Dear Parents, Carers and Community Members,

**Parent Partnership – Leading Learning – Parent Portal Space**

Over the past few weeks we have been working on establishing an exciting new method of parent contact with school life and learning. It will be an online system called the Parent Portal Space. Currently we have a Staff Portal and a Student Portal. Next will be your online space where you will have access to tools such as school calendars, student notes, announcements, newsletters and our library system – to name a few.

To access this, we need all families within a few weeks to provide, confirm or update your current email address. To do this, please go to our school website and click on the button Parent Portal Registration to register your email - please include your family and student name/s. We will then be in touch with a temporary password to activate your access. Thank you to the School Board and SPN for your support in the development of this space. We look forward to launching this next semester.

**Principal on Leave**

As from Friday 24th May, I shall be taking long service leave for the last four weeks of this term to accompany my husband, Peter, to Europe for a business trip. I have also been offered an opportunity for the start of next term to take up an Acting Area Supervisor position for South Cluster 4 which incorporates primary and secondary schools from Boonah and Beaudesert, Sunnybank and throughout Logan city. This acting position is to replace Mary Wallis who will be attending World Youth Day in Rio de Janeiro with a group of Brisbane Catholic Education teachers including our own Amy Heshusius.

During this period of leave, Mr Kevin Billion will be Acting Principal, with Amy taking up the APRE role until she departs for Brazil. Mrs Jessica Hill will then be Acting APRE from late Week 3 through to end of Week 5 in Term 3. We are in the process of finalising the teacher replacements for 4T and 4L.

I am very much looking forward to these different experiences and know that St Rita’s will be in good hands with Kevin, Shane, Amy and Jessica’s great leadership.

**Mother’s Day Liturgy – Friday Morning**

This is a wonderful event and I hope to see many of you at this Friday’s Mother’s Day Liturgy led by our Mini Vinnies team. From last year, we know this is a very special occasion and planned for a 7.45am start in the hope that our working Mums can be present. So, for all Mums, we wish you a very special Mother’s Day and for those families who have lost mothers in recent times, may the day be cherished with beautiful memories of the warmth of a Mother’s enduring love.

May God’s peace and blessings be with you in the coming week.

*Anne McKenny*
Principal
I recently read this article by Michael Grose – the worldwide renown parenting Guru. As a parent and educator I found this article intriguing in particular the helpful parenting practices.

HELPING OUR KIDS BE BRAVE BY MICHAEL GROSE (PARENTING CONSULTANT)

If your child experiences anxiety or excessive fearfulness then he or she is not alone. Currently, around 11% of children have significant problems coping with anxiety. And around 3% experience some form of depression.

As reported in recently in Australian website Kidspot, Macquarie University psychology lecturer Dr. Carolyn Schniering stated that anxiety problems are the most common emotional disorders that children experience. It’s important to understand that anxiety is not something to be afraid of. As Dr. Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

It’s not healthy when anxiety stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children from a young age who display high levels of anxiety, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple. Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves.

I want to stress that these children are not necessarily going to experience debilitating anxiety, however they do benefit from a parenting style that is sympathetic but at the same time empowers them to tackle their fears. It’s worth noting that if you are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should you worry

Dr. Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with everyday life.”

I would also add that when children become overwhelmed by their fears then it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school.

Helpful parenting practices

Before looking at helpful practices, let’s quickly list some that are unhelpful for parenting anxious kids:

• Fixing kids’ problems: Parents who jump in too soon when kids experience difficulties only increase their children’s anxiety and don’t give them the chance to build their capabilities.

• Allowing avoidance: Letting kids escape new or fearful situations validates their fears.

• A ‘Get over it’ attitude: There’s a difference between “You can do this.” and “For goodness sake, get over it.” The latter often comes from parent impatience and stress.

Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. Skilling up children and young people: Help kids face their fears by skilling them (“Look around for a friendly face when you go to scouts.”) You need to put your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards independence: Rather than avoidance, allow kids to face their fears in stages (“Let’s go to the party for an hour, then I’ll pick you up.”) By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Use empathy, not sympathy: There is a difference. Empathy shows you understand how they feel; however sympathy can be maudlin, leading you to pay excessive attention to the fear as well as and letting them off the hook. Kids need a supportive adult who says (but not necessarily in these words), ‘I know how you feel but I also know you can do this.’

4. Model risk-taking: If you want kids to be brave then you go first. Your calmness, patience and
willingness to methodically work your way through new situations has a calming effect on kids (good leadership is basically about staying calm in stressful situations), as well as showing them how fears of unknown, new social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive, resilient parenting.

As a general parenting strategy, I recommend that you take a strength-based approach. That is a focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need some extra assistance from time to time as a result of their anxiety.

All the best
Shane

Baptism congratulations
Congratulations to Tatiana J who made the Sacrament of Baptism last Sunday 5th May in our Parish. May your life continue to be blessed by the Holy Spirit.

Sacramental Program
Congratulations to these students who have enrolled in the Parish Sacramental Program for this year. Please keep these children in your thoughts and prayers as they take this important step in their Catholic journey; Callum, Kaed, Luke, Holly, Sam, Conor, Ashton, Joel, Dylan, Piper, Rachael, Suliana, Carly, Eden, Kasey, Thomas, Hannah, Caleb, Hamish, Katherine, Sarah, Myra, Ryan, Lawson, Chelsea, Karissa, Bailey, Alexandria and William.

Year 6 School Parish Mass - Thursday 16th May
On the 16th May our year 6 children will be celebrating Mass with the Parish at 9:00 am. You are most welcome to join as we celebrate community in Eucharist together. The Parishioners are always appreciative of attending Mass together with our children.

Whole School Parish Mass - Sunday 19th May
We will commence our Faith and Friendship Day 19th May with a School Parish Mass. Please let me know if you would like to be involved in any readings of the Word, welcoming etc. We hope to see you there as we celebrate as a faith filled community.

Reflection
*In our differences, be kind
*In our agreements, be humble
*So that those who learn of our work may see the fruits of the Spirit working among us

Have a wonderful Sunday - Happy Mother’s Day to all.

Kevin

<table>
<thead>
<tr>
<th>ENROLMENTS FOR 2014</th>
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<tbody>
<tr>
<td>For those families with siblings at home ready to start Prep in 2014 please get your enrolment forms in for the 2014 school year. Prep Enrolment Interviews will be held early in term 2. Enrolment forms are available from the school office or the website <a href="http://www.stritasvp.qld.edu.au">www.stritasvp.qld.edu.au</a>.</td>
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<thead>
<tr>
<th>SCHOOL PARENT NETWORK</th>
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<tr>
<td>The next monthly School Parent Network meeting is this Wednesday, 8th May at 7pm. It will be held in the Staff Room in the Administration Building. It is an informal discussion about upcoming events and current items on the agenda. Everyone is welcome to come along and we would love to hear about what is important to you. We hope to see you there.</td>
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**SPORTS NEWS**

**St Anthony’s Cross Country**
All the best to our ‘Rita Rep Runners’ who have been selected in our 58man squad to participate at the upcoming St Anthony’s Cross Country Carnival this Thursday. Looking forward to some great results on the day!

There are still a few students yet to return their note – could you please return by Wednesday 8th May.

**Cross Country Training**
Training concludes this week as the St Anthony’s Invitational Cross Country Carnival is this Thursday. Congratulations to all those students who were able to attend a few or all the days this year and their outstanding commitment!

**Athletics Training**
Athletics training will commence next week on Monday, Wednesday and Friday Mornings. Mondays – 100m Sprints/Timing
Wednesdays – Shot Put
Fridays – Long Jump

**Sporting Accomplishments - Met-East Hockey**
Congratulations to Mary W and Mikayla B who were both successful at the recent Met-East trials for Hockey. Both girls were very successful at the trials and have gained a spot each in the Met-East Hockey Team for 2013.

**St Rita’s Touch Football**
There are 4 rounds remaining till the end of season. Game times at this stage are still T.B.A. Students will be notified throughout the week what time their game will be held on Friday night.

A reminder that Training for U/10’s is Tuesday afternoons and U/12’s and U/14’s is Thursday afternoons.

**Perceptual Motor Program**
The Perceptual Motor Program has now concluded for the First Semester. We will re-visit the program early in Term 4 to gage each student’s progression throughout the year as they participate in activities that incorporate the skills they have learnt. A special thankyou to our parent volunteers for their support and assistance in running this program for our students.

**ASSEMBLY AWARDS**
The following students were awarded a Gotcha from Gus. Fantastic Work!

<table>
<thead>
<tr>
<th>PK</th>
<th>Name</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eloise C</td>
<td>For Respecting Everyone by always following instructions and being an active listener at all times. Congratulations Eloise!</td>
<td></td>
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<tr>
<td>Keagan W</td>
<td>For always Taking Care of Property in our classroom and playground. Fantastic Keagan!</td>
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</tr>
<tr>
<td>Kingston R</td>
<td>For Inspiring Learning when you listen and answer questions during class discussions. Awesome Kingston!</td>
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</tr>
<tr>
<td>Daniel T</td>
<td>Congratulations on learning to write your name.</td>
<td></td>
</tr>
<tr>
<td>Brendan B</td>
<td>You have learnt to write your name.</td>
<td></td>
</tr>
<tr>
<td>Alice C</td>
<td>Fantastic Work Alice! You are an Inspiring member of 1K, always putting 100% effort into everything you do. Thanks for showing us how to be our best!!</td>
<td></td>
</tr>
<tr>
<td>Jett P</td>
<td>Terrific Work Jett!! You have been working very hard, INSPIRING OTHERS to work hard as well. Fantastic!!!!!</td>
<td></td>
</tr>
<tr>
<td>Lily M</td>
<td>for writing a great description of a Brachiosaurus and for answering questions so beautifully in class.</td>
<td></td>
</tr>
<tr>
<td>Rowan R</td>
<td>for presenting such interesting information at “show and share” and for sharing his computer knowledge with others.</td>
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</tr>
<tr>
<td>Paige M</td>
<td>For showing respect and kindness to other children in the playground. Great work, Paige!</td>
<td></td>
</tr>
<tr>
<td>Lyndon T</td>
<td>For always showing respect and care for other children in our class. Thank you for being so kind, Lyndon!</td>
<td></td>
</tr>
<tr>
<td>Abbigail W</td>
<td>For the respectful manner you showed to the volunteers on our Redland Museum excursion.</td>
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### MOther’s Day Liturgy

The St Rita’s Mini Vinnies and School Parent Network Mother’s Day Liturgy is this Friday 10 May at 7:45am in the Unitas Centre. The liturgy will be followed by a light morning tea and a cuppa for the adults.

During the liturgy, a slide show of photos will be shown. The Mini Vinnies are seeking digital photos of our St Rita’s students with their mothers/grandmothers/aunties etc to use for a reflection. If you have a suitable digital photo that you would like to share with our community, please email it to: stritasmothersday@hotmail.com by tomorrow Wednesday 8 May 2013. The photos will only be used for this purpose and then deleted by the school.

### School Banking

Congratulations to Jaxon Prep L, you have received a bonus $2 in your account this week! Parents & Carers, please make sure your child’s current class is noted either on their new plastic banking pouch or the cover of the blue banking transaction book.

Thank you
Matthew Dowling
Customer Service Manager
Tel 3207 6133

### Explorers By the Fourers

The Explorers by the Fourers Museum will be opening on Thursday 13 June 2013. Year Four parents please save the date for this exciting event. More information coming home soon.

### Redlands Museum Excursion

Last week 2K went on an excursion to the Redlands Museum and Cleveland Point Lighthouse. We were excited to be travelling to the excursion by bus. At the museum we saw old classrooms, old transport, a working blacksmith, old furniture and an old dentist surgery. Our favourite part was the old classroom. We had lunch at the Cleveland Point Lighthouse and we sketched it. We really enjoyed our excursion it was fantastic!!

2K

Last week, we 2s went on an excursion to Redlands Museum. We watched a blacksmith make horse shoes. We worked in groups and looked at old train carriage and old guns and rifles used during war time. We looked at old forms of tools and toys and bedrooms, kitchens and classrooms from many years ago. It was an exciting day.

2L

Last week the year two’s went on an excursion to the Redlands Museum. We got to see how people lived in the olden days. Our favourite things we saw were: a black smith, a child’s nursery, the olden day school, the old train, ambulance and cars, the old dentist, the old wheelchairs and the army equipment.

After the museum, we got on the bus and went to the Cleveland Point lighthouse. Firstly we had lunch, and then we had a little play. After that we sketched the lighthouse and then we headed back to school.

It was a fantastic day at the museum and it was an exciting excursion!
So what occurs during a Catholic Confirmation?
The Holy Spirit is first introduced to a Catholic the day they are baptized, because the entire Holy Trinity — Father, Son, and Holy Spirit — are invoked at the ceremony. During Confirmation, God the Holy Spirit comes upon the person, accompanied by God the Father and God the Son, just as He did at Pentecost.

The Feast of Pentecost commemorates the descent of the Holy Spirit from heaven to earth upon the 12 apostles and the Virgin Mary, occurring 50 days after Easter and 10 days after Jesus' Ascension (Acts 2:1–4).

This sacrament is called Confirmation because the faith given in Baptism is now confirmed and made strong. Confirmation means accepting responsibility for your faith and destiny. Childhood is a time when you're told what to do, and you react positively to reward and negatively to punishment. Adulthood, even young adulthood, means that you must do what's right on your own, not for the recognition or reward but merely because it's the right thing to do. The focus is on the Holy Spirit, who confirmed the apostles on Pentecost (Acts 2:1–4) and gave them courage to practice their faith. Catholics believe that the same Holy Spirit confirms Catholics during the Sacrament of Confirmation and gives them the same gifts and fruits.

Sacrament of Confirmation and 1st Holy Communion 2013
Angela and Candice will be giving Confirmation and Holy Communion lessons during the 6pm mass on Saturday night and 9am mass on Sunday morning. It is an expectation that your children attend these lessons in preparation for their sacraments.

Confirmation Lessons
4th/5th May 6pm/9am mass
11th/12th May 6pm/9am mass
18th/19th May 6pm/9am mass

Holy Communion Lessons
25th/26th May 6pm/9am mass
1st/2nd June 6pm/9am mass
8th/9th June 6pm/9am mass
15th/16th June 6pm/9am mass

CEREMONIES
The Confirmation ceremony will be held on Thursday, 20th June at 7pm with Bishop Oudeman in the church. First Holy Communion ceremonies will be Saturday 22nd June at 6pm mass and Sunday 23rd June at 9am mass.

A different kind of playgroup — Aria Angels — Music, Movement, Art and ...More
Reaching out to parents before and after Baptism, through the parish, it offers a special time for children from birth to 5 years. We start the session with music, song and dance. Next we have an art activity, then a cuppa and close with a prayer. We gather in the Ruby room next to the parish office on Thursdays from 9.00am to 10.30am during the school term. Starting dates are THURSDAY May 9, 16, 23, 30, June 6, 13. The cost is $5 for one child, $8 for two children and $10 for three children, including morning tea. If you are a parent, grandparent, or carer of pre-school children you are warmly encouraged to join us. For more information call parish office on 3207 9177.

Children’s Liturgy of the Word (C.L.O.W.)
The Lower Primary Group (Prep to Year 4) will be held on Saturday at 6pm and Sunday at 9am, each weekend. If you can help with Senior Liturgy please contact the parish office. All children of any age are very welcome to participate in this Liturgy. It’s a great way to introduce your children to Sunday worship.

Parish Junior Choir
Do you like to sing? Come and join the parish junior choir. Rehearsals are each Wednesday during term time from 3pm to 4pm at the Ruby Room at the parish office. If you would like more information please contact the Parish office. Invite your friends to come along and sing with you. There is no cost for this activity. Afternoon tea is provided.

St Rita’s Parish Newsletter
The weekly parish newsletter is available from our website www.stritasparish.org.

Contact Angela at pa.victoriapoint@bne.catholic.net.au if you have any questions.

You can contact the Parish Office on 3207 9177 or email victoriapoint@bne.catholic.net.au

Mass Times in our Parish – Sat 6pm, Sunday 7am, 9am, 6pm.
Reconciliation Times - Saturday’s 5pm to 5.30pm in the Church

GUS WANTS YOU!!

Gus wants you to join his team at the Redlands Koala Fun Run!
The Redlands Koala Fun Run is held on Sunday 26 May at Norm Price Park - Redland Showgrounds, Long Street, Cleveland. It is a 3.5 km walk raising awareness of koalas in the Redlands.

To be part of Gus’s team you need to register online at http://www.koalacentral.com.au/koala-fun-run-2013.php. When registering, chose the option “Join an existing team” – Gus’s team is called TEAM ST RITA'S. Choose the 3.5km walk to be part of the St Rita's walking group. All children will need an adult to register and accompany them on the walk.

On the day, please wear your St Rita's hat - that way Gus can identify you easily. With your family, find Gus at the park and be ready to walk 3.5 km with his team.
Redlands Cross Country
Redlands Athletics is pleased to announce the running of their annual Cross Country
Date: Saturday May 11th 2013
Location: Capalaba State College – School Road
Capalaba
Contact: Redlands Athletics: 0422 649 662
How to enter: Entries taken on the day and close 20 minutes before the start of each race. Qld Athletics members are required to wear their competition numbers. Trial members will be required to complete a trial member form and will be issued with a temporary competition number.
All runners/joggers welcome
Costs:
Qld Athletics, Redlands Athletics & Little Athletics Members
$3.00 – Ages 5 – 15 years
$5.00 – Ages 16 years +
$10.00 – Maximum family fee
Trial Members (unregistered athletes)
$6.00 – Ages 5 – 15 years
$10.00 – Ages 16 years +
$20.00 – Family membership
Timetable:
2.30 pm – 3000m – All Ages
2.50 pm – 4000m – All Ages
3.15 pm – 1000m – All Ages
3.30 pm – 2000m – All Ages
3.45 pm – 6000m – All Ages
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We will SAVE you $$$
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Relocation Sale in the Car Park
SATURDAY 11 MAY 10AM TO 1PM
Costumes from $3.00
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Mother’s Day
Glisten from Within
Two and a half hours of total bliss!
That’s $250 value for only $150!

Enhance the Goddess Within
Two hours of bliss and relaxation!
That’s $150 value for only $110!
Book now for these incredible offers
For a limited time, valid until 30/6/2013

New Woman
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