



School News

St. Patrick's Primary School
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Newsletter No. 25

"Never see a need without doing something about it"

6th September, 2013

St. Patrick's Primary School - Pyramid Hill

Dear Families and Friends,

When children experience challenges inside or outside school it is tempting for parents to overprotect them or solve their problems for them.

Parents who understand the importance of promoting resilience skill their kids up to solve their own problems. They realise that they can't always be with their kids so they need to equip them with the resources to resolve issues and help them develop coping mechanisms too.

One way of helping kids problem-solve is through careful listening. The following five step Listening process is a variation on 'Listening Power' from The 9 Steps to Emotional Fitness by Warren Redman. Not only does it require parents to listen but to ask good questions too. I have dubbed it **Listen & Ask Good questions Strategy** (LAG for short).

This is useful for children aged four and up. You just need to vary your approach and language according to children's ages.

When kids have real problems or challenges such as a friend moving away, experiencing rejection at school, missing out on being picked for a team or just feeling down in the dumps the **5 step LAG Strategy** maybe just the approach you need.

Here is the 5 step LAG Strategy:

Set the scene: Let kids know you are ready to listen to them. Stop what you are doing. Make full eye contact. Go somewhere comfortable. Get the message across that "I am listening to you."

Spot the issue: Help kids identify the real issue. Sometimes not being picked for a team masks a deeper issue of not feeling good enough. "So it sounds like the real issue is..... . Would that be right?"

Check with what you've heard: "I am hearing that you..... Am I right?" You may be off the mark so keep checking and let your child direct you?"

Sum up what you have heard: "Okay, I think I have the full picture now and how it affects you. I understand that....."

Let your child call the action shots: Ask your child what he or she would like you to do. This is the most significant step as it places you in their hands (in the nicest possible way). "Can I help in any way? What support do you think you need?" From my experience you often don't have to do a thing. Kids just appreciate being heard. It is reassuring when someone is on your wavelength.

The LAG Strategy is about developing real empathy, which is sometimes hard to do in our busy, frantic world. It is also a great relationship transformation strategy that could be used by many dads who can be either quick to judge their kids or just jump in with solutions regardless of its impact on kids as that is what blokes tend to do .

Reuben Johnson

Principal

No Hat No play

Due to the warmer weather, as of Monday, our No Hat No Play policy will come into affect. Those students who do not have a school hat will be required to stay under the Pergola during play and lunchtimes.

Congratulations to those students who have already displayed sun smart awareness this week.

Hats are available from the office at a cost of \$11.00.

Grand final

Staff and Students at St Patrick's Primary School wish Mrs Jeannie Wagner all the best as she participates in the B Grade Grand final for Calivil United. Good luck also to the Pyramid U17 netball and football teams.

Beautiful Grounds

We are blessed with so many volunteers at our school who take pride in our surroundings and school.

Thank you to Janine and Brad for their work in the grounds over the weekend.

Generosity

Thank you Margaret Williamson for the beautiful 'Wacky Cake' that you brought in to share with students on Monday.

We are blessed to have such a wonderful relationship with our wonderful neighbors. Please see the attached recipe for the students to make at home.

Parents & Friends

Trivia Night - We have been working hard sourcing donations for the Trivia night. If families have anything they can donate to assist us in our fundraising efforts, whether it be providing a service or donating an item, this would be greatly appreciated.

Lolly Fundraiser - Lolly forms are due back to school Friday. Please send your form in with the money tomorrow. Thank you.

SCABIES

There has been a reported case of Scabies in our community.

It is our responsibility to let the community know.

Please monitor your child for symptoms such as:

- ◆ Pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin folds on the wrist, elbow, or knee, the penis, the breast, or shoulder blades.
- ◆ Intense itching, especially at night and over most of the body.
- ◆ Sores on the body caused by scratching. These sores can sometimes become infected by bacteria.

Please find attached an information sheet and please seek medical advice if you have any concerns.

AUSSIE OF THE MONTH

Congratulations to Briley Stewart who was awarded Aussie of the month for the month of August. Briley is participating fully both in the classroom and during recess times. She's displaying great leadership skills. Well done Briley!!



Where's Reuben?

Monday 9th - Friday 13th September



Monday OLSH Elmore
Tuesday OLSH Elmore
Wednesday OLSH Elmore
Thursday St Patrick's
Friday St Patrick's

CHATTER MATTERS



After reading a story with your child, ask:
Who was your favourite character? Why? Ask your child to describe the character to you.
Your child can draw their favourite character.

IMPORTANT DATES—2013

SEPTEMBER	
Thursday 12th	P-6 Calder Winter Sports Day
FRIDAY 13th!	ADULT TRIVIA NIGHT AT ST.PATRICKS! Dress up Theme: Friday 13th!!
Wed 18th	Geoff & Colleen Hampson's 20th Wedding Anniversary
Friday 20th	End of Term 3 Children finish at 2.30pm

St Patrick's Primary School ADULT TRIVIA NIGHT

Theme: Friday 13th!! Prize for best dressed!

When: Friday 13th September

Where: St Patrick's Primary School

Time: 7.30pm

COST: \$10.00 PER PERSON

BYO Drinks & Nibbles

6-8 per table

A light supper will be served.

RSVP your table to 54557220



STEPHANIE ALEXANDER KITCHEN GARDEN

Spaghetti with Meatballs

Ingredients:

- ◆ 2 tbsp olive oil
- ◆ 1 onion chopped
- ◆ 450g cups minced beef
- ◆ 1 tspn dried mixed herbs
- ◆ 1 egg beaten
- ◆ 2 tbspn oil for frying
- ◆

For the tomato sauce:

- ◆ 2 tbsp olive oil
- ◆ 1 onion finely chopped
- ◆ 1 clove garlic
- ◆ 400g chopped tomatoes
- ◆ 1 tspn sugar
- ◆ 1 tbspn tomato paste

To serve
4 cups spaghetti

Chocolate Spiders

1 pkt Changi noodles
2 tblspns Peanut butter
200gms Dairy milk chocolate

Mix together and let set