PRINCIPAL’S MESSAGE

Parents are the first teachers of their children and the family is the first school

It is within the family where children are raised and formed as human beings. The parental role in this human formation is governed by love, a love which places itself “at the service of children to draw forth from them (“e-ducere”) the best in them” and which “finds its fullest expression precisely in the task of educating.” (Compendium, No 239). The family is the “first school”.

Our children watch and absorb how the adults in their world communicate with each other. As adults, how mindful are we of our words and actions? Every time we say something, take an action or have a reaction to someone or something, our children are observing our behaviour.

As infants, this is how children gain language skills and eventually learn to talk. Preschoolers depend upon observation as they begin to understand and test the workings of interpersonal relationships. And even teenagers—although you might not believe it!—are listening to our words and observing our actions, examining how you handle everything from personal relationships to stress to career disappointments. The real challenge for adults is to provide a positive example as often as possible.

What types of behaviour can I model for my child? Many of the most important ways to role model are things you already do every day—

1. Show RESPECT for others and yourself. Think about how you talk about and treat your friends, family members, neighbours and even yourself. Your child is learning how to value other people and institutions by watching your example. Your child also takes cues on self-worth from you. Respect yourself and your child will follow your lead.

2. Practice positive COMMUNICATION skills. Consider your own use of words ... do you use them to hurt, criticize or argue with others, even if it’s not your children? Words are a powerful thing. If you demonstrate how negative, hurtful and disrespectful language can be, your child will do the same.
3. Keep a POSITIVE OUTLOOK. Is your child convinced he / she is not making the team or that he/she will lose a friend? Consider the energy in your own family. Do you focus on the positive? Perhaps that negative outlook begins at home. The next time you make a mistake, like burning dinner, think before reacting. Then remember to laugh and suggest you feel lucky for the chance to order out. It’s often simple (and not so drastic) mistakes that become the best opportunities to model good behaviour.

4. Work on ANGER MANAGEMENT. Is your child quick to lose their temper, throw a tantrum or cry out of frustration? How about you? Responding to stress, anger or hurt feelings is a valuable tool that you can model for your child. We live in a society that is fast-paced, demanding and stressful, and anger is a very natural reaction. The next time you are faced with a challenge, try to remain calm, take a deep breath and talk through the issue. If appropriate, talk to your child about what triggered your anger and how you dealt with it. Your child will learn to take a step back and think about their own reactions the next time he / she gets mad.

Keep this in mind: teaching by example is often easier and more effective than forcing children to obey rules by scaring, threatening, or tempting them with rewards. I think of the example of the adult who screams at a child to, “Stop yelling!” They might really want them to stop, but are they teaching them how to effectively communicate or just modelling the same bad behaviour? It’s not about being a perfect adult— rather, it’s about being mindful that our words and actions are being watched and absorbed by our children. This is a GOOD thing for us, because it means that every day we have a chance to help our children become great people.

God Bless and Be Safe - Cheryl Brown

SCHOOL FEES

Term 2 Fees are due Monday 12th June, 2017.
Thank you to those families who have already finalised their account. If you are experiencing financial difficulty or wish to discuss payment options, please contact Julie Brien via email jbrien2@parra.catholic.edu.au or phone 4733 5299. Thank you

UPCOMING EVENTS

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<th>Event</th>
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<tr>
<td>Monday 12th June</td>
<td>PUBLIC HOLIDAY - Queens Birthday</td>
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<td>Thursday 15th June</td>
<td>Mark Taylor Shield Cricket</td>
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<td>Friday 16th June</td>
<td>NSWCPS &amp; CCC Cross Country</td>
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<td>Winter Sleepout</td>
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<td>PJ MUFTI DAY</td>
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Well done to the following classes who received 100% attendance this week:

KB, KW, KR, 1B, 2B, 2W, 3B, 3R, 3W, 5G, 6B, 6R

School attendance 88.5%

Congratulations Bethany we are just 1.5% away from the 90%.

Did you know:
1 in 6 primary students are not attending school regularly. Schools are here to help.

If you are having attendance issues with your child please contact us so we can support you to address them.

Piano Lessons with Nat

Want to learn piano?
I can teach you and your children with tailored practical lessons catered for beginners of all ages
30 min lessons available locally in Mulgoa after school
Experienced AMEB grade 7 pianist with over 12 years playing
Call or message on 0459 495 481

Like us on Facebook

“Piano lessons With Nat”
MUFTI DAY

MUFTI PYJAMA DAY REMINDER

FRIDAY 16TH JUNE 2017
GOLD COIN DONATION

* NO SHORT SHORTS, NO THONGS, NO MIDRIFFS ALLOWED
* MUST WEAR ENCLOSED SHOES

ALL FUNDS RAISED WILL GO TOWARDS P&F END OF YEAR CELEBRATIONS AND THE ST VINCENT DE PAUL

Bethany P&F Association