Dear Parents,

Exhausted, stressed and depressed children. Frantic parents desperate to make their children succeed. This is a worrying aspect of modern parental anxiety about children and over-identification with children’s performance. These harried children are more likely to suffer from profound feelings of insecurity and anxiety in later life, no matter how successful the after-school tutoring, fish oil tablets, baroque music and homework done by parents have made them. When does normal parent help and support become a takeover, with the underlying message to children that they are not clever enough to stand on their own two feet and do things themselves? Experts offer some advice which may come as a relief to parents as well as children.

- **Appreciate your children** as they are. Keep your ego and feelings of anxiety to yourself.
- **Basic warmth** between a parent and a child—hugs, kisses, listening, words of empathy, laughter—is the first pillar of parenting.
- **Stand back** a step. Support, applaud, assist, but don’t hover anxiously like a ‘helicopter’ parent. Parents don’t need to become over-involved to the point of obsession in their children’s academic or sporting performance. Never be tempted into doing their schoolwork yourself.
- **Keep your expectations high** but realistic. Accept that most people are average yet still manage to lead happy, productive lives. Good behaviour and manners, a positive attitude and conscientious work habits will help most children do well at school and in life.
- **Reassure** your children that they can’t be good at everything. Then give them the space to discover and develop their own strengths. Admire the achievements of other people’s children without trying to make your children emulate them—or feel inadequate if they can’t.
- **Avoid** living vicariously through your children. Be proud of them but resist the temptation to boast or to pull strings. Let your children be themselves, not the perfect child you wish you had been yourself. You can’t relive your life through them.
- **Discipline is vital** but doesn’t just mean punishment. Be consistent—that helps children develop self-control. Live according to the values you preach to them.
- **Don’t damage** their self-esteem by criticising their efforts too often. Insecure adults, however successful, often had parents who were controlling, competitive and judgemental.
- **Respect** their individuality, especially those characteristics that make your children different from you. Don’t reject them—that feeds self-hatred.
- **Spend time** together. Eat your evening meal together as often as possible. Involve your children in as many rituals as possible—worship, sports, visits to grandparents, birthday celebrations, family get-togethers.

Student half yearly reports go home this Friday. Please take the time to go through this report with your child. Focus on the areas of strength and the direction of their future learning. There should not be any surprises as your child’s progress was discussed earlier this term at our parent/teacher/student conference. If you have any major concerns regarding your child’s progress and these were not addressed at that meeting, please contact your child’s teacher.

Wishing you every blessing for the week.

Danuta Maka
Mass Sunday 23rd June
Bishop Anthony will be celebrating the 10 am Mass on Sunday, 23rd June. Eucharist Ministers will not be required at this Mass.

Children's Liturgy of the Word
Children's Liturgy will be on this Sunday 23rd June during the 10 am Mass.

Reconciliation Preparation 2013
Important Notice
Families with children who turned eight or are in year 3 and above and wish their child to participate in preparation for the Sacrament of Reconciliation will need to attend one of the two registration evenings to be held on Monday 15th July or Tuesday 16th July at 7.30 pm in the Church. Parents will need to bring a copy of their child’s baptism certificate (not original) so as to complete the registration process. The cost will be $20 per child or $30 for two or more children in one family. If you have any queries please do not hesitate to contact the parish office on 9639 0598. Reminder letters have been sent home with Year 3 children and are available from the front office for any other families who need them.

Volunteers Required Reconciliation Preparation 2013
We are seeking Facilitators for our Parish/School Community. The programme commences on Monday 5th August. Training will be provided for all volunteers at the Facilitators Meeting, to be held on Monday 29th July at 7.30 pm in the Downey Room. If you are able to offer your help for our Parish Based Reconciliation Programme which runs for one evening per week for three weeks, please contact the parish office on 9639 0598.

David Ison
Religious Education Coordinator

DATES TO REMEMBER
Fri 21 June Year 4 Eucharistic Liturgy – 10.15 am in the Church
Fri 28 June Whole School Celebration of St Peter and St Paul Eucharistic Liturgy – 10.15 am in the Church
Term 2 Finishes
Mon 15 July Term 3 Commences—all students
Mon 15 July Reconciliation registration evenings - 7.30 pm in the Church
Tue 16 July
Fri 26 July Grandparent’s Day
Memorial of Sts Joachim and Ann—Eucharistic Liturgy – 10.15 am in the Church
Moring tea—11.00 am in the School Hall

UNIFORM SHOP
Thursday 27th June, 8.30-9.30 am
Thursday 18th July, 8.30-9.30 am

Jackets
Could you please check that your child’s jacket is clearly labelled as there are a number of children losing jackets.
Could you also check that your child has taken home their own jacket as sometimes the wrong jackets are being taken home by mistake.

Thank you.

Joanne Angseesing
**SPORTS NEWS**

Well done to the four St Michael’s students who last week represented the Parramatta East region and competed at the CPS Cross Country at Eastern Creek. Their results are below:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>16th</td>
<td>Robert Attard</td>
</tr>
<tr>
<td>42nd</td>
<td>Samuel Horner</td>
</tr>
<tr>
<td>4th</td>
<td>Thomas Knez</td>
</tr>
<tr>
<td>8th</td>
<td>Anneke van Zogel</td>
</tr>
</tbody>
</table>

Particular congratulations to Thomas who now qualifies to represent Mackillop at the NSWPSSA Cross Country. The Parramatta East team for his age group were also the champions and he will receive a medal to recognise this.

**Paul Kelly Cup AFL**

Last Thursday the boys AFL team competed in the Paul Kelly Cup Sydney West Regional Final. The boys made a great start to the day winning their first few games to top their pool and progress to the semi finals. They played very well and their team work and sportsmanship stood tall as they also won their semi.

This took them through to the grand final where once again we faced Kings Langley (who beat us by 20 points in the grand final of the hills zone Paul Kelly Cup). The boys continued to show their great team spirit and lead the match into the final minutes. Unfortunately Kings Langley kicked into the lead and won the game by less than a goal.

Well done on a great competition boys, you improved a lot through the training sessions two days of competition. A big thank you to Mr Nostalgi and Mr Pellegrini for coaching the boys I’m sure they would not have had the same success without your help.

*Steve Kovels*
*Sports Coordinator*

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**ACTIVE GOODNESS**

- Grand Opening Special -

- Do you lack motivation and willpower?
- Would you like to exercise with a friendly group who are at the same training level as you?
- Would you like to stay warm and fit this winter?
- Can you afford just $60 for 12 weeks?

Then, join ‘Active Walkers’ this June, July and August!

Follow these easy steps to start power walking with us:

1. Phone Alison on 04 888 999 75 or email to join at eglezos@activegoodness.com.au
2. Meet every Saturday at 7:00am in Castle Hill or Wednesday at 8:30am in Dural, where you can store and lock your keys and valuables.
3. Power walk for 1 hour through the lovely Hills area.

Your $60 will include:

1. 12 x 1-hour power walking sessions under the supervision of Alison Glezos - Dip Ed (ACU), Cert III, Cert IV (AIF) Master Trainer & Class Champion 2013.
2. Active Goodness T-shirt to wear with your group.
3. Advice on good nutrition emailed to you weekly.

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**SOCIAL SKILLS PROGRAM**

The social skill for next week is:

**FRIENDLINESS**

Being kind and welcoming to all others.

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**SYMPATHY**

Please keep in your prayers the Olic family, Amalija 3N and Charlize KB on the passing of their grandfather last week. Eternal rest grant to him, Lord. Let Your perpetual light shine upon him. May he rest in peace. Amen.

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**Twilight Fair—Hoopla!**

**Bring in day Monday 24th June**

Please support the fair by participant in the first bring in day! Items need to be NEW

**Some ideas:**
Small soft toys no larger than 14 cm, yo-yos, playing cards, pens, pencils, erasers, notebooks, hair ties, toy cards, makeup, bubbles just to name a few.

Without your help and support the fair would not be possible. Thank you
NEWS FROM CLASSROOM 3M AND 3R

Year 3M and 3R have been using ipads in Science this week.

We have been using an App called Educreations. The App allows us to research information about our unit “Melting Moments”. We can also write or type information we have learnt, take photos, add pictures, record our voices and create a flip book of all the things we have learnt this term in Science. We worked in pairs and had a lot of fun. We shared our flip-books in groups. It was interesting to learn what other people found out and to see how they used the App in a different way. Here are some examples:

NEWSLETTER

A number of emails are being returned undelivered. If you have changed your contact details please contact the office and we will update our records.

Sometimes emails remain undelivered due to website servers blocking attachments or inboxes being full. The newsletter is updated on our website every Thursday afternoon if you experience non-delivery to your inbox www.stmichaelsbhills.catholic.edu.au