

St Patrick's Catholic School Latrobe



School Newsletter Number 15 May 28th 2019

PRINCIPAL'S REFLECTION

We have all experienced the feeling of 'shame', and, as adults, we can appreciate the emotion can in fact act as a gyroscope to enable us to realign our behaviours and actions in order to be respectful of our circumstance. Shame can be used as a pejorative, however, it can also be extremely useful in forming character, as Stephen Fry states: *"It's not all bad. Heightened self-consciousness, apartness, an inability to join in, physical shame and self-loathing—they are not all bad. Those devils have been my angels. Without them I would never have disappeared into language, literature, the mind, laughter and all the mad intensities that made and unmade me."*

Dr Joseph Burgo, clinical psychologist and author claims that shame is a family of emotions, which all share a painful awareness of self. So the shame family of emotions are all those feelings where we feel bad about ourselves. It could be very brief and mild, we call that embarrassment. Or it could be deep and lasting, we call that humiliation. But they all share this painful awareness of self. That is, when we feel an emotion in the shame family our self comes into focus in a way that feels bad. Dr Burgo, in a recent interview on the ABC podcast, 'All in the mind,' stated that in the second and third years of life for babies' brains to develop normally they need exposure to mildly shaming experiences - not humiliation, but mild reprimands which he claims should be in the spectrum of 'shaming experiences' as these experiences release cortisol, which are stress hormones. He claims that for the brain to develop, to continue normally in the second and third years of life, we need optimal amounts of cortisol. So, surprise, we actually need mildly shaming experiences if we are to develop normally. It helps us to socialise; it helps us to get control over our impulses so that we can live in a community in which our needs aren't always paramount, when other people matter and we have to take them into account too.

There is abundant literature regarding the self-esteem movement, education and parenting styles that have been affected by it, and contrary to what we might

have expected - that we brought up a generation of kids who feel great about themselves - instead there is increasing evidence that there is increasing narcissism, people who don't take criticism well, don't deal with frustration well, expect to get what they want when they want it; people who focus too much on themselves and who want to be the focus of attention; people who don't deal well with the fact that other people have needs too. Burgo's point is that shame in the good sense, the good shame, helps people to live in a world in which other people matter too.

Regards, Rod Linhart (Principal)

SCHOOL CALENDAR (Items in red are recently added.)

May

Monday 27th 9.00am Year 3 morning Prayer Assembly
Tuesday 28th 6.00pm St Patrick's P & F Annual General Meeting.

Wed 29th 9.30am Year 3 and Year 4 Parish Mass
Thursday 30th Year 2 local area excursion

JUNE

Monday 3rd 9.00am Year 1 morning Prayer Assembly
Wed 5th 9.30am Year 1 and Year 3 Parish Mass
Monday 10th Public Holiday (no school)
Thursday 13th NW Catholic Schools Cross Country (Stella Marist Catholic School, Burnie)

Monday 17th 9.00am Year 4 morning Prayer Assembly
Wed 19th 9.30am Year 4 and Year 1 Parish Mass
Monday 24th 9.00am Prep morning Prayer Assembly

6.00pm School Board meeting
Wed 26th 9.30am Prep and Year 6 Parish Mass

JULY

Monday 1st NAIDOC Week.

SCHOOL STUDENT TERM DATES 2019

Term 2: Monday 29th April - Friday 5th July

Term 3: Monday 22nd July - Friday 27th September

Term 4: Monday 14th Oct - Wednesday 18th December.

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Staff News

Mrs Kingshott is on leave and tentatively returning on Monday 24th June; in Mrs Kingshott's absence Mr Linhart will teach Year 5 on Mondays, Tuesdays and Wednesdays, and Ms Moore (Mrs Sesara) will teach the class on Thursdays and Fridays. Mrs Gregson was away yesterday; Mrs Gregson and Mrs Marshall are away today attending a NCCD meeting - Mr O'Brien taught Year 1; Mrs McIver, Mrs Wescombe and Mrs Meech will be away Wednesday - Mrs Weber will teach LOTE, Mrs Kelly will teach Year 3 and Mrs Baker will teach Year 6; Miss Stuart will be away this Thursday - Mrs Pope will teach Year 3.

Year 4 Camp News (Mrs Meech)

On Monday, 13th May, Year 4 travelled to Camp Clayton, Turner's Beach for their overnight camp. The students were able to participate in a range of activities including, the giant swing, flying fox, indoor rock climbing, indoor bowls, trampolining and beach walks. Mr Linhart, Mrs Meech, Mrs Hyland and Mr Anglis accompanied the students. Some of the students have completed a review on Camp Clayton:

- *At Turner's Beach, Ulverstone, Camp Clayton is the best camp ever. I stayed at Bayside Lodge. We had amazing food. I especially loved the chicken burgers and wedges. The giant swing and flying fox were amazing. It is one of the best camps out there, if not the best camp out there. I definitely recommend going there. Kale Garrad*
- *Camp Clayton is an ideal place for families, dinner and lunch and has a beautiful walk to Turner's Beach. The Bayside Lodge is a beautiful place to stay. They have eight cabins and a beautiful big hall. The food is delicious and has a great sitting area, nice drinks and beautiful paintings. There are great fun activities like trampolines, giant swing, flying fox, rock climbing and indoor bowls which are so much fun. I would recommend it for people as it is fun, so don't be afraid to visit. Anna Skurulis*
- *The location was great, next to the beach and train tracks. The layout of the camp was open and spacious, good for all activities. Our cabins were very spacious and they provided great facilities in and around our cabins. The food was some of the best food I've ever had. I think they will have to teach my mum to cook them. The activities were great and fun for everyone. It would have probably been a little nicer if the weather had held though. Overall, this was amazing and I would definitely recommend Camp Clayton. Georgie Tueon.*



Student Journals

Students at St Patrick's are encouraged to journal regularly. Keeping a journal isn't necessarily like keeping a diary. Journalling is a more **free form of writing** — less about recording events, more about externalising feelings. It's a chance to be **reflective**, go deeper with your own thoughts. It's also a place to **share what's exciting you, interesting you, scaring you** — taking it out of your head and getting it onto paper. Journalling need not be a burden on time or intellect, but there are definite benefits to journalling. Writing by hand, in a paper journal, slows the person down, allows the person to really think and also helps avoid distractions. Possible benefits of journalling include helping the writer develop more sophisticated vocabulary and assist with goal-setting.

Advanced Notice: Parent-Student-Teacher Mid-Year Report meetings

Mid-Year reports will be distribute to families on Thursday 4th July, the final week of term 2. These 15 minute meetings will be opportunities for teachers to lead discussions on student achievement, areas of growth, areas of challenge and discussing focused and supported goal-setting for the remainder of the year. The mid-year report provides parents with a partial insight into student attainment against the Year level standard and these discussions should be the initial and main focus for terms 3 & 4 goal-setting. Reports will be forwarded on Friday 5th July to families who are unable to attend this scheduled event, and to those parents who are involved in shared custody arrangements. A booking form and online booking form will be included in next week's Newsletter.

SCHOOL-WIDE POSITIVE BEHAVIOUR SUPPORT, W.E.S.T. and MERCY VALUES

WEST Award

Congratulations to Logan Lamprey (Year 6) who received a WEST certificate during Monday's morning assembly. We will continue to acknowledge those students who exhibit WEST (*Welcoming, Encouraging; Sorry; Thankful*) qualities and Mercy Values (Hospitality, Compassion, Mercy and Respect) by presenting awards at our Monday morning assemblies. Families are always most welcome to attend our weekly assemblies.

House Raffle Winners

Dooley House: Zander Lee

Byrne House: Talei Sesara

Martyn House: Izabella Goss

STUDENTS OF THE WEEK

Prep: Axel Bos for his fantastic resilience and attitude to learning.

Year 1: Ruby Warren for always doing her very best and consistently showing her WEST spirit.

Year 2: Melia Sesara for her diligence in developing her handwriting.

Year 3: Gabbie Brown for being welcoming and showing care for others.

Year 4: Talei Sesara for displaying an independent approach to her learning.

Year 5: Luca Adams for making a conscientious effort to revisit and complete all her spelling tasks.

Year 6: Ryan Guard for displaying WEST values and consistently contributing to class discussions.



School Cross Country - Thursday 23rd May

Congratulations to all students who participated in true 'WEST' spirit last Thursday. Mrs Hayes organised a wonderful opportunity for students to engage at their own pace in what were quite competitive fields. The support provided by our Year 6 student leaders, encouraging parents and friends and the St Brendan-Shaw Year 10 helpers ensured the afternoon was a true community experience. The following students have been selected to participate as school representatives in the NW Catholic schools cross country to be held at Stella Marist Catholic School, Burnie on Thursday 13th June:

Year 6 Girls: Chelsea Dowling, Taylor Wells, Lottie Dowling, Molly Clarke.

Year 6 Boys: Vinnie Manion, William Higgins, Patrick Mulcahy, Dylan Stevens.

Year 5 Girls: Luca Adams, Matilda Hayes, Merinda Jones, Ava Chamley, Ruth Nicolle.

Year 5 Boys: Kyle Jordan, Koby Harrington, Samuel Ling, Jacob Hughes, Mac Butler.

Year 4 Girls: Stella Riley, Emma Watson, Abbie Venton, Talei Sesara, Georgie Tueon.

Year 4 Boys: Monty Manion, Charlie Brazendale, Tyler Bakes, Joshua Warren, Eamon Young.

Year 3 Girls: Tyla O'Toole, Ruby Anthony, Sophie Mulcahy, Indy Wells.

Year 3 Boys: Lincoln McQueen, Thomas Marshall, Cameron Reeves, Logan Araroa, Ryan Jackson, Harrison Fawkner.



STUDENT MEDICAL DETAIL CHANGES?

If since the last advice to the school, medical information for your child has, or children have changed **please advise the school office**. Similarly, if you have previously supplied an epi-pen or other medication, which may need replenishing or will soon expire, **please advise the school office**. Thank you.

PARENTS & FRIENDS NEWS

Pasta day and jelly cups, from all reports, was well received and enjoyed by all. The day raised a profit of \$410.89. Thank you to Hannah Bakes, Lorraine Young, Jo Mulcahy, Melissa Wescombe and Tameika Anthony for volunteering their time on the day to make the day such a great success. The next P & F lunch day will be 'soup' day on Wednesday June 26th. The P & F will be holding their AGM **tonight at 6.00pm** with the meeting venue being the school staffroom. All positions (President, Vice-President, Treasurer and Secretary) will be declared vacant. Why not join the P&F Committee? The best P&F's are inclusive and find ways of incorporating all the different things that people can offer. Joining the P&F can have a number of good points and like everything, you get out what you put in. One of the main reasons parents join is because they want to get involved in some way with the school. Some work during the day and can't do parent help, some have particular skills they would like to put to good use, others want to make new friends. The commitment is not too much - the occasional daytime or evening meeting, the school fair, canteen or other school fundraiser. Everyone has different talents and skills they can bring to the parents and friends association. Be that a fantastic cookie recipe for a cake stall, an ability with something like graphic design or computers, or the commitment to be a P&F Committee Member. Similarly, parents are a great interface between the school and the 'outside world' (very handy for soliciting raffle prizes, sponsorship other gifts in kind or professional help).

What can you get out of being a part of the P&F?

The P&F is helpful for finding out information about what is going on at the school. It is easy to get out of the loop when you don't see other parents regularly. Being in the P&F will help gain insight into what is going on within the school and the broader school community. It provides the opportunity to meet other parents and teachers, particularly through Welcome and Social events. Some enjoy organising things and helping out. It is nice to have that sense of community which makes you feel safe and connected. However, people participate and contribute at whatever level they can manage within their own busy lives.

What are the meetings like?

Meetings only occur at the most once a month and they never go for more than one hour. Afternoon Tea or Supper is provided and there is time for a chat with other parents and teachers.

Wanting to "give it a go"?

If you have not yet discovered the joy of helping your school's parents and friends association please have a think about it. It's a great way to help our school, our kids and build the sort of communities we all want to live in. Everyone is welcome to attend the meetings, so please come along and show your support to the P&F and the School. If you know you don't have time for meetings, but like the idea of helping out as a volunteer, you can advise the P&F and we'll contact you when the need arises. Additionally, you can contribute your ideas or suggestions by emailing the P&F at stpatspanflatrobe@gmail.com



Inquiring Minds at St Patrick's

A play-based Birth - 5 program open to all families

Qualified early years educators plan developmentally appropriate experiences for you and your child to explore together.

Our educators work with families to support parental understanding of the development of early literacy, numeracy and communication skills.



WHERE: St Patrick's Catholic Primary Kindergarten Room

WHEN: Every Friday during school term

TIME: 9am - 10:30am

WHAT TO BRING: A hat, water bottle, piece of fruit & gold coin donation

We look forward to welcoming your family to our Birth-5 Sessions

**55 Bradshaw Street, Latrobe
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