

90 Seconds with the Principal

[Watch Video](#)



Dear Parents,

Numeracy @ MTP is a website that has been designed to assist mathematical thinking and numeracy development at home.

Click [here](#) to go to the website.

This resource is comprised of three key elements:

MTP's Numeracy Goal & Addition and Subtraction Strategies

What are the mathematical strategies that your children engage with each day?

This page gives an overview of our school's numeracy goal and a student-led explanation of the strategies that will help our community achieve success.

How can I prepare my child for primary school mathematics?

As the title suggests, we believe that mathematical thinking and attitudes begin to form before kindergarten. This is the essential guide to support parents of preschool children.

Learning @ Home Activities

Within are some activities and questions aimed to enhance the mathematical thinking and conversations at home.

Chris Maguire

Will you be here in 2017?

As we prepare to plan for 2017, we are asking parents that if their child is not returning to school next year, could you please inform the office in writing by the end of next week.



The Servant King

This coming Sunday is the Feast of Christ the King. Not a king of power, of greed or oppression, but a King of love. A king of service and sacrifice. Jesus teaches us that to be great we must be humble, to be first we must put ourselves last, to live forever we must first die to ourselves. This is a big ask in a world of 'me' selfies and raging consumerism. Where our precious planet is seen as just another commodity to be used and discarded. "Then the king will say, whenever you

did this for the least of my people, you did it for me"

Whose feet can I wash today?

Maria Boyd REC

Reminder for our school community :

If, at any time, you find that you have a concern with the school, you are encouraged to come to the school and speak with the teacher/s, assistant principal and/or principal, to identify your concern. It is our aim to work with all members of our school community to ensure that we do the very best to provide a productive, safe and enjoyable learning experience for our students and professionally fulfilling experience of our staff.

Supervision

Morning supervision begins at 8.05am. Some mornings children are arriving at school before this time. If you need to drop your children early in the morning due to work commitments please look into before school care.



"Holiness is not the luxury of a few. It is everyone's duty: yours and mine."

St Mother Teresa

Important Dates:

- **Wednesday, 30th November**

Celebration of Learning
4:30pm - 6:00pm

- **Friday, 9th December**

Yr 6 Graduation
6:00pm - 8:30pm

- **Friday, 14th December**

End of Year Mass
10:00am - Morley Centre

Tuckshop-2-U

"In purchasing your child's tuckshop order online through Tuckshop2U, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier."



Building parent-school partnerships

WORDS Michael Grose

How to encourage kids to be problem-solvers



When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scared cats?

Here are six practical ideas to get you started.

1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... How to encourage kids to be problem-solvers ...

5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



Sacred Heart Westmead - Social Outings

A change is they say, as good as a holiday. With that in mind our parish is embarking on a new journey of discovery - well several in fact. More like a series of adventures as we take the high and low roads together exploring some of the wonderful places that are to be found in and around Greater Sydney.



Tuesday 6 December: Shrine of Our Lady of Mercy, Sutton Forest - \$15 per person

Departing 9.30am - Includes coach travel, morning tea, self-guided tour of the grounds and shrines. Everyone will need to bring along their own picnic lunch to enjoy in the park. Returns, approximately 4pm. Bookings close: 29.11.16

Book early as places are limited. Return the booking form to the parish office with payment details in the envelope provided (in church) or call in business hours on 9635 9262, Email. office@sacredheartwestmead.com.au.

Tuesday – Friday: 10am – 4pm