

Our Vision

An inclusive community committed to high levels of learning for all.

Our Mission

In the spirit of Saint Mary Mackillop, we strive for excellence with love, dignity, integrity and justice.

Dear Families

Whilst Week 5 has come and just about gone, it was my privilege to attend the TCSO Principals' Forum in Cunnamulla. The highlight of our time together was our exposure to 'country' and the stories presented by two local indigenous elders. Apart from imparting their knowledge about the local flora and fauna, they also talked about their struggles to assimilate to the implications of European culture. Their honesty and willingness to share their narrative was humbling and truly inspirational. Did you know that the word 'Cunnamulla' means long stretch of water or big waterhole in the language of the Kunja (Koun-yah) people. Historical records also indicates that the Kunja people originally occupied this region of Queensland prior to first contact with Europeans.

The recurrent theme from throughout our time together was the notion of service. As leaders in Catholic schools across the Toowoomba Diocese, our call is to serve others. If our call to leadership is to be authentic, it should model the example of Jesus. Jesus' example of leadership comes at a price. It requires our time, our compassion, our commitment and our attention. This model of leadership is not just common to school principals. With my absence from the school this week, all our staff at St Patrick's stepped up to ensure all bases were covered. This model of leadership is also prevalent with our Parents and Friends Committee and their unconditional support of the school and willingness to organise and facilitate the upcoming Golf and Bowls Fun Day.

At the heart of authentic leadership is service. In 2014, Pope Francis stated: "For leadership there is only one road: service. There is no other way. If you have many qualities, the ability to communicate, etc., but you are not a servant, your leadership will fail, it is useless, it has not power to gather (people) together... Leadership must enter into service, but with a personal love for the people".

Be the change

During Catholic Education Week, we all had the opportunity to participate in a workshop with Brother Damien Price titled 'Be the Change!'. His call for us all to be GUEST in the lives of others, to give them the gift of our presence as we recognise the innate dignity of all, was such an important message for each one of us to take forward in our daily interactions.

We can look no further for an incredible example of this than the inspirational St Mary of the Cross MacKillop. She was a tenacious woman who let nothing stand in the way of her care for the underprivileged, marginalised, dejected and deprived. Mary MacKillop was a model of courage and selflessness who challenged herself and her sisters, the Sisters of St Joseph, to treat all those they met with compassion, dignity and to be truly present for others.

St Mary was inspirational, not because she was faultless, but because she was able to draw on her faith, and the strength and virtues of her character to mount seemingly impossible hurdles, not for her ends but to help ordinary Australians. Mary and her sisters founded numerous schools in Australia, many of those in our own diocese.

On Tuesday 16 August commencing at 9:30am, we will celebrate the Feast Day of St Mary of the Cross MacKillop. St Mary challenges us to 'Be the Change!' we wish to see in the world. A prolific writer, Mary challenged her sisters to do this, 'We must teach more by example than by word'.

Feeling Safe

Our School Student Protection Contacts are:

Ms Donnelly

Mr Blaikie

Mrs Jennifer Fenn

Reminders

Uniform Days

Sports

Wednesday, Friday.

Formal

Monday, Tuesday, Thursday.

Winter Uniform

Please remember that we are a...

'Nut Aware' School.

Church Times - Celebrations are up and running again with social distancing measures in place. Times for Masses are as follows:

1st Sunday - 9am

2nd and 3rd Sunday - 5.30pm

4th & 5th Sunday Liturgy of the Word with Communion - 9am





St Patrick's P&F Care and Concern Group

The Care and Concern Group has been working hard this year and as a result, has helped a number of local residents to manage and tidy various gardens around Allora. This social justice initiative will continue throughout Term 3. Date claimers for Term 3 include:

Saturday— 26 August from 9:00 to 11:00am

Wednesday— 14 September from 3:15 to 5:00pm

All parents or grandparents are welcome and encouraged to participate. Together, we can make a huge difference.

Back to school: Separation Anxiety (Jen Fenn—School Counsellor)

It isn't unusual for children to feel a little anxious about going back to school. It usually starts on a Monday morning in the lead up to going to school or may even start the night before. Anxiety can affect the body and cause physical symptoms - children may complain of having a stomach-ache or headache. They may start over-thinking and focusing on their worries, which can result in them not wanting to go to school. It is important that children are encouraged and supported to attend school when they prefer to stay home. Although avoidance (staying home) may reduce a child's distress on the day, in the long-term, it has been shown to increase fear and make it more difficult for them to attend school. Below are suggested strategies parents can use to support their children in managing back to school worries:

- Keep a predictable routine and ensure your child is sleeping and eating well. Use an alarm clock to help your child wake on time
- Be organised to reduce the morning rush – plan school lunches, pack school bags, and lay out school clothes the night before
- Make a regular time to talk with your child. Encourage your child to problem solve through any fears they have and develop a plan to support and gently encourage them to face their fears
- Teach and practise coping skills to use when they are feeling nervous – focused breathing, positive self-talk (e.g. 'You've got this')
- Genuinely praise your child for being brave when they push through their fears.

If the behaviour continues, connect with your child's teacher and request additional support to help your child settle at school.

St Patrick's P&F Golf and Bowls Fun Day **POSTPONED!!!**

Due to the chance of significant rain overnight and during the weekend it has been decided to postpone the Golf and Bowls Fun Day. The P&F Committee are hoping to secure a date later in Term 3. Don't leave it too late as nominations are filling fast! If you are unable to find enough players for your golf foursome, please still register your team as players will be allocated to your team who are unable to register as a single team. Please remember that everyone is welcome. Watch this space for more information!



Kindest regards

Keith Blaikie—Principal

DATE CLAIMERS

Term 3—2022

- P&F Golf and Bowls Day—POSTPONED—TBA
- 15 to 19 August—National Science Week
- 15 August—Prep Interviews commence
- 16 August—Mary Mackillop Feast Day Mass at 9:30am in the Church
- 19 August—Whole School Assembly at 2:20pm in the Church
- 22 August—Board Meeting 6pm
- 23 August—Book Week Parade at 9:00am
- 24 August—Newsletter uploaded at 3pm
- 26 August—100 Years of Disney Animation (Years 2 to 6 will travel to Brisbane)



Update to Sentral for Parent App

The Sentral for Parents mobile app has been recently updated, providing an improved user interface and navigation.

The screenshot shows the app's main interface. At the top, a blue header displays the school name: "Diocese of Toowoomba Catholic Schools: St Joseph's College, Toowoomba". Below the header is a student card for "Toby" with a profile picture. A central grid of icons provides access to various features: Newsfeed (with a red notification badge '4'), Absences, Calendar, Daily Notices, Interviews, Resources, and Links. At the bottom, a navigation bar contains icons for Home, My Schools (with a red notification badge '4'), Notifications (with a red notification badge '4'), and Settings. The "My Schools" icon is circled in red.

Each student at a school is displayed clearly at the top of the screen as a card. Swipe across to see more students → Tap on a student card to see their details, student feed, and student record.

The school currently being viewed is displayed clearly in the screen header.

All the same features are available in the new version of the app.

The Switch Schools function is now available from the new navigation bar at the bottom of the screen.

Click the Home icon in the navigation bar at the bottom of the screen to return to this view.



Why play is important

Being interested and supportive of a child's play helps them to feel connected, valued and accepted. Having fun together during play time enables children to experience pleasure and joy.

Play helps children develop social skills

Play is important for learning the social skills (including language and communication) that develop over time and will be the foundation for future relationships.

Through play, children learn about:

- the give and take of relationships with friends (negotiating)
- how their behaviour can affect others and to develop empathy
- how to lead and follow
- repairing relationships.

Play helps children develop emotional skills

Through play, children can express their feelings, even before they have the words to say how they feel. Play also fosters imagination and becomes the basis for creativity in art or music or other ways of self-expression. These ways of personal expression can help people cope with feelings all their lives.

Play can also help children learn impulse control. They learn to think about what they want to do, to plan and to be patient. If they're building a castle and get frustrated and knock it down, they have lost their castle. In these ways, children gradually learn they need to control their impulses to achieve what they want.

Play is a way that children can work through and resolve problems

For example, a child whose family has separated may feel very anxious about what's going to happen to them. These feelings and possibilities can be explored through play. The child can practise having two homes set up with two houses and different dolls. There's no need for you to take part, but being near while the child plays shows support and acceptance.

Play helps children develop physical skills

Children like games that test their physical abilities (motor skills) – running, climbing, jumping and exploring. These games bring children happiness and build their confidence.

How do children play?

As children grow, the way they play will change. Examples of play for children of different ages is below:

Babies (birth to around 18 months)

With babies you might try:

- music, songs, gentle tapping on your baby's tummy while you sing, bells or containers filled with different objects – these activities can help develop hearing and movement
- objects of different sizes, colours and shapes to encourage a child to reach and grasp
- sturdy furniture, balls, toys or boxes to get a child crawling, standing and walking
- play with movement (for example, holding a baby while singing, swaying or gently dancing)
- play with words, such as in simple rhymes, animal noises, books, blowing raspberries and playing peek-a-boo.

Toddlers (around 18 months to three years)

A toddler might enjoy:

- big and light things like cardboard boxes, buckets or blow-up balls to encourage them to run, build, push or drag
- chalk, rope, music or containers can encourage jumping, kicking, stomping, stepping and running
- hills, tunnels or nooks that encourage physical activities like crawling and exploring
- experimenting with different sounds and rhythms (try singing, dancing and clapping along to music with your child).

Preschool children (around three to five years)

Ideas to get your preschooler's mind and body going:

- Old milk containers, wooden spoons, empty pot plant containers, sticks, scrunched-up paper, plastic buckets, saucepans and old clothes are great for imaginative, unstructured play.
- Simple jigsaw puzzles and matching games like animal dominoes help improve your child's memory and concentration.

- Playdough and clay help your child develop fine motor skills.
- Favourite music or pots and pans are great for a dance concert or to make up music.
- Balls and frisbees can encourage kicking, throwing or rolling. When encouraging your child to kick or throw, try to get them to use one side of their body, then the other.

School-age children

School-age children can have fun with the following objects and activities:

- Furniture, linen, washing baskets, tents and boxes are great for building.
- Home-made obstacle courses can get your child moving in different ways, directions and speeds.
- Rhymes or games like "I spy with my little eye, something that begins with..." are great for word play and help develop literacy skills.
- Simple cooking or food preparation like measuring, stirring and serving food is great for developing numeracy and everyday skills.
- Your child's own imagination – with imagination, your child can turn themselves into a favourite superhero or story character.
- If your child is interested, you could think about getting them into some sports or team activities for school-age children. Other possibilities include after-school or holiday art and craft activities.

References

Ginsburg, K. R. (2007). The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics*, 119(1), 182-191. Retrieved from <https://pediatrics.aappublications.org/content/pediatrics/119/1/182.full.pdf>

Isenberg, J. P., & Quisenberry, N. (2002). A position paper of the Association for Childhood Education International PLAY: Essential for all Children. *Childhood Education*, 79(1), 33-39. Retrieved from https://www.researchgate.net/publication/261685514_A_Position_Paper_of_the_Association_for_Childhood_Education_International_PLAY_Essential_for_all_Children

Rushton, S., Juola-Rushton, A., & Larkin, E. (2010). Neuroscience, play and early childhood education: Connections, implications and assessment. *Early Childhood Education Journal*, 37(5), 351-361.

External links

Raising Children Network – [Toddlers: play & learning](#) / [Preschoolers: play & learning](#) / [School age: play, media & technology](#)