



Tenison Woods Catholic School

'In all things love'

68 Brooker Terrace, Richmond SA 5033
Telephone: 8352 2706 Fax: 823 40169

www.twcs.catholic.edu.au
info@twcs.catholic.edu.



Calendar Dates

APRIL

**Friday 8th –
Saturday 9th**

R/1 Camp Sleepover

Monday 11th

School Banking Launch
Assembly
10.45am

Tuesday 12th

Commonwealth Bank
Account Opening
8.15-9.30am

Wednesday 13th

Board meeting
6.00pm

**Thursday 14th – Friday
15th**

Zoo Snooze Camp
Yr 2-3

Friday 15th

End of Term 1
3.10pm

MAY

Monday 2nd

Pupil Free Day

**Tuesday 3rd –
Friday 6th**

R-5 Swimming Week
Thebarton Aquatic Centre

Friday 6th

Mother's Day Stall
1.40pm

Saturday 7th May

Bunnings BBQ

Monday 9th

R/1 Mother's Day Liturgy
9am

**Tuesday 10th –
Thursday 12th**

Naplan Yrs 3, 5, 7

Friday 13th

Pentecost Mass
9am

Attachment

Catholic Federation
Ambassador Event

Easing Children's Anxiety

Term 1 Week 10

7th April, 2016

Dear Parents, Friends and Caregivers,

Dear Parents and Friends,

Our recent Caritas carnival once again demonstrated the exceptional generosity and compassion of our community with approximately **\$1400** being raised in one afternoon throughout the stalls. We had many parents and grandparents in attendance for what has become an integral calendar event in the life of our school. I would like to extend my sincere thanks to all of you for allowing your children to participate in this carnival so generously; I know for certain that Caritas Australia will be very pleased with our contribution.

In this Easter season, the Gospel stories unfold for us the reflected memory of the first followers of Jesus. There are many memorable images as Jesus 'shows up' to various friends and followers after the trauma of the crucifixion. While the ministry of the 'earthly' Jesus was confined to a few short years in first century Palestine, in contrast the risen Jesus is able to transform the whole universe.

The Gospels ("Good news") provide us with a window onto the transformation of the disciples from being self-centred to other-centred – a liberation which appears to have surprised the disciples themselves. I see this transformation with our children when they bring to school their money boxes and willingly hand over their collected monies to support those less fortunate than themselves around the world.

The experiences of the disciples and the early Christian community point to a dawning realisation that Jesus' life constantly moved to a rhythm of offering **mercy, justice and peace**. The workers and volunteers in the **Caritas** 'family' commit themselves to children, women and men who are most vulnerable to extreme poverty and injustice; This was Mary Mackillop's philosophy and vision too and is fundamentally the reason why we support them in earnest each year.

Pope Francis reminds us- "***We have to learn to be on the side of the poor and not just indulge in rhetoric about the poor! Let us go out to meet them, look into their eyes, and listen to them. The poor provide us with a concrete opportunity to encounter Christ himself.***" (Message for the 29th World Youth Day, 21 Jan 2014). A wonderful reminder and provocation for all of us because at times I think that we do forget how lucky and indulgent our western world actually is.

AGM – we hosted the AGM last fortnight and as usual the reports tabled were detailed and well prepared. Contained within these reports is pertinent information about the school and its governance and finances. What was disappointing however was the number of people from our community who attended this event. These reports provide a detailed synopsis of the decisions made by the School Board and reflect our current context in a transparent way. I did hand out many AGM booklets the following day to parents, however the booklet containing all reports is also available on our website for your perusal.

The Parents and Friends first 'Parent function 2016! This event scheduled for **Saturday 2nd July** and is a really important event in our school calendar. It marks the first official parent function since the inception of the P&F in 2015. Information for this event is located in the P&F section of this edition of the newsletter, however I am hopeful that you could mark this in your calendar and to make every attempt to support the P&F on this night. We will be facilitating a **silent auction** on the night and we are now calling for people to come forward and share with the P&F membership any significant items that you may be able to access and donate for the purpose of this auction. If you do have something in mind, can you please let us know as soon as possible so that we can start to organise and publish a list of auction items.

Bunnings BBQ- The P&F are also hosting another BBQ at Bunnings at the start of term 2 (Sat week 1). At this stage there are many available spots for volunteers to assist on the BBQ throughout the day and we understand that some have abstained for volunteering due to a potential clash of school sport. I can announce that school sport does not commence until week 2, so if you are able to donate a couple of hours on the roster can you please let the P&F know as soon as possible or let Anna know in the front office.

Sports Day Term 4 – save the date! **Friday 18th November**. This year we are hosting sports day at Santos Stadium in order to provide the most authentic sporting/athletic experience that we can for the students. The change in venue also includes a change in the time frame, in that the sports day will be a normal school day. More information will be disseminated closer to the event.

Staffing News – I am very pleased to announce the recent safe arrival of **Frankie Hope Atyeo**. Frankie arrived in the world on 15th March a very healthy little girl. I would like to congratulate Tom, Nicole and the boys on their latest addition to their young family.

Commonwealth Bank launch – As I mentioned in my last newsletter on Monday 11th of April representatives from the Commonwealth Bank will launch the scheme at a special assembly at 10.45am. On Tuesday 12th April from 8.15-9.30am staff from the Commonwealth Bank will be present here at school to begin account opening for families. If this day does not suit, families are welcome in to call in at the local branch during the school holidays. More information is available in this edition. I also wish to acknowledge and thank Cindy Shen, who has taken on the role as School Banking Coordinator.

Pupil Free Day – A reminder to all families, term 2 begins on Tuesday 3rd May with Monday being a Pupil Free Day. End of term 1 is on Friday 15th April with dismissal at 3.10pm. I would like to wish you all the best for the holidays and enjoy the time with your children.

Easing Children's anxiety – I have attached an article this week from parenting expert Michael Grose. The article focuses on the prevalence of anxiety within our children. I am seeing significant evidence of many students dealing with anxiety related issues and these so have impacts socially and academically.

Kind Regards
Mark Battistella
Principal

'In all things love'



Religious Identity and Mission News

Holy Week and Easter Celebrations at Tension Woods



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Caritas Carnival

WOW what a result!

\$1478 was raised that money will be sent straight to Caritas Australia so they can continue supporting the poorest of the poor.

Thank you for your very generous donations to such an important cause.

Sacraments News

FIRST RECONCILIATION, CONFIRMATION and FIRST EUCHARIST

Notices about the 2016 sacramental program went home to all year 2 -7 students who have identified as *Catholic* on our school data base.

A family meeting will be held on **Tuesday 17th May 6.30pm in the Saint Aloysius Church** – Richmond. All families who would like to be part of the 2016 sacramental program must attend.

If you have questions about the content of the notices given out, please pop in to see me or send me an email

mburgess@twcs.catholic.edu.au

I wish you all a very safe and happy holiday break, enjoy this glorious Autumn weather.

Autumn Prayer

O God of Creation,

you have blessed us with the changing of the seasons.

As we embrace these autumn months, may the earlier setting of the sun remind us to take time to rest.

May the crunch of the leaves beneath our feet, remind us of the brevity of this earthly life.

May the steam of our breath in the cool air, remind us that it is you who give us your breath of life.

May the scurrying of possums and the migration of the birds, remind us that you call us to follow your will.

We praise you for your goodness forever and ever.

Amen

In all things Love,

Marcia Burgess – APRIM



'In all things love'

POSITIVE EDUCATION

Character Strengths

Character Strengths are natural capacities or ways of thinking, feeling and behaving that come easily to a person and that are morally valued. According to a strengths approach, each individual has unique qualities that can be used to enhance wellbeing, overcome challenges, and nurture relationships. Students who use their strengths have been found to demonstrate strong academic performance supporting their importance for student accomplishment.

What are Character Strengths?

Character strengths can be defined as a ubiquitously recognised subset of personality traits that are morally valued and they are ways of thinking, feeling, and behaving that come naturally and easily to a person and that enable high functioning and performance.

While strengths are similar to talents, there are important differences. A strength is valued for moral and intrinsic reasons whereas talents are valued for their tangible outcomes. Taking a sports person for example, hand-eye coordination and natural ability may be considered talents, whereas the persistence to practice and determination to improve may be considered strengths.

Values In Action (VIA) Character Strengths

One of the most well researched conceptualization of the Character Strengths is the Values In Action framework. The research has led to the following list as the most prevalent Character Strengths. This list of 24 Character Strengths is grouped under 6 different virtues.

Wisdom and Knowledge:

Creativity
Curiosity
Judgment
Love of Learning
Perspective

Courage:

Bravery
Perseverance
Honesty
Zest

Humanity:

Love
Kindness
Social Intelligence

Justice:

Teamwork
Fairness
Leadership

Temperance:

Forgiveness
Humility
Prudence
Self-Regulation

Transcendence:

Appreciation of Beauty and Excellence
Gratitude
Hope
Humor
Spirituality

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Character Strengths in Schools

A benefit of using a strengths framework such as VIA is that it gives members of the school community shared language for recognising aspects of people that are valued and worthy of recognition. While talents or aptitude in subjects or sports may be frequently acknowledged, the explicit recognition of strengths such as humility, kindness, or zest may be less common.

A strengths approach is particularly powerful when working with students who have a history of behavioural, learning, or emotional challenges and who may not be used to hearing about the things that they do well.

Personal Activity

Take the VIA survey yourself and see what your top 5 character strengths are. Once you are familiar with the character strengths you can use this common language with your child or children. It will also enable you to identify and articulate to your child or children when they are using particular character strength.

Follow this link to take the VIA Character Strength Survey:

<https://www.viacharacter.org/www/Character-Strengths-Survey>

Words of Wisdom:

***The function of education is to teach one to think intensively and to think critically.
Intelligence plus character - that is the goal of true education.***

Martin Luther King, Jr.

Kind Regards,

Tom Atyeo

Positive Education Coordinator

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PE & SPORT NEWS

Soccer:

As we head towards the end of term 1 and into Term 2 we shift our focus to the winter sports we offer at TWCS. All families should have received a letter in regards to school soccer earlier in the term. The nominations have been collected and the teams have been registered with North West Junior Soccer Association. This year TWCS will have a U/6, U/7, U/8, U/9, U/10 and U/11 team. Unfortunately we did not have the numbers to enter a U/12 or Senior team however we do have a number of students representing other schools in these age groups.

Within the next week families who nominated their child to play soccer will receive a confirmation letter outlining which team their child is in and who their coach is. **The season starts at the end of Week 2 Term 2 on Saturday 14th May.** I look forward to another outstanding year of soccer at TWCS.

Netball:

The start of next term signals the beginning of Netball season for TWCS. This year we have entered two teams into the Southern Area Junior Netball Association. We have a Year 6/7 team and a Year 2/3/4 team. This year is also the first time we have boys representing our school in netball.

Letters have been sent home with the students who nominated to play netball with their team list and the name of their coach. **The season begins in Week 2 of Term 2.**

SACPSSA Athletics:

The next major event on our school's sporting calendar is the SACPSSA Athletics Carnival which will take place at **SA Athletics Stadium on Thursday 9th June.** Before the end of term an expression of interest letter will be sent home to all students from Years 4-7 and training will begin early term 2.

SACPSSA Swimming Carnival:

I wanted to take the opportunity to congratulate all 19 of our students who attended the SACPSSA Swimming Carnival earlier in the term. It was an outstanding result to come third considering the size of our school. A massive thank you also to Sarah Byrne for stepping in and coordinating the day whilst I was on parenting leave. Thanks must also go to Emily Goldie, Donna Harding and Peter Young for their support and assistance leading up to and on the day of the carnival.

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YEAR 6/7 AQUATICS DAY



My favourite activity at Aquatics Day was kayaking because you got to jump off the kayak and swim in the water.

Brianna

Year 6/7 Aquatics Day

I enjoyed Kayaking the most at the Aquatics day as we were able to go really fast and was able to do the activity with my friends.

Brian



The activity I enjoyed the most at Aquatics Day was snorkelling because we saw lots of cool stuff like fish and octopus tracks.

Lachlan



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I enjoyed kayaking the most at Aquatics Day because I was with Brianna and we were by ourselves on our own kayak.

Siena

Year 6/7 Aquatics Day

The thing I enjoyed the most about Aquatics Day was sailing because I got to relax and talk to my friends.

Ian



My favourite activity at Aquatics Day was sailing because our instructor was really funny and let us jump off the boat at the end.

Aleah



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PARENTS AND FRIENDS NEWS

BUNNINGS BBQ – Saturday 7th May

HELP NEEDED! There are still lots of shifts on the roster that need to be filled. If you can spare 2 hours on the day to cook or serve please see Anna as soon as possible.

MOTHER'S DAY STALL – Friday 6th May (Week 1, Term 2)

Order forms for the annual Mother's Day Stall went home last week. Please ensure that all order forms and money are returned to the office by no later than Tuesday 3rd May (Week 1, Term 2)

We will need volunteers to help wrap the gifts on Wednesday 4th May at 1.40pm along with volunteers to help with the stall on Friday 6th May at 1.40pm. If you can help and have a Catholic Police Clearance, please contact Anna in the Front Office.



Save The Date!

Parent Social Function

Saturday, 2nd July 7 at 7pm

Mint 2

We're looking forward to a great night and hope to see lots of new and old faces there!
Invitations will be sent out early next term.

We will be holding a number of silent auctions on the night. If you are able to donate any goods or services that would be suitable we would love to hear from you. All donations will be gratefully received and acknowledged.'

**The next P&F meeting will be held Wednesday, 18th of May at 6pm
in the staff room.**

All welcome!

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HOW TO GET STARTED

Before using our programs register online for an account. Registering is quick and easy. Visit www.campaustralia.com.au/newparents to begin.

Tenison Woods OSHC | 7th April 2016

Hi Everyone,

YAY, it is almost the end of the term, and what a fun term it has been here in OSHC! We hope that everyone has a terrific autumn holidays break, and you all come back to Term 2 feeling rested, with lots of stories to tell. During the holidays if you are in need of care feel free to look on the Camp Australia website, for a holiday club closest to you, most likely it will be Immanuel College, as it is the next closest service to this school. Online you can find a list of daily activities and excursions/incursions that the students will be involved in on a daily basis.

Next term, Kiera will be away from the service from weeks 1-6 due to her final teaching placement, however Tash will be stepping up to fill in the coordinator shifts 😊 Last week the students helped to create a new autumn feature in the OSHC room, re-using leaves, sticks and branches found in the playground. Some students reflected on what they like most about the season autumn:

- "I like stepping on the crunchy leaves" – Oliver Catela-Murphy
- "I like autumn because it starts to get cold" – Harrison Carberry
- "I like autumn because it's not too cold or too hot" – Camilas Sobarzo

For any questions please feel free to drop by the OSHC Room anytime after 2:40 and I will be more than happy to have a chat with you and your child or go online at www.campaustralia.com.

(Pricing as of January 2016)

AFTER SCHOOL CARE – 3:10 PM – 6:00 PM

Full Fee \$26.65 Out of Pocket*: \$8.66 to \$13.33

Thank you,

Kiera & Tash



we make kids smile
www.campaustralia.com.au



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SWIMMING PROGRAM 2016

Term 2 Week 1 Tuesday 3rd May - Friday 6th May

The annual swimming program for Tenison Woods will run from Tuesday 3rd May to Friday 6th May at Thebarton Aquatic Centre, 1 Meyer St Torrensville. All parents are welcome to attend and watch their children swim but we do advise that photos are not permitted at the centre. If your child requires help in changing you must have a police clearance to enter the R-2 change rooms. If you do not then you will be required to escort your child to the public toilets. **If have not yet returned your child's swimming consent form can you please do so by Wednesday next week.**

The timetable is as follows:

CLASS	SESSION TIMES IN POOL
R/1G	11.00-12.00 (Fri: 10.45-11.30)
R/1KR	12.00-1.00 (Fri: 10.45-11.30)
YEAR 2	10.00-10.45 (Fri: 10.00-10.45)
YEAR 3 AND 4	10.00-12.00 (Fri: 10.00-11.30)
YEAR 5	12.30-2.30 (Fri: 11.30-1.00)

Can all parents please ensure the following:

- Any medication required must be taken to the pool via the class teacher.
- Children's long hair must be tied back.
- Sleeper ear-rings must be removed and studs to be used on swim days, or ear-rings must be covered, i.e. bandaid or headband.
- Jewellery is not to be worn, including water-proof watches.
- Girls please wear a full piece bathing suit, not bikinis, at all times. They may wear a top over a two piece.
- Asthma puffers must be taken to the pool otherwise the child is not permitted to swim. Please check expiry date on puffers.
- Ear plugs must be provided for children with tubes in ears and a bathing cap also over their ears



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During the Interview

Attitude

- Approach the interview with a positive and relaxed attitude.
- See it as an opportunity for a two way discussion where you will be informed as well as actively contribute.
- Set the scene for a positive and constructive meeting by using open and positive body language.

Communication

- Respect the teacher's professional skills and expertise.
- Be respectfully assertive.
- Be constructive.
- Discuss issues without getting personal.
- Express your needs and concerns calmly.
- Remember you both want what's best for your child.

Listen

- The best communicators are keen listeners.
- Clarify points you don't understand.
- If you don't understand the 'jargon' ask for it to be described another way.

Ask your prepared questions

After the Interview

Discuss the meeting with your child

- Talk about his/her strengths and *celebrate* these.
- Talk about the ideas you discussed to continue to support his/her learning.
- Decide together on some age appropriate goals.

Follow up agreed action as soon as possible

Did the teacher:-

- Recommend resources or strategies?
- Offer ideas that support your child's homework routine?
- Propose accessing additional support?

Update the teacher about any action taken

Remember:

- Formal parent/teacher interviews are only one form of communication between you and your child's teacher.
- Keep connected using mutually agreed forms of school/home communication such as email, your child's diary, communication book, wiki's, blogs, SMS or phone.

Follow up matters discussed at the meeting. An important part of the parent's role begins after the interview.



www.parentfederation.catholic.edu.au/

The Federation of
Catholic School
Parent Communities



Parent/Teacher
Interviews in

Primary School

**An Essential
Conversation**

Prepared by the
Federation of Catholic School
Parent Communities to support family
engagement in children's learning

Brochure last updated August 2014

Before the Interview

Be Prepared

- Clarify if your child is expected to attend and what role s/he will play in the interview.
- Reflect on what you know about your child as a learner. Your insights are invaluable in parent/teacher conversations.
- Are there any particular areas of learning (e.g. reading, maths, social skills) that you would like to discuss?
- Are there any family/home issues (e.g. change in living or working arrangements, unexpected loss/grief, illness) that your child's teacher may need to be aware of to be of support to your child?
- Talk with your child before the interview and ask him/her if there is anything in particular he/she would like raised at the interview.
- Plan and write down your specific questions/comments before the interview.
- Know where the interview will be held and be on time. Also be prepared for the meeting to run a little late.

"As partners in the education of their children, parents work collaboratively with teachers and staff"

Charter for Parents in Catholic School SA

Parent/Teacher Interview Checklist

You may wish to prepare questions and/or comments about some of the following areas:

Child's progress, strengths and challenges

- Academically, socially, emotionally.

Child's attitude to school and in class

- Attention and task completion.
- Punctuality.
- Independence.
- Initiative.

Child's commitment to schools expectations

- In class.
- In the playground.
- School routines.

Child's relationship with peers

- Friendships.
- Team work/collaboration.

How to help at home

- Homework routine.
- Time management/organisation.
- Hints or strategies to support their learning.

Curriculum and school/class activities

- Program for the term/year.
- Topics being covered.
- School and class activities/traditions/celebrations.
- How parents can help out in the school/classroom.

4 Key Questions to ask in the time you've got

1. What have you observed about my child as a learner?
2. Is there anything about my child's learning or social needs that I should know?
3. What can I share with you about my child's learning style, strengths and challenges that would support you?
4. What can I do as a parent to help my child progress in school this year?

Further examples of FAQ's:

- What opportunities are there for me to learn about what you are covering in class?
- What opportunities are there to see examples of my child's work?
- How does my child participate in class discussions/class room activities, seek support?
- What activities does my child seem to enjoy the most at school?
- How would you describe my child's ability to work collaboratively?
- How would you describe my child's social skills both in the class and in the playground?
- How would you describe my child's ability to cooperate, work independently, follow directions and follow the rules and routines during class time?
- What home resources would support what is going on at school right now?
- How is my child progressing in comparison to others in his/her year level?
- Can you tell me the best time and way to contact you if I have a query or concern?
- What are some ways I can help out in the classroom or in the school community?

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UNIFORM SHOP OPENING TIMES

Uniform shop open times are Tuesday and Thursday 8.20-9.10am and Wednesday 2.30-3.30pm.
Orders with payment may be left at the front office at all other times.
The orders will be filled and sent home with your child the same day.

School Banking Account Opening Day

Our school is excited to offer the Commonwealth Bank School Banking program to all students.

The School Banking program provides children with an opportunity to deposit money into their Commonwealth Bank Youthsaver account at school each week. The program is about how often your child makes deposits, not how much they deposit.

To encourage regular savings behaviour the program offers an exciting Rewards Program. Every deposit earns your child a Dollarmites token, and once they've collected 10 tokens they can redeem them for a reward.

The rewards available during 2016 are:

- Flying Snake Tail
- Wildlife Writer Set
- Mud Splat Handball
- Outback Pat Bag Tag
- Backtrack Eraser Pen
- Jump and Skip Rope
- Bush Fly Fan
- Wriggly Glow Worm



We will be holding an Account Opening Session at our school:

Time: 8.30 – 9.30am

Date: Tuesday 12th April

Location: on school grounds

If you are interested in opening a Commonwealth Bank Youthsaver account for your child please bring along your current driver's licence or another form of photographic identification.

Alternatively, you can open an account at your local branch. All you need to bring is your current identification as well as your child's birth certificate. If you are an existing Commonwealth Bank customer and have NetBank, you can open an account online.

If you would like to know more about School Banking, information packs will be sent home soon or you can collect one from your local Branch. Your closest branch is at Torrensville.

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“The services and events contained in this bulletin are in no way connected with the school and are included in this newsletter for your information only. Parents and caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children.”

**Want to talk with a priest?
We are here for you.
All welcome.**

**The local Catholic priests will be in their churches
for anyone who would like to talk to them
about anything they choose.
No appointments necessary.**

**Tuesday 19th April
from 2pm to 8pm**

**St Maximillian Kolbe, 85 Rosewater Tce., Ottoway
Our Lady of Mt Carmel, 740 Torrens Rd., Pennington
Sacred Heart, 253 Military Rd., Semaphore
Our Lady of the Sacred Heart, 420 Seaview Rd., Henley Beach
St Aloysius, 68 Brooker Tce, Richmond
Sacred Heart, 252 Port rd., Hindmarsh
St Margaret Mary, 286 Torrens Rd., Croydon Park
More information 8346 0944**

The Jubilee Year of Mercy

Outdoor Adventures in West Torrens

Put on your hat and some sunscreen and join us for Little Days Out in your local parks! Activities include nature play, art and craft, sport, recreation and games - discover something new at each event!

Saturday 16th April - 11:30-1:30pm

Mile End Common, Mile End
LDO is teaming up with the DAKs (Dads and Kids) group run through Cowandilla and Lockleys Children's Centres. BYO a picnic lunch and your Dad/step-dad/grand-dad/brother/uncle or any other significant male in your life and we'll supply the rest!

Wednesday 27th April - 11-2pm

Memorial Gardens, Hilton
Unleash your creativity with Junkyard Play and the Imagination Playground!

Visit www.westtorrens.sa.gov.au/gwp for event details.



**OPAL is about supporting
families and children to
eat well and be active.**

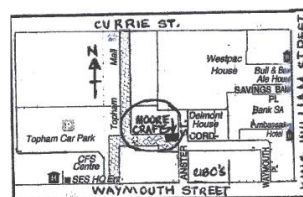
MORE CRAFTS

SHOP 17 TOPHAM MALL
ADELAIDE

Exquisite and original gift ideas~
Handmade cards, wrapping paper, Candles
Aboriginal handcrafts made at the Adelaide Day Centre for Homeless Persons

PLUS
Handicrafts from the Good Shepherd Development Projects in Nongkhai, Thailand~
Handwoven fabrics, clothing, cushion covers, aprons, bags, purses.

Beautifully made children's toys
ALSO
Fair trade tea and coffee.
10.30am - 4.30pm Mon - Fri.



Enquiries: 8232 0048



'In all things love'

Kids Day Out

For ages 7 - 12 years

April school holiday fun for the budding chefs of the future!

All sessions held from 9.30 am - 12.30 pm and cost \$45 per head

Thursday 21 April 2016

Friday 22 April 2016

Tiny Tasty Sweet Treats

Come and join Chef Danielle for a fun filled morning as she will turn two classic dishes into tasty tiny treats.

Mini chocolate banoffee pies and mini apple and cinnamon loaves. You will learn how to make chocolate pastry, chocolate caramel filling, rich butter cakes topped with apple and cinnamon and a spiced honey cream.

Italian Feast

This class is back by popular demand!

Chef Nick will teach you how to make fresh home-made pasta from the finest ingredients along with other traditional Italian dishes including arancini balls and for those with a sweet tooth – your own tiramisu!

Breakfast Buddies!

Learn how to prepare some fun and nutritious breakfasts.

Delicious recipes that are kid-friendly and fast – exactly what you need for those crazy mornings!

Chef Dave will help you to make yoghurt muesli berry pots in a jar to take home, breakfast frittata and the favourite - hot cakes.

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Come and join Chef Danielle for a fun filled morning as she will turn two classic dishes into tasty tiny treats.

Mini chocolate banoffee pies and mini apple and cinnamon loaves. You will learn how to make chocolate pastry, chocolate caramel filling, rich butter cakes topped with apple and cinnamon and a spiced honey cream.



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Book at: eventopia.co/RGA

For further information:

TAFE SA Regency Campus
137 Days Road REGENCY PARK SA 5010
P: 8348 4097 E: hospitality@tafesa.edu.au

 [facebook.com/tafesaRGA](https://www.facebook.com/tafesaRGA)



A Children's University
Learning Destination

Lets get cooking - FREE class for parents

While your kids are enjoying the cooking classes Pam Tobin and the team from The Food Studio would be delighted to have your company for a special cooking class of your own!

Enjoy an educational and fun few hours learning delicious and easy everyday meals using local fresh produce.

Special guest chefs and a celebrity host will be on board.

Prizes, give-aways, recipes and tastings will add to the mornings enjoyment. So come along and join in the fun!

To book for this event, please contact Gemma McGowan on 8348 4097 or gemma.mcgowan@tafesa.edu.au

tafesa



Government of
South Australia



The Federation of Catholic
School Parent Communities



Presents

Federation Ambassador Formation & Network Event

With special Guest Channel 7's Jessica Adamson

Incorporating the Federation's 49th AGM

Be
Connected

Be
Informed

Be
Heard

Saturday 28th May 2016

9.45am - 3.30pm

St Joseph's School, Hindmarsh

Cost: **FREE**

Registrations close FRIDAY 13TH MAY

To book or for more information go to

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Building parent-school partnerships

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Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

CALM is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

ACCEPT your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

CHALLENGE the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

ENCOURAGE your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



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