Dear Parents,

This week we celebrate Catholic Schools Week and the theme this year is ‘Walk With Me’. This theme reminds us of how our actions and words strengthen our journey with Jesus, especially in our Catholic schools as we strive to educate the whole child, academically, emotionally and spiritually to become people who can live in harmony with one another and use their gifts and talents to create a better world for all. It also helps us to focus on the need of us all to work together and be patient, forgiving and truthful with one another as together we grow as a community who support our children and each other on this journey.

Catholic Schools Week is a time to give thanks to God for the gift of Catholic education and for those who walk with and empower our students to live as disciples of Jesus. Catholic Schools Week 2015 in Parish Schools in the Diocese of Lismore is informed by Proclaim Lismore Students 2015. Proclaim Lismore Students 2015 is a year of listening to and engaging with students in Parish Schools to consider how they can be best supported to full and meaningful Christian lives in our changing world. The theme for Catholic Schools Week 2015 “Walk With Me” was chosen for this reason.

I extend an invitation to you and your family to join us at Mt St John’s this Friday from 10am to 3:05pm to celebrate Catholic Schools Week 2015 with our school and parish community.

Our school celebration will commence at 11am with a combined Mass with our friends from St Mary’s Bellingen, followed by lunch, orienteering and a trivia quiz organised by our student leaders. Our school Environment leaders and some helpers will be preparing hot dogs for lunch which need to be ordered. Children are to bring their own recess.

This is an ideal opportunity to support our parish school and learn more about the great things that take place in Catholic schools every day. Our school has a supportive community of teachers, parents, carers, clergy, parishioners and support staff who work together to focus on giving students the best Catholic education possible.

I would like to take this opportunity to thank you for all your support of Mt St John’s and I look forward to celebrating Catholic Schools Week with you.

Yours sincerely

Sue Darby
Acting Principal

MOTHERS’ DAY
We wish all our mothers a very happy Mothers’ Day this Sunday. I hope that you are all spoilt with love and enjoy the day with your families.

SANDPIT DESIGN COMPETITION: We are planning to build a new sandpit in the back playground. Children are invited to create a sandpit design that they would like to play in. Designs must be:

- safe
• able to be covered to prevent cats and dogs using them
• big enough for groups of children to play in
• able to be built by volunteers.

It could be like the sandpit at St Mary’s…. it’s up to you! The competition ends in Week 8 on Friday 12th June, and is open to children in all classes.

NAPLAN: Naplan testing starts on Tuesday next week for students in Years 3 and 5. 
Tuesday - Language Conventions, Year 3 & Year 5 - 40min; Writing 40 min.
Wednesday - Reading, Year 3 - 45 min, Year 5 -50 min
Thursday - Numeracy Year 3 - 45min, Year 5 - 50 min

These tests are nothing to fear; the children get to experience some interesting questions and are exposed to some very high quality reading materials and stimulus. Encourage your child to get plenty of rest the night before. They can bring a snack and a drink into the room during the test providing it isn’t messy. Good test strategies apply, so reinforce the following with your children:
• time management, i.e. not staying stuck on a question. If they are unsure, encourage them to mark the question and move on, then come back at the end.
• use their scrap paper to do working out or create word banks for stories
• taking a short break if they feel they are getting confused
• use all of the time provided to check work.

INSPIRING PARENTING CONFERENCE - FREE OF CHARGE: A number of FREE places are still available to parents who are interested in attending the NSW Parenting Conference jointly hosted by Lismore Parent Catholic School Assembly and Council of Catholic School Parents on 16th & 17th May. The Conference features renowned parenting experts Michael Grose and Bruce Sullivan as keynote speakers and a host of other presenters providing workshops on issues such as parenting, mental health and wellbeing issues, connecting home and school learning and faith development. Parent Assembly will cover ALL costs including your conference registration and accommodation at the beautiful Opal Cove Resort, Coffs Harbour. To register your interest, please contact your local Parent Assembly Cluster Organiser Paul Edgar on 0427118122. Register quickly as places will be allocated to those who express interest first.

P&F STREET STALL: Our next street stall will be held next Wednesday 13th May. Thank you to Alisha Miller and Tianaha Willson-Baker, who have volunteered to help man the stall. As is our custom, students who bring in something to sell at the stall may come to school in mufti (non-uniform) on the day. We are calling for donations of saleable items such as baked goods, jams and pickles, garden produce, craft items, plants etc. (NO shop-bought food please, as it doesn’t sell). Last year the P&F Association made over $1400 from our street stall, so please help us continue this great fundraising!

P&F ANNUAL GENERAL MEETING: Our 2015 AGM was held yesterday afternoon. Thank you to those parents who attended. We thank and welcome our executive for 2015 – President Melina Lawler; Vice-President Megan Francis, Secretary Tianaha Willson-Baker, and Treasurer Cathy Marsden.

LIBRARY “SHOCK”TAKE: Earlier in the year we competed a stocktake of our school’s library & class reader books. It was rather a nasty shock to discover that there are around 500 books missing from our school! Some of them are brand new and have just somehow “walked out”. Larger schools often have library security systems which sound an alarm if a book is removed incorrectly, but of course we don’t have the money for such a system. Please have a look at home for school books – library books have a barcode on the front cover and class readers have a barcode inside the back cover – and return them to school as soon as possible.

WALK-A-THON: This will take place next Friday 15th May at the recreation ground after lunch. This will take place instead of sport and children can be picked up from the rec or will catch buses at the Primary School. Well done to all of those children who have been busily gathering sponsors, please assist your child with this task as it is not something they should do on their own.

TERM 2 SCHOOL FEES: School fee statements for Term 2 are being sent home today. These fees are payable by Friday 12th
June, unless you are paying regular direct deposit amounts. For Internet banking payments, the school’s details are:

Bank name: Banancoast Community Credit Union

BSB no. 704-328  Account no. 76986
(if paying from a BCU account, please specify our S10 account)

When using Internet banking, please use your child’s surname as a reference.

Suggested Direct Deposit amounts (from beginning of February 2015)

1 student – $252.50 per term
$40.40 per fortnight (x 25 fortnights)
$20.20 per week (x 50 weeks)

2 students – $430.00 per term
$68.80 per fortnight (x 25 fortnights)
$34.40 per week (x 50 weeks)

3 or more students – $530.25 per term
$84.84 per fortnight (x 25 fortnights)
$42.42 per week (x 50 weeks)

LEADERS’ AWARDS: Congratulations to the following students, who received awards from our school leaders: Sports Award – Abbey Lawler & Myra Sibanda - for always remembering to return the equipment after borrowing; Environment Award - Beau Stockton - for picking up rubbish without being asked after lunch; Behaviour Award – Jed Capps - for working quietly in class and playing responsibly in the playground; Faith Award – Rocco Stockton & Tahlia George - for being very respectful in Mass; Learning Award – Braylyn Thornhill - for listening attentively and comprehending accurately during lessons in class.

GOOD LEARNING AWARDS: Class awards went to Miranda Richter for excellent number matching in our game of “Fish”; Jade Ellis for matching words in reading; Brooke Bullock-Francis for trying so hard in Maths; Annie Sibanda for outstanding achievement in all written assessment tasks; and Ryan Miller for consistent effort and application in all subject areas.

PARENT ASSEMBLY: The Parent Assembly has money available again this year to provide education for parents. If you have some area of parenting that you would like to learn more about please talk to Cath Hartin or Mrs Darby and we will start a list and try to source people who can help us with your requests.

LINK TO SCHOOL WEBSITE: http://moodle.dorplism.catholic.edu.au/

PARISH MASSES: Sunday Mass – 10:00am. All are welcome.

CANTEEN: There is no canteen this week, as we are having a Hot Dog day for Catholic Schools Week.

STUDENT ABSENCES: If your child is absent from school for any reason, please make sure you notify the school. There are several ways you can notify us:
1. By phone
2. By email to msjpdxorr@lism.catholic.edu.au
3. Via Skoolbag app
4. By written note

COMING EVENTS:

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<td>Catholic Schools Week</td>
<td>Open Day from 1pm</td>
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<td>Fri 8th</td>
<td>• St Mary’s visit &amp; Mass</td>
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<td>Hot Dog day</td>
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<td>12th-14th</td>
<td>NAPLAN</td>
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<td>P&amp;F Street Stall &amp; multi day</td>
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<td>Mon 8th</td>
<td>Queen’s Birthday long weekend</td>
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<td>Fri 12th</td>
<td>• Kids’ Day in canteen</td>
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<td>Term 2 school fees due</td>
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<td>Thurs 18th</td>
<td>Athletics Carnival</td>
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<td>Fri 26th</td>
<td>• NAIDOC Day at Dorrigo High</td>
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MUSIC LESSONS: Rob Harpley is taking lessons in guitar or keyboard at school on Wednesday afternoons from 1:30pm. Cost will be $20 for a half hour lesson. For more information call Rob on 67759282.

DORRIGO DRAMA – KIDS ON STAGE: Kids on Stage has resumed this term and will be held on Monday afternoons at 3:30pm at the Old Gazette Theatre. Rehearsals for a
production of “A Magical Mystery Tour” by Pene Charles are now underway. If you’re interested in being involved, please ring Dina Luciani on 66572243.

GFS KIDSPLUS meets every Wednesday during term time from 3-5pm in the Anglican Church Hall. There is food, fun, games, worship and craft. Students from Kinder through to Year 9 are welcome. Cost is $1 per session – new pupils always welcome. Contact Rev Mike on 6657 2015.

DORRIGO FUJI KARATE CLUB invites you to discover the rewards of traditional Japanese Shotokan Karate. Increase your fitness, flexibility and coordination while learning self-defence. Studying a martial art promotes discipline and respect, focus, listening and memory skills. Phone Hazel Buchanan for further information.
Where: Dorrigo Public School Hall
When: Mondays Kids 5-6pm Adults 5:30-6:30pm
Phone: Hazel on 0458 572525

Dorrigo Show Schedule Competition
This year for the Dorrigo Show we are inviting all students to participate in a competition to create the cover for the 2015 schedule. Your design should be on an A4 page and in colour. Any theme depicting the Dorrigo Show will be considered. The competition is open to all students. The winning entry will also receive free entry to the show and a mystery package! Runner up will receive a mystery package.
Entries close 29th May and can left at the office of each school.

Dorrigo Show 2015
It’s not too early to start!...
- Taking photos for the photography section
- Making jams and pickles for the Jams and Preserves Section
- Building a model plane, train or lego for the Model section

Great prizes to be won or just to show your families your entries in the Pavilion. Get creative, kids - there’s a category for all your great projects!

IMMUNISATION CLINICS for babies and children will be held at the CWA Rooms (Child Health Clinic) on the First Thursday of each Month from 10am to 12pm, beginning on Thursday 7th May. For appointments, phone 0428 101659. This is a FREE service conducted by Child Health Nurses.

WOMEN’S RETREAT – REGISTRATIONS OPEN!
Women. Food. God. was an overwhelming success last year and was booked out prior to the weekend! Registrations are now open for this year’s retreat so please get in early to avoid disappointment. The retreat is taking place at the Curran Centre (St Augustine’s Coffs Harbour) on Friday night 15th May (6-9pm) and Saturday 16th May (9am-4pm) and is a fun weekend of faith enrichment and fellowship with scrumptious food to boot. To facilitate the retreat we are very pleased to welcome back Sisters Rosie and Berna from the Missionaries of God’s Love in Sydney and Melbourne. Women. Food. God is for women of ALL ages. The cost is only $30 ($20 concession). Registration forms are available at the school and must be returned with payment by Monday 11th May.
Help your children make sense of natural disasters

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can’t do this.

Recent natural disasters wreak incredible havoc on so many people’s lives and will no doubt leave an indelible imprint on our collective psyches. Graphic images have been brought into our living rooms via the media over the last few weeks, and will continue to do so in the immediate future.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can’t do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? Here are some ideas:

1. **Reassure children that they are safe**
   The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. **Be available**
   Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

3. **Help children process what they see and hear, particularly through television**
   Children are good observers but can be poor interpreters of events that are out of their level of understanding.

4. **Support children’s concerns for others**
   They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

5. **Let them explore feelings beyond fear**
   Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.

6. **Help children and young people find a legitimate course of action if they wish**
   Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.

7. **Avoid keeping the television on all the time**
   The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8. **Be aware of your own actions**
   Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

9. **Take action yourself**
   Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children’s worlds can be affected in ways that we can’t even conceive of so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children. In difficult times, it is worth remembering what adults and children need most are each other.