



GOOD COUNSEL PRIMARY SCHOOL NEWSLETTER



11/08/15
Term 3 Week 5

secretary.innisfail
@cns.catholic.edu.au
www.gcps.qld.edu.au

Ph: 07 4061 2994
Fax: 07 4061 2271
Info Line: 4063 5399

OFFICE HOURS
8.00AM—3.20PM

POINTS OF INTEREST

- APRE - LIFE OF THE SCHOOL pp. 2,3

DIARY DATES

TERM 3
(10 WEEKS)
MON 13TH JUL -
FRI 18TH SEPT

EVERY WED
SCHOOL BANKING
8.00-8.30
DEPOSIT BOOKS TO BE
TAKEN TO
BANKING
CO-ORDINATORS IN
BREEZEWAY

WED 12 AUG
CHOIR PRACTICE
8.40AM - 9.20AM

WED 12 AUG
YR 2 MILL EXCURSION

FRI 14 AUG
FEAST OF THE
ASSUMPTION MASS
10AM MoGC

WED 19 AUG
MATH OLYMPIAD #4

MON 24 - 28 AUG
BOOK WEEK
(NOT TO BE
CONFUSED WITH
BOOK FAIR)

Principal's Column

Dear Parents,

Last week we held our annual Under 8's Day, according to all Prep-Year 2 students "it is the best day of the year". The oval and undercover area were a sea of activity with everything from face painting, collage and jewellery making, fairy bread, slime tubs, sand play, blocks, jumping castles and beading. For two hours our students had free play to explore, create, taste and paint. This year we invited all of our Pre-Prep children for 2016 as well as the local Kindergartens and Early Learning Centres. In all, 250 children participated in the activities. Many thanks to Mrs Fey and the staff who set up and organised activities for the event and Mrs Marcelle Foster and the Certificate III Early Childhood students from Good Counsel College who face painted all morning.



We have spoken to Mark Thao's mum and dad this week. Mark is in Brisbane still receiving treatment. Many positive signs have occurred and he is recognising family members and mumbles their names. He can say some words e.g. "Go KMart" and "McDonald's". Much of his treatment

revolves around physiotherapy, speech therapy and teaching him how to eat solids and drink. This news is all positive and it is so good to hear about his improvement. Mum and Dad have thanked us all for our prayers and would like this to continue.

I have included in this week's newsletter a snippet from Michael Grose' Parenting Ideas - *Helping Kids Be Brave*. He has five helpful parenting practices for kids who are anxious, here are the first two with the rest to follow next week:-

1. SKILLING TOWARDS BRAVERY

Help kids face their fears by skilling them e.g. Look around for a friendly face when you go to Scouts. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. SCAFFOLDING TOWARDS BRAVERY

Rather than avoidance allow kids to face their fears in stages e.g. Let's go to the party for an hour then I'll pick you up. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

Hopefully these helpful hints will assist you. We have set up a Parent Education Collection of useful books in the front office. Should you wish to borrow from the collection please visit the office and utilize the borrowing books. Books include assistance with raising boys/girls and boosting your child's achievements in school.

Welcome to our new students Leo 1S, Chayse 3/4K, Kohen Briggs 5GH and Jhamahl Purcell 3Y who started this week, please make them feel welcome.

Congratulations to our Under 10 Fowler Cup girls who won all 7 games of netball in Cairns on Friday. Congratulations also to our Under 10 Ty Williams Cup boys who joined with St Rita's to go through the carnival undefeated in all five games.

Regards
Liam



St Mary MacKillop...

Thank you 6H students for the historical Friday Prayer Assembly presentation about Mary MacKillop, and thank Ms Helm for their preparation. St Mary of the Cross is exactly what this year's Catholic Education theme is all about, a woman who—Engaged Minds, Ignited Hearts and Served Others.



Sacrament of First Eucharist...

We support our children preparing for the Sacrament of First Eucharist: Brendan Zahmel, Matthew Schramm, Kaitlin Onaindia, Indy-Anna Nunan, Alexis Morales, Isabella Marmara, Logan Lizzio, Jessika Kenderick, Rylee Jones, Braeden Johnson, Bobby Johnson, Aidan Herbert, Jasmin Ham, Amy-Leigh Burke, Bianca Brant, Lily Nutting. Thank you Mrs Rosemarie Pensini and Mrs Lisa deBuck for leading the children's instructions on Sunday mornings.

Friday 14 August...

Parents and extended family are invited to share in the whole school's celebration of the Feast of the Assumption of the BV Mary in Mother of Good Counsel Church at 10:00am. There will be a brief Friday Assembly at 8:40am for Social and Emotional Awards and notices. Thank you for supporting the children. Thank you Fr Kerry for encouraging the celebration of this Mass even though the actual feast day will be Saturday 15th August.

Yours in Catholic Education

Maria Caltabiano Mrs C.

APRE—Assistant Principal Religious Education & Administration



2015 Calendar... TERM 3

- Wed 12.08 Yr 2 Mill & Etty Bay Excursion
- Fri 14.08 Brief Friday Assembly SEL Awards 8:40am
10:00am Feast of the Assumption Mass
Interschool Sport Yr 3-6 Sports Shirt req.
- Mon 17.08 Fr Kerry Class visits 9:10am 4/5H, 6B, 6H
11:10am Reconciliation 4K
- Tue 18.08 2AL, 2WH Liturgy MoGC Church 10:00am
- Wed 19.08 Math Olympiad #4
- Fri 21.08 4PC Eucharist Prayer Assembly
Interschool Sport Yr 3-6 Sports Shirt req.
- Sat 22.08 Vinnies Choir Mass 6:30pm
- Mon 24.08 4/5H Reconciliation 9:30am MoGC Church
Book Week Library Sessions Preps &
younger siblings 8:15am—Mrs Farina
- Tue 25.08 4PC Reconciliation 9:00am MoGC Church
- Wed 26.08 Book Character Dress Up Day
- Fri 28.08 Gold Coin Yellow/Orange Dress Day
Daffodil Day Prayer Assembly 1G & 1S
Fowler's Cup U12 Netball Cairns
Interschool Sport Yr 3-6 Sports Shirt req.
- Sat 29.08 Sacrament of First Eucharist MoGC 6:30pm
- Sun 30.08 —Fri 4.09 Yr 6 Outback Camp
- Sun 30.08 Sacrament of First Eucharist MoGC 9:00am
- Wed 02.09 Prep Father's Night
- Fri 04.09 2AL Father's Day Prayer Assembly
Cranky Bears Excursion Prep & Year 1
Interschool Sport Yr 3-6 Sports Shirt req.
- Sun 06.09 Sacrament of First Eucharist St Rita's SJ
- Tue 08.09 3/4K Liturgy MoGC Church 10am.
- Wed 09.09 Math Olympiad #5
- Thu 10.09 Prep Fairy Tale Day
- Fri 11/09 2WH Prayer Assembly
Interschool Sport Yr 3-6 Sports Shirt req.
- Tue 15.09 5GH Class Mass MoGC Church 9:30am
P & F Meeting 7:30pm Theatrette
- Wed 16.09 Bike Safety Blue Area
- Fri 18.09 Jim Graham RL Cup
Mary Mills Netball
Term 3 ends



2015 Calendar... TERM 4

Mon 5 Oct Labour Day
 Tue 6 Oct - Fri 4 Dec (9 weeks)
 Tue 06.10 NAIDOC Celebrations
 Maggie Dent 7:30pm Theatrette
 Mon 19.10 CTJ Day—PUPIL FREE DAY
 Mon 26.10 Life Education Van at School
 Wed 28.10 GCC Year 7 Orientation Day
 Thu 29.10 Cyber Safety Sue McLean 7:30pm Theatrette
 Tue 06.10 NAIDOC Celebrations
 Maggie Dent 7:30– 9:00pm Theatrette
 Wed 11.11 Remembrance Day Ceremony Blue Area
 Mon 30.11 Leadership Assembly 8:40am Blue Area
 Thu 03.12 GCPS Christmas Concert
 Fri 04.12 End of School Mass MoGC Church 9:00am

A moment of mindfulness.

With such busy lives, we tend to run from one place to another, falling in to bed at night with a list of unresolved things to complete the next day! I know this because I do it too! Therefore this week I would like to remind us all to take some time out of busy schedules to practise a moment or two of mindfulness. Mindfulness allows us to be present in the moment and strengthens our ability to regulate emotion and cognitive focus. In just a few moments, we can reconnect with our thoughts, feelings and sensations.

Some easy ways to reconnect with mindfulness:
 Silently pay attention to your surroundings when out walking.

Take notice of your senses. What can you taste, smell and hear in the present moment?

When sitting in your chair take notice of your breathing and your body.

In turn then, we can share the importance of mindfulness with our children and show them how to use short moments to reconnect with themselves.

A short but excellent youtube clip is:
<https://www.youtube.com/watch?v=F6eFFCi12v8>

Also a fantastic app to assist with meditation and relaxation for both children and adults is 'The smiling mind'.

Bec Finucane
 School Counsellor

SOCIAL EMOTIONAL LEARNING

Term 3 Week 4 Recipients

Program Achieve:

6B	Jake Wynne	<i>Persistence</i>
5GH	Cooper Luce	<i>Confidence</i>
5GH	Pearl Wood	<i>All Keys</i>
4/5H	Faith-Brielle Dalamaras	<i>Organisation</i>
4/5H	Madison Azzopardi	<i>Persistence</i>
4PC	Sunpreet Singh	<i>Confidence</i>
4PC	Kyanna Pike	<i>All Keys</i>
3/4K	Ruby Kukulies	<i>All Keys</i>
3Y	Belle Gallagher	<i>Confidence</i>
3Y	Juliet Santitto	<i>Getting Along</i>
2WH	Ayden Edgerton	<i>Organisation</i>
2WH	Gavin Shannon	<i>Persistence</i>
2WH	Layla Young	<i>Confidence</i>
2AL	Jason Schramm	<i>Persistence</i>
2AL	Karleigh Costa	<i>Persistence</i>
2AL	Daniel Anderson	<i>Persistence</i>
1S	Leo Briggs	<i>Emotional Resilience</i>
1S	Trinity Lee	<i>Organisation</i>
1S	Dexter Bartolo-Solares	<i>Organisation</i>
1G	Hannah Dryden	<i>Persistence</i>
1G	Shaelah Surha	<i>Persistence</i>
1G	Tatyana Richter	<i>Persistence</i>
PFD	Jasnoor Bhangu	<i>Getting Along</i>
PFD	Mia Di Carlo	<i>Organisation</i>
PC	Tayanna Iki	<i>Confidence</i>

Enjoying Under 8's Day at GCPS!



tuckshop



LINDA IS LOOKING FOR HELPERS FROM 9AM-11.00AM

PLEASE SIGN IN AT FRONT OFFICE

WED 12 AUG KELLY JONES
FRI 14 AUG LIZ KIPPIN
MON 17 AUG HELP NEEDED
If you can help out at any time even for an hour during

Regular times for sale of uniforms are MONDAY, WEDNESDAY and FRIDAY 8.00-8.30am and 11.00am - 12.30pm \$10 Interschool Sports Shirt now available

School Banking Day Reminder



Don't forget that Wednesday 12 Aug is School Banking day and students should bring in their weekly deposit. Please take your Bank Book to Mrs Rhodes and Miss Braun the Banking co-ordinators who will be sitting in the breezeway from 8.00 - 8.30am.



Congratulations to Syren Letizia who recently competed in Port Douglas in the 12 and under Innisfail Netball Representative team, winning all their matches. It is the first time the Innisfail team has won and a big thankyou to Leisa Spinella and Miss Bowie for encouraging her love of netball.

Congratulations to Troy Delgado (6H) who represented the Peninsula District at the Qld Tennis Championships last week. Troy placed 24th out of 48 competitors.

LEARN TO SWIM

Lessons have started at the Innisfail Swimming Pool! Mon - Sat Children from 6months of age. Bookings are essential. Junior swim squads are also offered - free assessments are provided. Call Julie on 40611267.



INNISFAIL ROAR FOOTBALL

- WEDNESDAY SEP 16TH 2013 4.30PM TO 7.30PM
REGISTRATION FROM 4.15PM
COST: \$40.00 PER PERSON INCLUDES SUPPORTERS PACK
VENUE: CASTOR PARK MOURMELAN
OPEN TO CHILDREN FROM 5-14YEARS NO SOCCER EXPERIENCE NECESSARY
SHIRTS OF PURI FILLED FOOTBALL, PLUS GAMES IN THE INFLATABLE FIELD.
BBQ & CANTEN WILL BE OPERATING ON THE NIGHT.
REGISTER ON LINE: WWW.ROARACTIVE.COM.AU
ANY INQUIRES PLEASE CALL CHARLES NANITTO 0418772381
BRISBANE ROAR ARE CONDUCTING THIS CLINIC WITH THEIR EXPERIENCE



TERM FEES

Term 3 fees were issued last week. Please check your email for fee statements. Due date for fees 11 August.

Those families remaining who still require a remission for 2015 must make an urgent appointment to see the Principal ASAP.

A reminder that every family will receive a fee statement eg: direct debit, families on remissions etc to keep you informed of your current balance.

For direct deposits please use your Reference No 973..... (ask at office or note on bottom of invoice) to ensure that monies are paid against correct family.



PAYMENTS OVER THE INTERNET NEED TO ENSURE USE OF FAMILY CODE AND EMAIL/FAX CONFIRMATION OF PAYMENT TO OUR OFFICE ON 40612271.

BOOK FAIR

Mon 17 - Thurs 20 August

Times: 8.15am-8.30am,

lunchtimes &

3.00pm to 3.20pm

Venue: Theatrette



All commission earned goes toward new books for our Library



CASUAL POSITION AVAILABLE-SCHOOL CROSSING SUPERVISOR Innisfail Region

We are urgently seeking interested persons for a casual position, approximately 1.5 hours per day, on a rotating roster, school days only.

Approved applicants will be required to undergo a medical assessment and pass a blue card application.. Pay rate starts at \$27.50 per hour. Please call 07 4045 8515 for an application package or collect one from the School Office.