Aquatics Days

The Middle Primary certainly enjoyed their aquatics day! The highlight is the day was mastering many new surfing skills and techniques. Great water confidence and safety were achieved throughout the day.
Dear Parents, Friends, Staff and Students of St Columba’s,

It is with mixed emotion that I write to you my final newsletter. As I reflect on the past year and indeed the past five years, that I have had the pleasure of leading St Columba’s, the most prominent and recurring feature is you – our community. We have worked tirelessly to build our culture of amazing work ethic, whilst being supportive to one another and looking for every moment of joy to sustain us on what has been an incredible journey. I owe a great debt to you all for allowing me to share and work towards my vision, which holds the wellbeing of all of our students deep at the heart of decision making. I hold firm to my belief that we have the capacity at this school to provide our students with a world-class education – our children need not be disadvantaged by our choice to live in a rural context. This could not possibly be a reality, however, without the combined expertise and commitment of our highly dedicated staff and again the goodwill of our community. There are countless examples to draw on, where projects have been undertaken and completed only because of the initiative of various individuals amongst staff and parents.

I would like to thank all of the staff -past and present- who have helped to form me into the leader I am today. I have benefitted greatly from the depth of experience that you bring to the school and education more broadly. I have thoroughly enjoyed working with you as part of a truly dedicated learning team.

I would also like to thank all of our community who served on our school board and parents and friends committee over the past five years. I certainly will take with me an extremely high benchmark, for how these teams can perform! I was thrilled to hear the announcement that Michael Preece will be leading our school for the next two terms. His great experience and capacity will ensure that the school will continue to grow and flourish under his guidance.

St Columba’s Memorial and Yorketown will always hold great significance for my family. It has been our home for 5 years and is the only home that my children know. I look forward to keeping a close eye on the continued success of the school and that of our wonderful students.

Congratulations to our year 7’s who graduate next Wednesday. I have been so very privileged to walk alongside you as you develop into the fine young people you are. Although you leave our school next year to take on your next challenge, know that you are forever part of our community here at St Columba’s Memorial.

A final Reflection
As we all continue into a new chapter, trust in God’s unfathomable love. Paths will wind and get rocky, sometimes obscure whilst other times clearly defined. We rarely travel these paths alone. Look up and embrace those around you. We were made to support one another and there is incredible joy to be found in helping others on their way. Don’t underestimate your ability to make a difference. A smile, a greeting, a listening ear may not have been an effort for you, but may well be life changing for another. In these moments take time to be present, and understand the value of the impact that you make.

Blessings

Todd Murfitt
Principal

This Newsletter and more can be found at our school website! www.scms.catholic.edu.au
You can also follow us on twitter: @scmsyorketown

Kids Matter Contact Numbers:
Beyond Blue: 1300 224 636
Lifeline: 13 11 14
Kids Help Line: 1800 551 800
SA DENTAL SERVICE XMAS CLOSURE INFORMATION

The MAITLAND SCHOOL DENTAL CLINIC will be closed over the Xmas/New Year Holiday period

Closure dates: from Wednesday 2nd December 2015 until reopening on Tuesday 2nd February 2016

In case of emergency care during office hours please ring for advice
21/12/15 – 23/12/15 WALLAROO DENTAL CLINIC on Ph: 888 05 210
24/12/15 – 3/1/16 SALISBURY COMMUNITY DENTAL CLINIC on PH (Adults) 8250 9254 and PH (Children) 8250 9879
4/1/16 – 12/16 WALLAROO DENTAL CLINIC on PH 888 05 210

For after-hours Emergency advice please call HEALTH DIRECT on ph: 1800 022 222 (free from landlines)

The Dental staff wish all their clients & families a Happy & Safe Holiday Season

Ecumenical Christmas Carols Service

Sunday 6 December
5 pm Sausage sizzle & activities
6 pm Carol service
St Columba’s School Hall
Family friendly
Offering to Samaritan’s Purse for freight costs
Bring family & friends
All welcome

HELP NEEDED

Do you have some spare time on your hands? From 30 minutes to a couple of hours? We have several minor maintenance jobs around the school that need to be done.

Jobs may be as simple as repainting yellow lines around the school, tidy up the tool kit to pulling weeds around the school.

Please see Margie or Gay if you are able to volunteer your time towards completing some of these jobs.

YORKETOWN AUXILIARY CRAFT FAIR
THURSDAY 7TH JAN. 2016
9am — 5pm

YORKETOWN TOWN HALL
Admission - GOLD COIN DONATION
VARIOUS CRAFTS,
HOME BAKED FOOD
GREAT - RAFFLE $1 TICKET.
Drawn 4pm

STRAWBERRY LADY
WITH FRESH STRAWBERRIES
AND CHERRIES
JAMS ETC.,

ENQUIRIES: Julie 0428 932 843

Graduation Mass:

On Wednesday, December 9th we will be celebrating the end of the time at St Columba’s for the Yr. 7 students with a Graduation Mass which will be held in the church, starting at 6 pm. After the Mass the Parents and Friends will be holding a free sausage sizzle, drinks will be available for purchase, before we all head into the Hall for carol singing by the children and presentation of Certificates, gifts etc... to the students and staff. We will also be presenting the Murfitt family with a farewell gift. This is a whole school event, with the expectation that all students will attend and be in full school uniform.
**Important Dates**

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Saturday, December 5th</td>
<td>Curramulka Light Up 2015—6.30pm</td>
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<tr>
<td>Wednesday, December 9th</td>
<td>Graduation Mass</td>
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<td>Thursday, December 10th</td>
<td>Student Free Day—Staff PD</td>
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<tr>
<td>Friday, December 11th</td>
<td>Student Free Day—Staff PD</td>
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<tr>
<td>Thursday, January 28th, 2016</td>
<td>12 noon to 3 pm Book/Uniform day</td>
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<tr>
<td>Friday, January 29th, 2016</td>
<td>9am to 12 noon Book/Uniform day</td>
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**Lost Property:**
A big reminder to label all your children’s belongings clearly. We have an overwhelming amount of lost property handed into the front office i.e. hats, jumpers, water bottles, lunch boxes etc... If your child is missing any of these items, please send them into the Front Office to look through the lost property box. Any items not claimed by the end of this term will be either donated to St Vinnie’s or put into the second-hand cupboard for resale.

**Students of the Week**
Angus S for being a helpful member of our class.
Lylah for always taking care of our classroom.
Georgia for her positive approach and great resilience in the face of challenges.

**Private Music Lessons 2016**
Children interested in learning Guitar, Drums, Piano, Bass Flute or singing please contact Matthew Winters Academy of Music on 0427 534101 to secure your spot and for more information.

**Prayer:**
Lord our God, we turn to you, for you are our help. Hear our prayer, we beseech you; let our cry rise to you so that you may send your mighty help in our generation. Continue to protect us from all evil, from death and destruction. Protect us because we are your children. As your children we turn to you, the almighty God, who can make everything work together for good. Be merciful to us, O Lord God. Help us for your name’s sake. Help, Lord, for you alone can bring everything to a good end. So we stand before you in Jesus Christ, holding to every word you have given us and knowing for certain that you hear us. Amen

**School Fees**
School Fees are now due. Please ensure all fee payments are up to date.
During the school holidays NetballSA is offering further opportunities for children to be active.

Netball SA is running an intensive ANZ NetSetGO on 15th, 16th and 17th Dec
From: 9:30-11:30am
At: Priceline Stadium 155 Railway Tce, Mile End SA

Netball SA is running a School Holiday Clinic
On 19th & 20th January
At: Priceline Stadium 155 Railway Tce, Mile End SA
Time and date vary dependant upon the participants age

WISHING YOU AND YOUR FAMILIES
ALL THE HOPE, WONDER AND JOY
THAT THE SEASON CAN BRING

BEST WISHES FROM THE STAFF AND COUNCIL OF THE
FEDERATION OF CATHOLIC SCHOOL PARENT
COMMUNITIES
Dear Parents,

The end of the year is well and truly upon us with both important and enjoyable celebrations to take place for our school and, above all, for our Upper Primary students who will move on to Senior Schools in 2016.

It is with much enthusiasm and commitment that the year 6 students (with a little help from the Year 5 and 7’s) are preparing for the Year 7 Luncheon, the Year 7 Mass and the Imovies for the Year 7 graduation, all of which is taking place next week, on Tuesday and Wednesday respectively. These events involve great organizational and IT skills as well as creativity and the desire to give one’s best to the students that it is being done for. We are looking forward to seeing the fruits of our hard work unfold!

I would like to take a moment to tell you about the Upper Primary’s latest excursion to the Port Vincent Aquatics Centre last Friday. Thankfully it was a very pleasant day weather wise which ensured that the students enjoyed the great wind surfing, snorkelling and kayaking activities. I must say that we are truly fortunate to live in such a beautiful part of our planet with such great opportunities for our students to enjoy. I would like to thank Angie Newbold and Michael Harvey who helped make the excursion possible by helping out with transport.

I would like to thank the school community and especially the parents and extended families of my Upper Primary students for having made me so welcome throughout the year; I have felt blessed by the warmth and the appreciation extended to me. It has been a wonderful experience and I hope to have given back a little of what I have received. I wish you all a peaceful and joyous time over Christmas and the New Year.

My very best wishes to you

Liliana Castiglia
Upper Primary Teacher
Coping with fears and worries

The following examples are for families to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by school staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children's sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

Things to take into account
- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children's fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.
Encourage helpful thinking: “Tell those scary thoughts ‘I know I am safe and I won’t let you scare me!’”

The following example shows some possible ways a parent or carer might help Jessica, a six-year-old child who has difficulty going to sleep because of fears that something might happen to the house.

**Child’s difficulty**

- Feels scared and worried
- Unsafe
- Can’t think through logically
- Feels overwhelmed by scary thoughts
- Lacks skills for coping
- Has trouble relaxing
- Doesn’t feel confident about managing fears
- May not believe in own ability

**Some suggestions on how to support**

Acknowledge feelings: “You’re having trouble going to sleep because you’re worried something might happen.”

Reassure: “That storm was only on TV. It’s not going to happen here.”

Reality check: “The wind would have to be really, really strong to blow the roof off. We don’t get those kinds of winds here.”

Label: “That’s just a scary thought. You don’t have to keep it.”

Demonstrate coping skill: “Let’s blow the scary thoughts away. Take a deep breath and together we will blow them all away.”

This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.

Teach relaxation: Younger children often respond well to relaxation techniques that help them to visualise calming images (eg a waterfall or clouds floating gently across the sky).

Encourage helpful thinking: “Tell those scary thoughts ‘I know I am safe and I won’t let you scare me!’”

Praise and encouragement: “You did it. You’re getting braver and braver!” or “You’re trying really hard to be brave. Good on you!”

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
Good bye and Good luck

We will miss you!