Parent Teacher Interviews
Parent/Teacher/Student interviews will be held from 3:00pm – 8:00pm on Monday 22nd and Tuesday 23rd of June.
You can now book interviews at times that suit YOUR FAMILY BEST.
Go to www.schoolinterviews.com.au and follow these simple instructions.

No Assembly Next Week
The painters will be here from Tuesday to Friday to paint the school hall and canteen undercroft areas, therefore there will be NO ASSEMBLY next Friday 12th June.
FROM THE ACTING ASSISTANT PRINCIPAL

This week has been Wellbeing Week at Maria Regina. During this week we aim to highlight to students, staff and families the importance of taking positive steps to promote good mental and physical health. The Staff Handball Tournament was a big hit. Mr C spent a lot of time in “Kings” and there were many excellent handball skills on show. The children cheered loudly and even produced an enthusiastic Mexican Wave! Cooper was an excellent referee who made sure everyone was following the and commentator!

Helping Children with Friendships
It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more skills of leadership. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and different social skills.
How parents and carers can help
First and foremost you can help children by listening to them talk about the everyday joys and troubles that arise out of their friendships. Asking what might have led to others’ reactions can help the child, with your assistance, to think of possible solutions.

Try a problem solving approach
When problems arise in friendships it is important not to blame children but to show them how to find a solution. A problem solving approach is often helpful.
1. Encourage the child to describe what has happened.
2. Ask about how they felt.
3. Ask them how they think the other person might see it and how they might be feeling.
4. Get them to think of ways they could do things differently next time.
5. Encourage them to try the new approach – get them to practise with you so they feel more confident.
6. Check back with your child to see how things turned out.

KidsMatter Primary Information Sheets for families can be found online at www.kidsmatter.edu.au

Friendship skills for children include:

Cooperation
How to share, how to take turns, how to work together towards a common goal.

Communication
• Using words to explain what you want and listening to others respectfully
• Paying attention to body language, e.g., making eye contact, smiling and being able to read others’ nonverbal reactions.

Understanding and managing feelings
• Being able to express feelings in ways that help others understand you.
• Recognising and responding to others’ feelings.

Accepting and including others
Recognising others’ needs for respect and friendship

Solving friendship problems
Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. Sometimes they blame themselves for what has happened.

They may say: "Nobody likes me ’coz I can’t run as fast as they can.” Sometimes they blame everyone else for the problem and, like Rebecca, say: “The kids are all mean to me.” Even though they blame the other kids they may still think of it as a problem they cannot change.

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FROM THE OFFICE

SCHOOL FEE ACCOUNTS
Please ensure that your account is up to date. The school relies on the accounts being paid on time so that we also can pay our accounts.

CANTEEN VOLUNTEERS
We are looking for canteen volunteers for Term 3. Please contact the school office if you can assist. The canteen runs really well with three volunteers but unfortunately the canteen can’t open if we have only one volunteer. The staff and students really appreciate you giving up your time to assist.

BIRTHDAYS
Harriet Beynon
Jesse Amoah
Alexandra Quirk

Sports News
Maria Regina would like to congratulate Harriet Beynon on making it through to the Polding Cross Country Trials. Harriet will represent Broken Bay next Friday at Eastern Creek and we wish her all the best.

Also, a huge congratulation to Aiden Flynn on making the Warringah Rats U/11 rugby team. He will play in the State Titles this weekend and we wish him all the best. Well done Aiden and good luck!

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<td>Students</td>
<td>Mace Behdasht</td>
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<td>Alexandra Quirk</td>
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<td>Harrison Schaut</td>
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Maria Regina BAND
Joshua Kerr
Elsa McLean
Dear Parents & Friends

We need fabulous stuff that people will crawl over cut glass to want to buy at the auction!

Please donate:
- products
- gifts
- services

Anything that will make them weep if they miss out at the auction!

Most importantly, we would love to borrow some disco decorations! (mirror balls, smoke machine, disco lights)

We need your help to make our 80s night rock!!

Please contact Kath McKenzie 0412428114 or mckenziekath@yahoo.com.au
1980’S HIGH SCHOOL REUNION
SAT 16 JULY 7PM
MARIA REGINA SCHOOL ROCK HALL
PRESENTED BY THE MARIA REGINA P&F

TICKETS $25 PER PERSON
• PRIZES FOR BEST DRESSED & TABLE DECORATIONS
• RAFFLE & AUCTION
• BAR
• LIGHT SUPPER

MUSIC & MAYHEM!!

ENJOY A FUN NIGHT WITH FRIENDS!!