

St Patrick's Catholic School Latrobe



School Newsletter Number 9 April 2nd 2019

PRINCIPAL'S REFLECTION

For millennia, philosophers have understood that we don't see life as it is; we see a version distorted by our hopes, fears, and other attachments. The Buddha said, "Our life is the creation of our mind." The Roman Stoic, Marcus Aurelius, said, "Life itself is but what you deem it." The quest for wisdom in many traditions begins with this insight - early Buddhists and the Stoics, for example, developed practices for reducing attachments, thinking more clearly, and finding release from some of the emotional torments of normal mental life.

Cognitive behavioural therapy is a modern embodiment of this ancient wisdom and is an extensively studied non-pharmaceutical treatment of promoting mental strength. The therapy is relatively quick and easy to learn and can keep working long after treatment is stopped, because it teaches thinking skills that people can continue to use. The goal is to minimise distorted thinking and see the world more accurately. You start by learning the names of the dozen or so most common cognitive distortions. Each time you notice yourself falling prey to one of them, you name it, describe the facts of the situation, consider alternative interpretations, and then choose an interpretation of events more in line with those facts. Your emotions follow your new interpretation.

In time, this process becomes automatic and can provide all of us involved in relationships with some guidance. A partial list of common cognitive distortions (from Robert L. Leahy, Stephen J. F. Holland, and Lata K. McGinn's *Treatment Plans and Interventions for Depression and Anxiety Disorders*, 2012) includes: **1. Mind reading** - You assume that you know what people think without having sufficient evidence of their thoughts. "He thinks I'm a loser"; **2. Fortune-telling** - You predict the future negatively: things will get worse, or there is danger ahead. "I'll fail that exam,"; **3. Catastrophizing** - You believe that what has happened or will happen will be so awful and unbearable that you won't be able to stand it. "It would be terrible if I failed"; **4. Labelling** - You assign global negative traits to yourself and others. "I'm undesirable," or "He's a rotten person." **5. Discounting positives** - You claim that the positive things you or others do are trivial. "Those successes were easy, so they don't matter,"; **6. Negative filtering** - You focus almost exclusively on the negatives and seldom notice the positives. "Look at all of the people who don't like me"; **7. Overgeneralising** - You perceive a global pattern of negatives on the basis of a single incident. "This generally happens to me. I seem to fail at a lot of things";

8. Blaming - You focus on the other person as the source of your negative feelings, and you refuse to take responsibility for changing yourself. "She's to blame for the way I feel now"; **10. What if?** - You keep asking a series of questions about "what if" something happens, and you fail to be satisfied with any of the answers. "Yeah, but what if I get anxious?," or "What if I can't catch my breath?"; **11. Emotional reasoning** - You let your feelings guide your interpretation of reality; **12. Inability to disconfirm** - You reject any evidence or arguments that might contradict your negative thoughts. "That's not the real issue. There are deeper problems. There are other factors." Lukianoff and Haidt's 2018 book, *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure* has, as its central theme the importance of developing an inner toughness, as distinct from an inner and outward coldness; I believe we work hard at St Patrick's to promote inner toughness, be self-reflective and remain attuned to the positive and good in ourselves and others.

SCHOOL CALENDAR (Items in red are recently added.) April

Monday 1st	9.00am Prep lead morning prayer assembly
Wednesday 3rd	P & F Lunch (hot dogs) No Parish Mass today
Sunday 7th	Daylight savings ends Fire Education Program for all primary classes this week.
Monday 8th	Classes to share an aspect of their class Lent Unit during morning assemblies.
Friday 12th	Final day of term 1
Thursday 25th	9.40am gathering ANZAC Day march

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.

55 Bradshaw Street Latrobe, Tasmania 7307
Telephone: (03) 6426 1626 Fax: (03) 6426 2697
E-mail: stpatslat@catholic.tas.edu.au
www.stpatslatrobe.tas.edu.au
School Banking Details:
BSB Acct: 067-000 Acct: 1027-3325

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

WEST Award

Congratulations to Connor Bray (Prep) 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: Charlie Jones

Byrne House: Patrick Mulcahy

Martyn House: Edmund Barker

Billy Tea Bush Dance

Thank you to the many families who supported this school community event - it was a wonderful turn-out and it was lovely to share the fun and enjoy the evening with everyone who certainly appeared to enter into the spirit of the occasion.

Fire Education Presentations

A Fire Fighter from the Tasmania Fire Service is visiting our school next week to present a Fire Safety Program to our students. The program is an initiative of the Tasmania Fire Service which aims to deliver appropriate fire safety education to every primary school child in Tasmania. More information next week.

Parent-Student-Teacher Meetings - Thursday 11th April

Thank you to those family members who have requested a time to meet with their child's teacher/s next Thursday. A confirmation of times is included with the newsletter.

St Patrick's Techspot (Mr Atkins)

Technology addiction is most certainly a real and present concern, and unfortunately it is not limited to adults. Whether it is an indication of real addiction or not, statistics tell us that young people in Australia are spending more and more time on devices as each year goes by. We know that spending too much time on devices, especially if it is an addiction, can have significant, negative impacts on our health. So how can we tell when it is becoming a problem? The website of the eSafety Commissioner tells us that it differs for each person, but if you notice that it is impacting negatively on your life (friendships, family, schoolwork, etc.) or your health (sleep and tiredness, mood, headaches, weight, etc) then this indicates that there is a problem with overuse of technology. Follow the link below to view the eSafety page regarding "Balancing Online Time". <https://www.esafety.gov.au/esafety-information/esafety-issues/balancing-online-time> This website also has some links for you to get help if technology addiction is becoming a problem for your family.

STUDENTS OF THE WEEK

Prep: Jacob Hingston for making great progress in Reading. Well done Jacob on learning sight words and for developing your decoding skills.

Year 1: Leon Garrad for excellent work in Maths.

Year 2: Amaja Scott for using adjectives to enhance her writing.

Year 3: Harry Hughes for giving 100% in mathematics especially with his place value work.

Year 4: Emily Phegan for displaying resilience and determination in all aspects of school life.

Year 5: Aiden Adkins for his caring attitude as a role model towards his Kinder buddy during 'The Billy Tea' dance experience.

Year 6: Peter Metz for being a polite and considerate class member who willingly lends a hand at all times.



School Policies: Grievance Policy

A grievance is defined as any current decision, act or omission regarding matters arising from processes involving St Patrick's Catholic School, which is considered to be in breach of any of the School's policies and procedures. It includes any disagreement, unresolved difficulty or negative feeling between any employees or volunteers in the workplace or members of the school community, which if left unresolved, will be detrimental to ongoing relationships associated with the various roles and functions within the school. As a community committed to Gospel values, St Patrick's Catholic School has both a desire and responsibility to ensure that our environment is a welcoming and inclusive one where everyone can feel accepted and valued. However, as in any normal community, there are times when people raise concerns or complaints. Frequently such problems are minor and are resolved informally; sometimes there are occasions when a person wishes to make a formal grievance. The following procedures set out the ways in which we, as a Catholic Community, will respond to and resolve complaints:

- Decide whether the problem is a concern, inquiry or complaint. This will help in finding a solution. At all times, parents are expected to initially seek clarification or elaboration regarding a concern that relates to school with a teacher or the principal – directly approaching a parent regarding a school concern is not deemed to be the first and most appropriate method of seeking resolution and can often escalate and compound issues that could have been easily resolved by contacting the school in the first instance.
- Try to identify the problem clearly before contacting the school.
- Make an appointment to meet with your child's class teacher. The best way to do this is to contact the teacher either verbally or in writing to arrange a mutually convenient time for a meeting.
- If, after your meeting, you do not feel that the matter has been resolved, or if you have a complaint about the teacher or another staff member, make arrangements to meet with the Principal.
- Unresolved or very serious matters are initially best addressed by writing to the Principal and arranging a meeting; if your concern or complaint is about the principal, you should contact the North-West office of Catholic Education Tasmania.
- Try to stay calm when discussing your concern. Even if you don't feel it, being calm will help you to get your concerns across more clearly than if you are upset or angry. It may help to take someone with you.
- Remember, the staff are committed to resolving any issues that parents might have regarding their children and will discuss with you actions that might be taken in regard to your concern.

ANZAC Day - Thursday 25th April

Please inform the school office of your child's interest in representing the school in the Latrobe ANZAC Day march - ANZAC Day falls in the second week of the holidays this year, however, it would be wonderful to see as many students attend as possible. Details for your attention include:

- Students to march in **full winter uniform** please.
- Students may wear medals on the right side of their shirts or jumpers, if this is your desire.
- The parade assembles outside the Latrobe Memorial Hall in James Street from 9.30 am and steps off at 9.50 am.
- St Patrick's Catholic School staff will be available to assist with marshalling the children from 9:40am.
- When the parade arrives at the Cenotaph we have been advised that students would be best to find their parents amongst the crowd - ideally, parents should be located on the Latrobe Baptist Church side of the Post Office Reserve, near the Library. Staff will be available to supervise any student whose parents are not easily located and staff will remain near the Cenotaph adjacent to the Latrobe Baptist Church until you pick your child up.

Our school captains will lay a wreath on behalf of the school. I look forward to participating in this important day in our community calendar with as many students as possible.



**Fourth Sunday
of Lent
31st March 2019**



Michaela is a 21-year-old trainee at Purple House, a dialysis center in the Central Desert for people suffering from kidney disease. The Aboriginal-controlled service gives patients the opportunity to stay connected with their culture. They do this through traditional healing practices and income-generating activities, such as making bush balms and soaps. With the support of Caritas partners, Michaela is helping to build a social enterprise, a connection to culture and a new outlook for the chronically ill.



**Please donate to your Project
Compassion Box 2019 to help
provide essential health care,
employment and training for
First Australians like Michaela.**

Lives change when we all give 100%

**Project Compassion Boxes can be
brought to school during the last
week of term.**

LIBRARY NEWS

Due to the Fire Education presentations **next week**, classes will not have their usual Library sessions.

Book Fair sales will be available in the open area today and tomorrow Wednesday 3rd April from 8.30 -9am and 3.00-3.30pm. This fair will run for two days only.

ST PATRICK'S PARENTS & FRIENDS

The P & F were approached to assist in purchasing new soccer tops for our participation in the Devonport Junior Soccer Association winter roster. The tops have arrived and feature a P & F Sponsorship Logo as a tangible and public way of highlighting one project that our active school P & F has financially supported. Thank you to the many volunteers who assist with our various fund-raising initiatives. Best wishes to all members of our seven teams for the start of the season this Saturday 6th April. **MANY THANKS to Tameka Harris** for her work in ensuring the team rosters were distributed to families last Friday. Please feel welcome to contact Tameka or Mr Linhart for any questions regarding the soccer season.



REMINDERS & COMMUNITY NEWS

School Canteen

The school canteen will be selling Hot Cross Buns up until Easter for \$1.50 each.

Summer-Winter Uniform Change-Over

Students may wear the full winter uniform from Monday 1st April. The two week change-over (weeks 9 and 10 of term) allows families until Monday 29th April (first day of term 2) for this transition to winter uniform.

Easter Egg Raffle

As part of our fund-raising in support of the Year 5 and Year 6 Canberra Trip in September, families have received a raffle book for three Easter Egg Baskets (with last week's Newsletter). These hampers will be drawn on the final day of term 1, Friday 12th April - please ensure your tickets are returned prior to this date. Extra raffle books will be available from the school office. Thank you for any support.

MERSEY LEVEN CATHOLIC PARISH - Holy Week & Easter Ceremonies 2019

WEDNESDAY OF HOLY WEEK: 24 HOURS OF PRAYER

Our Lady of Lourdes Church, Devonport - 6:00pm

HOLY THURSDAY: MASS OF THE LORD'S SUPPER

Our Lady of Lourdes Church, Devonport - 9:00pm

GOOD FRIDAY MORNING: STATIONS OF THE CROSS

St Joseph's Mass Centre, Port Sorell - 10:00am

St Mary's Church, Penguin - 11:00am

Holy Cross Church, Sheffield - 11:00am

St Patrick's Church, Latrobe - 11:00am

GOOD FRIDAY: COMMEMORATION OF THE PASSION

Our Lady of Lourdes, Devonport - 3:00pm

Sacred Heart Church, Ulverstone - 3:00pm

EASTER VIGIL

Sacred Heart Church, Ulverstone - 7:00pm

EASTER SUNDAY:

St Joseph's Mass Centre, Port Sorell - 8:00am

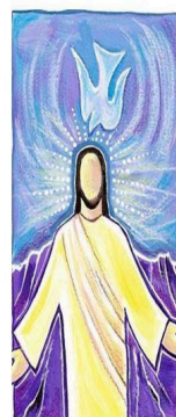
St Mary's Church, Penguin - 8:00am

St Patrick's Church, Latrobe - 8:00am

Our Lady of Lourdes, Devonport - 9:30am

Sacred Heart Church, Ulverstone - 9:30am

Holy Cross Church, Sheffield - 9:30am



2019 Primary School Track & Field Challenge: Saturday 11 May, 2019

St Leonard's Athletics Centre, Launceston. This event is open to **ALL** Primary athletes turning 10, 11 or 12 years during 2019, and will also act as the **Selection Trials for the State Team** for the Primary SSA National 12 & Under Championships to be held in Darwin from 18-23 September, 2019. We encourage every Primary athlete in those age years to enter! The following events will be held during the Challenge in each age group: 100m, 200m, 800m, *High Jump, Long Jump, Shot Put, Discus, *Combined Event (100m/Long Jump/Shot Put/800m) *all events except the High Jump and Combined Event are available to Para athletes. There is a single one-off entry fee of \$16.50 (including GST) per athlete. The portal to enter can be found here: <https://2019tasprimarytfchallenge.eventdesq.com/> All the information regarding the event can be found on our website, via: <http://www.tasathletics.org.au/News/ArtMID/6601/ArticleID/2061496/2019-Primary-School-Track-Field-Challenge>

