Dear Parents and Carers,

What I love most about being principal is the interactions I have with students, colleagues and parents. I find it a real privilege when people trust me and feel comfortable to share with me about challenges they are experiencing. Last week I had one such experience when one of our little girls – they are all still little girls in primary school – told me she didn’t want to be here. By here she did not mean the school she meant life! Now I know that children can exaggerate and be somewhat melodramatic but…. we all have a responsibility to protect and guide all of our children. I have been doing some more reading about mental health and would like to share the following from the KidsMatter website.

‘There is no health without mental health’ – this statement from the World Health Organisation emphasises how mental health involves everybody. Mental health – the way we think or feel about ourselves and what is going on around us, and how we cope with the stresses of life – affects our sense of wellbeing as well as our physical health. In this sense everyone has mental health. Good mental health is vital for learning and life. Children who are mentally healthy are better equipped to meet life’s challenges. They also learn better and get on better with others. Good mental health helps children enjoy and benefit from their everyday experiences, have positive relationships with their families, friends and school staff and contribute to their community in ways that are appropriate for their age. Good mental health in childhood provides a foundation for positive mental health and wellbeing now and into the future. Having good mental health does not mean never having worries or feelings of distress. Everyone goes through ups and downs which can affect the way they feel and behave. Feeling worried, sad, frustrated or angry are normal human emotions. Mentally healthy children are able to use positive coping skills appropriate to their age to manage feelings and deal with difficulties. They develop helpful coping skills as part of their normal development and are not held back by emotional or behavioural problems.

Mental health difficulties affect approximately 14%, or one in seven, of Australian children. Most people will experience mental health difficulties at some point in their life, including children. It’s normal to go through a period of difficulty and then improve. But, sometimes, mental health difficulties in children can be ongoing and can interfere with many aspects of their life.

If these statistics are accurate then we can assume that over 80 of our students experience mental health difficulties. I am sure that many of you would have no difficulty in identifying some of the students that experience difficulties. However there are some that you would not easily recognise and very worrying still there are some that we as a school may not know about, like the little girl that spoke to me last week.

I find that the students of St Greg’s are extremely tolerant and very patient with their peers that may be experiencing mental health difficulties. I know that this is largely due to the wonderful modelling and encouragement that they receive in their homes.

As a Catholic school Jesus is our number one role model. Jesus was accepting and tolerant of all – we do not earn that love it is simply there. We are called to be Jesus to others.

Claire Frazer
Principal
From the Principal.....

PRAYERS: Prayer for Refugees and Victims of War
Lord God, no one is a stranger to you and no one is ever far from your loving care. In your kindness, watch over refugees and victims of war, those separated from their loved ones, young people who are lost, and those who have left home or who have run away from home. Bring them back safely to the place where the belong and help us always to show your kindness to strangers and to all in need. Grant this through Christ our Lord.

CONGRATULATIONS: Congratulations to Janessa, Mitch and Elliott on the birth of Noah Grant Docking. I hear mum and baby are doing well. We look forward to meeting little Noah soon.

WHOLE SCHOOL ASSEMBLY: This Friday 2Gold, 2Red and 1Blue will present our assembly on the theme of “Be Generous In All You Do.” All parents and friends are invited to join us. Please note that in order to allow for classes to enter and exit quickly all visitors are asked to enter the hall via the back doors.

OCTOBER THEME: Be Generous In All You Do - When we are generous with our time, gifts and talents it helps us to be grateful. When we are grateful we are generous.

COMMUNICATION WITH OTHER STUDENTS: I have been alerted to a couple of instances where parents have approached students directly in order to ‘sort’ a school issue. It is very confronting for students to be spoken to by other adults and I encourage all parents to contact the school if there are ongoing issues that need to be resolved. I am sure all parents would feel very uncomfortable if they knew that another parent had approached their child.

BOOROWA: My thanks to the teachers and parents who accompanied the students to Boorowa last Friday for the Touch and Netball Carnival. This is a very popular annual event and a fantastic way for us to support one of the smaller schools in our system – St Joseph’s. I am assured that all students displayed exemplary behaviour.

STAFFING: Karen Nothard and her husband Paul are currently overseas visiting their daughter and other travels. The front office of Lowe is in the very safe and capable hands of Emma McAuliffe during Karen’s absence.

CLASS PLACEMENTS 2016: We are beginning the process of creating class groups for next year. When compiling classes teachers are asked to consider a number of factors; learning styles and abilities are the first concern, behavioural and special learning needs are also a high priority. Friendships are of less importance as children do establish new friendship groups with relative ease. The classroom is a learning space and the break times provide ample opportunity for socialising. The teachers are really in the best position to determine which students should be together in order to ensure the best learning environment for all. However if you have a specific request at you would like to be considered you will need to come and meet with me in order to discuss. I do not take requests for specific teachers. Please note that any requests made in previous years will need to be discussed again if still pertinent. Please contact Jane King (62972221) to make an appointment.

2016 ENROLMENTS

Please complete and return this note to the office if your child (except Year 6 students) is not returning to St Gregory’s School in 2016. Thank you.

My child/ren.........................................................................................................................................................................
in class/es........................................................................................................................................................................
He/She/They will be attending.....................................................................................................................................................

(please insert name of school)

Signed:........................................................................................................Parent/Guardian  Date:....................................
PRINCIPAL AWARDS

Congratulations to the following students who received a Principal’s Award at the last whole school assembly.

K Blue   Bradley Tiller  
K Gold   Phoebe Doyle  
K Red   Josie Hill  
K White  Jonathon Ryan  
1 Blue   Thomas Dance  
1 Gold   Johhny-Ray Maiolo  
1 Red   Luka Metha  
1 White  Madalyn Johnson  
2 Blue   Phoebe Beckett  
2 Gold   Jacob Howlett  
2 Red   Mia Taylor  
2 White  Loukas Picker  
3 Blue   Siena Harajli  
3 Gold   Charlotte Hill  
4 Gold   Liam Doyle  
4 Red   Samatha Black  
4 White  Cameron Piercy  
5 Gold   Brie Allinson-Brasser  
5 White  Gabby Wells  
6 Blue   Matthew Muir  
6 Gold   Claire Hall  
6 White  Sarah Townsend  
AR Millionaires  Patrick Cunningham, Thomas Heller, Sarah Townsend

LIBRARY NEWS

Do you want to become an Accelerated Reader Millionaire?

Students in Year 4 to 6 participating in Accelerated Reader have the opportunity to become AR Millionaires by reading more than one million words. Already in the prestigious Millionaire Club is James Hill 4R, Blake Hambrook 5R, Gabby Reynolds 6W, Rose Taylor 6W, Jacynth Blakely 5G, Lara Burstow 5R, Clay Eldridge 5W, Ivana Rodriguez 4G, Grace Hayes 5R and Thomas Heller 6W. Our newest member is Katie Bissett 4G - congratulations Katie on your outstanding achievement!

Each millionaire will receive recognition at assembly as well as be honoured at an end of year party. In addition to this, there will be a special prize at the end of the year for the student in Accelerated Reader that is our BIGGEST READER. This student is the one that has read the most amount of words this year. There are a number of Millionaires that are possible contenders for the title. The contenders have already read a staggering 2 million plus words!!! This year’s winner will be announced at the AR party and also the following morning assembly.

New clubs to Accelerated Reader

New initiatives to Accelerated Reader this term include the 50s and 100s clubs. Students in Year 4 to 6 can now reach new reading heights by completing quizzes at 85% or more. All students that make it into either of these clubs this term will receive recognition and also be invited to the same party as the millionaires. Students that have already become AR millionaires have not been included in the 50s or 100s clubs as they have already received recognition for their reading efforts.

The first members in the 50s club include Aaron Ciuffetelli 4R, Eden D’Souza 4R, Matthew Lockhart 4R, Euan Celaya 4W, Amara Hynes 4W, Nadia Boonlert 5G, Sydney Dormer 5G, Claire Elward 5G, Aja Guleria 5G, Armand Saad 5G and Deion Trinidad 5G. Congratulations to these students on completing at least 50 AR quizzes at 85% or more!

The only member in the 100s club so far is Meaalii Faatamala 4R. What an amazing effort to complete 100 quizzes at 85% or more! Well done Meaalii!!

So if you want to be invited to the AR party and be recognised for your reading efforts in Year 4 to 6, just keep on reading AR books and completing the AR quizzes.

Don’t forget there will be pizzas awarded to the class that first reaches their individual targets this term. Last term’s winners were a tie between 4W and 6W. Keep up the great team effort!!

For further enquiries please see Mrs Greentree in the Library (Mondays, Wednesdays, and Fridays) or email - melissa.greentree@cg.catholic.edu.au

Research Skills

Classes are learning research skills in their Library lessons and we teaching students to use World Book online. The Library subscribes to World Book online and this resource is available to all students both at school and at home. We have a link to the site on our Oliver Library Home page. It is a password protected site and students can collect the user id and password from the Library or please email rosalind.wythes@cg.catholic.edu.au and you can be provided with the user id and password. Enjoy using this resource which is funded with money raised at our Book Fairs.

WASTE FREE WEDNESDAY

Every Wednesday at St Gregory’s is now nude food day. Schools nationwide are embracing the nude food revolution and encouraging children to bring a rubbish free lunch to school. For the uninitiated, ‘nude food’ is food that comes to school without disposable packaging – extra plastic bags, paper bags, wrappings, plastic water bottles or cling wraps.

You can do your bit to reduce this by packing a school lunch without any extra packaging or juice packs. Please support us by making Wednesdays ‘WASTE FREE’ day. Thanks for your help!
OUR SCHOOL RULES

Stay Safe,
Be Fair,
Show Respect.

Congratulations to the following students who received a blue band in September:

RE NEWS

All Souls Day Mass will be held at St Raphael’s Church on Monday, 2 November from 12pm. Students from Years 2 to Year 6 will attend.
Families are invited to write a prayer, a poem, draw a picture or send in a photocopy of a photo to include in the class folder which will be used at the All Souls Day Mass - Lauren Macdonald, REC.

WHEN OLD FRIENDS MEET

Tuesday 27th October
Every year our School and Parish supply and help with afternoon tea for the senior citizens of Queanbeyan. If you can help on the day between 1:30pm – 3:30pm please come to the Senior Citizens Rooms at the rear of the Council Chambers.
Cakes and sandwiches will be needed – these can be dropped off at the Parish Office, the school or taken straight to the venue on the day.
Students from St Gregory’s School will be providing entertainment during the afternoon.

CANTEEN NEWS

Helpers at Lowe Street this week are:
Thursday 22 October     Julie Worner
Friday 23 October       Lyn Smith
Volunteers are always welcome at MacQuoid Street, even if you are only available for an hour. Thank you.

All Souls Day Mass will be held at St Raphael’s Church on Monday, 2 November from 12pm. Students from Years 2 to Year 6 will attend.
Families are invited to write a prayer, a poem, draw a picture or send in a photocopy of a photo to include in the class folder which will be used at the All Souls Day Mass - Lauren Macdonald, REC.

Why not ‘Love It’ online?

Step 1. Go to the wakakirri web site:

Step 2. Find the photo for our school. It looks like this:

Step 3. Click on the “Love It” button.

Step 4. Tell everybody to “Love It” and pass on the message to anyone who can vote for us!

You can do this on any device that has the internet. You can vote once a day, but hurry the winner will be announced soon. Get voting! Thank you – Year 5