



Holy Trinity School Granville Newsletter



Term 2 Issue 8

7th June, 2019

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STAFF DEVELOPMENT DAY
FRIDAY 28TH JUNE
NO SCHOOL FOR STUDENTS

Dear Parents and Friends,

Helping kids feel good by doing good by Dr Justin Coulson

We all want our kids to feel good. Ice cream, days at the beach and play dates may bring kids joy, but once they're finished the good feeling often disappears.

These feel-good activities give kids a rush of euphoria, but leave them craving for more. This can lead to an addictive cycle known as 'the hedonic treadmill' where one cookie isn't enough. They'll need two. Maybe the next week, they'll need three.

Good deeds

Doing good, however, is the key to living a more meaningful and happier existence. The ancient Greek philosophers Plato and Aristotle knew it was true, and modern research bears out the fact altruistic behaviours are associated with better wellbeing, health and longevity. In short, we feel good when we do good.

Kind Kids

Every parent wants happy kids. The easiest way to help kids attain happiness is to encourage them to be kind. Many studies show that our kids want to be kind. They know it makes them happy! Research shows that children from as young as fourteen months want to help others achieve individual goals and cooperate with others to achieve shared goals. This desire to help is something they're born with – even that child of yours who doesn't seem to want to help anyone!

A recent landmark study showed even very young kids find helpful and kind acts to be intrinsically rewarding. Two year olds showed greater happiness when they gave treats to others, compared to when they received treats themselves.

Teaching Our Kids to Do Good

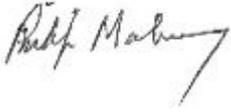
If kids want to help because it helps them feel great, it's our job to help fulfill this natural inclination by guiding them to age-appropriate opportunities to do so.

Here are 5 ways to do just that:

- 1. Role model helpfulness and kindness.** Children and teenagers learn to be helpful and kind by copying the significant adults in their lives.
- 2. Encourage them to perform small acts of kindness.** Being kind, giving a compliment, helping to tidy up- these small acts are just as powerful and effective as larger tasks such as mowing the lawn for a neighbour.
- 3. Make helping a family project.** Get your kids involved when you take a meal to a family who have just had a new baby, or visit a sick friend in the hospital.
- 4. Be a good neighbour.** Help your kids learn to keep an eye on others, whether it is a neighbour, or a boy on their sports team. Teaching your kids to notice what's going on in the lives of people in their community promotes awareness and empathy.
- 5. Be grateful.** Expressing gratitude is one of the best ways to do good. In fact, nothing can improve your life (and the life of others) like gratitude.

Doing good deeds is what makes us human. It lifts burdens from others, and lifts us by activating the joyful part of our brains. Teaching your kids to do good is the best way to help them have lasting 'feel good' feelings. Of course, they should eat cake too. Even better, share it with a friend for a lasting feel-good effect.

Love Serve Hope



Philip Mahony
Principal

94.5%
Attendance
week ending
31/5/2019

KINDERGARTEN ENROLMENTS 2020



If your child turns 5 by 31st July 2020, they should enrol for school for next year.

Please collect an enrolment package from the school office and return the completed forms with all the required documentation now.

Interviews are underway and places are filling up quickly.

Friday Afternoon Assembly

Parents are welcome to join us for Friday afternoon assembly when the 'Students of the Week' awards are announced. The dismissal gate will open at 3:00pm but children are not permitted to leave with parents until the bus students have left and the other children have been dismissed after afternoon prayer.

School Zone Reminder

School zones are in place for the safety of our children and families.

Please be aware of the "No Parking" times in front of the school. During morning drop off, drivers should remain with their car and move off once the children have left the car.

Birthday Celebrations

Congratulations to the following students who celebrate their Birthday in June:

Jennifer, Joachim-Cruz, Leya, Gabriel,
Ricky P, Timmy, George Y, Lotus,
Malia, Will, Elly

Parish Fair - Sunday 16th June - Wristbands for Sale

Paulette Zaiter will be at the school on Tuesday and Thursday from 3:00pm next week and the following week selling the wristbands for the Parish Fair. The wristband prices are as follows;

Ride bands - \$20 each (\$25 on the day of the fair) for unlimited rides (excluding dodgem cars)

Games bands - \$20 each (\$25 on the day of the fair) for laser tag, bumper ball, hamster ball, and games theatre with Playstation and Xbox games

Please Note: Canteen will be open at school for breakfast on the morning of the Athletics Carnival - Monday 17th June



Student of the Week **Week ending 7/06/19**



| | | |
|--------------|---|---------------|
| Kindergarten | - | Mikhaela D |
| Year One | - | Olivia S |
| Year Two | - | Emily S |
| Year Three | - | Christopher A |
| Year Four | - | Ariz H |
| Year Five | - | Luv R |
| Year Six | - | Malia T |



Calendar Dates

| | | |
|---------------------|---|---|
| Sunday 9th June | - | Pentecost Sunday |
| Monday 10th June | - | Public Holiday - No School |
| | - | Year 5 Learning Day at Delany |
| Friday 14th June | - | Mass for Holy Trinity - 10am |
| Sunday 16th June | - | Parish Fair - 11am to 3pm |
| Monday 17th June | - | Athletics Carnival at Wyatt Park Auburn |
| Wednesday 19th June | - | Stage 3 Boys Soccer Gala Day |
| Wednesday 26th June | - | Confirmation at Holy Trinity Church |
| Thursday 27th June | - | Kinder Assembly |

Important
Dates

Celebration of Learning 31st May 2019

Congratulations to all the children who were recipients of Merit Awards

| Year | Safe | Respectful | Learner |
|----------|------------------------|------------------------|--------------------------|
| K | Roshav S Aleeah R | Darren G Mikhaela D | Samipya P Abigail D |
| 1 | Elon E Vincent W | Aashna C Grizelda T | Jabbra A Isabelle G |
| 2 | Marielle B Sophie Y | Yousef A Precious D | Alan N Michael E |
| 3 | Charles B Jacob G | Faith T Olivia C | Logan C Aliya |
| 4 | Sarah N Noel E | William B Mia S | Jazzlin D Hannah J |
| 5 | Helena S Dylan H | Alvin C Daniella R | Christabelle A Joel B |
| 6 | Lachlan T Cassidy L | Dylan C Timmy N | Alethia S Victoria B |





DELANY COLLEGE BRINGS TO YOU

MULTICULTURAL DAY 2019

**June 28, 2019 | 3 - 6PM
Delany College Granville**

**Enjoy great rides, awesome food from
different cultures,
and the coolest performances!**