VALUE - Respect

RESPECT
The Signs of Success!
You are practising respect when you...
Treat others as you want to be treated
Speak courteously to everyone
Take special care of other people’s belongings
Are receptive to the wisdom of elders
Honour the rules of your family, your school and nation
Expect respect for your body and your rights.

POSITIVE BEHAVIOUR FOCUS
BEING RESPONSIBLE

Being responsible – when we are responsible we care for ourselves, our belongings and the environment. It is important that we respect what our school and parents provide us.

A WORD FROM OUR PRINCIPAL

Dear Parents

Ash Wednesday
We commenced Lent yesterday with a very prayerful celebration of Ash Wednesday Mass. All the children received the ashes in a very reverent manner. The name of the first day of Lent, Ash Wednesday, comes from the old custom of blessing ashes and marking the forehead of the people with ashes on this day. This cross of ashes tells friends and neighbours that we are not perfect, and that we know we are not perfect. With God’s help we can turn our lives around and be more aware of the hurt we cause others in our own families, our school, parish communities and in our world and reflect on ways that we can be better people. The ashes are prepared by burning palms from the preceding Palm Sunday.

Our Year 1 Team

Mrs Robyn O’Rourke & Mrs Helen Houghton 1OH
Miss Annie Mulcahy 1M
Miss Hayley Dix 1D

Mrs Rachael Hind Reading Recovery & Teacher Librarian

Mrs Denise Duck Learning Support Teacher – Forward Together

Coffee Hour with Carmel the Principal
Our next Q&A over coffee is set aside for Friday 27 February from 2.00pm to 3.00pm. Please feel free to drop in to the staffroom for a chat before collecting your child/ren.

Swimming Carnival - Tomorrow
Our swimming carnival is tomorrow. Please be on time, bring your towel, food, supporters voices! Buses leave school from 9:15am and start returning to school from 2:00pm. Thank you to all the parents who have volunteered to help. Don’t forget your WWVP card.
Belconnen Swimming Carnival Events

Events include 50m in the 4 strokes for all age groups (8-12 years), as well as 100m events in all four strokes, the 200m Freestyle and 200 Individual Medley for 10-12 years. There are no 25m events.

In 2015 we have qualifying times that need to be met in order to proceed to the 12 years and under Regional Swimming Carnivals. These times have been sent to all schools and will be advertised on the School Sport ACT website.

200 IM - Each school is permitted to nominate up to two (2) competitors in each age group (10, 11, 12 years) providing qualifying times are met.

100 Freestyle and Form Strokes: Each school is permitted to nominate the first 2 placegetters in each age group 10, 11, 12 years, i.e. a maximum of 6 swimmers from combined 10-12 years events providing qualifying times are met.

Two (2) swimmers can be nominated for all 50 metre events providing qualifying times are met.

Catholic Soccer Carnival on Sunday 15 March 2015

Once again we have received a large number of entries for the Annual Catholic Soccer Carnival. Thank you to Mrs Lustica for her coordination. This year we will be entering 7 teams – a record for St Monica’s. Teams will be announced early next week.

Skoolbag News

Just a quick note to let you know that there is now Version 3 of Skoolbag. It is ready for download in both the Apple App and Google Play Stores.

Skoolbag is excited to announce that this release fixes the issues with the current Android version, and also brings it up to date with the same features that have been on iPhone for some time.

St Monica’s now has a dedicated iPad version in the iPad App Store! I have updated the new version on my phone and ipad and it is looking great! New Version 3 features include:
- Supports iPhone 6 and 6 Plus resolution
- Rotation/landscape view when viewing landscape on larger resolution devices.
- New interface design and content navigation improvements
- Colour coded for each school
- Support for the Custom Form Builder
- iPhone Version has new Accessibility mode for visually impaired users.
- iPad Version!

Research clearly shows that children who are mentally healthy are better able to meet life’s challenges. They are also better learners and have stronger relationships.

Visit the following website for information on the following topics
http://www.kidsmatter.edu.au/families

<table>
<thead>
<tr>
<th>Mental health basics</th>
<th>Fears and worries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health difficulties</td>
<td>Children and grief</td>
</tr>
<tr>
<td>Friendships</td>
<td>Children and bullying</td>
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<tr>
<td>Discipline</td>
<td>When parents separate</td>
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<tr>
<td>Learning</td>
<td>Services and supports</td>
</tr>
<tr>
<td>Anger</td>
<td></td>
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</tbody>
</table>

Photos

School Photo Day is Monday 2 March 2015. Envelopes have now been sent home with all children. Children are to look smart in their Summer Uniform.

Family Photos

As a fundraising opportunity, families can request a group photo to be taken on photo day. This is completely separate from individual student photos. The cost is $15 per photo. Please enclose this money in a separate envelope marked Family Photo with your family name clearly displayed. Alternatively, payment may be made using our Qkr! App. If using Qkr just send in a note to confirm your request and method of payment.

Reminder - Foods to Avoid

As our community strives to provide a safe and healthy environment for all children I am writing to request your assistance.

As you are well aware St Monica’s, like many schools today, promotes a nut free environment due to the increasing number of children suffering a range of allergic reactions, some even life threatening, if they come in contact with foods or creams that contain a nut base. Please pay particular attention to the information printed on the wrappers of snack foods such as muesli bars etc because often they contain “traces of nuts”.

This year we have a student in Kindergarten who has a severe allergy to eggs. For the safety of the child and to assist our school management we have asked that the Kinder children, at this stage, do not bring eggs in any form to school for their lunch or snack time. This includes egg sandwiches, hard boiled eggs or egg salads and mayonnaise which has an egg base. Please note that - eggs when used in the cooking of cakes do not present a concern.

We all agree with the primary message of our Social Wellbeing Program that “Kids Matter.” Please remind your child/ren that they should never share food at school. This is in line with our school rule - Be Safe!

Health Checks for Kindergarten Children in 2015

The Kindergarten Health questionnaire and an information letter to parents has been sent home today to all Kindergarten parents. All questionnaires are to be returned to the school in the envelope provided by Friday 27 February 2015. To ensure all parents are fully aware of the screening check we have
organised to send home a copy of the information to both parents who have a shared care responsibility. The medical checks are scheduled to occur at St Monica’s during Term 2.

Champions’ Reading Challenge
To encourage our students to keep reading the St Monica’s staff will once again challenge all our students to read 12 books by the end of Term 1. Students are required to record the books they have read on a sheet, distributed during their library session. An adult is required to sign off on each book read. Any type of book can be recorded, including readers, fiction, non-fiction, picture books and chapter books. Students will complete the recording of their sheets during library lessons and additional sheets can be picked up from the library. When each student completes the challenge they are required to place the sheet in the box in the Library. All students who enter will be in the draw for prizes which will be drawn at the final assembly in Term 1. Students can enter more than once. Good luck!

Happy reading,
Mrs Hind and Miss Brown

Lost Shoes
A pair of new white Ascent sneakers has been lost by a Yr 6 student at camp, perhaps another student has taken these home by mistake. The shoes have ‘EK’ written on top near the laces. They have been specially fitted to aid a heel injury. Please contact the office if you can provide information or if you find them, please drop into the office with them. Thank you.

Car Damaged in Car Park
Last week I received a report of damage to a car parked on the basketball courts. While I know parking can be extremely tight on most afternoons it is essential that people park carefully. From the photo provided the car was a red colour with the incident occurring last Thursday. If you are aware that you may have clipped a white car in the car park, please advise so I can put those involved in contact with each other.

God bless

Carmel Maguire
Principal

CAKE STALL COORDINATOR NEEDED ASAP.
We urgently need a person or persons (you can do this with a friend) to take on the coordination role for this stall. This is one of the big stalls that attract a lot of people to the fete. Please contact Kathy Stiller on 0428 100 797 if you can do this.

LENT
The season of Lent is a time set aside by the Church to deepen our relationship with God and with one another. The entire period of Lent is a time of personal and spiritual preparation for the passion, death and resurrection of Jesus. It is observed as a time of prayer, penance, conversion and fasting. The duration of Lent has varied greatly during the Church’s history. Lent now begins on Ash Wednesday and continues for forty days. The forty weekdays of Lent represent the period that Jesus spent in the wilderness during his temptation. Today, less emphasis is placed on fasting and more on penance involving prayer and charitable works.

Sacrament of Eucharist
Enrolment Forms for the Sacrament of Eucharist went home last week. If your child is in Year 4 or above and has made their First Reconciliation they are eligible to enrol in this program. If you have any questions, please contact me at school or Fr Warrick on 62583212. Home Group information will go out on Monday. Please return forms as soon as possible. Thank you to the people who have volunteered to be home leaders. I still require 7 more groups for the program to be successful

Sacramental Dates 2015
Sacrament of Eucharist:
Parent Information Evening: Wednesday 25 February 2015, 7:00pm.
Home Groups Week: 2 March- 6 March
Home Groups Week 2: 9 March- 13 March
Preparation Day Wednesday 29 April
First Holy Communion Saturday 2 May and Sunday 3 May 2015.

Sacrament of Confirmation:
Parent Information Evening: Wednesday 22 July 2015, 7:00pm.
Parent and Child Evening Wednesday 29 July 7:00pm
Sacrament of Confirmation Tuesday 1 September (6:00pm) 2015
Archbishop Christopher Prowse will confer the sacrament.

Sacrament of Reconciliation:
(First Confession)
Parent Information Evening: Wednesday 23 September, 2015 7:00pm.
Home groups Week 1:19 October- 23 October
Home groups Week 2: 26 October-30 October
Sacrament of Reconciliation
Tuesday 24 November, Wednesday 25 November, Thursday 26 November: 6:00pm-7:30pm

Lenten Stations of the Cross
The devotional practice of the Stations of the Cross will take place at St Michael’s, Kaleen on the Fridays of Lent at 7.30pm. The form of the Stations to be used are those used by St John Paul in the 1990s.

RE NEWS

PARISH NEWS
**EVENTS AT A GLANCE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 Feb</td>
<td>All Day</td>
<td>Swimming Carnival</td>
</tr>
<tr>
<td>25 Feb</td>
<td>12.30pm-1pm</td>
<td>School Prayer – 5C</td>
</tr>
</tbody>
</table>

**AWARDS, PRIZES AND ACHIEVEMENTS**

<table>
<thead>
<tr>
<th>VALUE Respect</th>
<th>CLASS AWARD Religious Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>KG</td>
<td>Emma S</td>
</tr>
<tr>
<td>KS</td>
<td>Zac C</td>
</tr>
<tr>
<td>KM</td>
<td>Finn D</td>
</tr>
<tr>
<td>1D</td>
<td>Amber M</td>
</tr>
<tr>
<td>1M</td>
<td>Geordan T</td>
</tr>
<tr>
<td>1OH</td>
<td>Isabella M</td>
</tr>
<tr>
<td>2R</td>
<td>Kate S</td>
</tr>
<tr>
<td>2L</td>
<td>Milana K</td>
</tr>
<tr>
<td>2D</td>
<td>Sebby D</td>
</tr>
<tr>
<td>3K</td>
<td>Dante C</td>
</tr>
<tr>
<td>3D</td>
<td>Melanie R</td>
</tr>
<tr>
<td>3/4RG</td>
<td>Nicholas I</td>
</tr>
<tr>
<td>4M</td>
<td>Tamika S</td>
</tr>
<tr>
<td>4Mc</td>
<td>Brynn F</td>
</tr>
<tr>
<td>5C</td>
<td>Marko J</td>
</tr>
<tr>
<td>5E</td>
<td>Mia S, Thomas O</td>
</tr>
<tr>
<td>5/6ED</td>
<td>Claire O</td>
</tr>
<tr>
<td>6F</td>
<td>Alana B, Elijah P</td>
</tr>
<tr>
<td>6S</td>
<td>Hayley B</td>
</tr>
</tbody>
</table>

**M&M Star Medallions** – Gabriella F (1OH),

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Happy Birthday to the following children who are celebrating birthdays this week.

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder</td>
<td>Anthony M</td>
</tr>
<tr>
<td>Year 2</td>
<td>Chiara W, Daisy A, Madeline N</td>
</tr>
<tr>
<td>Year 3</td>
<td>Sibel C</td>
</tr>
<tr>
<td>Year 5</td>
<td>Dimitri B, Ashton C</td>
</tr>
</tbody>
</table>

Community Council Email Address

**Council Email Address** – this was established to allow parents to let us know areas of concern that they feel need addressing. As a Community Council we can only represent you if we know what is on your mind and as many of the council and you work, this address is just another avenue of contact. Council.StMonicas@cg.catholic.edu.au

The email will be checked regularly by Louise Dykes, Council Executive Secretary. We look forward to hearing from you.

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**CANTEEN CORNER**

**CANTEEN CAPERS**

Samantha Manning: 6258 4687 (c) 6259 7240 (h)

Flexi Schools online ordering system is available for placing lunch orders. *New to Flexi Schools* – If your child has a lunch wallet you can select the option on the menu so a paper bag is not required. Real McCoy chips are no longer available at the Canteen.

**The Roster for Term 1, Week 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Early 9:15am - 11:45am</th>
<th>Late 11:30am - 2:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY 23/2/15</td>
<td>Carol Lynch</td>
<td>Carol Lynch</td>
</tr>
<tr>
<td>TUESDAY 24/2/15</td>
<td>Carol Lynch</td>
<td>Carol Lynch, Margaret Hay</td>
</tr>
<tr>
<td>WEDNESDAY 25/2/15</td>
<td>Sonia Musolino</td>
<td>Vacancy</td>
</tr>
<tr>
<td>THURSDAY 26/2/15</td>
<td>Evelyn David-Hoole</td>
<td>Vacancy</td>
</tr>
<tr>
<td>FRIDAY 27/2/15</td>
<td>Jenny Fulivai</td>
<td>Emma Shea</td>
</tr>
</tbody>
</table>

Please Keep In Mind:

* Help needed with the above **VACANCIES**.
* Swap your shift if you can’t make your rostered day.
* New faces greatly appreciated at any time.

Thank you - Samantha Manning

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**GENERAL COMMUNITY INFORMATION**

**PURE WILL Belconnen Bootcamp at St Monica’s**

Pure Will is a local fitness provider who runs fitness services across the region, including a new Bootcamp in Belconnen. They are now taking registration for Term 2, starting March but if you are interested in trying something new and getting fitter with a great group of people feel free to get along and try a session out for free before the new term.

**Oz Tag News**

Congratulations to the following children who attend the State Cup for OzTag in Coffs Harbour last weekend – Rory S (5/6ED), Sam P (5E), Ben McF (5C), Noah M (5C), Jack M (5E), Ellie B (6F), Tom P (3K), Mikaela R (4M), Olivia R (4M), Holly W (4M) & Charlia H (4M). The Under 11 and Under 9 boys teams came 3rd.

Basketball ACT

Gabby N (6S) has been selected to compete with the Under 12 ACT basketball team.

**Tryathlon**

This year we had a record number of children take part in the WeetBix Tryathlon on the weekend. Congratulations to all our students who took part and to Patrick H (4Mc) who helped escort two Brumbies players across the line.
Pure Will Bootcamp is $37 per week. They have three 45 minute sessions available on Monday, Wednesday and Friday from 6am to 645am.

They have extended a 10% discount to Teachers at St Monica’s and 5% off for Parent and Friends of St Monica’s.

For information or to make a booking please email bernadette@purewill.com.au or call 0435 372 369 or visit www.purewill.com.au.

If you have an interest in Pure Will Bootcamps we encourage you to try a free session. Simply call or email to let us know which session you would like to come to, and we can pass on further information from there.

Junior Rugby Union Registration
Register at Southwell Park, Lyneham on Sat 21 Feb 1pm-3pm or anytime online via the Owls club webpage.

Ice Hockey
Come and try the fastest team sport in the world. A free Come and Try Day is being held on 22 Feb 2015 at 10am for boys and girls aged 5-18 years of age – Phillip Swimming & Ice Skating Centre, Irving Street in Phillip. Register your interest – ihact.org.au.

Parent Sessions – How to Have ‘The Talk’ with your child
Family Life Education John Shay from Cairns Diocese will run a seminar for parents of primary school children on how to discuss issues of sexuality with your children. Seminar to be held at Rheinberger Centre in Yarralumla on Tuesday 24 February, 7.00pm-8.30pm. Cost is $5 donation at the door. Enquiries – info@catholiclife.org.au.

Positive Partnership Workshops

The 2015 YMCA of Canberra Women and Girls Fun-Run/Walk
The Fun-Run is being held on 1 March and covers a 5 km course from Stage 88. This is a safe and supportive event for women and girls, and we particularly encourage schools to register. There is a $500 prize for each of the primary and secondary schools with the highest number of team members relative to their female student enrolment. Team members can include students, teachers, parents and other community members. Participants are also automatically entered in age group categories, and can also enter family categories. The YMCA of Canberra Runners Club believes this Fun-Run/Walk represents a great opportunity for school communities to generate some school spirit, spur interest in healthy activity and potentially boost fundraising early in the year. The Fun-Run is organised by volunteers with the support of the YMCA, and proceeds from the run will be used to support OvCan, a small Canberra based ovarian cancer support and awareness group. Visit wgfunrun.com.au for how to set up a team.

Belconnen United Sharks Junior Rugby Leagues Football Club 2015

The Belconnen United Sharks is a family friendly club with home playing fields located in Melba.

The Belconnen United Sharks will be holding their registration days on Sunday 22 February, at McDonalds Charnwood from 10am till 2pm. The second registration day will be held on Sunday 15 March at the Melba District Playing Fields on Verbrugghen Street, affectionately known as ‘Shark Park’. The Sharks have teams from under 6’s to under 16’s, and for those looking further into their Rugby League future, we are affiliated with the Senior Sharks with teams in under 18’s, reserves and first grade. Boys and girls are encouraged to come along and meet up with old team mates, if you are new to the game or coming from another club, no need to be shy, as friendly Sharks and Sharkette’s will be there to answer all your questions. Shorts and socks are provided as part of the registration. In addition, each registration that is paid on the day will receive a Sharks football prior to the commencement of the season. For further information please contact club register – Peter McCook on 6595281 or 0403 310 084. (peterandsharon@iinet.com.au)

Catholic Schools Week 2015 Competition
What will your Catholic school of tomorrow look like? Tell us in a 30 second video. $5,000 in prizes to be won. Individual primary and secondary entries. Win an ipad plus a $250 JB Hi-Fi voucher. Runners up in each division with a $100 JB Hi-Fi Voucher. Open to all Catholic primary and secondary students in NSW & ACT. Competition closes 18 March 2015. To enter visit www.catholicschools.act.edu.au.