Dear Parents, Staff and Students

The Assumption of Mary

The 15th August is the Feast day of the Assumption of Mary. Mary was chosen to be the mother of Jesus and the mother of us all. She was considered to be perfect in the eyes of God. Therefore, God gave Mary the special privilege of being assumed body and soul into Heaven.

Although she became the Mother of Jesus, Mary was a simple woman who lived according to the customs and traditions of her Jewish faith.

Mary is the perfect role model of living a faithful life from which we all should aspire. She believed and trusted in God and she is always there to encourage us to be people of faith, listeners of God, followers of her Son, bringing His love to those in need.

Our students will participate in a short prayer service Monday Morning in honour of this special Feast Day.

Dear Lord
As I thank you for the gift of life,
I also thank you for the wonderful
People I have met along the journey.
Some of them inspire me, stretch me,
Challenge me, love me & encourage me
All of them helped me realise how
Meaningful and beautiful my life is.
Thank you

God Bless
Steve Miranda
Principal

Sacred Heart Catholic School Vision Statement
Sacred Heart Catholic School aspires to be known as a community where all students have the opportunity to flourish in an environment that empowers them to be Christ like.

CHRIST LIKE:
The school environment will empower all to live a Christian life through the essence of Catholic faith and values.

FLOURISH:
We aspire that Sacred Heart Catholic School students will be happy, balanced and strong students who will thrive across all domains of life.

ENVIRONMENT:
The potential of all, will be realised in a positive and safe environment, that recognises the God given gifts of each individual.
Carnival - Date Change
Please note as per the email sent earlier this week, the date of the Mortlock Athletics Carnival has been changed to **Friday 9th September**. It will be held in Calingiri and a note will be distributed closer to the date.

Bolgart Primary School are organising this carnival and were not aware that the Calingiri Oval was not available. We apologise for the change which was out of our control.

First Holy Communion
This coming Saturday 20th August, nine students from Year 3/4 will be receiving the Sacrament of Eucharist. The whole class will be involved in the celebration and we invite our school and parish community to attend and support our students. The Celebration will commence at 5pm and we look forward to seeing you there. Please keep Tristan Candeloro, Caleb Macdonald, Chais O'Dwyer, John Bock, Daniel Candeloro, Kaiden Edmonds, William Lord, Sean Tito and Mahalia Upton in your prayers as they prepare for their Eucharist.

Thank You
We would like to thank Peta Marrell from the Goomalling Post Office for her generous donation of wood for our Kindy/PrePrimary class.

Uniform
A number of students are wearing sneakers to school that do not comply with our rules. Sneakers must be predominately white with white laces. This is as per our uniform policy. Parents will be advised if students do not have the correct uniform which will need to be rectified.

Our new jackets are a great asset to our school uniform during the winter months. Students will be reminded that this is not to be worn in place of their jumper. Instead it is to be worn as an added item of clothing when students are cold. For example: walking to school, recess & lunch.

Access Gates
To ensure our junior students are secure throughout the day, we have installed magna Latches to our Kindy/PP area and our main access gate to the undercover area. The second access gate that leads directly into the carpark will now be locked. Parents and students must use the gate from the main path into the school.

Chin Children
Our Minnie Vinnies are currently collecting any good quality second hand stationery. This will be bundled up and sent to the refugees in Malaysia as they are opening new schools. All donations can be left at the front office.

Soup Friday
Soup Friday will be continuing every Friday for the remainder of this term. Orders must be returned with payment each Wednesday to the front office. Thanks you to the P & F for kindly running this for us.

Crazy Cactus
This week our students were involved in a presentation from Cactus Kate to raise awareness of a particular type of Cactus that has been identified as a weed/pest. This species of cactus is found throughout the Goomalling and Wheatbelt region. A map has been displayed on the Undercover Area window whereby students and parents can indicate where cacti can be found, to ensure the government authorities can work to eradicate the weed. Have you got cacti in your yard/farm?

Vacswim
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Vacswim
Enrol now for VacSwim October school holiday swimming lessons It is important for every child to learn to swim properly and develop essential water safety skills. VacSwim October school holiday swimming lessons are run by instructors who teach children the skills to be confident swimmers and safe in the water. To enrol or find out more visit education.wa.edu.au/swimming. Enrolments close on Monday 29 August.

Road Safety
Walking together to and from school:
Young children can learn safe pedestrian habits from you and continue these when they are old enough to travel alone.

- Plan your trip to school using pedestrian crossings wherever possible.
- Always hold your child’s hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
- Drop off and pick up your child near the school gate and avoid calling them from across the road.
- Talk with your children about Stop, Look, Listen and Think every time they cross the road. STOP! -One step back from the kerb. LOOK! - For traffic to your right, left and right again. LISTEN! -For the sounds of approaching traffic. THINK! -Whether it is safe to cross.
- Teach your children to keep looking in both directions and listening for traffic, as they cross the road.

Don’t forget Book Week next week!

Week 19
Very Happy Hawk

Parish Masses
Sacred Heart -
Goomalling
10am each Sunday

Reading Roster
14th August - Fiona Siegert

Cleaning Roster
August – Deanne & Fiona

Father Ken- Parish Priest PH: 9629 1147

Congratuations to Chais for receiving the MJR award
Buddy Art Class

Students in Pre Primary were taught by our Year 5/6 Class the art of ‘mirror drawing’ using their name as the stimulus. Crayons, Dye and fine motor control were the tools of choice.
Rural Schools University Study Avon Valley –
Call for Community information.

Mrs. Rebecca Doughty is researching the history of

Rural Schools in the Avon Valley
between 1830-1915.

It is hoped the information gathered will be presented in both report and booklet form and accessible to community members.

If you have any information, stories or images regarding these early schools in your area it would be greatly appreciated if you would forward it to:

PO Box 1056 Toodyay

Or

Doughty.Rebecca@cathednet.wa.edu.au

Please include your name, address and a contact number so that a form may be returned for permission to include your information in the study and to compile the information you are able to contribute.

Thank you for your support.

Rebecca Doughty
Understanding separation anxiety

Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parenting ideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsesses with thoughts depicting dooms, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR:

"Children with separation anxiety disorder feel constantly worried or fearful about separation," says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unpredicted event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

"I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds," she says.

Over the years, Russell recognized that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

THE TRIGGERS

Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a "fear of the unknown".

"I would get thoughts about bad things happening to my parents. I felt safe when I was with them," she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne. "In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other’s anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited."

more on page 2

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parenting Ideas Club today at parentingideashub.com.au

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Managing It

It is important for parents to remember that many fears are a normal part of development, says Swinbourne.

"But children and adolescents who develop anxiety disorders do not seem to have the resources and coping mechanisms available to them at the time (internally and externally) to overcome these fears, hence they manifest into disorders," she explains.

Swinbourne advises parents to help their children understand the 'fight or flight' state that their body and brain can go into as a result by offering a two-step management process.

"First parents can help their children to recognise when they begin to feel the physical signs of anxiety and teach them to relax their body and slow their breathing and heart rate down."

"Secondly, once the body is relaxed, it gives the brain the opportunity to rationally assess the situation and challenge their default response (the anxious behaviour)."

For younger children, it is more appropriate to calm them down by holding them, diverting them or engaging in a fun activity and then reassuring them that they are safe in the company of their caregiver, she says.

Experts’ tips to minimise a child’s anxiety

- Talk to the child about what they are feeling. Bringing awareness to their thoughts will not make it worse.
- Ask the child how they would like to feel in the same situation and if they can think of a time they have felt that way. This gives them an example of where they are already doing this.
- With your child, think up some steps that the child can take to get them one step closer to the way they want to feel when separating from you.
- Talk everyday about how they applied one of these steps, what worked and what didn’t.
- Celebrate their successes, no matter how small.
- Be patient and be a role model by showing them how you successfully cope with your own anxieties.
- Do not stop when things are okay; continue to focus on helping the child be clear about what they want and what steps they can take to get it.