



Highlights of the Volleyball Clinic



*Respect
Compassion
Safety
Responsibility*

30th May 2019

Developing Independence in our Children

I am sure that at times, all of us, as parents, wish our children could be more independent. We have a special focus here at Saint Joseph's to assist your children in developing an age-appropriate level of independence, with the idea of autonomy being key-autonomy including the ability to make decisions for oneself and to have some personal control and choice each day.

Our children are unique individuals with their own character, feelings, temperament, tastes, and dreams. Encouraging autonomy leads to self-determination and independence. Parents can provide opportunities for children to make choices and take on responsibility from a very young age. Teach, then step back and allow them to explore, make mistakes, and learn from their mistakes.

Encouraging autonomy requires lots of patience, so plan ahead and be very flexible. When tasks take time or are challenging for children to accomplish, we often over-supervise or take over and do it for them. None of us like to watch our children struggle, but it is in that very struggle that growth takes place. Every time they accomplish something by themselves, it builds their confidence.

Here are a few ideas for encouraging autonomy:

- Allow children to make choices. Choices present a child with the opportunity to have some control in a world where adults make all the decisions.

- Respect the struggle. Give them time to go through the process. It is our protective instinct that makes us want to bail our children out, but sometimes it is important that they go through the struggle. Struggle builds character.

- When they have a problem, do not be too quick to give them solutions. Encourage them to answer their own questions. Ask your children to do some research first to see what they come up with. They often come up with great solutions, and sometimes they even teach us something new.

- Let them do for themselves. Don't do for your children what they can do for themselves. Of course, there are times when they may need you to, and that's okay. Many parents insist on dressing children who would really rather dress themselves.

- Do not take away hope. If a child is determined to try something and you are not quite sure they can do it (provided it is safe), give them the opportunity to go through the process and be supportive of them. If they succeed, you will be pleasantly surprised. If they don't, they will learn from the experience and you will be right there by their side.

- Let your children speak for themselves. It is easy to answer a question that someone asks your child without even thinking. I've caught myself doing this even though I am trying to be careful not to. Allowing children to speak for themselves is a mark of respect for who they are.

- Let your children prepare for the day. Let them pack and carry their own school bag.

Assessment Books

On Wednesday, your child will bring home their Assessment Books for the third time this year. Please take the time to look through these assessments with your child. Discuss their progress with them and encourage them to identify new learning goals. Please write some words of encouragement in the space provided and then return these books to the classroom. As always, if you have any concerns about your child's progress, please make a time to speak to the classroom teacher.

Compliance Audit

On Tuesday, we had our Compliance Audit. I am happy to say that the majority of our policies and procedures got the tick of approval, with just a small number of recommendations. An enormous thank you to those generous parents who gave up some of their time on Tuesday afternoon to meet with the auditor.

Saint Joe's Got Talent

Please join us for an afternoon of fun next week on **Wednesday 12th June** for an entertaining showcase of our children performing! I am sure there will be a diverse range of breath-taking performances. It will all begin at 2.00pm in our School Hall. Hope to see you there!

Please note: We have had to change the date due to unexpected circumstances.



Volleyball Lessons

Volleyball lessons are underway, with our Year 4-6 students enjoying their first session last Thursday. While volleyball presented some new skills to many of our students, they were quickly digging, setting and spiking with the best of them! I look forward to seeing them continue to hone their skills over the next three weeks.

First Communion- Catering and Decoration of Hall

Please keep an eye out in the coming days for a note, asking each family to contribute a plate of food for the celebration that follows First Communion on Sunday the 23rd June. Parents from the Year 2/3 Class will be responsible for coordinating the catering, while Year 4 parents are responsible for the decorating of the Hall. First Communion is a wonderful opportunity for our whole community to celebrate together, so we certainly appreciate your support and willingness to assist.

School Facebook Page

I am very excited to announce that we now have an active Facebook page for our school! Thank you to Miss Dallimore, who has overseen this for us. Please check it out when you can. We are hoping it will become a great source of information and highlights to showcase our wonderful school. Please note that any comments must be positive in nature. If you have any concerns about anything school-related, please speak to me or the relevant staff member directly and never through Facebook.

Pupil Free Day - Friday 31st May

Please note that tomorrow is a pupil free day. I hope your family has a wonderful WA Day holiday and long weekend!

God Bless,
Brett Wilkie.



Learning about Parliament



WHAT'S COMING UP?

Friday 31 st	Pupil Free Day
Mon 3 rd June	WA Day Public Holiday
Wed 5 th	Yr. 5/6 Mass -10am Sacred Heart Church

From Rose's desk...

Office Hours:

The office will be attended on Monday, Tuesday, Thursday and Friday next week.

P & F News.....

Canteen Roster:

Tuesday 4th June Serena Abraham &
Barbara Della Franca

Tuesday 11th June Lisa Beck



We appreciate your time and service volunteering in our Canteen. If you are unable to do your rostered day, please contact another parent and arrange a replacement. Thanking you again for your assistance.

Winter Uniform

Please students should now be wearing Winter Uniform.

If you require uniform items, please contact our Uniform Co-Ordinator, Jodie Omodei (0427 718 986) or speak to Lisa or Brett in the office.

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

Community News

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

Celebrating their birthday

6th June

Angela Gibellini & Alexis Love

7th June

Sarah Beck



We hope you have a great day

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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