Let me hear in the morning of your steadfast love,
For in you I trust.
Make me know the way I should go,
For you I lift up my soul.
Psalm 143:8

How to Get More from Your Kids

As parents, preparing your child for life successes takes love, hard work and endless patience. At Sacred Heart, we can play a pivotal role in providing your child with the opportunity to gain greater social and emotional awareness and to rehearse interpersonal skills while learning and growing. Essential skills required for both the school and good parenting include:

- strategies and skills that support a positive sense of self
- respectful relationships
- building the capacity to recognise and manage emotions
- making responsible decisions.

Christ Our Holy Redeemer and Sacred Heart Schools, as the Combined Oakleigh Parish School, have engaged Michael Grose, Parenting Expert, to help address these essential skills. In this fascinating parenting information presentation How to Get More from Your Kids by Doing Less for Them, Michael shows parents how to be confident family leaders, able to develop real confidence, character, competence and creativity in kids. Michael will present on Thursday June 16th at 7pm in the COHR hall.

Michael Grose tells us some children are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience. The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Michael is the author of 9 parenting books and his popular parenting columns appear in newspapers and magazines across Australia. He appears regularly on television including Channel 10’s The Project, and is a popular & entertaining speaker. Michael has an education background and holds a Master of Educational Studies with research into what makes healthy families tick. He has conducted over 1,500 parenting seminars over the last two decades. A taste of Michael’s work is included in this newsletter with some parenting tips titled The Trick to Being at Your Parenting Best.

By now you will have received an email request from the school for this parent information night. To attend please complete the online response in CareMonkey. At the beginning of the year Parent Teacher Meetings we ask you to complete a form on your child. This form asked you to complete a section on your request for Parent Information Nights. This Michael Grose Information Night was chosen because you indicated this to be important. Free opportunities do not come around very often for a speaker of such high regard. I strongly encourage you to drop all other commitments and be part of this night.

Regards

Brian Martin - Principal
**School Closure Days**

Closure day 2 and 3 for 2016 will be on Thursday June 9 and Friday June 10 (Thursday and Friday before Queen’s Birthday Long Weekend)

Closure day 4 will be on Monday 31 October (Melbourne Cup Eve)

Please register your interest with Camp Australia if care is required (this service will be offered depending on numbers).

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**School Tours**

The next school tour will be on Tuesday 31 May from 9.15am to 10.15am. There will also be a school tour on Thursday 16 June from 2.30pm to 3.30pm.

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**School Calendar**

The 2016 School calendar may be downloaded by following this link [http://www.shoakleigh.catholic.edu.au/calendar.html](http://www.shoakleigh.catholic.edu.au/calendar.html)

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**Parent Handbook**

The Parent Handbook may be accessed ONLY by following this link [http://www.shoakleigh.catholic.edu.au/private.html](http://www.shoakleigh.catholic.edu.au/private.html). There is no link on the website.

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**School Newsletter**

Email addresses for new families have been entered onto the school system. Please provide an email address to the school to receive newsletters, if you have not already done so on your enrolment form. The school office email address is office@shoakleigh.catholic.edu.au

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**Fee Statements**

Please note that all Term 2 fee statements have been emailed to parents/guardians. Receipts are also emailed once payment is confirmed.

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**PREP ENROLMENTS FOR 2017**

Applications for enrolment for Prep 2017 at Sacred Heart Primary School are now open and will close on June 26th 2016.

For more information, application forms or details of school tours etc. please contact the school office on 8574 4500. Our next school tour is on Tuesday 31 May at 9.15am.

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**Holiday / Vacation Care with Camp Australia**

Sacred Heart Oakleigh will be offering onsite Vacation Care in addition to our current Before and After School Care service with Camp Australia. Vacation Care will be commencing on Monday, 27th June, 2016. Fees are as follows:

| Vacation Care | Hours of Operations:
<table>
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<tbody>
<tr>
<td>$57.24</td>
<td>7.00am-6.00pm</td>
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As per normal child care services, rebates will also apply

This is a trial for the next two school holidays. If we achieve the minimum numbers we will be able to continue this service. More information will become available closer to the holidays. Please see flyer further in newsletter.
Sacred Heart Community Calendar

Fri 27 May 2016
9am - 11am Interschool sport Match 3
Newsletter Released

Tue 31 May 2016
9:15am - 10:15am School Tours
Family Life - years 3-6
PA Subway Lunch
School Banking

Wed 1 Jun 2016
7pm School Education Board - review feedback

Thu 2 Jun 2016
3pm - 3:20pm FJB Paraliturgy

Fri 3 Jun 2016
9:15am Sacred Heart Mass
PA Movie Night
2:30pm - 3:20pm 2nd Hand Uniform Shop Open

Sun 5 Jun 2016
World Environment Day

Mon 6 Jun 2016
2:30pm Assembly - 3/4HN

Tue 7 Jun 2016
Biggest Morning Tea 9:00 Hall
School Banking
Socceroos V Greece 5.30pm Etihad
7:15pm - 8:30pm PA meeting

Wed 8 Jun 2016
Eucharist Reflection Day SH
7pm - 8:30pm Eucharist Family Workshop SH

Thu 9 Jun 2016
School Closure Day

Fri 10 Jun 2016
Newsletter Released

School Closure Day

Mon 13 Jun 2016
Queen's Birthday Public Holiday

Tue 14 Jun 2016
5/6 orienteering excursion at Jells Park
School Banking

Wed 15 Jun 2016
7pm Parish council

Thu 16 Jun 2016
2:30pm - 3:30pm School Tours
7pm Michael Grose Family Wellbeing night

Fri 17 Jun 2016
Interschool Sport Gala Day
2:30pm - 3:20pm 2nd Hand Uniform Shop Open

Sun 19 Jun 2016
11:30am SH Eucharist ceremonies
2pm SH Eucharist ceremonies

Mon 20 Jun 2016
2:30pm Eucharist Assembly

Tue 21 Jun 2016
Reports out
School Banking

Thu 23 Jun 2016
Red Assessment out
Term overviews out

Fri 24 Jun 2016
Newsletter Released
10am PA BBQ

1pm End Term 2 Students finish
Holidays

Mon 11 Jul 2016
Students Return

Tue 12 Jul 2016
Red assessments back
School Banking

Fri 15 Jul 2016
Newsletter Released

Tue 19 Jul 2016
School Banking

Sat 23 July 2016
SH Confirmation Commitment Mass

Please note:
Thursday 9 June and Friday 10 June are School Closure Days.
Monday 13 June is the Queen’s Birthday Public Holiday – school resumes on Tuesday 14 June.
Math Family Night 2016

On 12th May fifteen families had a lot of fun at our Math Family Night. Each family used straws to explore the strength of different 2D shapes. Using this knowledge families were challenged to design and make a bridge to span a ‘river’. Each bridge was then tested to see which could support the most weight.

We spent a short time reflecting on the importance of Science, Technology, Engineering and Mathematics (STEM) education. The skills required by each of these disciplines are very similar. The Engineering Design Process is used by engineers around the world. The steps of the design process include:

1. Define the problem
2. Come up with ideas (brainstorming)
3. Select the most promising design
4. Communicate the design,
5. Create and test the design
6. Evaluate and revise the design.

While we did not have time to complete all of the steps of this process we had some budding engineers at work. Congratulations to Team Chan and Team Pereira whose bridges supported the most weight.

STEM activities to try at home

Paper Structures
The following activity is from this site:
http://childhood101.com/2014/06/5-construction-challenges-for-kids-stem/

There are many different types of construction challenges requiring little more than a newspaper and a roll of tape or ball of string...

- What is the tallest tower you can build from 6 sheets of newspaper?
- Can your tower support the weight of a small beanie toy?
- Can you make a bridge to span a distance of 30 centimetres that will support 8 Matchbox cars?
- Can you build a table from newspaper that will support the weight of 5 books?
- Can you build a structure large enough to sit inside?

But that’s not all….

Have fun with your family as you explore the activities on these sites:


Moira Luzan
Maths Leader
Oh! What a Challenge!

Math Family Night 2016

Check out a larger collection of photos on the windows outside the office.
The trick to being at your parenting best

By Michael Grose

As parents we know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well! Here’s 5 tips to be at your parenting best.

The good news is your brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how.

1. Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary. I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I’m under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

2. Train yourself to STOP!

The lizard brain wants you to act fast – to get away, to lash out, to defend yourself- when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3. Step away and breathe

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts ("I’m going to &** him!") that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4. Think of your Best parenting self

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving and calm. Your “Best Parenting Self “is the motivator to help you refrain from making emotional responses that you’ll regret later.

5. Now act!

Now that you’re pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation – which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress. If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.

If you’d like to hear more tips on parenting attend our night with Michael Grose on Thursday 16th June at 7pm in the COHR Hall.

Michael Grose:

One of Australia’s most popular parenting and educational presenters.

He is the author of nine books for parents, including Why First Borns Rule the World and Last Borns Want to Change It, as well as his latest book, Teach your kids to shrug!

As an experienced presented Michael was recently elevated to the NSAA Speaker Hall of Fame when he won the Educator Award for Excellence in 2013.

As parents, preparing your children for life successes takes love, hard work and endless patience. At Sacred Heart, we can play a pivotal role in providing your children with the opportunity to gain greater social and emotional awareness and to practice interpersonal skills as they learn and grow. An evening with Michael Grose can provide parents with tips on how to help your child develop:

- the understanding, strategies and skills that support a positive sense of self,
- promote respectful relationships
- and build student capacity to recognise and manage their own emotions and make responsible decisions.
I am hosting “The Biggest Morning Tea” to help raise funds for The Cancer Council. This will be held on Tuesday 7th June in the hall. We are not asking too much in terms of donations, just what someone would normally spend on a coffee and a cake. If anyone would like to rsvp or help with cooking/set up they can contact me on 0409133021 or sboukouras@gmail.com. I have Andreas in 1/2KB and Sofia in FJB if anyone has questions. This will be a fantastic morning for all involved and the more people that can come the better it will be.

Thanks, see you soon.


Kind regards
Sarah

Please see attachments:
Traffic & Parking Safety Guide Excerpts
Camp Australia Vacation Care Program
PA Movie Night 3 June
Oakleigh Netball Club
EXCERPTS FROM TRAFFIC & PARKING SAFETY GUIDE

Preferred Traffic Flow

To ensure our 2 min zone works efficiently, the preferred flow of traffic is highlighted below for Mora Ave. (see green arrows)

Follow the green arrows!
**No Right turns**

To ease congestion and improve traffic flow away from the school, it is preferred that no right turns are made into Warrigal Rd from Davey Ave during peak times.

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**Turn left instead**
Coming Soon:
New Vacation Care Program at
Sacred Heart Catholic Primary School

Dear Families,

In response to the needs of your school community, we are excited to announce that a vacation care program will commence on **Monday, 27th June 2016**.

We will partner with your school community to deliver a tailored vacation care program that is focused on bringing out the very best in kids. The program combines active games with structured and unstructured play, quiet time and a healthy snack. Every day is an adventure led by enthusiastic and experienced Camp Australia educators who are on a mission to make kids smile.

**Child Care Benefit & Rebate**

Get 50% or more off daily program costs with the Child Care Benefit and Rebate. Almost all Australia families are eligible. For more information on rebates & to find out what you are entitled to, contact the Family Assistance on 13 61 50.

If you have any further questions, you can call our friendly Customer Service Team from Monday to Friday (8:00am-6:00pm AEST) on 1300 105 343.

We look forward to seeing you Vacation Care soon!

Yours sincerely,

Sharlene Phillips
Camp Australia
Regional Coordinator

Manage your Bookings
Once you have registered for an account, you can manage your bookings at [www.campaustralia.com.au](http://www.campaustralia.com.au) or call the Customer Service Team on 1300 105 343.

**SAVE 50%**
or more with the Child Care Benefit and Rebate
movie night

6.30pm - FRIDAY 3rd JUNE

WHEN: FRIDAY 3rd JUNE
WHERE: OHSC ROOM - (PREP AREA)
COST: $4.00 PER SCHOOL CHILD (TODDLERS & ADULTS FREE)
** all children must be accompanied by an adult **

PAYMENT: IN AN ENVELOPE MARKED “MOVIE NIGHT” WITH YOUR CHILD/CHILDREN’S CLASS & NAME ON IT - TO BE LEFT AT THE OFFICE (THIS WILL ALLOW YOUR CHILD TO BE MARKED AS PAID)

BYO: BLANKETS, SNACKS, CUSHIONS, BEAN BAGS ETC

PLEASE CONTACT ALLISON WITH ANY QUESTIONS - 0419 102 116
Oakleigh Netball Club
2016 Summer Season Registration

Due Date: Sunday 5th June

Where: Lodge Rego form online at oakleighccnetball@gmail.com

Payment: OCC Netball Club Account
BSB: 633 000
Account No: 152458345 (Ref: Surname)

Categories: U11 & U13 boys & girls
U15, U17, U25 and open age girls

New Players welcome
Contact: oakleighccnetball@gmail.com
Julie 0418734734

2016 Under 11 Blue