Dear Parents and Carers,

I recently heard a new phase ‘marshmallow generation’ and I would like to share a short article by psychologist Michael Carr-Gregg. It certainly gave me something to think about, so I thought I would share it.

Are we in danger of raising a marshmallow generation?
You bet. First, large number of Australian parents were hesitant to set limits or boundaries, use moral language or enforce consequences when their progeny make bad choices. Now, this permissive parenting is being compounded by a segment of the parenting population who have an almost pathological desire to protect their children from disappointment and failure – presumably because they are frightened of challenging them or placing too much pressure on them to succeed.

Working hand in hand with some schools, in their zeal to shield these young people from discomfort, disappointment and distress, there is a tendency to overcompensate by swathing them in metaphorical cotton wool.

Whether it is not allowing actual scoring at football - because we can’t have a losing team, or awarding participation ribbons rather than first, second and third prizes to ‘minimise’ competition, or giving every child a ‘satisfactory grade’ at school – they are lulling their offspring into the mistaken belief that life is all sweetness and light. This ‘bowl of cherries’, rose coloured glasses view of life is not just wrong but ultimately unhelpful.

The truth is that all of life’s important lessons are usually accompanied by a degree of grief, pain and suffering. Do these ‘Pollyanna’ parents ever think about how their children will cope with the rude awakening that firstly, life is not always fair, secondly, bad things happen to good people and lastly that random and chaos abounds in our universe?

When you take away the ability to win and lose, where is the incentive to achieve and get better? We remove the capacity for them to develop resilience and the ability to face, overcome and be strengthened by adversity. How will these children learn to associate effort with outcome?

The result will be a generation of young people incapable of assuming adult responsibility with no idea how to handle the routine challenges of life, making them risk-averse, psychologically anaemic, and riddled with fragility and anxiety.

Last time I looked, failure and experimentation were the true architects of success. Parents and schools seem to be trying to remove failure from the equation. With record levels of anxiety and depression, such ‘looney tunes’ parenting practices could be the hidden psychological fault lines for the next generation. Surely, it is now time to question this substandard and ill-conceived strategy for raising kids? In lieu of any definitive research, there will be those who disagree, which is their right, but what sort of a civilisation will we have if our young continue to progress down this path?
Sometimes children need to feel badly...we learn through experience and both good and bad. It is through failure we learn to succeed.

**DISCO**

Looking forward to seeing many parents and students at the disco on Friday night! Parents are reminded that the disco is a parent coordinated and supervised event. Some staff might pop in for dance, but they will not be present to supervise students. Special thanks to Denise Driessen and Trudie Heinrich for all their hard work. It should be a great community event.

**SICK STUDENTS**

If your child is ill please keep them at home for their own benefit but also so as not to spread it to other students and staff. Please make sure that your emergency contacts are up-to-date so that we can contact you quickly if your child becomes ill or is injured at school. If your child requires medication at school you are required to complete a "Request to Dispense Medication" form which is available at the Front Office. A reminder that students are not to self-administer medication. Medication should not be kept in children’s bags but kept in the Front Office area and Karen, Annette or Jo will administer. All information is then noted in a medication book. Teachers will not administer or supervise the taking of medication. Please ask your child to take medications to the Front Office upon arrival at school.

**LATE ARRIVALS**

We can all experience mornings when everything goes wrong and as a consequence your children are late for school. However, the number of late arrivals each day is increasing and some families are consistently late. When children arrive late, they often miss vital instructions that set up the day, and their arrival can be very disruptive to other students. Please remember to Sign In your child if they arrive after the morning bell. Student leaving early MUST be Signed Out at the Front Office.

**LEAVING SCA**

Don’t forget to let us know if you are planning to leave St Clare of Assisi at the end of the year. (Year 6 exempt of course!) We will soon commence the process of planning enrolments and class numbers for next year.

**STAFF NEWS**

Congratulations to Jo Thomson and her husband Luke on the safe arrival of their baby boy Fletcher - a boy for our SCA playgroup! Mum and bub doing well.

We also congratulate Mrs Jo McCarthy on her recent appointment as School Finance Officer.

Have a good week.

Brad Gaynor  
Principal  
brad.gaynor@cg.catholic.edu.au

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**STUDENTS NOT RETURNING TO ST CLARE OF ASSISI IN 2016 (Not Year 6)**

- My child/children have an Enrolment Application pending at another school  
- My child/children will not be returning to SCA in 2016

Child’s Name: ___________________________ Class: _______________________
Destination School: ____________________________________________________________
Forwarding Address: ____________________________________________________________
Parent’s Signature: ____________________________________________________________

Religious Education

Be the Light of...Faith
Catholic, Identity, Prayer and Tradition

Mary Help of Christians

Tuesday 24 May marks the feast of Mary Help of Christians— Australia’s Patroness.

Australia’s connection to Mary Help of Christians goes back to the earliest days of discovery and settlement. Life for Catholics was very difficult in the early days. Under Samuel Marsden, Catholics were forced into other services; they weren’t allowed to practice their faith in any way. Children born to Catholic convicts were taken away, baptised and reared as Anglican. This practice was stopped in 1820 with the arrival of Fr John Joseph Therry – one of the first official Catholic Chaplains to arrive in the colony. The infant Church in Australia had a special reason for turning to Mary. In those early and mostly priestless days, it was largely the Rosary that kept the faith alive.

Catholic Australia remained faithful to Mary and was the first nation to choose her, under the title of Help of Christians, as principle Patroness.

Class Mass this Friday 27th May:
All of Year 5

Seasons for Growth

Beginning early Term 3, we will be implementing a 9 session program called ‘Seasons for Growth’. Staff who are formally trained as ‘Companions’, spend time with a small group of students who are dealing with some aspect of change, separation, loss or grief. The sessions do not provide counselling or therapy. Instead, they:

- aim to support young people to understand and manage the grief that is experienced because of change, the loss of a parent or significant other through death, separation or divorce.
- assist in normalising the emotions associated with the loss
- encourage the expression of thoughts and emotions
- educate about the grief process
- develop a peer support network
- help restore self-confidence and self esteem
- draw on extensive research in developing a sound educative response to loss and grief.
‘Seasons for Growth’ provides opportunities for students in Years 1 to 6 to integrate the appropriate knowledge, skills and attitudes to understand and cope with change, loss and grief, using the symbolism of the four Seasons. It helps children to:

- accept the reality of loss
- work through the pain of grief
- adjust to an environment in which a significant person is no longer present
- emotionally relocate and move on with life.

However, they do suggest that the young person completes the program six to twelve months after the loss, as they are in better position to cope with the program.

As recommended by the Good Grief Organisation, each child should only complete the program once in each of the three stages. This effectively means that students can only participate in the program every second year at school.

This program is strictly confidential and implemented with discretion and sensitivity. Please feel free to talk to me if you have any concerns or issues you would like to further discuss regarding this nomination. If you think that this program is something that your child or children would benefit from, please write their names below and the reason for nomination and send it back to school in a sealed envelope, addressed to Mrs Myles. Please return nomination form by Friday 3rd June, Week 6.

After nominations are made and numbers are ascertained, a permission slip and further information will be sent home via your child.

Mrs Carmen Myles
Religious Education Coordinator

Seasons for Growth Nomination Form 2016

I/We ___________________________ would like to nominate our child/ren for the Seasons for Growth program for 2016.

Child/ren’s names:

1. ___________________________ Class: ______________

   Reason for nomination:

   _______________________________________________________________________

2. ___________________________ Class: ______________

   Reason for nomination:

   _______________________________________________________________________

Parents/Carers signature: __________________________________________________
Congratulations to the following students:

**AWARD RECIPIENTS**

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<tr>
<td>Bivu Ahmed</td>
<td>Aaralyn Beckett</td>
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<td>Emily Bordinuk</td>
<td>Ashley Bryson</td>
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<td>Ayla Chick</td>
<td>Mitchell Campbell</td>
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<td>Riley Davies</td>
<td>Claudia Chillemi</td>
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<td>Izabella Hayes</td>
<td>Brooke Douglas</td>
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<td>Julian Kennedy</td>
<td>Ali Issa</td>
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<td>Ashton Miners</td>
<td>Ruby Kisiel</td>
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<td>Abbey Palmer</td>
<td>Stephanie Nikias</td>
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<tr>
<td>Aiden Shea</td>
<td>Darcy Samuel</td>
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<td>Timanah Washington</td>
<td>Joshua Smits</td>
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White Cards are given out to the children on Friday morning at the 8.50am assembly.

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**Canteen Roster**

<table>
<thead>
<tr>
<th></th>
<th>Thursday 26th May</th>
<th>Friday 27th May</th>
<th>Monday 30th May</th>
<th>Tuesday 31st May</th>
<th>Wednesday 1st June</th>
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<tbody>
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<td><strong>Morning</strong></td>
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<tr>
<td>Ellie Mowlam</td>
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<td>Kate Blenkin</td>
<td>HELP NEEDED</td>
<td>Nicki Muir</td>
<td>HELP NEEDED</td>
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<td><strong>Afternoon</strong></td>
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<tr>
<td>Helen Philippa</td>
<td></td>
<td>Odette Chan</td>
<td>HELP NEEDED</td>
<td>Nicki Muir</td>
<td>Odette Chan</td>
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</tbody>
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**SCA Walking Club**

Walking club this Friday 27th May. We will meet outside Coffee Guru at 9am, walk around Gordon Pond and back for a coffee!! We look forward to seeing some new faces.

**The Parent Network**

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This year's Walkathon is on **Friday 3rd June**.

Start bringing your pledge cards back now. If you require a new card pop into the Front Office and collect another one....
Can you believe it, Walkathon is only a week away! We will be heading off next Friday the 3rd June to walk around Gordon Pond. Please come along for a fantastic day of fun and walking. We are looking for as many helpers as we can get on the day to cover jobs such as setting up in the morning, stamping cards at the 4 checkpoints, cooking the BBQ and serving at the canteen.

If you are able to help out on the day please complete the note that was sent home yesterday or simple contact the office with your details.

**PLEASE BE AWARE THAT ALL HELPERS ARE REQUIRED TO HOLD A CURRENT WORKING WITH VULNERABLE PEOPLE CARD AND MUST HAVE IT ON THEM ON THE DAY.**

Remember we need your support and sponsorship to make this year’s Walkathon a fun day and a successful fundraiser for our school. We would love to be able to purchase lots of new readers, sports equipment and ICT equipment for all of our wonderful students to use so please keep on collecting sponsorship money for your chance to win an awesome prize!

**Highest money raiser girl K-2 – Giant box of Friends Lego**

**Highest money raiser boy K-2 – Giant box of City Lego**

**Highest money raiser girl 3-6 – Instax camera pack**

**Highest money raiser boy 3-6 – Skullcandy headphones**

**MAJOR PRIZE – AN IPAD MINI**

*The class who raises the most money get spoilt for a whole day, the class who raises the 2nd highest amount gets a movie and popcorn afternoon.*

*The whole school will get to have a silly sock day, crazy hair day and a pyjama day if we reach each of our targets!*
SCHOOL BANKING

Commonwealth Bank has kindly given me some great merchandise to hand out. However, unfortunately, there is not enough for everyone, so I have decided that each week (until we run out) we will have “Banker of the week” who will receive a fantastic prize! The person will be selected randomly from each week’s deposit slips. This winner from last Friday is Susannah Felstead from 1 Red

Congratulations Susannah! A great prize is coming your way.

SCA Yearbook 2016

St Clare of Assisi is once again producing a Yearbook for 2016. We would love to have a Representative Sports page included. If your child has represented at the ACT level in any sports, please send through some photos and a little blurb to office. stclaresconder@cg.catholic.edu.au and we can do the rest at school.

Yearbook Committee

ONLY 2 MORE SLEEPS TILL THE Masquerade Disco

The Disco Bags are ready!!! Are you?? Do you have your mask?? Have you got your dancing shoes?? See you Friday!!

Here are all the Disco Bags lined up ready and waiting for those children who have ordered them to collect on Friday night.

A huge thank you to all our Parent Volunteers who have packed all these bags, collected notes, sent home entry tickets and given up their time to make the disco successful. Thank you!

CARPARK REMINDERS

• The speed limit in the carpark is 10kms;
• The pedestrian crossing extends the width of the carpark;
• Do not put YOUR child or others at risk by driving through the school carpark whilst holding and speaking on your mobile.
Netball Natter

Netball 21 May
Player of the Week and Match Reports

Stars – Elyse Fowler
Swifts – Nataliya Hlevnjak
Sunshines – Geneva Sweeney
Slushies – Gabriella Hlevnjak and Isabel Heathcote
Skittles – Samantha Baker
Sparkles – Gemma Hogg
Smurfs – Bye
Smarties – Amelia Quirk
Superstars – The Whole Team
Smiggles – Alisha Crowle

Swifts Match Report

The Swifts played a fantastic game on Saturday. The team is made up of Year Two girls, many who are playing their first season of netball. Lara, Tully, Zoe, Tabitha, Stephanie, Nataliya, Misha, Chelsea, Sophie and Tahlia are developing excellent netball skills and gelling well as a team. Each girl is developing skills in both attack and defence and we have a team of fabulous shooters. Every game has seen a number of goals scored. Congratulations Swifts on a super start to the netball season.

There is another round of trials for Tuggeranong Primary Schools representative sports teams. They are available for children in Year 5 or 6 who play this sport regularly on the weekend and wish to trial against the best in Tuggeranong. The trials are for boys & girls teams. The children must see Mr Sweeney to register their interest, and then go online to complete their registration.

This week is Rugby Union
See website for trial registration forms http://www.schoolsportact.asn.au

Sophie Tindale 6 Blue
and Max Curry 6 Red.
Both Sophie and Max have made the ACT PSSA School Hockey teams. They will be heading to Cairns at the end of July.
Congratulations and well done.

Isaac Leonard has been selected to represent the ACT in Men’s Artistic Gymnastics at the Australian Gymnastics Champions, been held in Melbourne this week. Way to go Isaac!!
The Year 6 students have spent the last week presenting speeches on a number of different topics as part of their involvement in ACT rostrum. On Tuesday the finalists came together to fight it out for the SCA Rostrum representative title. A massive congratulations to Tayla Davis who delivered an engaging and informative speech on the theme ‘Going to Rio’. Tayla will be representing our school on Monday evening at Namadgi school. Good luck Tayla.

Congratulations also to our SCA finalists:

Counsellor’s Corner

Have you ever wondered what the difference is between anxiety, worry and fear? What exactly is anxiety anyway? And, what can you do about it?
My name is Jacqueline Hogan and I am the Student and Family Counsellor assigned to St Clare of Assisi.

I am running a parent information session to provide you with a clear understanding of the difference between anxiety, worry and fear. Followed by Q&A. Questions can be submitted on day in person or in the question box on arrival (anonymously, if preferred).

My goal is to provide families with practical strategies for managing stress, worry and anxiety.

WHEN:
On Thursday 2nd June, 2016
3:30 – 4:30pm
WHERE:
the library at St Clare of Assisi, CONDER

Included in this session will be books on display and other resources for children and families. The session will conclude with a brief meditation session followed by afternoon tea (provided).
RSVP: Karen Snowball – 6294 1860 or karen.snowball@cg.catholic.edu.au