Happy St Patricks Day! I hope those families who have Irish heritage have a lovely day.

An Irish Prayer

Christ with me, Christ before me,
Christ behind me,
Christ on my right, Christ on my left,
Christ when I lie down,
Christ when I sit,
Christ when I stand.
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.
Amen

Year Six Camp
As you read this newsletter our Year Six children will be visiting many important sites and places of interest in the Central Business District of Sydney as part of their Annual Camp. This camp differs quite significantly from the Year Four and Five experiences which focus on outdoor pursuits and team building. I think these opportunities offer experiences which cannot be replicated in the classroom and for that reason, we try to make each camp a little different in its location, length and focus.

Thank you to the staff members who given up three days to supervise the children.

Community Council Membership
Have you considered nominating for our Community Council? The Nomination Form was sent home via our school app during the past week and is also on page 4 of today’s newsletter. Please complete the form and return it to the Front Office if you would like to be considered for membership.

Parent Teacher Interviews
Parent Teacher Interviews for all classes (with the exception of 1 Corkhill) will take place on Tuesday 29 March, Wednesday 30 March and Thursday 31 March. An Information sheet detailing how to make an online booking will be forwarded home next Monday, 21 March.

Congratulations
Congratulations to Miss Jessica Coghlan, Miss Fiona Steele and Mr Dillon Payne who will graduate tomorrow receiving their Bachelor of Education. We hope you have a lovely day of celebrations with your family and friends.

My God bless you and your family

Graham Pollard
Principal
A parent's guide to tough love

This is our second article promoting the ‘Growth of Resilient Children’. In partnership with home and school, parents / carers and teachers, we want to build a community of happy resilient children at Good Shepherd.

“A mixture of discipline and warmth is the recipe for success”

Children with parents who use an authoritative approach are best prepared to do well in life, according to research. When children experience a mix of discipline and warmth they’re more likely to develop character traits such as self regulation, empathy and application by the age of five, compared with the children of parents who use permissive, authoritarian or disengaged parenting styles.

Parenting style is not necessarily fixed. It changes over time according to children's needs, wellbeing and ages. Parents may need to be stricter with some children than with others and there will be times when parents need to release the pressure and adopt a more permissive approach. Certainly parental mood and wellbeing contributes to the way parents respond to children. But most parents default to one style. Research suggests that if parents want their children to develop the characteristics to succeed, they should default to tough-love parenting.

Here are 10 characteristics of tough-love parenting:

- Set limits and boundaries that expand as children get older and become more capable. Boundaries make children feel secure and teach them how to behave well.
- Use a negotiable style with children according to their age and development stage. Parents also need to realise that not everything is up for negotiation. There are times when the word "no" needs to be heard.
- Use consequences to teach children to behave well and develop a sense of responsibility. Resist the temptation to let children off the hook when they do the wrong thing. Firm but fair is the key here.
- Use family rituals such as shared mealtimes to make sure you interact regularly with your children.
- Focus on improvement, effort and contribution rather than children' abilities. Focus your positive comments on their participation rather than results so children learn that trying and persistence are important.
- Recognise cooperative behaviours with positive attention such as praise, physical touch and rewards, and minimise negative behaviours through measures such as ignoring and using consequences.
- Teach children the skills needed for independence from an early age so they learn to look after themselves. Don't do things for them that they can do for themselves.
- Adopt an open communication style in your family where children learn that there's nothing so bad that they can't talk about it.
- Encourage a sense of empathy in children by recognising their emotions and giving them permission to talk about their feelings.
- Encourage generosity and kindness in your children. They do this by sharing toys, helping others and doing chores that benefit the family. This sense of community is the real strength of authoritative parenting.

This research is a great reminder that it's effective parenting, not media, celebrities or peers, that has the greatest impact on future outcomes for children.

Adapted from article by Michael Grose Parenting expert
...the heart of God.

We need your help!

Preparations for Confirmation have begun and we are looking for some keen sewers to sew the stoles for the Confirmation candidates. If you are available to sew stoles please send an email to anthony.oconnell1@cg.catholic.edu.au

Following our Cross Country Carnival on Friday, 8 April we will be holding a Walk for Hope community event to encourage a deeper awareness of the challenges faced by the students at the School of Hope and to continue our commitment to sharing our blessings with them by providing essentials for their education. We would love as many members of our community as possible to be involved. Come along and support your children in the Cross Country, then join us for the Walk for Hope followed by a picnic lunch.

Confirmation

If there are any students still wanting to receive the Sacrament of Confirmation this year, please contact the parish office this week. You can contact the office via phone - (02) 6242 9622 or email Fiona at fionawilk@holyspiritgungahlin.org.au

Next week we will be celebrating Holy Week and the final moments of Jesus life before his resurrection at Easter.

Palm Sunday

On Sunday, 20 March at 9:30am Holy Spirit parish will be celebrating Palm Sunday with a palm procession led by the parish’s Kindergarten students as well as a re-enactment of the Passion gospel. All families are welcome to begin our journey into Holy Week by coming to this Mass on Sunday.

Holy Thursday

Holy Week will continue with a prayer and re-enactment of the events of Holy Thursday led by our Mini Vinnies team. This will begin at 9:15am on Thursday morning and all families are invited to come.

Good Friday - Stations of the Cross

During the same day each class will then pray with the last moments of Jesus life depicted through the Stations of the Cross.

Easter Sunday

Good Shepherd will celebrate the resurrection of Jesus at Easter with a prayer celebration led by the Mini Vinnies team. In this celebration there will be lots of singing as we celebrate Jesus’ victory over death. This celebration will begin at 9:30am and all families are invited.

General Information

Medical Alert: We have a case of Head Lice and Impetigo (school sores) reported to the school this morning. If you are unsure what to look for please contact your local pharmacist.

Book Club: Orders must be returned no later than tomorrow, Friday, 18 March.

School Fee Reminders: Were sent home earlier this week. If you are having trouble meeting your financial commitments please contact anne.mckenna@cg.catholic.edu.au

Church pickup is for single children families. Front pickup is for families with more than one child.
Good Shepherd Primary, Amaroo, ACT
SCHOOL COMMUNITY COUNCIL
Nomination Form

Name:____________________________________ Email:____________________________________

Telephone:______________________________

Please list the name(s) and class(es) of your children attending Good Shepherd:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Please briefly tell us something about yourself, for example, your occupation, prior school council
experience, special interests, or anything else you think we should know:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

Please provide your reason(s) for nominating for school council:

____________________________________________________________________________________

____________________________________________________________________________________

I______________________________________ wish to nominate as a parent representative on the
Good Shepherd School Council.

Signed:

Date:

Council nominations need to be endorsed by a member of the parent community

I endorse________________________________ for a parent representative position on the Good
Shepherd School Community Council.

Signed:

Name printed:

Date: