Dear Parents, Caregivers and Community Members,

During this time of the year, it is important to reflect on the mental and physical demands we place on our children. As parents it is easy to become anxious about our children’s performance and stress about their results and compare our children’s results with other parents. Today I would like to take the time to reflect on what is important, and how we can ensure there is balance in our lives for ourselves and our children. Remember that no matter what the situation is it is important to:

* Appreciate children as they are.
  * Appreciate basic warmth exists between a parent and child—hugs, kisses, listening, words of empathy, laughter—this is the first pillar of parenting.
  * Stand back a step. Support, applaud, assist, but don’t hover anxiously like a ‘helicopter’ parent. Parents don’t need to become over-involved, to the point of obsession, in their children’s academic or sporting performance. Never be tempted into doing their schoolwork yourself.
  * Keep expectations high, but realistic. Accept that most people are average yet still manage to lead happy, productive lives. Good behaviour and manners, a positive attitude and conscientious work habits, will help most children do well at school and in life.
  * Reassure children that they can’t be good at everything. Then give them the space to discover and develop their own strengths. Admire the achievements of other people’s children, without trying to make your children emulate them—or feel inadequate if they can’t.

Yesterday, the Pre-Primary class visited the Town Library to participate in the National Simultaneous Storytime event.

* Spend time together. Eat your evening meal together as often as possible. Involve your children in household chores, as this helps give them a sense of self-worth and responsibility. Respect their individuality, especially those characteristics that make your children different from each other.

* Understand that discipline is vital but doesn’t just mean punishment. Be consistent in your expectations. Never be tempted into doing their schoolwork yourself.

* Underline the importance of extra-curricular activities, so your children can experience a variety of things and help develop their own strengths.

* Reassure children that they can’t be good at everything. Then give them the space to discover and develop their own strengths.

* Avoid living vicariously through the child. Be proud of them but resist the temptation to boast or to pull strings. Let your children be themselves, not the perfect child you wish you had been yourself.

* Help your children to develop goal-setting skills and work to achieve these goals. Reassure them that they can fail and learn from their mistakes.

* Ensure your self-esteem is positive by not criticising their efforts too often. Insecure adults, however successful, often had parents who were controlling, competitive and judgemental.

* Respect your individuality, especially those characteristics that help your children develop self-control. Live according to the values you preach to them.

* Ensure their self-esteem is positive by not criticising their efforts too often. Insecure adults, however successful, often had parents who were controlling, competitive and judgemental.

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Within all this, we pray for Jesus to walk with each of us and support our families and in particular grant us the wisdom to guide us with in parenting of our children. To all our children in Years 3-6 who will be participating at the Interschool Cross Country Carnival in Manjimup tomorrow, enjoy the day and I know you will represent our school with a great deal of pride!

Andrew Kelly
Principal

Please pray for the members of our community who are sick and in need of our prayerful support at this time.
Week | Date | Time | Event
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5 | 27 May | Interschool Cross Country—Manjimup
6 | 31 May | Cultural Diversity Day
1 June | Rebecca Cool Art Mural Workshop PP—Y6
6 June | WA DAY PUBLIC HOLIDAY
7 June | PUPIL FREE DAY
8 June | PUPIL FREE DAY

Last Thursday the Year Four children participated in a retreat with Mario, Paul, Brendan and Matthew from the Middle School Ministry in Perth.

Some of the main objectives were:
- Our family brings us to the door of the Church, to be welcomed as one of God’s Family through the Sacrament of Baptism, where we can be supported and helped to grow.
- We are drawn closer to God and one another in His family, when we are reconciled through the Sacrament of Reconciliation.
- Eucharist means ‘thanksgiving’ and when we participate in the Eucharist we give thanks for all Jesus has done for us.
- We are united to God’s Son Jesus and made spiritually strong, when we receive His Body and Blood and the Sacrament of the Eucharist.

We pray for Lucas, Ilija, Gabriella and Max along with their families during this special time. Please keep the First Communicants and their families in your prayers. You are most welcome to join us in this very special celebration.

Today, is National Sorry Day and tomorrow is National Reconciliation Week. On our pathway towards reconciliation, Sorry Day on 26 May is an important moment to remember the past policies of forced child removal. Here, we reflect on the sad and painful history of the Stolen Generations and recognise moments of resilience, healing and the power of saying Sorry. In recognition of National Reconciliation Week, our school will be holding a Cultural Diversity Day on Tuesday, 31 May. If there are any families who would like to showcase their culture with each class on this day, please contact me to discuss how you can be involved. I have organised some families and community groups to help, but would love to see other parents sharing their cultures with us. This can be done through storytelling, food sharing, clothing, heirlooms/artefacts.

Yesterday Mr T, Ms Lynas and myself went to the TREE meeting to meet with staff and principals from St Mary’s, Boyup Brook, St Joseph’s, Pemberton and Kearnan College, Manjimup. At this meeting we discussed how all four schools will prepare for the Public Speaking competition and how the regional competition will be run. Three children from Year 4-6 will be chosen to do their own public speaking presentation at our school. At this presentation, held on Monday, 27 June (time to be advised), the two winners from each class will represent our school competing at the regional competition held at St Mary’s, Boyup Brook on Thursday, 11 August. Year 4-6 class teachers will start preparing the children for these presentations.

Here is James and Danielle looking surprised at our weekend rainfall of 62 millimetres. The Year Three class provide a weather report for GWN every Friday this term.

Here is Charli, Hogan, Scott Jones and Bethany Rutten.

Year Four children are preparing for the Sacrament of First Holy Communion this Saturday at 5pm.