



HIGHLIGHTS FROM MOTHERS DAY MORNING TEA

Going Beyond "How Was Your Day?"

With our own daughter being new to schooling, we are experiencing first-hand how both how tired she is when she gets home, but also how difficult it is to get her to open up about her day at school.

While she undoubtedly loves going to school, she doesn't always have the same passion for recapping her day for her interested parents. This made me think: I'm sure most parents would love for their children to tell them more about their day, but how can we go about encouraging them? I found the following article from 2018 (by the ABC's Penny Travers) online; it has some great advice for all parents on how to stimulate better discussions with their children at the end of a day at school. Hope you get some ideas out of it.

Going beyond 'How was your day?' when your kids get home from school "How was your day? What did you do at school? What did you learn today?"

Parents often find themselves automatically asking their children these questions when they get home from school. But more often than not, children respond with: "Fine. Nothing. I don't know."

They aren't interested in opening up and sharing about their day.

"Even though it's not a yes/no question, 'How was your day' is quite a closed question," parenting expert and author Dr Justin Coulson said.

"There's really only good or bad. It was fine. It was OK."

Dr Coulson recommended parents skip the "How was your day" and try a different approach.

A matter of timing and connection

First, parents need to consider what time is best to inquire about their child's day.

"Our kids have just had a long day and they're tired," Dr Coulson said.

"If the first thing we do is we ask them the question 'How was your day', then they can't think; they're not really in that headspace."

While some kids may be happy to open up, others will retreat.

"Whether they're in Year 10 or Year 2, a boy or a girl, you ask some kids about their day and they'll go really quiet and then disappear into their bedroom," Dr Coulson said.

"They're done for the day and they've finished communicating.

"We need to be considerate and aware of how they're feeling and respond compassionately."

Dr Coulson recommended a more relaxed welcome focused on connecting with a child.

"We might welcome our child home and let them know we've got some [afternoon tea/dinner] ready for them," he said.

"If we're in the privileged position of having a parent home to meet the kids and they get to have that downtime with us, that's wonderful.

"Just sit and watch them eat and don't really do or say anything — just be present, just be there."



"Strength through Christ"

*Respect
Compassion
Safety
Responsibility*

16 May 2019

And the information parents seek may simply start to flow.

"They open up and start sharing things that we probably wouldn't have found out if we asked, 'How was your day'."

Ask alternative questions

Asking different questions and avoiding "How was your day" altogether can also prove fruitful.

"When you say, 'Tell me about what you did', or, 'What did you do that was fun', we're actually directing the conversation in a different way and giving them the opportunity to open up about it," Dr Coulson said.

"Ask questions like: 'What was the most unexpected thing that happened in the playground today? Did anything happen today that made you laugh? Was anyone extra kind today?'"

He suggested parents think of some characteristics and virtues they would like to encourage in their children.

"It could be any value from honesty and loyalty through to friendship or something to do with a great work effort," he said.

"Ask some questions about how they developed those during the day or how they witnessed someone else doing it."

And while Dr Coulson said these approaches could be taken with children of any age or sex, it was important to understand that sometimes kids simply don't feel like talking.

"But if we maintain our presence around them, eventually they will begin to open up and share great information."

8 questions to replace 'How was your day?'

What was the best thing that happened at school today?
 Did anything happen today that made you laugh?
 What challenged you today?
 What was the most interesting thing your teacher said today?
 Who did you play with today? What did you play?
 What is one thing you did today that was helpful?
 When did you feel most proud of yourself today?

Mother's Day Celebrations

What a wonderful morning we had last Friday, as we were able to celebrate a very special occasion with our Mums! A huge thank you to Mrs Kelly, Mrs Ellis and Mrs McRae for organising a beautiful Mother's Day Liturgy and also to Miss Charlton for coordinating the Mother's Day Morning Tea.

We hope the mums all felt really special and thanks again for everything that you do

Movement and Mindfulness Lessons

On Tuesday next week, 21st May, we welcome Annie Giacometti to our school. Annie will be leading our students from Year 2-6 in a 'Movement and Mindfulness' session.

Mindfulness can be described as a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. I am sure that you will agree that as all of our lives get increasingly busier, our students could benefit from learning some mindfulness techniques.

Please note that students may wear sports uniform on this day (Tuesday 21st May).

First Communion

Our first Sacrament of the year will be here before you know it, with First Communion coming up on Sunday 23rd June. The first important date to note for those Year 4 students receiving this Sacrament is our Parent/Student Workshop, to be held on Wednesday 29th May. Please keep an eye out for an information note, containing more details, in the coming days.

NAPLAN

Our NAPLAN tests are almost complete, with just Numeracy to come (Friday for Year 5 and Monday for Year 3).

I would like to commend our students for the maturity with which they have approached these tests- they have given their best effort and shown a positive attitude at all times.

God Bless,
 Brett Wilkie

**Joseph the Bear Recipient****Congratulations Hannah Thomas**

For always showing everyone respect and compassion. You greet others with a cheerful, welcoming greeting and smile. You use beautiful manners at all times and always help and support others. You live your life as a WESTIE.

**WA Government – Forests Products Commission Media Release**

Expanded grants program delivers more for community

The Forest Products Commission awards \$30,000 in grants to community groups.

Recipients included groups that improve forest accessibility for people with disability

Forestry Minister Dave Kelly has today announced the 20 successful applicants of the Forest Products Commission's (FPC) expanded Community Support Program.

St Joseph's School were successful in securing a grant of \$1,000 to go towards the further development of our nature playgrounds.

WHAT'S COMING UP?

Sat 18	Parish Mass at 6pm
Sun 19	No Mass due to rally
Wed 22	Year 2/3 class Mass at 10am
Fri 24	Year 2/3 Assembly at 9am

Office Hours

The office will open on Monday, Tuesday and Thursday next week.

Winter Uniform

Please note that by now, students should be wearing Winter Uniform. If you require uniform items, please contact our Uniform Co-Ordinator, Jodie Omodei (0427 718 986), or speak to Rose or Brett in the office.

P & F News.....**Canteen Roster:****Tuesday 21**

Gaye Van Hazendonk

Tuesday 28

Maggie Chamoun & Katerina Gibbs

WINTER UNIFORM (Term 2 and Term 3)**GIRLS**

- Blue woollen school jumper with crest
- Tartan pinafore/skirt
- Blue short sleeved shirt
- Navy blue tights
- White ankle socks (if not wearing tights)
- Black lace up school shoes.
Black buckle girl's school shoes may be worn.

BOYS

- Long grey school pants
- Blue woollen school jumper with crest
- Blue short sleeved shirt
- Grey socks
- Black lace up school shoes

Celebrating their birthday

Sebastian Van der Putten
Monday 20th

**Altar Server**

Saturday 18th at 6pm
Lia

**Bedwetting Program
Information for Parents****About the Bedwetting Program**

The WA Country Health Service Bedwetting Program helps children between the ages of 5½ and 17 years who wet the bed more than twice a week. This is a common problem which can be treated.

The Bedwetting Program runs over 6 – 8 weeks, with specialised support provided by a community health nurse. The nurse meets fortnightly with the parent and child to help achieve night-time dryness. Children learn to take responsibility for staying dry at night, with support and praise from their parents.

What to expect

Families need to attend weekly appointments for 6 – 8 weeks, and use the mat and alarm system as instructed by the nurse. The child commits to being responsible for drinking a healthy amount of water, setting the alarm, waking up, changing sheets and keeping a record of their progress. Children learn to wake up to a full bladder and to take responsibility for their behaviour.

The parent's role is to support, praise and encourage.

Getting started

The Bedwetting Program requires parents and child to be ready to commit to the Program. Success *depends on the child being ready and motivated to stay dry.*

The first step is to make an appointment with a doctor for a check-up and referral. *Families cannot be considered for the program until the referral form is returned.*

When the referral form has been completed by the doctor, parents can make phone **9772 5258** to be put on the waitlist for their first appointment at the Warren Health Service.

Julia Green

Clinical Nurse – Community Health
Warren Health Service – WACHS
PO Box 179, Manjimup
(08) 97725110. Ext: 5258
Julia.green@health.wa.gov.au

Other help and information

- Australian Continence Foundation – [professional information](#)
- Raising Children's Network - www.raisingchildren.net.au

CHARITY RIDE DAY Registration Form

One exciting element of Targa South West each year is the opportunity to Ride in a Rally car, flat out up the Pump Hill stage

For a \$75 donation to a local charity, you too can experience the g-forces, the noise, the smell, the blur of trees going past the windows, and the sheer exhilaration of a flat out blast up the Pump Hill stage on Friday afternoon (17th May 2019).

Very limited rides available - a maximum of 20 rides are guaranteed and another 10 reserves may be placed on a wait list.

Note: Conditions apply All participants will need to complete a Passenger Ride Entry Form (in addition to this registration) and must be able to fit safely into the Rally car seats and harnesses (ie height and weight limits may apply). Helmets and Frontal Head Restraints and Driving suits will be provided. Non flammable clothing covering neck to wrists to ankles (ie Long sleeves and long pants) and closed-in footwear is mandatory.

To register an Expression of Interest in a ride in a rally car please ensure that you complete the form and then click the SUBMIT button on the last page AFTER the Make Smoking History logo on the last page.



PERSONAL DEVELOPMENT PROGRAM FOR PARENTS

UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES

One Day Workshops: Saturday May 18th 10am to 4pm or Sunday May 19th 9am to 3pm

Come and have some fun with our special Equine Guides

Parents/Carers are invited to enroll in a **FREE and Catered six hour, one day workshop**:

- Developing an understanding of moods in relationship
- Understanding & interpreting body language
- Correlation between Mind/Body
- Listening and communication

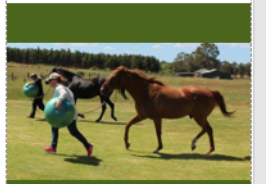
Horses have the ability to learn and respond to human body language and give participants feedback. They assist with mindfulness and being 'present emotionally'.

Parents/Carers will become more confident in their role as well as enhancing connection with their children/family.

Please contact **Chris Scott** to enrol on:

Tel: 0431627186 or Email: chris@horsevision.com.au

Please note: No horse experience is necessary but numbers are limited for these workshops!



Horse Facility

Warren Equestrian Centre,
Ralston Road, Manjimup.



Funded by:

Parenting Connection SW

Supporting WA Parents.



Southern Stage Performing Arts Studio

Southern Stage Performing Arts Studio Incorporated offers: Jazz, Tap, Ballet, Lyrical, Hip Hop, Musical Theatre, Acrobatics and Adult Burlesque Classes.

Classes are for ages 2 years to Adults and we run the same as the school terms.

A great, fun way to keep fit and make new friends.

Enquire today. You will find us at the Macedonian Hall, 407 Ipsen Street Deanmill.

Email: sspas.inc@outlook.com

Ph: Dee 0420 567 843 or visit our Facebook page

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