

# Concern

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St Patrick's School Vision



*To provide quality education for our students and the wider community*

*To provide a faith filled learning experience for our students*

*That all staff will have a shared belief and understanding regarding effective teaching and learning practices.*

## The Importance of Optimism



There is no denying that last school term had its challenges, with many families impacted by COVID-19, students adapting to the wearing of masks and parents severely restricted in their ability to participate in school activities. This week, we embark on a new school term and I am very optimistic that this term will be a much better one for all of us at St. Pat's.

The habit of optimistic thinking is a very important habit for our children to develop. The benefits of an optimistic mindset are proven to include:

- Development of mental and physical resilience
- Better physical health and a stronger immune system
- A greater sense of joy and contentment in everyday life.

While it's true that some people are naturally and inherently more optimistic than others, it is also true that all people can take action to increase their ability to think optimistically.

So what do optimistic people do? Experts claim that the real difference between optimists and pessimists isn't in their level of happiness or in how they perceive a situation, but in how they cope. Optimists do acknowledge negative events, but they are more likely to avoid blaming themselves for the bad outcome, inclined to view the situation as a temporary one and likely to expect further positive events in the future.

If you are interested in developing your own sense of optimism, or that of your children, try these tips (taken from <https://www.nbcnews.com/better/health/how-train-your-brain-be-more-optimistic-ncna795231>):

### 1. 'Try On' a Positive Lens

Yes, shifting your perspective is as easy as consciously thinking happy thoughts. For those who have historically tended to be pessimistic, they habitually view things as negative. They can challenge themselves to always consider that there may be another way of looking at things. Experts refer to the tactic as "positive reframing."

For example, if a person expresses that an entire day was ruined because it was dark or rainy outside, they could be challenged to focus on what may have been gained during that time. Often, they will reply that they did end up spending time indoors relaxing, reading or cuddling up to somebody they love. Instead of looking at events in the most negative possible light, make an active effort to 'try on' positive lenses as much as possible. After a while, this will become effortless, a more automatic and optimistic frame of mind.

## **2. Take Note of the Company You Keep**

We all have those friends who are chronic complainers or gossipers. After spending a few hours with them we find ourselves jumping on the Debby Downer bandwagon. It's clear: Negativity is contagious.

Luckily, positive emotions can be contagious, too. Research has found that happiness may be a collective phenomenon: Having a happy spouse, or a friend or neighbour, who lives within a mile of you appears to increase the probability that you will be happy as well. Which means it's time to add some optimists to your network.

## **3. Turn Off the News**

Five minutes of the morning news is enough to send anyone's mood in a downward spiral. The news and current state of media and politics can make it very hard for people to be optimistic. The reality is that the moment you turn on the news or read the paper, you are likely to be barraged with negativity and a bleak outlook on the world. This, however, is an imbalanced view on the world, so experts suggest that people try to limit their consumption of the news. Perhaps allow yourself just enough time to learn the news, after which you turn off the media and instead spend time doing activities that help maintain your health and a positive outlook. If you feel a need to process the current state of political or world affairs, you may want to consider having a healthy discussion about it with a friend or family member; this still allows you to absorb the information but can also offer you a good level of discourse and balanced views on the news.

## **4. Write in a Journal for a Few Minutes Each Day**

Researchers define gratitude as the appreciation of what is valuable and meaningful to oneself, or a general state of thankfulness — no doubt a mental state that fosters an optimistic outlook. But it can be easier said than done to remain grateful throughout day-to-day stressors. A smart way to ease into it is by journaling, a popular technique for cultivating gratitude that takes just minutes each day. Writing down what you are grateful for is linked to greater feelings of optimism- they don't need to be things of great significance- you might just be grateful for your morning coffee. While you have your journal open, jot down some of your accomplishments as well. It may sound corny but start acknowledging your personal and professional achievements. Doing so creates a sense of self-esteem and healthy self-esteem builds confidence. When you feel confident, you feel much more optimistic about life.

## **5. Acknowledge What You Can — and Cannot — Control**

While some people may be unable to deal with uncertainty, positive individuals are able to adapt and thrive. Accept what you can and cannot control in the situation. For example, if you lose your job, you cannot control the fact that you were fired or laid off. You can control whether you take steps to find a new job as well as whether you take care of yourself with proper nutrition and sleep. Practicing mindfulness is a great way to help combat the tendency to ruminate over daily stressors, which is a breeding ground for negativity. We often ruminate endlessly without really focusing on the task at hand. If you can learn to be in the present space (while allowing other thoughts to enter your brain but then pushing them gently away) without judgement or thought about past or future, you will find that there's less room for pessimism.

## **6. Don't Forget to Acknowledge the Negative**

It's important to remember that making an effort to be more optimistic doesn't mean walking around wearing rose-coloured glasses. While it's good for our mental health to see the positive in situations, not acknowledging the negative can hinder you in the long run. Optimism can be detrimental if it keeps you locked into fantasy and you are in denial about your current reality. You may be optimistic about finding a more lucrative job or loving relationship, but if you do not address the issues that are keeping you from those goals, you will not be able to create what you want. A combination of optimism and realistic thinking help people navigate through life. Realistic thinking does not mean never seeing the bright side of life; not at all. It is simply a way of supporting your optimism with the action steps so that you can create a positive future as opposed to being stuck in fantasy.

### **Sacramental Commitment Mass- Sunday 1<sup>st</sup> May, 10.30am**

This Sunday, any students receiving a Sacrament this year (Reconciliation Year 3, First Communion Year 4, Confirmation Year 6) should attend the Sacramental Commitment Mass at 10.30am. At this Mass, the parish and school communities will be able to pray for these candidates, as they embark on their sacramental preparation. All families are encouraged to attend, to show support to these children.

### **P&F Meeting- Monday 2<sup>nd</sup> May**

Our first P&F Meeting will be next week, on Monday 2<sup>nd</sup> May, at 7.00pm in the school library. It's important to know that our P&F Meetings can be attended by any parents in our community. It is a great way to find out a bit more about what happens around the school, while getting to know your fellow parents over a refreshment or two. If you haven't been before, why not recruit a friend or two and come along- we really would love to see some new faces in attendance.

### **Welcome Jay**

We welcome a new student, Jay Garlick, who has moved to Katanning from Toowoomba in Queensland. We are so excited to welcome you and your family to our school Jay and we are sure you will settle in well. I hope you packed a jumper!

### **Congratulations Kaea Family**

Congratulations to Manny and Cao on the recent arrival of a new baby brother. What a very special time for your family and we wish you all the very best. We can't wait to meet him!

### **Mothers Day Celebrations at St. Pat's**

Next Friday, the 6<sup>th</sup> of May, we are so excited to celebrate Mothers Day with some special events for the mums at the school. Please check your child's bag tomorrow for your invitation- I really hope lots of mums can make it.

### **Canteen**

Our wonderful canteen opens again for recess this Friday. Next Tuesday, students may order their lunch. With this newsletter, you should find a letter regarding volunteering in the canteen. Please assist if you can- our canteen can only function because of our generous volunteers.

### **Cross Country Training**

We look forward to our Faction Cross Country Carnival, which will be held on Monday 23<sup>rd</sup> May. As part of our preparation, there will be optional before-school training sessions for students in Year 1-6 at the Katanning Country Club. These sessions will begin at 8.00am each Friday morning, beginning this Friday, with the final session being on Friday 30<sup>th</sup> May. Please note that children attending will need to have a parent with them and that parents will be responsible for transporting their child back to school at the end of each session. I hope to see many of our budding young runners this Friday morning!!

### **Congratulations Macey!**

Well done to Macey Marwick, our latest worthy winner of Patrick the Python, for showing our MJR values. Macey's attitude, manners and behaviour are an outstanding example for all of us to follow. Well done Macey!



## Term 2 Calendar

With this newsletter, you will find another copy of the Term 2 Calendar. I encourage you to check over it and keep note of any important dates, as we look forward to another great term of events and activities.

## ANZAC Day- Special Assembly and Morning Tea

Thank you to Miss Monty and our Year 5/6 Class, for leading us in an excellent ANZAC Day Assembly yesterday. Thank you also to those parents who attended the Assembly and stayed back to enjoy some morning tea. It was so wonderful to see our parents reconnecting as we welcomed them back on to our school site for the first time in quite a while.

## Winter Uniform- Terms 2 and 3

A reminder that on Wednesdays and Thursdays in Term 2 and 3, students should wear Winter uniform please- see image below. The first week of term, we do allow some transition time, but it would be appreciated if all students could be wearing correct uniform as of Week 2. Please see us in the office if we can assist you with uniform items.

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### Winter Uniform



#### Boys

- Grey short sleeved shirt
- Grey trousers
- Grey school socks (yellow and blue stripes)
- Black school shoes
- School woollen jumper
- School hat
- May wear shorts
- Rain jacket optional

#### Girls

- School dress (knee length)
- Navy school stockings
- Black school shoes
- School woollen jumper
- School hat
- Rain jacket optional
- May wear white socks instead of stockings
- Alternative - Long sleeved light blue shirt with royal blue pants (not pictured)

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Kind regards

A handwritten signature in blue ink that reads "Brett Wilkie".

Brett Wilkie  
Principal