Term 2 – Week 6 – 2 June 2016

**VALUE - Responsibility**

Responsibility means I can do things on my own
When I turn it on I turn it off
When I unlock something, I lock it
When I drop something, I pick it up
When I break something I repair it
When I open something I close it,
When I make a mess, I clean it up,
When I make a promise, I keep it,
When I find something, I return it
When I borrow something, I return it,
When I take it out, I put it back,
When I am assigned to do a task, I complete it on time
When I earn money, I spend and use it wisely.

**POSITIVE BEHAVIOUR FOCUS BEING RESPONSIBLE**

This means we are on time for bells. We stop playing when we hear the bell, move quickly to go to the bathroom, get a drink and make our way to line up. We need to be organised so everyone is ready to go back into classroom to continue learning.

**GRANDPARENTS DAY Tomorrow**

We are looking forward to all our visitors joining us tomorrow.

The timetable for the day is:

- **Time** Class visits from 9:00am - 10:15am
- **Morning Tea** for guests: 10:20-11.00am in the Hall
- **Morning Tea** for Students 10:20-10:50am school as usual
- **Grandparents Day Liturgy:** 11:00-11:45am

Due to the number of awards only Class Awards and Stars for the past few weeks will be presented following our liturgy tomorrow.

Values awards will be distributed at next week’s Prayer Time

**MORNING TEA**

Many thanks for all your offers of morning tea. Please drop plates off at the hall in the morning. We have over 240 visitors coming tomorrow, if you are able to assist with morning tea at all (particularly during the morning tea-10:20-11:00) your help would be gratefully accepted.

If you have responded to help please see Keir Lawless who will be in the hall from 9.00am to coordinate the morning tea.

**Prayer**

Prayer is a key element in not just the religious education program but the whole life of a Catholic school. Young children often given a very simple definition of prayer, namely “talking to God”. Although this is true to some degree, it does not portray the whole picture. Prayer, ultimately, is a relationship between ourselves and God. This relationship is encouraged, modelled and taught in classrooms as early as at our Early Learning Centres, and developed and sustained up until they leave high school.

Prayer in schools takes place in a variety of ways. We do know there is no ‘right’ way to pray and that people prefer to pray in different ways according to their life experiences and their personality. While schools have set times for students to pray, we do know that prayer cannot be timetabled all the time. Prayer needs to occur frequently and at appropriate times, but we also teach students that we spend time in prayer when required. An example may be a time of class sharing when the class learns that a member of the community is ill or perhaps there has been an argument between students during a playtime. This is an appropriate time for prayer, because there is a need for students to stop and become aware of the presence of God within them and who God is calling them to be.

**A WORD FROM OUR PRINCIPAL**

Inclusion

Dear Parents

I am sure everyone is feeling the chill of the cold weather. We are experience a spike in staff illness so I ask that you please be patient if a teacher has not responded to your call or email. We have also had to split classes as we have been unable to employ relief staff due to limited availability.

**Special Prayers**

Please keep the Raccosta family in your prayers – Sarah (6S) and Joshua (3R) as their grandfather passed away on Monday. Please keep the Rabjohns-Goyne family in your prayers – Imogen (6S) as her grandmother passed away last weekend.
Our role as teachers in Catholic Schools is to offer regular opportunities for students to open their hearts to God. God is alive in us all anyway, but praying we can know it. (Excerpt taken from the recent My Faith My Family Magazine published by our Archdiocese)

A Reflection on Time
Imagine there is a bank that credits your account each morning with $86 400. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you fail to use during the day. What would you do? Draw out every cent of course.

Each of us has such a bank. Its name is TIME. Every morning it credits you with 86 400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits the loss is yours. There is no going back. There is no drawing against “the tomorrow”. You must live in the present on today’s deposits. Invest it so as to get from it the utmost in happiness and success! Treasure every moment you have! And treasure it more because you shared it with someone special, special enough to spend your time.

And remember that time waits for no one
Yesterday is history
Tomorrow is mystery
Today is a gift
That's why it's called the present

Staffing Term 3
Over the next few weeks staffing for Term 3 will be finalised in preparation for when I will be away on Long Service Leave. The following staffing arrangements have been approved:
Mr Patrick Ellis - Acting Principal
Miss Carmel Rheinberger - Acting Assistant Principal and
Mrs Haley Stonham - Acting Religious Education Coordinator

For the first three weeks of Term 3 Mr Christopher Evans will be joining a group of teachers, selected from our Archdioceses, to attend World Youth Day in Krakow. This is a wonderful opportunity for Chris who is looking forward to the experience; we look forward to hearing his stories.

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.

Absentee Notes and Arriving Late/Leaving Early
It is a legal requirement that the school receive official notification when a child is absent from school. This official notification can be sent via our school app, an email or a hand written note. The information provided should include the date, reason for absence and person making the notification. Where no formal notification is received the child is marked as absent at the end of the term. If a student arrives late to school or leaves before end of school day they must be signed in or out at front office.

Mary Millar Library Fund
An invitation for families to contribute to our special library fund was sent home and put up on our App this week. Any donations over $2.00 are tax deductible. Funds raised this year will go towards display boards and additional furniture for the library. Should you wish to contribute please do so by 30 June so that you can claim on your 2015/2016 tax return.

Departing Families
We are aware that some families will be leaving St Monica’s at the end of this year. To help us with staffing and class structure for 2017, we would appreciate knowing which children (apart from Year 6) will not be returning to St Monica’s next year. If your child/ren will not be returning, please advise via email or note as soon as possible.

Fee Reminders
Fees are due by Friday 10 June
Please contact Allison Walsh, our finance office if you have not received your Term 2 fee statement.

SMOOSH Vacation Care
Vacation care bookings are now open for the July school holidays. Spaces are filling up very fast. Please contact SMOOSH if you wish to secure a booking.

Reports and Parent Teacher Interviews
As I will be travelling to Perth during Week 9 of this term the reports will not be issued until mid Week 10. Parent teacher interviews will be held early next week.

Mindfulness for children
Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future - which is often our brain’s default mode. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening in the present moment. It is about focusing attention on the state of being fully awake to life – being aware and undistracted.

Mindfulness and childhood mental health
- Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.
- Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness for parents
The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises.
themselves! The more present and mindful you are with your children, the happier, more mindful and resilient they will be.

Click on the link for more information on this topic. [https://www.kidsmatter.edu.au/mental-health-matters/mindfulness](https://www.kidsmatter.edu.au/mental-health-matters/mindfulness)

Information from www.kidsmatter.edu.au

**Seasons For Growth**

Change and loss affect all of us at some stage in our lives. At St Monica’s we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people benefit from learning how to manage these changes effectively. **Seasons for Growth** is an Australian program that provides opportunities for students in Years 1-6 to integrate the appropriate knowledge, skills and attitudes to understand and cope with change, loss and grief, using the symbolism of the four seasons.

Beginning in Week 8 of this term we will once again be offering the eight week **Seasons for Growth** program at St Monica’s. Mr Bob Fletcher, a trained ‘Companion’, will spend time with small groups of students who are dealing with some aspect of change, separation, loss or grief. The sessions do not provide counselling or therapy and are not designed to prepare children for imminent grief or loss. Instead, the program aims to specifically assist children who have had a change in their lives through death, separation or divorce. It does this through encouraging the expression of thoughts and emotions, educating about the grief process, developing a peer support network and drawing on extensive research in developing a sound educative response to loss and grief.

The program will be conducted during school hours with children being withdrawn from class. It is recommended that at least six months passes after the loss, as children are then in a better position to cope with the program.

Request forms can be found on our school app under newsletters or from your child’s teacher. **If this is the first time your child/children will be participating in the program, it is essential that you have this information in order to ascertain if the program will meet the needs of your child/children.** Please respond by next Thursday if you would like your child to access this wonderful program.

**Bob Fletcher**, our program co-ordinator and trained Companion will send home a consent form with your child once you return the response slip to confirm your child’s interest in the program.

**Foods to Avoid**

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!**

**SRC News**

**BE A HERO. BE A PIRATE.**

**PIRATE DAY**

On **Thursday, 9 June** our school will participate in a fundraiser called Pirate Day which has been organised by the SRC. Pirate Day was inspired by 7year old Conor Colgan, who was diagnosed with an inoperable brain tumour in 2014. This event aims to raise funds and awareness for research into the cure and prevention of childhood brain tumours.

In Australia, childhood brain cancer is responsible for more deaths than any other childhood disease. It isn’t preventable like adult cancers and the only way to stop it is finding a cure. **Awareness leads to fundraising which leads to research** which gives us a **cure**.

**Some important things to know about cancer are:**

- You can’t catch cancer! It’s not like a cold!
- The treatment given to kids with cancer affects their body inside and out – They might lose their hair, but they are still themselves, so we shouldn’t be afraid of still being their friend!
- Cancer is a disease and can make people feel sad and angry. We should talk about how we feel when someone we know has cancer.
- We can all do something to help, even if it’s a small thing.

So on Thursday 9 June (Thursday Week 7)

- come to school dressed as a Pirate
- donate a gold coin in support of childhood cancer research.
- You will receive a white eye patch to wear which have been provided by The Kids Cancer Project.

So, let’s have fun and help make childhood brain cancer WALK THE PLANK.
School Banking Account Opening Day
St Monica’s Primary is excited to offer the Commonwealth Bank School Banking program to all students. The School Banking program provides children with an opportunity to deposit money into their Commonwealth Bank Youthsaver account at school each week. The program is about how often your child makes deposits, not how much they deposit. To encourage regular savings behaviour the program offers an exciting Rewards Program. Every deposit earns your child a Dollarmites token, and once they’ve collected 10 tokens they can redeem them for a reward.

The rewards available during 2016 are:
- Flying Snake Tail, Wildlife Writer Set
- Mud Splat Handball, Outback Pat Bag Tag
- Backtrack Eraser Pen, Jump and Skip Rope
- Bush Fly Fan, Wriggly Glow Worm

School Banking day is MONDAY. Each week you need to bring your deposit book to your classroom for collection. We will be holding an Account Opening Day at our school:
**Time:** 8.30am  
**Date:** Monday 27 June 2016  
**Location:** School Assembly Area

If you are interested in opening a Commonwealth Bank Youthsaver account for your child please bring along your current driver's licence or another form of photographic identification. Alternatively, you can open an account at your local branch. All you need to bring is your current identification as well as your child’s birth certificate. If you are an existing Commonwealth Bank customer and have NetBank, you can open an account online. If you would like to know more about School Banking, please ask for a 2016 School Banking program information pack from the school office.

End of May is Hats Off Day for Canberra schools
Cancer Council ACT does not generally recommend sun protection behaviour (ie hat wearing and sunscreen application) when UV levels are under 3 due to the low risk associated with skin damage at this level. In Canberra, UV levels drop and remain under 3 (low) all day, each day, around the June and July period and so the End of May is Hats Off Day for Canberra primary schools and early childhood services. This may assist Canberra children with their winter Vitamin D requirements.

St Monica’s Public Speaking Finals
Congratulations to our school finalists who presented their speeches on Monday: 3D - Jack A, 3R - Fletcher A, 3/4RG - Katie B, 4C - Sam M, 4W - Phoebe W

Children competing for nomination to the Rostrum Quarter finals on Monday evening:
5E - Zoe Rebecca, Millie Alston-Campbell, Baxter Stirling  
5K - Halle Flynn, Leo DeCosta, Lara McCann  
5/6M - Keith F, 6S – Franko S, Ben M 6M - Joven M

Our School Representative - Benjamin M - 6S
Runner Up - Lara M - 5K

God bless
Carmel Maguire
Principal

"Maryanne Gore, parishioner of the St Monica's Parish, will be sleeping out at Questacon on Thursday 23 June with only a sleeping bag and three sheets of cardboard. Experiencing for one night what over 100,000 Australians experience every night. The money that the CEO's raise goes directly to St Vincent de Paul's homelessness programs in our archdiocese of Canberra/Goulburn including the Night Patrol, emergency shelters, and food and accommodation assistance to families. To sponsor a CEO, log on to www.ceosleepout.org.au and search for the CEO of your choice or donate to the event. Your generous donations will not only provide immediate and emergency assistance but pathways to a brighter future."To sponsor Maryanne please click in the link below https://www.ceosleepout.org.au/ceos/act-ceos/maryanne-gore-project-lighting-pty-ltd/
Sacrament of Confirmation

The Confirmation Program for Yr 6 students at St Monica’s will commence next term. Dates for the program are as follows:

Parent Information Evening: Wednesday 20 July 7:00pm. School Library

Parent and Child Evening: Thursday 11 Aug 7:00pm School Library

Sacrament of Confirmation: Wednesday 7 September (6:00pm)

Fr Tony Percy Vicar General will confer the sacrament.

James Hird Cup

For the second year in a row, St Monica’s entered a team in the year 5/6 James Hird Cup. The James Hird Cup is an Aussie Rules (AFL) tournament for schools in Canberra. Steve May took up the role of coach again, and the team got ready for a chilly day out at Deakin. The boys had a fun and successful day, winning 4 of their 5 matches. It was great to see the boys support, encourage and provide great teamwork to each other. All of our boys, including the five top-up players from soccer origins, contributed and all played massive roles to ensure that we had a great day. Thanks to Ms Mahoney for accompanying and looking after the team on a very brisk autumn day. The supporters who also came out to the games were provided with some great footy entertainment, the highlight being a hilarious game against the Jerrabomberra girls. Thanks again to everyone who helped to organise, support and play, who all made it a really enjoyable day.

Many thanks to Steve May for coaching the boys on the day.

<table>
<thead>
<tr>
<th>VALUE Responsibility</th>
<th>CLASS AWARD Teacher Choice</th>
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<tbody>
<tr>
<td>KS</td>
<td>Lorenzo S</td>
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<tr>
<td>KMR</td>
<td>Mitchell B</td>
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<tr>
<td>KRG</td>
<td>Violet P</td>
</tr>
<tr>
<td>1B</td>
<td>Samuel W</td>
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<tr>
<td>1V</td>
<td>Gabe J</td>
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<tr>
<td>1OH</td>
<td>Jasper T</td>
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<tr>
<td>2S</td>
<td>Peter M</td>
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<tr>
<td>2L</td>
<td>Eila K</td>
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<tr>
<td>2D</td>
<td>Pyper M</td>
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<tr>
<td>3R</td>
<td>Coco B</td>
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<tr>
<td>3D</td>
<td>Connor L</td>
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<tr>
<td>3/4RG</td>
<td>Ryan S</td>
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<tr>
<td>4W</td>
<td>Ryan C</td>
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<tr>
<td>4C</td>
<td>Millie W</td>
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<tr>
<td>5K</td>
<td>Week 5 Katie H</td>
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<tr>
<td>5K</td>
<td>Week 5 Rose M</td>
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<tr>
<td>5K</td>
<td>Week 6 Halle F</td>
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<tr>
<td>5K</td>
<td>Week 6 Brynn F</td>
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<tr>
<td>5E</td>
<td>Millie A-C</td>
</tr>
<tr>
<td>5/6M</td>
<td>Tara K, Paige W</td>
</tr>
<tr>
<td>6M</td>
<td>Joven M</td>
</tr>
<tr>
<td>6S</td>
<td>Jack M</td>
</tr>
<tr>
<td>M &amp; M Medallions</td>
<td>Lucija P (2L), William C</td>
</tr>
<tr>
<td></td>
<td>(3R), Caydence L (3R), Nellie B (3D), Milana K (3/4RG), Riley H – 2nd star (3/4RG), Charlotte W – 2nd star (5E)</td>
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Happy Birthday to the following children who are celebrating birthdays this week

Year 1: Shaye S, Connor K, Joshua Mc
Year 3: Kate S
Year 4: Sam B

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 7

<table>
<thead>
<tr>
<th>Day</th>
<th>Early 9:15am - 11:45am</th>
<th>Late 11:30am - 2:30pm</th>
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<tbody>
<tr>
<td>MONDAY 6/6/16</td>
<td>Vacancy</td>
<td>Vacancy</td>
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<tr>
<td>TUESDAY 7/6/16</td>
<td>Vacancy</td>
<td>Vacancy</td>
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<tr>
<td>WEDNESDAY 8/6/16</td>
<td>Vacancy</td>
<td>Vacancy</td>
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<tr>
<td>THURSDAY 9/6/16</td>
<td>June Manning Anne Carew</td>
<td>June Manning Anne Carew</td>
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<tr>
<td>FRIDAY 10/6/16</td>
<td>Samantha Cox Tracy D’Ambrosio</td>
<td>Alissa Kilpatrick Wendy Regan</td>
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Thank you - Samantha Manning- 6258 4687

Friday Lunch Orders only available via Flexi Schools ordering due to availability of helpers.
**Bedwetting Programme**
Based on Sydney Children’s Hospital Programme. Suitable for children from 5 years of age. Margaret O’Donovan, Physiotherapist, Canberra City. Enquiries – 62485066.

**Yoga Classes**
Yoga Classes with Ros Emmerick – Saturdays 7.15am-8.15am. Venue is Nellie Hall, Chinner Crescent in Melba. Cost is $18/casual or $65/5 classes. Classes run throughout the school term, Public Holidays excepted. New participants welcome any time. Tel – 0420 290 076 or email yogabilities@bigpond.com

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**Being a parent is the hardest job we’ll ever have. All parents at some time experience difficulties and stress.**

Parentline ACT is a confidential and free telephone and face-to-face counselling and information service. Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager’s behaviour.
- Make an appointment for a counselling session.

Parentline ACT Monday to Friday (except on public holidays), 9am to 5pm, Phone: 6287 3833