HELPING WORRIED CHILDREN

Children who avoid or flee from worrisome situations are more likely to develop anxiety, which can prevent them from enjoying a full life.

The underlying theory isn't a new one, that an absence of risk and challenge in childhood leads to nervousness and anxiety later on. But researchers found they were able to predict which children would develop more anxiety a year later. The researchers asked parents to respond to questions like "When your child is scared or worried about something, does he or she ask to do it later?" and children to respond to statements like "When I feel scared or worried about something, I try not to go near it".

Children who said they avoided scary situations tended to get higher anxiety scores when they were surveyed again 8 to 12 months later. There was little change in anxiety scores for children who said they didn't avoid situations that made them nervous.

This is consistent with how anxiety disorders develop. Children who avoid all fearful situations don't have the opportunity to face their fears and don't learn that many of their fears are manageable.

This concern, in the era of helicopter parenting, comes up frequently and we often hear about the need to give children some risk-taking opportunities in their play and other activities. Giving children the chance to face the things they fear can in fact reduce their anxiety.

The researchers found the avoidance behaviours of anxious children declined substantially after receiving exposure therapy which gradually exposes children to the things they avoid and helps them manage their fears. The fact that these children were no longer avoiding as much the things they feared was a strong indication that they were getting control of their anxiety as well.

Nobody wants children to be placed in danger or to be thrown in at the deep end. But the lesson of this important research is that fearful children can be helped to manage their fears and grow up into more confident young people.

Acknowledgement: Stephen Whiteside, a paediatric psychologist with the Mayo Clinic Children’s Centre, article in Behaviour Therapy
CONDOLENCES
We offer our prayerful support and condolences to Mrs Erminia Sorella, our Kingston Campus LOTE teacher, her husband, Nicholas, and family on the passing of Mrs Gilda Sorella. Please keep Mrs Sorella and her family in your prayers.

STAFF NEWS
Mr Cesar Villanueva’s son has been taken quite ill in the Philippines. Please keep Mr V, his son and their family in your prayers.

Ms Ann Menezies and her husband Simon are expecting their first child in June. Ms Menezies will be taking maternity leave from 3rd June until the end of the 2013 school year and will return at the commencement of the 2014 school year. I am pleased to announce that Ms Gaye Rose has been appointed to replace Ms Menezies while she is on maternity leave. Ms Rose is an experienced Visual Arts teacher and will commence at the Huntingfield Campus on 3rd June.

RENEWAL/STUDY LEAVE
From today Wednesday 15th May, I will be on Renewal/Study Leave travelling overseas to Europe. I will be returning home on Monday 15th July. Mr Joe Sandric and Mr Brendan Gill will be acting Co-Principals while I am on leave.

UNIFORM SHOP OPENING TIMES DURING TERM 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>2.00pm – 3.30pm</td>
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<tr>
<td>Friday</td>
<td>8.15am – 10.15am &amp; 2.00pm – 3.30pm</td>
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<tr>
<td>Monday 20th May</td>
<td>6.00pm – 7.00pm</td>
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<tr>
<td>Monday 17th June</td>
<td>6.00pm – 7.00pm</td>
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Christians see Mary as a human being, who willingly allowed grace to work in her. St Luke tells us that from the moment that Mary was told that she was chosen to be the Mother of God, she expressed her natural human feelings: “Mary was deeply troubled by the angel’s message ...” and “Mary pondered those things in her heart”. All mothers ponder things about their children.

Mary, like us, had to strive to understand the mystery of the revelation made to her with regard to her Son, Jesus. She had to make her personal journey of faith as we now make ours. St Bernard called her “Stella Maris” the “Star of the Sea” our guide and our assurance, as we journey on the stormy tossed waves of our lives.

Last Wednesday the Year 10 Student Leadership Team, along with the help from Mr Sandric, Mr Gill, Mr Cronly and Mrs Prichard, ran our Year 3 to 10 assembly. We would like to extend our congratulations to the following people who received badges for their positions in our newly formed SRC committees.

**Academic representatives:**
Grade 5: Macy Charles  
Grade 6: Tom Howell & Jake Hayers  
Grade 7: Desmond Marcenko  
Grade 8: Emma Hunt, Belinda Panton & Samuel Howell  
Grade 9: Thomas Cornish & Lauren Hay

**Arts and Culture representatives:**
Grade 5: William Ditcham & Aiden Donovan  
Grade 6: Angus Jacobson & Sophia Bridge  
Grade 7: Keelyn Bogert & Evie Page  
Grade 8: Izzy Scanlon & Annalise Beechey  
Grade 9: Daniel Prichard & Tessa Brinsmead
Faith and Mission representatives:
Grade 5: Isaiah Prichard & Huon Prichard
Grade 6: Claire Lessels & Gianni Puli
Grade 7: Georgina Newton & Holly Coad
Grade 8: Jonathon Ayton
Grade 9: Alex Ruut & Rachel Mathers

We would also like to congratulate Oliver Ditcham and Lleyton Stewart who have been elected our Environmental Leaders.

We also had a number of students receive Strive, Believe, Achieve awards. These students have been commend for their input into our College. These students either received a Be Safe award, a Be Respectful award, a Be Fair award or our Be a Learner.

Be Safe Recipients:
From Grade 10: Amelia Fry
From Grade 9: William Cooper
From Grade 8: Ryan Cooper
From Grade 7: Willis Short
From Grade 6: Jasmine Hincks
From Grade 5: Matilda Payne
From Grade 4: Charlotte Faella
And from Grade 3: Benjamin Gregory

Be Respectful Recipients:
Grade 10: Abigail McIntosh
From Grade 9: Oliver Ditcham
From Grade 8: Darby Parsons
From Grade 7: Freya Wells
From Grade 6: Alice Shelverton
From Grade 5: Gracie Clark
From Grade 4: Jade Marriot
And from Grade 3: Jonah Harding

Be Fair Recipients:
Grade 10: James Smith
From Grade 9: Liam Burgess
From Grade 8: Isabel Scanlon
From Grade 7: Desmond Marcenko
From Grade 6: Jack Hutchins
From Grade 5: William Wallace
From Grade 4: Maddison Cordwell
And from Grade 3: Mia Sulzberger

Be A Learner Recipients:
From Grade 10: Erica Haskin
From Grade 9: Anna Reynolds
From Grade 8: Callum Andrews
From Grade 7: Lucy Scanlon
From Grade 6: Callum Doyle
From Grade 5: Finn Churchill
From Grade 4: Lachlan Cooke
And from Grade 3: Oliver Williams

As a follow up of our recent fundraiser presented Samuel Wolfe from Kinder J and Michael Bonnitcha from 5N with a reward for raising the most money. Thank you to everyone who made a purchase.

At the end of our assembly we thanked Mrs Doran for her amazing work she has done at our College, and presented her with flowers as we wished her the best for her long service leave.
Thank you to everyone who contributed to our assembly and to those that won awards.

Dylan Geeves, Denbeigh Bogert & Mr Sandric

**MOTHER’S DAY SUCCESS**
I would like to thank the P&F for their wonderful effort last Wednesday at the Mother’s Day stall. It was of a professional standard and well organised. There was a lot of parent support, congratulations particularly to Lisa and Angela Cassidy. I am sure the lovely gifts were appreciated by the mothers in our school community.

**RESILIENCE SESSION**
Mrs Denise Long from the Catholic Education Office will be presenting a ‘Building Resilience in our Children’ session for parents in the Sisters of Charity Centre from 6.30pm to 7.30pm on Monday 27 May.

Denise will explore strategies that parents can use to grow character and resilience in students from K-10. Denise will also be working with staff during the course of this term. Refreshments and lucky door prizes will be provided by our wonderful Parents and Friends Association.

Please RSVP to the Kingston Office by 25 May for numbers and catering purposes. Every student that returns a form goes into the running to win one of five Original Spaulding High Bounce Balls.

**CENTRECARE FAMILY LIFE SESSIONS**
In June, Centacare are running evening sessions as part of their Family Life Program. The sessions focus on developmentally appropriate lessons about families and the human body. Many parents find the session extremely worthwhile in discussing certain issues with their children. The dates for 2013 are:

- **Grade 3/4** - 18th June - Sisters of Charity Centre, Kingston Campus: 6.30pm
- **Grade 1/2** - 19th June - Sisters of Charity Centre, Kingston Campus: 6.30pm
- **Grade 5/6** - 20th June - Learning Centre Two, Huntingfield Campus: 6.30pm

The sessions cost approximately $10 for a family to attend.

**BLACK AND WHITE DAY DISCO – FRIDAY 24TH MAY 2013**
The annual Black and White Day will be held at the Kingston and Huntingfield Campus on Friday 24th May. Students will be able to dress in black and white and donate a gold coin. There will be prizes for the best dressed. There will also be a disco held at the Huntingfield Campus for students in years 3 - 6 from 5.30pm to 7.00pm. This is a fundraiser for the Tasmanian Devil with all proceeds going towards the Save the Tasmanian Devil UTAS Research Fund.

**EARN & LEARN**
We are collecting Woolworth’s Earn and Learn vouchers at the Kingston Campus. If you shop at Woolworths and would like to contribute, there is a box in the school office or vouchers may be handed to a child’s class teacher.
FEEDBACK
I would like to thank all parents for the returned feedback forms. There were many areas to celebrate as a College and a number of areas in which we have the potential to grow. Mr Sandric and I will be responding to parent feedback early this term. Even though the time has passed in terms of returning formal feedback, please be aware that ‘my door is always open’. I especially like positive feedback!

ASSEMBLIES
Please find below our assembly times for Term Two. Please note that due to parent feedback some assemblies are scheduled for days other than a Monday. Hopefully, this can allow parents to attend assemblies who have regular commitments on a Monday. All assemblies begin at 2:10pm in the Sisters of Charity Centre.

We will have the first of two music assemblies this term, which will involve performances from students at both Campuses. Members of the Grade Ten leadership team regularly attend all Kingston Campus assemblies.

Week 3: Monday 20th May - Hosted by 2T
Week 4: Monday 3rd June - Hosted by 3F
Week 6: Tuesday 18th June - Hosted by 2H
Week 8: Monday 1st July - Hosted by 2S
Week 9: Thursday 4th July - Musical Extravaganza Part One

All parents, family members and friends are very welcome to attend our St Aloysius Kingston Campus assemblies.

NATIONAL VOLUNTEER WEEK
This week is National Volunteer Week where we honour and thank the many volunteers who generously give up their time to help out in so many ways in our community. Thank you to all our parents and families who volunteer in so many ways in our school through parent help, the P & F, school banking, uniform shop, the fair, mother’s day stalls, canteen etc. Your time and commitment is greatly appreciated - our College could not function effectively without you!! Our parish volunteers also give generously of their time to help our students. Tomorrow there will be a special afternoon tea for them to thank them for their contribution to our College.

From the Pastoral Associate ... ... ...               Mrs Leanne Prichard
VINNIES/MINI-VINNIES – LIVE BELOW THE LINE RICE DAY
Thank you to all the students who came along to our Rice lunch last week. Seventy students attended and over $150 was raised.

Robert Lee Hortle, from the Oaktree Foundation came along and spoke to the students about the campaign and how the money raised will help provide education for children in PNG, East Timor and Cambodia.

Congratulations to the staff and students who survived the challenge of living on only $2 a day for five days last week : Iris Souris, Daniel Prichard, Matt Bain and Pete Freeman. Together our St. Aloysius Team have now raised over $2000 which is an amazing effort.

SACRAMENT OF BAPTISM
From time to time the parish runs a preparation class for any students interested in being baptised into the Catholic faith. If your child or children would like to enrol, please contact me on 0409434784 or at leanne.prichard@catholic.tas.edu.au.

SACRAMENTAL PROGRAM 2013
A reminder that the next Parent/Child session for the Sacramental Program will be held tomorrow evening at 7pm in the Church. It is important that all candidates attend this meeting. Candidates will need to bring their Confirmation booklet and their workbooks to this session.

VINNIES BISCUIT DRIVE
Last year we commenced a new program as part of our College Outreach. The Vinnies Biscuit Drive runs on the Kingston Campus with students and families from each class being rostered on to bake biscuits or other home-made treats which are then given to Loui’s Van to be distributed to people in the Bridgewater and Kingborough areas. The following classes have already been involved and I would like to thank all those families who have already donated treats: 3WF, 3R, 3F, 4W, 4L and 2F. This week 2S is rostered on. I would also like to thank Mrs Andrea Watt who coordinates this worthwhile program.

HUNTINGFIELD MASSES
Our first “Beatitudes” Mass, organised by our CSYMA class went really well last week with students reflecting on how the beatitudes relate to our own College “Be-Attitudes”. Tomorrow all Grade 7s and 8s will attend. Parents are welcome to come at 10.20am in the Chapel.

Weekend Parish Masses: Saturdays 6.00pm - Kingston
                           Sundays  8.30am - Snug
                           10.00am - Kingston (Children's Liturgy is offered at this Mass)

Weekday Parish Masses: Mondays  9.00am - Kingston
                           Wednesdays 9.00am - Kingston
                           Thursdays 10.20am - Huntingfield
                           Fridays  5.30pm - St Aloysius Church

COLLEGE - GENERAL NOTICES

CROSS COUNTRY CARNIVAL
Wednesday’s grade 3-10 Cross Country Carnival held at the Huntingfield campus was an excellent event for all who were involved. The weather was ideal for running, and the efforts that students showed in their events were a pleasure to see.
This was reflected in final scores for the House Shield. Wednesday’s carnival was one of the closest carnivals most staff had ever witnessed, with Fides taking the shield for the third year in a row.

1st: Fides 389  
2nd: Aloysius 382  
3rd: Aikenhead 374  
4th: Charity 328

Congratulations to the following students who were awarded with Age Champion and Runner up for their year group.

**Age Champions:**

**U13:**
- Courtney Walker
- Bailey Ellis

**U14:**
- Belinda Panton
- Toby Cowen

**U15:**
- Tamsyn Ayers
- Alex Placogiannakis

**U16:**
- Harley Glenn
- John Cane

**Runners Up**

**U13:**
- Georgina Newton
- Brody Penny

**U14:**
- Sarah Macrae
- Lachlan Clifford

**U15:**
- Ella Vanzino
- Bailey Murzecki-Hince

**U16:**
- Abi McIntosh
- Ethan Monks

Thank you to Tasmania Parks and Wildlife Service for allowing us to use the Peter Murrell Reserve for this event, and thank you to the parents who came along to support their children.

A special thank you must go out to Mrs Nicole White and Mrs Marcelle Ottaway for the assistance with organising the carnival, and to all staff members on their efforts with their jobs throughout the day.

Over the next 2 months, our school representative team will be training and competing in a number of events around the state. I am particularly excited at the strength of this year’s group and believe we will be quite successful at the upcoming carnivals.

**Representative Team 2013:**

**Gr7**

**Girls:**
- Courtney Walker  
- Georgina Newton  
- Maiha Campagna  
- Holly Coad  
- Meg Sulzberger  
- Rebecca Martin  
- Evie Page  
- Carys Trotter  
- Kailea Tracey  
- Phoebe Haskin

**Boys:**
- Bailey Ellis  
- Brody Penny  
- Kyle Griggs  
- Harry Bomford  
- Miles Neilsen  
- Luke Noble  
- Lachlan Dimsey

**Gr8**

**Girls:**
- Belinda Panton  
- Sarah Macrae  
- Bronte Charles  
- Niamh Brady  
- Leah Burgess  
- Analise Beechey  
- Amelia Doyle  
- Bradee Kean  
- Emma Hunt

**Boys:**
- Toby Cowen  
- Lachlan Clifford  
- Adam Debicki  
- Nathan Duggan  
- Jake Dance  
- Romeo Farasini  
- Ryan Cooper  
- Tom Pengilly  
- Mackenzie Griggs  
- Micah Reynolds

**Gr9**

**Girls:**
- Tamsyn Ayers  
- Ella Vanzino  
- Alice Kelly  
- Holly Smee  
- Tessa Brinsmead  
- Lauren Hay  
- Brittany Jenkins

**Boys:**
- Alex Placogiannakis  
- Bailey Murzecki-Hince  
- Kai Hoddy  
- Tom Cornish  
- Alistair Thompson  
- Leighton Knowles  
- Jackson Keogh
*Students that are underlined have been selected to participate in the Tasmanian All Schools Cross Country.

See photo montage of the day below.

Mr James Hickey
HPE Teacher (7-10)

TASMANIAN SCHOOLS REPRESENTATIVE FUTSAL TEAM

Earlier in the year, a team from grade 6 participated in the South Tasmanian School Futsal Titles. The team performed very well on the day and, subsequently, the entire team have been selected to have the opportunity to participate in the Tas. Schools Representative Team, competing in Sydney later this year.

Whilst the students may not take up the offer, as there is a considerable cost attached to the event, it is an honour to have been chosen for this team. I would like to congratulate the following students for being selected: Zach Adams, Mitchell Owen, Chloe Loh, Dominic Gates, Gianni Puli, Jake Hayers, Jayden Appleby, Tom Howell.

Andrea Reece
HC Sports Coordinator

PARENTS & FRIENDS ASSOCIATIONS (P&F)
FAIR MEETING
Reminder that the Fair Meeting will be held tonight - Wednesday 15th May 2013 commencing at 7.00pm. The meeting will be held in the Parish Meeting Room located under the Church. Everyone is welcome to attend the meeting and we would love to see you there. For any further information regarding the Fair please contact the Fair Coordinator – Sandra Brady bradys@clearmail.com.au or Angela Cassidy atscassidy@bigpond.com or 0438 393 638. Thank you.

MOTHER’S DAY STALL
A busy and very successful Mother’s Day Stall was held last week at both Kingston & Huntingfield Campuses. With over 780 gifts sold making the day a huge success. We would like to thank all the teachers and staff at the Kingston Campus for being so organised and positive and the children for being so well behaved. It really is wonderful to see so many children purchasing that special gift and joy and excitement of their faces. At Huntingfield Campus we were inundated during the lunch time period and we thank the students for being patient while having to line up to select their gifts. Due to the success and response from the Stall we are planning on having the Father’s Day Stall at Huntingfield Campus first and the Kingston Campus stall on the following day. This will allow more time for everyone and hopefully a better Stall. The Mother’s Day stall would not have been possible without the hard work of Lesa Ratcliffe with her excellent buying skills and fantastic wrapping, the lovely ladies who helped prior to the stall and on the day: Tanya Griggs, Leah Kelly, Bec Sward, Priscilla Doyle, Kylie Shelverton, Lisa Kean, Wendy Palmer, Melissa Dance and Lesa Ratcliffe and most importantly to the parents and students who supported this event by purchasing gifts. So thank you everyone. There will be photos and further details in the next P & F Newsletter. We hope all Mothers enjoyed their day and gift from the Stall. We welcome any feedback via Grade Reps or to Angela Cassidy (details above). Thank you.
ENTERTAINMENT BOOKS
We have had a wonderful response so far with the Entertainment Books. We are now trying to finalise numbers and would ask that any further payments or unwanted Entertainment Books be returned to the College as soon as possible. Also payments can be made online using the details on the credit card slip provided with your envelope via www.entertainmentbook.com.au/orderbooks/24043g6. For any further queries please contact Melissa Dance melissa.dance@catholic.tas.edu.au.

BUILDING RESILIENCE IN OUR CHILDREN
Hopefully you have all received the flyer regarding this presentation being held on Monday 27th May at 6.30pm. The P & F are supporting the night by providing some lucky doors prizes and supper after the presentation. If anyone would like to assist by bringing a plate of nibbles, please contact Angela Cassidy (details above). We look forward to seeing you there.

Angela Cassidy
President - Parents & Friends Association

UNIFORM SHOP NEWS
We have now received our delivery of grey trousers and short sleeve shirts for the boys. We are also now accepting grey shorts and grey trousers for sale through our Second Hand Uniform system.

The College raincoats are due in early next week and the College spray jackets will arrive in the next few weeks.

A reminder that our new opening hours are now every Wednesday from 2.00pm - 3.30pm and every Friday from 8.15am -10.15am and 2.00pm -3.30pm. We are also open next Monday, 20th May from 6.00pm till 7.00pm.

Please feel welcome to email your orders through to sacc.uniformshop@catholic.tas.edu.au Order forms are available at either Campus office and on the College website.

Melissa Dance
Uniform Shop Manager

PROPERTY - LOST & FOUND
LOST - on the Huntingfield Campus Football Oval on the weekend a gold large link bracelet. If found please call Louise Lodge on 0418 824 556.
LOST - College knit jumper and sports jumper clearly names Ella Hackett sizes 6/8. If found please return to Ella in 1K
FOUND - 1 pair of small reading glasses on the Huntingfield Campus oval late in term 1. If you think they may be yours please see the ladies in the Huntingfield office.
LOST - Black USB (Brand is Travel Drive) in the top car park at Kingston Campus last week. If found please return to Kingston Campus Office.