Loving God

Bless my life with you’re the gift of friendship.
For those who have chosen to be my friends, I am grateful.
Let our love, respect and affection for each other flourish.
Make me a good friend, one who is loyal and caring and ready to forgive.
To you who are our truest friend, I pray Amen.

Being Respectful means that we actively listen to others. We listen to teachers and follow instructions. We listen to our classmates when they are speaking. We look at those who are speaking.

Rap

Being respectful means all of these things
Especially when the school bell starts to ring
Listening to others is really cool
Each and every day that you come to school
Listen to your teachers when they talk to you
So you know exactly what you have to do
Being respectful, that’s all you have to do
Treating others right is the motto for you!

By Catherine de Bois

Sacrament of Eucharist

CONGRATULATIONS to all students who celebrated their First Holy Communion last weekend. The children were just a little excited as they gathered in the meeting room prior to the commencement of Mass! The ceremony that followed was very reverent and the children carried out their assigned tasks in a prayerful manner. We extend our thanks to all who assisted in any way, Fr Loi, parents, teachers, catechists, people who cleaned the church, musicians - Anne Kennedy and Sharon Griffin on Saturday night and Charlie Chan, Leith Duffield and Laurence De Costa on Sunday morning. All these contributions went to making this a very special occasion.

Prayer of Thanksgiving

Dear God, I am thankful for my friends and family. I would like to thank my Nan and Pop (my Dad’s parents). I am grateful for my Communion and receiving the Body of Christ. I am thankful!

- Billie H (4C)

Catholic Schools Focus on School Improvement

Catholic schools across the Archdiocese of Canberra and Goulburn have adopted the National School Improvement Tool as the key driver for continuous improvement. The Tool, developed by the Australian Council for Educational Research, helps schools to review and reflect on current practices, and to use this information to plan specific and targeted improvements. It adopts an evidenced-based approach to making judgements about the school’s performance, allowing for assessments to be made of where the school is at, and where it needs to be. Performance levels are then used as the foundation for whole-school planning that is evidence-based, future-focused, and improvement-oriented.

In conjunction with Catholic Education, teachers and Leadership teams in schools conduct a series of Internal School Reviews using the Tool over a five-year period, and incorporate this information in the development of Annual Improvement Plans based on setting goals and targets to be achieved. The purpose
of using the National School Improvement Tool is to improve educational outcomes for all students, involving decisions on student learning, teaching practices, curriculum delivery, and school-community partnerships. Evidence to date strongly indicates the Tool is being used to provide the language both for and of improvement. It is seen as a crucial instrument in analysing the current educational situation in the school and focusing direction for future planning.

Enrolment Time
The Catholic Education office is proud of the quality of Catholic schools in the Archdiocese. Our Catholic schools continually strive to be inclusive places and have an education model that promotes a partnership between individuals, communities and governments based on the principles of equity, needs, access, social justice and religious freedom. Our schools strive for strong partnerships with the parishes they serve. Catholic System schools and Early Learning Centres (ELCs) are open to all who are willing to support the philosophy, values and aims of Catholic schooling.

The Archdiocesan Catholic school system has a particular responsibility to welcome, accept and support those who are poor, marginalised and in most need. Our conviction is that no student will be refused enrolment or be disadvantaged because of an inability on the part of parents/guardians to meet financial requirements. Please contact the school Principal or Bursar if you have concerns about your ability to pay fees.

ACT Catholic System schools have designated priority enrolment areas. For primary schools, this is the designated parish. ELCs are regionally based and serve a number of schools in their local area. Details of Secondary College priority enrolment areas can be found in the Enrolment Information Pack. Enrolment in a school outside the priority enrolment area may be catered for if a place is available in the preferred school and within the normal Catholic Education office enrolment policy. We aim to provide the choice of Catholic schooling to all those seeking a Catholic education for their children. However, enrolment of a student into an Archdiocesan Catholic school or Catholic school of choice cannot be guaranteed.

Open Day
Yesterday our Year 6 students welcomed a number of families who attended our Open Day. Tours will continue to be offered over the coming weeks for families wishing to learn more about St Monica’s. Despite our effort to reach all families in our area I have been disappointed to learn that a number of our families never saw the beautiful information postcard we produced, to be delivered to all homes in the second week of the holidays. We would be really interested to learn from families if you did or did not receive the postcard. An email or comment to Steph Flynn, when you are passing through the Front Office, would be helpful.

Please ensure neighbours and families at our local preschools know that we are now taking enrolments.

### St Monica’s Primary School
**Official Enrolment Period**

*2 May – 20 May*

Please encourage neighbours and friends with prospective enrolments to attend so they can see first-hand the school in operation.

**Enrolment forms for 2017 school year will be available from the Front Office during this period.**

**ELC Enrolments and Enrolment Application Forms for Archdiocesan Secondary Schools are also available.**

It is expected that available spaces will fill quickly so please ensure that the Enrolment Application Forms are returned to the school of your first preference within the enrolment period. Spaces cannot be guaranteed, even for siblings if the applications are not returned within the enrolment period. Please pass this information on to anyone you know who may be considering enrolling their child in an ACT Catholic School.

### NAPLAN 2016 tests timetable

<table>
<thead>
<tr>
<th>Year</th>
<th>Tuesday 10 May</th>
<th>Wednesday 11 May</th>
<th>Thursday 12 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3</td>
<td>Language conventions 40 minutes</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
</tr>
<tr>
<td></td>
<td>Writing - 40 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 5</td>
<td>Language conventions 40 minutes</td>
<td>Reading 50 minutes</td>
<td>Numeracy 50 minutes</td>
</tr>
<tr>
<td></td>
<td>Writing - 40 minutes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number, space, algebra, function and pattern, measurement, chance and data. Calculators are NOT permitted in the numeracy test in Years 3 and 5.

### NAPLAN

Please ensure your child is not late as children will not be permitted in the classroom once the assessment task has commenced. Teachers need to ensure the children are settled and attentive to instructions. **Friday will be devoted to the making up any test that are missed.**

### Anxiety and mental health in children

Fearful and anxious behaviour is common in children. Most children learn to cope with a range of normal fears and worries. However, extra help may be needed when:

- children feel anxious more than other children of their age and level
- anxiety stops them participating in activities at school or socially
- anxiety interferes with their ability to do things that other children their age do
- the fears and worries seem out of proportion to the issues in their life
Assisting children with anxiety problems

Children with anxiety difficulties are often quiet and obedient. This can lead to their difficulties being overlooked. It is important to take note of children’s worries so that their difficulties can be addressed sooner rather than later.

General principles for assisting children with anxiety disorders

Increase children’s helpful coping skills

Anxious feelings are fed by anxious thinking. It is important not to dismiss children’s anxious feelings, but to help children see that the situations they are worried about may not be as bad as they think.

Teach by example

Showing children how you cope positively with feeling anxious or stressed and remaining calm and positive when they are feeling anxious can help them to feel more confident.

Avoid taking over

Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over, it stops children from learning how to cope themselves.

Encourage children to ‘have a go’

Having a go helps to show children that they can cope. Praise or reward them for every step they manage to take.

Visit the link below for more information.

Information from www.kidsmatter.edu.au

Restorative Practices

Use of Circles in Schools

Circle time is being used at St Monica’s for a variety of purposes in developing emotional literacy and relationships for learning.

1. Prayer Circle. This circle allows time for students to prayer as a group and express what is happening in their lives.
2. Sharing Circle. This circle offers the opportunity for students to give their point of view or share an experience about a topic.
3. Learning Circle. This circle provides opportunities for students to share their learning. Students can share what they learnt, what they still need to learn, current understandings or things they would like to learn.
4. Restorative Circle. These may be either a whole class circle focusing on a particular concern or a circle to repair harm following an incident which has affected all or many of the students in class.

Circle time is about building connections and forming relationships for learning and for life.

Families Taking Leave For 10 Days Or More

Where children are accompanying family members for an extended holiday, for 10 or more school days, parents are now required to complete an Application for Extended Leave – Travel form. I will make this available on our school app and website or it can be collected from the office. Thank you for your assistance.

News from the Library

Thank you to all the families who supported our Book Fair. The proceeds from the Book Fair go straight back into our own library, enabling us to buy more books for borrowing! A big thank you to Sharon Friend and Sam Manning for helping in the Book Fair.

Congratulations to the winners of the Book Fair Raffle:
Mason N (KS), Chloe D (2L), Tahlia A (5E)

Happy reading! - Mrs Hind & Miss Brown

School Administration and Staff Facilities Opening

On Friday 20 May, commencing at 10.00am, our refurbished administration area will be officially opened by Senator Zed Seselja and blessed by Archbishop Christopher Prowse. Keep the date free as families are most welcome to join us to celebrate this special occasion.

Mother’s Day Stall

Our Mother’s Day stall will be held tomorrow in the Courtyard from 9.30am onwards. Children will be invited to come to the stall in family groups, so they may choose a gorgeous gift for their Mum together. There will be one gift per family – with the possibility of purchasing extra gifts if numbers permit. Prices form $5.00 to $9.00.

READING AND WRITING WORKSHOP FOR PARENTS – Don’t miss this wonderful opportunity!

Adjunct Professor Kaye Lowe from Canberra University is visiting St Monica’s to present a parent reading and writing workshop. She will provide parents with strategies to help your child at home.

You might like to look at Kaye’s website to read and view some of her suggested strategies
read4success.com.au

Target audience: K-2 parents, parents of children who are finding reading or writing difficult.

When: Tuesday 17 May 2016
Time: 6.30pm-8.00pm
Where: St Monica’s Library

WWVP Card

A reminder - all volunteers must wear their WWVP card when assisting around the school. This is a requirement and schools are being checked to ensure this is occurring.

School Fees Reminders

Reminders indicating the balance of fees owing were sent home with the children yesterday. I would very much appreciate that families ensure their accounts are up to date. The St Monica’s Council Executive expressed concern, at our meeting last night, with the number of families who are not meeting their fee obligations.

Excursions Next Week

Year 1 – Calthorpe’s House
Year 2 – Tidbinbilla
Remainder - Email Addresses for School Fees Statements
This year we commenced issuing fees statements to families via email. Thank you for your patience as we introduce this new system. Please be aware that the software package we use cannot email to Hotmail accounts or some Government Department email addresses. If you have one of these email accounts an alternate email address is required please. Families are reminded that full payment of school fees is due by Week 6 every term unless on a Direct Debit arrangement. Families on Direct Debits should read statements carefully to ensure their amount is sufficient to cover fees in full each year. It is each family’s own responsibility to ensure fees are paid. Any fees queries should be directed to the school’s Finance Officer, Allison Walsh in a timely manner.

Automatic Deduction (Credit Card) for School Fees Payments
Currently families have the option of an automatic deduction from their nominated credit card as a way to pay school fees. We wish to advise that from April this option has ceased. Families currently using this arrangement may do so for the remainder of this year but new arrangements should be prepared for 2017. Families currently using this option are advised that deductions may not occur during school holiday periods. Other payment options are: Direct Debit (from bank account), BPAY, Credit Card (at office or by phone), QKR app, cash or cheque.

God bless

Carmel Maguire
Principal

TERM 2 ACCOUNTS
Our Term 2 accounts will be issued next week.

May - the month of Mary - a little information taken from the Passionists (religious order) Website:  
http://www.cptryon.org/compassion/mary/mother.html
Her name was Mary, a form of the name Miriam, the famous sister of Moses. The name was common among Jewish women in those days. A well-known tradition says she was born in Jerusalem, the daughter of Joachim and Ann. Other early sources say Mary was born in Nazareth. Wherever she was born, Mary's life most likely unfolded in the staunch Jewish settlement of Nazareth in the hills of Galilee, not far from the important caravan routes linking Egypt and Mesopotamia.

Mary was a woman of rural Galilee. She lived as they did, in a small family house of stone and mud-brick. She worked like any young girl, grinding wheat and barley into flour, preparing dishes of beans, vegetables, eggs, fruits, nuts, and occasional chunks of mutton. Wool had to be made into clothing. Bread had to be baked. A few chickens and a donkey had to be fed. And in the village, small as it was, there were always little children to care for. Almost daily she carried a large jar of water from the town well for washing and cooking (the well still supplies modern Nazareth today and is called "Mary's Well”). Early on, the Jews found that cleanliness prevented disease, so frequent washing -- an important chore of women -- became part of their religious practice. The well also was a favourite spot where women talked and traded bits of everyday news.

Claim the Date - Grandparents Day
St Monica’s Grandparents / Special Friends Day will be held on Friday 3 June. Further information and timetable will follow next week.

SPORTING NEWS

Save the Date – Athletics Carnival
The St Monica’s Athletics Carnival is fast approaching. This is a full school activity and all children are required to attend.
Date: Thursday 26 May, 2016 (Week 5)
Place: Charnwood Oval, Lhotsky Street Charnwood
Time: 9:30am- 2:30pm
Transport: Children will be transported to and from Charnwood Oval by bus. The cost of the bus will be covered by the Curriculum Levy. (Years K-6 will be participating in the carnival)
Permission notes will be sent home next week.

Ascension Sunday
This Sunday we celebrate the Feast of the Ascension.

Passing on the Baton
We might compare the Ascension to the passing of a baton from one runner to another in a relay race.

On this day, just over 2000 years ago, Jesus passed the baton of his work to Peter, James, and John. They, in turn, passed it on to the people who came after them. They, in turn, passed it on to us. And now it is our turn to pass it on to others. Practically speaking, what does this mean? Does it mean going out and preaching about Jesus, as Peter, James, and John did? Does it mean mounting soapboxes in shopping centres and telling everyone about Jesus?

It could mean this for some of us, but for most of us it means something much more basic than this. It means something much more fundamental. It means living out Jesus’ teaching in our own personal lives.

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Claim the Date - Grandparents Day
St Monica’s Grandparents / Special Friends Day will be held on Friday 3 June. Further information and timetable will follow next week.
Thank you - Samantha Manning- 6258 4687

Friday Lunch Orders only available via Flexi Schools ordering due to availability of helpers.

**Bringing Up Great Kids**
Parents and Carers of children aged 2-10 years are invited to Bringing Up Great Kids a parenting program developed by the Australian Childhood Foundation which will be presented by CatholicCare commencing WEDNESDAY 18th MAY 2016 from 6-9pm at 57 Hicks Street, Red Hill. The course is 3 hours per week over a 4 week period and the fee of $100 includes course materials and supper.

Bookings are essential please contact 1800 068 698 free call

**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 College**

**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.

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### AWARDS, PRIZES AND ACHIEVEMENTS

<table>
<thead>
<tr>
<th>VALUE</th>
<th>PRIZE</th>
<th>CLASS AWARD</th>
<th>SUBJECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>KS</td>
<td>Friendship</td>
<td>Joel M</td>
<td>English</td>
</tr>
<tr>
<td>KMR</td>
<td>Sophie B</td>
<td>Lillian F</td>
<td></td>
</tr>
<tr>
<td>KRG</td>
<td>Brock S</td>
<td>Tyler B</td>
<td></td>
</tr>
<tr>
<td>1B</td>
<td>Connor K</td>
<td>Juliet P</td>
<td></td>
</tr>
<tr>
<td>1V</td>
<td>Bella P</td>
<td>Diego C</td>
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<tr>
<td>1OH</td>
<td>Ador D</td>
<td>Rohan G</td>
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<tr>
<td>2S</td>
<td>Tyler N</td>
<td>Ava S</td>
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<td>2L</td>
<td>Luke W</td>
<td>Xara G</td>
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<tr>
<td>2D</td>
<td>Harry C</td>
<td>Remy D</td>
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<tr>
<td>3R</td>
<td>Emily W</td>
<td>Brock T</td>
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<td>3D</td>
<td>Jessica H</td>
<td>Jaidah T</td>
<td></td>
</tr>
<tr>
<td>3/4RG</td>
<td>Jackson G</td>
<td>Lyndelle M</td>
<td></td>
</tr>
<tr>
<td>4W</td>
<td>Katie W</td>
<td>Sophie H</td>
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<tr>
<td>4C</td>
<td>Lillian C</td>
<td>Sam B</td>
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<tr>
<td>5K</td>
<td>Jack F</td>
<td>Ryan L</td>
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<td>5E</td>
<td>Lachlan S</td>
<td>Ryan H</td>
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<td>5/6M</td>
<td>Connor S</td>
<td>Feliks W</td>
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<td>6M</td>
<td>Angus C</td>
<td>James B</td>
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</tr>
<tr>
<td>6S</td>
<td>Imogen R-G</td>
<td>Sam P</td>
<td></td>
</tr>
</tbody>
</table>

M & M Medallions – Jesse F (1B), Pyper M (2D), Skyla L (2D), Dominic C (3R), Sienna H (3R), Sam P (6S)

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### 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 2, Week 3

<table>
<thead>
<tr>
<th>DAY</th>
<th>Time</th>
<th>早班 (Early 9:15am - 11:45am)</th>
<th>晚班 (Late 11:30am - 2:30pm)</th>
</tr>
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<tbody>
<tr>
<td>MONDAY</td>
<td>9/5/16</td>
<td>Vacancy</td>
<td>Vacancy</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>10/5/16</td>
<td>Carol Lynch</td>
<td>Carol Lynch</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>11/5/16</td>
<td>Evelyn David-Hoole</td>
<td>Evelyn David-Hoole</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>12/5/16</td>
<td>June Manning</td>
<td>June Manning</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>13/5/16</td>
<td>Samantha Cox, Tracy D’Ambrosio</td>
<td>Wendy Regan, June Manning</td>
</tr>
</tbody>
</table>

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

**Kindy**
- Logan F, Marley B

**Year 1**
- Austin C, Emma S

**Year 2**
- Tyler N, Clancy P, Lili P, Tyler S

**Year 3**
- Sophia M, Alicia Mc

**Year 4**
- Phoebe W

**Year 5**
- Paddy D

**Year 6**
- Ben Mc

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Daramalan College
Enrolment Application Forms 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.

St Thomas Aquinas West Belconnen Regional Catholic Early Learning Centre Co-educational
Regional ELC Information Night for West Belconnen, Evatt, Florey & Page

**Wednesday 11 May at 6:30pm**
All prospective parents are warmly invited to contact the school regarding enrolment for the 2017 school year.

Open Days 2016
Wednesday, 11 May 12:00pm to 1:30pm; Tuesday 17 May from 9:00am to 11:15 am.
Guided tours of the Regional Early Learning Centre will be available.

Please contact the Principal, Mr Cameron Johns.
Phone: 6258 4077 or 6258 5834 (ELC)
Address: 25 Lhotsky Street Charnwood ACT 2615
Email: office.staquinas@cg.catholic.edu.au
www.staquinas.act.edu.au

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GKR
Children who train in karate are less likely to be bullied and school work and class behaviour can improve due to karate’s disciplined and respectful training
GKR Karate classes for all the family
no contracts, pay as you go

- Build confidence
- Improve fitness
- Gain self discipline
- Learn self-defence

North side classes in:
- Evatt
- Fraser
- Harrison
- Holt
- O’Connor

Other classes: all around Canberra, Queanbeyan, Cooma, Bredbo, Yass

Contact Wendy 0406 375 091
wendy.gkr@gmail.com

Fitness with Purpose: self defence for all ages