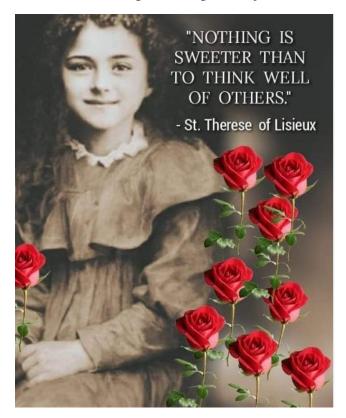


FRIDAY 26TH JULY, 2024.

## **Principal's Report**

Week 3 Term 3, 2024.



**Our Three Pillars** 

# **Knowledge Love Truth**

#### **Our Shared Vision:**

To offer every student in every school a world-class education enriched by their lived encounter with the Catholic faith.

We are 75 in '25





## Children's Creed

I believe in God...

Who loves me with a parent's love,
Who knows me and understands me,
Who treats me justly and cares for me deeply.

I believe in Jesus...

Who lived on Earth just like me,
Who laughed and cried and became sad,
Who helped people and told them stories,
Who died on the cross and rose again.

I believe in the Holy Spirit...

Who gives me strength when I am weak,
Who gives me courage when I am afraid,
Who helps me understand when I am confused,
Who gives me hope when I feel sad and unhappy.

I believe in the Church...

The people of God who work together and pray together And care for one another with real love and concern.

#### **Principal's Message**



#### **Understanding Trauma's Impact on Students: Mike's Guide for Parents**

Trauma deeply influences individuals, particularly young learners, shaping their behaviours, mental health, and capacity to learn. As parents, understanding these complexities can help us appreciate the critical role teachers play in addressing the diverse needs of their students. Here are key insights to consider:

#### 1. Trauma and Its Impact:

- o Trauma significantly affects brain development, especially in children. Early experiences shape behaviours and mental health.
- o Asking "What happened to you?" instead of "What's wrong with you?" shifts the focus from blaming the child to understanding their experiences and root causes of their behaviours.

#### 2. The Brain and Stress:

- o The brain is highly adaptive and responsive to stress. Chronic stress and trauma can alter brain functions related to emotion regulation, memory, and decision-making.
- o Trauma responses are categorised into four Fs: Fight, Flight, Freeze, and Faint. These survival mechanisms can become maladaptive if triggered in non-threatening situations.

#### 3. Resilience and Healing:

- Resilience, the ability to recover from adversity, is influenced by genetics, relationships, and supportive environments.
- Healing from trauma involves creating safe, supportive, and nurturing relationships. Positive interactions can help rewire the brain and promote recovery.

#### 4. Attachment and Relationships:

- Secure attachment in early childhood is crucial for healthy emotional and social development.
   Disruptions in attachment can lead to difficulties in forming and maintaining relationships.
- o Building strong, trusting relationships is essential for healing. Connections with others provide the support and safety needed to process and recover from traumatic experiences.

#### 5. Cultural and Societal Influences:

- o Trauma is influenced by broader cultural and societal factors. Poverty, discrimination, and systemic inequities contribute to the prevalence and impact of trauma.
- Addressing these systemic issues is crucial for preventing trauma and promoting healing on a larger scale.

#### 6. Practical Strategies for Healing:

- Self-care and mindfulness practices are important for managing stress and promoting emotional well-being.
- o Therapy, particularly trauma-informed approaches, can be beneficial in helping individuals understand and process their experiences.
- Creating routines, engaging in creative activities, and fostering supportive communities are also effective strategies for recovery.

Overall, understanding trauma emphasises the importance of empathy, understanding, and supportive relationships in overcoming adversity and building resilience. By shifting the focus to what happened to children rather than what's wrong with them, we advocate for a more compassionate and informed approach to addressing trauma in educational settings. Teachers are not just educators; they are crucial in reaching and supporting students with diverse needs, creating a foundation for both learning and healing.

Source: - Winfrey, Oprah, and Bruce Perry. What Happened to You?

# Advertisement St Teresa's Catholic Primary School Grounds Care and Maintenance Contract

#### **Invitation to Tender**

St Teresa's Catholic Primary School seeks a qualified and experienced contractor to provide comprehensive grounds maintenance services. The successful contractor will ensure our school grounds are well-maintained, safe, and aesthetically pleasing for our students, staff, and visitors.

#### **Scope of Services:**

#### Mowing:

• Regular mowing of all grass areas to maintain an even and neat appearance.

#### **Edging:**

Trimming and defining the edges of grass areas, walkways, and flower beds to ensure a tidy and well-manicured look.

#### **Blowing:**

• Removing grass clippings, leaves, and other debris from walkways, driveways, and other hard surfaces to keep the grounds clean and safe.

#### **Weed Control:**

• Utilizing approved chemicals to prevent weed growth in designated areas, ensuring a weed-free environment.

#### **Requirements:**

- Proven experience in grounds maintenance.
- Knowledge of safe and effective use of chemicals for weed control.
- Availability to perform regular maintenance as per the school's schedule.
- Adequate insurance coverage and compliance with health and safety regulations.

#### **Application Process:**

Interested contractors are invited to submit their proposals, including:

- Company profile and experience.
- Detailed pricing for the listed services.
- References from previous clients.
- Proof of insurance and certifications.

Deadline for Submission: 5 pm Monday 5 August 2024

Please send your proposals to:

#### Principal: St Teresa's Catholic Primary School - Grounds Care and Maintenance Contract

Customer: Name: St Teresa's Catholic Primary School

Address: 6 Moffat St, Ravenshoe QLD 4888

**Phone Number:** (07) 4095 9050

Email: principal.ravenhoe@cns.cathilic.edu.au

We look forward to receiving your proposal and working together to maintain the beautiful grounds of St. Teresa's Catholic Primary School Catholic Primary School.

#### STUDENT WELLBEING SURVEY 2024

#### Student Wellbeing Survey - Information for Parents

Your child has been invited to take part in a survey about student wellbeing and mental health. The survey will be completed online during school hours between 29/7/2024 and 16/8/2024. The survey contains between 23-55 questions (depending on the age of your child) and will take 10-15 minutes to complete. The level of support provided to your child whilst completing the survey will vary depending on their age and support needs. All responses will be anonymous and confidential.

#### What is the survey about?

This annual survey is being issued to all students in the Diocese of Cairns by the Engagement Wellbeing and Learning directorate of Catholic Education Services. The survey aims to gather student opinions about aspects of the school that relate to supporting student wellbeing and mental health.

#### What is the purpose of the survey?

The survey will provide schools with student opinions on what the school is doing well and what they can improve to better promote and support student wellbeing and mental health. Long term this survey may be used to track student wellbeing and mental health over a period of time.

#### What personal information will be collected and who will it be disclosed to?

Your child's school email account will be used so that they can access the survey and information regarding your child's school, age, gender and ethnic background will be collected. Your child's email address will not be linked to their responses so all responses will be completely anonymous and confidential. Your child's school will receive de-identified individual student, grade and school group data based on the survey responses of all students at that school. De-identified survey data will also be used by the senior leaders in Catholic Education Services Cairns to compare survey responses across all the schools in the Diocese of Cairns.

#### How is my child's privacy protected?

All responses are completely anonymous, and it will not be possible to identify your child from their answers. As per Catholic Education Services Cairns Privacy Policy, your child's personal information will be managed in accordance with the Australian Privacy Principles contained in the Commonwealth *Privacy Act 1988* and *the Privacy Amendment (Enhancing Privacy Protection) Act 2012.* 

#### What choice do you and your child have?

Completing this anonymous survey is entirely you and your child's choice. Your child can choose not to answer some or all the items. You or your child will not be disadvantaged if you choose not to participate. It is hoped that all students will participate in the survey to help improve their school community.

#### What do I need to do to participate?

Please discuss the above information with your child and be sure that they understand what the survey is about. If there is anything you do not understand or if you do not want for your child to participate in the survey, please talk to one of your child's teachers.

Thank you for your support.

# What is the News?



# TUCKSHOP NEWS





We need families to assist with sausage sizzle Friday cooking and preparation.

Contact the school and register for terms 3 & 4.

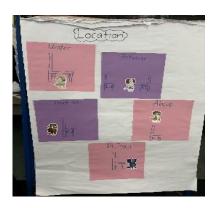
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Every Child
Every Classroom
Everyday

### St Teresa's Primary Ravenshoe - Life of the School Calendar – Term 3, 2024

	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	7	8	9	10	11	12	13
		NAIDOC Week		ATHERTON	Staff Meeting	NAIDOC Day	Principal's	
				SHOW DAY		Celebrations	meeting	
	2	14	15	16	17	18	19	20
				Deputy Executive	Staff Meeting	Rhyme time	Musica Viva	
				Director Ian	Principal's	Andrew CHINN		
				Davis visit	Debrief - Mike in	Concert		
				Assembly	Cairns	Year 3-6	-	
JULY	3	21	22	23	24	25	26	27
=		Counsellor not in School	Mike in Cairns at Catholic	Assembly	Staff Meeting	Principal's Zoom	MSB NAIDOC	
		Catholic	Education Week				Day	
		Education	Mass					
		Week	Widss					
	4	28	29	30	31	1	2	2
	4	- 20	- <del>'</del> '	Assembly	Staff Meeting	Mike away	Mike away	3
				Lockdown Drill	Star Meeting	Track & Field	Track & Field	
				1 pm		Mareeba	Mareeba	
-	5	4	5	6	7	8	9	10
				Assembly	ILO Network Day	Senior	Senior	
				,	Staff Meeting	Leadership	Leadership	
					Principal's	Conference -	Conference -	
					Debrief	Mike	Mike	
					Mary of the Cross			
	6	11	12	13	14	15	16	17
		Counsellor	Parent, student,	Assembly	Staff Meeting	Feast of the		Cent Sale
		not in School	teacher note out			<b>Assumption Mass</b>		
IST			to parents - PTO			Rhyme time		
AUGUST						I&O: ACU		
AU						Professional		<b></b>
						Study - Mike		
	7	18	19	20	21	22	23	24
		Book Week, Reading is		Fire Drill 1 pm	Assembly - Book week			
		Magic			Staff Meeting			
	8	25	26	27	28	29	30	31
		,		Assembly	Staff Meeting	Father's Day	Professional	<u>بر</u>
				,		Liturgy	Learning Day	
						<i></i>	Pupil Free	
	9	1	2	3	4	5	6	7
		Father's Day		Assembly	Staff Meeting		Under 8's Day	
		Parent Student					Senior	
		Teacher					Leadership	-
ER		meetings					Intensive	
SEPTEMBER	10	8	9	10	11	12	13	14
ŤE			Executive	Assembly	Staff Meeting		St Theresa's Feast	
SEF			Director Bill				Day Liturgy	
			Dixon Visit					
		Parent Student					_	
		Teacher						
		meetings						

# St Teresa's Prep in Pictures Week 2 Term 3 2024



Maths: We have been learning about location and position. We used special language to move our objects from place to place. This is a picture of our chart we made using Bluey character stickers



One of our classmates went to the beach on the weekend and brought in **show and share**. The children loved it.



**Rhyme Time** at the Ravenshoe Library. After songs and a story, the children painted beautiful rocks to celebrate NAIDOC Week. There were many beautifully finished products!



Left: Science and investigating Different Materials Right: Maths ABB Patterns and the popular sand play station





#### **TABLELAND ATHLETICS**

We would like to wish Henry, Hannah, Alex, Max & Callum all the best for Thursday 1<sup>st</sup> and Friday 2<sup>nd</sup> of August as they compete for a place in the Tableland Athletics Team. They will be competing in 800m, 100m, 200m, Long Jump and Shot Put.



#### Advertisement

#### St Teresa's Catholic Primary School

#### **Grounds Care and Maintenance Contract**

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## Autism online workshop for parents & carers QLD

Join us for an online workshop where you will have the opportunity to listen, share and learn with parents and carers who support young people on the autism spectrum from across Queensland.

## Free workshop





#### Session 1:

The diversity of autism

5 September, 2024 12:00pm - 1:30pm



For more information and to register, scan the QR code or click here.



#### Session 2:

**Understanding sensory processing** 

12 September, 2024 12:00pm - 1:30pm



For more information and to register, scan the QR code or click here.

#### 2 Workshop sessions

Learn more about autism and ways to strengthen the partnership between home and school.

- This series of 2 workshops will be held online via Zoom.
- The sessions are stand alone, but complement each other.
- Each session has a separate registration. You can register for one or both.
- These workshops are interactive online sessions.
- If you plan to invite others to watch this session with you, they must register via the website to receive a certificate.

For enquiries email Lynda Hunt: hunt@positivepartnerships.com.au



#### **LIBRARY NEWS**



Welcome to term 3, once again we will be having Book Fair this year in conjunction with Book Week, which will be in week 7. Book Week parade will be on the Wednesday morning and the Fair will be open from Wednesday morning through to Friday afternoon of week 7. I will be in the library until 4:30pm for those who wish to come in to look at Book Fair after school.

We are still in the process of cataloguing, labelling and covering all of the new decodable readers and guided readers ready for the classrooms and take home readers. There are also some new library books ready to be borrowed, come and have a look. Parents/carers are also welcome to come into the library to have a look and to borrow any books as well. The library is open on Wednesday, Thursday and Friday until 4:30pm. Everyone is welcome.









Warm regards,

Morgan Reynolds