Diary Dates...

★ 27th February
Running Clinic Years 1-6
★ 27th February
3/4W Mass, 9.30am
★ 5th March
Volunteer Workshop 9.30am
★ 6th March
Prayer Celebration, 3/4 R, 12.30pm,

Message from Mrs Staines

SWIMMING CARNIVAL
The school Swimming Carnival held on Monday was a great success. The extra shelter erected by staff really made a difference and was added protection from the warm sun. The children were outstanding and the student leaders supported staff beautifully in managing each of the houses.

The children’s participation in every aspect of the event was enthusiastic as they were reminding us throughout the day they showed their spirit. Thank you everyone who helped out on the day we really appreciate the extra effort you make to support the school.

A special thank you to Tracy and the Canteen team who prepared a delicious lunch and morning tea for the volunteers.

We extend our thanks and appreciation to Mrs Reedy for organising the event and the members of staff for the extra things they did to ensure it all went smoothly.

Jade’s (3/4R) grandparents showed their support from nearby!
REMINDER - BLACK TOP after school
It is extremely important that everyone parks their car rear to curb in this area for the safety of all children.

Before School Care
We have noticed a number of children arriving before a teacher arrives for duty. The Before School Care service was introduced to support families who need to start work earlier. The team provide breakfast and supervised activities. With the rebate the cost is very reasonable.
The before school service provided for Sacred Heart is currently greatly under subscribed. Thursday and Friday have been cancelled and if there are no more enrolments for the first 3 days of the week the service will also be cancelled.

CATHOLIC CARE STUDENT AND FAMILY COUNSELLING SERVICE
What? As part of their pastoral care program for students, Catholic Schools have access to a Student and Family Counselling service provided by CatholicCare Canberra & Goulburn (CCG). CCG are contracted by Catholic Education and Congregational Schools to provide a counselling service to students and their families. There is no fee to access this service.

The role of the counsellor is to focus on the emotional, social and educational well-being of the students. Counsellors welcome contact with students having difficulty with some part of their life, whether or not it affects their school work. The problem does not have to be a big one. It is better to seek help sooner than later. Some typical concerns that counsellors work with include: anger, anxiety, behavioural problems, depression, eating problems, family breakdown and family conflict, grief and loss, learning and educational challenges, parenting challenges, peer and other social relationships, school avoidance, stress and study skills. As well as individual sessions with students, counsellors can run groups, do family work, consult with parents and teachers and make referrals to other services and supports.

Counsellors are not employed as specialists in any area and at times will suggest referrals for specialist services. Counsellors also do not provide cognitive or learning assessments or court reports. Families requiring these will be referred to another service.

Who? All Student and Family counsellors are professionally qualified Social Workers or Psychologists who participate in regular clinical supervision and professional development.

Student and Family Counsellors subscribe to a set of professional ethics that include duty of care and respect for the individual’s right to privacy and confidentiality. The counsellors’ obligation is to ensure the safety, wellbeing and confidentiality of the student they are working with. All counsellors are mandated to report any disclosure or sign of abuse (including self-harm) or neglect to Child Protection Services.

How? Students can refer themselves, be referred by family, school staff or other agencies. Primary school students require the consent of their parents or guardians to access counselling. The consent of both parents is required where there is separation/divorce and both parents have parenting and decision making responsibilities. High school students do not require parental consent to access the counsellor. Where it is in the best interest of the student and with the student's consent counsellors will facilitate the involvement of a parent or guardian.

Counsellors use the Strengths and Difficulties Questionnaire (SDQ) as part of assessment and monitoring of change during counselling. Use of these measures is considered best practice and measures such as this are widely used in counselling services. In high schools, the counsellor will request students to complete an initial questionnaire in one of the first sessions and a follow up questionnaire during and/or towards the end of counselling. In primary schools, counsellors will request parents/guardians to complete an initial questionnaire before seeing the student and again during or before completion of counselling. Counsellors may also request teachers and high school parents to complete questionnaires. This will be done with the knowledge and consent of parents/guardians and high school students. More information on the questionnaire is available at http://www.sdqinfo.com/.

The counsellor’s presence in schools varies from two days per term to 5 days per week during school term time. Counsellors can be contacted directly in person at the school, through the school front office or staff or through the CCG Red Hill office on (02) 6162 6100. Feedback on the service can be provided directly to the counsellor, by phoning the CCG office or anonymously on the CCG website.
Religious Education News

Tomorrow 3/4 White will celebrate Mass with the Parish. Everyone is invited to attend.

Archdiocesan Assembly March 2015

A fantastic opportunity for parents of children in Catholic schools to come along and connect with their peers and reflect on their own married and family life. Click for more details.

Next Friday, 6th March at 12.30pm in the Church, 3/4 Red will led the school in our first Prayer Celebration of the Year. Our value is RESPECT. Everyone is invited to join us.

‘Treat others the way you would like to be treated.’

Respect is accepting that everyone is different. It is treating oneself, God’s creation and others with care and consideration. We show respect by speaking and acting with courtesy, and we consider other people’s point of view.

I show respect when I:

* Treat other people the way I want to be treated
* Use my manners
* Listen to what other people have to say
* Am patient with myself and others if a mistake is made
* Only say kind things about others
* Consider other people’s feelings before I speak or act
* Look after my property and the property of others
* Look after and care for my body
* Look after the environment and all of God’s creation

Live Jesus in our Hearts, FOREVER,
Katie Smith, Religious Education Coordinator

PARISH NEWS

South Woden Parish - Year 4 and above, First Holy Communion (FHC) Enrolment & Parent Info Night

Enrolment for FHC is now open. Please complete the enrolment form on [www.mhoc.org.au](http://www.mhoc.org.au) at least one week before the Parent Information Night on Wednesday 18th March at 7pm in the Church. FHC will take place any of the weekend Masses on 23/24 May. This is the Parish and universal Church Feast Day of Mary Help of Christians. Please let any non-Catholic School families know of the Enrolment. For a paper copy of the form or further information please contact the Sacramental team on 6286 1908 or mhocsacraments@gmail.com. Registration by parents (not the children) must be confirmed in person at the Parent Information Night on 18th March. Have a peaceful Lent. Fr Richard Thompson

29 Murphy Street, PEARCE 2607  Ph: 6286 2443  Fax: 6286 5123
Canteen Roster - Week 5, Term

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<tr>
<th>TIMES</th>
<th>Monday, 2nd</th>
<th>Tuesday, 3rd</th>
<th>Thursday, 4th</th>
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<tr>
<td>10am-12pm</td>
<td>Mary Ann Rietveld</td>
<td>Sonia Zilic</td>
<td>Lena Sergi</td>
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<td>Leni Sergi Annie</td>
<td>Lockwood</td>
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<tr>
<td>12pm-2pm</td>
<td>Kat Doyle</td>
<td>Sonia Zilic</td>
<td>Lena Sergi</td>
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CLOTHING POOL

The Clothing Pool will be open Friday, 27 February from 2.45-3.30pm. New and quality second hand school clothing are available. This week’s helpers are Georgia Verlin, Kristie Bullock and Lauren Maguire. Next week, 6 March the helpers are Sara David, Oneeka Robb and Lauren Maguire. Uniform orders can be left at the Front Office, with payment in full by cash, cheque, or credit card ($2.00 transaction fee applies) and it will be delivered to your child’s class on Friday. Hats are usually available at the Front Office (exact money please). Thanks to all the helpers, your work is very much appreciated. Any queries please contact me on 6287 5885.
Lauren Maguire, Clothing Pool Coordinator

LIBRARY NEWS

During Week 6 we invite you to visit our Scholastic Book Fair and experience a celebration of reading that provides families the opportunity to get involved in a universal mission: encouraging kids to open a world of possible.
Josie Borgia, Teacher Librarian

VOLUNTEER AT OUR BOOK FAIR

Our Book Fair in Week 6 will be an exciting celebration of reading with hundreds of fun, engaging, affordable books for kids to discover.
We are looking for volunteers to:
- Organise and put things in place
- Offer a helping hand, set up, or pack up
- Help shoppers of all ages find the perfect book

We appreciate your support in whatever form it takes. Please send me an email if you are able to help josie.borgia@cg.catholic.edu.au
Congratulations to the following students who celebrated their birthday this week:

Bede O’Mara, Mitchell Wadie, Helena Angelos, Emma Major, Olivia Borgia, Whayne Gonzales, Chukwuemeka Okonkwo, Aaron Joby, Leo Ryan, Harry David and Annie Friend

**THE JOURNEY THROUGH ADOLESCENCE**

Program for parents of Adolescents will be offered by CatholicCare commencing Wednesday, 25th March 2015, 6-9pm at 57 Hicks Street, Red Hill. The course is run over 3 weeks and the fee of $80 includes course materials and supper. This course is suitable for parents of children in Primary Years 5 & 6 and Secondary School Years 7-12. Bookings are essential please contact 61626100.
Congratulations to TRYathletes from Sacred Heart Primary School! 8 students our School took part in the Weet-Bix Kids TRYathlon at the AIS, Canberra on the 15th of February 2015. TRYathletes from Sacred Heart Primary School are:

- Armati, Lara
- Breen, Jade
- Leiper, Eleanor
- Maguire, Tara
- Major, Emma
- McGregor, Samuel
- Rosin, Sarah
- Ross, Ella

Yianni Manouras (1/2S) and Dominic Paragalli (1/2M) trialed for Coerver Soccer Academy in August last year. Both boys were selected in the squad. Recently Dominic was selected as the U8 player of the tournament for the International training camp. Yianni was awarded Coerver’s U8 player of the year. The boys have also been selected to attend a training camp in Japan for 9 days. Congratulations Dominic and Yianni - the future of Soccer is in good hands.

THANK YOU

The Kindergarten children have new desks in the classrooms and the Year 1 students have new chairs. These purchases were made possible for your children by our very generous and wonderful parent community who raised funds for our school.
The Woden Valley Community Council (WVCC) is seeking your views of the Draft Woden Master Plan. The Master Plan is an important document that will help guide future development in and around the town centre area for the next 20 to 30 years.

Do you have views regarding Building heights, Community facilities, the Woden Bus interchange and public transport, sports and recreation facilities, cycling and walking, and car parking? You can view the draft plan at:


Send your comments to info@wvcc.org.au or to President@wvcc.org.au