

St Monica's News

Term 1 – Week 7 – 22 March 2018

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

A WORD FROM OUR PRINCIPAL

School Theme



And Jesus said to them,
"Follow me, and I will send you out to
fish for people"
And immediately they left their nets
and followed him. Mark 1:17-18

Dear Parents



Everyone Welcome
10am – 2pm

We all enjoy reading good news stories about the success of children or members of our community. I encourage families to share their successes so they can be published in the newsletter. Don't be shy!

See everyone at the fete on Saturday!
Carmel Maguire
Principal

Discover the Word

**SAFE,
RESPONSIBLE AND
RESPECTFUL
LEARNERS**

LEARNING FOCUS

Be Responsible

Self-Monitoring

Plan and prepare for your learning. How are you going to succeed and finish?



SOCIAL FOCUS

Be Responsible

Look after ourselves and others

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

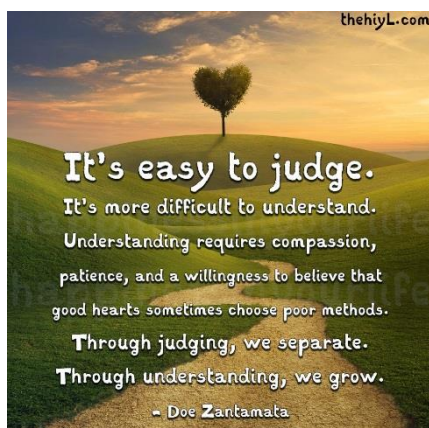


VALUE FOCUS – HONESTY



Understanding is the ability to put yourself in someone's shoes and know what they are going through; it's the ability to feel what they are feeling. Why is understanding so important? With ongoing societal issues like bullying, youth mental health concerns, teaching empathy to children is more important than ever.

Empathetic people have the ability to connect with others on a deeper level and can lead to individuals being helpful, involved and invested in other people. In our society where we have to rely on each other, understanding is an increasingly important tool to connect with the world.



SACRAMENTAL DATES

2018

Please save the following dates- further information (re times and meetings will be published early in the school year).



Sacrament of Eucharist

Saturday 2 June

Sunday 3 June

St Monica's Church



Sacrament of Confirmation

Wednesday 12 September



Sacrament of Reconciliation

Wednesday 21 November

RELIGIOUS EDUCATION NEWS

Holy Week

This Sunday marks the beginning of Holy Week with Palm Sunday. Palm Sunday commemorates the [Triumphal entry into Jerusalem](#) described in all four [Gospels](#). As described in the accounts, Jesus's entry into Jerusalem was a huge celebration by the crowds present who shouted praises and waved [palm branches](#). In week 8 and 9 we will be celebrating Holy Week with a series of Prayer Liturgies. We invite all members of the school community to join us at St Monica's Church to celebrate Holy Week with the children.



Palm Sunday	9.10am Monday Week 8- 4SB
Holy Thursday	11.30am Thursday Week 8- 3L
Good Friday	1.00pm Thursday Week 8- 5W
Easter Sunday	10.30am Tuesday Week 9- 3/4 C

PARISH NEWS

Second Rite of Reconciliation

St Michael's Church, Kaleen – Thursday 22 March at 7.30pm. It is fitting to be reconciled with God during the penitential season of Lent. With heart and mind renewed we may be prepared for the celebration of the Paschal Mystery.

Chrism Mass 26 March

The 2018 Mass of the Chrism will be held at St Christopher's Cathedral in Manuka on Monday 26 March at 7.30pm. All welcome to attend.

Lent & Holy Week Ceremonies

	St Michael's Kaleen	St Monica's Evatt
Stations of the Cross (every Friday during Lent)	7pm	7pm
Holy Thursday 29 March	7.30pm	7.30pm
Good Friday 30 March	10am Stations of the Cross 3pm Adoration of the Cross	10am Stations of the Cross 3pm Adoration of the Cross
Holy Saturday 31 March	10am-12pm Reconciliation 7.30pm Easter Vigil	10am-12pm Reconciliation 7.30pm Easter Vigil
Easter Sunday 1 April	8am Mass No 5.30pm Mass	10am Mass

TEACHING AND LEARNING

Restorative Practices TIPS & TARGETS

Restorative Practices
a framework for building,
repairing and maintaining
healthy relationships
for
learning and for life.

3

TIP OF THE WEEK

How do you relate to others?
Do you do things
TO
NOT
FOR or
WITH others?

TARGET OF THE WEEK

Try working **WITH** others
as much as possible.

www.restorativepractices.org.au

Restorative Practices TIPS & TARGETS

Restorative Practices
a framework for building,
repairing and maintaining
healthy relationships
for
learning and for life.

4

TIP OF THE WEEK

When things go wrong and you are
feeling awful (shame), do you:
AVOID the problem
ATTACK OTHERS
ATTACK SELF
WITHDRAW

TARGET OF THE WEEK

Try **OPENING UP**.
See this as
an opportunity for learning.

www.restorativepractices.org.au



Student Management & Pastoral Care



	Being Safe	Being Respectful	Being Responsible
LEARNING	- Ask permission to leave classrooms - Sit on chairs safely  - Use equipment appropriately  - Walk safely and move quietly 	- Follow instructions  - Celebrate differences  - Help each other with learning  - Take turns  - Be polite and well mannered 	- Plan and prepare  - Think positive  - Use different strategies  - Be organised and stay on task  - Ask thoughtful questions  - Believe in your own ability  - Stay focused 
SOCIAL	- Play safe games and be fair  - Stay in bounds  - Hands And Feet to Self  - Be SunSmart  - Use toilets appropriately 	- Be Considerate of others  - Look after equipment  - Actively listen to others 	- Look after ourselves and others  - Keep a clean environment  - Be on time for bells  - Report things that don't make you feel safe 

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Camp Reflections

Camp was an even better experience the second time round. Doing all the year six activities was fun and some of the bigger activities were a bit nerve wrecking! Hanging out with my friends in free time was also an awesome time. Being able to use the equipment and play mini golf or tennis and even swim in the pool was great.

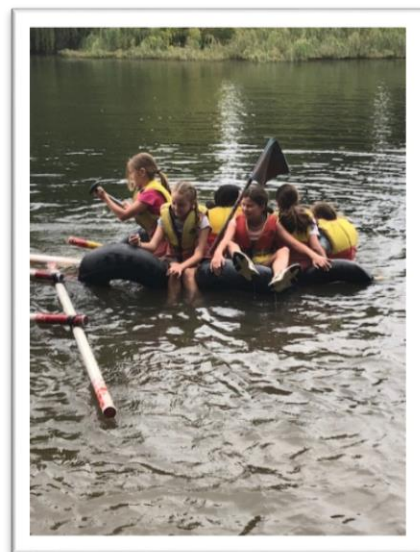
Having the games night was awesome and cheering on your team to win really gets you going and you enjoy all of the games ahead. For example we had a dance off where two people from each team would have a dance off and see who's the best and would win points for their team. Lastly we had a movie night and we watched 'Cool Runnings,' I could tell all the people enjoyed it and really had fun. Camp was a great way to start off the year and will be an awesome memory when I'm older.

by Anthony F



Years 5 and 6 went to Camp Cooba last Wednesday. After about 2 hours, we stopped at Cooma for a recess stop, then year 5 went off to camp Cooba and year 6 went to Lake Jindabyne for dragon boating. We spent about 3 hours at the lake, until we finally got back on the bus to go to Cooba. We got to Cooba in the middle of free time (R & R time) and the majority of us just stayed in our cabins. After dinner, we had a games night that ran until about 9:00 pm. We were all pretty tired from dragon boating, so we all slept pretty well.

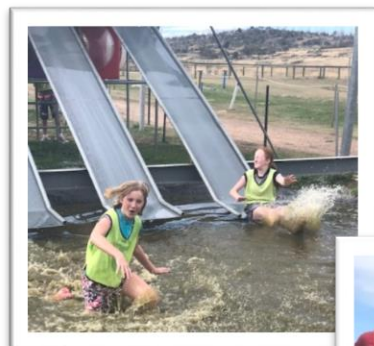
In the morning of the second day, we had breakfast, then we had to get ready for the day's activities. Some of the activities were the Gladiator course, mountain bikes and the big swing. We found that the big swing was 6M's favourite activity. Mr Evans, even went on it, which was very funny. The Gladiator was probably the most tiring of all camp activities. There were multiple activities in the one thing. We had to jump a certain distance in a wool sack, walk along a chain that was raised off the ground, climb along a rock wall (which was a lot harder than you'd think), go down a slide into some muddy water, use a plank of wood which we had to stand on to get a certain way (once again, a lot harder than you'd think), go down another slide, then run to a giant slide and go down the slide into some seriously gross water.



On the last day, the activities got no easier. Team 4 had Team manoeuvres and the survivor course. Team manoeuvres was fun, but we got very lost. We had a radio and a map, but even then we had to team up with another group to find the way out of the bush.

After that we got on the bus and went home. –

by Sophie T



COMMUNITY COUNCIL NEWS

Community Council

Community Council Opening Meeting will be on Thursday 5 April at 6.30pm. Please come along to share your ideas on where St Monica's should be heading over the next 5 years. As a Community Council we can only represent you if we know what your concerns are. Please email the council with any issues/ideas: Council.StMonicas@cq.catholic.edu.au. The email will be checked regularly by Evelyn David-Hoole, Community Council Secretary.

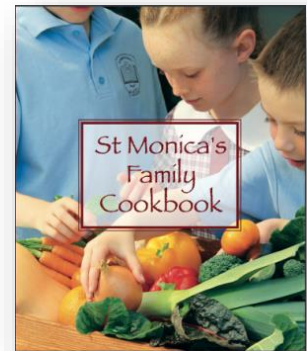
COMMUNITY COUNCIL OPEN MEETING



**YOU ARE INVITED TO ATTEND A COMMUNITY COUNCIL OPEN MEETING
THURSDAY 5 APRIL
6.30PM-8.30PM
LIBRARY**

St Monica's Family Cookbook

Our wonderful school cookbook, packed with enticing recipes from the school community, as well as lovely images and illustrations of our school in action, can be purchased via the Qkr app (look under Fundraisers) or directly from the Front Office. This is a beautiful memento of your child's school and its 40-year history, and makes a fabulous gift for friends and family. Price: \$30 for a single book, or \$25 for two or more. All funds received go directly into supporting our school.



FETE NEWS



FETE NEWS

2 sleeps to go!!! The Fete Team is looking forward to celebrating with you all THIS Saturday. Come along and join in the fete fun. It's not too late to volunteer to help out at the fete - even 30 minutes will enable stallholders to have some time with their families - please make sure that you have your Working with Vulnerable People Card with you. The cake stall will accept donations of baked/cooked goods on Friday or fete day.

Raffle Ticket Books

Raffle tickets are now overdue. Please return any books, sold or unsold to your child's class teacher or to the front office as soon as possible. As a last resort you can also bring your tickets along on Saturday and drop them off near the Chocolate Wheel. It is a legal requirement that all raffle books (even unsold) be returned.

Value Tickets

Value Tickets will be sold tomorrow morning before school and after school on Black Top for anyone still wishing to purchase tickets.

GENERAL INFORMATION

School Fees

A reminder to families that Term 1 school fees are due by **tomorrow**. Please make every effort to provide full payment by then. Please disregard this reminder if you are on a direct debit. If you are experiencing difficulty with making payment please contact me to discuss.

Daramalan College

Open Evening Tours – Tuesday 27 March – 5pm-6.30pm, Optional Year 7, 2019 **Information sessions** – Tuesday 27 March – 4.45pm and 7pm.

Try Dara for a Day – Thursday 12 April. This is the date St Monica's students will be attending.

Year 7 2019 Orientation Day – Friday 7 December 2018.

Merici College Open Day 2018

Year 7 2019 Information Session - Wednesday 9 May 2018 - 2.00pm-4.00pm and 5.30pm-7.30pm

Year 11 2019 Information Evening - Thursday 17 May 2018 - 5.00pm-6.30pm

Careers Expo – Thursday 17 May - 2.30pm – 4.30pm

Be a Merici Girl for a Day - Wednesday 2 May or Friday 4 May - Experience a typical day at Merici College

Additional School Tour and Principal's Address - Saturday 5 May – 9.30am

Visit www.merici.college for all enrolment enquiries and online registrations for Be a Merici Girl for a Day and School Tours.



St Francis Xavier College 2019 enrolment period will be from Monday 7 May – Friday 25 May 2018. Applications may be submitted during this time directly to the College Reception, or by mail.



The 2019 Enrolment Information Evening - Monday 14 May 2018 with guided tours starting at 5pm, and an information session from 6.30pm - 7.15pm.

Expo Day, Thursday 3 May, all day.

Year 6 students from Belconnen Catholic Primary Schools are invited to experience High School for a day at SFX. Students from St Monica's will go by bus to SFX leaving between 9.30am-9.45am and return at 2.20pm.

Open Day, Friday 18 May, 9.00am – 2.30pm

Open Day is an opportunity for prospective families to visit and take a guided tour of the College. This is a wonderful opportunity to see what happens on a normal school day. There is no need to register to take a tour of the College. Please feel free to come along between 9am – 2.00pm on the day. For more information regarding enrolments please contact Jennifer Madgwick jennifer.madgwick@sfx.act.edu.au or telephone the College on 6258 1055.



St John Paul II College - 2019 enrolment period will be from Monday 7 May – Friday 25 May 2018. Applications can be submitted during this time directly to the College office.

Try High School Day – 6 April 2018

Try High School day on the 6th April 2018 from 9.45am to 12.30pm. Students will have the opportunity to meet some of our JPC students and staff. Become familiar with the layout of our school whilst having some fun and experiencing 'classes' in a high school setting. Please register for this event through [trybooking.com](https://www.trybooking.com/UWLX): <https://www.trybooking.com/UWLX>

Note: Students from Gungahlin Catholic Primary Schools do not need to register – please speak to your school

Open Evening – Thursday 10 May 2018

For year 7 and prospective new families in other school years.

Tours and Information sessions will run every 1/2 hour starting **from 4.00pm and the last tour will be at 6.00pm.**

Senior Information Evening - Thursday 17 May 2018

Information session for students moving into Year 11 & new Year 12 students for enrolment in 2019

Tours & Information Expo – from 4.00pm in the Hall

Principals Address at 5.30pm

Visit www.jpc.act.edu.au for all enrolment enquiries and the link for booking Try High School Day, St John Paul II College 1021 Gungahlin Drive, NICHOLLS ACT 2913, Tel (02) 61634800.

St Thomas Aquinas Early Learning Centre
 Catholic Regional Preschool for
St John's - Florey
St Matthew's - Page
St Monica's - Evatt
St Thomas Aquinas - Charnwood
2019 Enrolment Information Evening
Monday 7 May 6.30-7.30pm



Open Days

Wednesday 9 May from 12:00pm to 1:45pm

Monday 14 May from 2:15pm to 3:15pm

Friday 25 May from 9:30am to 11:00 am

Please contact your school front office for an ELC enrolment pack or contact the Director at St Thomas Aquinas ELC on 6258 5834

AWARDS AND ACHIEVEMENTS

**Next School Prayer – Monday
 26 March – 9.10am in Church**

Value Awards for Week 7 will be presented.

**Next Assembly – Friday 6 April
 – 1pm in School Hall**

Class Awards for Week 7, 8 and 9 and Star and Pride Badges will be presented.



Happy Birthday to the following students...

HAPPY BIRTHDAY

Year 1	Nicholas P
Year 3	Holly F, Alissa H
Year 4	Conner H
Year 6	Nicholas I

	Value Award <i>Understanding</i>	Class Award <i>Creativity – Visual Arts</i>
KGO	Christian M	Kobe B
KR	Eden L	Nikolas H
1B	Tessa S	Princess U
1E	Ater A	Raylah O
1HV	Patrick K	Emma N
2D	Marley B	Patrick S
2MR	Sophie B	Amelia B
3L	Madison R	Zoe O
3M	Paige H	Oscar G
3/4C	Jessamine A-C	Makenna M
4A	Charlize S	Cooper B
4SB	Ava P	Sam J
5W	Imogen H	Sebby D
5WD	Ruby S	Dita S
5/6M Wk 6	Liam E	Lachlan M
5/6M Wk 7	Claudia G	Montana M
6E Wk 6	Ben B	Bailey A
6E Wk 7	Anyieth A	Brooke M
6M	Jett M	Lily S

St Monica's Stars – Charlie D (1B) – 2nd star, Diego C (3L) – 1st star, Austin C (3L) – 1st star, Hannah D-H (6M) – 4th star, Marcus D (6M) – 1st star, Daniel E (6M) – 1st star, Sophie H (6M) – 4th star, Georgia M (6M) – 4th star, Paul S (6M) – 4th star

Pride Badges –

Belconnen Swimming Squad

The following students have been selected for Belconnen Swimming Squad to compete next week – Paige H, Annabelle F, Antonia H, Micaela M, Claire H, Zara D, Sophia M, Phoebe W, Brooek M, Ava S, Olivia S, Coco B, Alexandra O, Byron P, Harry P, Zak D, Archie E, Jye L, Brian H, Ben B, Patrick E, Rohan G, Sam G, Riley H.

WE MADE IT!

Last Saturday, Joseph O (5W), Laura G (4SB) and Sam G (3L) successfully climbed to the top of Australia's highest mountain, Mt Kosciuszko. They walked a total of 26,000 steps (just over 13km) to get to the top and back. With their team, The Nerdy Backpackers, they have raised nearly \$9,000 for people with rare cancers. Many thanks to all those who supported the team. If you would still like to make a donation, it is not too late. Go to: <https://www.kosichallenge.com.au/my-fundraising/331/the-nerdy-backpackers>





Congratulation to Olivia R, ex St Monica's student (now Year 7 Daramalan College) on her nomination for a 2018 School Sport ACT Excellence Award in the 12&U Girls Achievement category. Minister Yvette Berry presented the awards and certificates at a special presentation on 7 March.

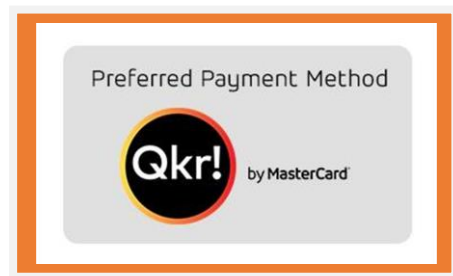
Swimming

Congratulations to Rohan G (3/4C), who has graduated from swimming at Kingswim Macgregor. Rohan has been swimming for 9 years. As a Graduate, Rohan can swim 1000m of continuous Freestyle, is competent in all four strokes, has completed the Kingswim Swim and Survive components and thus has graduated from the Kingswim's Swim like a Fish program.

CANTEEN CORNER

Roster for Term 1, Week 8

	Early 9:15 - 11:45am	Late 11:30 - 2:30pm
MONDAY 26/3/18	Vacancy	Vacancy
TUESDAY 27/3/18	June Manning	June Manning
WEDNESDAY 28/3/18	Angela Herbert	Vacancy
THURSDAY 29/3/18	Daniela Agnello	Daniela Agnello
FRIDAY 30/3/18	Good	Friday



Sam Manning – Canteen Manager
62584687

COMMUNITY INFORMATION

Well done to our two very brave and committed students who are currently raising money for the Big Shave. There was much excitement at school today as the children watched Jack H and Ava P lose their locks! Thank you to our community for supporting this wonderful cause. If you would like to donate to their cause, or just give them a message of support, you can head to their Team Fundraising Page and send them the love. <http://my.leukaemiafoundation.org.au/gorjasekids>.



Coles Sports for Schools 2018

A big thank you to all the families who have sent in Coles Vouchers. Please continue to collect and send in your vouchers. The Coles Sports for Schools program runs until **3 April 2018**. For every \$10 spent at Coles you will receive one Sports for Schools voucher. There will be lots of exciting sports gear for our school to choose from.



Magpies Junior Football Club

Come and try AFL with the Magpies. Registrations now open, boys and girls all age groups welcome. Season starts 5 May 2018. We are a supportive club who develop kids and help them every step of the way. Be a part of our club. For all enquiries email rego@magpiesjuniors.com or visit website www.magpiesjuniors.com.



Belconnen United Football Club Pre-season School Holiday Program

Are you looking for a school holiday program to give your kids a great football warm up for the 2018 season? Why not come along to a school holiday program with a highly credentialed team of coaches. We have goalkeeper specific training, we have boys, we have girls, we have the best program and it's open now!! Give the young footballer in your life a boost into the 2018 season!

When: 9am-12pm Monday 16 April – Thursday 19 April (Week 1 of school holidays)

Where: Nicholls Synthetic fields – Kelleway Crescent Nicholls (behind Gold Creek and Holy Spirit Primary Schools)

Cost: \$170 plus optional \$28 for a shirt (shirt orders need to be in by 1pm Friday 30 March). All children receive a ball to keep.

Bookings: To book your place, please go to www.trybooking.com/UNDS or go to www.buafc.com.au for more information.



Larissa Dann



PARENT EFFECTIVENESS TRAINING (P.E.T)

Supported by Parentline ACT

Learn respectful communication skills for a peaceful, gentle approach to parenting, without the use of punishment or reward. P.E.T helps children and parents develop resilience, emotional intelligence, confidence and consideration. The course is powerful, proven and practical. Yell less, and enjoy your children more. Build relationships that last a lifetime.

For more information: visit www.parentskills.com.au; read [P.E.T. on a Page](#); and join the [Parent Skills Facebook](#) community. The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential. \$390 pp for the course (investment includes a workbook and textbook). **Course begins:** Tuesday 8 May 2018 (minimum number of participants required); **Time:** 6.30 pm to 9.45 pm; **Place:** Weston, ACT. Enjoy P.E.T. with **Larissa Dann**, accredited P.E.T. instructor.

Resource blogs: www.parentskills.com.au/blogs/larissa; **Contact:** info@parentskills.com.au

Gregory Acadamey of Irish Dance

Canberra's First Northside Irish Dance School. Learn to dance at the Gregory Academy of Irish Dance.

Irish dance classes are taught by our fully qualified and experienced teachers in **Belconnen, Gungahlin** and **Civic**.

We have classes available for all ages, from toddlers to adults and all skill levels, from novice to championship.

Little G's - a perfect introduction to Irish dancing for your 3+ year old boy or girl with a focus on learning, growing and developing in a fun, nurturing, social and exciting environment! **Enrolments taken any time with your first lesson for free!** Please contact Liz T.C.R.G & A.D.C.R.G (registered with Irish Dancing Commission Dublin) on 0419 225 195 or gregoryacademy@outlook.com.

Elite Massage Solutions

Special Offer for **all St Monica's parents** (yes that includes hubbies!) 10% off your FIRST massage with me - Elite Massage Solutions until the end of March 2018! Just mention St Monicas when booking. Appointments are available on Wednesdays-Friday's from 10am to 2.30pm at 23 Petrie Plaza Canberra City. To book online simply visit www.facebook.com/elitemassagesolutions and click Book Now. (Please note online bookings are available for Wednesdays only). For other days including Saturday appointments please call Kellie on 0412552293. Rates are \$90 for 1 hr, \$70 for 45 mins and \$50 for 30 mins.

Remedial Massage • Deep Tissue • Sports

