St Theresa's School Albion

Newsletter, Thursday 18th April 2024 (Term 2 Week 1)

Be Safe,
Be Happy,
Be Caring,
Be Ready to Learn

Hi Everyone and welcome to Term 2. It's a long one and a cold one so we hope everyone stays happy, healthy and ready to learn.

We have a couple of school closure days coming up next week :

THURSDAY 25th APRIL is ANZAC DAY…. This is a public holiday and there will be no school for the students on this day.

FRIDAY 26th APRIL is a SCHOOL CLOSURE DAY …Teachers will be attending a professional development day so there will be no school for the students on this day as well.

FAMILY CINEMA NIGHT : WEDNESDAY 24th APRIL at 6PM



With no school the next day, why not start the 4-day weekend off with a bang and join us at school for an outdoor film night.
All our families are invited to bring your picnic rugs, cushions and outdoor chairs, make yourselves comfortable on the turf area, enjoy a picnic dinner with your family and friends and then all sit back, relax and watch a film (yet to be decided) on the giant inflatable screen. Fingers crossed that it will be a beautiful warm Autumn night.
When: Wednesday 24th April (Night before Anzac Day holiday)
Time : Beginning at 6pm
BYO Picnic Dinner
Where: On the turf area in the St Theresa's Playground





MOTHER'S DAY

Mother's Day isn't very far away and our fundraising team are getting busy organising gifts for our MOTHER'S DAY STALL which will be held on FRIDAY 10th MAY.

WEDNESDAY 1st MAY will be a CASUAL CLOTHES DAY : Children can wear their casual clothes in exchange for a donation for our Mother's Day Stall. These donations can be chocolates, candles, soaps, pamper products, mugs or anything else that you think mums would like…. but the donation must be new and unused.

MOTHER'S DAY MASS : FRIDAY 10th MAY
We would like to invite all our Mums and Grandmas to our Mother's Day Mass on Friday 10th May at 9AM. It will also be our first school mass celebrated with Fr Dixon

ENROLMENTS ARE STILL OPEN FOR PREP 2025

Enrolments will be open from Tuesday 12th March to Friday 21st June 2024

INFORMATION NIGHT – Wednesday 8th May 6.30 – 7.30PM in MPR

SEE US IN ACTION TOURS …Choose one and book in by calling the school office on 93119070
Tuesday 14th May 11.30-12.30
Monday 20th May 11.30-12.30
Friday 31st May 11.30-12.30

An Enrolment Application Fee of $50 is required to be paid at the school office when submitting Enrolment Forms. (This fee is then deducted from your school fees once your child has been enrolled)

OTHER REMINDERS

1. **SCHOOL GATES WILL OPEN AT 8.30AM WITH SUPERVISION (The Adelaide St and King Edward Ave gates will be locked until 8.30AM). OSHCLUB is available if you need supervision for your child before 8.30AM.** Children have been arriving at school from 8.15am when there is no teacher supervision in the yard and this can't continue.

2. **SEMPER DENTAL VAN IS COMING** On the 11th and 12th June, Semper Dental Service will be visiting our school. The dentists provide a free dental check-up and treatment for all eligible students. There will be more information about this service closer to the date.

3. **SAFETYNET FOR PARENTS (CYBER SAFETY) : Tuesday June 4th 9AM in the MPR .**
'Bullyzero' is a company that delivers bullying prevention programs. They will be working with our parents and students covering areas including Bullying, Cyberbullying, current social media trends and online dangers, Account management, privacy and reporting, what parents can do to reduce online risks and where to go for help. **This is definitely one to add to your diaries.**

3. Term 2 fee statements were sent out earlier in the week. Please attend to them when you can.

4. **CROSS COUNTRY DIVISION TRIALS** are on tomorrow, Friday at Sassella Park. St. Theresa's has 16 representatives. Good luck and good speed to all our runners.

5. Our **next assembly** will be held on Friday May 3rd at 2.30 in the Multipurpose Room. Our hosts will be all our Prep children, their first assembly! Please join us for this special occasion.

6. **Interschool Sport** begins on Friday May 3rd. Our first game will be at home against Sunshine Harvester. You are very welcome to come along to cheer on our 5/6 students.

CROSSING SUPERVISOR OF THE YEAR AWARD 2023 / 2024



We think that Leon, our crossing supervisor, is easily the best one going around and we're going to nominate him for the 2023/2024 School Crossing Supervisor of the Year Award, which is an award decided by School Crossing's Victoria together with Brimbank Council.
We need our families to nominate him too. All you have to do is nominate LEON PANAGIOTIDIS by jumping online and completing a nomination at
www.schoolcrossingsvictoria.com.au
Your support for this program will help ensure that Leon is shown the appreciation he deserves for his commitment to the ongoing safety of your children.

Year 6 Camp Report :

Term 1 ended in the best possible way for our 5/6 students when they went on a 3-day camp to Healesville. The camp was called "Candlebark Farm" and it was full of great activities like the Super Swooper, Canoeing on the lake, the Flying Fox, the Small Ropes Course, a Scavenger Hunt, the games room and a quiz and film night. Everybody (adults included!) really enjoyed themselves but came home exhausted and ready for the school holidays. A very big thank you to Aaron and Sandra, who organised the whole thing so that it ran smoothly, to Pat who joined them on camp and looked after the medical side of things and to our wonderful volunteer parents, Tim Everett, Renee Bond and Clare Kearns, without whom the camp can't happen.











The bus trip on the way home…exhausted!

Community News

YOGA & PILATES CLASSES : “Whispa Wellness is so excited to become a part of the Albion community and offer our services to the neighbourhood.”



Here’s an interesting read for parents with some useful suggestions.



INSIGHTS

happy families. SCHOOLS

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Defusing Explosive Children

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: “Kids do well if they can.”

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they’re not quite there but believe they can do it, they’ll go for it. But if they’re incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don’t do well… *because they can’t!*

Greene describes incompetence in a gentler way: *lagging skills*.

Lagging skills are the missing pieces in a child’s skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

Let’s break them down:

Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it’s a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It’s recognising things didn’t work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate

creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain. Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/Disconnected? Tired? Stressed? Sick? Overstimulated?
2. Say what you see. If you can name it, you can tame it.

3. Ask if they want you with them or if they want space.

4. As emotions subside, explore their world and their challenges. Explain what you are looking for. And empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.

AUTHOR

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Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.