Dear Parents,

This week I wanted to share this article with you:

25 Ideas For How You Can Teach Your Kids Resilience

by Chelsea Lee Smith

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways you can teach your children resilience through simple interactions every day.

1. Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.

2. Encourage your child to serve others or let others go first when sharing food.

3. Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment.

4. Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare.

5. Do not give your child every single physical thing they desire (toys, food, clothes, etc) even if “everyone else has it.”

6. Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.

7. Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

8. Teach your child to identify struggles as challenges to overcome, not tests to avoid, and teach them phrases such as “this too shall pass” or “every challenge makes you stronger” to spark this outlook.

9. Encourage your child to maintain a positive attitude about chores or homework by teaching them creative ways to find fun in work.

10. If your child is older, give them the chance to wait for family meals instead of snacking any time they want.

11. Remind your child to be patient with a younger sibling’s interference with their toys; teach them that relationships are more important than “things”.

12. Help your child learn self-control regarding electronic mediums and entertainment by demonstrating your own restraint.

13. Allow your child to experience the extremes of temperature by dressing accordingly, not hiding away from the weather.
14. Resist the urge to run to your child's rescue immediately, such as when you see them having trouble putting on clothes or feeding themselves.

15. Do not allow your child to interrupt when adults are speaking to one another; set up an age-appropriate method for them to practice taking their turn.

16. Give your child many opportunities to share their belongings and their food, by inviting guests over and setting up ways they can be generous.

17. Introduce new experiences to your child which will help them step outside their comfort zone, such as playing with children who speak another language and trying new foods.

18. Do not give in when you have set a limit, such as an amount of TV they can watch or how much dessert they can have.

19. When your child wants to find something, let them look for it.

20. Teach your child how to be responsible for their own clothes as early as possible: to sort and wash and put them away – including washing clothes by hand and hanging them out to dry.

21. Remind your children to do their best on schoolwork, even if it means taking longer than they would like or staying up a bit later than normal.

22. Require that responsibilities be completed even when your child does not feel like it, such as making beds, taking a bath, feeding the pets, and brushing teeth.

23. When your child really wishes they had something, teach them to be grateful and find the best in whatever situation they are in.

24. Let your child own their feelings, even if they are challenging, by not belittling the emotions but giving them a way to maintain perspective through phrases such as “Every challenge makes me stronger” or “A rainbow will come after the storm.”

25. Enable your child to gain perspective about their reality by volunteering for charitable organizations that serve people who do not have the same life circumstances.

This article offers some very practical parental advice worth considering.

We welcome Mr Blissenden back on Monday. He is looking forward to returning to school and sharing his pilgrimage experience.

Have a great week,

Mrs Maree Tonnet
Acting Principal

Due to school photos next Tuesday 28th October there will be NO ASSEMBLY. The photographers need to use the venue all day.
**RELIGIOUS EDUCATION NEWS**

Dear Parents,

**Faith Formation**

**First Reading**

Ex 22:20-26

Treat all people with generosity.

**Respensorial Psalm**

Ps 17:2-4. 47. 51. R. v.2

**Second Reading**

1 Thes 1:5-10

The Thessalonians have become a model for others.

**Gospel**

Mt 22:34-40

A lawyer asks Jesus which commandment is greatest.

*A beginning point for discussion of this week's Gospel with children:*

What does Jesus say is the most important commandment?  
What did Jesus say was the second most important commandment?  
How do we show we love God?  
How do we show we love others as much as we love ourselves?  
What would the world be like if we all believed these commandments and put them into practice?

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**Catholic Culture**

**Corpus Christi Parish**

Please, don’t forget to make coming along to mass each weekend a priority. We have three masses over the weekend: Saturday vigil 6pm, Sunday 7:30am & 9:30am. Children’s Liturgy during Saturday 6pm & Sunday 9:30am Mass most weeks for children 4-10 years of age.

**Social Justice - PENRITH COMMUNITY KITCHEN**

Thank you to all our school families that have contributed to this appeal by sending toiletries to school. We have now stopped collecting items and will present these to a representative from Penrith Community Kitchen in the next couple of weeks.

**CRAZY SOCK DAY**

Last Friday we held our annual Crazy Sock Day to raise funds for Catholic Mission. In 2014 Catholic Mission is supporting the faith outreach and educational programs run by Australian Marist Missionary, Sister Anne Quinn at St Anne’s Primary School, Jamaica. Fundraising is an excellent way for students to reach out to children in Jamaica, and all around the world.

When our school fundraises for Catholic Mission, the money goes directly to support children in need in Jamaica and other communities throughout the world by providing much needed funds to meet their educational, nutritional and health needs.

Thank you again to our school families who sent in their gold coin donations to support this worthy appeal.
RELIGIOUS EDUCATION NEWS - Continued

FAREWELL TO ARCHBISHOP ANTHONY-
Our secondary and primary schools are invited to participate in Archbishop Anthony’s farewell by the youth of the Diocese on Saturday 8th November at St Patrick’s Church Blacktown-11:30am Mass-12:30pm Lunch & Presentation.

As our schools play an integral role in this regard, the farewell presents a wonderful opportunity to express our appreciation to Archbishop Anthony for all he has done to encourage youth participation in the life of the Church.

Secondary or primary students from the following groups are welcome to attend the farewell Mass and the ceremony, which follows.

- Student Leaders
- Australian Catholic Youth Festival Melbourne 2013 participants
- World Youth Day Pilgrims
- Diocesan Palm Sunday/ Good Friday Walk participants
- Breakfast with the Bishop attendees

Please note that students, who do wish to attend, are asked to attend in full school uniform so as to explicitly note the appreciation of Catholic Education Diocese of Parramatta.

For catering purposes, schools are asked to RSVP by Friday 31 October.

If any students or families from our school would like to attend please contact the school office so we can RSVP on your behalf.

Mrs Monique Boyer
Acting Religious Education Coordinator.
**MERIT AWARDS - OUTSTANDING WRITING**

Brendan Noonan - KB
Isaac King - KE
Maria Hazeem - KG

Kiani Slaughter - 2B
Nicholas Dries - 2E
Atang Gaw - 2G

Brock Valesini - 4B
Anaïs Easthorpe - 4E
Beau Forrester-Taylor - 4G

Anna Pallister - 6B
Emily McCurley - 6G

**PARRAMATTA DIOCESAN BASKETBALL GALA DAY**

On Tuesday the 21st October 44 students from Years 3, 4, 5 and 6 represented our school with pride and spirit at the 2014 Parramatta Diocesan Basketball Gala Day. Many students were giving an unfamiliar sport a go for the first time and participated with fantastic enthusiasm and sportsmanship. Many teams finished 2nd or 3rd out of 9 schools, a fantastic effort by all! A special thank you to all parents and students who volunteered to do extras on the day that helped the event run smoothly.

Congratulations!
Mrs Bowden & Miss Hiser
**TEACHERS ARE LEARNERS TOO**

This week:

Mrs. Anderiesz, Mrs. Betros, Mrs. Boyer and Mrs. Shahoud all attended a day that focused on liturgies.

The staff further developed a school scope and sequence for English in response to the requirements of the new English syllabus.

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**BUS PASS FOR INFANTS STUDENTS PROGRESSING TO YEAR 3, 2015**

Transport NSW requires a new application form for free travel from students who are progressing from year 2 to year 3.

For your child to be eligible to receive a free bus pass next year they must live inside the 1.6klm radius of the school.

To reduce the risk of your child not having a pass at the beginning of the new year, could you please complete a new application form.

**LOST OR DAMAGED BUS PASS**

If you have lost or damaged your bus pass and require a replacement, you will need to purchase a new one online at www.busways.com.au/travelling_with_us/school_bus_passes or alternatively by visiting one of the bus depots.

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**ATTENDANCE**

"Be on Time for 5 to 9"

A reminder to families of the importance of arriving on time for learning to start at 8.55am each day - late arrivals effect all students' learning. I have also noticed some students arriving well before duty begins at 8.25am. Except in exceptional circumstances students are not to arrive at school before duty commences. Many thanks for your cooperation in managing the arrival of your child/children each day!

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**STUDENT VALIDATION FORMS**

There are a number of families (178) who have not returned their Student Validation forms. Could you please complete and return these by tomorrow (Friday 24/10/2014).

**SCHOOL PHOTOS**

Tuesday 28th October

Order envelopes were sent home Monday 13th October.

Sibling order envelopes are available from the School Office.

**Important Information**

- Every student must have their own sealed envelope (even if payment is in another family member’s envelope)
- Correct money is required as no change is available
- Formal uniform only – No sports uniform
- Orders are not accepted at school after Tuesday 28th October
NOTES DISTRIBUTED THIS WEEK

- Haunted Halloween Howler Disco
- “Pizzazz” Creative Arts Workshop - Selected Students

UNIFORM SHOP - WEDNESDAY
8.30am – 9.30am & 2.30pm – 3.30pm

* Pre-paid orders – These orders can be handed in at the school office at any time but will be processed on Wednesdays ONLY.

* Label all items - To ensure all items are returned to their owners - PLEASE clearly mark all items with your child’s name.

* Exchanges/Refunds – All items must be in original condition with all packaging including tags attached. A Receipt is required for any faulty item or refund.

****PLEASE KEEP YOUR RECEIPTS****

Term 4 Week 4 Reminders

Saturday/Sunday  PRG Family Portraits

Monday  Mr. Blissenden returns to Corpus Christi!

Tuesday  School Photos
**NO SCHOOL ASSEMBLY** due to school photos.

Wednesday  Uniform Shop

Thursday

Friday  School Banking
Award Stamping
Kindergarten Gymnastics
Bandanna Day
World Teacher’s Day