Whole School Assembly: Tomorrow morning at 9.00am in the Multi-purpose Room there will be a whole school assembly. The Assembly will commence with prayer and a Circle of Silence to reflect on people seeking asylum. After prayer students will share their work. All families are invited to attend.

Parent Teacher Interviews: Thank you to all families for their attendance at the meetings. After the holidays families will be encouraged to provide feedback regarding the new format. Could families please return the Learning Journals by Friday for use in Term Three.

Monday Assembly: Congratulations to our award winners this week Chloe, Xavier and Toby.

On behalf of Fr Eugene and staff I thank all parents for their support of the students and staff throughout the Term. Your support is valued.

Wishing each family a very relaxing, enjoyable and safe holiday. Anne

School Review: The School Review held every three years will be held on Tuesday, July 25th and Wednesday, July 26th. The Review Panel are interested in speaking to families regarding the school. If you are interested and able to meet with them please contact me so I can put your name on the list. The meeting will take between 30 minutes and an hour. Please ring the Office or email principal@smdonald.catholic.edu.au. There is some flexibility to meeting times so please indicate times you may be available. The reviewer will also speak to the School Advisory members and each staff person. The survey families, students and staff completed last year are also considered. At the completion of the Review the report will be shared with the School community.

Vision Statement: St. Mary’s community, with Jesus as our inspiration, aims to educate and nurture the development of the whole child.

Mission Statement focus this week:
Wellbeing

Ensure a child safe, respectful and inclusive environment that celebrates achievement, promotes dignity and resiliency.
Principal’s Awards: Congratulations to Daniel, Lyric, Layla, George, Nicholas, Chloe, Xavier and Zac L for your efforts over the last week.

Bounceback Program:
This week we will be completing the core values topic we have been focusing on this term. This topic assists and encourages the children to develop pro social values, such as honesty, fairness, responsibility, cooperation and respect. Developing these values helps them with the sense of being a worthwhile, decent person, and assists them in developing the skills and attitudes which build resilience, to cope well with difficult situations and things that go wrong.

Our next term’s topic, “People Bouncing Back”, will focus on the 10 Bounce Back statements that help the children to understand and get better at thinking and acting in ways which build this resilience.

These ten coping statements are:

- Bad times don’t last. Things always get better. Stay optimistic.
- Other people can help if you talk to them. Get a reality check.
- Unhelpful thinking makes you feel more upset. Think again.
- Nobody is perfect—not you and not others.
- Concentrate on the positives (no matter how small) and use laughter.
- Everybody experiences sadness, failure, rejection and setbacks sometimes, not just you, they are a normal part of life. Try not to personalise them.
- Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?
- Accept what can’t be changed (but try to change what you can change first).
- Catastrophising exaggerates your worries. Don’t believe the worst possible picture.
- Keep things in perspective. It’s only part of your life.

Class activities will involve using social stories, discussion and activities, to help the children develop their understanding of how to apply these statements to things that happen in their day to day lives.

If you would like more information about Bounce Back, or the assistance I can offer to children and families,

Pastoral Care. Worker: Anne Boadle
Works at St. Mary’s each Thursday 8.30am – 4.30pm. Contact Details: Through the school 54971116 or by ringing directly on 0409 598 481.
Email: Anne.Boadle@centacareballarat.org.au
STRENGTHENING PARENT SUPPORT PROGRAM:

Parents, do if you have a child aged 0 to 18 years of age, who has a disability or developmental delay?

Are you interested in meeting other parents who have a child or teenager with a disability or development delay?

Would you like to be involved in a small group of parents who get together for a cuppa, share stories and learn from each other and express your concerns?

Would you like individual support?

Would you like information on a topic of interest to families of children with a developmental delay or disability?

Then please come along to:

St Arnaud Neighbourhood House, on Wednesday 26th July at 11.00 am.

For more information, contact Julie at Wimmera Uniting Care, Tuesday to Friday, 53624042 or email: julied@wuc.org.au

**Free Dental Services:** FREE public dental care is available for general, denture and emergency care for ALL children 0-12yrs and others with stipulations. Attached to this Newsletter is information.

**Barry McKenzie**

Development Officer - Child and Youth Buloke Shire Council

**Flying Doctor Dental Clinic:** The Flying Doctor is coming to the East Wimmera Health Service. The Service will be in Donald from Monday, July 24th.

**Rap Prayers:** As part of the Senior Class Assessment Task for their unit on Prayer they worked in groups to write a rap. The raps were presented to the students on Monday morning at Assembly. The raps contained much information and many thought provoking lines. Congratulations to each student on your excellent, collaborative work.
Apologies for not capturing the choreography but I was too busy listening and watching.