

Saint Anthony's P&F Association



Hi everyone, the P&F thought it was timely to introduce ourselves to the school community and we plan to profile each of us in the newsletter over the coming weeks.

First up, my name is Marie Limb and I am mum to four children who have all attended St Anthony's. My husband, Robert Jurjevich, and his three brothers also attended St Anthony's way back in the day. The sense of community is strong at St Anthony's and some of Rob's teachers are still here at St Anthony's and many of his classmates now have their own children attending the school (shout out to the Scali, Franklin and Smith families!).

Although I became President by default (as no-one else put their hand up!) I am honoured to represent the parents and wider community on the committee as I am truly invested in supporting each of our children, and their teachers, on their school journey. I have seen the teacher's commitment and care for all four of my very different children and I feel blessed to have made some lifelong friends through St Anthony's, hence I am volunteering to reinvest into the school.

This term the P&F have been busy planning with four events happening this term:

Father's Day BBQ	Friday 3 rd September
Father's Day stall	Friday 3 rd September
School Disco	Friday 10 th September
Open Night	Wednesday 15 th September

In my professional life I work as a School Psychologist at Telethon Speech & Hearing and I am passionate about early intervention, strengthening the links between school and home and I really enjoy working with young children and adolescents for the creativity and deep emotional experiences they bring. If you see me in the playground or at an event, please come up and say hello and share any ideas you have about how we can support our children at St Anthony's. Looking forward to seeing you around...

Fun Fact: I will have been a parent at St Anthony's for 13 years when my twin daughters graduate year 6 in 2027 and my husband would have been a student or a parent at St Anthony's for 20years! Phew!



Catholic School Parent's WA 2021 Conference Update

Being a parent is the most rewarding and heart expanding experience of my life **AND** it has also been the most stressful, emotional and exhausting experience too (and that was before the birth of my twins!!)

How to be a resilient parent was one of the themes addressed at Catholic School Parents WA 2021 State Conference that the Sam Dwyer (Secretary P&F) and myself (President P&F) attended on Saturday the 7th August. We heard from two key speakers, Linda Stade, on "Navigating Friendships" and Claire Eaton on "Resilient Parents", and there was also a panel discussion on "Building Respectful Relationships".

Linda Stade explored friendships and outlined that to develop healthy friendships, kids need: empathy, connection, resilience and education. When things go wrong, being on the receiving end of relational aggression can be even more painful than physical conflict. Linda provided practical advice for parents on supporting their child to navigate friendship problems and I have provided a link to her website here [Children's Friendship Problems: How Best To Respond \(lindastade.com\)](http://lindastade.com)

Claire Eaton was a dynamic speaker and acknowledged the mounting pressures on us as parents, on our families and children and in the world. She shared the "Big Six Questions" and recommended exploring these within our families to help guide our decisions and life choices. It was interesting to note that in the panel discussion on "Healthy Relationships" that the Deputy-Head Boy of Trinity and the Head Girl of Mercedes both mentioned that when they headed off to social events, their parents would say "Respect yourself and respect others" and "Remember who you are" and despite thinking teenagers don't listen to parents, these parting words were really important reassurances for both of them. So here is your homework to discuss at the dinner table tonight!

Who am I?	Am I a good parent?
Who am I important to?	Are my kids ok?
Where do I fit in?	How can I help my kids?
What's important to me?	Is my career safe?
What am I good at?	Are we financially secure?
What's my purpose?	Why am I so tired?

In order to build our happiness and resilience, Claire spoke about "hacking our happiness"



HAPPINESS CHEMICALS

(AND HOW TO HACK THEM)

DOPAMINE THE REWARD CHEMICAL	OXYTOCIN THE LOVE HORMONE	SEROTONIN THE MOOD STABILISER	ENDORPHIN THE PAIN KILLER
Complete a task	Play with a pet	Meditate	Laughter exercise
Do self care activities	Hold hands	Go for a run	Essential oils
Eat some food	Hug your family	Sun exposure	Watch a comedy
Celebrate the little wins!	Give a compliment	Walk in nature	Dark chocolate
			
Swimming	Exercise		

and doing activities that stimulate the production of our feel-good hormones and chemicals (without resorting to that glass of wine 😊). It was really interesting to explore this list with my own children and was surprised at how often our new rescue dog Buzz featured in all four of my children's lists.

Lastly, for those year 6 parents, Claire has written some great books on transitioning to high school and building resilience. I strongly encourage you to check out her webpage and workbooks – they looked fantastic!

ROC Mindset Coach for Youth & Parents | Claire Eaton | Teen Support

Marie Limb, P&F President 2021