



ST. JOHN BOSCO'S SCHOOL NEWSLETTER

Edition 12
23 May 2019

Without confidence and love, there can be no true education. If you want to be loved, you must love yourselves, and make your children feel that you love them" St John Bosco

St John Bosco's School is committed to the safety and wellbeing of all students and young people

PRINCIPAL NEWS

It was wonderful to see so many children and parents at our Science night on Tuesday. The children had a great night with activities ranging from making rockets, experimenting with dry ice to make clouds, testing shapes to find our greatest support structures, making sherbet with icing sugar, bi carb soda and citric acid and experiments with solids, liquids and gasses. Thank you to all the teachers who supported the night and a special thankyou to Michelle Kop for her organisation of the night.

This week the Grade 2s have their family Mass on Saturday at 6pm. We would love to see as many families as possible at this special evening.

Today we start the Prep interviews for 2020. We look forward to meeting all the families who will be welcomed into our community next year. Interviews will continue next Tuesday and Wednesday.

Next Wednesday, Helen Greenhill and Gilbert Keisler are returning to our school to report on their findings from the 2019 review conducted earlier this term. Those findings will then be shared with the staff and on Tuesday 4th June with the school board.

Please keep the Grade 3s in your thoughts as they prepare for their Reconciliation on Wednesday and Thursday of next week. It would lovely to see those children at Mass on Saturday as they finish their preparation for this special sacrament.

RE NEWS

Reconciliation

Please keep the year 3s in your prayers as they prepare to make the Sacrament of First Reconciliation. Year 3RM will make their Sacrament on Wednesday 29th May at 11:30 whilst year 3BA and 3WK will be on Thursday 30th at 10 am and 11:30 respectively. Thank you to the teachers for ensuring the students are prepared.

Year 2 Family Mass will be celebrated on Saturday 25th May at 6pm. All are very welcome!

Please note the Family Mass dates for 2019 are listed in the important dates above.

Liturgical Calendar

Sunday 26th May Sixth Sunday of Easter Year C
Jn 14; 23- 29 - Jesus leaves peace as his farewell.

Jesus describes the Holy Spirit as the Advocate. Today when we describe someone as an advocate we usually mean that they stand up for and speak out for someone else or a particular cause. The Holy Spirit is the Advocate of Jesus in that the action of the Holy Spirit continues to bear witness to the message of Jesus.

*In what way is the Holy Spirit an Advocate of Jesus?
How do people act on the inspiration of the Holy Spirit?*

Helen Lannin, REL

IMPORTANT DATES 2019

Sat 25 May	Year 2 Family Mass 6pm
Tue 28 May	P & F Meeting, 7pm
Wed 29/Thu 30 May	Reconciliation Year 3
Fri 31 May	Open Classroom Morning 9.15 - 10am
Mon 10 June	Queen's Birthday holiday
Sat 22 June	Year 4 Family Mass 6pm
Tue 25 June	School Closure Day-Parent Teacher Meetings
Fri 28 June	Last day Term 2, 1pm dismissal
Mon 15 Jul	First day Term 3
Sat 20 July	Year 6 Family Mass 6pm
Sat 27 Jul	First Eucharist 4SS, 6pm
Sat 3 Aug	First Eucharist 4AT, 6pm
Sat 17 Aug	Year 3 Family Mass 6pm
Sat 14 Sept	Confirmation
Fri 20 Sept	Last Day Term 3, 1pm dismissal
Mon 7 Oct	First day Tem 4
Sat 19 Oct	Year 1 Family Mass 6pm
Mon 4 Nov	School Closure Day
Tues 5 Nov	Melbourne Cup holiday
Fri 8 Nov	Arts Night
Sat 16 Nov	Prep Family Mass 6pm
Sat 14 Dec	Family Mass 6pm
Tue 17 Dec	Last day 2019, 12.30pm dismissal

MASS & ASSEMBLY TIMETABLE TERM 2

WEEK	MASS	ASSEMBLY
BEGINNING	Friday 11.30am	Friday 2.40pm
5: 20.5.19	3RM	Year 6
6: 27.5.19	2TC	Year 5
7: 3.6.19	6SC	SJB Got Talent Year 3/4
8: 10.6.19	Prep ET	Year 4
9: 17.6.19	Prep KR	Year 3
10: 24.6.19	TBA	No Assembly

SOCIAL JUSTICE NEWS



At Assembly and in our classrooms, the school has been learning and understanding a great deal about **Reconciliation Week**. Our focus during this time is on closing the Literacy Gap amongst indigenous people and ourselves by holding a **Book Swap**.

The Social Justice Team would like to remind all students to bring along a book or two and plenty of gold coins for our Great Book Swap next Wednesday, 29th May in the MPR. All proceeds will be sent directly to the Indigenous Literacy Foundation.

Donations can also be made online [SJB's Donation Page Book Swap](#).

CHEMICAL CARNIVAL FAMILY SCIENCE NIGHT

Dear Parents and Students,

Thanks to everyone who came along to the Family Science night! Hope you all had a great time trying all the activities. I know the slime and sherbet were popular!

Have a good weekend, Michele Kop (Science specialist)



WELLBEING NEWS

This week our Year 4 students listened to some past SJB students who have returned to talk to our children about what they have learnt in psychology classes about Gratitude. Gratitude is an extremely important booster for wellbeing. Our year 4 students have been asked to be mindful of what they are grateful for and discuss this next week.

With our Year 4's experience in mind we have attached this week's Parenting Ideas article **Help Kids Feel Good by Doing Good**.

Classroom Open Morning

We invite you all to come and visit our classrooms on **Friday 31st May from 9:15-10**. You'll be able to enjoy wonderful Inquiry or Maths activities on the day. Our Year 6s on this day will have Interschool sport at SJB, be sure to stop by and cheer them on.

Earlier this week Peter sent home a note reminding families to please keep children home if they are unwell. At present we have some children who have a weaker immune system, and they are very susceptible to falling ill.

We ask that if your child is unwell they are kept home. It is important to promptly notify the office if there are any cases of shingles, measles or chickenpox.

Enjoy your weekend,

Sommer Azzopardi & Naomi Scott, Wellbeing Team

SPORTS NEWS

On Tuesday a group of students from grades 4 to 6 competed in the Buckley District Cross Country Championships at Brimbank Park. These children have been training hard in the mornings and I was so proud of the way they pushed themselves during the races and their behaviour during the day. Overall SJB came 3rd, and in the girls shield we also came 3rd. The following children will represent SJB and the Buckley District at the Moonee Ponds Division Cross Country Championships on the 5th June and we wish them the best of luck!

Emily Ewing, Georgia Benton, Lily Frangoulis, Daniel Bukovinszky, Jesse Panuccio, Daniel Sexton, Tiahli Rumbol, Christian Scalise and Jack Somerville.

Thank you, Libby

SPECIAL GROUP PHOTOS

Class Captains, School Captains and Sports Captains photos are NOW AVAILABLE to order. Copies of the photos are displayed on the office notice board. To order please collect an envelope from the school office and return it with payment by June 3rd. Photos are \$17 each

P & F NEWS

The election BBQ was a great success! Special thanks to Tracey Teague for coordinating and all of our wonderful volunteers, we couldn't do it without you! Thank you to Melinda Spinks, Rose Fazio, Holly Noonan, Tania Travaglini, Son Do, Janet Mastropasqua, Graz Starc, Gabby Benton, Sonia Scarpaci, Belinda McGregor, Peter Monaghan, Michael Haigh, Patrick Hogan, Kerryn McGurk, Greg Catterall and Lisa Duray. Thanks also to Cantru Meat World and Nelson Alexander for the generous donation of the sausages.

All up we raised \$1,740. What a great effort!

Please continue to collect Earn and Learn stickers from Woolworths. See below for more information.

Our next **P&F meeting** is scheduled for this coming **Tuesday 28th May**. We will be discussing possible fun and fund-raising ideas for terms 3 and 4. Please come along with any ideas or email pandf@sjbniddrie.catholic.edu.au before Tuesday! All welcome for a drink or a cuppa.

We'd love to see you there!

P&F Committee



We are all doing a great job at collecting earn and learn stickers. We have collected over 15,000 stickers so far! The Grade 3's and 4's collected 4,000 when they went on their fresh food visit to Woolworths last week!! Thanks guys and we hope you had a fun and interesting time! For those who have a registered Woolworths rewards card, last week you would have received an email about earn and learn stickers. If you click the link to activate you will receive double stickers for your shop. Remember to ask all your family and friends who shop at Woolies to collect the stickers for you and let's keep sticking together

TUCKSHOP ROSTER: TERM 2 2019			
	11am-2:30pm	10am-12pm	12:30pm-2:30pm
Friday 24th May	Megan Lucas	Margaret Conroy	Helene Sexton Karen Fitzpatrick
Tuesday 28 May		Rebecca Ryan	Rosanna Ramondetta Liliana Najdovski
Friday 31st May	Helen Catterall	Karen Healy	Michelle Favero Angie Czaja
Tuesday 4th June		Sonia Scarpaci	Daniella Polimenakos Virginia DeNittis
Friday 7th June	Sue Chivilo	Therese Patton	Andrea Hill Evelyn Pappas
Tuesday 11th June		Roxie Riley	Roslyn Scalise Kathy DeBono
Friday 14th June	Eloise Romeo	Silvana Loschiavo	Vanessa Lo Giusto Nella Duvnjak
Tuesday 18th June		Katherine Cimino	Carmen Guardo Bridges Gabby Benton
Friday 21st June	Melissa Ryan	Liz Wallis	Rosemary Marais Natalie Khoury
Tuesday 25th June		Mary Pantalleresco	Debra Buckley Jane Federico
Thursday 27th June	HOT DOG DAY		

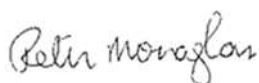
ENTERTAINMENT BOOKS ON SALE NOW

You can purchase either the physical books or if you prefer the digital membership, both are valid as soon as you make your payment until June 1st 2020. For more information please contact Kylie Allen at kyliebriton@msn.com or head over to the payment page at www.entbook.com.au/9219r85. Alternatively, fill in an order form at the school office.

SECOND HAND UNIFORM SHOP OPENING HOURS

**FIRST TUESDAY OF THE MONTH
from 8.30 - 9am**
**LAST THURSDAY OF THE MONTH
from 3.30 - 4pm**

Thanking you,



Peter Monaghan
Principal

SAME-DAY NOTIFICATION OF STUDENT ABSENCES

- *If a child is absent, parents/guardians are responsible for contacting the school on that day, or earlier of an expected absence, to provide an explanation for their absence.*
 - *This should be done by emailing your child's classroom teacher prior to 9am*
- If you know of the expected absence in advance this can also be done by writing a note or completing a Student Absence form (available in the school foyer or from the office.) This must be given to the teacher prior to the day of the absence*

Where an unexplained absence is identified the school will:

- *Make all reasonable attempts to contact the parents/guardians that morning. This will in the first instance be done via an automated text message to the primary contact on our records. May be either mum or dad.*
- *If you receive a text message, please respond by return text and provide an explanation for the absence*
- *Where no response is received by the parents/guardians that morning, a subsequent phone call will be made to seek an explanation.*

insights

Helping kids feel good by doing good

by Dr. Justin Coulson



We all want our kids to feel good. Ice cream, days at the beach and play dates may bring kids joy, but once they're finished the good feeling often disappears.

These feel-good activities give kids a rush of euphoria, but leave them craving for more. This can lead to an addictive cycle known as 'the hedonic treadmill' where one cookie isn't enough. They'll need two. Maybe the next week, they'll need three.

Good deeds

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers Plato and Aristotle knew it was true, and modern research bears out the fact altruistic behaviours are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Kids

Every parent wants happy kids. The easiest way to help kids attain happiness is to encourage them to be kind.

Many studies show that our kids want to be kind. They know it makes them happy! Research shows that children from as young as fourteen months want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

A recent landmark study showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Kids to Do Good

If kids want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

1. **Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
2. **Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy up- these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.
3. **Make helping a family project.** Get your kids involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
4. **Be a good neighbour.** Help your kids learn to keep an eye on others, whether it is a neighbour, or a boy on their sports team. Teaching your kids to notice what's going on in the lives of people in their community promotes awareness and empathy.
5. **Be grateful.** Expressing gratitude is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.

Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.



Dr. Justin Coulson

Dr Justin Coulson earned his PhD in Positive Psychology. He holds an Honorary Fellowship at the University of Melbourne's Graduate School of Education in the Centre for Positive Psychology, and he is a Senior Associate at the Positive Psychology Institute. Dr Coulson is the author of the new book '10 Things Every Parent Needs to Know' and the bestselling '9 Ways to a Resilient Child' and '21 Days to a Happier Family'. www.justinoulson.com