Message from Mrs Staines

Dear Parents and Carers,

Welcome back to the new year. We trust you had a lovely break from school. I have heard many stories about the many different experiences ranging from a quiet relaxed holiday at home to trips overseas, holidays at the coast and visiting family.

Once again it has been a very hot start to the school year. In the best interest of your children we have been monitoring the weather to determine the appropriate decision in terms of keeping children out of the heat when needed.

On Monday afternoon when our new Kindergarten students were asked by parents eager to share in the first day of Kindergarten - "What did you do today?" many of the children responded enthusiastically "We had an ice block."

We would ask you to ensure that your child has a drink bottle with water to keep hydrated during this time.

Welcome to new people who have joined the community.

We welcome to our community our new staff and students.

Mrs Kerry Wode - Assistant Principal and Year 1/2 Red teacher
Mrs Donna Gordon - Kindergarten White teacher
Mrs Louise Hall - Year 1/2 Navy teacher
Mr Brendan Mitchell Year 1/2 White teacher

It has been a delight to meet and offer a warm welcome to many new families at SHPS.

Diary Dates…

TERM 1
Week 2
*9th February (Thursday) 6.00pm Parent Information Night School Hall

*8th February (Wednesday) No Kindergarten

*10th February (Friday) 9.30am Welcome and Opening School Mass in the Church

ICT Electronic User Forms to be Returned

Week 3
*13 February (Monday) National Apology Day

*14th February (Tuesday) 7.00pm AGM Community Council Meeting

*15th February (Wednesday) No Kindergarten

*17th February (Friday) 14.40pm Whole School Assembly and Awards

Week 4
*22 February (Wednesday) 7.00pm First Holy Communion Parent Information Evening (Church)

*24th February (Friday) 14.40pm Whole School
SAFETY PROCEDURES
It is important to sign in and out at the Front Office when visiting the school or when dropping off or picking up your child/children outside of the normal times. This gives us a check point where we can be aware of who is in the building in case of an emergency, but also ensures that we know who is picking children up from school. It is also a legal requirement in terms of record keeping attendance of students.

PARENT INFORMATION NIGHT - THURSDAY 9TH FEBRUARY 2017
Next Thursday 9th February, we will hold our annual Parent Information Night for parents commencing at 6.00pm. An invitation has been sent home with your child today.

WELCOMING AND OPENING SCHOOL MASS - FRIDAY 10TH FEBRUARY 2017
Our opening school Mass will be held next Friday morning 10th February commencing at 9.30am. We extend a warm invitation to all families and carers to join us.

OUR SINCERE SYMPATHY
We extend our sincere sympathy to Mrs Pam Bryce (SHPS’s Teacher Librarian for many years) on the passing of her husband Robert. Please keep the family in your prayers over the coming weeks.

WE ASK THAT FAMILIES DO NOT SEND NUT PRODUCTS TO SCHOOL
Just a gentle reminder that we have several children with anaphylactic reactions to nut products. To support these children we ask that nut products are not brought into the school on any occasion.

FRONT OFFICE CHATTER

SCHOOL FEES
The school fees are currently being finalised by the Community Council. All families will receive their fee statements, once this has been approved, via email next week.

CATHOLIC EDUCATION SYSTEMIC FEES FORMS
1. The Catholic Education systemic fee forms (Green) were sent home with the eldest child in each family late last year. This form is needed to ensure that all families are billed correctly if families have children in both primary and secondary Catholic Schools. All new families will need to complete one of these forms if applicable. These forms are available from the Front Office. Failure to do so may mean your family will miss out on the discount. This form is also used to determine whether families will pay the building fund contribution at SHPS in 2017.

2. Please note that families must notify the school in writing each year of their building fund payment intentions.

MEDICAL ALERT FORMS AND MEDICATION
All families are asked to ensure that all medical alert and dispensation forms are updated and provided back to the front office. All medication that students are required to take during school hours is to be clearly labelled with students name and current class.

Medication will be kept in the Sick Bay Cabinet and dispensed to the student as required.
Welcome back to our new school year. My name is John Bourke and I am the Student Welfare Officer at Sacred Heart Pearce. I was a teacher and school Principal within the Canberra Goulburn diocese for over 32 years. In that period of time I was Principal at 3 different schools for over 20 years. I have a Master of Educational Leadership; Bachelor of Education (sociology and psychology); Diploma of Teaching and a Diploma in Religious Education. I retired from teaching in 2013 and continue a role in education as a Student Welfare Officer.

In my role, I discuss in groups of three the importance of friendships, stranger danger, what to do if you are not happy on the playground, if injured accidentally or not, physically or emotionally. If you are lost at the shops, the importance of knowing your phone number, address such as house number, street number and suburb; but not to share this information with just anybody. We present role plays in relation to rules of games and possible conflict with other children in relation to the game rules.

These discussions and role plays vary according to the game level of children. “Stop, Think, Do” is also incorporated into discussions and roles.

Over the past two years I have found children to be open and honest about their situations and are able to solve issues with confidence. Children are able to work with their classroom teachers and executive staff.

If you have any issues that I may assist with, please contact me at the school. I am at Sacred Heart every Thursday and Friday, and if I am unable to assist I may refer you to Mrs Staines or the school Counselor. I make it very clear that my role is not that of a school counselor.

THE “SEASONS FOR GROWTH”
I work with Mrs Lustri (co-ordinator) to cover the areas of loss and grief. This process assists children to realise that it is a part of life experience and it is not the fault of any child. It relates to the passing away of family members, friends and pets. The programme refers also to divorce or separation impact on family breakup. Children attend this programme over eight—ten weeks with parent referral and permission. Groups are made up of 4-6 children. Groups are usually made up of:

- **Group 1:** Kindergarten and Year 1
- **Group 2:** Years 2/3,
- **Group 3:** Years 4/5/6.

This short overview of my role is to keep you informed. I usually meet with children on most occasions in one of the school meeting rooms. One-to-one meetings occur especially for children who just want to discuss issues without sharing. As I am not a counsellor, and in the event that some issues may arise that I am unable to assist with, I may recommend referral to the School Counsellor via Mrs Staines.

I am enjoying my role, and hope that mine and Mrs Lustri’s work is providing support to the children and families in our school community.

**John Bourke**

Link—for further information go to: [Seasons for Growth](https://kidsmatter.edu.au)
MUSIC CURRICULUM ACTIVITIES

❤️ CHOIR AND RHYTHMIC HEART
All children in Years 3-6 are welcome to join the school choir. Choir rehearsals are held on Thursday mornings 8.45 to 9.30am in the Music room.

Rhythmic Heart rehearses on Friday mornings from 8.30 to 9am in the Music Room.

There are sign up sheets outside the music room for both groups.
Rehearsals will begin in Week 2.

Mrs Hackwill.

❤️ PIANO TUITUION
Piano tuition is again being provided at the school this year. Ms Hildegarde Mendoza will be providing classes on Wednesday, Thursday and Fridays. A new tutor to the school this year, Mrs Pam Cox has been recommended by Ms Hildegarde will be providing the lessons on Tuesdays. Mr Craig Mewett is also available for lessons on Mondays.

Those parents who are wanting their child / children to have piano lessons, can contact the teachers directly on the following contact numbers;

- Mrs Hildegarde Mendoza  Phone: 0423179563
- Mrs Pam Cox  Phone: 0418 442 203
- Mr Craig Mewett  Phone: 0409151887.

❤️ SCHOOL CALENDAR EVENTS
Over the next few days, the school will finalise all school sporting and other calendar events for this term More information should be available next week. To keep informed, please refer to the Skoolbag App either through your phone or via the school website.

❤️ SPORT DAYS
A note was sent out to all families earlier this week to notify of the Term 1 sport days for all students across the school.

Kindergarten and Stage 1  Monday and Thursdays
Stage 2 and 3  Wednesday and Fridays

All students are required to wear the school sports uniform on the allocated sport days.
**LIBRARY NEWS**

This week during Library, Stage 1 and 2 learnt all about how to keep library books safe with the help of Mo Willem’s book character Pigeon. The students loved the pigeon and now have the opportunity to write him a letter. Interested families are welcome to come and pick up an envelope and letter writing sheet from the library. A mailbox has been added in the library so writers can leave their letters in this spot.

Mrs Borgia

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**SUNSMART**

ACT schools are encouraged to implement their school’s sun protection policy from the beginning of August through to the end of May. This is when daily UV levels reach 3 and above in Canberra for part of or most of each day and are strong enough to damage unprotected skin.

Correct sun protection practices not only reduces a child’s risk of skin and eye damage but it also ensures they obtain enough vitamin D from the sun to allow for healthy bone development and maintenance.

All Sacred Heart students must wear their school hats when going outside every school day between August up to May of every year. Therefore, all families are asked to please ensure that your child / children have their hats on at the start of each school day until advised not to.
Welcome back to a new school year. The beginning of the school year is a nervous time of excitement, new beginnings and welcoming. Last week the staff at Sacred Heart took part in our spiritual retreat. We looked to begin the year with renewed spiritual strength and commitment. One of the key elements of this retreat was the notion of servant leadership.

“The servant-leader is servant first... to make sure that other people’s highest priority needs are being served... do those served grow as persons; do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?” (Greenleaf, 2008, p. 6).

All members of our community are called to work together, and serve together and for the betterment of our school. For us at Sacred Heart our shining example of this is Jesus. By looking at His work for others we are able to witness how great things can be achieved. Through our service to others, not only does the community we are a part of grow but so do we as individuals.

At the start of this year it is especially important to set the right climate for our students and community to grow and work together.

**Wellbeing**

Below is an article from Generation Next ([http://www.generationnext.com.au/2017/01/dealing-school-anxiety-powerful-things-adults-can/](http://www.generationnext.com.au/2017/01/dealing-school-anxiety-powerful-things-adults-can/)) which aimed at helping the anxious children in our care. We as parents, teachers and leaders have an important role to play in the service of all our children. ‘Anxious kids are brave kids. They are creative, thoughtful and have the potential to light the world on fire, every one of them, often in unexpected ways. When anxiety takes hold though, it’s overwhelming. It can shut down their potential, their engagement with the world and their self-belief. It feels awful and life becomes more about avoiding anxiety than it does about embracing life in ways that flourish them. This can be turned around and although anxiety doesn’t generally go away, it can be managed so that it stays in the background and out of their way. For anxious kids, the important adults in their lives are a powerful ally in helping to make this happen.

**Let nothing be off-limits.**

Let them know that they can come to you with anything. They don’t have to know how to start or how to say it. Let them know that it’s enough to let you know that they have something they want to talk to about, but that they don’t know what to say. The next part you can do together.

**Help them with the words for what they might be feeling.**

Anything you can do to flourish their emotional vocabulary will help them to make sense of things. Name what you think they might be feeling in a way that makes it easy for them to correct you. ‘You seem angry/ confused/ sad, right now.’ Then let them know that it’s okay for them to feel what they’re feeling, and that you understand. Let them know they make sense to you. It’s a beautiful thing to feel.

**Anxiety and courage exist together. Show them.**

It can be easy to fall into the trap of thinking that brave people do what they do because they are fearless, but anyone who is pushed to the edges of themselves will feel fear. Explain that anxiety is actually a sign that they’re about to do something really brave – otherwise they wouldn’t be anxious about it. What pushes the limits is different for everyone.

There will be things that are tough for them that are easy for others, and things that are easy for them (find the things they’re good at) and tough for others.
Everyone feels anxiety at some point, but for kids going through it, they can feel like they are the only ones. Model self-belief and normalise anxiety by sharing the times you feel anxious and act brave.

Aaron Fox A/Religious Education and Wellbeing Coordinator

PARISH NEWS
South Woden Parish - Year 4 and above, First Holy Communion (FHC) Dates for 2017 & Enrolments open Friday this week.

The Parent Information Night for FHC will be held 7pm at Sacred Heart Church, Wed 22 February 2017.
Sessions will take place 7pm in the Church on the Wednesdays of 8, 15, 22 and 29 March 2017

We will be celebrating the Sacrament of FHC at 6pm, Sat 1 April and 10am, Sunday 2 April 2017.

Enrolments open Friday 3 Feb online at www.mhoc.org.au, which includes nominating the preferred Mass time for FHC. It will be taken on a first come basis, so please have your enrolments in ASAP.

Any questions regarding the Sacrament, please contact the Parish Office on 6286 1908 or email mhocsacraments@gmail.com

Megan Loughlin
Parish Secretary
Mary Help of Christians Parish
South Woden
Congratulations to the following students who will be celebrating their birthday this week:

Jasmine P, Liam W, Maya S

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
<th>Award Recipient</th>
</tr>
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<tbody>
<tr>
<td>KW</td>
<td>Evie W, Owen S, Matthew K</td>
<td>Matilda W</td>
</tr>
<tr>
<td>KR</td>
<td>Blake H, Tom B, Miranda C</td>
<td>Ayla F</td>
</tr>
<tr>
<td>1/2R</td>
<td>Charlotte R, Lachlan W, Gabriel L</td>
<td>Marcus B</td>
</tr>
<tr>
<td>1/2S</td>
<td>Olivia B, Sophie S, Harry W</td>
<td>James S</td>
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<tr>
<td>1/2W</td>
<td>Mirella M, Liam C</td>
<td>Zoe C</td>
</tr>
<tr>
<td>1/2N</td>
<td>Jeanina C, Roman B</td>
<td>James A</td>
</tr>
<tr>
<td>1/2M</td>
<td>Oscar B, Arabella G, Daksh M,</td>
<td>Emmy C</td>
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<tr>
<td>3/4W</td>
<td>David J, Isaac B, Vanessa C, Asha K</td>
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<tr>
<td>3/4N</td>
<td>Emma F, Isaac Mc, Lucas P</td>
<td></td>
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<tr>
<td>3/4R</td>
<td>Amelie R, Mia W, Matilda S, Henry P</td>
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<tr>
<td>5/6W</td>
<td>Elizabeth P, Madison B, Emma T,</td>
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<td></td>
<td>Jaime S</td>
<td></td>
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<tr>
<td>5/6N</td>
<td>Madeleine D, Alexia K, Ruby K,</td>
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<tr>
<td></td>
<td>Audrey Mc</td>
<td></td>
</tr>
<tr>
<td>5/6R</td>
<td>Imran A, Miguel R, Josiah B</td>
<td>Jada H</td>
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Canteen Volunteers for 2017 Wanted

We would love to have more volunteers join us in the Canteen this year. If you are able to help, please contact Tracey Kane, or the Front Office. The canteen is open four days a week, excluding Wednesdays. If you are interested, please pick up a form from the front office or sign up on the Parent Information Night on Thursday 9th February 2017.

CLOTHING POOL

The Clothing Pool will BE OPEN this Friday 3 February 2017.

New and quality second hand school clothing is available. Home Reading Wallets and Library Bags are also available.

Orders can be placed using the Qkr app and will be delivered to your child’s class.

Hats can be purchased from the Canteen. Thanks to all the helpers — your work is very much appreciated.

Any queries please contact me on 0407 008 148. Tracey Kane, Clothing Pool Coordinator

<table>
<thead>
<tr>
<th>TIMES: February</th>
<th>Monday 6th</th>
<th>Tuesday 7th</th>
<th>Thursday 8th</th>
<th>Friday 9th</th>
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<tbody>
<tr>
<td>9am-12pm</td>
<td>Help Wanted</td>
<td>Help Wanted</td>
<td>Help Wanted</td>
<td>Help Wanted</td>
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<tr>
<td>12pm - 2pm</td>
<td>Help Wanted</td>
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Join the Dollarmites on a savings adventure into the future with School Banking!

In 2017, School Banking is getting children excited about the future with a brand new look for the Dollarmites. As Future Savers, students will join the Dollarmites on a journey to reach the Savings Hover Park, an amazing playground up in the clouds of a hi-tech city.

There are **8 new reward items for 2017** from the Future Savers range:

- Cyber Handball
- Colour Change Markers
- 3D Chalk Set
- Tablet Case
- Smiley Emoji Keyring
- Volt Handball
- Pencil + Tech Case
- Epic Earphones

**WIN a family adventure holiday at Tokyo Disneyland!**

This year, School Banking is running a Future Savers Grand Prize competition that will take one lucky School Banker all the way to Tokyo, Japan. The winner gets an unforgettable family trip, for up to two adults and three children, where they’ll explore Tokyo Disneyland with its amazing attractions, including the futuristic Tomorrowland, plus enjoy the fun rides at Tokyo DisneySea. Students who make 15 or more School Banking deposits by the end of Term 3, 2017 will be automatically entered into the draw. This is another great way to motivate students to save regularly and reach their savings goals.

School Banking is also a great fundraiser for our school. Our school receives from the Commonwealth Bank $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit).

A 2017 School Banking program information pack will be sent home to all students this week. If you would like to know more about School Banking, please read the information pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking) to register.

**School banking day in 2017 is MONDAY and deposits will commence from next week. Students can hand their banking books, including a completed deposit slip to their teacher on a Monday morning.**

**Deposit books are to be returned by the end of each week.**