



St Monica's News

Term 3 – Week 1 – 20 July 2017

At St Monica's we are a vibrant Catholic community that works collaboratively to empower its members to be inclusive learners, custodians and citizens

A WORD FROM OUR PRINCIPAL

Dear Parents & Carers

Believe in Yourself

Our term is off and running however we have a number of staff and students currently not well. To prevent the spread of the many infections, that have currently found a home in Canberra, please keep sick children home over the next few weeks.



Congratulations to Miss Elizabeth Mahoney on her engagement to Jeremy and Ms Amanda Stewart on her engagement to Lynden. Welcome back also to Mr Michael McFadden who returns from long service leave.

As we start the new term I have noticed that there has been a decline in our uniform code. Children should have appropriate hair styles with shoulder length hair tied back with appropriate hair accessories. Many girls are wearing nail polish and there is a number of children not wearing the correct uniform, including the school jumper and appropriate black shoes. When enrolling your child, parents made a commitment to support the school's uniform code.

Once again the St Monica's Community Council invites you to an open meeting on 2 August, 7-7:30pm in the school staffroom. While we are open to any issues that parents wish to discuss we are hoping to focus discussions on ideas and planning for our external spaces around the school. Please come along and bring your ideas and thoughts. Alternatively we would welcome your thoughts via email at Council.StMonicas@cg.catholic.edu.au. If you would like to submit an agenda item, please email the Community Council or leave your suggestion at the front office.

Working with Vulnerable People Card



I would like to remind parents, carers and grandparents that it is a requirement that all volunteers helping out at the school in classrooms, on excursions or sports days must hold a current WWVP card. The Office of Regulatory Services conducts spot audits on a regular basis throughout all schools. One off Statutory Declarations are strongly discouraged by Catholic Education as they can be very difficult to monitor. Parents and grandparents 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**. If you have recently renewed your card, please ensure the Front Office has a copy of your renewal.

Next Tuesday and Wednesday I will be involved in a school registration panel for one of our local schools. This is a wonderful learning opportunity as we prepare for our school registration in 2018. Please refer any concerns to Patrick Ellis in my absence.

Stay warm
Carmel Maguire
Principal

TERM 3 FOCUS AREA
BELIEVE IN YOUR
COMMUNITY

**SAFE, RESPONSIBLE
AND RESPECTFUL
LEARNERS**

LEARNING FOCUS

Be Responsible

Focus

Effort and determination are needed to stay motivated and engaged in your learning.



SOCIAL FOCUS

Be Responsible

Look after ourselves and others

We keep things small. We are fair, we accept responsibility and move forward in a positive way.



VALUE FOCUS – COURAGE

Having courage means that children will be brave as they meet new experiences or difficult situations. Also courage may involve being firm because of something you believe in. In either case, there may be feelings of fear, anxiety, or apprehension.



Activities to Do to Learn About Courage

- Look through your newspaper with your children to find articles about acts of courage. Consider these questions: Who performed the acts of courage? What did they do? When and where was the act of courage accomplished? How did they carry it out? How will this act of courage affect other people?
- Provide crayons or pencils for your children to draw pictures of people they would consider courageous heroes. Ask them to tell you about why they think the person is a hero. If possible, have your children dictate these reasons as you write them on their picture.
- Tell your children stories about times when your faith influenced your actions. Alternatively, tell about a time when you could have helped someone or taken a courageous action and regret that you failed to do so. Describe the lessons that you think God may have been teaching you.

RELIGIOUS EDUCATION NEWS

Confirmation Preparation Retreat Day

A huge thank you to Haley Stonham who stepped in to take the lead in preparing Wednesday's special retreat day. Thank you to Liz Mahoney and Michael McFadden for their help and support. This was a great day where students bonded as they prepare to receive the Sacrament of Confirmation.

Sacrament of Confirmation Night Wednesday 26 July

Please keep the following students and their families in your prayers.

Millie A-C, Tahlia A, Charlie B, Hannah B, Eden B, Spencer B, Leo B, Chad C, Ellen C, Emily C, Josh C, Leo D, Paddy D, Brynn F, Ryan F, Rocio F-O, Halle F, Lachlan F, Kai G, Maddison G, Anabelle H, Nicholas H, Patrick H, Ryan H, Jessica H, Ava J, Charlotte J, Ben L, Luiza L, Victoria M, Cooper M, Natalia M, Bailey M, Rose M, Lara Mc, Eve M, Carys M, Holli N, Charlie O, Grace P, Alicia R, Zoe R, Olivia R, Bailey R, Amy R, Joseph S, Madeline S, Tamika S, Renee S, Baxter S, Kaelin S, Preston T, Joseph T, Oscar T, Feliks W, Charlotte W, Olivia W, Jess W, Holly W.



SACRAMENTS – 2017

SACRAMENT OF CONFIRMATION:

Sacrament of Confirmation:
Wednesday 26 July 6:00pm, St
Monica's Church
Wednesday 19 July – Preparation
Day



SACRAMENT OF RECONCILIATION:

Parent Information Evening:
Wednesday 11 October

**Reconciliation Commitment
Masses:** Saturday 14 October
6:00pm, Sunday 15 October
10:00am

**Sacrament of First
Reconciliation:** Wednesday 22
November



TEACHING AND LEARNING

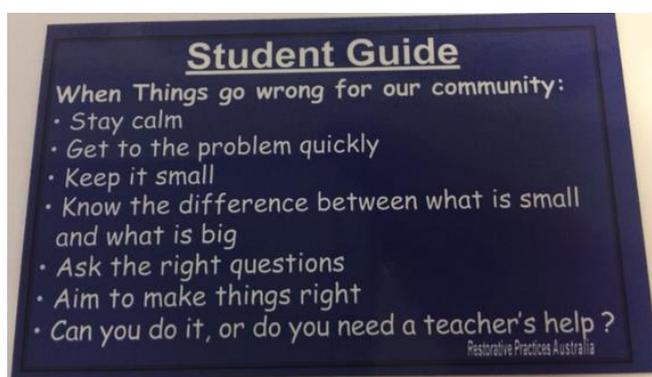
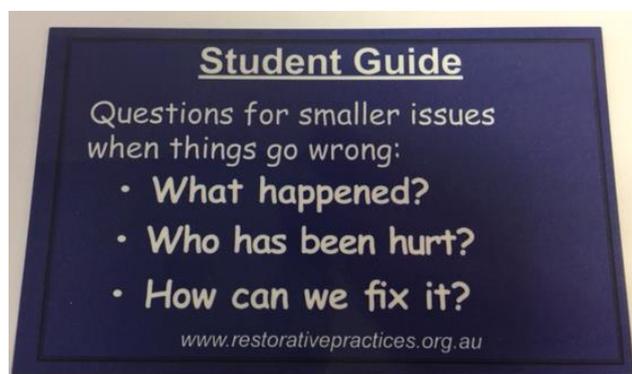
A Restorative Classroom

We are now in our 2nd year of implementing Restorative Practices. Our goal is to have our classrooms be 'Restorative Classrooms'. This is different to the traditional classroom and very much different to when I was at school. With the increase in additional needs in classrooms, increased anxiety and pressure among students and the more complex lives that children live today, a focus on empowering students to self-regulate, build, maintain and restore positive relationships is of vital importance. This does not mean that teachers don't discipline. We aim to be firm but to be fair in the process to ensure students understanding of any outcome. At times for parents we know that you would prefer a solution straight away, however it isn't necessarily about us, it is about the student and ensuring the student is supported to face the problems, issues and concerns of the future.

We aim to have 'Restorative Classrooms'. That is, a classroom that values dialogue through an inclusive approach where everyone has a voice and can be heard. Through collaborative processes students are taught in practical ways that emotions are an important and legitimate expression of healthy classroom conversations where mutual respect and accountability flourish. Students are taught how to resolve and understand conflict and tensions and difference in respectful ways that engenders trust, empathy, responsibility, and fosters healthy relationships. The curriculum is engaging and students take an active role in the content and review of what is taught through participatory pedagogy including classroom circles and cooperative learning approaches that enhance ownership and maximises learning outcomes.

We appreciate the continued support of 'home' in this implementation of Restorative Practice, as it works best for students where home and school work together in a respectful and positive way in the best interest of the students.

Patrick Ellis – Assistant Principal



GENERAL INFORMATION

Interviews and Reports

Thank you to the parents and carers who made time this week to meet with their child teacher/s to follow up on their child's progress. If you were unable to make a time, please contact your child's teacher. Regular dialogue is an important way to keep track of a child's progress academically and emotionally.

The educational consultant James Nottingham draws attention to the problem of labelling children, as we are required to do so on our reports - even when those labels seem positive. He describes the impact of labels - good and bad - on student expectations and how this affects learning. He then offers us alternatives - to focus on student progress (rather than rank order) and to use labels to describe actions rather than people. Please take the time to watch this TED Talk - *Labels limit learning: James Nottingham at TEDxNorrköpingED* as it is thought provoking <https://www.youtube.com/watch?v=viHasIVc9cc&t=349s>

ACT Reportable Conduct Scheme

On 1 July 2017, the ACT Reportable Conduct Scheme was introduced to oversee how organisations prevent and respond to allegations of child abuse and misconduct. This scheme is administered by the ACT Ombudsman.

Catholic Education is covered by the scheme and is required to report to the ACT Ombudsman allegations of 'reportable conduct'. Broadly, 'reportable conduct' covers allegations or convictions of child abuse or misconduct toward children. The scheme also provides for more robust information sharing between designated agencies, including Catholic Education, Access Canberra, ACT Police, ACT Teacher Quality Institute (TQI), CECA and ACT Child and Youth Protection Services (CYPS).

The reportable conduct scheme does not change our mandatory reporting obligations to ACT Police, CYPS, TQI and CECA.

Key characteristics of the scheme are that it is allegation based and that it applies to all Catholic Education's employees and volunteers within a school environment and outside of the workplace. The assessment and investigation of allegations is consistent with current practices of Catholic Education.

Sport Days – Term 3

Monday	KR, KMR, KRG, 2D, 2S, 2L, 3W, 3M
Tuesday	IVH, 1S, 3/4R, 4B, 4C
Wednesday	KR, KMR, KRG, 5D, 5E, 5/6M, 6M, 6S
Thursday	1S, 1VH, 2D, 2L, 2S, 3W, 3M, 3/4R, 4B, 4C
Friday	5D, 5E, 5/6M, 6M, 6S

Library Days – Term 3

Monday	None
Tuesday	KMR, KRG
Wednesday	6S, 6M, 5/6M, 5E, 5D, 3/4R,
Thursday	KR, 1S, 3M, 3W,
Friday	IVH, 2L, 2S, 2D, 4B, 4C

STATIONERY SUPPLIES TO BE PROVIDED BY EACH CHILD AT THE COMMENCEMENT OF SEMESTER TWO

Kinder to Year 6 - Box of tissues & roll of paper towel to be provided by each child per term

St Monica's 40th Celebration For the Kids and Families

Plans are underway to mark our 40th celebrations so be sure to add the following dates to your calendar.

Friday 25 August - 9.30 Whole School Mass and Celebrations at school

Evening parent celebration at QT Canberra (see below)

Sunday 27 August

10.00am Family Mass and celebratory picnic brunch in the school grounds including school tours lead by senior students – more information to follow



*St Monica's
is turning*

40

AN EVENING FOR THE ST MONICA'S COMMUNITY (BOTH PAST AND PRESENT) TO
CELEBRATE THE 40TH ANNIVERSARY OF THE SCHOOL

FRIDAY 25 AUGUST 2017 @ 7PM.
CAHOOTS BAR, QT HOTEL, LONDON CIRCUIT, CANBERRA
(This is an adult only event)

TICKET PRICE \$55 WHICH INCLUDES SUBSTANTIAL
CANAPÉS AND AN ASIAN STREET FOOD STAND,
2 DRINKS AND ENTERTAINMENT

DRESS IS SMART

CLICK TO BUY TICKETS

ENTERTAINMENT FOR THE EVENING IS PROUDLY SPONSORED BY
LIAM WILSON AND HIS TEAM AT RAY WHITE BELCONNEN

Tickets on sale NOW! - Gather your friends for a fun night to celebrate St Monica's 40 Birthday
Visit our school Website, School App under Fundraising Initiative and follow the link or via this web address
<https://trybooking.com/293504>



Year 5/6 Movie Night – Friday 28 July – 6-8pm

Year 5/6 students are invited to attend a Movie/PJ night on Friday 28 July. Information has been sent home to students. This night will start at 6pm and finish at 8pm. The movie has changed and will now be 'Middle School' The Worst Years of my Life – Rated PG. The cost of a pre-paid ticket is \$11 which includes the movie, pizza, drink, popcorn and ice-cream (or \$6 entry per child, payable at the door on the night). Drinks, chips and lollies will be able to be purchased on the night. This is a school fundraising event. Payment can be made via Qkr. Any parents helping must hold a current WWVP card.



St Monica's Chess Competition

St Monica's Chess Club will be holding a chess tournament for all interested chess players on Friday 18 August. Entry is free and available of the App under Permission Notes. The junior division will consist of Year 1-3 students and Senior division will be Year 4-6 students. The tournament will run across the entire day with students having a break for recess, assembly and lunch. All students entered will play each round with no eliminations. Notes have gone out on the app and are on the note stand in the foyer. Entries close Wednesday 16 August.

OzTag Gala Days

Permission notes have been sent home for the upcoming OzTag Primary Schools Gala Day which is on Wednesday 2 August (3/4 girls and 5/6 girls) and Thursday 3 August (3/4 boys and 5/6 boys). Please return permission notes by Friday (tomorrow) if your child would like to participate in this day. Cost is \$15 which includes entry and bus travel to and from school. St Monica's teachers will accompany students. Unfortunately, we have been unable to accommodate all interested children as the original expression of interest was not returned last term. Team numbers have already been organised including obtaining coaches and these have now been submitted. Should payment not be received by tomorrow we will offer places to those children waiting to hear.



STUDENT VOICE - Homework Must Be Banned

Homework is an unnecessary after school time waster. It stresses children and parents out, and can cause lots of health, fitness, social, family and anxiety problems. First of all, homework is BORING. It is disconnected from the classroom and can confuse and interfere with students learning. It also adds pressure to parents and children. Families may argue and disagree and that can cause mental stress. Stress can then lead on to mental health issues or other unhealthy addictions. Another reason is that homework takes time away from social life, sport and fun activities. As we all know Australia needs to exercise more. Why are the teachers stopping us from making Australia a healthier population? So as stated, homework must be banned. It confuses learning, causes health and fitness issues and the pressure it adds to families is unnecessary.

Piece of Persuasive Writing by Lara Mc (6S)

Parents what are your thoughts about homework?

Our St Monica's Buddy Bench



Following on from our exciting Buddy Bench launch earlier this year, the Buddy Bench now has a home, just outside the canteen. This will be a great meeting place for the children. Rules for the Buddy Bench are;

1. *If you choose to sit on the bench, you MUST say yes to the first friend who invites you to play, or walk and talk.*
2. *If you see a friend when you are sitting on the bench, invite them to play, or walk and talk.*
3. *Two friends sitting on the bench can turn to each other and invite each other to play, or walk and talk.*

Community Council Email Address

As a Community Council we can only represent you if we know what is on your mind, this address is just another avenue of contact. Council.StMonicas@cq.catholic.edu.au The email will be checked regularly by Evelyn David-Hoole, Council Executive Secretary.

AWARDS AND ACHIEVEMENTS

Next School Assembly – tomorrow - Friday 21 July at 1pm

Class, Star Awards and Pride Badges for Week 1 to be presented.

Next School Prayer - Wednesday 2 August at 2.30pm

Value Awards for Week 1 and 2 to be presented.



	Value Award Courage	Class Award Thoughtfulness and Manners
KR	Joseph J	Esther L
KMR	Akol A	Flynn G
KRG	Princess U	Aria G
1VH	Lillian F	Mya L
1S	Bella P	James D
2L	Aiden S	Austin C
2S	Alex C	Levi T
2D	Lauren F	Daniel I
3M	James Mc	Isobel C
3W	Elspeth S	Tulli H
3/4R	Max W	Jack R
4B	Adrian S	Kate S
4C	Annie R	Yaroslava K
5D	Ryan C	Ryan S
5E	Christian W	Jennifer C
5/6M	Lachlan S	Anton den H
6M	Katie H	Tyler M
6S	Baxter S	Eden B
St Monica's Stars – Annabelle F (2D), Madison R (2D), Giorgia M (3W) – 3 rd star, Lucia J – 4 th star, (3/4R), Matthew Mc (4B) – 3 rd star, Emily S (4C) – 4 th star, Jett M (5D), Anthony F (5E)		
Pride Badges – Giorgia M (3W), Matthew Mc (4B)		

Happy Birthday to the following students

HAPPY BIRTHDAY	
Kindy	Cooper A, Laura R
Year 1	Grace S, Eamon F
Year 2	Jesse F
Year 3	Tahlianna B, Layla R
Year 4	Elyse S, Olivia S
Year 5	Byron P, Bailey A



EXTRA CURRICULAR NEWS

Kanga Cup

Congratulations to all students who participated in the recent Kanga Cup. The NSR Kanga Cup is the largest International Youth Football Tournament in the Southern Hemisphere. Held annually each July in Canberra. Well done to all who completed.

Calisthenics

Congratulations to Sophie H (5E) and Annabelle F (2D) who represented the ACT at the Calisthenics Nationals during the holidays. Sophie's team came fourth and Annabelle's came third. Well Done girls!



CANTEEN CORNER

Roster for Term 3, Week 2

	Early 9:15 - 11:45am	Late 11:30 - 2:30pm
MONDAY 24/7/17	Michelle Gaffey	Michelle Gaffey
TUESDAY 25/7/17	Evelyn David-Hoole	Evelyn David-Hoole
WEDNESDAY 26/7/17	Katrina Ciampa	Katrina Ciampa
THURSDAY 27/7/17	June Manning Anne Carew	June Manning Anne Carew
FRIDAY 28/7/17	Jenny Fulivai Wilma Hird	Wendy Regan Jackie Newman

Samantha Manning - Canteen Manager - 6258 4687



Our Healthy St Monica's Canteen – Kids love our home style cooking!

I have been the canteen manager at St Monica's for nearly 10 years. In that time our menu has changed dramatically. When I first started here our menu was full of processed foods. Large iced cupcakes and finger buns were delivered fresh each day, whilst our hot food menu consisted of all frozen, pre-packaged items. For example, sausage rolls, burgers, pizzas and pastas were available however, they all came delivered pre-packaged & frozen.



A few years into my time at St Monica's we decided to change the menu to try and get more children to use the canteen, hoping that a fresh menu might make more children order their lunch. Over the years some of our daily fresh specials have changed but the weekly items have pretty much stayed the same. For those parents that haven't helped in the canteen and don't know, all our items from Monday to Thursday are made fresh in the canteen.

A few of my healthy secrets for some of the food on the menu include grated carrot and zucchini in the pasta bolognese; grated carrot, zucchini & rolled oats in the sausage rolls; grated carrot, zucchini, rolled oats and lean beef/chicken mince for the burgers. Our chicken schnitzel burgers are made from chicken breast that is crumbed with wholemeal breadcrumbs and baked in the oven. The beef for the hot roast rolls is cooked in the slow cooker, with the gravy made from the juices leftover. Whilst the sauce for the ham & cheese macaroni is made by mixing into the cooked pasta light sour cream, ham, garlic and light shredded cheese.

Our school canteen is very fortunate to be still run by the Community Council. We are only one of a few primary schools whose canteen is open 5 days a week. Many canteens are contracted out or run off-site by a company that is most likely to provide pre-packaged food.

As Canteen manager I have seen many children, over the years, who are very fussy and only eat maybe one or two things (like jaffles), that have widened their taste buds so that by the time they have left St Monica's they eat a wide variety of things. Hopefully that will continue.

Thank you
Sam Manning
Canteen Manager

COMMUNITY INFORMATION

Bedwetting Programme

Based on Sydney Children's Hospital Programme. Suitable for children from 5 years of age. Please contact Margare O'Donovan, Physiotherapist, Level 2, City Plaza Building, 222 City Walk Canberra City. Enquiries – 62485066. It is usually a one-off appointment for \$180 followed up with phone calls until the problem is resolved.

Marian Procession

Over many decades the Archdiocesan Marian Procession at St Clement's Monastery, Galong has gathered tens of thousands of Catholics from across Australia. As we have journeyed with Mary to the heart of Jesus many lives have been changed for the good through this event. You are welcome!

Date – Sunday 8 October 2017 at St Clement's Monastery, Galong. Confession – 1030am. Mass – 11.30am with main celebrant Archbishop Christopher Prowse. Lunch – 12.30pm – BYO Lunch. Procession – 2pm.

Youth Pilgrimage (with cross & icon of The Holy Family)

Date – Sunday 8 October 2017 at Galong Village, cnr Railway and McMahan Sts. Leave – 9am.

West's Magpies Basketball Summer 2017/2018 Team Trials

Under 10 girls and boys (born 2009 and later) – Wed 2 Aug 5-6pm, Belconnen Basketball Stadium

Under 12 girls and boys (born 2007/2008) – Wed 2 Aug 5-6pm, Belconnen Basketball Stadium

Under 14 boys (born 2005/2006) – Thurs 3 Aug 6-7.30pm, Kingsford Smith School gymnasium

Under 14 girls (born 2005/2006) – Tues 1 Aug 4.30pm-5.30pm, Belconnen Basketball Stadium

Under 16 girls (born 2003/2004) – Tues 1 Aug 7pm-8.30pm – Aust Institute of Sport

Under 16 boys (born 2003/2004) – Mon 31 July – 7pm-8pm, Aust. Institute of Sport

Under 19 girls (born 2000, 2001 and 2002) – Wed 2 Aug 6pm-7pm, Canberra High School gymnasium

Under 19 boys (born 2000, 2001, 2002) – Tues 8 Aug 7pm-8.30pm, Aust. Institute of Sport.

Marymead

Marymead is temporarily relocating on 11 August while an all new state of the art Centre for Canberra's children, young people and their families is being built. The majority of our services will now be located at the Rheinberger Centre in Yarralumla, although some will be located elsewhere in the ACT. For all enquiries please call 1800 427 920.