



Hannah, Xavier and Angela enjoying the new creek bed play area.



*Respect  
Compassion  
Safety  
Responsibility*

Wednesday 3 June 2020  
Week 6, Term 2

## FROM THE PRINCIPAL'S DESK...

### Remaining Positive- A Life Skill

Here at Saint Joseph's, we are always encouraging our students to develop the habit of thinking positively. Even for adults, this can be a challenge. Like any skill, however, we can get better at it!

Have you ever noticed that some people are able to maintain their positivity, even in stressful situations, whereas others do the opposite? Why is this?

Positive people choose the right attitude. They realise that although others can act in ways that help to make us stressed or unhappy, ultimately our happiness is determined by the choices we make. They don't expect perfection from themselves, their colleagues, friends or family. It is OK to have a bad day or two. But a bad week or month is not so good.

Positive people also appreciate that their happiness is not determined by the absence of challenging circumstances. Putting off your happiness until circumstances are better is not the answer. If you are waiting for a better situation before you allow yourself to be happy, you may be waiting a long time.

*'The best way for a person to have happy thoughts is to count his blessings and not his cash'. Anonymous*

Happy people also take action. They appreciate it is up to them to know what helps them to feel more satisfied. Rather than settling for being unhappy, they do their best to influence change within their environment and aim to get satisfaction from their work and life. Positive people realise that it is their responsibility alone to make their life more rewarding.

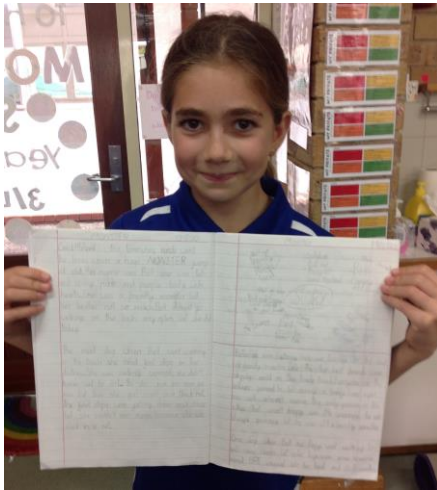
It is also very important to be resilient - our ability to bounce back when faced with adversity. Resilience is more than just who we are - it is what we do. Our resilience is largely determined by the choices that we make in response to the challenges life sends our way. Fortunately, many of these choices can be learned and practised over time.

One of the best ways to become happier is to endeavour to make others happy. Lasting satisfaction comes from helping others.

The good news is that although negativity is contagious, so is happiness. It is also easier to stay positive when you have positive people around you. Helping others to increase their happiness is a win-win for all. Good luck!

God Bless,  
Brett Wilkie

### GOOD NEWS CORNER



Congratulations to Sarah Beck, who has been producing some incredible work of late. This narrative especially caught my eye, as it is presented so neatly, structured into paragraphs and features extensive use of correct punctuation. Keep it up Sarah!

### Happy Birthday to:

Alexis Love	Friday 6 <sup>th</sup> June
Angela Gibellini	Friday 6 <sup>th</sup> June
Archie Collins	Friday 6 <sup>th</sup> June
Sarah Beck	Saturday 7 <sup>th</sup> June



### IMPORTANT DATES AND INFORMATION

- **Class Newsletters-** please check your child's bag on Monday next week, 8<sup>th</sup> June, as the latest Class Newsletter will be sent home. These Class Newsletters will also be made available on the school website.
- **Parents Restricted From Being On School Grounds-** a reminder that we are still required to request that parents do not come onto school grounds, due to the COVID-19 restrictions. Parents may come to the front office only and should observe social distancing requirements at pick-up and drop-off times please.
- **Assessment Books-** Assessment Books will go home today. I encourage you to look through the Assessment Book with your child and encourage them to set some learning goals for the next few weeks. Once you have finished looking and have written a comment, please return these books to school.

### Some recent school highlights:



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