From the Principal:

Two weeks ago, on the Pupil Free Day, staff attended a Religious Education Conference. One of the key speakers, Dr Richard Chambers, gave an address on Mindfulness. Mindfulness is described as the self-regulation of our attention as well as having an attitude of curiosity, openness and acceptance. When you become aware of being present in the moment you also realise how often the mind wanders. To practice mindfulness daily is scientifically proven to help the brain’s “fight or flight” centre, the amygdala, shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body’s response to stress. As the amygdala shrinks, the pre-frontal cortex – associated with higher order brain functions such as awareness, concentration and decision-making – becomes thicker. This is a good process for all people in the 21st century. While Buddhism is certainly the original home of mindfulness, the early Desert Fathers of Christianity as well as Christian mystics such as St Teresa of Avila, emphasised mindful reflection as a way of communing with God. Amazing how old traditions and knowledge come around to us again over time – we need to know when to say this is something to really consider as a daily essential for our lives.

Carol Seagar
Principal

If you or your child would like to read or help with the Family Mass please let Jacque Wood know as soon as possible.
Survey Link
Our survey on effective communication will be open for the next month. https://www.surveymonkey.com/r/WQTF692..

Unpacking the daily MYTERN Message: Travel your own road
We are often made to feel that if we are travelling on a deserted road, we must be going in the wrong direction.

Explain to your children that everyone has different destinations which usually require different routes. Sometimes our journey will be with others; sometimes it may be going in a completely different direction. Make them understand that it’s ok to be on that different road, as it is giving them a completely different perspective.

The rough, lonely red roads are when you get to increase your driving skills; preparing you for moments when times are tough and you need to rely on your resilience.

Family activity: Discuss moments when each of you felt you were going in a different direction to those around you. Point out that there is no wrong direction, as each road has its own lessons. Try to give an example from your life when driving in a different direction has led you to the correct destination. May take some thinking, but it will be worth it!

If you are going in a different direction to everyone else; don’t worry. There is no set route that everyone has to take. Be confident that the roads you are travelling are taking you to your chosen destination.

In 2017 we will be offering a Birth – 4 year old Program on Tuesday mornings 9-11am.
Please tell your friends and family. All welcome!
For more information please call our school office 63377300 or email
stm@catholic.tas.edu.au

Rock and Roll Night
Friday 22 July at St Ailbes, Margaret St
Music by the renowned Mr Barry Nas and band
$10 per family
Raffles on the night
A great night of dancing and fun for everyone
Samuel Hill and Rhys Lawson are NTJSA (northern junior soccer) Under 10 Black team representatives and played in the Devonport Cup over the weekend. They won their respective divisions. They will play in two more tournaments in September at Launceston and Burnie.

Grade 4 Boys worked with Luke who is a graduate from NIDA. They focussed on the picturebook, the Peasant Prince and had to act out/mime and choose key words to depict their scene.
Government funding for Catholic schools lowers the fees parents pay.

With $2,000 less government funding per student, on average, Catholic schools save taxpayers $1.6 billion annually.

DON’T take government funding for granted.

SchoolFundingFacts.com

CONFIRMATION / FIRST EUCHARIST
Tuesday 21 June, 7.30pm
Information/Registration Evening
Sacred Heart Church, Newstead