



Holy Trinity Catholic School - Wantirna South

10 Riddell Rd, Wantirna South 3152
Phone : (03) 9801-8296 Fax : (03) 9800-3384

www.htws.catholic.edu.au
email: info@htws.catholic.edu.au

NEWS SHEET

Newsletters Online: Go to:
www.htws.catholic.edu.au and
click on the publications tab at the
top of the webpage.

Please check out our School Blog'
at <http://ht10.global2.vic.edu.au/>



Dates to Note

Term Dates 2017

May

June

Mon 12: Queen's Birthday
holiday - NO SCHOOL

Thurs 15 : Interschool athletics
new date

Fri 16: Assembly 3.00pm lead
by 1/2R

Sun 18 : Working Bee

Thurs 29: Optional 1pm dismissal

Fri 30 : Final day of term

July

Mon 17: First day back of Term 3

Term : 2 Week : 9

Newsletter Date: 9 June 2017

From The Principal's Desk - David Mutimer

Dear Families,

We have had a fantastic day today celebrating Holy Trinity Feast Day with Italian Day. Our 'Carnevale' parade this morning and dance presentations on the basketball court were a highlight. The students were dressed up in fancy dress costumes and looked fantastic. It was great to see so many parents and grandparents at the parade this morning.

Our Holy Trinity Feast Day Mass in the Community Hall was another highlight of the day.

Next Week's Timetable - Tues will be a Monday timetable—Prep students and 3/4 students please wear sports uniform.

Parent Teacher end of term meetings: These will be held on Tuesday 27 June 3.45 - 8pm and Thursday 29 June 1.45 - 5.45pm. There will be an optional 1pm dismissal on Thursday 29 June to help facilitate this, a note will be sent home next week for you to complete.

Dates to note:

- Thurs 15 June: Interschool athletics new date
- Sun 18 June: Working Bee
- Tues 27 & Thurs 29 June -Parent teacher meetings

Assemblies For the Term: 3pm start in the Community Hall

- Friday 16 June lead by 1/2R

Term Dates 2017

Term 2

Tues 18 April - Fri 30 June

Term 3

Mon 17 July - Fri 22 Sept

Term 4

Mon 9 Oct - Fri 22 Dec



YELLOW CARD Congratulations

Sebastian Camara
3/4N

Great Community Raffle

Reminder to sell and return
all Great Community Raffle
Books/Tickets. Every raffle
ticket sold is money for the
school to use for your family
-100%



Subway Lunch Orders
Available this week.



Student Wellbeing News

Friendship Groups

As the students have been introduced to calm breathing as a focus for concentration meditation, in the last session we introduced a physical object as a point of focus for meditation.

“Object focused meditation is a visual meditation involving an external physical item. Since we are conditioned to be task-oriented since childhood, we have learned to keep the mind from drifting by giving it a task to focus on. Object focused meditation makes use of this conditioning by getting the mind to focus on the object in front of you. It tricks the mind into staying in the present moment. . .

The external object of attention is useful in as much as it acts as a point of reference to which the mind can easily be tethered. Every time it strays, you simply need to bring it back to the object.”

Holding a certain posture or doing some simple, repetitive movement may help children focus their concentration. A meditative gesture repeated again and again can also help them begin to develop the initial stages of concentration if used as a focal point. You can focus on a physical object or one you visualise in your mind. Some students have already been introduced to the use of a mandala.

Object focused meditation is good for beginners, it helps them to still their mind and the more they practise they will find that thoughts (which may be causing worry or anxiety) disappear.

<http://www.do-meditation.com/object-focused-meditation.html#sthash.gS7bWCVb.dpbs>

PARENT COURSE - “Parenting Anxious Children”

Learn methods and strategies to help support your young person.

Learning to cope with anxiety and fear is a normal part of a child’s development. Recognising and managing anxiety, as early as possible, enables children to gain knowledge, skills, confidence and a sense of power in managing their own worries. This is a relaxed and informative workshop presented by Lisa Wolfenden, The Anxiety Recovery Centre of Victoria (ARCvic).

Topics in the session include:

- Methods and strategies to support you and your young person
- Understanding Anxiety
- Tips on building resilience

Thursday 20 July 2017 6.30 – 8.30pm Knox City Council, Civic Centre, Room 4 511 Burwood Hwy, Wantirna South
FREE but bookings are essential. To register, complete the online booking form at; <http://www.knox.vic.gov.au/parentworkshop>

For more information, contact Michelle Pascoe t: 9298 8311 or e: michelle.pascoe@knox.vic.gov.au

Parent News

CD’s needed please!

We are planning to make a whole school **Art Installation** using old cd's and are asking families to donate any cd's they no longer require. CD's can be left at the school office. The cd's will not be returned but will look amazing in our installation.



PARISH EMAIL ADDRESS

During the past weeks, we have had a number of issues with our BIGPOND email address. If you would like to contact the Parish by email, please use scoresby@cam.org.au

Thank you.



Entertainment Books: Books are available for purchase from the school office. Books and digital memberships are priced at \$70 with \$14 from the sale of each book going towards school fundraising. You may come into the Office to purchase a book or order a digital membership **now** online at www.entbook.com.au/18528d9. Thank you for your support!