



St Oliver's Primary School

# Newsletter

33 Wigram Street, Harris Park

Tel: 9682 1244 Fax: 9897 3326

Email: [stolivers@parra.catholic.edu.au](mailto:stolivers@parra.catholic.edu.au)

Term 1 , Week 9

<http://www.stoliversharrisparke.catholic.edu.au/home>

23rd March 2017

## DATES TO REMEMBER

### March

**24th**

Stage 2 @ Parish Mass

**27th**

Principal's Morning Tea @ 10:30am

**31st**

Stage 1 @ Parish Mass

### April

**3rd**

- Cross Country - this event is for 8 year olds and over. @ Robin Thomas Reserve from 9am - 12noon

Easter Raffle wrapping

**7th**

Easter Raffle drawn  
**Last Day of Term 1**

**Monday 24th**

**First Day of Term 2**

**Tuesday 25th**

ANZAC Day - public holiday

**Wednesday 26th**

**Term 2 - resumes**

**Week 8 Attendance = 97.4%**

### Sunday's Gospel **John: 4:5-42**

A reading from the holy Gospel according to John; *The water that I shall give will turn into a spring of eternal life.*



This week's Gospel shows how one person's conversion can lead to a world-wide outreach of salvation. God's Word places himself in a situation of human need. The one who thirsted for ordinary water imparts to those who believe in him the 'living water' of the Spirit'. (© Brendan Byrne SJ, 2017).

On Sunday we were reminded through the Gospel the importance during Lent of attempting to move away from situations of familiarity and move towards facing some of our fears. Like the Samaritan this may be through reaching out to others. The Samaritan woman's encounter with Jesus in Sunday's Gospel shows us that salvation can be found in the hearts of the marginalised.

This week you might like to contemplate and ask your children:

*What are the fears that prevent me from reaching out.....?*

### Harmony Day



"Unity in Diversity" is our school motto. People from more than 200 countries make up our Australian community and 300 languages are spoken in our homes.

At St Oliver's we celebrated our diversity on Tuesday in alignment with Australia's national recognition of **Harmony Day**. The children wore orange, donated to charity, spoke bilingually and came together in prayer.



Authentically, this saw several students pray our Lord's Prayer in their native language. Wow! This was such a moving display of our diverse community which is united through our liturgical celebrations.



**Anthony Matthews / Religious Education Coordinator.**

# Focus On Learning



## Help kids change their perspective when things go wrong

By Michael Grose

*Parents can help catastrophisers learn to change their perspective when things go wrong.*

It's natural when things go wrong to think that life will never be the same again. Catastrophising (jumping immediately to the worst possible scenario) only exaggerates kids' worries and makes them feel even more anxious. It always helps to keep your sense of proportion, but it's not easy when emotions run high. We all exaggerate our problems from time to time, particularly, when we are under stress. It takes a cool customer to moderate their thinking the whole time, but some kids are prone to jumping to the worst-case scenario, even when the events are quite minor.

If your child is a serial catastrophiser, always seeing the worst case in a negative situation, try to change their thinking so they learn to keep things in perspective. Ask them the following questions to challenge your child's catastrophic thinking:

**'What's the most likely scenario?'** Sometimes it's useful to introduce a dose of old-fashioned rational thinking for those kids who always assume the worst will happen to them. 'Yep, you could break your leg if you go skiing. But the odds are that you won't.'

**'You may be right, but does it really matter?'** One way to help hard-core catastrophisers is to admit that they could be right, but then ask them to imagine that the worst possible scenario actually happens. Then challenge them to understand that even the worst possible scenario is not so bad after all. This is the type of reality check many kids need.

**'Where does this fit on the disaster meter?'** Catastrophisers tie themselves in a knot about relatively insignificant things. Okay, making a fool out of themselves when they give a talk at school may not be insignificant to kids, but there are plenty of worse things that could happen. Help them get some perspective by giving their worry a score out of ten on how important the issue really is.

**'Is that helpful thinking?'** Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking things such as, 'Everyone must like me,' 'I must never make a mistake' and 'Bad things always happen to me' are extreme and need to be replaced by more moderate, realistic thoughts, such as, 'It would be nice if everyone liked me but not everyone will. It's important to have some good friends.'

When children experience hardships it is helpful if parents and teachers can assist them to process what happened to them. Children are faulty observers and often have difficulty seeing the full picture particularly when they are so close to the situation. Help your child see the full picture and in doing so they may realise that things may not be as bad as they seem.

*Taken from <http://parentingideasschools.com.au/>*

**Mrs Kathryn Newman / Assistant Principal**