



# St Joseph's Wyndham

TERM 3, WEEK 8

SEPTEMBER 8, 2014

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**"WE ARE  
ONE"**

## IMPORTANT DATES

◆ **Assembly  
Friday  
12.15pm.  
All  
welcome.**

◆ **Time  
Capsule  
items  
before end  
of year  
please**

**PARISH MASS  
SATURDAY  
5.00PM**

**ALL WELCOME**

## From the Principal - Ms. Naomi Martin

Dear Parents and Caregivers,

### GRADUATION CAMP

Our Graduation Camp to Perth is being held next week. I ask the parents of the Yr 6 & 7 students who are attending camp to help the students prepare themselves for the camp. If you have not yet paid the camp fees, please do so this week.

On Thursday afternoon our staff attend some Professional development on our Evangelisation Plan, and how we try to teach good values to the students. One value that we all need to be reminded of from time to time is compassion. Here are a few ideas on how to teach the children compassion.

#### 1. **Praise their internal motivation, and not just their act.**

When you see your child doing a good deed, ensure you recognise his/her action but go a step further and attribute these actions to his/her 'Internal disposition' (e.g. "Wow, Julie, thanks for helping your brother with his homework! You're such a kind and caring person.") When children hear about how their actions reflect their inner

good nature, rather than just hearing about how good the deed itself was, it fosters a pro-social self-image that results in more empathetic actions.

#### 2. **Reward not for rare goodness, but for consistent behaviours.**

Children are continuously learning, so don't reward them after just one instance of a good behaviour; wait until they've shown it multiple times, when it's starting to become more of a habit. Make sure your child understands that their behaviour has consequences; consistent mature, responsible behaviour will elicit praise or rewards while continued irresponsible behaviour results in loss of rewards. Don't reward too often - by only calling attention to your child's exceptional behaviour, this sets the social responsibility expectation higher for them. Rewarding them for every small, already-expected action causes them to lower their own expectations of what constitutes good behaviour.

#### 3. **Encourage open expression of emotions in your family.**

Many families find it difficult to openly air negative emotions, but it's important to talk it

through with your child when he/she comes home upset or sad. Children who are more tuned in to emotions from an early age often end up more empathetic and are more likely to understand and consider others' feelings, rather than taking them for granted.

Growing up in a tight-knit family provides a conducive atmosphere for children to openly express their feelings; encourage this by spending more time with your kids.

**4. Expect more.** When it comes to your child's responsibility to be caring and compassionate, set your standards high. At 7 and 8, children are starting to be able to see the world from another person's perspective. In a complicated and troubled world, it's easy to feel that nothing we do will make a difference. This can lead to compassion burnout - for us and for our children. The key is to start small, and to be consistent.

### TIME CAPSULE

If you have any family contributions to the time capsule, please send them in to the office.

Enjoy the week. NAOMI

**BOOK CLUB**  
**NEW BOOK CLUB**  
**CATALOGUE OUT.**  
**ORDERS DUE**  
**WEDNESDAY 10**  
**SEPTEMBER**

**MS TARNEY**

**ST MARY MACKILLOP**

Live Simply

“May God bless you, keep you  
strong and help you in your  
crosses”  
*Mary MacKillop 1900*

**LIAISON OFFICER**

**Miss Zabby**

Please be at school by **7:30am** for a  
**7:40am** start.

**If your child/children is late please  
remind them to sign in at the front  
office.**

If your child/children are absent  
please contact me via email or  
phone

**[birch.zabby@cathednet.wa.edu.au](mailto:birch.zabby@cathednet.wa.edu.au)**  
**(M) 0488 453 357**

**Active After School**

**Sport.**

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**Wednesday's Yr 4—7**

**Thursday's Yr 1—4**

**Year 4's can choose either day.**

**2.30—3.30pm including a snack.**

**Guda Guda community students  
will be driven home.**

**ABOUT DADS:**

Fatherhood calls for many challenges and hardships, which every dad bears with pride and happiness. When it comes to the relationship you share with your father, there are absolutely no strings attached. He may not show, but he is always there for you, with his unwavering support and assistance. How often do you take out time to whisper a silent prayer to God for the health and happiness of this special person in your life?

Lord, please take care of our dads.

Though they are brave and protective,  
they must also be frightened sometimes.

When money runs low and when we need things,  
Lord, when their hearts break because they can't  
do it all;

Please help us to let them know how much we  
love them.

And how much You love them.

Amen!

**ABSENCE NOTE - ST JOSEPH'S SCHOOL WYNDHAM**

Please be aware that \_\_\_\_\_ is/was away from school on \_\_\_/\_\_\_/14 due to \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_