



PRINCIPAL'S REFLECTION

It is more than a decade since scientists have revealed the first draft of the human genome, the three billion biochemical letters that make up our DNA. We are getting new insights into why we behave the way we do. There is heritability with many of our behaviours and some research is quite disheartening in that the predisposition and heritability of some aspects, such as IQ, neurosis and depression, have quite high heritability traits. To some, this means that 'we are what we are and that there is nothing that can be done about it.' To these people, our environment – parenting, community expectations, schooling - will have minimal influence on our personality and destiny.

However, there is increasing evidence coming from research that offers a contrary view and emphasises the hypothesis that our genes are significantly influenced by our environment. A Swedish study has proposed the theory that children tend to be 'Dandelion or Orchid' children: 'Dandelion' children are resilient regardless of their environment and they can overcome situations that sees 'Orchid' children wilt. Optimism, empathy and resilience characterise Dandelion children. In an Israeli study of the R7 gene (the gene that predisposes almost 30% of the population to behaviour that is associated with 'wayward' behaviour), a group of toddlers were tested in their response to empathy. They played games tested to see how ready they were to engage empathetically with others. For example, how ready they were to engage in pro-social things such as pick up a dropped pencil or share treats with the adult who they were working with, after both the adult and child were given unequal numbers of treats. The test was whether the child would respond to the adult's misfortune, which is deemed to be very difficult for a toddler to recognise and act upon. The study examined one variant of a gene that is deemed to predispose a person to having a conduct disorder, statistically; if a person has this variant and has a 'rough' upbringing, he or she would have a significantly high probability of having problems later in life. However, the study highlighted how good parenting was able to over-ride the negative aspects of the gene and is highlighting the hypothesis that a person's genes need not predispose anyone to bad behaviour.

Such studies highlight how important our environment (upbringing) has on our destiny. Behavioural genetics is becoming redefined by this study in 'plasticity'. The early experience in childhood is critical – not that there has to be a super home with perfect parents; rather there needs to be

an absence of repeated extreme stress and a recognition of the importance to the child of 'other support' that is available for the child; consistent support from adults can almost erase the vulnerability of genes that were hitherto believed to predispose a person to a conduct disorder. The Easter message of redemption and new life is strongly analogous with this emerging view of behavioural genetics – as educationalists, we always believe in a student's possibilities and try to construct environments that are conducive to new beginnings.

SCHOOL CALENDAR (Items in red are recently added.)

MARCH

Monday 11th	Public Holiday
Wed 13th	9.30 parish mass (Years 3-6) parish morning tea at school (10.30)
Thursday 14th	School Swimming Carnival
Friday 15th	St Patrick's P&F School Fair St Patrick's Day Celebrations - 'Irish or Green theme' dress-up.
	NO CANTEN OR BREAKFAST CLUB TODAY
Monday 18th	Catholic Education Week 9.00am Year 2 lead morning prayer assembly 6.00pm School Board Meeting Years 5 & 6 girls surfing option
Tuesday 19th	Combined Catholic Schools Mass - Marist College (Years 5 & 6)
Thursday 21st	NWCPS Swimming Carnival
Monday 25th	9.00am Year 1 lead morning assembly
Wed 27th	Billy Tea Bush Dance 5.30 BBQ 6.00-7.30 Bush Dance.

SCHOOL STUDENT TERM DATES 2019

Term 1: Thursday 7th February - Friday 12th April
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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Canteen and Breakfast club this Friday 15th March

There will be **NO CANTEEN OR BREAKFAST CLUB this** Friday 15th March due to fair preparations.

Discussions with teachers during school hours (8.30am – 2.55pm)

Classrooms, and teachers, are extremely busy from 8.30 to 3.00pm each school day. Catching up with a teacher during class time is great if it concerns a quick question or clarification, however, parents are asked to arrange a time before or after school (preferably face-to-face) to discuss aspects of learning and teaching to ensure all parties have sufficient time and opportunity to have a productive conversation. Intentions and communication can often be confused if we do not allow sufficient time to both talk with, and listen to, another. Thank you in anticipation of your cooperation in ensuring the observance of this very important protocol.

Catholic Education Week 2019

From 17-23 March 2019 St Patrick's Catholic School will join with Catholic schools across Tasmania to celebrate Catholic Education Week (CEW). Catholic Education Week is also about forging and strengthening relationships between everyone who has a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community – by showcasing our activities and actions. Our school has a supportive and talented community of teachers, parents, carers, P&F, clergy, parishioners and support staff who work together to give students the best education possible. This special week on the Catholic Schools' calendar provides an opportunity for the community to recognise our committed and gifted teachers and support staff for their work in encouraging success, promoting discipline, supporting creativity and instilling compassion in our young people. I would like to take this opportunity to thank you for all your support of our school and I look forward to celebrating Catholic Education Week with you. Gwenda Gregson, our Student Support Key Teacher, will be conferred with an award as an 'Outstanding Service as an Employee within Catholic Education, Tasmanian Catholic Education Office' at a ceremony at 4.00pm at OLOL school Devonport. Congratulations Gwenda!

St Patrick's Day 17th March



As a school, we will celebrate St Patrick's Day on Friday 15th March; the parish will celebrate on Monday 18th March with a noon Mass followed by lunch for those who are interested. Students may respond to the 'Green Theme' for the day - the wearing of the green. Please

ensure your child wears shoes (not thongs or sandals) and a shirt (not a singlet.) Thank you for your cooperation and thank you in advance to those children/families who will put some thought into their 'Green Theme/ Irish Theme' response. As with all assemblies, families are welcome to join us at 9:00am for a St Patrick's Day morning prayer assembly.

DATE-CLAIMER: Billy Tea Bush Band - School visit Wednesday 27th March

The Billy Tea Bush Band will be involved in teaching students some dance moves during the day. From 5.30pm to 6.50pm a BBQ and salad will be offered to families, followed by students from classes performing for families - adults will need to be prepared to join in the fun too. It would be great to see as many families as possible attend what should be a fun event.

"Paddy in a Pond"

An early 'special treat' for St Patrick's Day

Friday 15th March @ recess

FREE!

green jelly
+
chocolate frog



DATE CHANGED TO FRIDAY!

If you prefer your child did not have one, please notify your child's teacher, **prior** to the day.

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

WEST Award

Congratulations to Ava Chamley (Year 5) who received a WEST certificate during today'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.

STUDENTS OF THE WEEK

Prep: Peyton Allford for being a resilient student and for trying her best with all of her school work.

Year 1: Sienna van der Hulst for being welcoming, thoughtful, and kind to others.

Year 2: Lachlan Riley for using feedback to improve his writing.

Year 3: Tyla O'Toole for her positive approach to all learning task especially her persuasive writing.

Year 4: Georgie Tueon for consistent efforts in extending her thinking and challenging her own learning.

Year 5: Ava Franklin for using the given learning time to conscientiously do her best to finish off set tasks.

Year 6:



'Techspot': Technology News (Mr Atkins)

Techspot is a new newsletter section covering all areas of the Online/Tech space relevant to parents and carers of primary school aged children. We know that the internet and technology has a lot to offer and has huge benefits now and into the future. However, we also know that technology has some major pitfalls and as parents and carers of children, it is important that we keep ourselves up to date with potentially harmful scenarios that may arise through the use of technology. One particularly nasty threat that has been big in the news lately is the so called MOMO challenge. This particularly scary internet 'craze' is basically a set of online challenges targeted at children and teens that requires them to do increasingly dangerous and life threatening stunts. The final task of the

MOMO challenge takes a fatal turn, with two 12 year old girls and a 16 year old boy having reportedly carried out the final MOMO challenge. Children as young as 6 have been reported to have taken part in some of the earlier "less harmful" challenges. One might wonder how children get caught up in something like this. MOMO is particularly designed to target children at a psychological and emotional level. It draws them in and then uses fear to blackmail them into completing the tasks. In the last few weeks it has been reported that the MOMO creature (a particularly scary looking model created by a Japanese artist) was appearing halfway through Peppa Pig cartoons on youtube. The MOMO challenge creators had managed to hack youtube to insert the scary images in seemingly harmless cartoons for children. So the question is - How can we ensure that our children do not get caught up in this and other similar scenarios? Below is a link to an article from the eSafety Commissioner, but first, here are some key points to consider.

- Do you allow your child to access online content, particularly video streaming content such as youtube, unsupervised? Reports show that children with unsupervised online devices are at greatest risk.
- Do you talk to your child regularly about the types of things they are accessing online and if they have come across anything that makes them uncomfortable? Keeping lines of communication open are important. Children need to know that they can talk to an understanding adult without fear of having technology taken away.
- Children will often try to hide things that they have found disturbing on the internet. It is a good idea to do regular history checks on any device that your child has been using.
- Consider investing in a home internet filter. Many of these filters allow parents to control individual devices, which means that the tech devices used by adults can remain unrestricted.
- Let your child/ren know that a lot of things on the internet are not real, even if they seem real, and discuss examples of the types of content that is fake.

https://www.esafety.gov.au/about-the-office/newsroom/media-releases/statement-esafety-advice-on-the-momo-challenge?utm_medium=email&utm_campaign=eSafetynews%20Mar%202019&utm_content=eSafetynews%20Mar%202019+CID_99e1175683712301318d5d7dcccc2aae&utm_source=Email%20marketing%20software&utm_term=View%20our%20five%20tips

REMINDERS & COMMUNITY NEWS

FAIR NEWS: Cake stall for the fair

A tray was sent home last week with each eldest child. The P & F would appreciate if each family could bake something for our cake stall. The baked goods have to be clearly labelled with ingredients and date it was baked. There is a label included with each tray. **Baked goods can be returned to school on Thursday 14th or Friday 15th march.**

The Tasmanian Government recently launched the "Ticket to Play" program.

The Tasmanian Government has committed to invest up to \$3 million over one year to establish Ticket to Play, a sports voucher system for young Tasmanians. Cost is one of the major barriers to children participating in organised sport. Under Ticket to Play, vouchers worth up to \$100 to use towards sporting club membership will be available to Tasmanians aged between 5 and 17, and who hold a Centrelink Health Care Card or Pensioner Concession Card (either themselves or their parent, guardian or carer). Vouchers will also be available for children and young people in Out of Home Care. Vouchers will be available from February 2019 on a first come, first served basis and will be valid until the end of November 2019. We are seeking your support to promote this program to all Tasmanian Catholic Schools to publicise throughout their school communities.

Devonport Junior Soccer Development Centre Under 9 to Under 12

Two come and try days: Wednesday 27th March and Wednesday 3rd April.

Official training and registrations will begin on Wednesday 10th April. The cost for the Development Centre is \$50 for the year, which includes kit hire for the three Cups, socks, end of season photo, and badge. Jackets, bags and beanies will be available to order. Please contact us for more information, devonportjuniorsoccer@gmail.com. Place: Meercroft Time: 4pm

Junior Referees: grade 5 and 6 players are eligible to referee games on a Saturday morning. Players will need to attend one 1.5 hour information session. Dates: Monday 18th or Wednesday 20th March 6.30pm-8pm.

Working Bee: there will be a Working Bee on Monday 18th and Wednesday 20th March 6.30pm to 8pm to organise and prepare equipment etc ready for the start of the season. All Welcome!

School Swimming Carnival – Thursday 14th March

*Students not participating will stay at school working in a class.

Primary classes

- 9.00am assembly (Years 3-6 students need to bring a bag with towel, swimmers/sports uniform, morning tea, drink): students in Years 3, 4, 5 & 6 will then walk to the pool and assemble in class groups under marquees.
- 9.30am -12.00pm: Students swim in events as per the order outlined in the program; events will be timed, ribbons distributed and supported by St Brendan-Shaw College students.
- Students in Years 3, 4, 5 & 6 walk back to school for lunch and class tasks – canteen as usual at school.

Early Years classes

- 12.15pm: Years 1 & 2 students have lunch at school.
- 12.45pm: Year 2 walk to the pool for a supervised free swim of 30 minutes (1.00-1.30pm)
- 1.00pm: Year 1 walk to the pool for a supervised free swim of 30 minutes (1.30-2.00pm)
- 1.30pm: Prep walk to the pool for a supervised free swim of 30 minutes (2.00-2.30pm)

