Dear Parents and Carers,

Sometimes we only know just how resilient we are when we are faced with a challenge. Often we can underestimate our own resilience or that of those we love. One of the most powerful things we can do for our children is to assist them in building resilience. There will always be people and circumstances that we find challenging but learning to be resilient and to bounce back is a quality that will be a lifelong asset. The following is taken from the KidsMatter resources.

Everybody’s life has ups and downs

Adults sometimes look back on their childhood as a time when they were always happy, but life’s ups and downs are a part of childhood too. Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life’s ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing. Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives?

Skills and qualities that help children cope with life’s ups and downs

Trust - that the world is safe and that there are caring people to help them.
Belief - in their ability to do things for themselves and achieve their goals.
Feeling good - about themselves and feeling valued for who they are by their parents and carers.
Optimism - that things generally turn out well.
Regulation - ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

How are your child’s resilience skills developing? Resilience is the ability to cope with life’s ups and downs. Children’s resilience is enhanced when they:
- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

Feeling optimistic and hopeful are key parts of mental health and wellbeing.

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

Claire Frazer
Principal

IMPORTANT EVENTS

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

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

Monday 28 November - Friday 9 December
Year 2 swimming lessons
Queanbeyan Aquatic Centre

Monday 28 November
Second Hand Clothing Pool Open
9am to 10am Lowe St MPR

Tuesday 29 November
Semester 2 reports sent home with students

Wednesday 30 November - Friday 2 December
Year 5 Camp - Jindabyne

Wednesday 30 November
Year 6 Thanksgiving Mass
10am St Gregory’s Church

Thursday 1 December
Year One orientation to MacQuoid Street
9am to 11am

Friday 2 December
Advent Liturgy - 9am
From the Principal......

PRAYERS: We continue to keep Shirlee in our prayers as she recovers from her accident. Please keep Jane Hart (former member of staff) and her family in your prayers following the death of her dad last week.

CONGRATULATIONS: To the students of 3 Red and 3 Gold and their teachers Kristy Poole and Ryan Matchett on the presentation of their whole school assembly last Friday.

STAFFING: Kate McManus-Green has been appointed as Religious Education Coordinator as of the beginning of 2017. This was a vacancy created by Lauren's appointment to St Francis of Assisi Calwell. Valerie Sheahan has been appointed as Curriculum Coordinator as of the beginning of 2017. Val is currently at Holy Family Gowrie. This vacancy was created by the appointment of Breen Fox as Assistant Principal at St Bede's Red Hill. Stephanie Ellis is now on maternity leave as she and her husband Josh prepare for the birth of their first baby. We welcome back from maternity leave Kristi Lloyd.

KINDERGARTEN ORIENTATION: Today and tomorrow the Kindergarten students of 2017 have their orientation sessions. It was very exciting for the over 100 students who visited Lowe Street. The 2017 Kindergarten teachers – Janessa Docking, Daniel Hunt, Jessica Musgrave, Caroline Tanti and Kate Wigg certainly enjoyed the opportunity to meet the newest members of our community.

PARENTS AT SCHOOL: Parents and Carers are always welcome at our school. Please remember that you are required to sign in if you are visiting outside drop off and pick up times. Parents are reminded it is not appropriate to speak to other children about incidents that may have occurred at school. If you do have concerns you should contact the classroom teacher or a member of the leadership team directly. Children do become distressed if approached by adults and parents find it distressing when their children are approached by other parents.

DROP OFF AND PICK UP: The School Community Council and I requested assistance from the Road Safety Officer from Queanbeyan-Palerang Regional Council in relation to ongoing issues around drop off and pick up times at both school sites. This officer conducted a number of morning and afternoon inspections of our school zones. At the School Community Council meeting last Tuesday findings were presented and possible solutions discussed. The Council has agreed to further investigating the implementation of a ‘Kiss and Ride’ area at MacQuoid Street. In relation to Lowe Street, observations confirmed that the 10-minute parking zones work well up until about 8:45am when the bays become full with cars remaining till well after 9am. In the afternoon generally cars are only parked for 10 minutes or less. The recommendation from the Road Safety officer was that if the 10-minute time limit was adhered to it would lessen significantly the issues for parents who only want to drop off and leave immediately. The School Safety Officer has suggested that parents be reminded of the parking restrictions at Lowe Street. Following this fines will be issued when cars are parked beyond the time limit. The officer also noted a number of parents who do not use the available pedestrian crossings and has asked that you are reminded this is a much safer option for you and your children.

SWIMMING PROGRAM: The students of Kindergarten and Year 1 began their two-week swimming program this week. We are most appreciative of the assistance provided by parents and carers who walk to and from the pool with classes. Learning to swim is recognised as an essential for Australian children and we are pleased that so many parents are able to assist.

REMEMBRANCE DAY: My thanks to the school captains – Anessa, Lilly, Lachlan and Ethan who accompanied Garreth Wigg to the official Remembrance Day service and wreath laying ceremony at Farrer Place Cenotaph last Friday.
**PRINCIPAL AWARDS**

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

- K Blue: Gurman Sangha
- K Gold: Toby Wind
- K Red: Jake Davis
  Hayden Armstrong
- K White: Ruby Rosin
- 1 Blue: Liana Holland
- 1 Gold: Mathew Girvan
- 1 Red: Cohen Goodchild
- 1 White: Kirpa Sandwalia
- 2 Blue: Lachlan Silk
- 2 Gold: Jesse Robinson-McEvoy
- 2 Red: Cohen Goodchild
- 2 White: Kirpa Sandwalia
- 3 Blue: Martim Dias Monteiro
- 3 Gold: Nina Eldridge
- 3 Red: Seiana Zraiker
- 3 White: Louise Hill
- 4 Gold: Lucy O’Neill
  Makayla Mallia
- 4 Red: William-John Bassett
- 4 White: Nihal Antony
- 5 Blue: Amanda McCauley
- 5 Red: Amelia Seib
  Leo Hunter
- 5 White: Alison Bielecki
  Shayne McMahon-Lee
- 6 Blue: Aidan Hayes
- 6 Gold: Kayla Robinson-McEvoy
- 6 White: Kaylem Townsend
- AR Millionaires: Kate Bartu (4 Red)
  Mailey Cunningham (5 Red)
  Ava Bentham (4 Red)

**CHRISTMAS APPEAL**

The Queanbeyan Vinnies group prepares several food hampers for local residents each week. Help us to support others, especially at Christmas, by donating Christmas hamper items. When you are grocery shopping in the next couple of weeks please add an extra item to your trolley.

The following is a suggestion; however, you may wish to also include pasta and sauces, drinks, tinned fish or special Christmas items such as tinned hams, mincemeats, puddings, custard, jams etc:

- **Kinder:** Candy canes or bon bons
- **Year 1:** Shortbread biscuits or packet jelly
- **Year 2:** Tinned corn, beetroot or pineapple
- **Year 3:** Savoury biscuits/crackers
- **Year 4:** Chips, Cheezels, Pringles, corn chips
- **Year 5:** Tinned fruit
- **Year 6:** Sweet biscuits or long life custard

Baskets will be distributed to classrooms at the end of this week, and will be in classes for two weeks. They will be presented to St Vincent De Paul on Friday 9th December at the end of school year Mass.


Mini Vinnies will be running a fun activity during lunch time to help raise money for the Christmas Appeal. They need donations of empty milo tins and 2L plastic bottles please.

Thank you for your support - Lauren Macdonald, REC

**LIBRARY NEWS**

This is the last week students may borrow from the Libraries both at Lowe and MacQuoid. Next week we concentrate on the return of all of our books before we stocktake in the last two weeks of term. Please search at home and return any of our library books you may have. Students will still have access to classroom libraries.

**Book Club - Lowe Campus**

We have a Book Club order without a name, just the words GIFT ORDER. Please, if you are missing an order, see Karen Nothard in the office at Lowe.

**CANTEEN NEWS**

Volunteers at Lowe Street Canteen this week are:

- Thursday 17 November: Daphne Gagliardi
- Friday 18 November: Betty Ivanos

Volunteers are always welcome to MacQuoid Street canteen.

- **St Vincent de Paul Christmas Appeal**

- **AR Millionaires**
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

OURSCHOOL RULES

Stay Safe,
Be Fair,
Show Respect.

NOTICEBOARD

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.

NORTHERN MISSION
St. Gregory’s Parish
Queanbeyan, Michelago, Bungendore, Braidwood

PARISH OFFICE DETAILS:
Open: 9am -3:30pm Tuesday, Thursday, Friday
(Closed Monday & Wednesday)
Address: 47 Lowe St, Queanbeyan
Postal: PO Box 175 Queanbeyan 2620
Phone: 6299 4611
Email: queanbeyan@cg.org.au
Email: troy.bobbin@cg.org.au
Email: queanbeyan.sacramental@cg.org.au
Email: queanbeyan.finance@cg.org.au
Web: www.stgregorysparishqueanbeyan.com
Facebook: St Gregory’s Parish Queanbeyan

Weekday & Weekend Masses
Saturday 5:30pm St Raphael’s, Queanbeyan
Sunday 9:00am & 5:30pm St Raphael’s, Queanbeyan
Saturday 6pm St Bede’s, Braidwood
1st Sundays 11am St Peter & Paul, Hoskinstown
3rd Sundays 9am St Joseph’s, Gundaroo
5th Sundays 12noon St Brigid’s, Krawarree
Sunday 8:30am St Mary’s, Bungendore
2nd Saturday 5pm St Patrick’s, Michelago

Tuesday 5:30pm St Raphael’s, Queanbeyan
Wednesday 7:00am St Raphael’s, Queanbeyan
Wednesday 9:00am St Mary’s, Bungendore
Thursday 7:00am St Raphael’s, Queanbeyan
Friday 12noon St Raphael’s, Queanbeyan
1st Wednesdays 10:00am George Forbes House
2nd Wednesdays 11:00am Warnigal (Kawarree)

4th Wednesdays 11:00am Queanbeyan Nursing Home
There will not be morning prayer on Saturday mornings
Fridays 11:00am-11:55am Exposition & Adoration St Raphael’s, Qbn
Fri 11:30am-11:50am, Sat 4:30–5pm Reconciliation St Raphael’s, Qbn
Sundays during 9am mass Children’s Liturgy (ages 3-9yrs)
1st, 3rd & 4th Sun 10:30am Baptisms St Raphael’s Church, Qbn
2nd & 4th weekends (Sat) 5:30pm/5pm) 9am Baptism Presentations
Marriages By Appointment
Mondays 10:00am-12noon Craft Group, Parish Meeting Room
1st Wednesdays 12:30pm Cancer Support Group Ph: 6297 1912
Wednesdays 1:30pm-3pm Prayer Group, Parish Meeting Room
Sundays SOULED OUT YOUTH GROUP Years 7-12: 6:30pm-8:00pm