



**ST. JOSEPH'S
SCHOOL**

HINDMARSH

FORTNIGHTLY Newsletter

Issue 1: 5th February 2020



*A Faith Community
Inspired by Love
Empowered through Learning to...
Make a Difference*

RESPECT COMPASSION SERVICE HOPE FORGIVENESS

DIARY DATES

FEBRUARY

12th Wednesday	Beginning Year Whole School Mass
18th Tuesday	School Dentist Visit
19th Wednesday	Community Welcome Evening @ 6.00pm
24th Monday	P&F Meeting 2pm ALL WELCOME
25th Tuesday	Shrove Tuesday
26th Wednesday	Ash Wednesday

MARCH

2nd, 3rd, 4th	Year 5/6 Camp
Mon 9th	ADELAIDE CUP—PUBLIC HOLIDAY
10th-13th	Swimming Week
17th Tuesday	St Patrick's Day Learning Conversation
19th Thursday	St Joseph's Day—Andrew Chinn Visit
20th Friday	Antibullying Day
27th Friday	Mayoral Make-a-Book launch Footsteps Concert

APRIL

8th Wednesday	End of Term One at 3.10pm
9th Thursday	Holy Thursday—Staff Formation Day

REMINDERS

- **Preschool Parents to provide their child's Immunisation History to the front office**
- **2020 Documents & Information to be returned by this Friday 7th February**
- **Instrument lesson forms to be returned to the front office ASAP**

EARLY NOTICE OF SCHOOL CLOSURE ON THURSDAY 9TH APRIL

A Staff Formation Day has been organised for Thursday 9th April 2020 (Holy Thursday).

This means that the last day of Term One will be on Wednesday 8th April at 3.10pm.

OSHC will be available for families who will require this service.

LEADERSHIP & OFFICE CONTACT DETAILS

Maria D'Aloia

mdaloia@sjsh.catholic.edu.au

Helen Clark

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OFFICE: 8346 6569

OHSC: 0408 8809 107

info@sjsh.catholic.edu.au

www.sjsh.catholic.edu.au

Rita Garreffa

rgar@sjsh.catholic.edu.au

56 Albemarle Street, West Hindmarsh 5007

— WELCOME — BACK TO SCHOOL

Dear Parents and Caregivers.

Greetings and Welcome back! I hope that you have had a fabulous holiday and are now eager to commence another positive year of working in partnership with us to support the ongoing development and success of all students and the school community.

You may have noticed that a verandah has been installed in front of the preschool and a new fence and gate erected near the office entrance. Please note that ALL parents, grandparents and visitors will need to enter via the school office before going to other areas of the school site, when coming to school during the day.

The Hall and some classrooms have been painted to ensure that our school is well maintained and presents the message that we care for the wellbeing of our students and high standards are considered important not only in terms of education, but also the facilities in which your children come to learn and grow.

High Expectation = Quality Outcomes

I am particularly grateful to Karyn Burlow who has managed all of the building works throughout the holiday period! **Thank you Karyn!!**

I have really enjoyed visiting each class and have loved listening to the many and varied experiences the students have enjoyed during their summer holidays!

Students expressed how eager they are to reconnect with their friends, get to know their new teachers and of course immerse themselves in their learning!

It was also wonderful to see how well the new Pre-schoolers, Reception students and other new students to our school have settled in. The staff and I extend a warm St Joseph's welcome to our new students and their families. A full list of our new students follows this page.

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56 Albemarle Street, West Hindmarsh 5007



PRESCHOOL

Molly Adami
Evie Arena
Lucas Buiatti
Paul Carbone
Mattia Cirillo
Stella Dabrowski
Charlotte Fowlston
Mohid Gillani
Nathan Haycock
Oscar Jarvis
Isaac Kajuya
Ruby Lopresto
Jayden Loughhead
Adam Loveder
Aker Majak
Makuei Makuei
Lydia Manouras
Corina Musci
Floyd Papadopoulos
Amelie Parker
Erin Peter
Liam Read
Omar Salem
Jaswant Saravanan
Kris Sharma
Sia Sharma
Harrison Stewart
Bartholomew Velis
Arham Wajahat
Grace Walker

RECEPTION

Selihom Abraha
Bruktawit Alemu
Aethan Bernabe
Jasraj Bhangu
Ilias Boyaci
Emilia Costello
Ava Dalese
Laleia Ferreira
Esther Geo
Georgia Gray
Harry Johnson
Oliver Kavanagh
Mason Lloyd
Natasha Loughhead
Deng Majak
Zion Masika Mazalla
Daria Mazraeh
Johan Mellejor
Khai Nguyen
Taksh Paul
Taylor Pavli
Eli Pedler
Hayden Polkinghorne
Bellarosa Redhead
Alessia Ricchetti
Sofia Saad
Mila Sardelis
Christopher Shinakis
Maya Tadesse
Georgie Taylor
Logan Tobiassen
Eyie Walton
Max Wilson
Bibiana Wundersitzova,

YEAR LEVELS

YEAR ONE

Ola Salem

YEAR 2

Awut Makuei

YEAR 3

Ajok Majak

YEAR 4

Gurveer Bhangu
Arsema Masresha

YEAR 5

Tong Makuei

**And welcome back
to**

Ayan Patel in Year 6

Staff News

Please join me in extending a warm St Joseph's **welcome to new staff**; Selena Britz (Music Co-ordinator), Mary Hemmings (School Chaplain) and Catherine Appiah (OSHC Director from 14 February).

We **welcome back** Danielle Dedic and Kate Elmendorp from maternity leave.



I am delighted to announce that Kim and Tim Williams (nee Seeman) have welcomed a beautiful baby girl on 19 January. Big brother Tallin is very proud of his little sister *Lenna*.

Please join me in congratulating Kim and Tim. Kim will continue her maternity leave during 2020.

Rose Caire is on Long Service Leave for Term 1. A complete staff list is included with the newsletter.

There will be an opportunity to meet all the staff at an informal gathering on Wednesday 19 February commencing at 6:00 pm (*please note that this is different to the date originally published in the School Calendar included in the report folder distributed last year*) with a short report outlining the achievements of 2019 Annual Improvement Plan @ 6:15. For catering purposes can you please indicate whether you will be attending by returning the reply slip by Monday 17 February.

Grounds Redevelopment Update

On 18 December I attended a council Assessment Panel meeting to discuss the demolition of 55 Bertie Street to make way for additional place space. I am thrilled to announce that the local council has approved the demolition of both 33 and 35 Bertie Street with one condition, that a detailed plan outlining the new playground, oval, seating and other landscaping be developed and presented to council. I am now in the process of selecting a landscape architect to produce these plans. As soon as the council approves the landscaping plan, tenders will be sought and a landscaping company will be selected to undertake the work. The School Board will be involved in the consultation stage. The plan will be displayed in the front foyer once completed for further feedback! Very exciting!

School Board

The following nominations were received for 2020 School Board at the end of last year:

★ Mark Thompson

★ Richard Ellerman

★ Stav Lentakis

As there are three vacancies there will be no need for a vote.

The members of the School Board 2020 are as follows:

▶ Francis Ben

▶ Craig Costello

▶ Caterina Vignogna

▶ Mark Thompson

▶ Richard Ellerman

▶ Stav Lentakis

Please come and meet all Board Members and Staff on February 19.

The School Board will meet on 4 March when office bearers' positions will be organised. If you wish to raise any matter with the school board, you can approach any member of the board personally or send an email to info@sish.catholic.edu.au and the matter will be tabled and discussed at meetings which are held monthly.

ST JOSEPH'S SCHOOL STAFF LIST 2020

Parish Priest:	Father Lancy D'Silva		
Principal:	Maria D'Aloia		
APRIM/Student Wellbeing/SEQTA/ICT :	Helen Clark		
Assistant to the Principal Curriculum & Learning / Inclusive Education Co-ordinator:	Rita Garreffa (Friday)		
Literacy Co-ordinator/Classroom Support:	Kay Carmody		
Numeracy Co-ordinator:	Helen Clark		
STEM Coach:	Kathleen Melis		
Italian:	Jessica Taormina		
Music/Choir & Band:	Selina Britz		
Physical Education:	Rebecca Keller		
Pre-School	Cate Halbert / Kara Wodson (Monday fortnightly) Melissa Carlin-Smith and Catherine Bendys		
Reception M	Vanessa Morelli		
Reception S	Therese Slattery		
Year 1/2GM	Rita Garreffa (Monday – Thursday) Kelly Morgan (Friday)		
Year 1/2R	Cadia Rosato		
Year 1/ 2C	Diana Comitogianni		
Year 3T	Melissa Thom		
Year 4MC	Kathleen Melis/ Helen Clark (1/2 day)		
Year 4/5C	Helen Carter		
Year 5/6TDP	Jessica Taormina/Antoinette Di Paolo		
Year 5/6	Kate Elmendorp/Danielle Dedic		
Bursar:	Karyn Burlow		
School Secretary:	Rachel Hewitt		
Registrar/Principal PA:	Judith Bowden		
WH& S Coordinator:	Denise Tarrant		
Tuckshop:	Helena Kojevnikoff/ Maria Fiorenza (Wednesdays)		
School Counsellor:	Ruby Lai		
School Chaplain:	Mary Hemmings		
Groundsperson:	Bruce Ramsay		
Sustainability Coordinator:	Deidre Knight		
Education Support Officers-Curriculum:	Denise Tarrant	Maria Apostolou	Rose Falanga
	Sue Ciampi	Corey Mancini	Catherine Bendys
	Melissa Carlin-Smith		
OHSC & VACATION CARE:	Mirca Bray – 14 February	Catherine Appiah (OHSC Director)	
	Daniel Heysman	Magy Gerges	Kelly Sergi
	Mullu Bogale	Neelo Khodadoost	Weronika Bialek
	Corey Mancini	Nick Kostantakis	Alex Blackburn

On Leave: *Kim Seeman and Rose Caire*

Absent: Bruce Ramsay

ST JOSEPH'S STAFF FOR 2020	Maria Apostolou 	Catherine Bendys 	Judith Bowden 	Selena Britz 	Karyn Burlow 	
	Melissa Carlin-Smith 	Kay Carmody 	Helen Carter 	Sue Ciampi 	Helen Clark 	Diana Comitogianni 
	Maria D'Aloia 	Danielle Dedic 	Antoinette Di Paolo 	Kate Elmendorp 	Rose Falanga 	Maria Fiorenza 
	Rita Garreffa 	Cate Halbert 	Mary Hemmings 	Rachel Hewitt 	Rebecca Keller 	Deidre Knight 
	Helena Kojevnikoff 	Ruby Lai 	Corey Mancini 	Kathleen Melis 	Vanessa Morelli 	Kelly Morgan 
	Cadia Rosato 	Therese Slattery 	Jessica Taormina 	Denise Tarrant 	Melissa Thom 	Kara Wodson 
	OSHC & VACATION CARE	Catherine Appiah 	Muluwork Bogale 	Mirca Bray 	Weronika Bialek Cassandra Dillon Neelo Khodadoost Nick Kostantakis Magy Gerges	Corey Mancini Erin McCullum Ashleigh Taplin Daniel Heysman Kelly Sergi Alex Blackburn

School Crossing

It is pleasing to see so many children and families using the crossing to walk safely across the street. I am disappointed to see parents and carers continue to perform 'u turns' or '3 point turns' so close to the crossing. Please DO NOT undertake '3 point' turns or 'U' turns near the kiss and drop area. Please note that council infringement officers will be patrolling the area regularly and infringement notices will be issued when vehicles are not following the rules.

Medical Conditions/Allergies/Intolerances

As mentioned at Assembly last week there is a greater number of students who have medical conditions, allergies and food intolerances. It is therefore requested that cakes, lollies and other foods are not brought in for birthdays and other celebrations. Children who attend the preschool have very 'healthy eating habits' and share fruit platters and/or bring in a variety of novelties like stickers or fancy pencils as an alternative. Your cooperation and understanding is very much appreciated. Every child matters! No nut products please.

We are a NUT AWARE preschool and school.

Catholic Church Insurances

We aim to ensure that our school is well maintained and complies with all regulations. Even so, accidents do occur on occasion. Our school does provide 'School Care' accident insurance for all students who attend our school.

School Uniform

The School Board continues to endorse the importance of maintaining a high standard in wearing the uniform. It is important to develop in our students a feeling of pride in themselves and their school, and a sense of personal tidiness and cleanliness. Our School uniform presents an identity and a public image to the wider community. Please note that when you enrol your child/ren at St Joseph's School you agree to accept the School standards with regard to grooming, uniform and personal presentation. Parents are therefore asked to ensure that students wear the correct uniform each day, including school socks, school bag and hat. If you require a copy of the uniform expectations relating to hair accessories, jewellery and appropriate shoes please request a copy at the school office. Please note that the uniform is unisex.

Sports Uniform is to be worn on Sports Days only or as instructed by the class teacher for special or extra sports events.

School Hall

There have been many occasions during assemblies and other school events when the microphone or sound system does not work well. We will be updating the sound system which has served the community well for many years, in the near future. Teachers and staff do test the microphones and sound systems prior to the event and all appears in order. Last Friday the microphone did not work at Assembly, and when checked after the Assembly, all was in order and the microphone was clearly audible.

The advice we have received is that there may be interference with blue tooth. **Can all adults who attend school events in the hall please ensure their mobile phone is switched off or switch off their Bluetooth.** *Your attention to this is greatly appreciated.*

The staff and I look forward to another positive year where together we witness the growth, development and success of each and every child.

Let us work in collaborative partnership to ensure that we continue to be



A Faith Community

Inspired by Love

Empowered through Learning

To make a difference

and where our mission and motto:

*In all things love underpins all that transpires throughout the year,
in word, deed and action.*

God Bless,

Maria D'Aloia on behalf of the leadership team.

Helen Clark (APRIM / Primary Years Co-ordinator)

Rita Garreffa (Assistant to the Principal Teaching & Learning /Early Years Co-ordinator)

LAST DAY OF TERM ONE—EARLY NOTICE OF SCHOOL CLOSURE THURSDAY 9TH APRIL

A Staff Formation Day has been organised for Thursday 9th April 2020 (Holy Thursday).

This means that the last day of Term One will be on Wednesday 8th April at 3.10pm.

OSHC will be available for families who will require this service.

COMMUNITY WELCOME EVENING REPLY SLIP

Come and meet the Staff—Wednesday 19th February at 6.00pm

ELDEST CHILD'S NAME: _____

ELDEST CHILD'S CLASS: _____

We will be attending the Community Welcome Evening to meet the Staff of St Joseph's on Wednesday 19th Feb at 6.00pm

NUMBER OF ADULTS ATTENDING: _____

NUMBER OF CHILDREN ATTENDING: _____

Religious Education News

BEGINNING OF YEAR WELCOME MASS

On Wednesday the 12th of February, St Joseph's will hold our Leader Induction and Welcome Mass at Sacred Heart Church (252 Port Rd, Hindmarsh). At this Mass we will induct all student leaders (School Captains, House Captains, SRC) and welcome our new students and staff.

MASSES AND ASSEMBLIES

Throughout the year classes will take turns to host individual masses, these will generally be held here at school at 9am. Our Parish Priest is Fr Lancy Da Silva.

All parents are invited to attend Masses and Liturgies as this is an important part of being in community.

Year 3-4 students will host Ash Wednesday Mass at Sacred Heart Church, on the 26th of February.

Week	Class Masses/Liturgies	Assembly
1	No Mass	Admin
2	Year 3 Community Prayer	Admin
3	Whole School- Beginning of Year Leader Induction/Welcome New Students	Farewell Liturgy Mirca Bray
4	Yr 1/2 Community Prayer	PROJECT COMPASSION Launch
5	Ash Wednesday Yr 3-6 @ Sacred Heart @ 9:30am R-2 Liturgy @ School	5/6ED & 1/2GM
6	Year 4 Community Prayer	4M & 3T
7	Year 5/6 Mass	No assembly Swimming
8	St Joseph's Day Andrew Chinn Visit	Anti-Bullying Yr 6 Leaders
9	Year 3/4 Mass	5/6TDP & 1/2C
10	Reception Community Prayer	1/2R & 4/5 C
11	Holy Week Liturgies	No Assembly

SACRAMENT PROGRAM 2020 (Sacred Heart Catholic Parish Hindmarsh-Findon)

The Parish Sacramental Team met today and more information regarding this program will come out next week. It is possible for the Sacrament Program to be split up over more than one year, as long as students receive the sacraments in the order of Reconciliation, Confirmation and then Communion.

If you have a student from Years 3-6 who is interested in being involved in the 2020 Sacramental Program, **please return the slip below by Monday 10th February** and I will pass on program information. An information session will be held on **Sunday the 23rd of February** following the 9:30am Mass at Sacred Heart Church, (Port Road Hindmarsh).

PRAYER FOR THOSE AFFECTED BY BUSHFIRE AND DROUGHT:

Eternal God,
In wisdom and love
you created our earth
to sustain us and give us life.
We turn to you now
in faith, hope and love,
asking you to look with favour
on our fire-ravaged and drought-stricken land,
on our starving and
displaced animals,
on our failing crops and burning
farms, towns and forests.
Strengthen, sustain and give new heart
to our farmers
and to all who are affected by drought;
be with those who support them.
Strengthen and comfort the victims of the fires,
those who have lost family, friends, property and stock.
Protect our volunteer firefighters and all members of essential services.
In your loving providence,
send abundant rain to quench the fires
and to restore our parched earth.
Father of all compassion,
hear our prayer
through Jesus Christ your Son,
in whom the promise of new life
has dawned, and
through the power
of the Holy Spirit,
the Lord the giver of life:
Renew your faithful people;
Renew the face of the earth.
Our Lady of the Southern Cross,
Mary, help of Christians –
Pray for us.
St Mary of the Cross MacKillop –
Pray for us.

God Bless

Helen Clark

APRIM

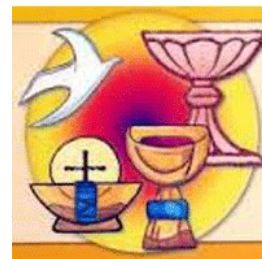
SACRAMENT PREPARATION PROGRAM RETURN SLIP- Due Monday 10th February

We would like to be included in the Sacrament preparation program for 2020.

Child/ren's name:

Parent name and contact details: _____

Parent Signature: _____





Novel coronavirus (2019-nCoV)

Information for Parents

An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, Hubei Province, China in late December 2019.

Exclusion from School or Early Childhood Centres

If your child has travelled to mainland China within the past 14 days, you must isolate them in your home for 14 days after leaving mainland China. If your child has been in close contact with a confirmed case of novel coronavirus, you must isolate them in your home for 14 days after last contact with the confirmed case. Children in these circumstances are not to attend schools or early childhood centres and should not engage with other students.

If your child develops symptoms within 14 days of leaving mainland China or within 14 days of last contact with the confirmed case, you should arrange for them to see their usual doctor for urgent assessment. You should telephone the health clinic or hospital before they arrive and tell them of their travel history or that they have been in contact with a confirmed case of novel coronavirus. Their doctor will liaise with Public Health authorities to manage their care. Children must remain isolated either in your home or a healthcare setting until Public Health authorities inform you it is safe for them to return to their usual activities.

What does isolate in your home mean?

People who must be isolated should not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home. Do not allow visitors into the home. There is no need to wear masks in the home. Where possible, get others such as friends or family, who are not required to be isolated to get food or other necessities for you. If you must leave the home, such as to seek medical care, wear a surgical mask if you have one.

What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus seen in mainland China is called 'novel' because it is new. It has not been detected before this outbreak. Most people currently infected live in, or have travelled to mainland China. There have been some cases of 2019-nCoV reported in other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

What are the symptoms?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

What if my child is sick now or within 14 days of being in mainland China?

If your child develops mild symptoms:

- call your usual doctor or local hospital and tell them your child may have novel coronavirus infection; and
- when you get to the doctor's clinic or hospital, tell them again that your child may have novel coronavirus.

If your child has serious symptoms such as shortness of breath:

- call 000 and ask for an ambulance; and
- tell the paramedic that your child may have novel coronavirus infection.
- your doctor will test your child for 2019-nCoV and provide advice on management. You will also be contacted by Public Health officers who will provide you with more information.

Students with symptoms must be excluded from attending schools and early childhood centres. If they have been diagnosed with 2019-nCoV students may not attend school or childcare until public health authorities inform you it is safe for them to return to their normal activities. If students have other respiratory illness (i.e. flu), they should not attend school irrespective of whether there is a concern about 2019-nCoV.

How can I help prevent the spread of 2019-nCoV?

- teach and encourage your children to wash their hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others by keeping children home if they are unwell;
- teaching children to cough and sneeze into their elbow; and
- while it's not possible to avoid touching, kissing, and hugging children, parents and guardians should do their best to follow these steps too.

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080.

Contact your state or territory public health agency:

- ACT call 02 5124 9213 during business hours or (02) 9962 4155 after hours
- NSW call 1300 066 055
- NT call 08 8922 8044
- Qld call 13HEALTH (13 43 25 84)
- SA call 1300 232 272
- Tas call 1800 671 738
- Vic call 1300 651 160
- WA call 08 9328 0553



St Joseph's School

56 Albemarle Street

West Hindmarsh 5007

2020 Instrumental Program

Instrumental lessons we have available in 2020 are:

Piano/Keyboard	Violin	Vocals
Cello	Flute	
Saxophone	Clarinet	
Trombone	Trumpet	
Guitar	Ukulele (hire negotiated through the school if needed)	

Drums (provided during lessons but hire through dB not available)

French Horn (*it is recommended students have learnt another instrument prior to French Horn*)

The cost for this tuition in 2020 will be \$28.00 per half hour. The payment must be forwarded directly to the tutors providing the service by week 2 of each term.

If you do not already have an instrument, they are able to be hired from **dB Music Solutions**. The school will oversee hire and invoicing of instruments. The cost of hiring an instrument per semester (including holidays), is as follows:

Alto Saxophone \$135

Trombone \$65

Trumpet \$65

Clarinet \$65

Flute \$65

Piano Keyboard \$50

Violin \$45

Cello \$100

Acoustic Guitar \$45

Electric Guitar and Amp \$70

French Horn \$185

***PLEASE NOTE: A condition of hire is that all students must pay for and complete a full semester of instrumental tuition once the term has begun.**

Please return the attached form:

INSTRUMENTAL LESSONS Semester 1 (Term 1 and 2) 2020

My child _____ Class: _____

wishes to commence tuition in _____ (instrument) this year.

I require an instrument for hire: Yes / No (please circle)

I give my permission to pass on my personal details below to the private tutors for billing purposes.

Parent/Caregiver full name: _____



Can you help with Chess?

We are looking for any parents, grandparents who would be interested in passing on their knowledge of playing chess to interested students during lunchtime. Even if you can help one day a week or fortnight. We would like to create a chess club for our students.

If you are one of these people, please contact the office, we would love to hear from you. The office will assist any volunteer who does not have the documents to volunteer to obtain the correct documents.



**St Joseph's
Parents
& Friends**

FIRST P & F MEETING FOR THE YEAR

All parents are warmly invited to attend the first P & F Meeting for 2020 on Monday 24th February at 2.00pm in the Staffroom.

Come along for a coffee and chat.



Everyday Resilience Michelle Mitchell

Wednesday 26 February, 7pm

OLSH College Hall

Tickets: \$5 Bookings: trybooking.com/BHYWM

OLSH College is delighted to host a parent seminar presented by award-winning speaker, author and educator, Michelle Mitchell. In this presentation Michelle uses seven traits to help parents transfer resilience during the everyday grind of school life. It has a focus on helping girls handle friendship dramas, academic pressure, and also provides strategies for gaming and dealing with anxiety. This presentation will empower parents to coach resilience at the end of each day.



PARENT INFORMATION SESSION

MENTAL HEALTH: AND YOUR TEENAGER



Facilitated by two counsellors this session will explore strategies to help your teenager cope with difficult emotions and give you strategies on how to manage your teens difficult behaviours at home. We will also discuss anxiety, it's triggers, symptoms and associated behaviours.

Monday | Feb 17th
7.00 - 8.30pm

The Brocas Warehouse | 111 Woodville Rd | St Clair
RSVP 8408 1316 | coloughlin@charlessturt.sa.gov.au





OLSH
OUR LADY OF THE
SACRED HEART
COLLEGE

OPEN DAYS

SUNDAY 15 MARCH
1 - 3pm
MONDAY 16 MARCH
5 - 7pm

To register, visit: olsh.catholic.edu.au
A Girls Secondary Catholic College from Year 7 - 12

For All Girls

Making new friends and staying in touch with old classmates



As a parent there is a great deal you can do to help your child adjust socially at the start of the school year. Here are some tips to help.

Encourage your child to be open to new friendships

An open, friendly attitude is a child or young person's best social asset. Students who open to forming new friendships are more likely to succeed than those who seek solitude, who are critical and who limit themselves to just one or two familiar faces. Encourage your child or young person to seek out new friendships, even though they may feel uncomfortable or strange at first.

Encourage healthy relationships

Do all you can to encourage healthy relationships based on respect and common courtesy. Generally, when a relationship is healthy a child feels safe, valued and able to speak up. Unhealthy relationships, such as cliques, are restrictive, one-sided and are full of gossip and criticism.

Encourage inclusiveness

Studies have shown inclusiveness to be one of the prime social skills shared by socially successful students. Encourage your child or young person to include others in games, conversations, team activities and other group activities. Inclusiveness is not just a wonderful friendship skill, it's strong leadership attribute as well.

Encourage friendships with both genders

If you are in a co-education environment encourage your child to form friendships with both boys and girls. This is particularly valid if your child has siblings of their own gender, or don't have siblings. It's through these early relationships that we gain the confidence to mix with different genders in the later years. Forming friends across genders helps to break down the mystique that sometimes forms, when a child has little contact with the 'other' gender.

Stay in touch with former classmates and school friends

Encourage your child to maintain friendships with former classmates and groups outside of school as this helps to insulate against unfriendly behaviour that they may experience with their close social circle.

parenting * ideas

Provide social scripts

Your child may benefit from being provided with some social scripts that they can use in common social situations such as meeting a new friend, joining in a game or asking someone else for help. Boys, in particular, can benefit when given the words to use in a variety of different social situations.

Forming new friendships can take time

Meeting new students and forming new friendships can be anxiety-inducing. If this is the case for your child, then it helps to acknowledge their feelings of discomfort, but also remind them that these feelings will pass. As well discuss the fact that feeling comfortable with new friends often takes time, particularly if your child by nature is reserved or slow to warm up in social situations.

Helping kids work through friendships can be tricky for a parent as you don't have a great deal of control over what happens at school. However, with empathy, patience, encouragement and a supportive attitude you can do a great deal to help your child make a smooth social transition.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.