



# St Oliver's Mini Newsletter

Term 3

Week 5

2016

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## ***CORPORAL WORK OF MERCY: BURY THE DEAD***

To “bury the dead” calls us to take action and support all who are facing death. We are called to help ease their suffering regardless of the circumstances surrounding their passing.

Every person deserves the beauty and dignity of being lovingly farewelled. Last week I was working with a group of women and men who had recently commenced employment in a Mercy Aged Care Facility.

Part of their orientation was to participate in the exploration of the Mercy Story and to become familiar with the Mercy mission, vision and values. We had been reflecting on the Mission Statement which included a particular focus on care for the dying.

Two residents had died during the week so, as new staff, they had observed some of the customs and traditions – they reflected that there was a quietness around the room of the person who was dying, soft music was playing in the room, there was a beautiful smell from the oils that were being used, families were being offered gracious hospitality and there was a very deep respect for the dying person.

They were never left alone. During this discussion, there was an unexpected knock on the door. We were invited to join the rest of the staff to farewell the body of the woman who had died. All staff members gathered along the hallways and formed a guard of honour as the body left the building. In the absolute silence, there was a sense of grief and respect for the person who had been part of their lives whilst residing here.



Burying the dead is just as important as feeding the hungry and sheltering the homeless. To bury the dead is, in Mary Oliver’s words, “when the time comes to let it go, to let it go”<sup>1</sup> and to stand vulnerable, aware that “underneath are the everlasting arms.”(Duet 33:27)

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### ***Kindergarten Assembly Prayer***

Dear God, Thank you for the food we eat and thank you for my friends and family. Amen

***By Gabriel***

***Father’s Day BBQ and Liturgy*** – Fathers, Grandfathers and Carers are invited on **Thursday, 1 September 2016** for a sausage sizzle followed by a Liturgy in the school hall.

***Staff Development Day*** – Friday, 9 September is a staff development day. **NO SCHOOL** on this day.

# Focus On Learning



## Growth Mindset

*“If you imagine less, less will be what you undoubtedly deserve,”* Debbie Millman

The above quote highlights what modern psychology knows about how belief systems about our own abilities and potential fuel our behavior and predict our success.

One of the most basic beliefs we carry about ourselves has to do with how we view and inhabit what we consider to be our personality. A “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way. Striving for success and avoiding failure at all costs become a way of maintaining the sense of being smart or skilled. A “growth mindset,” on the other hand, thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities. Out of these two mindsets, which we manifest from a very early age, springs a great deal of our behavior, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness.

The following are some phrases you can use to encourage a Growth Mindset in your child. A simple change in the language we use can have a powerful effect and our children on a path towards success, not only at school, but in life.

### DEVELOPING A **GROWTH MINDSET**



<b>INSTEAD OF.....</b>	<b>TRY THINKING....</b>
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them