Dear parents, students and friends of Good Shepherd,

WELCOME BACK
Welcome to Term 2 of the school year. Traditionally this is a big term for student opportunities for growth as classes have settled routines and are working towards their first formal reporting period in the last few weeks. It is pleasing to see students arrive to school in their winter uniform worn to a high standard.
This term we warmly welcome a number of new families to our school community.
Caleb LEON (Kindy)
Tyson LEON (Year 2)
Caleb HARRIS (Pre-Primary)
Logan HARRIS (Year 2)
Jasymne HOWARD (year 2)
Oluwadarasimi (Fidelis) ADENIRAN (Kindy)
Olusegen ADENIRAN (Year 2)
Tolulade (Eunice) ADENIRAN (Year 5)
Laura HUNTER-WALSH (Year 5)

Parent Reps please let yourself known to our new families, perhaps a coffee morning could be organised.
I also welcome Mrs Jacqui Hewson and Mrs Jenny Marion-Clarke to the school staff this term who will be working in the front office whilst Mrs Rose Bridges is on leave. Mrs Marion-Clarke will also be working in our Kindergarten classes as an education assistant this year. We look forward to working with them as an addition to our staff and community.

ANZAC CEREMONY
Many thanks to the Year 6 class for their leadership of the ANZAC service conducted last week on the return of students to the new school term. The ceremony was respectful, prayerful and was highlighted by a rendition of the Last Post and Reveille played by Sam Wood on a cornet donated by the Agafonoff family.

NAPLAN
Next week, students from Years 3&5 will have the opportunity to undertake the NAPLAN test. I have included in the newsletter an article from Michael Grose regarding how we can best approach the tests to assist your child and is good advice for all.

MOTHER'S DAY
The school will celebrate Mother’s Day on Thursday 5th May for all mothers and mother figures with a prayer service followed by a morning tea. A formal invitation has been sent through the office as a note, please contact the office to register your attendance.
Being the month of May we celebrate Mary as mother of us all.

Jesus himself proclaimed Mary’s new motherhood when he said to her from the height of the cross: "Woman, behold, your son" (Jn 19:26). Mary thus became the mother of the beloved disciple and, in Jesus’ intention, the mother of every disciple, every Christian.
Mary’s universal motherhood, intended to foster life according to the Spirit, is an extraordinary gift to humanity from Christ crucified. Jesus said to the beloved disciple: "Behold, your mother”.
Thank you to all those who provide motherly care to the families in our community. Wishing you a Happy Mother’s day for Sunday.

God bless,
Andrew Colley
Principal

Learning through Faith, Love & Laughter
From the Year 6 Leadership Coordinators

Mother’s Day

We would like to remind you all that the Mother’s day tea is on Thursday 5th of May at 10:00am and we all hope you amazing, fantastic and beautiful Mothers will be there to celebrate it with us.

We would like to thank all of the mum’s for offering us guidance and support throughout our lives and also sharing your love with us each and every day.

Much love from the Year 6 Coordinators

Seasons for Growth Program

Learning to live with change and loss
Change and loss are issues that affect all of us at some stage in our lives. At Good Shepherd we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called *Seasons for Growth* which will commence this term. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practice skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Every family will receive a notice in the near future with more details about the *Seasons for Growth* program. If you think your son or daughter would benefit from *Seasons for Growth* we would encourage you to talk to him/her about participating in the program. Good Shepherd is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you require further information please contact Diana Newman, *Seasons for Growth Companion.*
**Sacramental News**

**Sacramental Update**
A busy and exciting Second Term is ahead of the students in Years Three, Four and Six as they undertake the preparation for the Sacraments of Reconciliation, First Communion and Confirmation. The Commitment Masses last term were exceptionally well attended by families. Thank you parents, for supporting your child at this special time. A reminder that Father Pavol and Father Crispin have extended an invitation to any families that would like to have a talk with them in this time leading up to the Sacraments. Please contact Good Shepherd Church on 9495 1489 to make an appointment. Listed below are the dates of the Retreat Days and the Sacraments.

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>LITURGICAL CELEBRATION</th>
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<tbody>
<tr>
<td>Week 5</td>
<td>Friday 27 May</td>
<td><strong>Year 4 First Communion Retreat Day</strong>&lt;br&gt;Rehearsal at the Church - 8:45am drop off at the Church.&lt;br&gt;11:00am Retreat Day continues at GSK</td>
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<td>Week 6</td>
<td>Sunday 29 May</td>
<td><strong>Year 4 First Communion Mass</strong>&lt;br&gt;Good Shepherd Church - 10:00am</td>
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<tr>
<td>Week 6</td>
<td>Friday 3 June</td>
<td><strong>Year 6 Confirmation Retreat Day</strong>&lt;br&gt;Rehearsal at the Church - 8:45am drop off at the Church.&lt;br&gt;11:00am Retreat Day continues at GSK</td>
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<td>Week 7</td>
<td>Saturday 11 June</td>
<td><strong>Year 6 Confirmation Mass</strong>&lt;br&gt;Good Shepherd Church 6:00pm</td>
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<tr>
<td>Week 9</td>
<td>Friday 24 June</td>
<td><strong>Year 3 Reconciliation Retreat Day and Sacrament</strong>&lt;br&gt;Retreat Day at GSK,&lt;br&gt;Sacrament Good Shepherd Church 4:00pm</td>
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**GSK Netballers**
Welcome to all the netballers for the start of the season. We had a good start to our games last Saturday, all the teams played very well. We also participated in SDNA’s 50th Birthday Celebration with a march around with a few team members.
Dates to Remember

Thursday, 5 May
Mother’s Day Celebration
10.00am

Tuesday, 10 May - Thursday, 12 May
NAPLAN Testing Yrs 3,5

Tuesday, 17 May
Board Meeting
6:00pm

Friday, 20 May
School Cross Country
Carnival

Tuesday 31 May
P & F Meeting
6:00pm

Kindergarten Enrolments 2017

Kindy interviews for 2017 will be held this term. Please contact the office to for an Application for Enrolment Form if you have a child of Kindergarten age: born between 1 July, 2012 and 30 June, 2013.

Siblings of students already at school and students in the 3 Year Old Program must complete an application form for an interview.

Canteen

| Mon, May 2 | D Csohany |
| Wed, May 4 | C Caruso, L Wood |
| Fri, May 6 | |
| Mon, May 9 | S Rudd |
| Wed, May 11 | C McDonnell, |
| Fri, May 13 | Help needed |

Wendy Lazzari, Canteen Manager

Thank you to all our volunteers

Uniform Shop

Opening Times:
Monday 2:00pm - 3:30pm
Wednesday 8:00am - 9:15am
Friday 8:00am - 9:30am
Helping students get ready for the NAPLAN tests

By Michael Grose

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 recognising 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.
Grace-filled Parenting: The Centre for Faith Enrichment is excited to present “Grace-filled Parenting” - a series of workshops aimed at giving parents some time for faith growth in a way that nurtures home and family life. Thursdays 19th May – 23rd June, 10am-12:30pm (includes morning tea break) at the Newman Siena Centre, 33 Williamstown Road, Doubleview. Total cost is $45 and a free crèche is available on-site. To register, for more information, or to see the full range of Term Two courses and events, visit [www.cfe.org.au](http://www.cfe.org.au), or call 9241 5221. ALL are welcome (you don’t have to be Catholic!).

**SOUTH OF RIVER BRANCH GARAGE SALE**

For Save the Children

Saturday 7th May 2016
9:00am - 3:00pm

Come along and support us in raising vital funds to help Children in Australia

Unit 8, 18 Milford Street
East Victoria Park WA 6101

Any queries please call 08 9267 3900

[Save the Children Australia](http://www.savethechildren.org.au)