

ST BEDE'S NEWSLETTER TERM 2 ISSUE 4



Wellbeing

It is frightening!

I was fortunate enough to be able to attend the National Positive Schools Mental Health and Wellbeing Conference in May. As more and more concerns are being raised across our country about the wellbeing and mental health of our young people, we are becoming more aware of the importance of a balanced and healthy lifestyle. Children are being diagnosed with stress, anxiety and depression at a higher rate than ever before. One in three adults will or are already experiencing mental illness this year. As parents of these precious young people, it is our responsibility to model and assist children to maintain a sense of balance. To be able to do this well we need to arm ourselves through education. The staff will shortly be exploring a range of substantial strategies in relation to our wellbeing focus which will flow on to you as parents. Please don't make the mistake of thinking it won't happen to you or yours. Better balanced children achieve better results for longer!

Sacraments News



Confirmation

Congratulations to all of the Confirmation candidates who received the Holy Spirit last Sunday. It was a beautiful Mass and, on behalf of the staff, I can say that we were all very proud of your preparation and reverence. A big thank also to your wonderful teacher, Katie Horsburgh, who prepared you all so well.

First Reconciliation and First Holy Communion

Please note that First Reconciliation and First Holy Communion will take place in Term 3. An information session for parents will be held on Wednesday, 28 June at 6.00pm. Family sessions will be taking place in Term 3, closer to the Sacrament dates.

Nikki Dwyer
Religious Education Coordinator



SWPSSA Cross Country

We had 35, yes 35 students, representing St Bede's at the South Weston Cross Country Carnival at Stromlo Park last Wednesday. Mrs Douglas and I were lucky enough to witness the enthusiasm and the dedication that the children displayed on the day. Each student put in 110% and showed the St Bede's 'never say die' attitude.

School Holiday Tennis Clinic

🎾 Winter School Holidays Clinic at Red Hill Tennis Club, Astrolabe St.
*100% refund after Day 1 if not wishing to continue.

July 3 - 7,
8.00am -1.00pm (half day), 8.00am -5.30pm (full day)

Total stroke development - first-timers will be serving overarm by end of the clinic!
Professional, well-credentialed coaching staff, games, prizes galore and HEAPS OF FUN!
Enrolment forms available from Linda in the front office or ph Matt McDonald
0412 565 137.

Catholic Primary Schools' Netball Carnival

We expect to be asked shortly for expressions of interest by St John the Apostle, Florey to participate in the netball carnival which is normally held towards the end of October. Please give some consideration to your child participating in what is sure to be a very enjoyable day. We will send home the relevant forms as soon as they come to hand.



Trials

During the year I receive emails and posters regarding upcoming trials and sport for children.

I will advertise these on the 'Sports Board' on the door of my classroom, Year 4.



Please keep checking the board for all sporting trial information and visit the ACT School Sport website [School Sport ACT](http://www.schoolsportact.com.au) if your child is interested in representative sport.

Levi Heffernan
Sports Facilitator

Year 3 Mums -

*You're Invited to Belluci's
in Phillip at 7pm on Thursday,
22 June.*



***DADS' DAY SAUSAGE
SIZZLE TOMORROW***

This is the only hot lunch food available tomorrow aside from regular drinks and snacks. Recess is as per normal. Please place a lunch order in the normal way.



If you are able to volunteer for a tuckshop shift, please click on <http://www.signupgenius.com/go/5080d48a4ac2ca6fa7-tuck1>

Thank you!

ACHIEVEMENT AWARDS

The following students received an award in Week 6:

Kindergarten	Tom, Sophie and Zalia
Year 1	Reese, Peyton and Miah
Year 2	Luca, Natalia and Amelie
Year 3	Francesca, Jaide and Nick
Year 4	Sophia, Caden and Lucia
Years 5/6	Matthew, Matilda, Elle and Josephine

WALK IN LOVE AND PEACE AWARDS

Kindergarten	Paul
Year 1	Billie
Year 2	Vitoria
Year 3	Georgia
Year 4	Matilda
Years 5/6	Amelia

LEADERSHIP AWARDS

School Captain	Arabella
Benedict	Francesca, Joachim, Georgie and Joey
Polding	Emma, Sebastian and Sophie
Scholastica	Georgia, Chase and Emanuella
SRC	Year 5
Principal's Award	Year 6

NATIONALLY CONSISTENT COLLECTION OF DATA

Catholic schools together with government and Independent schools across Australia will again be participating in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). Our involvement in this process is crucial as it will provide valuable information about support required for a broad group of students in our schools. The NCCD will enable national and state governments to better target support and resources in schools. This in turn will help Catholic schools access the support for all students with additional needs.

The NCCD is not limited to students with diagnosed disabilities. It uses a very broad definition of disability, taken from the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, which includes a range of health issues and learning difficulties where schools implement strategies to support students in participating effectively in their learning.

The Data Collection will take place in August. No personal or identifying information about any student will be included. However, if you decide you do not wish information about your child to be included in the NCCD, you are asked to contact your child's school principal to discuss your concerns. If you still have concerns you should request and complete an opt-out form and return it to the principal.

More information about the NCCD is available at: <http://www.schooldisabilitydatapl.edu.au/>



As we have moved into the cooler months, some children may now experience niggling asthma symptoms. Would you please ensure that we are aware if your child suffers from asthma, however mild, and this also includes exercise induced asthma. Every student with significant asthma should have an Asthma Management and Emergency Treatment Plan in place at school. Reliever medication may be kept in students' bags/classroom/lunch box.



OPEN CLASSROOMS

Please take the opportunity to visit your child's classroom and for them to share their work with you next Thursday, 15 June at

8.30 – 9.10am or

3.20 – 4.00pm



GIRL GUIDES
AUSTRALIA
NSW & ACT

Girl Guides have **FUN**

- indoors and outdoors;
- learn new skills, and
- make new friends.

Girl Guides is for

girls aged 6 –18 yrs.

Local Girl Guide units meet

once a week at the







Guide Hall in

Manuka, Flinders Way.

To find out more, contact

Aneela de Soysa 0406 774 126

Upcoming Events:

Term 2 Week 7	Monday 5 June	Tuesday 6 June	Wednesday 7 June	Thursday 8 June	Friday 9 June 	Saturday 10 June	Sunday 11 June
Term 2 Week 8	Monday 12 June Queen's Birthday Holiday	Tuesday 13 June  ICAS Writing 9.30am	Wednesday 14 June ACT Cross Country Years 3/4 Excursion Zoo and Aquarium 	Thursday 15 June  Open Classrooms 8.30 – 9.10am and 3.20 – 4.00pm	Friday 16 June Year 3 Showcase Assembly 12.30pm 	Saturday 17 June	Sunday 18 June
Term 2 Week 9	Monday 19 June	Tuesday 20 June	Wednesday 21 June	Thursday 22 June	Friday 23 June Reports home 	Saturday 24 June	Sunday 25 June