

# St Patrick's Catholic School Latrobe



School Newsletter Number 3 February 20th 2020

## PRINCIPAL'S REFLECTION

The word gratitude is derived from the Latin word *gratia*, which, depending on the context, means grace, graciousness, or gratefulness. Gratitude is a thankful appreciation for what an individual receives, both in a physical 'consumable' aspect or through our senses; regardless of the definition grateful people acknowledge the goodness in their lives. In the process, people usually recognise that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

Former psychology professor Melanie Greenburg cites positive psychology research that supports the perspective that gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel a greater number of positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Feeling and expressing gratitude turns our mental focus to the positive, which compensates for our brain's natural tendency to focus on threats, worries, and negative aspects of life; as such, Greenburg contends that gratitude creates positive emotions, like joy, love, and contentment, which research shows can undo the grip of negative emotions.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further. Mother Teresa of Calcutta stated often that, amidst and despite the tremendous pressures of her role, she was grateful. Her following statement may provide us with an action that springs from being grateful; that being, a sense that we should offer something in our 'abundant lives' to others so that our world is a better place through

our own recognition of our blessings - *"A sacrifice to be real must cost, must hurt, must empty ourselves. The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace."*

Regards, Rod Linhart (Principal)

## SCHOOL CALENDAR

### February

|              |                                                                                                                                                                     |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wed 19th     | 9.30am Years 1 & 4 attend Parish Mass                                                                                                                               |
| Friday 20th  | 9.00-10.30am Inquiring Minds (Birth to 4 program) in the kinder classroom<br>7.00pm Sacramental Program information evening (Our Lady of Lourdes Church, Devonport) |
| Monday 24th  | Shrove Tuesday - Pancakes on sale from the canteen<br>School Photo Day                                                                                              |
| Tuesday 25th | Ash Wednesday (Lent begins): 9.30am Years 3 - 6 attend Parish Mass.<br>Project Compassion begins                                                                    |
| Wed 26th     |                                                                                                                                                                     |

### March

|              |                                                       |
|--------------|-------------------------------------------------------|
| Monday 2nd   | 9.00am morning assembly (Year 6)                      |
| Wed 4th      | 9.30am Years 6 & 2 attend Parish Mass                 |
| Monday 9th   | Public Holiday                                        |
| Wed 19th     | 9.30am Confirmed Catholic students attend Parish Mass |
| Monday 16th  | 9.00am morning assembly (Year 3)                      |
| Tuesday 17th | St Patrick's Day                                      |
| Wed 18th     | 9.30am Years 3 & 4 attend Parish Mass                 |

## SCHOOL STUDENT TERM DATES 2020

Term 1 Thursday 6th February - Thursday 9th April  
Easter break Friday 10th April-Tuesday 14th April  
Term 2 Mon 27th April - Friday 3rd July  
Term 3 \*Tues 21st July 2020 - Friday 25th September 2020  
(\* Monday 20th July: Staff PL Day - Student Free Day)  
Term 4 Mon 12th October 2020 - Thursday 17th Dec 2020

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School Banking Details:

BSB Acct: 067-000 Acct: 1027-3325



## SCHOOL-WIDE POSITIVE BEHAVIOUR SUPPORT, W.E.S.T. and MERCY VALUES

### WEST Award

Congratulations to Adam van der Hulst (Year 5) who received a WEST certificate during Monday's morning assembly. We will continue to acknowledge those students who exhibit WEST (Welcoming, Encouraging, Sorry, Thankful) qualities and Mercy Values (Hospitality, Compassion, Mercy and Respect) by presenting awards at our Monday morning assemblies. Families are always most welcome to attend our weekly assemblies.

### House Raffle Winners - Not drawn this week.

Byrne House:

Dooley House:

Martyn House:

### STUDENTS OF THE WEEK

**Prep:** Ross Crawford for being welcoming and encouraging to all.

**Year 1:** Hunter Viney for working hard, good listening and excellent effort.

**Year 2:** Ruby Warren for applying herself to all learning tasks in a settled and diligent manner.

**Year 3:** William Brazendale for his great listening skills and application to tasks.

**Year 4:** Cameron Reeves for his effort and application towards completing his work.

**Year 5:** Grace Matheson for demonstrating the qualities of being a kind friend.

**Year 6:** Mac Butler for his genuine honesty and helpful nature.

### THANK-YOU! Family Get-together - last Wednesday 13th February

Thank you to the many families who attended our Family Get-Together last Wednesday 13th February. This 'Open Classroom' opportunity offered families the opportunity to have a chat or to review the classroom and appreciate the wonderful work staff have completed in ensuring their classrooms are stimulating and places that prompt and encourage positive habits of learning. Teachers distributed information sheets to all families, including those who were not able to attend. Thank you to our many volunteers who supported the BBQ and ice-creams. As a school of a 183 students, these informal, friendly opportunities to have focused conversations that relate to student outcomes and everyone's welfare are significant.



### LIBRARY

**Book Club:** Book Club Issue 1 is out now. Please have your orders in no later than 21st February 2020.

### School Uniform - School Socks

Last night the School Board ratified a change to the school uniform policy. To avoid confusion for families, light-weight navy blue socks are now to be worn every day - previously white socks were expected to be worn with the sports uniform. Families will have until the beginning of term 3 as a means of transitioning to this policy change. Thank you for your support of this minor change to school uniform (A summary of this policy is located in the front of the school diary.)

### World's Greatest Shave

Lachlan Wallace is participating in this year's World's Greatest Shave, a very worthy event that raises money for research into blood cancer. Lachlan's message from the site is below. A donation box is located in the school office and the school canteen, and you can also donate or leave a message of support online on the World's Greatest Shave website. It would be wonderful if we can help Lachlan achieve his goal. **My name is Lachlan and I'm taking part in the World's Greatest Shave for the Leukaemia Foundation! I'm on a mission to shave the world from blood cancer. My goal is to raise \$1000. My school principal said he'll shave his head with me if I raise \$1500!!! Please sponsor me to give families facing blood cancer the emotional and practical support they need. You'll also fund vital research to help more people survive blood cancers, while improving their quality of life. Every day another 35 Australians are diagnosed with a blood cancer. That's one Aussie every 41 minutes. Although research is improving survival, sadly an Australian loses their life to blood cancer every two hours. Will you help by sponsoring me?**



## Care and Concern

Please feel welcome to be included in our Care and Concern Volunteer List - thank you to the many school community members who are already on this list and are assisting others: **Always please contact your child's teacher, the office staff or Mr Linhart if you feel we could offer support in any way to anyone in our school community in need.**

## FAITH DEVELOPMENT

Sacramental program: Information was distributed today regarding participation in this program, which is of relevance for children and their families in Year 3 and above who wish to be part of our Parish Sacramental Preparation for 2020. If you know of any child/ren who are eligible to be prepared for the Sacraments of Reconciliation, Confirmation and Eucharist please contact Father Mike, Mrs Marshall, Mr Linhart or the Parish Office 6424 2783. An information evening will be conducted at Our Lady of Lourdes Catholic Church, Devonport on **Monday 24th February, commencing at 7.00pm** - all are welcome to attend.

## Student Leadership

Congratulations to the following students who have been elected into a position of responsibility for either term 1 or the first two terms (SRC representatives):

**School Captains:** Ava Chamley; Luca Adams.

**Martyn House Captains:** Lily Burgess; Merinda Jones.

**Dooley House Captains:** Kyle Jordan; Lachlan Wallace.

**Byrne House Captains:** Reuben Stephenson; Matilda Hayes.

**Student Representative Council:** William Brazendale, Lincoln McQueen, Stella Riley, Samuel Ling.

Thank you to Father Mike who attended this Commissioning Service for staff and student leaders that was conducted during yesterday's assembly.

## School Fee Assistance



As a small school we have a limited discretionary budget that we can commit to support families who have applied for fee assistance - families are encouraged to discuss any request for fee assistance with Mr Linhart at the earliest convenience please. We are yet to be guided by a new Catholic Education Tasmania Fee Assistance Policy, however, **we will do our best to support families who request fee assistance.** Please contact Lennice (School Executive Officer) or Mr Linhart for any advice.

On **Monday 24th February at 1pm**, we are looking for volunteers to cook pancakes for the following day.

**Are you able to help?**

If you can assist please contact the office by this Friday.



# THANK YOU!



For supporting "Koala in a Creek" last week. Together we raised \$317 for Australian Wildlife and Nature Recovery Fund.



## SCHOOL POLICIES

A summary of some important school policies are located in the front of the school diaries, which were distributed last week. Thank you for the support we receive from families in the implementation of these policies, which are ratified by the School Board and are designed to support our school's Vision and Mission and our desire to acknowledge the importance of a holistic education.

## COMMUNITY NEWS & REMINDERS

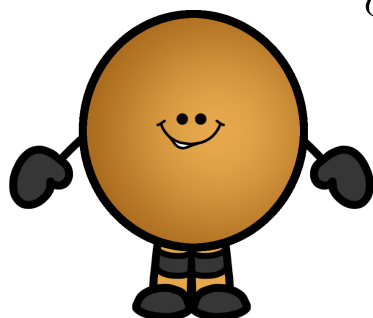
### 'Inquiring Minds' Birth to 4 program - a 'Set-Up for Success' Catholic Education Tasmania initiative.

Our 'Inquiring Minds' birth to 4 program began last Friday and will operate every Friday during school terms from 9.00am to 10.30am. This program involves considerable focus on communicating to parents the learning intentions of important activities that are associated with early years learning. Mrs Stoessiger and Mrs Klug will be working together to engage parents in early years learning experiences that will ensure children who are enrolling in kindergarten, will be informed in regards to developing key social, emotional, physical and cognitive skills and understandings. Parents or an adult family member stay for the duration of these sessions; there is no obligation in regards to any cost. Please feel welcome to participate.



## SHROVE TUESDAY

- Pancake Day



Tuesday 25th February

If you would like a pancake, please bring a  
**gold coin**  
donation on the day to support Project  
Compassion.

### REMINDER: School Stationery/Book-Packs

Please provide Mr Linhart or Mrs Harris with any feedback in regards to the school stationery orders, a service that is undertaken by OfficeMax. Your comments and feedback will be compiled and Mr Linhart will communicate a whole-school response - without your feedback, the school will have limited scope to offer suggestions to this service provider in regards to offering what we would hope would be an efficient and cost-effective service in this annual task.

## Inquiring Minds

at St Patrick's

### A play-based Birth - 5 program open to all families

Qualified early years educators plan developmentally appropriate experiences for you and your child to explore together.

Our educators work with families to support parental understanding of the development of early literacy, numeracy and communication skills.



**WHERE:** St Patrick's Catholic Primary Kindergarten Room

**WHEN:** Every Friday during school term

**TIME:** 9am - 10:30am

**WHAT TO BRING:** A hat, water bottle, piece of fruit & gold coin donation

We look forward to welcoming your family to our Birth-5 Sessions

55 Bradshaw Street, Latrobe  
Phone: 6426 1626

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