Dear Parents and Friends,

“National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities.”

(From timeanddate.com)

Yesterday, Year 3/4 St Clare of Assisi, with the guidance of Mrs Eastick, presented a very meaningful Prayer Celebration that took us back to the early days in Australian history and carried us through to the present day. The focus was on Australia being ‘my place’ for all Australians over generations – past, present and future. The key message was that it is most important to say “sorry”, to truly mean it and to never repeat the hurt because that’s when true healing can begin.

Athletics Carnival

The air was clear and crisp, the sun was shining and the sky was a beautiful blue for the Athletics Carnival last Friday. It really was a wonderful day which everyone enjoyed and I take this opportunity to thank Mr Konik for his hard work and excellent organisation of the event. The children competed in the various events with enthusiasm and all tried their best. It was great to witness the encouragement the children offered to one another throughout the day and to see so many parents and other family members in attendance. I extend sincere thanks to the senior students from our systemic high school, St Mary MacKillop College, who helped to run many of the activities. I thank everyone who came to help and to cheer on the children. Without your support, the day would not have been such a success or nearly as much fun!

Staffing News

Mrs Foster will be taking maternity leave and her last day of teaching for this year will be Friday 3rd June, next week. I take this opportunity to thank Mrs Foster for the wonderful work she has been doing with the class since the beginning of the year. On behalf of the school community, I also wish Mrs Foster and her husband all the very best for the pending birth of their first child.

Following a panel selection process, Mr Jake Kucher has been appointed to take over the teaching of Year 1/2 St John the Baptist from Monday 6th June. I hereby formally welcome Mr Kucher to the staff and the community of St John Vianney’s. I know that Mr Kucher will thoroughly enjoy teaching the class for the remainder of this year. Mr Kucher is well known to the children as he has worked at the school many times in the capacity of a relief teacher following completion of a very successful final year Practicum. Mr Kucher has taught every class as the ICT teacher and has taught many other classes as a relief teacher.

National Simultaneous Story Time

Thank you to Ms Heath for getting everyone excited about National Simultaneous Story Time and promoting the book “I Got This Hat” by encouraging everyone to wear a hat of some description on Wednesday this week. Many children and staff members came to school wearing all kinds of hats – from the sublime to the ridiculous – and everyone had a great time!

Enrolment Period

The official enrolment period has now concluded. Please remember to hand enrolment forms in to the front office as soon as possible if you wish to enrol your pre-school child into Kindergarten for 2017. If you are aware of friends or neighbours who have pre-school age children, you might also mention the need to get enrolment forms in quickly.
End of May is ‘Hats Off’ Day

In accordance with the Sun Smart Policy, the children do not need to wear a hat during the months of June and July. We will begin this practice next week. The usual rule about wearing the uniform hat or beanie will not be enforced over these two months but, of course, the children may wear these if they wish as they do help to keep out the cold!

Uniform

Whilst I appreciate that children may need to wear gloves and scarves to keep warm during the colder months, I remind parents that these need to be in school colours: yellow, royal blue, navy or maroon – black is acceptable too. Items also need to be one colour only and not a mixture of these. The colour for socks and tights is navy blue. For girls who feel uncomfortable in tights and prefer to wear leggings, these need to be short enough not to show under the uniform dress.

In terms of jewellery, only a watch and plain stud earrings are to be worn. I thank parents for supporting the school by ensuring that children are dressed in the correct uniform.

Thought for the week:

“Apologies don’t mean anything if you keep doing what you’re sorry for.”

Unknown

Vicky van der Sanden
Principal

REPEAT NOTICE:

Students Leaving at the end of 2016

If you anticipate that your child will leave St John Vianney’s at the end of this year, please fill out the slip at the end of this page and return it to the Front Office. This includes those who have applied for Marist or St Edmund’s colleges. Please let us know as we need to begin planning for staffing and class configurations for 2017. I appeal to you not to leave it to the last minute to inform us – we would much rather plan accurately in advance for the next year than have to make changes once the year has begun! Thank you to those who have let us know already, this is very much appreciated. Year 6 need not respond to this request.

STUDENTS NOT RETURNING TO ST JOHN VIANNEY’S IN 2017 (Other than Year 6)

Please return this slip to the Front Office ASAP or alternatively email the school

☐ My child/children have an Enrolment Application pending at another school.**

☐ My child/children will not be returning to SJV in 2017.

Child’s name:___________________________________________________________________________

Class: __________________________________

Destination School: ______________________

Parent Signature:_________________________

**Please note we will require you to confirm your enrolment status with us once a place is accepted at another school.
How to raise resilient kids

Over the last few weeks a very close friend of mine is supporting her child, who is recovering from the removal of a brain tumour. Thankfully with family/friend support, strong prayers and a skillful surgeon – progress has been amazing!

What has this got to do with resilience??? I strongly believe that this particular family (and I know there are many) radiate resilience! They are dealing with this trauma with humour, grace and faith that every day will bring something better. I also believe the progress in recovery has been speedy because of this particular person’s positive outlook on life.

Skills in resilience are promoted in schools because through them children fare well in life. Research shows children with good resilience perform better at school and are less likely to take part in risky behaviour, particularly as they enter the teenage years.

The psychologist, Ron Balderston, describes resilience as a shock absorber for the potholes of life.

"Resilient children know how to cope and have developed skills that enable them to flex so they can manage life's blows when they happen without them getting too down, stuck on ways that aren't helping or giving up," Ron says.

Next time your child is frowning and staring off into space, ask them if they're thinking dolphin or shark thoughts. That's the advice from psychologist and resilience specialist Andrew Fuller on helping your child to recognise the positive (dolphin) or negative (shark) approaches they may be taking on life issues.

"Dolphin thinking can help you out and shark thinking can eat you up. It doesn't matter how old your kids are, they can still understand it," Andrew says.

Dolphin thinking and shark thinking is just one in a series of simple tools you can use to help your child develop good resilience skills. Other tools include playing games and puzzles with your child to develop their problem-solving and concentration skills, teaching your child to read people's emotions to understand objective situations, and helping them to learn how to cheer themselves up after a hard day.

Top tips on building resilience

- Teach your child to experience success by supporting them in something they like doing whether it's a sporting, academic or artistic endeavour.
- Help them develop skills to be successful at school such as having a good concentration and memory by playing card games and puzzles.
- Being able to read people's emotions is powerfully predictive of how well children can get on with people at school. Play games with your child by predicting what sort of day a person walking down the street may have had.
- Be aware of the ‘yuk and yum’ factor – some things will make your child feel good and other things will make them feel bad. The idea is for them to gather things around them that cheer them up if they've had a bad day.
- Keep things in perspective – explain to a grumpy child their circumstances are not the worst possible, and that others have been through similar situations. Walk beside them as they handle the situation. This helps them to build hope and the belief they can handle problems when they come up.

Source: Andrew Fuller

‘You never know how strong you are until being strong is the only choice you have!’
Unkown

Nina De Rosa
Assistant Principal
This has been a very significant week for my family as we celebrated National Sorry Day yesterday and Reconciliation Week from 27th May—3rd June. As an Aboriginal woman who didn’t get to learn about my mob, the Gunungara, due to my great grandmother being part of the stolen generation, I firmly believe that while we have acknowledged and apologised for the past decisions and hurt and it is time to look forward, it is vitally important that our children are educated about our history to ensure that these horrible things never happen again.

National Sorry Day is a time to remember the trauma in Aboriginal and Torres Strait Islander families and communities affected by the Stolen Generation policies. The term “Stolen Generation” refers to Aboriginal and Torres Strait Islander Australians who were forcibly removed, as children, from their families by government, welfare or church authorities and placed into institutional care or with non-Indigenous foster families. Removing children from their families was official government policy in Australia until 1969. However, the practice had begun in the earliest days of European settlement, when children were used as guides, servants and farm labour.

National Reconciliation Week (NRW) is celebrated across Australia each year between 27 May and 3 June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision. The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

This year we have been given special permission by the CE to fly the Aboriginal Flag during Reconciliation Week and again later in the year for NAIDOC week.

The Prayer Celebration held yesterday afternoon, led by 3/4 CA was wonderful. The class used the book “My Place” by Nadia Wheatley to tell of the changes throughout Australian history that led to the forcible removal of children and the lasting effects this has had on many people and their communities. The children’s participation, reverence and involvement was outstanding and showed that, as a school, we are building bridges towards Reconciliation and that no matter how small, every effort is worthy.

This week as a family, take time to talk to your children about Reconciliation Week and what it means. You may like to go to the National Museum of Australia and wander around the First Australians Gallery, visit the 7500 pieces of Aboriginal and Torres Strait Islander artworks at the National Art Gallery or just enjoy the beautiful city we live in which sits on Ngunnawal land.

CONFIRMATION

CHANGE OF TIME— unfortunately due to a clash of appointments Fr Tony Percy needs to change the Confirmation Mass times to 6PM on both the Wednesday and Thursday nights. We are sorry for any inconvenience this may cause families.

FAMILY FORMATION— A reminder that the FAMILY formation evening will be held this Tuesday 31st May from 7-8pm here in SJV school hall. All children and at least one parent (or the child’s sponsor) needs to attend. If you have any queries please do not hesitate to contact me here at school.

Have a great week!

Sharee Thomas
REC
Athletics
The SJV Athletics Carnival was held last Friday. It was a bright sunny day and all the students participated enthusiastically in all events. A huge thank you to the teachers for the wonderful job they did at each event and to the parents that helped during the day. Thanks also to the senior students from St Mary MacKillop College for their help at the carnival. They were excellent ambassadors for their school. The Carnival could not have run so efficiently without everyone’s help.

The PSSA South Weston Carnival will be held on the 18th August. Notes will be distributed to successful students closer to the day.

Final house Point standing for the 2016 Athletics carnival:

1st Winyu – 1545 points
2nd Kubbadang – 1420 points
3rd Garrit – 1305 points
4th Kanbi - 1295 points

Congratulations to Winyu for being the champion house for the 2016 Athletics Carnival and well done to all students who participated.

Rostrum
Students in Year 5/6 have been participating in Rostrum over the last two weeks. Rostrum is a public speaking competition that is run throughout schools in the ACT region. On Monday we had our school final, which was adjudicated by Mrs Thomas and Mrs De Rosa. The representatives from 5/6J were Mollie Hill, Peter Hodges, Katie Goodwin, Harry Luck-Cameron and Livia Mastrocinque. The representatives from 5/6P were Lara Myers, Whitney Gill, Patrick Dunn, Sarah Adam and Isabel Gavran. All ten finalists gave fantastic presentations to Years 3-6. Congratulations to Katie Goodwin for winning our school final and congratulations to Whitney Gill for coming runner-up. Katie will now compete in the quarter final at Arrawang Primary School on June 16th.

AFL Clinics
All classes at SJV have been participating in AFL clinics for the last three weeks. The sessions were led by Amber, an ACT AFL coordinator. All students had a great time and plenty of marks were taken and handballs passed.

Well done to those students who have collected money for the Walkathon and brought in their sponsorship form.

Remember to bring in your sponsorship form each Thursday so that the money can be collected and counted.

There are amazing prizes up for grabs including an iPad mini 2 for the student that raises the most money and an iPad mini for the family that raises the most money. We also have lots of other prizes for students to win.

Mark Konik
Mark.konik@cg.catholic.edu.au
This weeks Merit Awards

Kinder St Anthony
Luca O’Halloran

Year 1/2 St Brigid
Kieran Shepherd

Year 1/2 St John the Baptist
Bailey Mules

Year 1/2 St Nicholas
Lilly Wilson

Year 3/4 St Patrick
Emily Myers

Year 3/4 St Catherine
Ellie Dickens

Year 3/4 St Clare of Assisi
Clara Fernandez
de Canete Nieto

Year 5/6 St Joseph
Mollie Hill

Year 5/6 St Paul
Sarah Temple

The Arts
Kasia Taffe

Library
Whitney Gill

Principal
Katie Goodwin

Certificates will be awarded at next Friday’s Assembly.

The Joeys and Wombats turned up with some wonderful hats on Wednesday which they paraded during their library time. Both classes also made tasty pizza from their very own recipe. The Wombats have been enjoying big books this week and also read a thank you letter from 2L who’ve been coming over to read stories. The Joeys have been interested in dinosaurs and have been learning about herbivores and carnivores. They made a huge mural showing that different dinosaurs are different sizes. The Echidnas are continuing to look at families and belonging and reading lots of big books about families. They have also been practising athletics on the oval and baking scones.

ELC Parents Meeting – will be held next Tuesday night at 6:30pm. We will be talking about improvements to our outdoor area and fundraising progress. We’d love to see you there.

Photo Day – The ELC photo days will be on Monday 6 June for Wombats and Joeys, and Friday 10 June for the Echidnas. Please make sure you return your photo envelop prior to photo day.

Design a Plate – ELC is running the Design-A-Plate fundraiser. If you would like plate made from your child’s design or photo, please collect information and a template from the ELC. Orders are due by Wednesday 8 June.

Canteen is open each Wednesday & Friday

Wednesday June 1
Karen Wilder

Friday June 3
Sonia Dutkiewicz
Kelly Hill
Steph Myers
Please make sure you have your WWVP card with you.

Congratulations
Students and staff enjoyed reading *I Got This Hat* by Jol and Kate Temple on Wednesday this week for National Simultaneous Storytime. The many and varied hats worn by everyone certainly helped make the story an enormous hit. Thank you for participating!

**SJV PLANT STALL**

Gardening Help required…..**Saturday 28 May from 1pm to 4pm**

Hello to new families and old! Are you looking for a way to help at St John Vianney’s? The SJV Plant Stall is run as an ongoing fundraiser for our school, with a major stall at the school fete (Term 4). It is run by volunteers and we need your help!

Do you like to garden? Can you weed, tip prune or repot plants? No experience is required, just some of your time and energy. We would love for you to come along to a gardening work party this **Saturday 28 May from 1pm to 4pm** in the SJV courtyard. If possible, let the front office know if you can make it (ph: 6288 2383 or [office.sjv@cg.catholic.edu.au](mailto:office.sjv@cg.catholic.edu.au)).

Please come as a one off, for an hour or two or even become part of a gardening group for future work and projects.

**SJV FORTNIGHTLY CALENDAR**

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Sandwich Kebabs Bento Box with home made Beetroot chips

Instructions
Preheat oven to 180 degrees.
Place beetroot slices on baking paper sheet, brush with oil, sprinkle with salt
Bake 20 minutes or until edges start to brown.
Remove from oven and let cool.
Assemble sandwich kebabs with bread, cucumber, tomatoes, ham and cheese.

Notes
Suggested Sides:
1 cup vanilla Greek yogurt
Freeze-dried apples

Recipe from: http://poweryourlunchbox.com/sandwich-kebobs-bento-box/

Ingredients
1 large beetroot, peeled, thinly sliced
½ tsp. sea salt
1 tsp. olive oil
2 slices whole wheat bread, cut into small squares
½ cucumber, sliced lengthwise to create 4 ribbons
4 grape tomatoes
2 slices low-sodium ham, cut in half
4 cubes low-fat cheddar cheese
Thank you to our wonderful and generous 2016 SJV Walkathon sponsors!

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