



Our Vision

An inclusive community committed to high levels of learning for all.

Our Mission

In the spirit of Saint Mary Mackillop, we strive for excellence with love, dignity, integrity and justice.

Feeling Safe

Our School Student Protection Contacts are:

Ms Donnelly
Mr Blaikie
Ms Jayne Farquharson

Reminders

• **Uniform Days Sports**

Wednesday, Friday.

Formal

Monday, Tuesday, Thursday.

• Please remember that we are a 'Nut Aware' School.

• **Church Times - Celebrations are up and running again with social distancing measures in place. Times for Masses are as follows:**

1st Sunday - 9am,
2nd and 3rd Sunday - 5.30pm

4th & 5th Sunday - Liturgy of the Word with Communion - 9am

Dear Families

Leadership is not an easy concept to master. To reflect on leadership and what it means, I can go no further than the great Bear Grills. Leadership is more than just eating live insects, it is about being prepared to take a risk and to journey on the road less travelled. As Bear Grills so eloquently stated..."If you can find a path with no obstacles, it probably doesn't lead anywhere".

While Bear Grills is one of the ultimate adventurers of the modern era, he is still very much centered on his Faith. Prior to his final ascent up the north face of Mount Everest, he still questioned his ability and nearly gave into the doubters who believed he was not up to the task at hand. For inspiration he reached for a letter his wife had written to him before he left for Mount Everest. A quote stuck in his head and it was a quote from Matthew 28:20... 'Be sure of this, that I am with you always, even unto the end of the earth'. He reread this quote night after night and found comfort in those words. Again Bear Grills chose the path with the most obstacles and succeeded. So Year 6's, if you strike a rough path this year, you certainly are travelling on the path that Bear Grills would take.

The school needs to take this opportunity to acknowledge the reverence and respect that was displayed by our Year 6 students as they were commissioned as School Leaders for 2021. It was also lovely to witness the warm welcome extended to all our new students. What a wonderful tradition!!

Lent: A Time to Reflect

With Lent being such an important time for our school, it is important to revisit some important religious foundations of this very special time in the liturgical life of the Church. The season of Lent begins on Ash Wednesday and is calculated by counting back 40 days from Easter which does not include any Sundays from Easter day. Ash Wednesday is so called, because of the imposition of ashes on the foreheads of the faithful, which serves us all as a reminder of the call to repent and to believe in the good news. The period of Lent is also a reminder of the forty days that Jesus spent in the desert before taking up the mission he received from his Father.

The main message that will be delivered to students during Lent is the necessity to help other people who are in need. We live in a very blessed country and have much to be thankful for. The challenge not only for Ash Wednesday, but the whole season of Lent is ..."to give and not to count the cost, to labour and to look for no reward". Project Compassion will once again be the school's focus over the next 40 days.

The **St Patrick's School Ash Wednesday Liturgy** will take place on **Wednesday 17 February** commencing at **9:30am** in the Parish Church. **All members of our school community** are more than **welcome to attend** this very special event.

Parent Teacher Interviews

Central to academic success is the establishment of an open, respectful and positive relationship between the student, teacher and parent. As a result, Parent Teacher Interviews will take place over the course of Week 4. This interview provides a wonderful opportunity to discuss the learning that has taken place since the start of the year with your child's teacher. Please look out for a letter from your child's classroom teacher.



Cultivating a Growth Mindset - Jayne Farquharson (School Counsellor)

Welcome back to school! Most of you will be full of excitement about returning to school, while others may feel some apprehension and worry. This is completely normal for the beginning of a school year and especially when we are dealing with new challenges and change. Often how we respond to challenge is not related to motivation or resilience but more to do with having a growth mindset. Having a growth mindset can help support children to cope with stress and face new challenges.

Parents are integral in helping children to develop this. Mindset is a simple idea discovered by psychologist Carol Dweck through research on achievement and success. Dr. Dweck identified two mindsets people can have: a fixed mindset and a growth mindset. In a fixed mindset, people believe their basic qualities, like intelligence or talent, are fixed traits. They spend their time documenting their intelligence or talent instead of developing them, and believe that talent alone creates success, which is wrong. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment.

Research shows that people with this view reach higher levels of success than people with fixed mindset beliefs. Teaching a growth mindset creates motivation and productivity. It enhances relationships and increases achievement. Some simple ways you can support your child to develop a growth mindset is by encouraging your child to believe in themselves and their ability to do hard things. Reframe negative experiences and develop an action plan to get through it. Remind your child that mistakes are a part of making progress and the more they try the more their brain will grow. This journey in learning can start now for your child, with some support and direction from you as their guide.

Please find some links and information below to learn more about how to cultivate a growth mindset.

- **Neuroplasticity** – science behind growth mindset https://www.youtube.com/watch?v=ELpfYCZa87g&feature=emb_logo
- **Growth Mindset for Parents.** Self-paced online course, 10 lessons, 30 minutes. <https://www.mindsetkit.org/growth-mindset-parents>
- **Book:** 'Growth Mindset Coach' by Annie Brock and Heather Lundy
- **Big Life Journal** – Growth Mindset. <https://biglifejournal.com/pages/growth-mindset>
- **Growth Mindset What You Need to Know** - <https://www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/growth-mindset>

Enjoy the coming weeks. I look forward to meeting as many of our school community families as possible at the P&F Meet and Greet on Thursday night.

God Bless

Keith Blaikie

Principal

DATE CLAIMERS

- 11 Feb—P & F Meet and Greet (5:30pm to 7:00pm)
- 12 Feb - CD Swimming—Allora Pool
- 15-18 Feb – Parent Teacher Interviews
- 17 Feb – Ash Wednesday (9:30am)
- 17 Feb – Parents and Friends AGM
- 18 Feb –Volunteer Training (9:00am to 10:30am)
- 19 Feb – Assembly (8:50am)
- 26 Feb – Central Downs Netball, Soccer and Rugby League Trials
- 5 March – Assembly (8:50am)
- 10 March – School Photos
- 12 March – Cross Country (Allora Golf Course)
- 16 March – St Patrick's Feats Day Mass (9:30am)