

Dear Parents & Families



Filling our Buckets!

As part of our **Book Week** celebrations today, I shared a wonderful book with our community "Have you Filled a Bucket Today?" Bucket filling has become a popular metaphor when talking about **positive attitudes, gratitude and behaviour**. It is about having a good and kind attitude. Imagine we each have a hidden bucket for our feelings. When it's full, we're happy, but when it's empty, we're sad.

This idea is easy to understand, especially for kids, but it's also important for grown-ups. It helps us know what we need and how we can make others happy too. The best way to fill someone's bucket is to start before it's empty. The ways we teach our students to make others feel good are the same things we can do too. For example:

1. **Be kind to others**, even when picking up your kids from school.
2. **Help people** who are having a tough time.
3. Treat others with **respect**.
4. **Show that you care** about them.

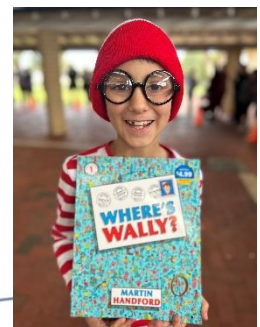
Filling Our Own Buckets

Believe it or not, the best way to keep yourself feeling good is by **making others feel good**. There's a nice saying that goes, "If you're kind to others, good things will happen to you too." When you're kind to others, it fills both their bucket and yours.

Also, try to be thankful for the little things. Being grateful reminds us of the good stuff we have and helps us focus on positive things. **Science has found that being thankful makes us healthier and happier.**

Lastly, **remember the balance**. A researcher, John Gottman, discovered that **for everyone bad thing, there should be five good things to keep your bucket full**. Bad things are like taking from the bucket. So, if you're having a rough day, use it as a reason to make others happy. This way, **your bucket will be a little bit fuller**. (From *Glass House College*)

Thank you to our families that joined us for a **wonderful Book Week parade today**; our students and teachers all looked magnificent in some very **creative costumes**.





ASSUMPTION HAPPENINGS

GORDON ROAD (PO BOX 3130) MANDURAH 6210
T 9583 8500 F 08 9581 7889 E admin@assumption.wa.edu.au
www.assumption.wa.edu.au



We are **currently interviewing for Kindergarten (Four-day program) and Pre Kindy for 2024 and 2025 and are offering places to families.** If you have not yet filled in your Kindy application, please enrol [here](#).

I look forward to our community joining together for **an array of celebrations on the on 1 September.** From **7.45am to 8.15am**, we invite our fathers and father figures to join us for a **Fathers' Day treat in the Presentation Centre.** At **9am** we invite our whole community to join us for **Fathers' Day Mass.** At **10.10am**, our **Athletics Carnival will begin** with a welcome in the Presentation Centre, before our students move out to begin the Year 3-6 200m races. Please note, our students from **Pre Primary to Year Two join the rest of our school at 12pm.** The carnival will **conclude at 2.55pm.** We look forward to a great day.

Please click [here](#) for the athletics timetable and map.

Upcoming Events:

28 August:	Reconciliation Liturgy and Certificate Presentation 2:30pm
29 August:	Early Close 2:30pm
30 August:	Father's Day Stall
1 September:	Father's Day Morning Treat 7:45am
1 September:	Father's Day Mass 9am
1 September:	ACPS Athletics Carnival
7 September:	Reconciliation for all First Holy Communion Students 11:10am
7 September:	Assembly 2:30pm
8 September:	P&F School Disco
10 September:	First Holy Communion 11am Mass
11 September:	Swimming Lessons for PP-Year 3 begin
11 September:	RUOK Week
11 September:	First Holy Communion Liturgy and Certificate Presentation
13 September:	Interschool Athletics Carnival
14 September:	RUOK Day – Wear something yellow, gold coin donation
14 September:	Kindy Liturgy
15 September:	Education Assistant Day

May God bless our school and those within it.

Miranda Swann

Miranda Swann

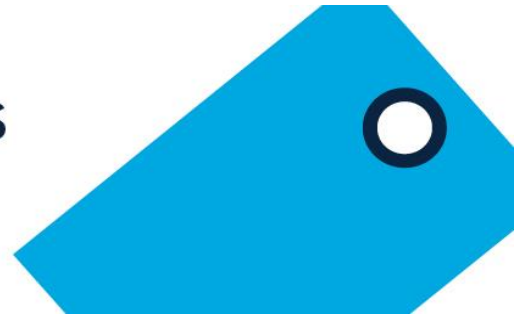
Principal






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Week 7	Events	
Good Morning Monday 28/8	Canteen Closed Reconciliation Liturgy and Certificate Presentation 2:30pm	Reconciliation Mass Saturday 26 August Mass Times Saturday 6:00pm Sunday 8:00am Sunday 9:30am Sunday 6:00pm 
Thank You Tuesday 29/8	Canteen Closed EARLY CLOSE 2:30PM P&F Father's Day Stall 8-8:30am & 2:30-3:30pm	
Winking Wednesday 30/8	Canteen Open – Online Orders Only P&F Father's Day Stall 8-8:30am & 2:30-3:30pm	
Thumbs Up Thursday 31/8	Canteen Open – Online Orders Only	
Friendship Friday 1/9	Canteen Open – Online Orders Only Father's Day Morning Treat 7:45am Father's Day Mass 9am ACPS Athletics Carnival	

MJR & Virtue Focus – Be a Defuser not an Escalator - When we go into any situation in the playground, classroom or even at home, do we say things to make the situation worse, or do we say things to calm the situation down. Escalators make smart comments, point and blame others or raise their voices. Defusers would say sorry, be calm and want to solve the problem.

Notes to Parents – 1. [Win a Free Friday Lunch Note](#) 2. [P&F Disco Note](#)

Kindy 2024 & 2025 – We are currently interviewing for Kindy 2024 classes and accepting applications for Kindy 2025. **If your child is born between 1 July 2019 and 30 June 2020, they are eligible to attend Kindy in 2024, and between 1 July 2020 and 30 June 2021 to attend Kindy in 2025.** Place for Kindy 2024 are filling fast. Applications are available from our website: <https://www.assumption.wa.edu.au/>

Pre Kindy 2023 & 2024 – We are now taking enrolments for Pre Kindy 2023 and 2024. **We are pleased to announce we have opened a Friday Pre Kindy Class.** Children can enrol for either Tuesday or Friday Pre Kindy or both days. Please note that your child must be a minimum of three years old to attend Pre Kindy. If you would like more information, please contact the school office, or apply online.

Father's Day Events – We welcome our fathers and father figures to join their children in the Presentation Centre from 7:45am, to enjoy a morning treat and family time. This will be followed by our Father's Day Mass in the Presentation Centre. The P&F will be holding a Father's Day stall on Tuesday 29 August and Wednesday 30 August from 8-8:30am to 2:30-3:30pm, outside of the canteen. Prices start from \$2, cash and EFTPOS accepted.

Little Kwilena Playgroup – Little Kwilena Playgroup is an Aboriginal Families as First Educators (AFaFE) playgroup. We run during school term, providing fun activities for everyone – educational games, reading, painting, physical exercise and interactive play are among the many learning experiences on offer. The playgroups run on Wednesdays and Thursdays from 9:30am to 11:30am at Assumption Catholic Primary School.

OSHClub  **OSHClub** Assumption provides before and after school care for your children in a safe and caring environment. We are located on the school grounds in the demountable building. Upon arrival, please phone 0432337624 for staff to let you in. OSHClub hours are 7am – 9am and 2:30pm – 6pm. You can obtain more information from www.oshclub.com.au or call 1800 460 870 or 9261 3200.

