



Staying in Touch

St Michael's Primary School, Blacktown South
Email: stmichaelsblktn@parra.catholic.edu.au
Website: www.stmichaelsblacktown.catholic.edu.au
facebook.com/StMichaelsBlacktownSouth

Dear Parents,

COMMUNICATION BETWEEN SCHOOL AND HOME:

Communication is a priority at St Michael's. There are many ways in which we communicate between school and home. Our school newsletters are the most valuable source of general information about learning and important events at school.



If you wish to raise an issue with a teacher please feel free to communicate in writing to the teacher or contact the office to make an appointment. We understand that emails are a convenient way to communicate, however teachers do not regularly access their emails during the day. Teachers are encouraged to contact you by phone or in person and may not respond via email.

In the event that the issue has not been resolved with the classroom teacher you are invited to contact your child's Stage Coordinator. The Stage Coordinator is a member of the school Leadership Team who can be the liaison between yourself, the classroom teacher and the Principal.

It is always important to us that your concerns, ideas and feedback are valued and welcomed.

Join us on Facebook and SkoolBag for updates and information.

TELL THEM FROM ME SURVEY: The Tell Them From Me Survey is open until the end of the week. We are encouraging all parents to participate in this valuable survey to further improve student learning and well being at St Michael's.

The survey is anonymous and will take approximately 20 minutes of your time to complete. You are able to access the parent survey on your computer or mobile device by using the URL below:

www.tellthemfromme.com/2018stm

The survey will be available for completion from today up until Friday 1st June.

I encourage you to take the time to fill in the survey. We look forward to hearing the voices of our parent community.

Regards
Sarah O'Rourke
PRINCIPAL



MEDICATION:

If your child requires medication at school you must complete a "Request to Administer Short Term Medication" which is available at the school office or our website. The office is only able to administer medication that has been prescribed by a doctor and has a label on the medication with the doctors name dosage to be administered.

If your child is suffering from Asthma and is required to take Ventolin please ensure the office is provided with the Ventolin and a spacer.

In both instances above it is imperative that you send a note to your child's class teacher letting them know that your child is required to take medication or ventolin and the time that they need to be sent to the office.

We thank you for your cooperation in this matter.



Wednesday, 30th May	ICAS - Science Competition - 7.30am
Thursday, 31st May	Year 5 Grade Mass
Thursday, 31st May	OPEN DAY for prospective new families - 4.00-5.00pm
Friday, 1st June	PJ's for Vinnies - Mufti Day - Gold Coin donation
Tuesday, 5th June	Sports Captains will be having their photo taken
Thursday, 7th June	Feast of the Sacred Heart Mass - 9.30am
Friday, 8th June	STAFF DEVELOPMENT DAY - Pupil Free day
Monday, 11th June	QUEEN'S BIRTHDAY - Public Holiday
Wednesday, 13th June	ICAS - Spelling Competition - 7.30am
Thursday, 14th June	ICAS - Writing Competition - 7.30am
Thursday, 14th June	Year 4 Grade Mass
Thursday, 14th June	Whole School Assembly - 2.00pm
Tuesday, 19th June	Stage 3 Boys Soccer Gala Day, Jameson Park, Penrith
Tuesday, 26th June	Stage 2 Boys Soccer Gala Day, Jameson Park, Penrith
Monday, 2nd July	OPEN DAY for prospective new families - 9.30-10.30am
Friday, 6th July	Last day of Term 2 for Staff and Students
Monday, 23rd July	Term 3 commences for Staff and Students



St Michael's Primary School

Blacktown South

St Michael's is a Catholic learning community that Reflects, Engages and Empowers by:

- Promoting a vibrant Religious Education program, prayer and spiritual life for students
- Living out our school motto 'Love One Another' through active involvement in social justice
- Educating the whole child—academically, physically, emotionally and spiritually
- Ensuring teaching and learning is purposeful, relevant, innovative and collaborative
- Supporting each member of the community in their faith and learning journey

**WE ARE NOW ACCEPTING ENROLMENTS FOR 2019
PLACES AVAILABLE KINDERGARTEN TO YEAR 6**

OPEN DAYS

Thursday, 31st May 2018—4:00pm-5:00pm
Monday, 2nd July 2018—9:30am-10:30am

For information or to enrol contact:

155 Reservoir Road, Blacktown 2148

Phone 8869 6200 email stmichaelsblktn@parra.catholic.edu.au

www.stmichaelsblacktown.catholic.edu

f St Michael's Blacktown South

t @StMichaels2148



BRICKBUILT BY SYD LUG

Come and see this amazing exhibition
and meet the experts who build with toy bricks.
Displays are created by adult fans of LEGO®.

Monday 9 July - Friday 13 July 10 am - 4 pm
Saturday 14 July 10 am - 2 pm
Monday 16 July - Friday 20 July 10 am - 4 pm
Saturday 21 July 10 am - 2 pm

Max Webber Library Function Centre, Cnr. Flushcombe Rd & Alpha St, Blacktown.
Check out our website for more school holiday activities.



**SYD
LUG**

www.libraries.blacktown.nsw.gov.au

f **t** **@** Blacktown City Libraries

Blacktown City Council





insights

The power of gratitude for a happier life

by Dr Jodi Richardson

More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



We're a Parenting Ideas school

parentingideas.com.au/schools

parenting*ideas

Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.

It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this we can also be on the lookout for opportunities to fan the flames of our children's passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



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parentingideas.com.au/schools