ST MONICA’S HOLIDAY WEEK TIMETABLE
Holy Thursday: 7.00pm at St Michael’s
Stations of the Cross: 10.00am at St Michael’s
Good Friday: 3.00pm at St Monica’s
Easter Vigil: 7.00pm at St Monica’s
Easter Sunday: 10.00am at St Monica’s
Please note there is no 5.30pm Mass at St Michael’s on Easter Sunday

It’s a fact that children can be taught how to cope with their emotions, to bounce back from problems, and to develop positive relationships – this is called ‘social and emotional learning’. It’s also a fact that a child’s family is the first and biggest influence on their mental health. Basically, families can teach children these skills as early as possible in life – even from when they’re babies!

KidsMatter provides families with a range of information sheets to help them support children’s mental health and wellbeing, and to recognise if and when professional help is needed.

Skills and qualities that help children cope with life’s ups and downs
- Trust - that the world is safe and that there are caring people to help them.
- Belief - in their ability to do things for themselves and achieve their goals.
- Feeling good - about themselves and feeling valued for who they are by their parents and carers.
- Optimism - that things generally turn out well.
- Regulation - Ability to manage their feelings, thoughts and behaviours.

Click this link to read more about developing resiliency skills https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/resilience

Information provided from www.kidsmatter.edu.au

Continue your prayers for Patrick H (5) who is recovering from surgery in Sydney this week; he is making wonderful progress.
Restorative Practice News Part 6

Asking Questions that Work

Restorative Questions I
What happened? What were you thinking of at the time?
What have you thought about since?
Who has been affected by what you have done? In what way?
What do you think you need to do to make things right?
What will you do differently next time?

These questions are about story, challenge, reflection and reparation of harm. They have been designed to build a strong relational basis with which to work in any relationship. The structure of the question focus on the past (what happened?), present (reflection on who has been affected and in what way) and future (what needs to be done to make things right?). The questions therefore focus on harm and relationship.

They are also:
- avoid of blame
- respectful and not value laden
- thinking questions rather than feeling ones which ironically tend to evoke better feeling responses
- have the potential to stimulate empathy and growth.

REMEMBER – Avoid asking the WHY question (why did you do that?)
Have you ever had a child give you a satisfactory answer when you have asked them ‘Why' they did something wrong?

Restorative Questions II
What did you think when you realised what had happened?
What impact has this incident had on you and others?
What has been the hardest thing for you?
What do you think needs to happen to make things right?

The Restorative Questions II offers voice for people who have been harmed by the actions of another. The questions ask for a factual and non-judgemental response. With a focus on the impact of an action or incident, the person who has been harmed speaks to his/her most authentic audience i.e. the person who has caused the harm. The outcome is that responsibility for reparation is laid appropriately upon the shoulders of the person who has caused the harm.

When challenging behaviour, why would these questions be helpful?
How could you use these questions in your own relationships, both personally and professionally?

School Banking
There will be no school banking next week due to Easter. School banking will occur again in Week 10.

SMOOSH Vacation Care – April Holidays
SMOOSH Vacation Care will be running for the April school holidays.

Meet Our Year 6 Team

Miss Elizabeth Mahoney – 6M
Mrs Haley Stonham – 6S
Mr Michael McFadden – 5/6M

Champions’ Reading Challenge
To encourage our students to keep reading the St Monica’s staff will once again challenge all of our students to read 12 books by the end of Term 1. Students are required to record the books they have read on this sheet, with an adult signing off on each of the books they have 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

Have a Happy and Holy Easter.

Carmel Maguire
Principal
Holy Week
It is Holy Week, the week before Easter; a time for thinking and praying. Today, we come together as a school for our Easter Journey. We walked with Jesus to Calvary. We listened to the Word of God, watched, sang and reflected upon the special days and events of Holy Week. Let us all use this week to remember that Jesus suffered and died for us on Good Friday.

Kinder welcomed us to prayer by singing ‘Come Gather’. Yr One walked with Jesus into Jerusalem singing, waving palms and proclaiming ‘Hosanna’. After morning tea, Yr 3 reminded us that Jesus called us to serve and care for others by washing children’s hands. St Teresa’s Prayer – ‘Christ Has No Body Now but Mine’ allowed us to consider how we might serve others in our daily lives. After we listened to the Gospel account of the Last Supper, Yr 4 reminded us that we ‘Do this in Memory of Me’. As we moved to the Garden of Gethsemane, Yr 5 lead us through that painful time when Jesus prayed – so that he could do his father’s will. Can you imagine the desire to run away?? To turn your back?? Then Yr 6 presented the Stations of the Cross.

We left the church in silence reflecting on Jesus suffering. Ms Maguire asked us to think about how hard it was to sit still – how much harder was it for Jesus?

Please take time to talk to your children about today. The events of Holy week and Easter Sunday are core to our beliefs as Catholics. They are the reason for Easter eggs and chocolate- these have no meaning away from the jubilation of Easter Sunday Morning.

A Happy and Holy Easter to you all.

The link below has some lovely Holy Week and Easter reflections.
http://www.stanthonycatholic.org/holy-days-reflections.htm

**AWARDS, PRIZES AND ACHIEVEMENTS**

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<td>Jennifer C</td>
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<td>Lara Mc</td>
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Happy Birthday to the following children who are celebrating birthdays this week.

- Year 1  Holly F
- Year 4  Nicholas I
- Year 5  Johnny R

**SPORTING NEWS**

Belconnen PSSA Rugby League 2016
Congratulations to the following boys - Lachlan F, Riley K, Ben Mc, Jack M, Noah M and Sam P who have been selected in the Belconnen PSSA Rugby League teams to compete in the ACT 12 & Under Rugby League Championships on Wednesday 4 May 2016. Belconnen will have two teams. The carnival will be at the Phillip Playing Fields in Woden.

State Little Athletics
Jessica H (5/6M) won 5 gold and 1 silver in 70m, 100m, 200m and 60m hurdles. Jessica placed 1st in long jump and received a silver in discuss. Ryan C (4W) won a gold in 1500m and bronze in 400m and 800m. What a wonderful achievement!

Swimming
Nicholas H (5E) has been swimming at Kings for 7 years. As a Graduate, Nicholas can swim 1000m of continuous Freestyle, is competent in all four strokes, has completed the Kings Swim and Survive components and thus has graduated from the King’s Swim like a Fish program. Nicholas will be presented at the ACT Kings Graduation Ceremony in September. Congratulations Nicholas, you are now skilled for life!

Hip Hop Dance
Sienna H (3R), Dita A (3D) and Imogen H (3D) are all part of a Hip Hop Crew formed by the Playdance Agency that compete around Australia. The crew consists of 8 girls all at the age of 8. They competed last weekend in the 12 year category and received a second place. The girls also showcase in different venues. The last showcase was Saturday at Skyfire. They have a very exciting year ahead of them and we wish them lots of luck.

Well done to our swim squad on their success today! Results to be announce next week.
Canteen Corner
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.
The Roster for Term 1, Week 9

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<tr>
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<th>Early 9:15am - 11:45am</th>
<th>Late 11:30am - 2:30pm</th>
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<tr>
<td>MONDAY 28/3/16</td>
<td>Easter</td>
<td>Monday</td>
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<td>TUESDAY 29/3/16</td>
<td>Carol Lynch</td>
<td>Carol Lynch</td>
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<td>WEDNESDAY 30/3/16</td>
<td>Evelyn David-Hoole</td>
<td>Evelyn David-Hoole</td>
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<td>THURSDAY 31/3/16</td>
<td>June Manning</td>
<td>June Manning</td>
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<td>FRIDAY 1/4/16</td>
<td>Samantha Cox</td>
<td>Tracy D’Ambrosio</td>
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<td></td>
<td>Emma Shea</td>
<td>June Manning</td>
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<td>Wendy Regan</td>
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Thank you - Samantha Manning- 6258 4687

Fete News!
Final fete newsletter being sent home next Tuesday.

White Elephant, Baby/Toddler and Clothing drop-off dates
This long weekend is the perfect chance to clean up, sort through the house and donate your items to our fabulous fete stalls. Items for the white elephant, baby and toddler and clothing stalls can be dropped at the hall between 2pm and 4pm this Saturday 26 March and Easter Monday 28 March. Please no mattresses, children’s car seats, broken, stained or unusable items. If you can assist with sorting please email the fete team at stmfete@gmail.com.

Raffle Tickets
There are still approximately 140 raffle ticket books to be returned. This is one of the school’s major fundraisers for the year. If you have any outstanding raffle ticket books at home please use the time this long weekend to sell tickets to your family and friends and return all books on Tuesday 29 March. Please note we do need to account for all of the raffle books so your assistance in returning them, sold or unsold, to the school is greatly appreciated.

Volunteers
Some of our stalls are still in great need of assistance on the day of the fete. If you can help out please email stmfete@gmail.com.

All Volunteers
Parents visiting the school to assist are to sign in/out at the Front Office and receive a Visitors badge. All volunteers must now hold a WWVP Card, displayed in a visitor’s lanyard.

Please check your expiry date as some cards are due for renewal.

Raffle Baskets in the Classrooms
Each year level has been given a washing basket to fill with goodies related to the themes below. The fete team would be so grateful if you could please purchase one or two items related to your child(ren)’s theme to place in the baskets which will then be raffled off at our fete on 2 April.

The themes are:

| Kindergarten:    | Home and Garden      |
| Year 1:          | Party                |
| Year 2:          | Holiday Fun          |
| Year 3:          | Pets                 |
| Year 4:          | Bath and Beauty Products |
| Year 5:          | Stationery           |
| Year 6:          | Sweet Surprise       |

The baskets will be collected from the classrooms in Week 9.

Silent Auction – Guernseys on Display in Front Office
The silent auction of our fabulous signed Canberra Raiders, Wallabies and ACT Brumbies guernseys are off to a great start. The current highest bids are:

1. ACT Brumbies: $500
2. Canberra Raiders: $95
3. Wallabies: $300

To place a bid please send an email to the fete inbox (stmfete@gmail.com) with your name, contact telephone number, the name of the team whose guernsey you would like to bid on, and of course the amount you wish to bid. We will respond to your email to confirm your bid and we will also email you if you become outbid. Each week the name of the highest bidder and the highest current bid for each guernsey will be published in the newsletter. If you do not wish your name to be published in the newsletter please tell the fete team in your email in which case we will not publish your name, but we will publish the dollar future of the current highest bid. The guernseys will be displayed at the fete and bids will continue to be taken at the fete until 2pm on 2 April 2016. At 2pm the highest bidder for each Guernsey will be announced as the winner. Winners will be contacted no later than Monday 4 April 2016. Payment must be made on the day of the fete, or if the winner is not present at the fete payment must be made no later than COB Monday 4 April. If prompt payment is not received the respective guernsey(s) will be offered to the next highest bidder.

General Community Information

High School Enrolment Information
St Francis Xavier College 2017 enrolment period will be from Monday 2 May – Friday 20 May 2016. Applications may be submitted during this time directly to the College Reception, or by mail.

The Year 7 2017 Enrolment Information Evening is being held on Monday 9 May, 2016. The evening will commence at 5.00pm with tours of the College. This will be followed at 6.30pm with an information session in the Gymnasium.
The Year 11 2017 Enrolment Information Evening is being held on Wednesday 11 May, 2016. The evening will commence at 5pm with tours of the College and Course Advice. This will be followed at 6pm with an information session in the Theatre.

SFX Open Day is on Friday 13 May between 9.00am - 2.30pm. This gives prospective students and their parents an opportunity to tour the school with a staff member or student while classes are running.

For more information regarding enrolments please contact Jennifer Madgwick - jennifer.madgwick@sfx.act.edu.au or telephone the College on 6258 1055.

Merici Open Days
Wednesday 4 May 2.00pm-7.00pm

YEAR 7, 2017
INFORMATION EVENING
Tuesday 10 May 6.00pm-7.15pm
Enrolment forms will be available

YEAR 11, 2017
INFORMATION EVENING
Thursday 12 May 6.00pm-7.15pm
Careers Expo 4.00pm-6.00pm
Senior Information Handbooks will be available.

ADDITIONAL SCHOOL TOURS
Saturdays 30 April and 7 May
Visit www.merici.act.edu.au for more information.

Daramalan College
Open Evening – Thursday 31 March 5-7pm with last tour at 6.30pm and following this the Year 7 2017 Information Session from 7-8pm in McCowage Hall

Enrolment Application Forms will be available at these events or they can be obtained from the College by phoning Damaris Brown, Registrar, on 6245 6348 or by emailing enrolments@daramalan.act.edu.au. For further information on the College, visit our website www.daramalan.act.edu.au.

Melba Tennis Club - Juniors Friday Social Night
It’s on again until the end of term - Friday night social tennis for juniors. Any junior can come along. You don’t need to be a club member or to be having coaching lessons at the club - you just need to be able to hit a ball. There is a BBQ, prizes and lots of fun tennis. So come along and give it a try!
Time: Friday Nights 6:00pm - 8:00pm. Cost: $10 per child. Contact Owen on 0407 456 293 or email owen@onthelinetennis.com.au. There are also still spots available for after school tennis classes for this term, or get in early to secure your preferred day for Term 2.

The Gorjase Girls
Well the Gorjase girls did it!!! Last Friday evening Emma and Leah had their heads shaved at Energy Fitness Gym at Kippax for the World’s Greatest Shave. Friends and family gathered to offer their love and support for Emma and Leah. The girls have both raised in excess of $8,000 with money going towards the Leukemia Foundation. This is a phenomenal effort and one of the highest monies raised from 2 people!! They both look “gorgeous”.

Rugby Camps
We are a local company and are very excited to be partnered with Sports Camps Australia to bring their first Rugby camps to Canberra and Jindabyne this April school holidays. This is a great chance for both boys and girls to hone their skills or learn to play rugby for the first time. Participants will learn from the region’s best male and female players and coaches and also receive an exclusive Nike sports pack.

The camp details are as follows:
11, 12 & 13 April 2016 - Viking Park, Wanniassa
9:30am-12:30pm, Boys and girls aged 10-16 years, all skill levels cost: $240.

18 & 19 April 2016 - John Connors Oval, Jindabyne, Day 1: 9:00am-3:00pm; Day 2: 9:00am-12:00pm, Boys and girls aged 8-18 years, all skill levels, cost: $180.

Raiders Masterclass School Holiday Clinic
When: Thursday 14 April 2016
Where: Raiders HQ, 2 Eade Street Bruce, Canberra

Masterclass Activity Summary

- 8.30am –Registrations open
- 9.00am – Allocation into groups
- 9.15am – Welcome and overview
- 9.30am – 1.30pm
- 4 x skills rotations (each 30 minutes)
- Players/Kids breakout session – Wellbeing information and Q & A time
- Lunch with players and group photo
- 1.30pm – Close / Clinic packs distributed / Kids collected by parents/guardian