From the President...

Dear Parents,

As Term 3 draws to a close, I want to reflect over the activities of the Federation of P & F Associations in our diocese and bring your attention to some opportunities in Term 4.

It was wonderful to see so many parents and carers, staff and members of our broader community attend one of the three Dr John Irvine presentations held in Taree, Newcastle and Raymond Terrace. Thank you to the schools and the principals for allowing these events to be hosted in their schools.

Our 18th Annual Special Needs Mass was held in Forster this year with all schools in the Manning region supporting Holy Name primary school Forster as the hosting school. This Mass, celebrated by Bishop Bill, acknowledges the unique and special gifts each child brings to our school communities and the rich unity in diversity we share.

Our next Federation General Meeting will also include our AGM and is scheduled for the 25th October in Raymond Terrace. All parents and carers as well as Federation delegates, as part of their role, are encouraged to attend. These are great meetings that always feature speakers who share their knowledge about topics of interest to parents. Keep reading for further details.

We are delighted to be hosting a Spring Conference this year. It will kick off with a great chance to gather together and share a meal and celebrate Parenthood! The following day, we will travel to our newest school, St Aloysius in Chisholm to hear from Andrew Fuller – an internationally renowned clinical psychologist specialising in the wellbeing of young people and their families. More information is included in this newsletter.

Finally, the Federation of P & F Associations would like to extend to all Year 12 students the very best for the approaching HSC exams. To the parents, carers and families who have supported and reassured these young people – well done!

“Best wishes as you continue to grow and use the gifts and talents God has given you”.

Warm regards

Giavanna Angeli
Spring Parenting Conference 2015

You are warmly invited to attend one or both of these special events!

**DINNER EVENT**
An opportunity to gather and celebrate parenthood.
Enjoy a dinner with psychologist and parenting expert, Dr John Irvine and celebrate the partnership between parents and schools.

**Saturday 31 October**
6.30pm for 7pm
Green Room, Wests New Lambton
Hobart Road, New Lambton
Cost $30, includes 3 course meal.
Cash bar available.
Please advise of any dietary requirements.
Limited places available.
For tickets phone
Cath Garrett-Jones on
4979 1200
RSVP by 10 October.

**FREE EVENT**
PARENTING “SPRING CLEAN”
with psychologist and parenting consultant, ANDREW FULLER + other guest speakers.
Learn about:
- unlocking genius and managing behaviour
- resilient parenting
- transitioning to Year 7
- navigating social media
- studying and time management.

**Sunday 1 November**
9.30am for 10am start - 2.30pm
St Aloysius Catholic Primary School
24 Heritage Drive, Chisholm

Registration essential. Visit http://domn.link/1JzLPj2 to reserve your place today.

For further info contact
Cath Garrett-Jones
Parent Liaison and Resource Officer
P 4979 1200
E cath.garrett-jones@mn.catholic.edu.au
Federation
Annual General Meeting
(Followed by a General Meeting)

All Federation Delegates and parents and carers are warmly invited to attend these meetings to be held on:

Sunday, 25th October, 2015
10.30am - 2.00pm
St Brigid’s Primary School hall
William Street, Raymond Terrace

We will be joined by the Director of Schools – Mr Ray Collins who will provide the latest news from our Catholic Schools Office as well as great parent education support.

Linda McNeill – Executive Director CCSP will also attend to share with us the latest news and happenings from the state peak body representing the interests of ALL Catholic school parents in NSW/ACT

A delicious lunch and a chance to make new friends is an added bonus!

Please RSVP to Cath Garrett-Jones (for catering purposes).
P: 4979 1303       E: cath.garrett-jones@mn.catholic.edu.au
CCSP News

A contingent of CCSP members attended the Biennial CCSP conference hosted by the Lismore diocese 15-17 May 2015, held at Opal Cove Coffs Harbour. The conference was interesting and informative with keynote speakers Bruce Sullivan and Michael Grose speaking about resilience, Brett Lee spoke on cyber safety, and Fr Elio Capra spoke compellingly on family theology.

I was fortunate to attend the conference along with Cheryl Murphy, Jennifer Barrett and Cath Garrett-Jones.

I have also attended all CCSP meetings in Sydney, attending Thursday to Friday afternoon, once per term. In addition to that as part of the management committee, I have contributed to the Review of the CCSP being undertaken by Philomena Billington from “Ministry Without Borders”. Phil has a great deal of experience with parents as a former director of a Diocese, teacher and parent herself. She also has a heart for parents and the work of the CCSP. The review will be available at the AGM of the CCSP being 13 November 2015.

Bronwyn Melville, CCSP representative, Maitland-Newcastle Diocese.

Prayer for HSC Students

Today, let us especially pray for our young people as they begin the HSC. God we ask that they especially feel your closeness during the HSC exam period.
Give them calm hearts and quiet confidence in the knowledge that you hold them in the palm of your hand.
Bless them with keen understanding and retentive memory.
Give them the ability to grasp things correctly, be exact in their explanations and an ability to express themselves clearly.
Point out the beginning, direct their progress and help them in the completion of each of their responses.
Holy Spirit send them your gifts of wisdom and knowledge.
We ask this through Christ our Lord,
Amen
Useful links and websites....


- **My Big Tomorrow**
  My Big Tomorrow is a resource designed to help young Australians realise bigger life choices. Here you can discover your dream career, experience a day in the life of someone doing that job and find out how they got there. [http://www.mybigtomorrow.com.au/](http://www.mybigtomorrow.com.au/)

- **Catholic Schools Office – Diocese of Maitland-Newcastle**

- **Partners4Learning** – fabulous website for parents with children of all ages [http://www.partners4learning.edu.au/](http://www.partners4learning.edu.au/)

- **Better Together** - to assist Catholic school communities with their existing school advisory bodies and help those wishing to establish such a collaborative body. [http://www.btadvisorybodies.catholic.edu.au/](http://www.btadvisorybodies.catholic.edu.au/)

- **School A to Z**

- **ACARA website**

- **Latest CCSP Newsletter – hot off the press!**
From the Parent Liaison and Resource Officer...

One of the things I love dearly about my job is the ability to assist and support parents.

As a parent with children at different stages of schooling and also making their way in the world I often reflect over the changes in both my parenting and my children.

I can look back and see how some things weren’t nearly as significant as I had thought and others...well, what I wouldn’t have given for a crystal ball!

Through all of this I have been so very fortunate to have great support from trusted and wise friends. They had “been there and done that” and my issues weren’t as daunting after a chat with them.

It is my sincere hope you will come along to our Spring Parenting Conference on 1st November to be held at St Aloysius in Chisholm featuring Andrew Fuller as the key note speaker. We look forward to gathering together - some of whom will have trodden the parenting path for some time and others who are just stepping out.

As families in Catholic schools, we are journeying together and an opportunity to take time to reflect, listen and draw strength from each other is something to cherish!

Take care,

Cath