Dear Parents and Caregivers

This week I share with you a passage from 'The Gift of Imperfection' by the researcher, Brene Brown. In this extract, Brene writes about her research into living a wholehearted life and at one point refers to her own breakdown which brought her findings very close to home. I share this particular passage with you because she makes a lot of sense and there is such a need, today, for the approach she advocates, but I’ll leave the explanation to her:

‘One of the greatest barriers to the practice of compassion is the fear of setting boundaries and holding people accountable. I know it sounds strange, but I believe that understanding the connection between boundaries, accountability, acceptance, and compassion has made me a kinder person. Before the breakdown, I was sweeter – judgmental, resentful, and angry on the inside – but sweeter on the outside. Today, I think I’m genuinely more compassionate, less judgmental and resentful, and way more serious about boundaries. I have no idea what this combination looks like on the outside but it feels pretty powerful on the inside.

During the interviews, it blew my mind when I realized that many of the truly committed compassion practitioners were also the most boundary-conscious people in the study. Compassionate people are boundaried people. I was stunned.

Here’s what I learned: The heart of compassion is really acceptance. The better we are at accepting ourselves and others, the more compassionate we become. Well, it is difficult to accept people when they are hurting us or taking advantage of us or walking all over us. This research has taught me that if we really want to practise compassion, we have to start by setting boundaries and holding people accountable for their behaviour.

We live in a blame culture – we want to know whose fault it is and how they’re going to pay. In our personal, social, and political worlds, we do a lot of screaming and finger-pointing, but we rarely hold people accountable. How could we? We’re so exhausted from ranting and raving that we don’t have the energy to develop meaningful consequences and enforce them. From

Washington, DC, and Wall Street to our own schools and homes, I think this rage-blame-too-tired-and-busy-to-follow-through mind-set is why we’re so heavy on self-righteous anger and so low on compassion.

Wouldn’t it be better to be kinder but firmer? What would our work and home lives look like if we blamed less but had more respect for boundaries?

If we don’t follow through with appropriate consequences, people learn to dismiss our requests – even if they sound like threats or ultimatums. If we ask our kids to keep their clothes off the floor and they know that the only consequence of not doing it is a few minutes of yelling, it’s fair for them to believe that it’s really not that important to us.

It is hard for us to understand that we can be compassionate and accepting while we hold people accountable for their behaviours. We can, and, in fact, it’s the best way to do it. We can confront someone about their behaviour, or fire someone, or fail a student, or discipline a child without berating them or putting them down. The key is to separate people from their behaviours – to address what they’re doing, not who they are. It’s also important that we lean into the discomfort that comes with straddling compassion and boundaries. We have to stay away from convincing ourselves that we hate someone or that they deserve to feel bad so that we can feel better about holding them accountable. That’s where we get into trouble. When we talk ourselves into disliking someone so we are more comfortable holding them accountable, we’re priming ourselves for the shame and blame game.

When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behaviour or a choice. For our own sake, we need to understand that it’s dangerous to our relationships and our wellbeing to get mired in shame and blame, or to be full of self-righteous anger. It’s also impossible to practise compassion from a place of resentment. If we’re going to practise acceptance and compassion, we need boundaries and accountability.’

Well, did anything hit home for you? It really is difficult not to feel resentful or angry when someone is treating us...
DATE CLAIMER
November 8

Family Movie under the stars
Christmas Carols
Food - Sausage Sizzle
- Pies/ Sausage Rolls
- Pizza
Drinks
Fairy Floss/ Snow Cones/popcorn
Cup cakes/Sweets
Face Painting, Stalls, Raffles, Animal Farm

DATE CHANGE: Due to Melbourne Cup day we have made the Year 8s for 2015 afternoon Wednesday 5 November.
"St John’s College invite parents and Year 8 students for next year to our Familiarisation / Orientation afternoon on Wednesday 5 November, 3.30pm to 5.30pm. Our Year 11 students will take any families who are interested in a college tour between 3.30pm and 4.30pm. There will be an information session from 4.30pm to 5.30pm followed by afternoon tea".

Ocean Performance Classic
The Ocean Performance Classic was a great day of competitive surfing. The kids performed really well under tough conditions. It was blowing between 15-20 knots all day. Their behaviour and sportsmanship was exemplary. Landen Smales surfed exceptionally well getting a second in his first heat and a first in his second heat. Our team: Luke Murray, Maddie Edgerton, Landen Smales, Brydie Eva, Tristan Eva, Ella Harris, Noah Jeffs, Brae Edgerton and Nick Quinn performed really well against tough opposition, missing out on a top three finish by three points. But rest assured, our team will be very competitive on Thursday at Stella Maris’s Competition, Walk on Water. Thanks to all the parents who were there to support our team.

Just a thought
Attitude is contagious.
Is yours worth catching?

SIENA COLLEGE
IMPORTANT INFORMATION
FOR CURRENT YEAR SIX AND SEVEN
PARENTS
The Siena Uniform Shop will be conducting fittings for the 2015 Grade 7 and Grade 8 Siena College students on the following days from 12.30pm – 5.30pm:

Tuesday 14 /Wednesday 15/Thursday 16 October
Tuesday 21 Wednesday 22/Thursday 23 October
Tuesday 28/Wednesday 29/Thursday 30 October
Wednesday 5 November/Thursday 6 November
Tuesday 11/Wednesday 12 /Thursday 13 November
Tuesday 18/Wednesday 19 /Thursday 20 November
Tuesday 25/Wednesday 26 /Thursday 27 November

Uniform fittings are by appointment only – strictly 30 minutes.
Appointment for fittings must be made. Please make your appointments as soon as possible by ringing the uniform shop anytime on 5456 4397 and leaving a message.

Mrs Gill Thompson. Convenor

Ins and Outs
Thursday 16 October
Terry at WHSO Meeting
Monday 20 October
CTJ Day for teachers with St Peter’s Caboolture
PUPIL-FREE DAY

Principal’s Award
October 16 2014

P&F News

Recently I read the following, ‘The biggest influence on another’s behaviour is my behaviour.’ So true! Setting and enforcing boundaries won’t always be the comfortable thing to do, but it’s a very positive, helpful and caring thing to do – for everyone concerned.

Have a great week everyone. To all involved in the musical production this week, very best wishes for performances that reflect the incredible time, energy, expertise and commitment you have shown over the many months of preparation!

Glenda

poorly. Being clear about what is acceptable and unacceptable and having the courage to set and enforce those boundaries is one way we honour ourselves and others and ultimately grow a more compassionate society. Are we prepared to set boundaries and say no even if we’re disappointing someone, or do we want to live with those negative feelings that can eat at us?

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Glenda
MUSICAL NEWS – ‘THE WIZARD OF OZ’
Production Week has arrived! There is definitely a buzz in the air as the lights go on, sound checks are completed, costumes are finalised, props receive the finishing touches, and our instruments and voices are tuned. It is amazing to believe we have reached this milestone but are pleased to know that everyone will see the hard work come to fruition this week. To each of you, a HUGE ‘Thank You.’

TICKET ORDERS
A reminder that seats for each performance are limited and we are very near capacity for each show. The Wednesday matinee school performance is for staff and students only. There will be no tickets available for this daytime performance and parents/guests will not be able to attend this final dress rehearsal/performance for the school.

If you haven’t purchased your tickets already, they are available online at: http://www.trybooking.com/105181

DATE CLAIMERS
The Wizard of Oz – Week 2 – Monday 13 October and Tuesday 14 October (during regular school hours)
The Wizard of Oz - Final Dress Rehearsal Wednesday 15 October (during regular school hours)
The Wizard of Oz – Thursday 16, Friday 17 & Saturday 18 October – students and parents are asked to check your Sunday email for specific arrival times

If you have queries regarding anything musical – please feel free to catch up with us before or after school, by contacting us in writing or via email.

Musically Yours,
Inez Durrer
Classroom Music Specialist
Todd Wynyard
Instrumental Music Coordinator

Siena Outside Hours Care
Coordinator: Gemini Williams
Mobile: 0487 002 228
Email: sippydownsoshc@bne.centacare.net.au

We are open for the pupil free day on Monday 20th October 7.00am to 6.00pm.

THIS WEEK’S SPECIAL
Hot Dog $3.00
1/2 Hot Dog $2.00
Gluten Free $1.00 extra

Ingredients Roster
Muffin Mixes & Fruit Salad Items

A big thankyou to all my helpers who assisted at the last day of term sausage sizzle.
Whining: That Voice!

Whining is high on the list of childhood behaviours that are really, really obnoxious to parents. Some children have developed this strategy into an art, and there are a few youngsters who deserve academy awards for their performances! Many parents dread saying “No” to their kids—or not giving the children what they want—simply because of the threat of the whining that will result.

What Causes Whining?

You don’t have to search high and low to discover the causes of whining. The answer to the question goes something like this. Good parents have two sides to them, a warm side and a demanding side. The warm part of parenting involves fun, affection and good times. The demanding part involves learning to follow rules, acquiring skills and, basically, growing up. The warm side of parenting is more friendly; the demanding side is more challenging.

You generally won’t run into whining from your children when you are operating in the warm parenting mode. You will run into whining, however, when you are coming from the demanding side of the parenting equation. That’s part of your job, but it often involves frustration for your youngsters. When you ask or demand some behaviour from a child, they have two choices: They can bite the bullet and cooperate or they can do what we call “test and manipulate.” Whining is a form of testing and manipulation.

How Do Adults Reinforce Whining?

What makes whining work for kids? Whining continues—and gets worse—when mums or dads or grandparents or teachers do any of the following:

1. See whining as abnormal, horrible behaviour.
2. Feel angry or guilty when the kids complain.
3. Talk, argue, yell or whine back when the kids moan.
4. Give the kids their way when the children whimper.

Four Useful Strategies for Parenting a Whiner

1. Dramatically change the way you think: Whining comes from GOOD parenting; it does not mean you did something wrong.
2. Tell your child, “Whining is for your room.” Let them moan where you can’t hear it.
3. Use small, reasonable consequences. Keep any consequence simple, clear and short. Then no more talking.

Christine Craig - Guidance Counsellor/ Psychologist
email: c craig@bne.catholic.edu.au

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