Dear Parents and Carers,

On Wednesday, 4 Jackson and 2 Taylor led the school in the Focus Assembly, sharing Luke 10:25-37 – the Parable of the good Samaritan. While most know this story well, the message is very relevant in our current climate. The fact that the Samaritan man chose to help the injured Jewish man, even though these two peoples historically did not like each other, shows the need to put our differences aside to ensure we help those around us in need. We can draw such easy examples on the playground, in the classroom, at home and as we walk down the street. How are we being the ‘Good Samaritan’?

Year 5 Camp
Last week I had the pleasure of spending 3 days with the Year 5 students and teachers at Borambola Sport and Rec Camp near Wagga Wagga. It was a great experience, with the students being outstanding ambassadors for Holy Spirit. Thank you to the students and especially the teachers for giving their time to take the Year 5s away.

Camp is the Best
In our opinion the best part of camp was the mud run and this is how it went down: We slipped in the mud, and we got splashed with mud, and we got really, really dirty. Rock climbing was amazing. We had to work as a team using all our body strength. We had the most amazing encouragement from the instructor, Gus.

Initiatives were a challenge for us to think outside of the box and use our brains. We also think it helped us work as a team as all the challenges were based on teamwork. The dance party had everyone breaking into war mode with the Macarena and learning old school dance moves. We thought the dance party was pretty fun.

In the end, camp was so much fun and better than we expected.

By Charlie and Scarlett

Camp
At camp we went to the archery range. We were very excited to have a go and try to hit the target. Some of us got a bullseye in our groups (Cody and Izzy).

The next day we all went Kayaking. Some of us rolled the kayaks and the water in the billabong was freezing. When Cooper rolled his kayak he caught a fish in his kayak! It was about 10 centimetres long.

We swam in the pool, but the water was so cold that some people did not get in. We also did fencing. We had to get dressed in the body armour so we did not hurt ourselves with the foil (the sword). We had free time to play cricket, tennis, golf and walk on stilts. Camp was fun.

By Cody and Cameron
Congratulations
Congratulations and all our sincerest best wishes to Sarah and Nicholas Cannon on the safe arrival of their beautiful baby boy, Oliver William Cannon, on 29th April. Mum and bub are doing well.

Mother’s Day
Following on from that lovely news, we wish all the mothers and special ladies on our lives, the most wonderful day on Sunday. We hope that you are deservedly spoilt. Happy Mother’s Day!

NAPLAN
Students in Year 3 and 5 will complete the NAPLAN tests next Tuesday – Thursday. While students can ready themselves for the testing by being well rested, eating a good breakfast and having confidence in doing the best they can, they really can’t prepare for the tests. NAPLAN assessment provides a snapshot of the students on a particular day, and as a school it provides valuable data for future planning. Students should not be concerned about the assessments, but come in ready to do their best. Please see the attached article from Parenting Ideas. If any parents are concerned about NAPLAN and their child’s participation in the assessments, please contact the school.

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<th>Tuesday 10 May</th>
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Thinkfest
On Thursday 26 May, the students from Kinder to Year 6 will be involved in Thinkfest, a thinking gala day which aims to provide all children a chance to work in a small group to solve a problem in an atmosphere of positive acceptance of ideas and differences. The students work together across the grades and present their solution to their peers at the end of the day. We are looking forward to wonderful creations and stories to come from the day. On the day we need empty cardboard rolls from paper towels / cling wrap etc. Please send these into school any time leading up to the day. Thank you.

Think U Know
On Monday 9th of May at 6pm, Holy Spirit will host a ThinkUKnow session in our Multipurpose Room. All members of our community are welcome and encouraged to attend. This will be a very informative, beneficial and insightful program for our parents.

For more information, you can visit www.thinkuknow.org.au or contact the school.

2017 School Enrolment
On Tuesday and Thursday this week, Holy Spirit welcomed visitors to the school as part of the 2017 School Enrolment period. New and existing families took time to walk through the school, finding out about what makes Holy Spirit a wonderful place to learn (and teach).

Next Tuesday evening from 6.30 – 7.00pm, there will be an Open Evening, allowing visitors to view the school and to hear from our Year 6 leaders. At 7.15pm there will be an information session in the Multi-Purpose Room. Also at 7.15pm, there will be an information session for the Pre-school, held in the Early Learning Centre.

A reminder to all current families that have a child starting in Pre-school or Kindergarten next year, enrolments must be lodged during the enrolment period – before the 20th of May, in order to secure a place at Holy Spirit.

Save the date
Friday 20th May – Walk Safely to School Day. All children and parents are invited to walk or ride to school, or at least part of the way to help take cars off the roads around our school and to promote healthy living. More information to come.

Working with you to educate your children.

Cameron Tarrant
Assistant Principal
Knitting Club

Calling all students in Years 2-6 that are interested in learning how to knit. Holy Spirit will be starting a Knitting Club that will meet each Tuesday lunch time (after eating time) in 2 Kaptein starting in Week 3. If you are interested in joining, please come and see Miss Kaptein.

Any parents or grandparents that can knit and would like to help with our Knitting Club, please let Miss Kaptein know. You just need to have a WWVP card and to bring your knitting needles.

You can apply for a WWVP by going to https://www.accesscanberra.act.gov.au/app/answers/detail/a_id/1804. It is free for volunteers.

Donations

If anyone has any wool or knitting needles that they could donate to the school, it would be greatly appreciated. All donations can be given to the Front Office or to Miss Kaptein. Thanks in advance.

Congratulations

Last weekend Tate competed in the 2016 NSW/ACT State Skipping Championships in Sydney as part of the Jazzy Jumpers Skipping Club. Tate competed in a number of events including 30 second and 1 minute speed, individual masters freestyle, pair double dutch relay, team double under relay and team single rope speed relay.

Tate was one of the youngest male competitors and did a great job placing 3rd for his individual freestyle performance and 3rd overall in the 8 and under age category. His team also placed 3rd in their events which saw him winning a total of six medals.

Tate will now be competing in the 2016 Australian National Skipping Championships in June.

Mothers Day Breakfast
8am Tomorrow Morning

Please join us for a free cooked breakfast from 8am outside the community Hub. Mothers get to sit back and relax and enjoy a breakfast cooked by the ELC Dads!
Our spirit

School Fee Statements

Term 2 statements were sent home last week. Payment is due by Friday 20th May unless being paid by direct debit.

Thank you.

Uniform Shop

We have a new volunteer opening the uniform shop on Mondays. This means the shop will now be open Monday and Friday mornings before assembly. Remember it is CASH ONLY and it is volunteer-operated so please be kind!

Also, a big thank you to Zoe and Belinda for taking home loads of donated clothes and washing them.

THANKS LADIES!

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STUDENT WELFARE NEWS

KIDSMATTER PRIMARY

Component 3: Parenting support and education

You will find some links placed here which will lead you to up to date information on children’s mental health. These links will allow you to quickly access important knowledge and resources. This week I’ve put in a link to information about children’s Mental Health Difficulties. As this is an in-depth topic I will leave it here for a few weeks to give everyone a chance to read it.

MINI VINNIES NEWS

This week at Mini Vinnies we finished making our Happy Day cards for the Saint Vincent De Paul’s Night Patrol and we wrote some beautiful prayers, which may be entered into a book of prayers written by all of the Mini Vinnies groups in our area.

HOLY SPIRIT LUNCH TIME SOCIAL CLUB

Our lunch time Social Club continues this year in the same format as last year, where the children are invited to attend by their classroom teacher. They may also choose a friend to bring along. We will hold structured activities for them and be there to support them, as they build on their social skills. This week we played board games and next week we will draw on the concrete outside with chalk!

SOCIAL TUBS

Our Social Tubs are small wheelie bins filled with various toys, which are maintained by our lovely Year Four classes. The students put the tubs out every lunch time for everybody to use, though they particularly appeal to the students in Kinder, Years One and Two. We are always happy to receive donations of clean dress ups, dolls, cars, and blocks to freshen up our tubs.

We find the community toys help the children to learn social skills, whilst not having to bring their own precious toys to school.

SAFE SCHOOLS HUB

The Safe Schools Hub for Parents provides you with information and resources that you may find useful in helping to make your child’s school experience a positive and happy one. Get ideas on how to stay cybersafe, and how to deal positively with bullying and harassment. You’ll also find out about encouraging self-respect and protective behaviours in your child. The following is a link to the Safe Schools Hub website which is funded by the Australian Government Department of Education. http://safeschoolshub.edu.au/for-parents

PLAY GROUPS

Holy Spirit Play Group

We hope to continue our play group during 2016 and we invite parents and carers to attend Play Group in our Community Hub from 9.00am – 11.00am on Thursday mornings, please feel free to come along during term time.

Cheeky Cherubs Playgroup

Is held in our Community Hub on Wednesday mornings from 9.30-11.30; it is run through ACT Playgroups. There are limited places and a small fee does apply to this group so if you would like further information please contact the front office.

Always feel free to contact me if I can be of any assistance, at Sharonmarie.harrison@cg.catholic.edu.au

Sharon Harrison
Student Welfare/Chaplain
Parenting Ideas

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You’ve probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it’s best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children’s thinking styles, how closely a child’s explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent’s explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It’s better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It’s also worth remembering that many children don’t stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1. **Take your cues from your child:**
   If your child doesn’t worry about them then neither should you. Be careful not to create a problem that doesn’t exist by incessantly talking about, or worse, worrying about the test.

2. **Focus on doing their best and trying hard:**
   Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3. **Listen to any concerns they have:**
   If your child confesses to some nerves then validate their feelings, rather than shut them down with a ‘get over it’ response. “Yes, sometimes tests can be a little scary, but they get easier every time you take them.” Use this as an opportunity to develop some emotional smarts, which starts with recognizing how kids feel.

4. **Give them some relaxation ideas:**
   Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5. **Help them retain their perspective:**
   One way to help children who become excessively anxious about an event is to ask what’s the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it’s going on school camp, joining a new club or sitting a NAPLAN test.
Holy Spirit Parish Feast Day

Pentecost Sunday,
15 May after 9:30am Mass.
Holy Spirit Parish, Amaroo.

BBQ, Fr Mark’s Famous Relishes,
Asian Fusion Food, Cake Stall,
Wine Tasting and more.

Plus Family Games, Music,
Face Painting, Tattoos,
and a Fashion Parade
for the whole family to enjoy