Dear Parents and Members of our School Community

As of this week my newsletter articles will be taking on a different format. I will be talking about topical issues regarding parenting, education and children. Our Assistant Principal reports will follow my article and give a run down of happenings in the school.

This week I would like to talk about resilience. Resilience is such an important attribute for children to develop to help them cope with the challenges that they will be confronted with in daily life.

What is Resilience?

Resilience refers to a child’s ability to overcome or bounce back from anything that they find challenging, including events that seem relatively minor to others. As such, resilience shares a close relationship with mental health because being able to bounce back from challenges or adversity is a significant protective factor that supports children’s mental health.

How Do Children Develop Resilience?

Research shows that a number of factors impact on a child’s ability to build resilience. To some extent, resilience appears to have a genetic component; that is, it lies within a child’s individual make-up and personal strengths. Being able to draw on support from their environment also influences a child’s ability to build resilience. In particular, enjoying a positive relationship with their family, diverse friendship groups and a sense of belonging in the school community are essential for a child’s resilience. These are protective factors that buffer children against risk factors they may be exposed to such as family disharmony, bullying at school or socioeconomic disadvantage.

Research also suggests there are three major categories of protective factors that support children to build resilience that schools can influence:

- caring and supportive relationships
- high but achievable expectations of students
- opportunities for them to participate in the school community.

Caring and supportive relationships that school staff form with students can buffer the effect of any negative experiences. Having high but achievable expectations of students, combined with providing the support they need to meet these expectations, means that students come to view themselves as competent and capable, which supports the development of resilience.

Finally, the sense of belonging, positive relationships and positive self-esteem that come about when children are active contributors in their school community helps them to build resilience.

Through our Catholic ethos, pastoral care policies, restorative practices philosophies and 21st century learning we at St Benedict’s strive to help students to be confident and independent. To be proud of who they are, what they produce and how they contribute to the school and wider community. In turn, with the support of the home we endeavour to build resilience of all children in our school.

With season seeming all but over for the black and whites you can’t desert your team when times are tough. So now all Collingwood supporters need to barrack harder than ever as they take on Brisbane at the Gabba this week. Go Pies!!

Until next week
God Bless

Darren McDonald
Principal
Dear Parents,

I hope this instalment reaches you well. Our term has been in full swing over the last week with a healthy mix of excursions, liturgies and a test or four thrown in.

Our Year 2 students have travelled to the Shipwreck Museum to learn more about the History of Fremantle. Our Year 4 students have also ventured into the city to the Apple store, to utilise their iPads to create iMovies. Finally we have been in the midst of NAPLAN this week, which has seen our Year 3 and 5 students participating in our national testing program for Literacy and Numeracy.

All the while, our community continues to grow whilst maintaining the generosity and service our St Benedict’s community is known for. This was proudly on display at our very well attended and catered Mother’s Day Liturgy last Friday morning. We will be back at our church again this week for our Pentecost Liturgy, which is being ably led by our Year 6 students. It feels like the weeks need to slow down a little bit so we can get everything in! Luckily our students remain incredibly impressive, taking everything in their stride, with a smile on their face and a spring in their step. I wish I could say the same for myself, I may not be springing around, but I am definitely smiling with everything that is happening at our school.

Ben Will
Assistant Principal

Assistant Principal’s Report

This week we have been doing lots of dancing because of the rainy weather. In one of our new songs, we had to stomp around like dinosaurs, swim like fish, stretch our arms and fly up to the sun and leap like frogs. Our favourite songs are those with lots of movement in them. Mrs Lill and I are noticing more and more small groups of children playing together. They are moving away from solitary play and playing alongside each other, to more interactive and imaginative play, which is lovely to see. We had a few little dinosaurs roaring around the yard together last week!!

Michelle Higgs
Early Childhood Teacher

Music & Performing Arts News

The Catholic Performing Arts Festival is on again this year and our school has entered in a number of sections, including Sacred Choral Primary, Instrumental Solo, Instrumental Ensembles and Bible Reading. We have a strong tradition of participation in the Festival, which is in its 27th year.

St Benedict’s will be hosting the Sacred Choral Primary section in our Church from Monday 8th August to Wednesday 10th August 2016. Timetabling has not been completed as yet, so watch this space later in the term for news on our Choir’s performance dates, along with dates for our other entries. We will be seeking parents who wish to help with the Sacred Choral Primary section during that week in the capacity of Secretary to the Adjudicator, helpers on the door or to help with food for morning tea and lunch on the 3 days for approximately 4 or 5 people. Please leave your details with the office if you can help in any way.

Our students through all the year levels have been concentrating on good voice production and technique. Through their lessons they have been looking at how the music they use, especially with their voice, is made up of many facets to produce the final product. Tempo and Dynamics have especially been studies at all levels. It is wonderful to see the children perform with a knowledge of how the music is developed.

Little Bennies Blue News

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Michelle Higgs
Early Childhood Teacher
Please be considerate to our neighbours by NOT parking on the grass verge outside the Parish on Ardross Street. In particular on the corner of Bombard and Ardross Streets as this causes a real issue for cars trying to cross over. Visibility becomes impossible and this is very dangerous. It is illegal to be parking on the verge. Neighbours have advised us that the Ranger will be contacted to issue fines.

The alternative is to use either of the “Kiss ‘n Drop” Zones on either Alness Street or the church carpark on Ardross Street. Another alternative is to avoid the traffic altogether and park at Shirley Strickland Oval and enjoy the 5 minute walk to school with your child – probably a safer and healthier option.

Book Club.
Just a reminder that all orders for Issue 3 of book club must be completed by Friday 13th May.
If you wish to order online you may use the LOOP system. Please note that if you do use LOOP DO NOT send the order form to school as this will result in a doubling up of orders.
If you do not wish to order online please send your completed order form with correct money or cheque made out to ‘Scholastic Australia’ to the class teacher by the due date.
Thank you.
Mrs Noonan

All late arrivals must be signed in through the front Administration Office by a Parent or Guardian.
Parents / Guardians please only access the Administration through the front door on Alness Street.
School commences promptly for PP - Yr 6 at 8.45am each day.

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Reusing Initiatives at St Benedict’s Include:

Batteries. Aluminium Cans.
Printer Cartridges. Ring Pulls Mobile Phones
P & F News

To all our St Bennies families,

We hope you enjoyed celebrating Mothers Day with your families on Sunday.

We would like to thank Maria D’aniele, Amanda Thomas, Sonia Lomma, Clare Doutch, and their fellow Year 2 mums, for their outstanding efforts in organising and running our Mother’s Day celebrations following the Liturgy last Friday. Our mums enjoyed a glass of champagne and an endless array of tasty treats, and congratulations to all the lucky mums who took home raffle prizes! We truly appreciate the generosity of so many mums in running the event and preparing the food.

We are thrilled to announce that $2265.00 was raised, and we look forward to making a donation to our champion charity, INKA Respite!

Tanya Dowse-Kerr, P&F President

School Fees

If you have not yet contacted the school regarding fee payment plans then please do as a matter of urgency. Arrangements do not carry over from one year to another. A new contract needs to be drawn up each year. Please could those families who have not yet put a payment plan in place contact Mrs Moltoni urgently so she can assist you with this process.

If you have any queries in relation to your recent statement, do not hesitate to contact Mrs Moltoni on 62173500.

Uniform Shop

The smaller size 6 and 7 shirts have arrived. If you were wanting a smaller long sleeved blue shirt come see us at the Uniform shop on Thursday from 8.30 to 9.30am.

Cross Country Training Years 3-6

Our cross country training commenced this morning and was well attended by all year groups.

We started the running season with fine, warm weather but may encounter some wet days along the way. The next training day is this Friday at Shirley Strickland Reserve.

We are training for our Faction Cross Country Carnival which will be held on Wednesday June 1st at Tompkins Park.

The Year Three and Four students will be running one kilometre in their races. The Year Five and Students will be running 1.5 kilometres.
Hi there, I am the part-time School Social Worker, working alongside staff to support the needs of our students and families. Together we aim to provide a safe and positive learning environment. I can see children individually (on referral) and in groups for discussions on various topics – so stay tuned for my page! If you think your child may benefit from some additional support please do not hesitate to contact me.

Protective Behaviours Program continues in PP and Kindy

Week 2 – Early Warning Signs

This week we continued the program in Pre Primary and Kindy Classes. Our aims for this week were:

1. Introduce the concept of “Early Warning Signs”
2. Students will recognise times they have felt scared/unsafe
3. Students will identify their own Early Warning Signs, eg butterflies in their tummy, racing heart.

School home connection – What you can do at home

“Early Warning Signs” are the physical sensations that take place in our bodies in reaction to potentially unsafe situations. Our Early Warning Signs may differ from one person to another, but we all have them. Children can learn to identify their Early Warning Signs for when they are feeling unsafe and safe – they can be fun and enjoyable when we have Choice and Control.

1. Try some activities or anticipatory games that assist your child to identify their early warning signs, eg tower of blocks, jenga, What's the time Mr Wolf?
2. Talk with them about what happens to their bodies when they feel scared. What early warning signs do they feel? What early warning signs do you feel?
3. Watch for occasions where you think your child may be feeling scared eg high swing, going somewhere new etc. Encourage them to be aware of and talk with you about their early warning signs.
4. Encourage your child to take slow breaths when they feel scared, this helps them to think clearly and plan what to do.
5. Avoid telling your child not to feel scared, instead listen and provide reassurance and encourage them to problem solve.

A Reminder - Protective Behaviours WA (PBWA) runs community parent workshops and their website has various resources available online including a parent handbook which provides information on how you as parents can reinforce the messages of the program (above information adapted from parent handbook).

www.protectionbehaviourswa.org.au

Next parent workshop (City of South Perth, May 24th 6-8pm – see website for details).

Contact: Stephanie Bolton
St Benedict’s Primary School (Tuesday & Thursday 9-2.30)
Ph: 8217 3500 Email: bolton.stephanie@cathednet.wa.edu.au
The Choristers Camp is in Perth 2016!

The Royal School of Church Music Australia offers a residential camp for 8-18 year olds who have a passion for singing. It is run every winter in Western Australia, and can be anywhere from Geraldton to Esperance, but this year, the week-long residential event will be based in Claremont!

Choir Camp is about more than just singing. It is a place of companionship, acceptance, laughter and fun where, over the years, many participants have made life long friends that get to meet up again and again as they come back each year. Voice For Life badges can be earned, and a wide variety of music is covered.

Camp fees include all meals, activities, accommodation, transport, and music.

Applications close on 30th June, but apply before 31st May for your discount!

What: Annual Choristers Camp
When: 5 July 2016 until 10 July 2016
Where: Christ Church Grammar School, Claremont

email for more information - laplphillips@iinet.net.au
FREE DROP OFF DAY

HOUSEHOLD HAZARDOUS WASTE

There are a number of hazardous items in your home which must not go in your waste or recycling bin. Safely dispose of your unwanted household chemicals and hazardous materials for free at the Household Hazardous Waste Temporary Collection Day.

These items include:
- Batteries
- Cans of paint
- Pool and garden chemicals
- Pesticides and herbicides
- Flammable liquids
- Gas bottles
- Fluorescent tubes
- Poison
- Household chemicals

Date: Saturday, 14 May 2016
Time: 9.00am to 1.00pm
Venue: City of Melville Operations Centre, 13 Bramanti Road, Murdoch 6150
Pupil Free Day!
Friday 3rd June 2016

Come and join the fun with us at our upcoming Pupil Free Day

**When:** Friday 3rd June 2016

**Time:** 07:00 to 18:00

**Where:** The Before and After School Care Room at St Benedict's School

**Fees:** $53.88*

**Out of Pocket guide (with rebates)**: $8.29 to $26.94

**Bookings:** Must be made by Friday 27th May 2016. At least 18 children are needed in order for the day to run, so tell your friends!

There's lots to do and lots of fun to be had with your friends and the Camp Australia Team at the upcoming St Benedict's School Pupil Free Day.


We look forward to seeing you soon!

St Benedict's School Camp Australia Team.

*Notes on fees:
1. The Child Care Benefit (CCB) is income tested and scaled, resulting in payments of between 0% and 85% of the fees.
2. The Child Care Rebate (CCR) is not income tested and is available to almost all Australian families. It provides a rebate of 50% of fees after the CCB has been calculated and applied. Out of pocket expenses to be used as a guide only and are subject to change. Individual circumstances will vary.
Pupil Free Day!
Monday 5th September 2016

Come and join the fun with us at our upcoming Pupil Free Day

When: Monday 5th September 2016
Time: 07:00 to 18:00
Where: The Before and After School Care Room at St Benedict’s School
Fees: $53.88*
Out of Pocket guide (with rebates)*: $8.29 to $26.94

**Bookings: Must be made by Monday 29th August 2016. At least 18 children are needed in order for the day to run, so tell your friends!**

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We look forward to seeing you soon!

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