

St Andrew's Parish

CORPUS CHRISTI PRIMARY SCHOOL

29 RUSSELL STREET, WERRIBEE VIC. 3030

Telephone: (03) 9741 8440 Facsimile: (03) 9741 8038



NEWSLETTER 4 Wednesday 20th March 2019 WEEK 8, TERM 1

Available on our School App, Website, CC Parent Portal. Paper copies available in the Office

For **STUDENT ABSENCES** ccschooloffice@ccwerribee.catholic.edu.au OR 9741 8440 by 9:30am

Dear Parents and Carers,

At Corpus Christi we endeavour to ensure communication lines are alive and active in order to keep our community informed about what is happening in our school. We do this in a variet of ways through our:

- > School Website www.ccwerribee.catholic.edu.au
- > Corpus Christi School App
- > Email
- > Production of School Newsletter and
- > Reminder App (used by Learning Communities)

All are updated regularly, so please try to follow us whenever possible. Please note out school calendar will be accessible in coming days via our new administration system and we apologise for any inconvenience in not having this feature available to date.

Given the variety of ways we are able to communicate with you, please note that we will be publishing our School Newsletter 3 times a term during 2019 from Term 2 onwards - at the beginning of each term, in the middle of the term and at the end of the term. Our Newsletter, as always, will be available on our website, on our School App and from Term 2, 2019 we plan to also be able to send you an email link to the newsletter. We will seek feedback from you regarding our communication methods as we seek to be as efficient, accurate and as timely as possible. Please let me know your thoughts via email or through the school office regarding communication at Corpus Christi if you wish.

IMPORTANT - Catholic Identity Surveys

Last week all families were asked to complete a survey as part of the "Enhancing Catholic School Identity" project. This survey is designed to help us understand more deeply our current Catholic Identity and where our school community might like to see itself in the future.

I remind you that the survey period remains open until 5th April only and your participation should take about 55 minutes.

All parents who complete the survey are asked to print the 'Certificate of Completion' and drop it into the School Office. All certificates and notices of completion of the survey, will be placed in a draw to win a \$100 Village Movie Voucher. Please contact the School Office if you require further support in completing the surveys. Your contribution to this project is highly valued.

WEEKEND MAINTENANCE PROGRAM

Our Weekend Maintenance Program is due to launch next term from **Sunday 28th April**. Please keep a look out for the Roster coming home tomorrow! <u>As your rostered Sunday approaches a green reminder notice is sent home to you via your eldest child</u>. Families will receive an SMS reminder, usually the Friday before a rostered Sunday also. Thankyou for your support of the program and our school.

Kind regards, Linda

STUDENT ATTENDANCE—EVERY DAY COUNTS



Corpus Christi Primary School

Address 29 Russell Street Werribee 3030

9741 8440 Fax

Phone Email Website www.ccwerribee.catholic.edu.au

ccschooloffice@ccwerribee.catholic.edu.au

In the event of student absence, please notify the school by 9:30am

This can be done via email to ccschooloffice@ccwerribee.catholic.edu.au or by calling the School Office on 9741 8440.

Please provide a written note and/ or medical certificate for the home-group teacher upon the student's return.

A letter informing the school of any extended periods of absence must be provided prior to family holidays or extended absence from school

Don't forget to call or email the school office if your child is going to be absent from school by 9:30am.

Phone: 9741 8440

Email: ccschooloffice@ccwerribee.catholic.edu

SCHOOL START TIME!

The beginning of the day is a vital time for all children in their Learning Communities as instruction begins directly at 8:45am. Please be aware that classrooms open at 8:30am to enable all children to have the time to get prepared for the day. Thank you to parents/carers for ensuring your children are at school at the start time of 8:45am each day. Please be aware that children who arrive after 8:45am are recorded as 'Late' on the attendance roll. All 'late' records will be recorded automatically on each child's mid-year and end of year Reports.

SECOND HAND UNIFORM

Our second hand uniform shop (located in the Music room in the senior learning area) operates on Friday mornings from 8:30am to 9:00am. If families have uniform items that children have grown out of and if they are still in good condition and taking up space in the cupboard please bring them to school. We do ask however to please ensure donated uniforms are in Good Repair and Laundered. Also double check your bag to ensure no other clothing is included by mistake! All donations can be left at the office. For parents who require uniform items but are unable to visit the second hand uniform shop, please contact the office to complete a request form with the items and sizes needed. Parents will then be contacted if the item is or becomes available. Thank you.

Foundation 2020 Enrolment Packs

Enrolment Packs for 2020 are now available from the School Office. A reminder to families enrolment of Siblings is not automatic. If you have any questions please do not hesitate to contact the School.

School Tour Dates 2019 Bookings Essential 9741 8440

Wednesday 20th March 9:00am and 12:00 noon

Monday 25th March 9:00am and 12:00 noon

Thursday 28th March 9:00am

Tuesday 2nd April 9:00am and 12:00 noon

CONGRATULATIONS

- ..to Ms Kim Gleeson and husband Mark on the safe arrival of their baby boy Darcy!
- ..to Lyla (3/4BR) & Alexis (1/2KJ) on the safe arrival of their baby sister!
- ..to Samuel (1/2MR) on the safe arrival of his baby sister!





Education in Faith

SACRAMENTS NEWS

RECONCILIATION We congratulate the children who received the Sacrament of Reconciliation on Tuesday 12th March at St. Andrew's Church. It was a lovely celebration, thank you for your continued support and prayers.

CONFIRMATION Our students in Year 6 marked their commitment in a beautiful mass led by Fr. Anil at our community mass at St. Mary of the Cross Chapel on Sunday 17th March. Thank you to our families who came along to support our children. Notes will be given shortly to indicate important dates for Confirmation.



CATHOLIC EDUCATION WEEK AT ST PATRICKS CATHEDRAL



Catholic Education week was celebrated last week across the Archdiocese of Melbourne. The theme this year is "Growing Young in Christ". At Corpus Christi, we celebrated Catholic Education Week through our Family Twilight Night and last Friday the 15th of March our School Leaders, Sports Captains and Community Action Team Leaders represented our school at the St. Patrick's Day Mass held in St. Patrick's Cathedral, East Melbourne. Our leaders had a great day celebrating with many schools across Melbourne with a Mass led by Archbishop Peter Comensoli and fun activities in Treasury Gardens straight after.

STATIONS OF THE CROSS

We warmly invite you to watch our Grade 6s perform the stations of the cross on **Friday 29th March**. Our Grade 6s will re enact the stations of the cross and present to different communities throughout the day.

Parents are invited to watch at 2:30pm starting on the oval.



PROJECT COMPASSION

We encourage you to make a small donation for our project compassion boxes. They can be found in communities and the office. The theme for Project Compassion 2019 is based around hope and giving Lent 100% in the name of hope. As a family, view the Caritas website on how you can get involved and view the amazing stories of people involved in Caritas. https://lent.caritas.org.au/

<u>UPCOMING EVENTS....</u>

Thursday 21st March - Middle Unit mass 9am in MFR **Friday 29th March** - Stations of the Cross Performance led by Grade 6s

Miss Richelle Mendoza, Religious Education Leader

CONDOLENCES TO...

The Farrugia Family Lily (3/4HD) and Logan (1/2MS) after the sad passing of their Grandmother. Our thoughts and prayers are with you.

FINANCE School & Curriculum Fees, Levies and Charges

2019 Invoices were sent home (mostly via email) to families on Friday 22nd February. We remind families that the school offers Payment Plan Options for the payment of Family Fees which include direct debit, many families find this option beneficial. Our 2019 Payment Plan Options were sent home in term 4 last year and families were requested to complete and return this form to the office.

For our New Families please do not hesitate to contact the School Office for payment plan information.

Fees for 2019 are outlined below:

| Curriculum Fees (per child) | \$320.00 |
|--|-------------------|
| Excursion / Incursion Levy (per child) Sacrament, Camps, Sports & Graduation costs are not included in this fee. | \$70.00 |
| School Fees (per family) | \$1,530.00 |
| Total | <u>\$1,920.00</u> |

The Curriculum Fees & Excursion Levy of \$390.00 were due on Friday 1st March 2019

If you have not finalised this payment please make your payments as soon as possible

HEALTH CARE CARD & PENSION CARD HOLDERS



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- · \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/cse

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

ou only need to complete an application form if any if the following changes have occurred:

• new student enrolments; your child has

- started or changed schools in 2019 or you did not apply in 2018.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are uns



If you hold a valid Concession Card / Health Care Card your child may be eligible for the CSEF (Camps, Sports & Excursions Fund) benefit.

Please bring your card to the School Office and we will be able to assist you. Families who have lodged an application previously please also come to the School Office with your current card.

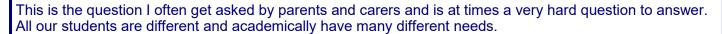
Mrs Jenni Warren.

School Secretary



LEARNING & TEACHING NEWS

How Can I help My Child?



The best advice I can offer is to be encouraging of positive thinking. Challenge is a healthy part of our everyday lives and children need small challenges daily to build their mindset, independence and confidence in their own ability to learn successfully.

Many studies have been made of the "power of positive thinking" and they all agree that developing positive thoughts about the self is one of the most important contributors to being successful in learning and life.

Students who persevere when tasks become hard , learn to try different strategies and processes to solve daily problems, both academically and personally.

This doesn't mean that we need our children to be constantly and only positive!

Both positive and negative thoughts and emotions play a *valuable role in how we process the world around us*.

Instead, we can teach our kids to accept negative emotions and process them in a healthy way. We can encourage positive thinking and positive affirmations.

According to positive psychology researcher Barbara Fredrickson, positive thinking is important because it broadens your sense of possibility and opens your mind, allowing you to build new skills. Positive thinking, Fredrickson says, "broadens and builds." It also makes children (and adults) more resilient.

Here are some ways to help your kids think positively:

- Be a great role model: when things don't turn out the way you expected model ways to positive ways deal with it
- Help them feel comfortable with their emotions
- Be a motivator and encourager
- Teach them how to focus on solutions not problems
- Allow them the freedom to do what they love
- Surround them with positive people.

More details and some interesting reading can be found on these websites!

https://www.powerofpositivity.com/10-ways-to-help-kids-think-positive/

https://fs.blog/2015/03/carol-dweck-mindset/



Mrs Peta Cesarec, Learning and Teaching Leader - Literacy

LEARNING & TEACHING NEWS

Just a reminder that we will be having our Family Numeracy Night this year on **Tuesday**, 11th June at 6:30pm so please save the date. I will discuss more details about the evening in the near future.

Most classes throughout the school have been learning about place value. The contemporary way that we teach place value is through conceptual place value. This involves:

- Presenting numbers and discussing their full value: 20 as twenty or two tens; 21 as twenty-one, or twenty and one
- Working on ten more and ten less such as ten less than 601
- Using concrete materials such as bundling sticks and 100 dot cards
- Answers do not involve exchanging units. For example, students solve 195 and ten more is 205, but don't need to explain this by trading 10 tens for 1 hundred
- The aim is to cultivate strong mental strategies

At home, I encourage parents to discuss with your child the learning that is happening at school. Below are some questions you could ask your child:

- What did you discover today?
- What did you find challenging? What would you do differently next time?
- What strategy/strategies did you use?
- Did you see or hear another strategy that was efficient (quick and easy)?

Mr Peter Donoghue, Learning and Teaching Leader - Numeracy

Learning Community News

FOUNDATION UNIT NEWS....

What an action packed last few weeks of term 1 it has been! We thank the many, many families who were able to attend our Family Twilight Sport event and for the children who eagerly engaged in the great activities that were being run on the night. We have also explored Harmony Day as part of Victorian cultural diversity week.

In the final weeks of Term 1 the children have been learning about Palm Sunday and the last supper in preparation for Easter and will be reflecting on their role as a friend to others and what qualities they would like to see in friends. This will continue into Term 2 as we delve deeper into their roles within our school and local community.

Literacy continues to see the children uncover the connections between the spoken word, the written word and how to read. At home you can build your child's awareness of the role of speech in writing and reading by encouraging them to speak in full sentences. We have begun our reading workshops in anticipation of guided reading groups in Term 2. and have been learning the strategy of eagle eye to assist in reading. We use this strategy when we practice reading to a partner.

Numeracy has seen the children look at properties of 2D shapes, including identifying them in our environment. Ask your child to point out shapes they may see in their daily travels.

Stay up to date on the happenings in Foundation on Remind use Code: @yellow2019 or @whitcomm

Yours in partnership, The Foundation Team 業業業



Yours in partnership, The Foundation Team

Learning Community News

SENIOR UNIT NEWS....

The Senior students have been very busy as they start to explore the church season of 'Lent'. Year 6s have began preparing to conduct a re-enactment of the 'Stations of the Cross' for the whole school while the Year 5s have been working on presenting the Easter story for their buddies.

During Inquiry sessions, students have been investigating what makes up Australia's Federal Parliament, the role of the Governor General and the three levels of law making in Australia: Federal, State and local council.





CAMP!!!!- All students, parents and teachers returned very tired but with many memories to share. Don't forget the late start on Thursday with a touch of orange to highlight 'Harmony Day'. We will continue using the experiences of camp and reflecting on our learning as a community as the term ends. Thank you to all students, parents and teachers for contributing to the great community feel created during camp and the many memories made that will be reflected on for a life time.

Over the last few weeks of term, we will explore some of the symbols of Confirmation. Stole packs will be sent home as part of family preparation perhaps a great task during the holidays.



Senior TEAL Community Remind Code is @seniorscc

Leanne Spence, Unit Learning Leader

MIDDLE UNIT NEWS....

During the past few weeks, the Middle Unit students have been very busy with both their learning and their journey of faith. The students celebrated Shrove Tuesday with pancakes for lunch and learned about the importance of the traditions of the day as we head into Lent. On Ash Wednesday the students participated in a Liturgy presented by the Senior Unit.

Tuesday the 12th of March was a special day for our Grade 3 students who celebrated the love and forgiveness of God through the Sacrament of Reconciliation.

The students have been learning many new things and building on existing skills and knowledge in all areas of the curriculum. They have been putting their knowledge of effective strategies into practice to build upon their addition and subtraction skills. In writing the students have cleverly crafted snapshot stories to paint a picture in the mind of the reader and in reading they have been improving their comprehension skill to become better readers. Healthy bodies and minds has been the focus in Inquiry.

The Middle Team - Helen Drezga, Ben Richards, Megan Urlichs, Stephanie Mobilio, Eugene Volkwyn, Peter Donoghue, Jenai Harrington, Lyn Tramontana and Karen Pacifici.

JUNIOR UNIT NEWS....

What an exciting few weeks it has been for the Juniors in their writing. We have had a few mysteries that we have had to solve. After solving these mysteries we wrote a recount about it focusing on using the 5ws (Who, what, when, where, why), our colourful semantics, time words and sequencing.

We have begun learning about chance and the likelihood of something happening. We are still working hard on consolidating our number skills with naming, making, ordering, expanding and partitioning numbers. We are learning about efficient strategies when counting.

We have begun learning about Lent and will begin learning about Holy Week in the lead up to Easter.

Our reading Workshops are going well. Students are learning about decoding strategies and comprehension strategies such as making connections and visualising.

Yours in Partnership, Michelle Surmiak Junior Learning Leader.



Say connected with news & reminders from your child's learning community!

Download the 'Remind' App and use your child / ren's Community

Remind Code to get started!

For information visit: https://www.remind.com/families

Wellbeing & Community Partnerships



Mobile School Dentist

Congratulations to students who visited the Mobile School Dentist Van over the past two weeks.

We have not had a school dental service for a long time and hope to offer this again in the future. Parents will receive a dental report if their child attended an appointment at school. Efforts were made by the dental office to contact parents if children were not eligible for dental care under the Medicare scheme. If you have any further queries regarding your child's dental visit, please contact Mobile School Dentist on (03) 9323 9607.



Catholic Education Week celebrations

Thank you to all families who were able to participate in our Open Morning and Family Twilight Sports evening as part of our Corpus Christi Catholic Education Week celebrations. What wonderful community spirit! Special thank you to our senior student leaders who assisted Kaboom sports activities: Livinia W, Katie F, Michael S, Chris T, Isaac P, Cooper D, Mietta L, Sienna F and Sachin S. Special thanks also to CC Parents & Friends for organising the delicious sausage sizzle.







Parenting Ideas: Scripts for social and school success

Over the past week, students participated in *National Day of Action Against Bullying and Violence* and *Harmony Day* activities. These days are used to highlight, promote and empower children to stand up for what is right. Students play games and complete activities to enhance their skills to work through problems and seek help when needed.

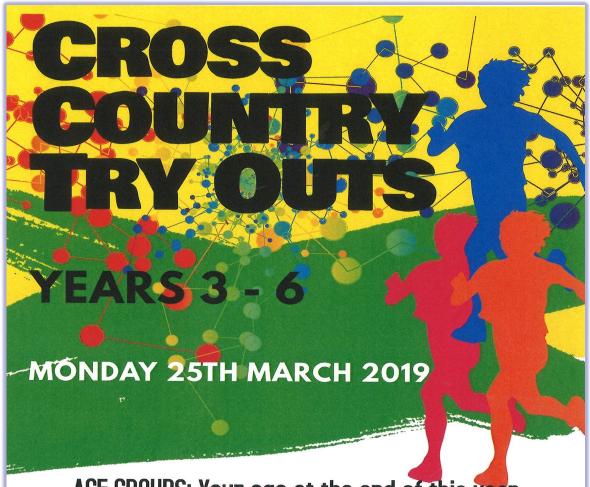
Social scripts are tools parents can use to support their children through challenges. At home, parents help children practise words and phrases to help them manage problems on their own. Parents as coaches can be a wonderful support when dealing with challenging friendships, managing problems or trying to fit in. Full Parenting Ideas article is at the back of this newsletter.



DO WE HAVE YOUR CURRENT EMAIL ADDRESS?

Please email the school office (<u>ccschooloffice@ccwerribee.catholic.edu.au</u>) if you have recently updated / changed your <u>preferred email address to receive School Correspondence</u> including emails related to accessing you child/ren's school reports.

Mrs Anne Walton, ICT Specialist Teacher



AGE GROUPS: Your age at the end of this year. 8/9/10 YEAR OLDS = 2KM DISTANCE 1 1/12/13 YEAR OLDS = 3KM DISTANCE

IF YOU WOULD LIKE TO TRY OUT FOR THE CORPUS CHRISTI CROSS COUNTRY TEAM, PLEASE WEAR YOUR FULL SPORTS UNIFORM ON 25/03/2019!

DISTRICT CROSS COUNTRY ON 30TH APRIL @ PRESIDENT PARK

CORPUS SPORT NEWS

Twenty-one Corpus Christi students represented the Werribee District at the Western Region Division Swimming Championships on Thursday the 14th March. Every swimmer raced with great determination and perseverance. Thank you to all the families for coming along to cheer on our Corpus representatives.

Tanami Murdock
Alyssa Coates
Mia Costa-Jackson
Nathan Dimitriadis
Katie Forbes
Cooper Dixon
Hunter Dickson

Leo Ferlazzo Sienna Ferlazzo Mietta Lazzaro Sofia Lazzaro Nicola Morris Chase Morris Ethan Morris Harry Ardizzon
Charlotte Paterson
Jacob Alabakis
Tyler Portogallo
Caleb Vincent
Ella Duenzl
Matthew Musarra













Congratulations to the students below that have progressed to the next level of competition. They will race in their respective individual events at the Western Metropolitan Regional Swimming Championships on Tuesday the 2nd of April. Corpus Christi wish you all the best!











Tanami Murdock
11 GIRLS 50m Butterfly

Mia Costa-Jackson
9/10 GIRLS 50m Butterfly

Chase Morris
11 BOYS 50m Breastroke

Miss Dee Dundov, Physical Education Teacher & Interschool Sport Leader

2019 SCHOOL CALENDAR & EVENTS

Wednesday 20th March Welcome Back Senior Students & Staff from CAMP

Thursday 21st March Harmony Day - Students wear a touch of orange to show their support for

culutural diversity and an inclusive Australia!

Middle Unit Mass 9am in MFR - All Welcome to attend

Whole School Assembly 2:05pm all welcome

Friday 22nd March National Ride to School Day

Foundation - Vision Screening

CANCELLED - P & F Movie Night Families who paid can collect \$ from the Office

Monday 25th March Gr 3 to 6 Students - Cross Country Try Outs Students wear sport uniform if trying out

Friday 29th March Grade 6 Students perform Stations of the Cross 2:30pm starting on the Oval

Thursday 4th April Whole School Assembly 2:05pm in MFR all welcome to attend

Friday 5th April Last Day of Term One - School Holidays Students Dismissed at 1:00pm

Friday 19th April, Good Friday Sunday 21st April, Easter Sunday Monday 22nd April Easter Monday

TERM 2

Tuesday 23rd April Term 2 Begins today - Students return to school

7:00pm Parents and Friends Meeting

Thursday 25th April ANZAC Day - Public Holiday No School Today

Tuesday 30th April DISTRICT CROSS COUNTRY at Presidents Park - selected students Gr 3 to 6

Foundation Prayer Night 6:00pm

Thursday 2nd May Whole School Assembly 2:05pm n MFR all welcome to attend

Friday 3rd May SCHOOL CLOSURE DAY – NO SCHOOL TODAY Religious Education & Faith Formation

Tuesday 7th May School Board Meeting

Monday 13th May

NAPLAN Commences - Grade 3 and 5 Students

Wednesday 15th May

Confirmation Family Evening 6:30pm in MFR

Sunday 19th May Community Mass 10am at St Mary of the Cross Chapel - MacKillop College

including First Eucharist Commitment Mass - First Eucharist Candidates are asked to attend Mass

Tuesday 21st May 7:00pm Parents and Friends Meeting

Wednesday 22nd May CONFIRMATION Reflection Day at Portarlington

Friday 24th May CONFIRMATION CELEBRATION 6:30pm

Monday 3rd June BOOK FAIR commences today for this week!

Tuesday 11th June Family Numeracy Night

Tuesday 25th June CORPUS CHRISTI FEAST DAY

Tuesday 23rd July Junior Prayer Night at 6:00pm
Tuesday 10th December Graduation Mass at 6:00pm

2019 Upcoming Sacrament Dates

First Eucharist Celebration - Sunday 18th August at 1:00pm and 3:00pm

2019 Upcoming School Closure Dates

Term 2.. Day 1 - Friday 3rd May - Religious Education and Faith Term 3.. Day 2 - Monday 29th July - Wellbeing for Learning

Term 4.. Day 3 – Planning for 2020 – Date TBD and Day 4 – Wednesday 18th December – Handover 2020

parenting *ideas

insights

Giving kids scripts for social and school success

by Michael Grose



Recently, I heard my adult daughter rebuke a male friend for telling her that she'd lost weight.

"You just can't say that," remarked my daughter.

Realising his mistake this young man said, "So what should say instead?"

"Tell me I look healthy."

"Hey, you look really healthy!"

"That's better," remarked my daughter, who's not backward in coming forwards.

This young man's scripting was askew. He knew that a male complimenting a female on losing weight maybe no compliment at all, however he didn't know what else to say. My daughter gave him a new script that he can use in similar situations in the future.

This scenario is relevant to parenting. Parents should always looking for opportunities to give their kids the social scripts to express themselves in different situations.

Benefits of providing kids with social scripts

Social scripting wins the parenting trifecta. Giving kids the words to use helps them stay safe; become social and importantly, promotes their independence. Your job as a parent is to wean kids off you. Social scripting is a big part of this process.

So if keeping kids safe, while socialising and developing their independence is important then look for ways to give kids the right words to use. Here are some ideas to get you started.

1. Asking a teacher for help or assistance

Kids often coerces parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say..."

2. Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Consider coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they

parenting *ideas

know, and wait for a lull in the game before asking. Social scripting involves timing, not just the words to use.

3. Telling a sibling to stop annoying them

"Jessica, please stop flicking the ruler while I'm watching TV. I find it annoying." This may work. If not, this child could try, "Jessica, could you flick your rule elsewhere." It may work. It may not. But it's infinitely better than yelling, "Jessica, DDDOOOONNNN'TTTT!!!!"

4. Saying No to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don't know how to say NO in a way that maintains their status. One strategy is to use an excuse rather than say give an outright NO. "I don't want to drink tonight because I've got football training in the morning."

5. Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven't been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

"Are you frustrated Maxie?"

"Yes, I fusttated!!"

"Would you like a hug?

"Yessss!"

You're never too young or too old to be hugged. Just as you're never too young or too old to receive a social script from a well-meaning parent or friend.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



WERRIBEE FIRE BRIGADE

The Secretary, P.O. Box 240, Werribee 3030 Station (03) 9742 7009 – Fax (03) 9742 6521

Captain: Michael Wells Secretary: Stephen Donaghy E-Mail: werribee.fs@cfa.vic.gov.au



6 March 2019

The Principal Corpus Christi Primary School 29 Russell Street WERRIBEE VIC 3030

Dear Sir / Madam,

The Werribee and Wyndham Vale Fire Brigades have a long and proud history of Volunteerism within the community of Wyndham.

Within this esteemed history, for the past 40 years, we have been collecting donations for the Royal Children's Hospital Good Friday Appeal and, have exceeded \$1 Million Dollars.

We are seeking the support of your school community to be involved on Friday 19th April 2019.

Volunteer Collectors will be transported to various locations on buses, under adult supervision and will be provided with the appropriate adult support throughout the collection period.

Lunch and other provisions, will be provided for each collector.

Could you please assist by placing this information, in your weekly newsletter? Collections for 2018 totalled in excess of \$70,000.00 on the day and we are looking to surpass this total.

Further information can be provided by contacting the Secretary at werribee.fs@cfa.vic.gov.au or petermaywest@bigpond.com

Yours sincerely

In Michael Wells
Captain

Werribee Fire Brigade

Werribee Fire Brigade - Serving the Community





<u> Werribee Venue – Galvin Park</u>

*\$20 Discount

When:

- U8's Sat 9am or 11am
 - U12's Sat 10am

Where:

Werribee City Soccer Club, Pitch 4, Galvin Park

Duration:

• 1 hour per session.

Cost:

- \$18 GST Inc. per session.
- Uniform Fee = \$85 GST Inc.

(One time fee providing Adidas Soccer Pro Academy Uniform of Socks, Shorts, and Top.)

Interested?

Group max 16 players, spots are limited, be Quick!!!

Contact ex Socceroo, Olyroo & International Professional player
Joe Spiteri 0422 087 191 or at
www.soccerproacademy.com.au/book to secure you spot.

*Apply Coupon code *corpus* at checkout to receive \$20 discount.