

ST BERNADETTE'S SCHOOL CASTLE HILL
PARENTS & FRIENDS ASSOCIATION
MINUTES OF P & F MEETING WEDNESDAY 26th August 2009

1. Welcome and Opening Prayer

Meeting opened 7.10pm with a welcome and prayer from the President

2. Apologies and Attendance List

Apologies

Donna Zammitt, Narelle Charker, Brendan McEntee

Present:

Daryl Hill, Paul Colyer, Belinda Burgess, Jason Fisher, Lisa and Enrico Biasucci, Karen D'Souza, Anthony Hurst, Joe Boudib, Bernadette Rushe, Vanessa Wadih, Clare Parker, Fiona Carrozzi, Katrina Leonardi, Rachel Gibb, Sue Duggan, Rita and Charlie Saad, Sonia Kassis, Therese Qasabian, Elizabeth Jilek, Jennifer Wakeling, Mirella Erwin, Cecile Patchell, Jenny Zadro, Lynne-Maree Talinsky, Marisa Stennett, Pam Waters, Karen Byrnes, Nadia Morris, Marian Dodd, Nella Bertuccio.

3. Passing of Minutes 27th May 2009

Minutes passed by Vanessa Wadih

Minutes seconded by Anthony Hurst

4. Presentation by Belinda Burgess – School Counsellor – Raising Resilient Children

Some highlights from this interesting and information presentation include:

- Resilience refers to the ability to cope and feel competent, the ability to accept life's disappointments and bounce back from hard times. Resilience involves having a positive attitude to life.
- A resilient child has healthy thinking habits, is independent and resourceful, good at problem solving and has the ability to mix well with others
- Resilient parenting involves avoiding the two extremes of helicopter parenting (over involved over protective parenting) and auto pilot parenting (disengaged distant parenting). Things to consider when deciding whether or not to step back include: what is the worst thing that can happen if I step back; what resilience opportunities will I miss out on; your child's age.
- A simple message of resilience "We should prepare our children for the path, not the path for our children"
- Young people need the freedom to grow up free from having to please their parents all the time
- How do we get the balance right when our children face challenges? Michael Grose's RETOP model views the parent as coach and provides useful strategies:
 - Reframe the problem
 - Encourage confidence
 - Teach skills
 - Opportunity to deal with problem own way
 - Praise for success (or partial success)
- Look after yourself so that you can be a good role model

- Some principles for resilience building:
 1. Listen to your child – be empathetic. This is hard when you feel angry about a situation but it is about how they feel not you
 2. Communicate with respect – talk openly and honestly at an age appropriate level and avoid put downs of other children
 3. Model realistic thinking eg “not all girls are like this”
 4. Remind them of times when they have coped before
 5. Focus on their strengths eg “you wouldn’t treat others like this”
 6. Invite them to suggest ideas on what you could do eg “any ideas on what we could do to fix this?” “your idea is worth thinking about, I’ll have a think too about some ideas”
 7. Affirm them – do something nice together

5. Principal’s Report – Mr Paul Colyer

- Mr Colyer thanked Belinda for her presentation and linked it with the work that is being completed school wide ‘Student Wellbeing Initiatives Whole School Approach 2009’
- Jason Fisher explained how one of these initiatives - the Safety Audit – has resulted in improvements in behaviour management by facilitating implementation of targeted programs to specific grades that are experiencing core issues
- Forty five sports jerseys have been funded by Century 21 – design was distributed to the group for their perusal
- Mr Colyer thanked Rachel Gibb and the Fun Fair Committee for all their hard work in preparation for this event
- Mr Colyer thanked Vanessa Wadih and her committee also for the great effort that went into the Main Event
- Working Bee to be held this Saturday 29th August – many tasks to be completed including preparation for a vegetable garden
- Water stinks have been installed however solar panels are still to be turned on
- Continuing on the theme of environmental responsibility, Integral Energy have provided educational materials including a model solar house and solar panels
- Government Building/Job Creations Project: plans currently being tweaked with architects. Year’s 5 & 6 will have an agile learning space which provides areas for differing kinds of work eg area for presenting work, shared learning, individual work, technology based learning. We need to think positively about the opportunities and challenges this will present in the context of increasing our children’s learning opportunities.
- Painting nearly completed and strategies for dealing with the wall and bin near Brisbane Road entrance are being reviewed. This project is to be completed by December.
- Amanda Attard currently completing homework survey
- Value Survey to be conducted by Jason Fisher and to be advertised in the school newsletter shortly
- Mr Colyer thanked the P & F for their recent donation which will be directed toward the important work provided by teacher assistants

6. Reports

a) Treasurer's Report

Prepared by Clare Parker

Report of Income and Expenses for Period

1st June 2009 to 31st July 2009

- **Opening bank balance as at 1st June, 2009 is \$31,929.24**
- **Closing bank balance as at 31st July, 2009 is \$20,320.93**
- Tuckshop shows a net profit from 1 June to 31 July of \$517.44. However year to date (@ 26/8/09) a loss of \$2,635.90. The projection by the end of the year is a profit of \$6,000.
- Uniform shop shows a net profit from 1 June to 31 July of \$2,432.26 and a year to date (@26/8/09) profit of \$9,538.67. The projection by the end of the year is \$18,000.
- Family portraits (photos) were organised as a fundraiser on June 20th. We successfully raised \$675.00. We were awaiting another \$60 incentive bonus from the photographer.
- 'The Main Event' was held on July 4th. A great night was had by all. The objective was not to raise funds, however we managed to raise \$1,379.60. This included a refund for the room hire from **Castle Hill RSL** as a donation to the school. A letter of thanks was sent from Mr Colyer's office.
- A donation of \$15,000 was made from "St Bernadette's Parents and Friends Association" to the school. This was presented to Mr Peter Visser at The Main Event held on July 4th.
- As at 26th August, 2009 the total profit is \$1,162.73.

b) Canteen Report

- Nil report

c) Uniform Shop

- Summer uniforms will be available from Week 8
- Maintenance in the form of tiles and shelving to be completed

d) Hospitality Committee

- Morning tea's with Mr Colyer and parents were well attended
- Father's Day and Grandparent's Day are next planned events. International Teachers Day October 30 in Term 4.

e) Maintenance Coordinators

- Working Bee this Saturday
- Considerable work completed during the school holidays

f) Social Committee

- Vanessa wished to acknowledge and thank the office staff for their effort towards The Main Event and Trivia Night
- Vanessa to evaluate parent perception of these two events

g) Parent Representative Council

- Recent meeting attended. Items discussed include the addition of welcome cards in the orientation pack of new families; PRC pamphlet completed; website being developed.
- John Penny presented an evening on bullying. Another education evening planned for October 21 on open flexible working spaces, presented by Tim Hardy
- Scholarship fund planned for 2010 for families in need

h) Class Parent Coordinator

- Nil issues raised

i) Sponsorship Committee

- Century 21 sponsoring sports shirts to the value of \$1800
- Obtaining sponsorship is a time consuming activity and will need to be reviewed next year
- Fun Fair Committee had distributed letters for sponsorship-cheque received today from Newline Carpets

j) Presidents Report

- Daryl thanked Rachel and Vanessa for their effort in the Main Event and towards the Fun Fair
- Further analysis to be conducted with respect to canteen profit and loss
- Daryl thanked all parents involved in ongoing P & F activities

7. Items for Discussion

Nil

8. General Business

Nil

9. Close

Meeting closed at 8.35pm