Dear Parents and Carers,

Sadly, we are identifying more children with anxiety disorders and this is a phenomenon that is happening in schools across Australia.

Sometimes anxiety is easy to identify—like when a child is feeling nervous before a test. Other times anxiety in the classroom can look like something else entirely—an upset stomach, disruptive or angry behaviour, ADHD, or even a learning disorder. There are many different kinds of anxiety, which is one of the reasons it can be hard to detect in the classroom. What they all have in common, says neurologist and former teacher Ken Schuster, PsyD, is that anxiety “tends to lock up the brain,” making school hard for anxious kids.

Children can struggle with:

**Separation anxiety:** When children are worried about being separated from caregivers. These kids can have a hard time at school drop-offs and throughout the day.

**Social anxiety:** When children are excessively self-conscious, making it difficult for them to participate in class and socialize with peers.

**Selective mutism:** When children have a hard time speaking in some settings, like at school around the teacher.

**Generalized anxiety:** When children worry about a wide variety of everyday things. Kids with generalized anxiety often worry particularly about school performance and can struggle with perfectionism.

**Obsessive-compulsive disorder:** When children’s minds are filled with unwanted and stressful thoughts. Kids with OCD try to alleviate their anxiety by performing compulsive rituals like counting or washing their hands.

**Specific phobias:** When children have an excessive and irrational fear of particular things, like being afraid of animals or storms. There are a number of ways that children suffering from an anxiety disorder can be recognised and what may be making it worse for them.

**Inattention and restlessness**
When a child is squirming in his seat and not paying attention, we tend to think of ADHD, but anxiety could also be the cause. When kids are anxious in the classroom, they might have a hard time focusing on the lesson and ignoring the worried thoughts overtaking their brains. “Some kids might appear really ‘on’ at one point but then they can suddenly drift away, depending on what they’re feeling anxious about,” says Dr. Schuster. “That looks like inattention, and it is, but it’s triggered by anxiety.”

CONTINUED....
Attendance problems and clingy kids
It might look like truancy, but for kids for whom school is a big source of anxiety, refusing to go to school is also pretty common. School refusal rates tend to be higher after holidays or sick days, because kids have a harder time coming back after a few days away.

Separation Anxiety
Going to school can also be a problem for kids who have trouble separating from their parents. Some amount of separation anxiety is normal, but when kids don’t adjust to separation over time and their anxiety makes going to school difficult or even impossible, it becomes a real problem.

Disruptive behaviour
Acting out is another thing we might not associate with anxiety. But when a student is compulsively kicking the chair of the kid in front of him, or throws a tantrum whenever the schedule is ignored or a classmate isn’t following the rules, anxiety may well be the cause. Similarly, kids who are feeling anxious might ask a lot of questions, including repetitive ones, because they are feeling worried and want reassurance.

Anxiety can also make kids aggressive. When children are feeling upset or threatened and don’t know how to handle their feelings, their fight or flight response to protect themselves can kick in—and some kids are more likely to fight. They might attack another child or a teacher, throw things, or push over a desk because they’re feeling out of control.

Frequent Sick Bay Visits
Anxiety can manifest in physical complaints, too. If a student is having unexplained headaches, nausea, stomach-aches, or even vomiting, those could be symptoms of anxiety. So can a racing heart, sweaty palms, tense muscles, and being out of breath.

Avoiding socializing or group work
Some kids will avoid or even refuse to participate in the things that make them anxious. This includes obvious anxiety triggers like giving presentations, but also doing group work. When kids start skipping things it might look to their teachers and peers like they are uninterested or underachieving, but the opposite might be true. Sometimes kids avoid things because they are afraid of making a mistake or being judged.

http://childmind.org/

Children dealing with anxiety disorders can be very challenging for teachers – not to mention parents. At times it may appear that children are simply misbehaving and need to be managed better. Dealing with anxiety by inflicting punishment does more harm than good and instead we teach children to learn skills in order to manage their anxiety. In my dealings with our highly anxious children I come away feeling incredibly sad that they have to struggle so hard.

May you always be aware of the mercy of God’s love,

Claire Frazer
Principal
From the Principal…….

PRAYERS: Please keep in your prayers all those who are living with a mental illness – those who constantly battle with depression or anxiety. We particularly pray for our students for whom this is a daily reality.

CONGRATULATIONS: Following the Northern Region Athletics carnival a number of students have been selected to represent the region at the Archdiocesan Carnival. It is exciting to note that 3 relay teams have been successful – the Junior and Senior Girls and the Senior Boys. Congratulations to the following students – Madeline Bennett, Niannah Billiards, Sienna Harajli, Rhiannon O’Brien, Lachlan Fitzpatrick, Ryan Weatherby, Brent Marsden, Jordan Thurling, Lillian Foster, Amelia Rademaker, Skyla Robinson-McEvoy, Madeline Heller, Rosaja Blaszeski, Shantay Trotter, William Dolbel, Giselle Arona, Angelina Brown, Eric Carino, Skyla Robinson-McEvoy, Alex May, Eleni Lolesio, Emmett Smith, Brayden Hickey, Sophie Gruber, Madeline Bennett, Rory Forbes, Yia Bernardino. Well done to all especially those who have qualified for more than one event!

CONTRACT REVIEW: I have been contacted by some parents in regards to the performance review process that Catholic Education are facilitating. It is my intention to seek contract renewal if offered following the review process.

MESSAGE FROM CATHOLIC EDUCATION: It is the policy of the Catholic Education Office to provide a process for the review of all Principals’ performance towards the end of each contract period. Ms Claire Frazer, St Gregory’s Primary School, Queanbeyan will participate in this review process during July this year. Your assistance with the community consultation part of this process would be appreciated by completing a short survey by 24 June 2016. Please click on the following link to complete the survey. https://www.surveymonkey.com/r/8GQYJK7

PRINCIPAL PD AND LSL: I will be attending the National Catholic Education Commission (NCEC) and Catholic Education Western Australia NCEC 2016 Conference Faith to Lead - Lead to Faith from the 19th to the 22nd June at the Perth Convention and Exhibition Centre. The NCEC Conference provides a forum for those working in Catholic education including the Bishops Conference in Catholic education, Directors and leadership teams from the various diocese offices, primary and secondary school principals and other school leaders to come together to discuss issues relevant to Catholic education. The Conference Theme Faith to Lead – Lead to Faith will seek to provide an opportunity for Catholic education leaders to explore, discern and be inspired by the richness and responsibility of Catholic leadership within a contemporary Australia. To date there are 1250 delegates registered to attend. As I have never been to Perth I am taking this opportunity to extend my time there and our Director has approved my LSL request for the additional 7 days.

TEMPORARY STAFFING CHANGES: Erin Taylor will be the acting Principal, Lauren Macdonald will be the acting Assistant Principal and Ryan Matchett will be the acting Religious Education Coordinator during my period of leave at the end of the term.

WHOLE SCHOOL ASSEMBLY: This Friday the students of 1G and 1R will be hosting our Whole School Assembly. Everyone is invited to join us for this time of prayer and celebration. Parents are reminded to use the back door to enter the hall leaving the front and side doors for the students to use.

2017 ENROLMENTS: During the last few weeks I have very much enjoyed meeting with parents who are seeking enrolment for their children into Kindergarten for 2017. It was lovely to hear from new families that they were drawn to St Gregory’s because of our religious values and the positive comments from current families. I took the opportunity to ask families already members of our community if they had feedback about our school – on the whole parents were very happy commenting on the strong sense of community and the dedication of our teachers.
Adjunct Professor Kaye Lowe will be conducting a parent workshop on Tuesday 21st June. An invitation will be sent home this week with more details. The workshop will have practical and effective suggestions for assisting children with reading. Please check out the website:
For more information contact the school:
office.stregs@cg.catholic.edu.au

Children’s Writing Competition

"Do you love story books? Have you ever wanted to create your own? Now is your chance! The ACT Branch of the Children's Book Council of Australia is proudly presenting the Make Your Own Story Book Competition. Write and illustrate your own picture or chapter book for the chance to meet one of Australia's best loved authors, Jackie French, and win great prizes too! Entry is open for all local students from Year 1 - Year 8. See the website http://cbcaact.org.au/myosb for more details and get ready to be our next Andy Griffiths or Alison Lester."

The Children’s Book Council of Australia ACT Branch

Thank you to all the parents who have volunteered to help out with the Challenge on the weekend of 22nd and 23rd October. Please contact me if you are interested in helping out. Merchandise order forms will be coming out soon and we will have some great products for sale. We are still seeking sponsorship so please get in touch if you know anyone who is willing to assist. To keep up to date with information regarding the tournament please like the challenge facebook page:
2016 CPS Basketball Challenge.
Thanks
Ryan Matchett Challenge Convener 6297 2221

St. Gregory's Queanbeyan Newsletter

Adjunct Professor Kaye Lowe will be conducting a parent workshop on Tuesday 21st June. An invitation will be sent home this week with more details. The workshop will have practical and effective suggestions for assisting children with reading. Please check out the website:
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Library News

Premiers Reading Challenge 2016

We currently have 277 students enrolled with 78 students finished and another 145 completing online records. Congratulations to the following students who completed their challenge this week Kirpa Sandwalia 1White, Josua Buchaniec, Brokklyn Dagwell, Dahlia Dong, Callan Ewing, Marcos Gagliardi, Charlotte, Logan Monahan, Taylah Ross and Kim Yuri all in 4White and Eden D’Souza 5White. Any queries can be directed to rosalind.wythes@cg.catholic.edu.au but please ensure you include your child’s name and class in your email.

Children’s Writing Competition

Children’s Writing Competition: Make Your Own Story Book.

"Do you love story books? Have you ever wanted to create your own? Now is your chance!
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Basketball Championship

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Kaye Lowe

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CanTeen News

Helper at Lowe Street this week are:
Thursday 16 June Denise Oldfield
Friday 17 June Bethany Butterfield

Volunteers are always welcome at MacQuoid Street, even if just for an hour or more. Please contact Rosemarie on 6297 2221. Thank you.
ST GREGORY'S QUEANBEYAN
NEWSLETTER

NOTICEBOARD

The Musicorp program has been at St Gregory’s now for a number of years with children learning a variety of instruments. The instruments that are on offer are Keyboard, Acoustic guitar, bass guitar, percussion, woodwind and brass instruments. We do need more brass and woodwind students to form a school band as most students that are in the program are keyboard and guitar players.

Learning an instrument can be both fun and rewarding so if you wish your child to learn through our program please contact Musicorp on 1300 858 911 or contact the school's front office for a brochure.

QUEANBEYAN SHOW 2016

Although this year’s Queanbeyan Show isn’t on until 12th – 13th November 2016, now is the time to start thinking about the wonderful things that you can enter into the various categories. Full details can be found on their website:

www.queanbeyanshow.com.au

which will soon be updated for this year’s events.

Enquiries can be also be emailed to:
secretary@queanbeyanshow.com.au

So...let’s start creating, designing, drawing, painting, writing, planting, Lego building, sewing and knitting! There’s only 5 months to go!!

Susan Camm

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NEW OPENING HOURS

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