1 – Positive Parenting for Children with a Disability
Wednesday 30th November 9.30a.m – 11.15am

Seminar 2 – Helping Your Child Reach Their Potential
Wednesday 30th November 11.30a.m – 12.45p.m

Seminar 3 – Changing Problem Behaviour into Positive Behaviour
Wednesday 30th November 1.15p.m – 2.30p.m

Where:

Kalinda School Merrigal Street, Griffith NSW 2680

Light Lunch provided

Cost:

FREE as part of a research project

Who:

Any parent/caregiver of a child with a disability age 2-12 years

How:

RSVP by contacting the NSW Stepping Stones Triple P Project Team
Call (02) 9114 4106 or email fhs.steppingstones@sydney.edu.au

For more information contact:

Stepping Stones Triple P Project Team NSW - (02) 9114 4106 or fhs.steppingstones@sydney.edu.au
Sporting news from St Joseph’s

Stage 1 started their swimming program this week at the Leeton Pool. Students from Year 2 worked on swimming skills with instructors and all students thoroughly enjoyed themselves despite the cooler weather conditions. All swimming instructors could not speak highly enough of how well behaved and well mannered the students were while at the pool.

Stage 2 and 3 students are three weeks into their gymnastics program. The feedback from the students attending has been fantastic.

Notes for Year 5 students wishing to trial in either cricket (18/11), tennis (23/11), basketball (24/11) and softball (1/12) were sent home on Thursday this week. Could these notes be filled in and returned to Mr Conroy by Monday so that he can pass all names onto Bill Ross.

Mr Brian Conroy
Sports Coordinator
Year 3 First Reconciliation
# St Joseph's Primary - Term 4 Menu

## Recess
- Popcorn - 50c
- Fruit Kebab - 50c
- Fruit and custard cup - $1.00  
  *New items will be added on a weekly basis*
- Banana Choc Chip Muffins - $1.50
- Mini Muffins - 50c
- Berry Chocolate Muffin - $1.50
- Yoghurt - $1.80

## Every Day Sandwhich, Wrap and Roll, wholegrain or wholemeal, white bread on request, add 50c for rolls and wraps or toasted
- Vegemite - $3.00
- Cheese - $3.00
- Ham, chicken, Tuna - $4.00
- Salad - $4.00
- Ham, chicken, tuna with Salad - $4.50

## Drinks
- Bottled Water - $2.00
- Fresh Orange Juice - $2.20
- Poppers - $1.50
- Flavoured Milk - $2.20

## Lunch Snacks
- Quelch Sticks - 60c
- Lemonade Twist - $1.20
- Frozen Fruit (pineapple, watermelon, oranges) - 50c
- Mini Calipo - $1.00
- Paddle Pop Thickshake - $2.00
- JJ’s (chicken or pizza) - $1.30
- Paddle Pops - $1.60
- Dory Ice Cream - $1.60
- Red Rock Deli Chips - $1.30

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## Volunteers Needed!

Please if you can spare 3 hours any day of the week we would love you to come and help in the canteen to provide our children with good homemade food! Your children would love to see you helping!!

Please contact Julianne on 0427536544

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All lunch items are made from scratch with fresh ingredients!