



12th June 2018 - Term 2 - Week 7

# Staying in Touch

St Michael's Primary School, Blacktown South  
Email: [stmichaelsblktn@parra.catholic.edu.au](mailto:stmichaelsblktn@parra.catholic.edu.au)  
Website: [www.stmichaelsblacktown.catholic.edu.au](http://www.stmichaelsblacktown.catholic.edu.au)  
[facebook.com/StMichaelsBlacktownSouth](https://facebook.com/StMichaelsBlacktownSouth)

## WE ARE ENROLLING NOW FOR KINDERGARTEN 2019

If your child is turning 5 before 31st July 2019 call in to our school office to collect an enrolment package.

**If you have family and friends wishing to send their children to St Michael's please let them know about our OPEN DAY on Monday, 2nd July 2018**

Dear Parents,

Last Friday the Staff of St Michael's gathered for Professional Learning with Sister Susan Miller and our Teacher Educator from Catholic Education Diocese of Parramatta. We learnt more about our founder Nano Nagle and how we can continue to be Presentation People in today's world. We explored the values presented to us by Nano Nagle and the Presentation Sisters which include welcome, service, kindness, forgiveness, respect, justice and relationships.

We planned times throughout the year where we can highlight these values to the community and the children.



**Attendance:** If your child is absent from school you will receive a text message on each day they are marked absent. It is important to reply daily to this message explaining the reason for your child's absence. This response is then uploaded to your child's attendance record.

All attendance records are monitored by us and the Diocese. If your child is away for more than 3 days without you notifying us the classroom teacher will ring to seek clarification.

If your child is away for long periods of time with no explanation a member of the Leadership team will make contact with you.

**Donations:** Our Second Hand Uniform Shop is in need of donations of uniforms. If you have uniforms that the children have grown out of please consider donating to the Second Hand Shop. This service is run by our P&F and kindly welcome all donations.

## School Fees:

Term 2 School Fees statements have been posted by Catholic Education Office. School Fees are due on Friday, 15th June 2018. Parents wishing to make a payment plan, or are in financial difficulty, are asked to contact the Finance Secretary, Ms Madlin Aboelsaad on 8869 6200.

Regards

Sarah O'Rourke  
**PRINCIPAL**



|                      |  |
|----------------------|--|
| Wednesday, 13th June | ICAS - Spelling Competition - 7.30am                   |
| Thursday, 14th June  | ICAS - Writing Competition - 7.30am                    |
| Thursday, 14th June  | Year 4 Grade Mass                                      |
| Thursday, 14th June  | Whole School Assembly - 2.00pm                         |
| Tuesday, 19th June   | Stage 3 Boys Soccer Gala Day, Jameson Park, Penrith    |
| Tuesday, 26th June   | Stage 2 Boys Soccer Gala Day, Jameson Park, Penrith    |
| Monday, 2nd July     | OPEN DAY for prospective new families - 9.30am-10.30am |
| Friday, 6th July     | Last day of Term 2 for Staff and Students              |
| Monday, 23rd July    | Term 3 commences for Staff and Students                |

## Did you know

Your child's best learning time is the start of the school day  
just a little bit late doesn't seem much but

| He/she just missing, | That equals ..         | Which is ...              | and over 13 years of schooling that's ... |
|----------------------|------------------------|---------------------------|---|
| 10 minutes per day   | 50 minutes per week    | Nearly 1.5 weeks per year | Nearly half a year                        |
| 20 minutes per day   | 1 hour 40mins per week | Over 2.5 weeks per year   | Nearly 1 year                             |
| Half an hour per day | Half a day per week    | 4 weeks per year          | Nearly 1 and a half years                 |
| 1 hour per day       | 1 day per week         | 8 weeks per year          | Over 2 and a half years                   |

every learner  
every day







# St Michael's Primary School

Blacktown South

St Michael's is a Catholic learning community that Reflects, Engages and Empowers by:

- Promoting a vibrant Religious Education program, prayer and spiritual life for students
- Living out our school motto 'Love One Another' through active involvement in social justice
- Educating the whole child—academically, physically, emotionally and spiritually
- Ensuring teaching and learning is purposeful, relevant, innovative and collaborative
- Supporting each member of the community in their faith and learning journey

**WE ARE NOW ACCEPTING ENROLMENTS FOR 2019  
PLACES AVAILABLE KINDERGARTEN TO YEAR 6**

## OPEN DAYS

Thursday, 31st May 2018—4:00pm-5:00pm  
Monday, 2nd July 2018—9:30am-10:30am

For information or to enrol contact:

155 Reservoir Road, Blacktown 2148

Phone 8869 6200 email [stmichaelsblktn@parra.catholic.edu.au](mailto:stmichaelsblktn@parra.catholic.edu.au)

[www.stmichaelsblacktown.catholic.edu](http://www.stmichaelsblacktown.catholic.edu)

**f** St Michael's Blacktown South

**t** @StMichaels2148



# BRICKBUILT BY SYD LUG

Come and see this amazing exhibition  
and meet the experts who build with toy bricks.  
Displays are created by adult fans of LEGO®.

Monday 9 July - Friday 13 July 10 am - 4 pm  
Saturday 14 July 10 am - 2 pm  
Monday 16 July - Friday 20 July 10 am - 4 pm  
Saturday 21 July 10 am - 2 pm

Max Webber Library Function Centre, Cnr. Flushcombe Rd & Alpha St, Blacktown.  
Check out our website for more school holiday activities.



**SYD  
LUG**

[www.libraries.blacktown.nsw.gov.au](http://www.libraries.blacktown.nsw.gov.au)

**f** **t** **@** Blacktown City Libraries

**Blacktown City Council**







Everything old is new again.

Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all." Socrates was talking about the development of what we now call emotional intelligence.

Current day muse Dr. Marc Brackett director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure just what they are doing.

So where do we start exploring the alien landscape, the new frontier of parenting? Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:

#### 1. View emotions through the pleasantness lens.

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

#### 2. Set your antennae to pick up emotion.

Ever have a child come home from school and misbehave in a way that is out of character? If so, did you focus on the behaviour or did you try to detect the emotion behind the behaviour? The default mechanism for many adults is to respond to children's behaviour rather than stand back and take notice of what may be going on beneath the surface. We respond to aggressive behaviour and sometimes fail to notice the anger seething below. Stop automatically reacting to behaviour and start noticing the emotion that may be driving the behaviour. You still need to manage poor behaviour but responding in this way may give you a valuable insight into your child's inner world.

#### 3. Validate kids' emotions.

Children and teenagers who are upset or experience extreme emotions require to understanding and validation.

You don't necessarily have to necessarily fix the situation, but it is important that your child knows that understand he is upset. Convey your empathy with statements such as, "Ahh, I see your upset that your brother . . ." "Yes, it's understandable to be annoyed . . ." and "I can see that you are angry about this . . ."

#### 4. Help your kids recognise, then regulate emotions.

Kids, like adults, need to recognise their feelings before they can regulate their emotional state. Emotional recognition is a complex process that takes practice. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality. Cue kids to their emotions by reflecting back to them how they maybe feeling rather than shutting them down or ignoring them. E.g. "It seems that pretty angry right now. Could I be right?"



#### 5. Build your child's vocabulary of feeling words.

Emotionally smart kids generally have a wide vocabulary, which means they are better placed to shift their moods when required. Reflect back as accurately as possible how your child or young person may be feeling. The differences between emotions such as anxious, tense, nervous, worried and overwrought maybe small but they are important in terms of giving kids some wiggle room to shift their feelings.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. Impacting on family culture is the best way of creating inter-generational change. You'll know you've had generational impact when your children as adults identify you as the person who trained them in the skills of emotional intelligence. How cool would that be!



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spooned Generation: How to raise independent children*.