Principal’s Message

Dear Parents,

Last Monday all our classes performed at the Launceston Speech Competitions. I would like to thank Miss Jess Edwards for all her work in preparing all our students to participate. St Finn Barr’s is the only school that enters all of our classes in the Competitions. It is an opportunity for our students to perform to the public in a venue that is different to what they normally experience. It was great to see the excitement and enthusiasm of so many of our students prior to, and after their performance.

On Friday the Catholic Conference was held jointly in both Launceston and Hobart. The topics covered varied widely and were designed to challenge our thinking and practices as educators in Catholic Education. One speaker was Dr Richard Chambers, clinical psychologist, whose lecture was entitled, “To Work, Teach and Lead for Wellbeing”, was fantastic. He spoke about the importance of Mindfulness and being present in the moment. (http://www.drrichardchambers.com/). “Mindfulness is being engaged and present in each moment of our lives. Bringing an attitude of curiosity, acceptance and friendliness to whatever is experienced, rather than habitual patterns of judgment and criticism, improves our wellbeing and performance. Life becomes richer and easier.

Life is speeding up and getting busier. We are bombarded with countless distractions, including of course, digital technology. These things encourage distractibility and reactivity, leading to stress and impaired performance. Operating on ‘automatic pilot’, habitually scanning for problems in the past and future, and getting caught up in self-criticism, all activates the amygdala (the brain’s ‘fear centre’). This can lead to stress, anxiety, depression, ADHD and other mental and physical health problems, as well as problems at work and in our relationships.

Mindfulness offers an effective antidote. We can train ourselves to be more engaged and present through practice, and anything we practise, we get better at. When we do even small amounts of mindfulness meditation (attention training) regularly, we retrain the habit of distractibility and become more focused. We can also cultivate attitudes like curiosity, patience, nonjudgment and self-compassion. This rewrites key parts of the brain, such as the prefrontal cortex, which makes it easier to be mindful during the rest of the day. This boosts our focus, memory and self-awareness, and improves our wellbeing, relationships and quality of life.
We also start to recognise that even though thoughts, feelings and experiences come and go, there is an awareness that doesn’t change. What is awake in us – that which is looking through our eyes and listening through our ears – is always there. Once we start to relax into this, we become less reactive and much more relaxed, compassionate and joyful. This is the ultimate goal of mindfulness.
http://www.drrichardchambers.com/mindfulness/what-is-mindfulness/

One of the recommendations was the need to stop and just me. A number of SFB staff spoke to me on the day as to the possibility of introducing meditation as part of our school day. This is an idea that we will progress. The App (http://smilingmind.com.au/) is free and many be the vehicle that we use to facilitate Meditation at SFB. It may be of interest to some of you as well.

Two of our Board members are due to end their Terms on the School Board this July. Information as to the role of the Board and the work involved will be supplied. Any of the current Board Members would be happy to discuss it with any possible interested parties. There is a process of approval for all applicants which includes all applicants being approved by the TCEO. If you are interested in serving on the School Board, please contact me or the Office.

Next Monday students from our Band Program will compete for the first time in the Launceston Music Competitions. This is a credit to the hard work and practice they have given in learning to play their instruments. This is the first time that any Primary Band has been invited by Fiona Mowat to participate in these Competitions and is a great achievement. I will let you know more after their performance.

This Wednesday the last sessions of the Family Life Program will be held. If you have feedback as to its positive aspects, successes and issues associated with the model of having classes do it together, please provide them as it will assist in the assessment and future planning for when we do it again.

Next week all classes will participate in the Fire Awareness Program. During the week there will be lessons for all classes as to Fire Safety and how families can prepare and ensure their safety. Please be aware of this and that your child/children will be no doubt talking to you about ALL the things you should be doing at home.

Have a great week.

Anthony Healey,
Principal.

Kindergarten Enrolments 2017
Kindergarten Enrolments for all Catholic Schools in Launceston are now being sought for 2017. If you have a child turning 4 this year you are reminded that enrolments for Kinder 2017 need to be in the office by this Friday. Our Enrolment forms are available from the school office or they can be downloaded from our school web page http://www.stfinnbars.tas.edu.au/contact-us/enrolment If you know of any families who are interested in Kindergarten for 2017 please ask them to contact the school office. Enrolment applications close on Friday 27th May, 2016.
Loving God,
Help us to open our hearts and minds so that we may be people of peace.
Help us to show acceptance, tolerance and understanding to those we meet.

We thank you for our family and friends.
We thank you for food, water and our homes.
We thank you for our school.
We thank you for making our lives special.
We thank you for always helping us and being with us.
We ask this prayer in Jesus’ name.
Amen.

Olivia, Lydia, Angus & Lincoln at their Reconciliation

**Confirmation and First Eucharist candidates for 2016**

On Tuesday, 21st June there will be an Information/Registration evening at Sacred Heart Church, Newstead at 7:30pm.

For more information contact Rosie Caelli, Sacramental Coordinator, Catholic Parish Launceston acaelli@bigpond.net.au
Entertainment Books
The current books are about to run out on 31st May, so don’t forget to order your new book ready for all the new offers on 1st June. There are many offers you can use straight away and more offers are coming on board every week. Don’t forget that St Finn Barr’s gets $15 from every book we sell and this goes towards great projects like upgrading the Kinder area and other projects that benefit our school! Go to our dedicated website to order https://www.entertainmentbook.com.au/orderbooks/2411c77 Once there choose digital or book copy then follow the prompts at the bottom of the page to complete details and pay. The book will then be delivered direct to your child’s classroom - EASY. The digital version is also able to be downloaded onto two separate devices, giving you more flexibility and you have it with you at all times. For more details contact Maree Penton on 0417152266 or email pandf.sfb@catholic.tas.edu.au

Footy Margin Tickets
Tickets are still available. Contact Allison Woodland – 0408 175224 or leave $25.00 with your details at the office.

STUDENT NEWS

<table>
<thead>
<tr>
<th>Sport</th>
<th>Opponent</th>
<th>Ground</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football - Div 1</td>
<td>STM</td>
<td>SOC Bushby 2</td>
</tr>
<tr>
<td>Netball - Div 1</td>
<td>LAR</td>
<td>NTNA - CC2</td>
</tr>
<tr>
<td>Netball - Div 2 (SFB 1)</td>
<td>SHS 1</td>
<td>NTNA - C3</td>
</tr>
<tr>
<td>Netball - Div 2 (SFB 2)</td>
<td>SHS 2</td>
<td>NTNA - C4</td>
</tr>
<tr>
<td>Soccer - Div 1</td>
<td>LCGS 2</td>
<td>Birch Avenue 3</td>
</tr>
<tr>
<td>Soccer - Div 2 (SFB 1)</td>
<td>LCGS 1</td>
<td>Birch Avenue 1</td>
</tr>
<tr>
<td>Soccer - Div 2 (SFB 2)</td>
<td>LCGS 2</td>
<td>Birch Avenue 2</td>
</tr>
</tbody>
</table>

Student of the Week

<table>
<thead>
<tr>
<th>Grade</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>Harlam Van Der Voet</td>
<td>For always trying his best</td>
</tr>
<tr>
<td>Grade 1/2</td>
<td>Esther Hume</td>
<td>For the outstanding jobs Esther did during writing last week</td>
</tr>
<tr>
<td>Grade 3/4</td>
<td>Emily Reardon</td>
<td>For helping others with their work in the classroom</td>
</tr>
<tr>
<td>Grade 5/6</td>
<td>Shannon Kelly</td>
<td>For dedication to her work and her willingness to assist those around her</td>
</tr>
</tbody>
</table>
FLAWED ASSUMPTIONS, SIMPLISTIC COMPARISONS DISAPPOINTING

National Catholic Education Commission executive director Ross Fox says Fairfax Media reports this morning use flawed assumptions and simplistic comparisons to create a misleading picture of how Australian schools are funded.

“Discussion on school funding should be driven by facts, not by cherry-picking of data and flawed assumptions. Flawed analysis does nothing to support teaching and learning in Australian schools,” Mr Fox said.

“Australian schools are funded based on the needs of the students in those schools. According to the latest available data, government schools, on average, receive $12,100 per student from government. Catholic schools receive $10,000 and independent schools $8,200 per student.”

Mr Fox said today’s media reports selectively use the interesting – but limited – school funding data that is publicly available on the My School website to create a false impression that Catholic schools receive higher levels of funding than nearby government schools.

“Fairfax Media has used, in two states, a handful of schools – out of more than 9,000 schools across the country – and sought to claim non-government schools are overfunded,” he explained.

“The My School website can not give a full understanding of the drivers of school funding. As one example, the number of students with disability, who attract higher levels of government funding, is not listed on My School.

“A simplistic comparison of two nearby schools and their funding allocation without a deep understanding of the school context does not provide a true picture of funding.”

Mr Fox said there has been a narrowing of the funding gap between government funding for government and Catholic schools in recent years, but that has reflected student needs.

“The number of Aboriginal and Torres Strait Islander students in Catholic schools and the number of students with a disability have doubled over the past decade,” he said.

“The proportion of students in Catholic secondary schools has also increased relative to the government sector, and funding is higher for secondary students than primary students, driving up the per-student funding average.

“Despite those factors, among other drivers of school funding, Catholic schools still receive just 83 per cent of the per-student funding a government school student receives from the government.”

Support from state and territory governments, who are the majority funder of government schools, is also a factor in how government funding changes over time, Mr Fox said.

He explained the projections on future school funding cited by Fairfax are drawn from a seriously flawed report that assumed historical, needs-driven changes in school funding would continue in the coming years.

“The way the Commonwealth funds schools in Australia underwent significant change in 2014, so to assume that funding changes up to 2013 will continue under a new funding model is simply not credible,” Mr Fox said.

Mr Fox said that the funding model implemented by the Australian Education Act, in place since 2014, has seen government schools favoured in Commonwealth funding increases.

In the current Budget year, government school funding has gone up 9.55 per cent, while non-government school funding has increased 5.7 per cent. In 2016-17, government school funding from the Commonwealth will go up 11.7 per cent and non-government school funding 6.9 per cent.

“All Australian students should receive funding from the government that reflects their learning needs, regardless of which school they attend,” Mr Fox concluded.

CONTACT: Gavin Abraham • NCEC Communications Manager • 02 8229 0802 • 0408 825 788

Authorised by Ross Fox, National Catholic Education Commission, Level 3, 156 Gloucester St, Sydney
## May 2016

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>22 CANCELLED - Cross Country - Grades 3 – 6</td>
<td>23 Board Meeting @ 6:30pm</td>
<td>24 Family Life in School Session P-6</td>
<td>25 Uniform Shop Open 8:30 - 9:30 &amp; 2:30 - 3:30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Morning Prayer - Prep LM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## June 2016

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5/29</td>
<td>30 Fire Awareness Week - Prep to Gr 5 - Fire Department at School</td>
<td>31 Fire Awareness Week - Prep to Gr 6 - Fire Department at School</td>
<td>6/1 Fire Awareness Week - Prep to Gr 5 - Fire Department at School</td>
<td>2 Fire Awareness Week - Prep to Gr 6 - Fire Department at School</td>
<td>3 Fire Awareness Week - Prep to Gr 6 - Fire Department at School</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>6 Kinder Interviews - New Families</td>
<td>7 Kinder Interviews - New Families</td>
<td>8 Grandparents &amp; Families Mass</td>
<td>9 Gr 5/6 Winter Sport</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Morning Prayer - 1/2 AP</td>
<td>Strings Soiree</td>
<td>Bond Soiree @ 8:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13 Public Holiday - Queen's Birthday</td>
<td>NFLSA Cross Country Carnival</td>
<td></td>
<td>14</td>
<td>15 Cross Country - Kinder &amp; Prep - 1.20 - 2.40 pm</td>
<td>16 Gr 6 MJR Day</td>
</tr>
</tbody>
</table>

The School calendar is also available on our web page [http://www.stfinnbarrs.tas.edu.au/news-events/calendar](http://www.stfinnbarrs.tas.edu.au/news-events/calendar)

---

**CATHOLIC PARTNERS IN AUSTRALIA’S FUTURE**

In Tasmania more than 16,000 students attend 38 Catholic schools

Find out more at SchoolFundingFacts.com

[Adapted from National Catholic Education Commission Materials. Data Source: Tasmanian Catholic Education Office]
Dear Parents/Guardians,

This year the Sacrament of Confirmation will be celebrated on Thursday 15th September and First Eucharist will be celebrated in our Parishes over the weekend of Saturday 19th or Sunday 20th November. You may be aware that the two Sacraments are now celebrated individually, I am writing to invite you to register your child for the Sacraments and inform you of the Parent Information and Registration meeting to be held on:

**TUESDAY 21st JUNE**
7:30pm

*Newstead Church – corner of Abbott and Campbell Streets Newstead*  
*(near to St Thomas More’s School)*

The meeting is for parents, but if you need to bring your children, they are welcome. **If you are unable to make this meeting but want your child to be Confirmed and make their First Eucharist this year, it will be necessary to arrange a meeting on an alternative date** so that you will know what is involved for you and your child. **If this is the case, please phone or email me by Tuesday 21st June (6327 4067/ acaelli@bigpond.net.au)**

As you are aware, the preparation for Sacraments is now **family centred, parish based and school supported.** Because of the pivotal role that parents play in the preparation of your child for the Sacraments, children will not be able to prepare for the Sacraments if their parent/guardian has not attended the meeting. Godparents / Sponsors are also very welcome.

There is a cost of $20.00 for the Sacramental preparation. This can be paid at the meeting or sent to the Parish or School office. **If this fee causes difficulty, please let me know. Please bring a copy of your child’s Baptism certificate to the meeting (If you supplied a copy for Reconciliation last year, you need not worry this time.)**

I look forward to seeing you at the meeting and starting this special journey for your child, your family, and our whole Parish community.

If you have any concerns or questions, please don’t hesitate to contact me or your School’s Assistant Principal: Religious Education (APRE); Carolyn Symons at Sacred Heart, Alice Cannon or Carmen Aylott at St Finn Barr’s, and Julie Love and Kurt Atkins at St Thomas More’s.

Kind regards,

*Rosie Caelli*

Rosie Caelli  
Sacramental Team Coordinator
GRADE 5/6 STUDENTS AND PREP STUDENTS WORKING TOGETHER
COME AND TRY RUGBY 7s

7-a-side rugby will make its Olympic debut in Rio this year. Girls and Boys aged 12-17 are invited to try the sport in Launceston.

Time: 4:30 to 6:00 pm
Dates: Friday 20th May
Friday 27th May
Friday 3rd June
Friday 10th June
Friday 17th June
Location: Royal Park, Home Point Parade, Launceston
Cost: $35 per child (includes insurance)

We will have qualified rugby coaches to teach you how to play rugby in a safe and fun environment. The program will include skills sessions followed by friendly matches.

Please bring your mouth guard, water bottle, and your friends!

For further information please contact
Caitlin Ryan
Development Officer, Tasmanian Rugby Union
0447 264 391
caitlin.ryan@tasrugby.com.au