Harrison Herald Newsletter

Dear Parents

Welcome to another exciting week in the life of Mother Teresa School. This Sunday many of our children are heading to Calwell Netball Courts to participate in the annual Catholic Schools Netball Carnival. This event holds particular significance for us as we have the honour of hosting the carnival in 2014.

New Archbishop for Canberra Goulburn
Bishop Christopher Prowse, of Sale, is the Archbishop Elect of Canberra and Goulburn. He will be installed as the Archdiocese’s seventh Archbishop at St Christopher’s Cathedral in Canberra on Tuesday, 19 November.

Staff News
We are thrilled to announce that Mrs Lauren Maher is expecting her first child early next year. Congratulations to her and husband Luke on this wonderful news.

Boorowa Touch Carnival
Last week many of our students participated in the Boorowa Touch Football Carnival. The students represented our school with great enthusiasm and sportsmanship. Thanks to all of the parents who assisted with transport and coaching on the day.

Swimming Lessons
Swimming lessons commence this Thursday and Friday for Kindergarten to Year 3. This is a valuable part of our curriculum and is an essential life skill for all Australians. A reminder that if your child is unable to swim for medical reasons that they are still required to travel on the bus to and from the aquatic centre with their class.

Athletics Carnival
The Mother Teresa Athletics Carnival will take place next Wednesday. This is a less formal carnival and parents are invited to come and join in the fun on the day. The timetable for the carnival includes:

- 9:00 am: Students begin walking to carnival
- 9:15 am: Students arrive
- 9:15-9:30 am: Pre-School students run 50 metre races
- 9:30 am: Primary School students begin their rotations
- 11:40 am: Primary students walk back to school
- 11:50 am: Arrive back at school

School Disco
On Friday November 1 we shall have our school disco in the hall. The disco will be optional fancy dress with a theme of glow and bling. The times will be as follows:

- Preschool – Year 1 children 5.30pm until 6.15pm (ELC parents must attend with their children)
- Year 2 – 5 children 6.30pm – 7.30pm.

At 6.00pm there will be a sausage sizzle and drink on offer for the children from Years 2 – 5 and the same will be available for the children in Preschool – Year 1 from 6.15pm until 6.30pm. The cost of the disco will be the same as last year $5 which will be payable on the night. Please do not send any money into school. Please RSVP using the Skoolbag app or by email to office.mts@cg.catholic.edu.au.

4 Schools Day
A reminder that our rescheduled 4 Schools Day will be held on Friday 8 November. This is a great opportunity for our parish schools to gather and celebrate together. Each child is asked to bring a gold coin donation in support of Catholic Mission.
Happy birthday to everyone who is celebrating their birthday this week including: Victoria Livanos, Cooper Power, Amy Hueston, Natalija Katavic, Thaiciel Chamtaprieo, Jere Cobanov, Anton Katavic, Chiara Nunes, Klara Cates, Olivia Norman and Emily Sajler.

ALTAR SERVERS...First Eucharist Children

Any children who received First Eucharist this year who are interested in sharing their gifts as an Altar server are asked to email Fiona in the Parish Office - fionawilk@holyspiritgungahlin.org.au or place your name on the list in the Church foyer. An Altar Server training session will be held on Saturday 2 November at 4.30pm.
Whole School Focus:
The Journey

The value we are focussing on for the next two weeks is: Resilience

Focus Assembly
Thank you to Mrs Snowdon and Year 4/5 Magenta, for presenting a wonderful focus assembly about resilience. The students set the tone with a beautiful liturgical movement to the song ‘Essence’. We heard a great story called ‘Reach for the stars’. One of the messages was:

You won’t always be top dog.
In fact sometimes you’ll be in the doghouse.

So! Dust yourself off! Get back in the saddle.

Hopefully, one of the pet "hates" of parents would be posters in sports stores that proclaim messages such as:

"Failure is not an option
Winning is the only thing that matters." Or
"Whoever comes second is the first loser.".

Of course, adults would quickly realise that the non-winners or the losers associated with such posters are the authors who have failed to understand the purpose of participation. However, such statements might have negative effects on children. If expectations are too great, children can be afraid of facing disappointment after they have put a great deal of effort into an endeavour.

In his book, "Will You Still Love Me if I Don't Win?" Christopher Andersonn makes the distinction between negative and positive competition: negative competition occurs when a child competes for his self-worth and value as a person. Positive competition is the result of children competing to discover their talents and inner strengths such as determination, patience and graciousness. This sentiment is supported by this extract from a poem:

"Don't undermine your worth
by comparing yourself with others;
It is because we are different
that each of us is special.
Don't set your goals
by what other people deem important.
Only you know what is best for you.... "

The last thing we want children to be concerned about is the fear of failure or not living up to their last success. This is why in whatever endeavour they might undertake, children need their parents' love, approval, acceptance and the sense of security whatever the outcome.

"Nothing is really over until the moment you stop trying. Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other ....... "

As parents, we should always respect a child's emotional nature and care enough to understand and relate to what they are feeling, not just to what they are thinking. To show respect, teaches a child to respect others and helps build relationship skills. Children need to be allowed to feel their negative feelings such as anger, sadness, loss, in a safe constructive way so as to work through the experience, survive it and move on. Children need to learn how to handle success and failure with grace, style and dignity.

"Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave." Author Unknown.

Often times, the example that is put before us by the "Professionals" is not always to the benefit of "good example"; nor is the attitude expressed by their supporters. In our parental role, we need to take care that we don’t fall in with the "crowd" and a society that does not always value feelings.

"God, our Father,
We offer praise and gratitude for Your promises that encourage our lives.
Your promise to be our rock solid and sure, steady and real.
We thank You for the indwelling of Your Spirit enabling us to live in the reality of our lives.
Amen."

Peace and Best Wishes.

Anne Leet (Religious Education Co-ordinator)
The children have really been getting back into the swing for Preschool and have been very busy in the classroom. Here is what they have been up to:

The Red Jellyfish have been looking at boats this week as part of their transport project. Last Wednesday they went for a walk down Well Station track and collected interesting objects. Some of these were sticks and leaves and they decided to make boats out of them to see if they might float. Mrs Bird made an experimental boat and despite the holes it did not sink to the bottom of the water. The children have been carefully designing and making all kinds of boats to test in the water. The natural materials have proven difficult to work with! The class have made diagrams of boats and learnt about the different parts of them. The children have also completed their rosary bracelets and they are on display in the classroom.

Blue Whales have been doing lots of individual activities this week and generating lots of ideas! They have explored painting with their hands and making animals using our finger prints and palm prints. These pictures are now hanging in their art gallery. A group of children have continued their interest in dinosaurs so they had a go at making fossils using salt dough with Miss Watts. The children are waiting for them to dry before finishing them off with some authentic ochre colours next week. Mr Thurgar brought in his racing motorbike and the children all had a turn of sitting on it or standing by it. They enjoyed asking questions and watching Mr Thurgar ride his bike. October is the month of the rosary and everyone has made a Rosary for our prayer table. We know that the ‘Hail Mary’ prayer is one of the prayers of the Rosary.

The Yellow Seahorses, during group times have been busy exploring fossils and how scientists find them. They set up a digging site and zoned it using string, just like they did in a video they watched. Children were then given small tools to locate different objects that were buried. They followed this with a fossil game on the iPad. The children have also explored the properties of soap, and Miss Sadler set up a challenge for the children, they had to work out which surfaces the soap would slide on. They came up with some great ideas and even played air hockey with the soap. Our Bunnings shop is in full swing. The children have been cooking sausages, building, painting, planting and much more. They will be making their own money and signs for the shop next week.

The Purple Starfish have continued exploring ‘beyond the fence’ this week. After jumping over the rocks in the creek bed they discussed how it is now dry.......why would a creek bed be dry and will it flow again? They headed to the trees and used them to make cubby houses, and to finish they were running down the hill calling out and making funny faces! They then spent some time rolling down the hill over and over, even Mrs Newth had a go despite making her a little dizzy and itchy! Next week we hope to bring our Kindy friends to play and share with us.

Finally in the Green Turtles they are continuing with their dinosaur project and having lots of fun. They have a dinosaur egg that they are trying to hatch in water, and they have also been searching for dinosaur bones in the sand. When they find all the bones they work together to try to rebuild the dinosaur skeletons, just like real archeologists. So far they have managed to uncover and make a Triceratops. The children are also trying to chip away at a really hard egg and discover which dinosaur is inside. On top of all that they are also making their own dinosaurs from paper plates and pegs!

Thank you for your continued support,
Clare Addinell and the ELC team.
This week the children have been learning about being a good sport. Both Social skills come under this category and link nicely to our whole school value for this week “Resilience”. Resilience is such an important life skill and closely related to “You don’t always have to win”. Not giving up, understanding that you can’t win all of the time and trying your best when your team is losing by lots is a form of resilience. Both skills have the same slogan:

“Lose or win, do it with a grin”

**Being a good winner**

**Do’s**
- Keep your smiles and excitement low-key.
- Comment on what the other players did well (but don’t overdo it).
- Keep trying hard even if you are a long way ahead.
- Thank the other players for a good game.
- Be a fun player that encourages other players.
- Be a gracious winner.
- Be aware of other people’s feelings.
- Be a good team player.
- Help pack up and put equipment away.

**Don’ts**
- Don’t boast about how well you are doing or how well you played.
- Don’t comment on how far behind the other team is.
- Don’t show off.
- Don’t say that the other team or the other players were easy to beat.
- Don’t point out what others did badly.
- Don’t act happy about other players’ bad luck eg. Don’t clap if they miss their shot, don’t laugh if they drop the ball.

You don’t always have to win

**Do’s**
- Accept that you lost or are losing, and put on a “good face”.
- Congratulate the winner, smile and shake hands.
- Say you enjoyed the game and would like to play again another time.
- Comment on what the winning team or winning player did well.
- Help pack up and put equipment away.
- Remember all of the times you have won before.
- Say to yourself “someone has to lose this time, maybe next time I’ll win”
- Take timeout out if you are feeling frustrated
- Remember to be a good team player.

**Don’ts**
- If you are not doing well, don’t give up or stop trying.
- Don’t use a whinging or grumpy tone if your team is not playing well.
- Don’t suggest that the winning team cheated.
- Don’t stamp off in a bad mood if you lose.
- Don’t make silly choices and ruin the game if your team is not winning.
- Don’t blame your team mates if you lose

**Weekly Challenge:** Interview your child/children and ask them how they would act in these situations:
- At lunch you play a game with your friends. Your team loses and one of your team mates gets angry and says “the other team cheated and should not have won”. What do you do?
- At lunch you are playing a game and your team is winning by lots. A student on your team keeps saying “we are the best, better than all of the rest” and “the other team is hopeless”. What do you do?

Email responses to brendon.pye@cg.catholic.edu.au
Here is the next Maths Cheeky Challenge... Go for it Mathematicians!!

Your Challenge:
Your next mathematical challenge is to Mix Art and Maths together and to creatively represent two-digit and three-digit numbers.

Cheeky Challenge:
To represent different numbers in a way that has not been suggested below.

PROCEDURE:
1. Draw and colour a simple background.
2. Write some numbers spaced out in different spots on your picture.
3. Near each of your numbers illustrate your numbers in pictorial form.

HERE IS AN EXAMPLE:

PARENTS — This challenge helps your children to:
- Think laterally about the many different ways a single number can be represented.
- Use simple number facts or operations (e.g. times tables, ‘groups of’ or addition) to determine different number combinations that the target number can be comprised of.

Remember to keep sending in those challenge solutions to be published!
Email Miss Jeffries: brooke.jeffries@cg.catholic.edu.au
MATHS – CHEEKY CHALLENGE

Congratulations and thank you to those children who have completed the Cheeky Challenge. Check out their masterful ideas!!

Student Responses

Sophie Rodda
Claire Brooker
Sophie Yang
Michael Yang
Sophie Yang
Michael Yang

Mother Teresa School
Year Book Competition 2013

Dear Students
Mother Teresa School is busy putting together the Year Book for 2013.
You and your family are invited to submit a design for the cover!
We are asking for a colour picture on an A4 size page. It will represent what it means to you to be a part of the Mother Teresa Community.
Entries will be judged on which design best represents Mother Teresa School in 2013. The top 3 designs will receive a prize!
It's time to put those coloured pencils, markers and paints to good use!
Please hand in your masterpiece to Mrs Netta in the front office by the 25th of October.

It's time to get creative!
Our trip to Vietnam was an amazing experience. We made many new friends and were welcomed everywhere we went. We spent time at the Orphanage with the children and the elderly having fun and getting to know them. Our Vietnamese interpreters did a fantastic job of helping us communicate with our new friends. We played games with the children, played musical instruments, danced, painted and took the older children on an excursion to the Minority Museum and to KFC for lunch (their choice). The children had the opportunity to have a hair cut and experience a foot spa. They each received a selection of toiletries and hair accessories and were given a new pair of shoes, which they were thrilled about.

We also spent time with the elderly, celebrating National Elderly Day, providing morning tea and some gifts for each person. The women received a cardigan and the men a woollen vest and they each got their own cup with lid and tea bags. We took them on an excursion to a tradition village, visiting the Pagoda and temple. We stopped for lunch before taking the elderly back to SS3. Lunch was enjoyed by all.

One of our projects was to help the older children clean the dorms where they sleep. They were then given a new mattress, pillow and blanket. We also were able to provide a mirror, shoe racks, book cases and curtains to freshen up the room. The children were very pleased with the results.

This is the beginning of the journey for us and we have already begun planning projects that we hope to implement next year when we return to Hanoi. Thank you for all your support, donations and prayers, we ask that you continue to pray for the children and staff at SS3 that this positive relationship will continue to grow.

Many Blessings, Hazel Haydon and Liana White

If you would like to support the work at the Orphanage further, you can donate directly into the Northpointe Baptist church account, marking your donation for SS3 Hanoi. This money will provide food and essentials for the children and elderly at the Orphanage.

HARRISON Residents! Your bin day is changing.

The ACT Government wishes to advise residents of Harrison that their bin day is changing.

Bins will now be collected on Fridays instead of Wednesdays commencing from FRIDAY 1 November

A new waste and recycling calendar has been distributed to all households. If you have not received your new calendar you can collect one at all ACT Government Libraries and Government Shopfronts.