Dear families,

At each point of childhood development, we can lament over the challenges and obstacles our children have to face, the mistakes made, or discovery of poor choices and the accompanying family angst. Or we can recognise these essential moments as opportunity to learn and as the delicate shaping instruments of a well-rounded young person. Our generation is often too eager to smooth things over, to protect from every potential challenge in order to seek ‘perfection’. In doing so, we rob the opportunity for growth, resilience and empathy for others at some other similar point in their lives. The best we can do is keep the communication going and support, rather than pick up the bat for them. With the challenging phenomena of social networking; ‘tough love’ guidance with our own children and their responses is essential rather than hopping online and into battle ourselves. We continue to work with children regarding how they communicate on line – this is something we can all share. It has become the new way that we teach children their manners. Despite the need to remind our students of how best to act, in and out of the classroom, we also seek to indulge joy in all that we do..... the occasional challenging ‘rubs’ we all experience in our daily lives are necessary but should be recognised as purely part of the mix of experiences to assist in developing a fine polish.

We have completed another year of NAPLAN testing done and now we wait for the results to identify key areas of supporting learning. This is, unfortunately, one of the downsides of national testing – it takes so long to receive any feedback. All Catholic primary school students around the state, also complete online Literacy tests that give almost immediate feedback. Numeracy tests are being introduced in due course. These tests are much smaller than NAPLAN but give more regular snapshots of the child’s progression.

A final reminder for the inaugural R-7 Disco. Hopefully, your child has brought home a flyer explaining the times and cost but essentially it was planned for a child to get in, have a drink and snack and purchase some glow sticks for no more than around $5. It is a Parents & Friends initiative as an activity for the younger children and their parents to enjoy. It is very important that children are collected and dropped off at the Door of Samaritan Hall, not the gate.

A cybersafety letter went home this week to our Year 4-7 families via your child. It outlines the range of ‘non facebook’ social media apps that young children are accessing and the potential dangers of interacting in an inappropriate way online. If you did not get this letter please let us know.

“Have salt in yourselves, and be at peace with one another” Mark 9: 41-50

STUDYING AT OXFORD!

Former student, Stella Kondylas has been accepted to do a master of conservation at Oxford University International Graduate School. Stella attended both Our Lady Help of Christians School and Saint John’s College. She has worked as a ranger on Kangaroo Island and Wilpena Pound before travelling to England where she worked for London Zoo. Currently she works for Dept. Conservation, Water and Natural Resources in Adelaide as Nature Link project officer. Great to see a former student studying through the prestigious Oxford University.
Greetings as the days grow shorter and nights are cooler and we know that winter is approaching.

In our world today we see on TV and experience in our lives violence, abuse, aggression, bullying and people hungry to get money and power at any cost. This is a cause for great concern and a desire to work towards a world where goodness and love prevails.

On Sunday we celebrated the feast of Pentecost. We were given the mandate and the gift of the Holy Spirit to go and take the Good News that Jesus came to bring to everyone. I believe that we can make a difference by living out the values and attitudes of Jesus.

I see that Spirit of Jesus in my every day life in:

• Parents and grandparents - with their children/grand children, in the care and kindness they give, their patience in the way they relate, in their encouragement and wisdom in guiding the children towards God and to the ways of goodness and love.

• Children - in the joy and happiness they show, in the awe and wonder they express in signs of new life and in the way they pray.

• Teachers and school staff - who generously give over and above of their time to assist the children in their care and who endeavour to encourage respect and forgiveness towards others.

• Parishioners - who are faithful and committed to the community and come to worship and give thanks at Mass and who are thoughtful and kind to all, especially the sick and most needy.

• Parish team, the priests, the sisters, parish workers and the many people who assist in helping make our parish a hospitable and loving place where Jesus' Spirit is shown to the wider community.

• People in Whyalla who notice the older person struggling with a shopping trolley and offer assistance, the person who smiles as you pass them, the people who work with the youth in sport and hobbies and all who endeavour to make our world a better place by the good they do.

On Saturday, May 25, 11am – 4pm we have an opportunity to join in an amazing multi-faith experience at the Mosque, 5 Morris Crescent, Whyalla Norrie to deepen our understanding and appreciation of the Islamic religion and to show that God's spirit of love is at work in our community.

Let us continue to encourage one another and pray that the Holy Spirit will fill our hearts and kindle within us the fire of love.

Sister Helen Mills
FOR THE PARISH TEAM

<table>
<thead>
<tr>
<th>WEEKEND MASS TIMES</th>
<th>St Teresa’s Church</th>
<th>Our Lady Help of Christians Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 7:00pm</td>
<td>Sunday 10:30am</td>
<td></td>
</tr>
<tr>
<td>Sunday 8:30am</td>
<td>Sunday 5:30pm</td>
<td></td>
</tr>
</tbody>
</table>

Religious Dimension

Last Sunday the church celebrated the Feast of Pentecost. This day is celebrated seven weeks after the Resurrection of Jesus. Often Pentecost is referred to as the ‘birthday of the church’ for it was from the events of Pentecost that the disciples ventured out into the world to spread the good news of Jesus Christ.

What happened on the first Pentecost continues to happen to Christians throughout the world today, though usually not in such a dramatic fashion. We rarely get a heavenly wind and tongues of fire anymore. Nevertheless, God pours out the Spirit upon all who put their faith in Jesus Christ and become his disciples (see Romans 8:1-11).

Christians are meant to live in the presence and power of the Spirit of God. The Holy Spirit helps us to confess Jesus as Lord (1 Cor 12:3), empowers us to serve God (1 Cor 12:4-11), binds us together as the body of Christ (1 Cor 12:12-13), helps us to pray (Rom 8:26), and even intercedes for us with God the Father (Rom 8:27). The Spirit guides us (Gal 5:25), helping us to live like Jesus (Gal 5:22-23).

So Pentecost presents us with an opportunity to consider how we are living each day. Are we attentive to the needs of those we love? Are we attentive to the needs of those who struggle in our world? Is our focus on the things that benefit few despite the needs of the many? Pentecost offers a chance to confess our failure to live by the Spirit and to ask the Lord to fill us afresh with his spirit.

Bernie Meixner
ASSISTANT PRINCIPAL IN RELIGIOUS IDENTITY AND MISSION
HELP NEEDED: Anyone willing to SEW 6 SIMPLE DANCE SKIRTS for the Samaritan College Concert.

Please see Winnie Fitzgerald at Saint Teresa’s Campus as soon as convenient.

Thank you for your support of the Arts!

Winnie Fitzgerald

---

**Parenting Ideas by Michael Grose:**

**Make the most of teachable moments to promote resilience**

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

Kids live in the NOW. Fun comes before work in their dictionaries.

It’s easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

The big learning opportunities are usually hidden as problems.

**Perhaps your child has experienced one of these common challenges:**

- Been snubbed by a classmate or friend
- Missed being picked for a team even though they tried hard
- Worried about going to school camp
- Had something stolen from them
- Been taught by a teacher they don’t get on with

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

**When faced with a TEACHABLE moment ask yourself:**

- **What can my child learn about himself for next time?**
  - e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.

- **What can my child learn to avoid or turn this situation around?**
  - e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That’s why it is such a hard job.

**BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.**

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about ‘stuff’ and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.

For more parenting ideas visit www.parentingideas.com.au
**WALK SAFELY TO SCHOOL DAY**

The fourteenth annual ‘Walk Safely to School Day’ initiative is tomorrow Friday, May 24. ‘Walk Safely to School Day’ (WSTSD) is an annual, national event when all primary school children are encouraged to walk and commute safely to school.

It is a free community event seeking to promote road safety, health, public transport and the environment. WSTSD asks parents and carers to walk their primary school aged children all or part of the way to school. It might even mean you park a little bit further than usual and incorporate a longer walk with your children.

**RECONCILIATION THE KEY**

National Reconciliation Week (NRW) is celebrated across Australia each year between the May 27 and June 3. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision.

Our primary classes have already engaged in some activities in the lead up to National Reconciliation Week. The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

This week our Indigenous Education Support Officer, Veena Raymond and a parent from within our community, Christian Coulthard have been visiting the primary classes and teaching them the Adnyamathanha language, through songs and dance. We acknowledge respectfully the local Barngarla people and their significance to our entire College community. This is a great opportunity to have Christian share his Adnyamathanha history with the children as part of National Reconciliation Week. We thank Christian for his generosity with his time.

**SCHOOL DISCO IS FINALLY HERE**

A final reminder that the school disco is tomorrow night from 6:30–9:00pm, and the theme is ‘Colour my World’. It will be held in Samaritan Hall at Saint John’s Campus and students from Reception to Year 7 students are all welcome to attend. Entry is on Norrie Ave. Children can come after 6:30pm or leave before 9:00pm, but only if dropped off/collected at the door by a parent. It is for Samaritan students only and students will not be able to leave unless with a parent.

Grace and blessings,

Georgia Tyson

**ACTING DEPUTY PRINCIPAL**

**PATRON’S DAY MASS**

Please be reminded that tomorrow the primary campuses will celebrate Patron’s Day at Saint Teresa’s Campus.

Students from OLHC Campus need to be dropped at Saint Teresa’s Campus by 8:45am.

Their teachers will meet them on the school grounds under the fig trees.

**Please note there are no lunch orders for OLHC Campus on Friday, May 24.**

The students will be transported by bus back to their own campus following Mass where they can be collected as normal at 3:20pm.

**FIRST EUCHARIST WORKSHOP**

Last Friday the children preparing for First Eucharist participated in a workshop at Saint Teresa’s Church. The students were engaged in activities and lessons that helped them to understand what receiving Eucharist means.

The children and the Sacramental team participated with enthusiasm and our prayers are with the children, their families and the parish community at this special time.

**YEAR 3/4 RAYMOND MASS**

Year 3/4 Raymond will celebrate Mass at OLHC Church on Thursday, May 30 at 9:00am. Please bring something to share for morning tea.

Bernie Meixner

**ASSISTANT PRINCIPAL IN RELIGIOUS IDENTITY AND MISSION**

**A HEALTHY BREKKY IS EASY AS PEEL, POUR, POP. IT’S QUICK, SIMPLE & EVERYONE WILL LOVE IT!**

Healthy brekky options don’t need to be expensive. Consider these low cost brekky cereals next time you are shopping:

<table>
<thead>
<tr>
<th>Healthy Brekky Cereal</th>
<th>Cost per serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>5 cents per serve</td>
</tr>
<tr>
<td>Homebrand Quick Oats</td>
<td>5 cents per serve</td>
</tr>
<tr>
<td>Weet Bix</td>
<td>19 cents per serve</td>
</tr>
<tr>
<td>Homebrand Wheat Biscuits</td>
<td>12 cents per serve</td>
</tr>
<tr>
<td>Mini Wheats</td>
<td>34 cents per serve</td>
</tr>
<tr>
<td>Weeties</td>
<td>25 cents per serve</td>
</tr>
<tr>
<td>Sultana Bran</td>
<td>56 cents per serve</td>
</tr>
</tbody>
</table>

For more healthy brekky ideas visit: opal.sa.gov.au
You are warmly invited to attend...

Enrolment/Transition Evenings
Tuesday, May 28, 7:30pm or Wednesday, May 29, 7:30pm
New Enrolments or Transition for continuing Samaritan students going into Year 8 in 2014 held in Saint John’s Campus lecture theatres for students and parents. (No siblings please, due to limited space.)

Bookings essential.

Co-Principals’ Secondary Evening Tours
Saint John’s Campus
Wednesday, June 5, 5:00-9:00pm
Bookings for Tours will be taken at the Transition/Enrolment Evenings. Families welcome on Tours.

FAITH
Wisdom
Compassion

Samaritan College

Bookings essential as places are limited. Please ring Ms Karen McGinnis on 8645 8568 or email info@samaritan.catholic.edu.au

---

Reading and Writing in the Early Years
A practical approach to helping your child at home.

Who: Parents of Early Readers and Writers
When: Tuesday, June 4 at 2:00pm
Where: In both Primary Campus Libraries.

Please fill out the form below indicating which campus you will be attending and return the note to the front office.

The Primary Literacy Team

---

I ___________________________ will be attending the ‘Reading and Writing in the Early years’ workshop at 2:00pm, on Tuesday June 4 at the OLHC Campus Library / STC Campus Library.

---

Canteen Rosters
Monday, May 27 – Friday, May 31

<table>
<thead>
<tr>
<th></th>
<th>ST TERESA’S CAMPUS</th>
<th>OUR LADY HELP OF CHRISTIANS CAMPUS</th>
<th>SAINT JOHN’S CAMPUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>no help required</td>
<td>no help required</td>
<td>Anita Graham</td>
</tr>
<tr>
<td>Tue</td>
<td>no help required</td>
<td>no help required</td>
<td>Helen Butt</td>
</tr>
<tr>
<td>Wed</td>
<td>no help required</td>
<td>no help required</td>
<td>Bev Carlson</td>
</tr>
<tr>
<td>Thu</td>
<td>no help required</td>
<td>no help required</td>
<td>Liz Dennis</td>
</tr>
<tr>
<td>Fri</td>
<td>no help required</td>
<td>no help required</td>
<td>HELP NEEDED</td>
</tr>
</tbody>
</table>

Annette Cameron  Rose Cassar  Marg Coad
Canteen Manager  Canteen Manager  Canteen Manager
NATIONAL RECONCILIATION WEEK

Next week is National Reconciliation Week, celebrated across Australia each year between May 27 and June 3. The dates commemorate two significant milestones in the reconciliation journey – the anniversaries of the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

The theme this year is Let’s Talk Recognition – with a focus on how Australians can better recognise each other, and the contributions, cultures and histories of Aboriginal and Torres Strait Islander peoples. How one interprets the theme is up to the individual and as a community we are encouraging open dialogue.

WORK EXPERIENCE

The Year 11 students will be undertaking a week of work experience after their examinations. This is an opportunity for them to experience a field of work that they might be interested in pursuing further beyond school. It is also anticipated that they will use their time to find out from people in the field the sorts of avenues that they need to follow to be employable in that particular area of work.

John Lyons
ACTING DEPUTY PRINCIPAL

YEAR 12 SEMINAR DAY

The third seminar day for Year 12 students will be held on Wednesday, May 29 at Saint Teresa’s Church. The seminars are part of the Year 12 Religious Education program and have been well received. All Year 12 students are required to attend.

YEAR 10 RED MASS

10 Red will celebrate Mass on May 31 at Saint Teresa’s Church at 9:00am. Students need to be at the church by 8:45am. Please bring something to share for morning tea following Mass.

Bernie Meixner
ASSISTANT PRINCIPAL IN RELIGIOUS IDENTITY AND MISSION

YEAR 12 EXAMINATIONS

As I mentioned last week, we are entering examination territory, commencing with the Year 12 cohort undertaking their first examinations for the year in Week 6. Timetables have been distributed to students that indicate: (1) examination times and venues (2) contact time with subject teachers for the non-examinable subjects. Attendance of these lessons for students who undertake non-examinable subjects is COMPULSORY and failure to attend will be followed up.

The following advice is taken from the SACE website (www.sace.sa.edu.au) It is a valuable resource to use as it contains past exams and valuable tips on how to approach examinations:

Exams and final assessment tasks are important in the life of a young person, but they're not the only thing. Keeping this perspective will help you and those around you manage stress in the build-up to exams and assessment deadlines in the coming weeks. Health experts recommend simple, commonsense approaches to keeping cool under exam pressure.

Here are some useful tips to help students stay cool under pressure:

• develop good study habits, including making, and sticking to, a schedule
• set study priorities
• preserve a good study space (this helps maintain some control over study demands)
• take regular breaks
• eat and sleep well
• you could also get together with other students to study or discuss common exam topics
• keep communicating - let those around you know how you are going and tell them when you need as much quiet as possible
• recognise your own stress signals.

Exam week is a time when awareness of mental and emotional health is very necessary. Do the things that are known to promote good mental health, recognise when there may be cause for concern about stress, and discuss feelings and concerns with friends and family.

Headroom is an excellent website for people seeking information about mental health issues and is designed for students and their friends and families: www.headroom.net.au

The Reach Out! website has lots of tips about studying, stress management and life in general: www.reachout.com.au

Next week there will be more about examination rules and procedures to be followed.

Maresa Lyons
SACE COORDINATOR

SCIENCE HELP

Studying Science can at times become difficult, and without some additional teacher assistance, students may feel overwhelmed or disheartened. To assist students in achieving their true potential in Science, we offer Science Help on a Tuesday afternoon, from 3:45 – 4:30pm in the library. All students are invited to attend if requiring extra assistance with class activities, homework, test preparation or assignments.

Senior Science students are reminded that they should be proactive in seeking assistance from their teachers on a daily basis as required.

Tony Hall
SCIENCE COORDINATOR
**FRIDAY - HOUSE COLOURS DAY**

This Friday Saint John’s Campus will be having a House Colours Day. Students are encouraged to attend school dressed in their house colours in support for the Junior SRC house sports event at lunchtime. Gold coin donation - appropriate footwear / clothing designs are expected.

**SRC**

---

**YEAR 11 LEGAL STUDIES**

Year 11 Legal Studies students ventured to Adelaide last week to take part in a range of activities for Law Week. The camp is organised each year to enable students to experience the law in action and to see various aspects of our legal system. Highlights included the SA Police Museum, Parliament Question Time, Government House, court trials, the students’ mock sentencing hearings and, of course, the ghost tour of the Old Adelaide Gaol.

*Tanya Gibson*

LEGAL STUDIES TEACHER

“I enjoyed seeing the courts in action and the Old Adelaide Gaol. The whole trip was very educational and interesting.”

*Dayna Aspin*

“It was insightful and interesting to see the adversary system in action.”

*Grace Hullah*

“I enjoyed doing the moot, especially when we won. I’m really glad I participated in it.”

*Dayna Clifton*

“I enjoyed the ghost tour of the Old Adelaide Gaol the most. It was also interesting to sit in on the Magistrates Court cases and see how quickly they were gone over. It was fun to dress up as a lawyer in the traditional robe and wig.”

*Michael Faulds*
Thinking of uni study?

Come along to the Tertiary Information Evening if you are

> A student or parent
> A gap year student
> An adult applicant

Tuesday 11 June, 7.30-8.30pm
Edward John Eyre High School, Whyalla

No registration required.

---

**INFORMATION ABOUT TERTIARY INFORMATION EVENINGS (TIE)**

Ever thought about further education? Perhaps you’ve had a break and want to return to study? Have you deferred and want to start uni as soon as possible? The Tertiary Information Evening is a great chance for you to hear all about your study options and talk one on one to a representative from Flinders University and the University of South Australia.

**What is talked about at the Tertiary Information Evening?**

The Tertiary Information Evening covers a wide range of topics such as fees, accommodation, scholarships, application procedures, timelines and selection to university. Participants are encouraged to ask questions throughout the session and are also given the opportunity to speak with each institution individually.

**Who is present?**

Flinders University and the University of South Australia send a Prospective Student Advisor to answer all of your questions and give detailed advice.

**Who should attend?**

Anyone who is thinking of attending university should attend - parents, school students, adult entry students and members of the community who are thinking of further study but don’t know where to start. In recent years our sessions have become extremely popular with students who have deferred and/or taken a gap year.

**Is registration required?**

There is no need to register for the evenings.

**What time does the evening start?**

As we are only in your town for one night the presentation starts at 7:30pm sharp so that we can spend adequate time answering your questions. We aim to conclude by 8:30pm.