Dear Parents and Guardians,

Welcome back to staff, students, parents and caregivers for Term 3—it’s hard to believe we are already in the second half of 2015! I hope that all have had a wonderful holiday break. To the students of St. Gabriel’s who competed in Dance Eisteddfods or sporting competitions during their holiday break we congratulate you all for your many successes.

The start of a new term offers a fresh start. Our attitude helps determine our altitude in life. Across the next two terms there will be no doubt to opportunities that will test the positive attitude of staff, students and parents. It is how we respond (our attitude) to these challenges that will go a long way towards small ‘bumps’ either staying small or growing into something larger. If we work to remain optimistic and to act positively, we are more likely to reach our full potential and achieve success.

This term offers a 10 week period to consolidate learning and areas of development identified in the mid year reports and parent/teacher meetings held at the end of last term. We hope that everyone settles well and is open to the academic, personal, social and spiritual learning that lies ahead.

Refurbishment news

The store room on the south side of the gymnasium has been refurbished and, once the new storage shed off the gymnasium is completed, the chairs and trestles will be rehoused so that this room can be used more productively by the parents of school community. In addition, there has been some painting of walls and fixtures in 3/4M and 3/4D. We have lots to be grateful for and are very much looking forward to completion in late August.

School time changes

In order to comply with requirements for teachers to meet the required ‘face to face teaching’ component of their award conditions, we have made some minor modifications to the school timetable. Agreed work conditions for teachers were reached with the cooperation of the Catholic Education Commission of Victoria and the Independent Union of Victoria. The requirement is that teachers scheduled class time be set at 22.5 hours per week.

To meet this requirement, the following changes will be implemented next term:

- Start time will now be 9am and not 8:55. Classrooms will now be opening 5 minutes later, approximately 8:35.
- The recess bell will sound at 10:58 and children will have an extra two minutes eating time. The conclusion of the lunch bell will sound at 1:51pm.
- Music times will be adjusted accordingly.

Children should not arrive at school prior to 8.35am when yard duty commences. We believe these changes will have minimal impact on the school community, are cost effective and will enable the school to meet the Award conditions for teachers. Please note that this change has taken effect on the first day of term. Thank you for your understanding in this matter.

ENROLMENTS AT ST. GABRIEL’S FOR PREP 2016

Enrolment interviews for existing families took place last term. The interviews for new families will take place next week. If you know of any parent who may be interested in enrolling at our school please pass on this information.
**TERM 3 DATES**

### JULY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 17th</td>
<td>Coal Creek Excursion Year 1/2</td>
</tr>
<tr>
<td>Monday 20th</td>
<td>Enrolment Interviews for New Families commence</td>
</tr>
<tr>
<td>Tuesday 21st</td>
<td>School Board Meeting 6pm</td>
</tr>
<tr>
<td>Thursday 23rd</td>
<td>Regional Winter Sports Prep Traffic School Excursion</td>
</tr>
<tr>
<td>Saturday 25th</td>
<td>St. Michael's Parish Ball</td>
</tr>
<tr>
<td>Thursday 30th</td>
<td>Winter Sports—Hockey</td>
</tr>
<tr>
<td>Friday 31st</td>
<td>NED Show</td>
</tr>
</tbody>
</table>

### AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 3rd</td>
<td>Swimming Year Prep—2 commences</td>
</tr>
<tr>
<td>Thursday 6th</td>
<td>No swimming</td>
</tr>
<tr>
<td>Friday 7th</td>
<td>District Basketball <em>Jeans for Genes Day</em></td>
</tr>
<tr>
<td>Monday 10th</td>
<td>Swimming Prep to 2 continues</td>
</tr>
<tr>
<td>Tuesday 11th</td>
<td>Parents &amp; Friends AGM 7pm</td>
</tr>
<tr>
<td>Thursday 13th</td>
<td>No swimming</td>
</tr>
<tr>
<td>Tuesday 18th</td>
<td>School Board 6pm</td>
</tr>
<tr>
<td>Friday 21st</td>
<td>Parents and Friends—Trivia Night</td>
</tr>
<tr>
<td>Monday 24th</td>
<td>Book Week and Book fair</td>
</tr>
<tr>
<td>Friday 28th</td>
<td>Dress Up Day for Book Week</td>
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</tbody>
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### SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Friday 4th</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>Tuesday 8th</td>
<td>Division Athletics</td>
</tr>
<tr>
<td>Wednesday 9th</td>
<td>Jeff Steedman Parent Night</td>
</tr>
<tr>
<td>Tuesday 15th</td>
<td>School Board 6pm</td>
</tr>
<tr>
<td>Friday 18th</td>
<td>Conclusion of Term 3 at 12.30</td>
</tr>
</tbody>
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**Swimming program**

The Prep—2 swimming program will shortly be conducted at the Indoor Centre in Traralgon. This program is an essential component of Ausvels and the Australian curriculum and is thus a compulsory and valuable part of our Physical Education program. Associated costs are now part of normal school levies and just like Maths, English etc, swimming is a normal curriculum expense. There are **no refunds** if your child does not participate in this part of the curriculum.

**Parents & Friends AGM**

The Annual General Meeting of the P& F will be held on Tuesday 11th August. Please do consider nominating for a position and joining with the group to make our school a real community minded, collaborative place to be. There are exciting times ahead and your contribution will be greatly valued. A nomination form is attached to this newsletter.

**Head lice**

We have had several cases of head lice throughout class levels. Please be advised that if your child has had lice, you have a responsibility to advise the school so that appropriate information can then be distributed to other families. Treatment advice can be found on the web at: [http://health.vic.gov.au/headlice/](http://health.vic.gov.au/headlice/)

**Year 1/2 Excursion**

Our 1/2 unit is off to Coal Creek tomorrow. Please ensure your child’s permission form has been returned. We hope the children have a lovely day and learn many new things.

**Jeans for Genes Day**

On Friday 7th August, we will participate in the Jeans for Genes fundraiser event. Children are invited to wear jeans in place of their regular school pants or tunic and to bring along a gold coin donation for this worthy research. School windcheaters or jumpers are to be worn as normal.

Chris DiCorleto
ACTING PRINCIPAL

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**Reflection**

Creator God,
May our lives be quilted together in love, made visible as we laugh, labour and learn together. Enliven our spirit so that our inner being may give form and strength to all we do. AMEN
St. Gabriel’s School
PARENTS & FRIENDS
Annual General Meeting 11th August 2015
Nomination Form

The following positions will be declared vacant & nominations called for:

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
SOCIAL & FUNDRAISING
UNIFORM SHOP – 1 POSITION
NEW FAMILIES – 1 POSITION

PARENTS & FRIENDS
NOMINATIONS FOR 2015 / 2016

I wish to nominate…………………………………………………………………………

for the position of…………………………………………………………………………

Nominated by: ……………………………………………………………………………

Seconded by: ……………………………………………………………………………

Signature of Nominator:

.................................................................

Signature of Nominee

.................................................................

Signature of Seconder:

.................................................................
ST GABRIEL’S PARENTS AND FRIENDS TRIVIA NIGHT!

Come along and have a great night: ask your friends, other school parents or relatives!

Tables will seat 8 – 10 people.
Happy to accommodate individuals or couples.

VENUE: Traralgon Tennis Club
Corner Franklin & Davidson St, Traralgon

For more information and tickets
phone Tanya Doig 0458 620 979 and
Carmela Jean 0413 482 890
St Michael’s Parish Mum’s Group

A great place to meet other mum’s and have some fun with the kids.

Come and enjoy fellowship, friendship and food!

We meet every Wednesday during school terms at St.Michael’s, Mary Mackillop Hall.

Time 10am – 12noon.

Any inquiries to Jen Hanratty 51761178, Pam Pinel 0409168516 or Lou Varsaci 0414540296

All welcome!

Rite of Christian Initiation of Adults

R.C.I.A.: These letters stand for the Rite of Christian Initiation of Adults, the ancient Rite of welcoming people into the Church.

St Michael’s Parish warmly invites anyone interested in discovering more about the Catholic faith to attend our meetings on Thursdays, in St Michael’s Parish Centre. We start at 7.30pm sharp, and finish by 9.00pm sharp. This year’s starting date is July 30th. All are very welcome.

Contact: Susan Grout (5174 0587) – or just turn up!

Baptism for School Aged Children

A course of the Rite of Christian Initiation of Children will be offered in the parish for children of school age who have not been baptised. Sister Doreen has kindly offered to co-ordinate this effort. The full support of families will be needed. At this stage the RCIC will be run over the four Wednesdays, from July 12th to August 12th. The baptisms, for those who ask, will be held soon after that at a parish mass. Further enquiries to Bev at the parish office—51742060.

AMO

AN INVITATION TO OUR SCHOOL MASSES

Each week a Mass is celebrated at St. Michael’s Church and attended by two to three classes of children. Sometimes the “Mass of the Day” is used and sometimes a theme being discussed in the classroom is celebrated. Parents and parishioners are always welcome and encouraged to attend these school Masses and celebrate with the children.

It would be wonderful for your children to see that you value and enjoy this aspect of their Catholic education. Masses will be held at 9.15am at St. Michael’s Church. Due to renovations at St. Gabriel’s all Masses during term 2 will be held at St. Michael’s Church.

Mass for Term 3

<table>
<thead>
<tr>
<th>Week</th>
<th>Grade Masses</th>
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<tbody>
<tr>
<td>23/7</td>
<td>5/6RAW</td>
</tr>
<tr>
<td>30/7</td>
<td>1/2 (3 classes)</td>
</tr>
<tr>
<td>6/8</td>
<td>3/4D I M</td>
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<tr>
<td>13/8</td>
<td>Senior School</td>
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<tr>
<td>20/8</td>
<td>Preps</td>
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St.Michael’s Parish Mum’s Group

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Time 10am – 12noon.

Any inquiries to Jen Hanratty 51761178, Pam Pinel 0409168516 or Lou Varsaci 0414540296 All welcome!
Welcome back to term three and of course the chilly weather!

This term we continue with our Community Placement Program. The grade five and six children will be visiting O’Mara House over eight consecutive Wednesdays, starting on July the 29th. It will be an afternoon visit as before. The children are very much looking forward to the experience.

Our “Seasons for Growth Program” also begins this term. It is a peer support program that is led by a trained “Companion”. Seasons for Growth is designed to support children who have experienced and are experiencing grief due to loss and change. It is intended to assist and guide them through the cycle of grief using the metaphor of the seasons. A space is created where the children feel safe and able to share their stories with confidentiality. It is a proven successful program.

Our CASSE team will be meeting this week and we will be revisiting our goals and our particular focus for this term. Our aim is to work towards being and maintaining a PEACEFUL school. The CASSE team will be visiting grades whilst they are having their classroom meetings. They attended during first term and the classes and team both reported back that it was a great way of having a conversation about the CASSE goals.

Our NED show is scheduled for Friday the 31st of July. It will be held in the one/two centre and there will be two performances. The first will be the prep to two classes, followed by three to sixes. The children have thoroughly enjoyed the performances in the past and we certainly look forward to this date. As in previous years, there is NO COST for this show. It is funded by the commitment we make as a school to sell merchandise (yoyos) which provide the funds to maintain the program’s work. Following the NED show, there will be merchandise selling for one week. A flyer with information and an order form will be sent home prior to the show on 31st July.

THE NED PLEDGE

I promise that every day I will do my best.
I will encourage others. And I will never give up.
EVER! Never, ever, ever give up...on myself, on my classmates, on learning and on life!
NEVER GIVE UP ENCOURAGE OTHERS DO YOUR BEST!
ST MICHAEL’S PARISH
PRIMARY SCHOOLS
MASQUERADE BALL

Saturday 25th July, 2015, 7pm-late
Premiere function Centre, Traralgon
$65.00 per head—3 course meal
with drinks at Bar prices
Entertainment—Danny Eddy plus
roving photographer Shannon Owen
Dress Code: Semi formal,
no mask no entry
To Book your table contact
Fiona Said 0438 748 278
The next meeting for the group is on Monday 3rd August at 1.00pm in the Parish office. Our school must have representation on the committee, so please give this serious consideration.
Do you shop at Woolworths? Well you can help us get resources for our school! Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for your local primary school, secondary school or Early Learning Centre. Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It's simple to participate. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, simply place the Sticker Sheet in the Collection Box in the foyer here at school. The school can then tally up all the stickers and use them to redeem valuable education resources for the school. Thank you.

Scholastic Book Club Issue 5 has been distributed to all classes. Orders must be in by Tuesday 28th July.

House Captains Semester 2 2015

We congratulate the following children and hope that their journey in this area will help them in their ongoing formation as a responsible citizen for the future:

<table>
<thead>
<tr>
<th>Name</th>
<th>Guitar</th>
<th>Piano</th>
<th>Keyboard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brigid</td>
<td>Chelsea Baker</td>
<td>Kyle Whateley</td>
<td></td>
</tr>
<tr>
<td>Delaney</td>
<td>Ashley Brady</td>
<td>Flynn Kennedy</td>
<td></td>
</tr>
<tr>
<td>Patrick</td>
<td>Emma Hill</td>
<td>Ryan McCluskey</td>
<td></td>
</tr>
<tr>
<td>Tullow</td>
<td>Chelsea Lawn</td>
<td>Hayden Wood</td>
<td></td>
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</table>
Coping with an anxious child


Anxiety in children is a normal part of childhood development. But it’s estimated that 8-22% of children experience anxiety more intensely and more often than other children, stopping them from getting the most out of life.

In most cases, anxiety in children and fears in childhood are fairly transient and short-lived. Different anxieties develop at different stages:

- Babies and toddlers might fear loud noises, heights, strangers and separation.
- Preschoolers might start to show fear of being on their own and of the dark.
- School-age children might be afraid of supernatural things (like ghosts), social situations, failure, criticism or tests, and physical harm or threat.

Infants and young children don’t tend to worry about things. For children to be worried they have to imagine the future and bad things that might happen in it – this is why worries become more common in children over eight years of age. Children also worry about different things as they get older. In childhood, they might worry about getting sick or hurt. In older childhood and adolescence, the focus becomes less concrete – for example, they might think a lot about war, economic and political fears, family relationships and so on.

What causes anxiety in children?

Some people are more likely to be anxious because it runs in the family (just like eye colour). People can also learn to think and behave in an anxious way by watching others, or by going through scary experiences. Certain things in a child’s environment might also increase the child’s chances of becoming anxious – for example, if a parent is overprotective of a shy child it might help the child in the short term, but can increase the child’s anxiety overall.

Ways to support your child

If your child shows signs of anxiety, you can support him in several ways:

- Acknowledge your child’s fear – don’t dismiss or ignore it.
- Gently encourage your child to do things she’s anxious about, but don’t push her to face situations she doesn’t want to face.
- Wait until your child actually gets anxious before you step in to help.
- Praise your child for doing something he’s anxious about, rather than criticising him for being afraid.
- Avoid labelling your child as ‘shy’ or ‘anxious’.

Types of anxiety in children

Children experience several types of anxiety. A child might have only one type of anxiety, or she might show features of several of them.

Social anxiety in children

Social anxiety is fear and worry in situations where children have to interact with other people, or be the focus of attention. Children with social anxiety typically:

- believe that others will think badly of or laugh at them
- are shy or withdrawn
- have difficulty meeting other children or joining in groups
- have a limited number of friends
- avoid social situations where they might be the focus of attention or stand out from others – for example, talking on the telephone and asking or answering questions in class.

Continued on next page......
Separation anxiety in children
Separation anxiety is the fear and worry children experience when they can’t be with their parents or guardians. Children with separation anxiety typically:
- protest, cry or struggle when being separated from mum or dad
- worry about getting hurt or having an accident (they might worry about their parents or themselves)
- refuse to go to or stay at day care, preschool or school by themselves
- refuse to sleep at other people’s homes without their parents there too
- complain of feeling sick when separated.

Generalised anxiety in children
Children with generalised anxiety tend to worry about many areas of life – anything from friends at playgroup to world events. Children with generalised anxiety typically:
- worry about a variety of things – for example, health, schoolwork, school or sporting achievements, money, safety, world events and so on
- feel the need to get everything perfect
- feel scared of asking or answering questions in class
- find it hard to perform in tests
- are afraid of new or unfamiliar situations
- seek constant reassurance
- complain about feeling sick when worried.

When to be concerned about anxiety in children
Most children have fears or worries of some kind. If you’re concerned about your child, the following tips might help you decide whether you need to seek professional help.
- Ask yourself the following question: Is my child’s anxiety stopping him from doing things he wants to do? Is it interfering with his friendships, schoolwork or family life? If the answer is ‘yes’, consider seeking professional help.
- Compare your child’s behaviour with other children of the same age. For example, it’s common for most children to experience separation fears when going to preschool or school for the first time, but far less common over the age of eight years. If your child’s behaviour is very different from that of other children, consider professional help.
- Consider how severe your child’s reaction is. If she’s extremely distressed and hard to settle when you leave her, for example, think seriously about professional help.

Severe anxiety can impact on children’s health and happiness. Some anxious children will grow out of their fears, but others will keep having trouble with anxiety unless they get professional help.

Finding professional help and treatment
You can seek professional information and advice from several sources: like your child’s GP or paediatrician (who might refer you to a child psychologist) or your local children’s health or community health centre. This article and many more topics of interest can be found at http://raisingchildren.net.au/articles/anxietyandfears.html/context/732
LIBRARY NEWS - "BOOKS LIGHT UP OUR WORLD"
Term 3 is a very exciting time with lots of great things happening! First and foremost all children will be exposed to the best literature judged by experts from the Children's Book Council of Australia. During library sessions these books are read and discussed and creative activities connected to these wonderful books are experienced by all grades.

Our annual BOOK FAIR is happening from Tuesday August 18 until Tuesday September 1. During this time children will again be exposed to wonderful literature and if they are very lucky, may purchase books from the fair! St Gabriel's has always been thrilled with the support we receive from our school community for this great way of obtaining new books for our resource centre.

DRESS UP DAY will be on Friday August 28 and children may dress up as a BOOK CHARACTER or use the BOOK WEEK THEME of BOOKS LIGHT UP OUR WORLD for inspiration.