Dear Parents,

We can probably agree, that during the US election, we did not always see the very best from those who sought to lead America. I did however greatly admire a speech by Michelle Obama. She was speaking about how she responded to her own daughters, when they saw some of the negative personal comments directed at their father.

"How we urge them to ignore those who question their father's citizenship or faith. How we insist that this hateful language they hear from public figures on TV does not represent the true spirit of this country. How we explain that when someone is cruel or acts like a bully you don't stoop to their level. No, our motto is: when they go low, we go high."

Forget the politics – how good is the parenting. What a great foundation these girls have received, by watching parents who refuse privately at home, and in public, to lower themselves to the poor behaviour of others. What a great motto for anyone to live by.

When we go high in our responses, we diffuse tensions and we educate others. We raise the bar, and show the expectations we have of those we deal with. Whether in our family, at our school, in sporting clubs, or as a nation – the only time we ever really succeed, is when we cooperate. It's not easy, but it is always worth the effort.

At our first Board and Parents' and Friends’ meetings on Wednesday, I was absolutely proud to work with people committed to working cooperatively together to make things better for our students. Sensational.

Click the Parish logo to go to the Parish Newsletter.

Principal’s News

Term 1, Week 2

CATHOLIC DIOCESE OF ROCKHAMPTON

3 February 2017

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I look forward to seeing you on Tuesday Night at Shalom Arts Precinct for the Resilience Project. At 6:30 you have the chance to meet teachers and ask any questions you may have about this year.

At 7:00 we will begin the presentation.

Parent Information Videos for each Year Level

Parent Information Videos for each Year Level will be available on our website this weekend. Please take the time to watch them. They are informative, and they will answer many of the questions you may have.
CHILDREN’S SACRAMENTAL PROGRAM

resumes on Sunday 5th February, 10.30am, or Wednesday, 8th February, 7.00pm in the Parish Office.
This is a Parent & Child session on the Eucharist. Bring your workbooks.

DID YOU REMEMBER TO

Organise care for the 15th February.

PUPIL FREE DAY

Support a Reader

We are looking for parents to help with reading in all year levels. If you have some time available during the school day please email Nicole on nicole_cooper@rok.catholic.edu.au or call 41521380.

BRING HOME A BIG BROTHER OR SISTER AND BRING FRENCH CULTURE TO LIFE!
Why not volunteer to host an international student from France mid year? We have a small group of delightful French students coming to Australia for 10 weeks to immerse in local Australian culture, experience our High schools, sports, environment and lifestyle. Arriving in June, all the French students are around 15 years old, speak excellent English, have their own spending money, cover all school expenses and we arrange all aspects of their program. They are looking forward to joining an Australian family for a short term. It’s fun and interesting to help these young people achieve their Australian dream. If you’d like know more, please email your interest to Rob at Inter Cultural Management on rob.lindsay@icm-education.com.au or call 0438 689828.
Friends for Life

A program for Children 8 to 12 years

Friends for Life is a strength based program to assist children aged 8 to 12 years to deal with worrying or frightening situations such as giving a talk at school or being scared of the dark.

We all have frightening or worrying situations, no matter what our age.

This program teaches an awareness of our own responses and how to cope with them. We introduce problem solving skills to make a difference.

This is a 5 week after school program.

This program has been developed through extensive research from the Griffith University and each child receives their own workbook and other resources as part of the course.

Parent interviews are required with the facilitator prior to commencement.

Registrations close – 16 February 2017

Starts: Tuesday, 21 February 2017
(5 weeks duration)

Where: UnitingCare Community
3a River Terrace, Millbank

Ph: (07) 4153 8400 (Bookings essential)

Time: 3.30pm to 5.00pm

Cost: $30.00 per child (incl. afternoon tea & workbook)

If you require any further information or would like to register, please call UnitingCare Community between 9.30am and 4.30pm Monday to Friday.

Friends for Life is delivered by the Supporting Children after Separation Program (SCaSP).