Dear Community

St Bede’s raised $690.60 for the Nepal Earthquake Appeal last Friday. This is a wonderful effort by our community and shows the care and support we can offer others suffering and in need. Year 3 student William Mortimer raised over $221 himself by collecting money along Bombay Road over the weekend. Well done William on displaying initiative and taking action for such a desperate cause.

St Bede’s Feast Day is Monday May 25 with several activities planned for both the Monday and Tuesday. Our Feast Day Liturgy will be held on Tuesday 26 May at 10:00am in St Bede’s Church. All those in the St Bede’s community are encouraged to attend this celebration. Students are able to sit with family members during the Liturgy however best behaviour is still expected. Sadly, some students decide that once they are not under the direct supervision of their teacher at the church, their behaviour can be less than what is expected. Thank you for your support in this matter.

On Monday there will be:
- A Dress Up Day - something starting with a letter in the word BEDE
- A Special Lunch – sausage, fruit box and cupcake [help required please]. No charge.
- A Spelling BEdE
- Tabloid sports after lunch

Parent support making a tray of cupcakes, cooking the BBQ and serving will be greatly appreciated for the Monday.

Braidwood Community Bank ANZAC Day Colouring-in Competition has concluded with a number of students winning prizes. Congratulations to Nelita Ridley [Kinder], Josie D’Arcy [Kinder], Pip Cairns [Year 3], Bronte Edwards [Year 3]. The student’s art work is displayed at the bank.

NAPLAN was conducted in Years 3 and 5 this week. The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7, and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. Thank you to all students, parents and staff who have contributed to NAPLAN this week at St. Bede’s. Results are not expected till late Term 3.

The St Bede’s Community Council will hold an Open Meeting next Tuesday 19 May commencing in the Library at 5:30pm. Dr Tony Cairns [grandfather to Pip Yr 3 and Scarlett Yr 5] will present a brief talk on correct posture for students/children. Ann Monkhouse will demonstrate how to use the settings on an iPad to set time limits for iPad use or to limit the number of apps your child can access at one time or when unsupervised. After this the Community Council will conduct a regular meeting. However, any confidential material will not be discussed. All interested parents are welcome to attend this Open Meeting. Besides our regular agenda items and reports we will discuss proposed fele, engraved pavers for new garden area and enrolment update.

Yours in Christ

Gerard

Please keep Mary Ford in your prayers. Mary is the grandmother of Mia in Yr 1 and has been unwell.
Dear Parents and Children,

It is great to see so many children loving to read and write at St Bede’s! There are some amazing authors being shared in classrooms. From Kinder to Year 6 children are enjoying the library and the access to good books. What is the right book for a child will depend on what they are interested in. It takes one great book to get someone to love reading and to be inspired to write. Children need choice in what they read to keep interested, but they might also need a few ideas of what to read. The children who are readers of chapter books could get the independent hook from a Roald Dahl classic like The Twits, or a true life story like The Shadow Dog by Anthony Hill, or a crazy comedy such as the 13th Story Tree House by Andy Griffiths. If you need help getting children hooked on reading, please see your child’s teacher, myself or Mrs McGrath.

The quality of writing work continues to grow at St Bede’s thanks to the concentrated efforts of our teachers and of course the hard work of our children. We are hoping to instill a sense of being great writers, rather than just writing for a task. Remember that every child is a writer and every child is a reader on a continuum of learning. Once parents can see that their children are already engaging in literacy successfully they can assist their child to continue to grow. Even an emerging reader holding a book and singing is demonstrating concepts of what reading is and can sound like. A Year 6 child reading a complex novel with a range of vocabulary and recommending it to their friends demonstrates the enormous growth that occurs in primary school. Praise, encouragement and regular reading are the keys to success.

Should you require assistance with how to make the reading experience a positive one at home, please ask. We are here to help your family.

Many thanks to the support from our literacy coach at the Catholic Education Office, Mrs Colleen Caddey-Murphy. The staff appreciate her expertise during her visit this week.

All the best, Julian
Good luck to Isabella Hindmarsh Yr 4, Scout Benning Yr 6 and Miah Gunderson Yr 6 who will represent the Northern Region at the Archdiocesan Cross Country Carnival in Canberra next Wednesday.

Redback rugby commences tomorrow night with the convoy set to travel to and from Goulburn every Friday night. Good luck to all players both boys and girls and parents as they brave the conditions that Goulburn can often offer!

Are there any old rugby players who still dream of pulling on the boots? The Redbacks Golden Oldies ‘Daddy Long Legs’ will play on Saturday 23 May as curtain raiser to the senior Redbacks vs Bungendore at the Rec. All oldies players are welcome to join in with spectators most welcome. Oldies kick-off 1pm with seniors at 2:30pm.

It is wonderful to see a growing number of St Bede’s student enjoying the game of squash each week as part of the local competition. The season runs for a school term with the list of interested players already displayed for next season at the squash courts. Why not put your child’s name down and your name as well?

St Bede’s Footy Tipping Comp..

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Braidwood Raiders</td>
<td>44</td>
<td>Poppy Jim</td>
<td>39</td>
<td>Senior and Braidwood Raiders both picked the round this week—Congratulations!!</td>
<td></td>
</tr>
<tr>
<td>2. Yeomans Bunnies</td>
<td>41</td>
<td>Diddle</td>
<td>39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. BA</td>
<td>41</td>
<td>Colombo Brumby</td>
<td>38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Senior</td>
<td>40</td>
<td>Bunny Rabbit</td>
<td>37</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From our Counsellor —Hannah Turner from Catholic Care

Separation Anxiety—Part two—Helpful ideas to cope with separation anxiety.

Helpful ideas to cope with separation anxiety:

- Ask yourself if you are anxious about leaving your child. Children are very quick to pick up on anxiety from caregivers, and your anxiety may be sending a message to your child that it is not safe if you leave them.
- Teach yourself and your child some breathing exercises to help you relax.
- Practice saying goodbye – eg. Have your child stay with your partner or a friend for 5 minutes at a time while you go outside to hang out washing, put out the bins etc. Say goodbye to your child each time, and don’t allow your child’s distress to delay your leaving. Let them know that they are safe, and that you will be back.
- Introduce your child to new environments and people in advance whenever possible.
- Always say goodbye – tempting as it is to sneak out when your child is occupied, this could result in an increase in your child’s anxiety.
- Keep goodbyes brief - it could be helpful to talk to your child’s teacher, and have a plan in place to distract your child with a fun or comforting activity while they settle after you have left.
- Consider using the ‘stepladder approach’ to managing anxiety (see “Raising Children Network” in the online resources list below)
- If the anxiety is causing regular distress, or interfering with daily life, it may require some specialist support. Consider speaking with your GP or school counsellor about a referral to a private psychologist or other agency.

Helpful online resources for separation anxiety:
Be with Me Today, O Lord.

May all I do today begin with you, O Lord.
Plant dreams and hopes within my soul,
revive my tired spirit:
be with me today.

May all I do today continue with your help, O Lord.
Be at my side and walk with me:
Be my support today.

May all I do today reach far and wide, O Lord.
My thoughts, my work, my life:
make them blessings for your kingdom;
let them go beyond today,

O God Today is new unlike any other day,
for God makes each day different.
Today God's everyday grace falls on my soul like abundant seed,
though I may hardly see it.

Today is one of those days Jesus promised to be with me,
a companion on my journey,
And my life today, if I trust him,
has consequences unseen.
My life has a purpose.

Amen

Greg Gilbert, Tony Gilbert and Frank Sells who completed the concrete entrance at the rear of the school. This area has been an eye-sore for many years and now provides a level access for vehicles and a reduced trip hazard for our students. The Community Council will plant trees along the back fence as well as install new seats for students to use during the school day and parents to sit at pick-up time.

You are invited to the opening of the Judith Wright Gardens on Sunday May 17 from 12 noon until 2:30 pm at Flood Creek at the end of Garvey Street. As part of the 2015 Two Fires Festival there will be tree plantings a celebration and naming of the Judith Wright Gardens and a hot lunch.

School Fees are due for payment by tomorrow at the latest unless you have contacted the office and made arrangements for a payment plan.

May is the month of Mary.
To honour the mother of Jesus this month children are encouraged to say the Rosary. All children are given a set of Rosary beads when they join the St Bede’s community. Rosary Beads are now for sale at the office for any child who has misplaced or broken their set. Plastic beads are $1 and more sturdy metal sets are $7.

St Bede’s Parish News
Mass every Sunday 10am

St Vincent de Paul Society – Braidwood Conference
Our contact number is 0435 856 541 and office hours are:
Fridays: 11am – 1pm located at the back of the Presbytery.

Australian Red Cross BLOOD BANK
Will be visiting Braidwood Monday 18 May 9.30am—3.30 pm—cnr Wilson St & Kings Hwy. Phone 13 14 95 to make an appointment.
Trivia Night

Have you organised your table and friends for the Trivia Night?

- **When:** Saturday 30 May
- **Time:** 6.30pm
- **Where:** School Hall
- **Cost:** No Charge—Just bring your own drinks + a plate to share with your table

Get your thinking caps on, prepare for battle & look forward to a evening full of laughs. You can organize a team or simply join a table on the night. Like last year, baby-sitting will be available for all Primary school—age children.

To book your table or to be placed on a table please contact Kelly Bunn (0403 326 747).

Some Trivial Facts

- Forest covers one quarter of Russia.
- Muhammad is the world's most common first name.
- During world War Two, Oscars were made of wood because metal was scarce.
- In the 1830's ketchup was sold as medicine.
- Scissors were invented by Leonardo da Vinci.
Please consider giving up a few hours of your time on a Friday to help in canteen. It has been decided this year that canteen will not run unless there are at least 2 volunteers.

*Note:* Please clearly mark on a lunch bag your child’s name, class and order. Please provide correct money if possible. For hygiene purposes please wrap the money in foil or Glad Wrap and place in lunch bag.

**Canteen Roster Term 2—2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 May</td>
<td>9am to 10am</td>
<td>Kelly</td>
<td>Janine</td>
</tr>
<tr>
<td>22 May</td>
<td>10am to 11am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 May</td>
<td>11am to 12pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 June</td>
<td>12pm to 1pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 June</td>
<td>1pm to close</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19 June</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26 June</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Uniform Pool**

There has been a rush on uniform pool items and stock is running low. Jumpers, ties, girls’ winter tunics and boys navy pants are particularly scarce. If you have any surplus items, they’d be very gratefully received...just drop them at the office. And if you’d like to have a look at what is available, call Narelle (0425 218 201) or Lisa (0424 243 194).

**Dear Parents**

St Bede’s is having a street stall on Thursday 21 May, starting at 9am. Donations of baked goods, jams, pickles etc. would be greatly appreciated and can be left at the school on Thursday morning in the canteen. If anyone could spare an hour to work on the stall your time would be greatly appreciated. Please place your name below in the allocated spot and return to the front office or phone Janine Hindmarsh on 0428 471 160.

Many thanks St Bedes Community Council