Dear St Paul’s Community,

**BE SAFE, BE RESPONSIBLE BE RESPECTFUL**

Thank you to all the families who were able to attend our Parent Information Evening. This is a great opportunity to meet the teachers and to find out what the students are learning. There were certainly a large number of families in attendance. Thank you to all the parents who stopped me and passed on positive feedback about the start of the school year.

**Mark this in your calendar:** Harmony Day Dinner March 21. We are hoping to make this one of the major events for the school this year. It is about Harmony, so it is about sharing and we are asking families to bring something to share to eat. There is such a large range of cultural groups in the school so the meal could be an amazing feast. There will be a minimal cost to cover ice, cutlery etc.

**Cognitive Coaching:** Currently I am completing a Cognitive Coaching Course. I attended several days in January, but have four more to attend, two of which are on school days. As a result I am away from school on the 20 and 23 February.

**Catholic Principals** in the Northern Territory have other duties at times. I am on the Standing Committees for both Student Well-Being and ICT Learning. I attend several meetings for these groups most of which are after school. I am also the representative for the Northern Territory for the Australian Catholic Primary Principal’s Association (ACPPA) and attend meetings at a national level once a term. My first meeting is in Canberra on March 1 and 2. I will be absent from school on these days. Each term I also attend a Principal’s meeting at the Catholic Education Office. Traditionally this takes place on Thursday and Friday of Week 5.

Some things to draw to your attention:
- **Tuesday 17 February:** Several of our staff will be attending training on Supporting Students with Autism;
- **Ash Wednesday Liturgy:** 10am February 18
- **Bombing Of Darwin Ceremony:**
- **On Thursday February 19 our School Captains together with some of our Year 6 students will be attending this ceremony with Mr V. This takes place at the Cenotaph at 9:30am. Families are welcome to attend.
- **Netball Cluster Day:** Friday February 20
- **Clean Up Australia Day:** February 27 ~All students will be taking part in this event. Each class will be designated an area of our school which they will be responsible for cleaning up.
- **Swimming Carnival:** Friday March 20. For new families this takes place at Casuarina Pool. It does finish early and students are allowed to leave at the end of the carnival. For those students still requiring care, they are returned to school and supervised by teachers. Lots of parent volunteers are needed on the day to help. More details to follow.

God bless

Anthony

Facebook Page
St Paul's Catholic Primary School Nightcliff NT
YouTube Channel
StPaulsCatholicPrimarySchoolNightcliff
See the link on the Facebook page
Parents and the Home Environment they create are the single most important factor in shaping their children’s achievements and prospects. Research has shown that in order to raise achievement, parents need to be both involved in schools and engaged in learning (Harris and Goodall, 2007)

Here are 5 golden rules to guide you along your parenting journey in 2015:

1. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and install a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

2. Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine-year-old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually mal- leable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

3. Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgmental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

4. Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

5. Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

www.ParentingIdeas.com.au

RECONCILIATION/CONFESSION
If you would like your child to participate in this Sacrament there will be a meeting at St Paul’s Church tomorrow evening Thursday 12th February at 6.00pm. Parent and child are to attend this meeting. Children preparing for this Sacrament will need to be in Year 3 or above. Please bring their Baptismal Certificate.

A school Liturgy will be held in the ILC at 10.00am next Wednesday to mark the beginning of Lent ‘Ash Wednesday’. This will be organised by Miss Brittany’s 1/2 class. Parents and Guardians are all welcome to attend.

(S still unclaimed!)
We have received a deposit into our bank account on the 16th January for OSHC with no name. Can you please let the office know it this belongs to you as your account will be in debit! Thank you

SCHOOL FEES will be sent home next week. Please get your sibling discount notes back to Lucy in Finance. Thank you

St Paul’s Parish
Trower Rd, Nightcliff

Mass Times:
Saturday Mass 6.00pm (Vigil)
Sunday Mass 8.30am and 6.00pm
1st Sunday of the month 10.00am
Syro-Malabar Mass
Last Sunday of month 8.30am
Children’s mass
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<tr>
<th>Week</th>
<th>Mon</th>
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<tr>
<td>Week 3</td>
<td>February 9 6pm Parent Info Evening</td>
<td>10</td>
<td>11 School Board Meeting</td>
<td>12 6pm Reconciliation Meeting Parents and Children</td>
<td>13 Book Club orders close</td>
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<td>16</td>
<td>17 Shrove Tuesday</td>
<td>18 Ash Wednesday Liturgy ILC 10am</td>
<td>19 Bombing of Darwin Anniversary</td>
<td>20 Netball Cluster Day</td>
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<td>Week 4</td>
<td>February 23</td>
<td>24</td>
<td>25</td>
<td>26 2nd Reconciliation Meeting</td>
<td>27 AFL Cluster</td>
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<td>Week 5</td>
<td>March 9 Swimming Program</td>
<td>10</td>
<td>11 School Board Meeting</td>
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<td></td>
<td>16 Swimming Program</td>
<td>17 St Patrick’s Day</td>
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<td>23</td>
<td>24</td>
<td>25</td>
<td>26 7pm Reconciliation Mass</td>
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<tr>
<td>Week 6</td>
<td>March 23 3-5.30pm Student/Parent Goal Setting Sessions</td>
<td>25</td>
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<td>27 2nd Reconciliation Meeting</td>
<td>28 Swimming Carnival</td>
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<td>Week 7</td>
<td>March 23 Swimming Program</td>
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<td>26</td>
<td>29 2nd Reconciliation Meeting</td>
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<td>4</td>
<td>27 7pm Reconciliation Mass</td>
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<td>Week 8</td>
<td>March 31 10am Palm Sunday Liturgy ILC</td>
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<td>30 End of Term 1</td>
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<td>3Good Friday</td>
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**Junior Soccer Training**

Junior soccer training takes place at AWOF with qualified English Premier League Brunton. To enrol, call Amy or email awof@com.au. Every child who signs up will receive a AWOF sports pack. Hours: 2-5pm, ages 5-9.

**Friday Night Junior 5-a-Side Football Competition**

- Unlimited subs!
- 14 week comp!
- $7 per player!
- 5pm start

To enrol call AWOF on 89852844
Email us: info@awof.com.au
Welcome to a wonderful year of sporting events and activities at St Paul’s.
This year is set to be filled with even more opportunities for children to be active and engaged in sporting activities.
This Sports Page is where much of the information for parents and students will be posted.
All students in Years 3-6 attended a Cluster Sports Information Meeting in the ILC in week one. The Interschool Cluster Days were outlined and explained.
Any parents who have any questions regarding Cluster Days or other sporting activities may contact Miss Mohr.

**TERM 1 SPORTS CALENDAR**
Wk.1 – Yrs.3-6 Cluster Information Meeting
Wk.2 – Tennis Notes handed out (Friday)
Wk.3 – Tennis Notes Due Friday 13th March
Wk.4 – NETBALL CLUSTER DAY
  Friday 20/3/15
Wk.5 – AFL CLUSTER DAY
  Friday 27/2/15
Wk.6 –
Wk.7 – Swimming Program (Mon-Thu)
Wk.8 – Swimming Program (Mon-Thu)
  SWIMMING CARNIVAL
  Friday 20th March
Wk.9 – BASKETBALL CLUSTER DAY
  Friday 27/3/15

**TEENEN NOTES**
Every student at St Paul’s received a Tennis Note last Friday. St Paul’s is a National Schools Partnership Program (NSPP) school for tennis. When every student is registered through the school with the Hot Shots program, Tennis Australia offers benefits in relation to lessons and equipment.
Please ensure **ALL** notes are returned by this **Friday 13th Feb.** Thank you to those who have brought their note back already.

Frequently Asked Questions
Is there a cost? No. It is free for all students.
When/where is the program run? The sessions are covered at school during PE lessons, during school hours.
3/4 Family Picnic

Come along and get to know the other students and families in 3/4.

**When:** Friday 20th February (End of Week 4)

**Where:** Sunset Park, Nightcliff (Near the Jetty)

**Time:** 5.30pm–7.30pm

**BYO:**
- A picnic dinner
- Chairs or a picnic rug
- A ball or game to play.
## Anglicare NT

Offering affordable parenting courses to help parents manage the big and small problems of family life.

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<tr>
<th>Course</th>
<th>Dates</th>
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<tr>
<td>Tuning into Kids</td>
<td>Tuesdays 24 Feb to 31 Mar</td>
<td>6 pm to 9 pm</td>
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<tr>
<td>123 Magic</td>
<td>Tuesdays 12 May to 26 May</td>
<td>6 pm to 9 pm</td>
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<tr>
<td>Tuning into Teens</td>
<td>Tuesdays 29 July to 1 Sep</td>
<td>6 pm to 9 pm</td>
</tr>
<tr>
<td>Tuning into Kids</td>
<td>Tuesdays 20 Oct to 24 Nov</td>
<td>9.30 am to 12 noon</td>
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Call 8946 4800 or email resolve@anglicare-nt.org.au to discuss fees and secure your booking.

## CatholicCare NT

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<tr>
<td>Triple P - Power of Positive Parenting (Teens)</td>
<td>Tuesdays 17 Feb to 3 Mar</td>
<td>6 pm to 8 pm</td>
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<tr>
<td>Tuning into Kids</td>
<td>Tuesdays 14 Apr to 19 May</td>
<td>9.30 am to 12 noon</td>
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<tr>
<td>Triple P - Power of Positive Parenting (0-12 yrs)</td>
<td>Tuesdays 26 May to 23 Jun</td>
<td>6 pm to 8 pm</td>
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<tr>
<td>Tuning into Kids</td>
<td>Tuesdays 4 Aug to 8 Sep</td>
<td>9.30 am to 12 noon</td>
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<tr>
<td>Triple P - Power of Positive Parenting (0-12 yrs)</td>
<td>Tuesdays 10 Nov to 1 Dec</td>
<td>6 pm to 8 pm</td>
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Call 8944 2000 or email catholiccarent.org.au to discuss fees and secure your booking.
FOR SALE
Keyboard in great condition. $100.00
email poppy.z@bigpond.com.au if interested.
Variety NT is pleased to announce the release of the Variety Future Kids Northern Territory Scholarship Program. There are five scholarships to the value of up to $2,000 each. As part of the Variety NT's Future Kids Program, the Scholarships will support children in achieving their goals in the areas of The Arts, Sport and Education.

Applications are now open to children who are disadvantaged or living with a special need and reside in all areas of the Territory. Applications will be accepted for children up to the age of 18 years old at the time of application. Each Scholarship application is considered by a selected committee of experienced professionals from the community.

If you would like more information please ring the Variety office on 08 8981 2544 or email admin@varietynt.org.au
A Message from St Paul’s Parents and Friends Committee (P & F)

A big welcome back to the new school year and a special welcome to all the new families joining the St Paul’s School community. The St Paul’s P & F organise and hold many fund-raising activities throughout the school year to assist in improving, developing and maintaining facilities and resources of St Paul’s School.

The first fund-raising event of the year is the school disco/family night. This is a great night to get to know other families and be involved in the school community. This year the disco will be held on

**Friday March 6th from 6pm to 8.30pm.**

Traditionally the students and families in year 5/6 are asked to help host the school disco by donating water and cans of soft drink. We also ask the parents to help out on the night with set-up, serving and clean-up. A roster of duties will be sent home with year 5/6 students for parents to fill in where they can help.

The Parents and Friends Committee will also hold the **AGM** on the night in the ILC building at 7.30pm. All parents are welcome to come along and join or register interest in helping out with an event/events. We thank you in advance for your assistance in helping to enrich the lives of our children.