Dear Parents and Carers,

Sadly, some of our students experience traumatic events in their lives that they find extremely difficult to manage or to regulate their behaviour. The following is taken from the Kidsmatter website.

What is trauma?

Trauma describes the impact of an event or a series of events during which a child feels helpless and pushed beyond their ability to cope. A range of different events might be traumatic to a child, including accidents, injuries, serious illness, natural disasters, war, terrorist attacks, assault, threats of violence, domestic violence, neglect or abuse. Parental or cultural trauma can also have a traumatising effect on children; for example, the impacts of the Stolen Generations are still felt years later among Aboriginal and Torres Strait Islander children.

Often people think trauma is an unusual event that happens to only a few unlucky people. However, many people are affected by trauma to some degree during their life. Sometimes the effects of trauma are immediate and more obvious; on other occasions they may also take some time to appear. The experience of trauma occurs when an event overwhelms a person and has a major impact on their ability to cope. Sometimes people describe the experience as ‘having their legs knocked from under them.’ ‘Trauma changes the way children understand their world, the people in it and where they belong.’ Australian Childhood Foundation (2010). Making space for learning: Trauma informed practice in schools.

Children and trauma

Childhood trauma is the result of an event or a series of events which cause a child to feel helpless and pushed beyond their ability to cope. Trauma affects children differently depending on their age, personality and past experiences. When a child is traumatised it affects the whole child: their mind, body, spirit and relationships with others.

All children experience events which affect them both emotionally and physically and do not necessarily lead to trauma. Reactions to these events are usually brief and children recover without further difficulties. Other times, ordinary events that may not appear overwhelming from an adult’s perspective can be very frightening for a child. These include falls, accidents and invasive medical and surgical procedures.

Some events are overwhelming to almost any child and include exposure to violence (eg witnessing a robbery), physical and sexual abuse or being forced to leave their home or country. These events can have an impact on young children not only from direct exposure but by seeing and hearing about them in films, on television and in the newspaper.

As children are dependent on others for care and safety and their brains and bodies are still developing, they are much more vulnerable to trauma than adults. Events that occur in a young child’s life, particularly the first few years, influence their immune system; how they express and manage their feelings; behaviour and stress; how they form relationships; their communication skills; their intelligence and functions like body temperature and hormone production.

The belief that children are not affected by trauma often means when children are traumatised, their feelings may not be acknowledged. Their experiences may be ignored, minimised or not noticed and their behaviour can be interpreted as bad, naughty or intentionally difficult. The effects of trauma can be so overwhelming that children’s development is affected (eg changes in their language or motor skills). Trauma changes the way children understand their environment, the people in it and how and where they belong. It shapes and affects children’s emotions, behaviour, memory and learning capacity.

Knowing about the possible impact of trauma can assist in promoting children’s mental health and wellbeing. With a fuller understanding it is possible to make links between children’s behaviour and the previous events in their lives. With support, children can recover from the harmful effects of trauma. To do so they need the adults in their lives to be understanding of and responsive to their needs. Trauma can impact on all aspects of a child’s development. Children are more vulnerable to the effects of trauma because of their dependence on adults for their care and safety. http://www.kidsmatter.edu.au/mental-health-matters/mental-health-difficulties/trauma

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

Claire Frazer
Principal

Kinder and Year 1 Campus - Lowe Street Ph: (02) 6297 1396 PO Box 723, Queanbeyan NSW 2620

Year 2 to 6 Campus - MacQuoid Street Ph: (02) 6297 2221 Email: office.stgregs@cg.catholic.edu.au

ST GREGORY’S QUEANBEYAN NEWSLETTER

Week Five, Term Four, 2016

8 November, 2016

IMPORTANT EVENTS

Tuesday 8 November
School Council Meeting
6pm Lowe Street

Wednesday 9 November
Kinder Liturgy - 12:30pm St Raphael’s Church
Choir Celebration - 2pm St Gregory’s Hall

Friday 11 November
Remembrance Day
Whole School Assembly (3 Gold/3 Red)
12:30pm St Gregory’s Hall

Monday 14 - Friday 25 November
Kinder and Year 1 swimming lessons
Queanbeyan Aquatic Centre

Monday 14 November
Second Hand Clothing Pool Open
9am to 10am Lowe St MPR

Tuesday 15 November
Kinder 2017 Orientation - 9:30am to 12noon

Wednesday 16 November
Kinder 2017 Orientation - 9:30am to 12noon

Thursday 17 November
Mini Vinnies mini fete - 11am St Greg’s Hall

Friday 18 November
Mini Vinnies Social Justice Day
End of the Year of Mercy Liturgy - K & Yr1
9:30am St Raphael’s Church
End of the Year of Mercy Mass - Yrs 3 to 6
12noon St Raphael’s Church
End of the Year of Mercy Liturgy - Yr 2
12noon St Gregory’s Church

Monday 21 - Friday 25 November
Sabbath Week

Monday 21 November
Second Hand Clothing Pool Open
9am to 10am Lowe St MPR

Wednesday 23 November
Year 6 leaders to George Forbes House

Friday 25 November
Advent Liturgy - 9am
Booking System Open for Optional Parent/Teacher Interviews
From the Principal......

PRAYERS: Please keep Shirlee and her family in your prayers as she continues to recover in hospital. We hold all of our emergency services personnel in our prayers as they work hard to keep us safe.

CONGRATULATIONS: To the many students who are celebrating growth in their reading, your teachers are very proud of you.

REMEMBRANCE DAY: This year 11 November marks the 98th anniversary of the Armistice which ended the First World War (1914–18). Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts. Garreth Wigg will be accompanying our school captains who will be representing us at the service to held in Queanbeyan.

JUNIOR ATHLETICS CARNIVAL: What glorious weather for the fun day last Friday morning. Clear blue skies, not a cloud in the sky and just a gentle breeze. I am not sure who was having the most fun – the students from Kindergarten, Year 1 and Year 2 or the marvellous Year 6 students coordinating the various activities. It was terrific to see our Year 6 students exercising such strong leadership skills and qualities. Thanks to Matthew Maloney and all the teachers for a great day.

STUDENT BEHAVIOUR: There are currently two students in our school who are experiencing trauma due to incidents in their lives. This can mean they are exhibiting challenging behaviours that classroom teachers, leadership team members and counsellors, in collaboration with parents, are managing and of course working very hard to lessen the anxiety. Our main priority is ensuring the safety not only of the students concerned, but all students and staff in the school. I do appreciate that some of the behaviours can be distressing, but I implore patience as we work with these children who are facing some real challenges at the moment. It may be worthwhile explaining to your children that whilst the behaviour may not seem acceptable, adults are dealing with it and to remind them it does not mean they can exhibit the same behaviours.

STAFFING INTERVIEWS: Yesterday a panel interviewed a number of applicants for various positions for next year. The panel – Fr. Troy, Peter Welch (Chair School Community Council) Erin Taylor and I were very impressed with the calibre of the applicants. Recommendations have been forwarded to Catholic Education and announcements will be made as soon as possible.

WHOLE SCHOOL FOCUS ASSEMBLY: This Friday, 3 Gold and 3 Red will present our assembly with the focus of Courage. Courage is one of the gifts of the Holy Spirit. Often courage is thought of in terms of physical strength and heroic pursuits. Daily I see our children demonstrate courage – when they speak up in class, when they stand up for a friend, when they do what is right. All family members and friends are very welcome to join us at assembly. Visitors are reminded to enter the hall from the back doors.

LUNCHES IN HOT WEATHER: As the temperature starts to rise it may be worth considering putting frozen ice bricks in lunch boxes and using insulated lunch bags to ensure food stays fresh.

HATS: All students must have a school hat in order to access all areas of the playground. Hats are available from the office for $10.

CHRISTMAS CARD COMPETITION: Member for Monaro, John Barilaro has launched his annual Christmas card competition. Students are invited to design a card which will be distributed to people across the Monaro: http://www.queanbeyanagechronicle.com.au/story/4250030/christmas-card-competition-calls-for-creativity/?cs=1529
Thank you to all those fantastic parents, students and carers who came to our Book Fair last week - we received $1,041 to pay for our World Book Online subscription. This is an amazing resource that is provided to the students for their researching needs and can be accessed at school or home. It includes an online encyclopaedia for Kids (K-Yr3) and Students (Yr4-Yr6), eBooks (K-Yr6), and an Early World of Learning (K-Yr3).

X-Ray Art Contest - Entries were judged and the following students received a six-dollar gift voucher to spend at the Book Fair:
- Year 2 - Flynn Lovekin 2Blue
- Year 3 - Regan Terry 3Gold
- Year 4 - Jennifer Noveski 4Red
- Year 5 - Taylor Green 5White
- Year 6 - Lara Burstow 6White

Lucky Door - Tahj Guglielmin 6Blue

Guessing Competition - Our winner was Leilani Netting (2Gold) with the exact number of 92.

To access World Book Web:
You can either go directly to the webpage www.worldbookonline.com or via St Gregory’s website, click on ‘About Us’, then ‘Library’, then the link below World Book Web. Students will need to put in their login and password details given in library lesson. This information is also available from library staff:
- melissa.greentree@cg.catholic.edu.au;
- rosalind.wythes@cg.catholic.edu.au; or
- helen.carroll@cg.catholic.edu.au

Kinder – Year 2: USING PLAYING CARDS
- Play matching number games with playing cards.
- Put cards in order from largest to smallest by counting the shapes (hearts, spades) or using the numbers on the cards.
- Find the “friends of 10”, work out doubles, sort into odd and even.

Year 3 – 6: MONEY
- Encouraging children to think about money, saving money and considering how they spend money are important skills for all children to develop.
- Encourage your child to work out how much change you will get after buying something.
- Investigate costs for family trips together. For example, a visit to a theme park may include transport costs, entry ticket costs and food costs.
- Discuss saving money for presents or something your child may want to buy. Work out how long it will take to save this much if they get a small amount of money each week.
- Negotiate increases in pocket money as percentages. For example, a 5% increase would be how much money per week?
- Encourage your child to save a percentage of their pocket money or birthday money, and work out how much this would be. For example, how much money would you have if you saved 40% each week?

If you have any questions or topics that you would like addressed about Maths, please email me: kate.mcmanusgreen@cg.catholic.edu.au

KINDER & YR1 LEARN TO SWIM PROGRAM
The Kinder and Year 1 Learn to Swim Program will commence on Monday 14th November and continue every day until Friday 25th November. Year 2 lessons are the following fortnight. Swimming lesson times are as follows:

9:30am – 10:00am    1 Blue
10:00am – 10:30am   1 White
10:30am – 11:00am   K Red
11:00am – 11:30am   1 Gold
12:00pm – 12:30pm   K Gold
12:30pm – 1:00pm    1 Red
1:00pm – 1:30pm     K Blue
1:30pm – 2:00pm     K White

All students will walk to and from the pool and will leave school approx. 30 minutes before their lesson time.

NSWCPS BASKETBALL
Thank you to everyone involved for your support of the NSWCPS 2016 Basketball Challenge. We have finished with a profit of $27,500! An amazing effort - Ryan Matchett, NSWCPS Basketball Challenge 2016 Convenor.

SACRAMENT OF RECONCILIATION
For parents of BAPTISED children who will be in Year 3 in 2017.

Your child should have brought home registration paperwork for the Sacrament of Reconciliation which will be celebrated in April 2017. Please return the registration form before the 17 February 2017 to the parish office email at queanbeyan.sacramental@cg.org.au or via the school. Please keep the Schedule of Events handy for important dates in preparation for this sacrament. If you do not have a registration form, please download from our parish website at: http://www.stgregorysparishqueanbeyan.com/sacred-room/sacraments/first-reconciliation/

Please call the Parish Office on 6299 4611 if you have any questions regarding this sacrament. Thank you.

CANTEEN NEWS
Volunteers at Lowe Street Canteen this week are:
- Thursday 10 November    Michelle Welch
- Friday 11 November      June Lawrence

If you have a question or topic that you would like addressed about Maths, please email me: kate.mcmanusgreen@cg.catholic.edu.au
OUR SCHOOL RULES

Stay Safe,
Be Fair,
Show Respect.

TERM DATES 2017

TERM 1
Tuesday, 31 January
Students return for Term 1
Wednesday, 1 February
No school for Kinder students
Wednesday, 8 February
No school for Kinder students
Wednesday, 15 February
No school for Kinder students
Friday, 7 April
End of Term 1

TERM 2
Wednesday, 26 April
Students return for Term 2
Friday, 30 June
End of Term 2

TERM 3
Tuesday, 18 July
Students return for Term 3
Friday, 22 September
End of Term 3

TERM 4
Tuesday, 10 October
Students return for Term 4
Friday, 15 December
Last Day for Students

NOTICEBOARD

BE BUS AWARE
Buses can’t stop quickly

2017 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 2017. Thank you.

My child/ren..............................................................................................................................................
in class/es..................................................................................................................................................
will not be returning to St Gregory’s School in 2017.
He/She/They will be attending ..........................................................................................................................
(please insert name of school)
Signed:............................................................................................................Parent/Guardian
Date:..................................