



Newsletter 14

Term Two: 16 June 2011

Dear Parents, Caregivers and Friends

Important Dates

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| Tues 21 Jun | 2 pm Transition Group |
| Wed 22 Jun | 11.30am Travelling Roadshow – jnrs 1.45 pm Young Mary MacKillop |
| Fri 24 Jun | 9 am <i>Pause Prompt Praise</i> |
| Tues 28 Jun | 2 pm Transition Group |
| Fri 1 Jul | School Disco |
| Tues 5 Jul | 2 pm Transition Group 7 pm BOT Meeting |
| Thurs 7 Jul | Carving – jnrs |
| Tues 12 Jul | 2 pm Transition Group |
| Fri 15 Jul | 2.45 pm Term 2 ends |

BOT Meetings: You are welcome to attend BOT meetings at 7 pm on Tuesday 5 July, 9 August, 20 September, 1 November, 6 December

NBC Footsteps Virtue Wk 8: **Honest**

Honest hearts produce honest actions. Brigham Young
At New Brighton Catholic School we are Honest.
Being honest is being sincere in our actions, open to others, trustworthy and truthful in what we do and say. When people are honest they tell the truth no matter what. Being honest is being truthful even when admitting the truth could be hard or make someone disappointed. When you are honest with yourself, you have a chance to correct your mistakes. When you are honest with others, they know that they can believe you.
Many of our saints have died for their honesty about their faith. They have never denied believing in God and because of this they have been hurt or have died.
St Boniface was one of these many saints who gave their life to Christ. He was a Benedictine monk who built churches and who dedicated his life to educating people about God. While he was preaching to some newly baptised Christians a group of people killed him and 52 other Christians who were with him.

Assembly

Rm 1 is the Assembly Class for Week 8.

Reading...Reading...Reading

Do you want to help your child to read at home? Now you have the chance. We are holding a workshop *Pause Prompt Praise* run by Carolyn Boland (Resource Teacher of Literacy) on Friday 24 June at 9 am in the school library.

Pause Prompt Praise is a 2-hour workshop to give you strategies and suggestions to help support your child's reading. If you are interested, please let me (or Mary) know by next Monday, 20 June. We look forward to seeing you there!!
Nicole Buckley

Cuppa and Chat

Don't forget to join us for a cuppa and a chat tomorrow from 2.15 pm outside Rm 1 (or in the Library if wet). This is a great opportunity to share experiences or just catch up.

The Pastoral Care Committee

Earthquake Update

Another earth movement to test our nerves on Monday!

Your children were wonderful and are a credit to themselves. We are developing amazing, resilient, positive people who we can rely on to react in appropriate ways.

For your information here is part of our procedures to ensure the safety of your children. The full procedures are available at the office. The staff always review procedures after emergencies.

- Pupils will only be released into the care of their legal guardians unless that person has spoken to the emergency administrator or controller.
- Roll calls are taken after each emergency.
- When you choose to take your children, this must be noted with each of your children's class teachers so that accurate rolls are kept.
- Staff will wear fluoro jackets to identify themselves. Their sole duty is the care of the pupils. Please speak to the emergency administrator or controller if you have queries.
- Once pupils are collected they are in the guardian's care. The staff's responsibility is to children not collected.
- We ask adults to remain calm when collecting their children to avoid upsetting or causing further anxiety in the other pupils.
- We ask parents to discuss their concerns and fears out of the hearing of pupils - again to ensure an emotionally safe atmosphere.

Note

- Our school has remained structurally sound and our playground safe.
- Notices to close and open the school will be posted on our website, our school answerphone, the radio and the MOE website. For reasons outside our control, one or more of these may not have the notice, therefore please try all avenues. Out of courtesy I asked staff to ring if possible, but please don't rely on this as when their *duty of care* responsibilities are completed, they have their own concerns.

Room 1

To follow Rm 1's Blog - please visit us at <http://nbcroom1.blogspot.com/>

School Disco

It's that time again. This year's disco will be happening on Friday 1 July in the School hall. There are two sessions:

Yr 0-4 5.30-6.30 pm

Yr 5-8 7.00-8.30 pm

Entry is by gold coin donation. We hope to see you there.

The School Council

A Thought Worth Thinking About

The longer I live, the more I realise the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you ... we are in charge of our Attitudes.

Charles R. Swindoll, American writer and clergyman

Another trying week for Christchurch. Please note the Earthquake Update above and remember that your children are our first priority. I compliment our staff on their professionalism and caring attitude and our children for their resilience and the concern they had for others.

Opposite is a very helpful article from the CDHB's Anxiety Disorders Unit. Remember don't stress about being stressed.

On the Library noticeboard is a CCC notice containing information from water to silt to which supermarkets are open.

As always, take care of yourselves, and remember to let me know if we can help in some way.

*God Bless
Deb Daines
Principal*

School Community

Lost: Jessica Bull's named cardigan – size 10. Please check your child's cardigan. If found, return to Rm 6.

PTFA

School Lunches Thursday 23 June: \$2 Sausage Sizzle

Order forms in the Library. Orders and correct money in the blue tin by 9 am Wednesday, please.

Parish Fr Bryan Parish (388 9020)

Mass at St Mary's Parish Centre at 10.30 am on Sunday. Everyone welcome.

Attendance Dues for Term 2 should now be paid. Unfortunately there are some outstanding accounts. If you are not sure of your account balance, ring Mary in the School Office.

Community

On the Library noticeboard:

- CCC quake information
- *Seussical Jr* – Fri & Sat at Aurora Centre
- *Share an idea* – last days for you to have your say.

Earthquake Recovery

Psychological Reactions to an Earthquake

It is common to experience:

- Feeling on edge, nervous, or tense.
- Sleep disturbance and nightmares.
- Being easily startled.
- Tearful.
- Swings in emotion, including irritability and sadness.
- Anxiety symptoms - racing heart, rapid breathing, trembling.
- Thoughts and memories about the event continuing to pop into your mind, even days afterwards.

Usually, these reactions will dissipate over the following days to weeks as the mind makes sense of what has happened. What is important at this time is to allow people to work through their experience of the earthquake at their own pace. For many it will be enough to discuss and make sense of the event with friends, neighbours, and family. For others, it may be not discussing it much but keeping themselves busy doing other activities.

Whatever the person's style it is important to allow people the space to do this. It is best not to push people to discuss what happened if they do not want to. If someone does want to talk it through then let them do this. Initial Coping Tips:

- Keep in contact/talk with family/friends.
 - Get back to former routines *asap* even if you are anxious.
 - Try to eat normally.
 - Be aware of the temptation to over use alcohol/drugs as a coping strategy.
 - Try to get plenty of rest.
 - Don't try to make major life decisions.
 - Be aware your concentration may be affected, eg with driving.
- Children may experience some of the above. However, there may be differences in how these reactions are displayed. For example, younger children may be more clingy, experience an increase in bad dreams (not always just about the earthquake), loss of appetite, and have an increase in physical complaints such as headaches and stomach aches. Suggestions for supporting children include:
- Be supportive and reassuring, your child may need to be held.
 - Your child's fears are genuine to them, this may include worries they may be separated from their parents and needing them close. Talk this through with them.
 - Listen to your child's fears and explanations about what happened.
 - Return to some sense of normalcy, such as playing with friends and going back to school.
 - Regular routines are important, such as meals and bedtimes.
 - If children are demonstrating aggression or anger then use a nurturing but firm approach, pointing out their behaviour is not acceptable.
 - Explain what you know about the disaster. You may need to do this more than once.
 - Your child may want to re-enact or draw pictures about the earthquake, this is okay.
 - Try to not appear anxious with your children because they will pick up on this.
 - Try to limit access to catastrophising media reports.
- The earthquakes/after-shocks are a very frightening experience for everyone. What most people are experiencing is the mind's normal response to these extraordinary events. If people are experiencing significant distress and it is not beginning to reduce within a few weeks then more specialised support from a health professional may be needed.

Anxiety Disorders Unit, CDHB.

People/agencies who can help. They are there for you.

- Your GP
 - Quake support and Counselling helpline: 0800 779 997
 - Catholic Social Services Counselling/Family Centre: 379-0012
- Counselling is free.