

St Monica's News

Term 3 – Week 9 - 20 September 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



Dear Parents

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



Lord Jesus,

You came among us as teacher, to reveal to us
the Father's endless love and mercy.

Our Catholic schools
continue to give witness to your compassion and wisdom,
seeking always to ensure that we are all welcome
no matter who we are.

May our Catholic schools continue to be places of belonging and sources of
hope and enthusiasm for our young people and their families.

May the work of our Catholic schools
always be guided by the inspiration of your Spirit.

We ask this through Christ our Lord

Amen



Tomorrow is our Neighbourhood Walkathon day and the weather will be perfect. Parents, carers and grandparents are welcome to join the teachers and students on a walk around Evatt and Melba. The children will leave the school grounds at 11.30am to walk a loop around the pathways of our local suburbs. The walk will lead the students back to school for a BBQ lunch. Children can wear their favourite team colours on Friday to mark footy fever final weeks.

God bless
Carmel Maguire
Principal

Discover the Spirit

**SAFE,
RESPONSIBLE
AND
RESPECTFUL
LEARNERS**

LEARNING FOCUS

BE RESPECTFUL

Celebrate Differences

We celebrate the
uniqueness of everyone
and recognise everyone
is special and everyone is
different



SOCIAL FOCUS

BE RESPECTFUL

Be Considerate of Others

We are considerate of
others, their feelings and
what is happening for
them. We are friendly and
helpful.



VALUE FOCUS – Teamwork



KR did a wonderful job of sharing their ideas about being good team members in their Prayer Liturgy on Monday. We are all part of a team together at school, at home and in our community. They shared a Bible story about Solomon building the temple for everyone to worship in.

"Solomon asked for Hiram's workers to help build the temple as they were more experienced but Solomon's workers would help. Hiram was very happy to provide his workers and the cedar and pine to build the temple. Working together they could build the temple where everyone could worship. The temple was built by the communities working together and it was built exactly as it had been planned."



Solomon and Hiram's workers made an effective team to achieve their goals and we can do this in our communities as well, just like the song says:

We find out what we're made of when we are called to help our friends in need
You can count on me like one two three, I'll be there
And I know when I need it I can count on you like four three two, you'll be there
'Cause that's what friends are supposed to do, oh yeah

RELIGIOUS EDUCATION NEWS

Reconciliation

Sacrament of Reconciliation preparations are underway. Students wishing to participate need to return their registration forms and attend a Commitment Mass this coming weekend at either St Monica's or St Michael's Church. There will be a card to fill in and present. Teachers will be present at these masses to collect your child's presentation card.



Commitment Masses: Sat 22 and Sun 23 September –

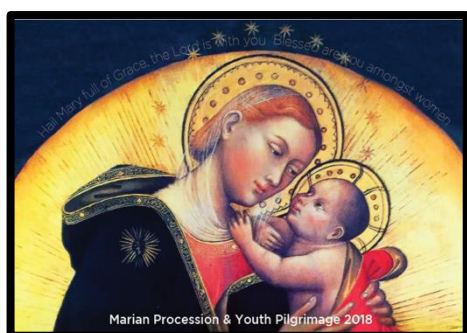
St Monica's Church - Saturday 6pm and Sunday 10am,

St Michael's Church - Sunday 8am and 5.30pm.

Parent Child Night: Thursday 8 November - 6.30pm

Retreat Day: Friday 16 November

Sacrament of Reconciliation: Wednesday 21 and Thursday 22 November



2018 Archdiocesan Marian Procession: Parish Bus Sunday 14 October 2018

Our Lady of Perpetual Help Parish will be running a bus to this special event at St Clement's Monastery, Galong.

Please book your seat early! You can sign up in either Church foyer or contact Legion of Mary- 0431 060 556 or ElShaddai- 0433 841 886 to book your place! \$15 per person, children under 15 free when travelling with an adult.

Itinerary: 7:45 am Board bus @ St Michael's; 8:00am Board Bus @ St Monica's 10:00 am Arrive at St Clement's 10:30 Confessions; 11.30am Holy Mass; 12:30 BYO Lunch 2:00pm Rosary and Procession to Grotto; 4:00pm Board Bus; 5:30pm Arrive Back

COMMUNITY COUNCIL NEWS

Disco Thank You

A huge thank you to Angalea Turnbull, Franca Field and all the volunteers who assisted on the night of the Disco. The children thoroughly enjoyed themselves and had a fabulous time, with all kinds of creative moves.



Community Council News

If you have any concerns/ideas you would like us to consider please email the Council: Council.StMonicas@cq.catholic.edu.au . The email will be checked regularly by Evelyn David-Hoole, Community Council Secretary.

We need your help!

St Monica's is responsible for the coordination of this year's Catholic Netball Carnival. We have the potential of raising over an addition \$30 000 for the school. The funds raised will go toward improvement of the school grounds including sunshade, play equipment, creative play spaces etc. Look ou for the volunteer sheet.

SPONSOR OUR SIZZLE!

If you don't have time to volunteer for the Catholic Schools Netball Carnival on Saturday 20 October, you could "Sponsor Our Sizzle (S.O.S.)" Funds donated by families will go towards the purchase of sausages, bread and condiments for our BBQ Stall at the carnival.

You may choose an amount for your donation.

Qkr! App: "School Payments - Catholic Netball Carnival"

GENERAL INFORMATION



Today the parents of the children in Years 3 and 5 will receive a report on their child's results in the 2018 National Assessment Program – Literacy and Numeracy (NAPLAN), which was held in May. This report is a snapshot of their progress in literacy and numeracy. There are many ways to see how each child is progressing with their learning. NAPLAN is a national point in time assessment that helps to understand how children are progressing with their literacy and numeracy learning. Check your child's bag for the report and if you have any questions regarding the child's NAPLAN results, please discuss these with

your child's teacher, who will have the best insight on your child's educational progress. Further information about the tests is available at www.nap.edu.au.

Floriade



Today our Japanese and School Choir performed at Floriade to welcome in Spring! Congratulations to all our singers on their wonderful performances. Thank you to the parents and families who came along to support us.

Fresh Tastes News

Broccoli is in at St Monicas! Look at what we harvested from the veggie patch last week!!

We've been watering it and watching it grow throughout Winter. The students who helped pick the broccoli got to take a piece home for dinner. What should we grow next?

Broccoli is in season at the moment and very affordable. Here is a great broccoli-rich mid-week dinner that can be ready in under half an hour:



Char Sui Pork and Broccoli Stir-Fry 1 tbsl peanut oil 500g pork fillet, sliced 1 head broccoli, cut into florets 1/3 cup char sui sauce 2 tbsl soy sauce 1 bunch bok choy, chopped 100g sugar snap peas 1 450g packet of hokkien noodles 2 tsp sesame seeds, toasted	Heat half the oil in a wok on high heat. Stir-fry pork for 2-3 minutes until browned. Transfer to a bowl. Heat the remaining oil. Stir-fry broccoli for several minutes until just tender. Mix in sauces and other vegetables. Stir-fry for 1-2 minutes Meanwhile, prepare noodles according to the packet instructions. Add noodles and pork to vegetables. Stir-fry until heated through. Before serving, sprinkle with sesame seeds. (adapted from Taste.com.au)
--	--

If you're after some more fabulous recipes featuring broccoli, check out "Roasted Broccoli" on p23, or "Nisbet Chicken Pasta" on p52 of the **St Monica's Family Cookbook**. Yum!!!

Did you know ...?

- Broccoli originated in Italy. It has been eaten there since the time of the ancient Romans.
- The word broccoli comes from the Italian word 'broccolo', meaning the flowering top of a cabbage.
- Broccoli is very high in Vitamin C – one cup of broccoli has the same amount of Vitamin C as an orange. It's also high in fibre and Vitamin A.

If you are interested in a veggie patch at home, September is a good time to plant Asian greens (like bok choy), cabbage, carrots, lettuce and rocket, parsnips, peas, potatoes, radishes, silverbeet and spring onions.

Happy Spring Gardening!

- From the Fresh Tastes team

Kindergarten Health Checks

Kindergarten Health Checks will take place on Monday 24 and Tuesday 25 September 2018. Nurses will be at St Monica's for 2 days.

Australian War Memorial's Soundscape Project

As part of our preparations for Remembrance Day this year which marks the 100th anniversary of the Australian War Memorial's Soundscape Project.

Armistice that ended the fighting of the First World War, St Monica's is taking part in the Australian War Memorial's Soundscape Project.

In essence, the project has invited school children from across Australia to assist in recording the name and age of one of the 62,000 Australians who died during the First World War. These voice recordings will then be played in the First World War section of the Cloisters in the Commemorative Area. The rationale for this and other centenary projects is to engage young Australians in developing their understanding of and connection with Australia's involvement in conflicts, past and present, including the First World War.

Students in Years 5 and 6 who express an interest in being a part of this project will have the opportunity to record their voices on Monday the 24th (Monday Week 10). If there are any other students who would be interested in being a part of this wonderful project, please come and see Mr Evans so that this can be arranged.



AWARDS AND ACHIEVEMENTS

Next School Prayer – Monday 24 Sep – led by 1HV - 9.10am in Church

Value Awards for Week 9 will be presented.

Next Assembly – Friday 28 September - led by 4R – 1.00 pm in the School Hall

Class Awards for Week 9 and 10 and Star and Pride Badges will be presented.



Happy Birthday to the following students...



HAPPY BIRTHDAY

Kindy	Archie N-H
Year 1	Matthew M
Year 4	Zoe K, Sarah R
Year 6	Blake O

	Value Award <i>Teamwork</i>	Class Award Reader of the Term
KGO	Charlie G	Cooper D
KR	Joshua D	Natalia S
1B	Jett S	Charlie D
1E	Aria G	Nicola B
1HV	Xavier Mc	Aiden H
2D	Talija M	Zavier T
2MR	Vsevolod K	Jessica Mc
3L	Jade W	Emma S
3M	Xavier M	Ashton Mc
3/4C	Lucija P	Isla B
4R	Nethan W	Zoe K
4VB	Giselle S	Lachlan B
5W	Riley H	Nellie B
5WD	Joe O	William C
5/6M	Sam C, Harry P	Ronald K, Brock T
6E	Callie W	Flynn Mc
6F	Georgia M	Phoebe W
St Monica's Stars – Abigail N (KGO) – 1 st star, Ivan P (KGO) – 1 st star, April A-C (KGO) – 1 st star, Annie R (5W) – 6 th star		
Pride Badges – Annie R (5W) – 2 nd badge		

SPORT NEWS

St Monica's Chess Tournament

The Annual St Monica's Chess tournament was held on 14 September. Congratulations to the following students who participated: - Xavier Mc (1HV), Isabella H (1HV), Zara L (1B), Annalise S (2D), Sarah D-H (2D), Annalene L (2D), Mitchell B (2MR), Chase M (3M), Michael H (3M), Rohan G (3/4C), Angelino S (4VB), Charlize S (4R), Mary D-H (4R), Matthew Mc (5/6M), Brooke M (6E), Flynn Mc (6E), Hannah D-H (6F), Anthony F (6F) and Anton den H (6F) .

Congratulations to the winners of the Senior (Hannah D-H and Mary D-H) and Junior (Rohan G, Sarah D-H and Michael H) chess competitions.

Leading scorers after 7 rounds for the Seniors (Years 4-6): 6 points - Hannah D-H and Mary D-H; 5 points - Angelino S; 4 points - Charlize S, Thomas B and Anthony F ; 3.5 points – Brooke M and Matthew M.

Leading scorers after 7 rounds for the Juniors (Years 1-3): 5.5 points – Rohan G, Sarah D-H and Michael H; 4 points - Gabe J and Xavier M; 3.5 points - Annalene L.

Teeball and Softball Summer Competition

Are there any children interested in playing Teeball and Softball in the upcoming Summer competition? The games are played at Hawker on a Saturday morning in Term 4 and Term 1 of next year. Contact Mr Fletcher for more information.

Australian Dance Crew Championships

On the weekend a group of St Monica's students went to Melbourne to compete in the Australian Dance Crew Championships, representing Play the Dance Agency and the ACT in the National Hip Hop competition. They all performed really well. Annie R, Hena L, Imogen H, Jessie F, Mya L, Sienna H and Olivia S

Annie Reid competed in the U12 Division for Soloist and WON, becoming the National Soloist Champion. Well Done Annie!



CANTEEN CORNER

Sam Manning – Canteen Manager
62584687

Roster for Term 3, Week 10

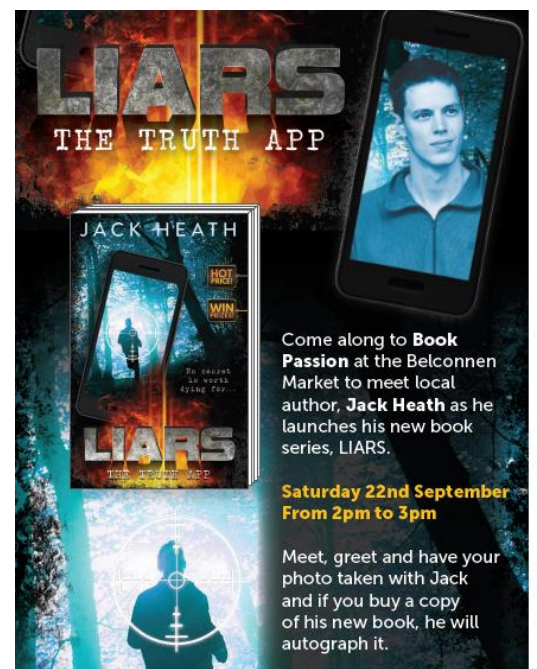
MONDAY 24/9/18	Vacancy
TUESDAY 25/9/18	Evelyn David-Hoole
WEDNESDAY 26/9/18	Angela Herbert
THURSDAY 27/9/18	Daniella Agnello
FRIDAY 28/9/18	Wilma Hird, Jenny Fulivai, June Manning Wendy Regan, Katrina Ciampa



COMMUNITY INFORMATION

BRICKS 4 KIDS

BRICKS 4 KIDZ® is the world's leading provider of STEM-based learning through the use of LEGO® bricks. We deliver holiday workshops that are educational and fun and are designed for all children between the ages of 5-12. We use a wide variety of popular culture themes (such as Minecraft®, Brick City, Star Wars®) to teach children about basic STEM-principles as well as delivering workshops on robotics, coding etc using LEGO® as the basis for learning and play. In addition to running holiday workshops we also engage with schools and deliver in-class enrichment activities with a specific focus on STEM-subjects. Our programs are aligned with the Australian curriculum and our lessons are designed by educators to pique children's' interest in STEM subjects while participating in activities that engage their curiosity and creativity. For more information email act-northside@bricks4kidz.com



Larissa Dann



PARENT EFFECTIVENESS TRAINING (P.E.T) *Supported by Parentline ACT*

Tired of yelling? Looking to find a way to get out the door on time, while still liking each other? 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, and will help you put peace back into your parenting.

For more information visit our [Parent Skills website](#); join the [Parent Skills Facebook](#) community; and read [P.E.T. on a Page](#).
The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential.

Investment includes a workbook and textbook.

Course begins: Thursday 25 October 2018 (minimum number of participants required); **Time:** 6.30 pm to 9.45 pm; **Place:** Weston, ACT.

Enjoy P.E.T. with **Larissa**, accredited P.E. T. instructor. info@parentskills.com.au