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**2017 COMMUNITY COUNCIL MEETINGS**

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<th>Diary Dates…</th>
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<td>*10 March (Friday)</td>
<td>Swimming Carnival</td>
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The following members of the community were elected to the Executive positions on the Council.

- Marc Warwick - Chair
- Sarah Lloyd - Vice Chair
- Sally Harding - Secretary
- Stephen Kelly & John Berry - Treasurer
- Jennifer Maher - Parent Representative coordinator
- Matthew O’Dwyer - Staff representative

Topics of discussion included -
- Evaporative cooling / air – conditioning for classrooms
- Playground improvement update
- Canteen
- School Uniform
- The Website & Coding

We extend a warm welcome to other members of the community to come along to our Meetings. Future open meetings will be held on the following dates:

- 9 May
- 1 Aug
- 24 Oct

CLASS PARENT REPRESENTATIVES 2017

A big thank you to those parents who have nominated to be a class parent representative for 2017. As well, thank you to Jennifer Maher, one of our new parents to the school this year who has taken on the role as Coordinator of this team. Further information will be forwarded out to all representatives in regard to what activities are involved with these roles.

We are still missing representatives for four of our classes, and would also like to have at least two representatives per class if possible. If you are interested in taking on this role, please provide your name to the front office or add it to the class parent representative list in the foyer.
LEADERSHIP SHIRTS FOR YEAR 6 STUDENTS
A note was sent out this week to all parents of our Year 6 students in regard to the organisation of the ‘Class of 2017’ polo shirts. The students will be able to wear their leadership shirt on the days when Sports Uniform is required. On the front of the shirt will be the school logo. A ‘Year 6 2017’ design and all student names will be on the back of the shirts. The print will be in red on a white polo top. The cost of a shirt is $27.00. Those students who are going to purchase a shirt are to complete the order form and send it back to the school by Friday, 24th February accompanied by the payment of $27.00. Payment can be made by cash, credit card or via QKR. Order forms are available from the front office if required.

SCHOOL PHOTOS (THURSDAY) 23 FEBRUARY 2017
As advised last week, please note that the date for school photos is next Thursday, 23 February 2017 at SHPS. All children will need to be in their full school uniform on this day. If you have any queries please contact your child’s classroom teacher.

STAGE 3 CAMP 2017
Earlier this week, an information note that contained parental permission and medical consent forms was sent out to all parents and carers of Stage 3 students. The camp is a three day event commencing Wednesday 15th March through to Friday 17th March 2017 and entails excursions to the following in Sydney:

- Sydney Cricket ground Tour Experience
- Mary Mackillop Place Museum
- Hyde Park Barracks Museum
- Walk across Sydney Harbour Bridge
- Australian National Maritime Museum
- Chinese Gardens

The camp is taking place at the Naamaroo (Uniting Conference Centre), Sydney and students will travel to and from Sydney via coach transport.

The permission notes are due to be returned by Monday 27th February 2017. If parents require another form, please see the front office.

FEBRUARY 2017 WEET-BIX KIDS TRYathlon
Congratulations to all the SHPS students who participated in last Sunday’s Weet-bix Kids TRYathlon. The Canberra event was the fourth leg of the 17th annual triathlon and has become so popular organisers had to expand the course at the Australian Institute of Sport to accommodate the 1525 children who wanted to swim, ride and run their hardest.

FRONT OFFICE CHATTER
SCHOOL FEES
As advised in last week’s newsletter, the school fees statements were sent out to all families last week via email. Those families who have not yet received their statements are asked to contact the front office to arrange for another one to be sent out. BPAY details are on the bottom of the fee statement.

CONTACT DETAILS
There been several emails sent to all families over the last week in regard to upcoming school events. If you have not received any of these, please contact us at the front office to check your email details. Also check that we have your current phone contact numbers.
MESSAGE FROM OUR ASSISTANT PRINCIPAL

Volunteering at Sacred Heart
Thank you to all the parents who put their name on a sign-on sheet during the Parent Information Night last Thursday. We will make contact with you shortly or as the ‘event’ approaches.

If you missed the opportunity to sign-on, you have not missed out! Sign-on sheets for the following activities are now in the front foyer or you can ring the office. We are seeking helpers across the year for: canteen, clothing pool, sporting carnivals and gala days, enrichment activities, discos, gardening, working bees, bbqs and class-parent reps. If you have time to help in your child’s classroom, please contact your teacher directly to find out how this might best happen. Planning ahead allows families and staff to share the load and prepare early. As events approach we may also call for more helpers. Keep checking our newsletter.

Working with Vulnerable People — if you are helping at school, please show your WWVP card to the front office staff and always carry it with you.

KidsMatter
We introduced KidsMatter to our school community at the Parent Information Night. KidsMatter is an Australian mental health and wellbeing initiative.

We have begun Component 1 with the staff and shortly an Action Team comprising staff and parents will be formed to lead us through the steps of the initiative. The focus of Component 1 is about promoting wellbeing for all in our community and how as a school we create, model and sustain a community which values inclusion, belonging and respectful relationships.

Please see the KidsMatter Sheet attached to this newsletter to learn more about this important initiative.

Kerry Wode

SCHOOL BANKING

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).

School banking day in 2017 is MONDAY. Students can hand their banking books, including a completed deposit slip to their teacher on Monday morning.

Deposit books are to be returned to the front office by Friday of each week.
SPORTS NEWS

FINAL CALL FOR NOMINATIONS FOR GALA SPORTS DAYS 2017
A REMINDER to all parents that the nomination forms in relation to students in Stage 2 and 3 nominating for Gala Sports Days in 2017 are now overdue. Late nominations will be accepted up to this coming Friday 17th February 2017. If students require another registration form in case of loss, please see the front office.

2017 CANBERRA—GOULBURN CATHOLIC SCHOOLS SOCCER CARNIVAL — SUNDAY 26 MARCH 2017
Reminder to all families that the registration forms for the Canberra — Goulburn Catholic Schools Soccer Carnival are to be returned to the front office by this coming Friday 17th February 2017. The cost of the registration is $25.00 per student and $6.00 per child for a ‘food voucher’ that includes a sausage sandwich, drink, a piece of fruit and a snack.

SACRED HEART SWIMMING CARNIVAL 2017 – (Kinder -Year 6) Notes to be returned by Friday, February 17 2017
Early this week, an information and permission note that included a nomination for events registration slip was sent out to all parents for students in Kindergarten through to Years 6.

The note provided information in regard to the following:
- Bus departure and arrival from and back to school
- Program for the day for all age groups
- Clothing requirements
- Lunch - sausage sizzle being provided
- Permission note requirement
- Nomination for Events slip
- Assisting at carnival slip—parents or carers

When: Friday, March 10 2017
Where: Tuggeranong Leisure Centre
Anketell St & Athlon Drive, Greenway
Who: Kindergarten to Year 6
Time: Depart Sacred Heart - Years 2 to 6 at 9.30am.
- Kinder and Yr 1 at 10.30am.
Arrive back at Sacred Heart - Kinder and Yr 1 at 2pm (approx.)
- Years 2 to 6 at 2.40pm. (approx.)

Cost: This carnival is covered by the Activity Fee, no payment needed
If you require any further information, or note that covers the permission, nomination for events, or to offer to assist at the carnival, please see the front office.
GOOD NEWS STORY
One of our 3/4N students, Aghan M participated in the Anthem Ceremony last night at the Prime Minister’s 11 Cricket match where Australia played Sri Lanka at Manual Oval. He had a great time, and had the opportunity to meet several of the Sri Lankan players. He was also presented with a participation medal from Cricket ACT (Miloin2cricket) by the Sri Lankan players.

2017 SHPS NETBALL REGISTRATION
The 2017 Netball season will begin on 25 March 2017 at the Arawang Netball Courts, Stirling, ACT. Netball Registrations are to be completed online using the following links:

Year 2 and 3 https://goo.gl/INL9Ed and
all year 4, 5 and 6 players via https://goo.gl/tBgsRj

Registration costs are $125 for all players in year 2 and 3 and $135 for all players in year 4, 5 and 6. Online registrations are to be completed no later than Friday 3 March with payments to be made either via QKR or into the front office.

Volunteers are always needed and if you would like to coach or manage a team (or would like to know more about what’s involved) please contact me.

All volunteers will be required to complete the Working with Vulnerable People background check.

Please contact me if you have any queries via either email at melandkiwi@gmail.com or call my mobile; 0434 056 508.

Further information has also be sent out separately in an email to all parents and carers today.

Mel Tapp
SHPS 2017 Netball Coordinator.
**PIANO TUITION**

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 Hildegard 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.

**LIBRARY NEWS**

Scholastic Book Club orders can be ordered online or by handing in cash/cheque orders to the front office. Please ensure your orders are in by Friday 17th of February.

**SAVE THE DATE**

**SCHOLASTIC BOOK FAIR - 7 to 9th MARCH 2017**

The Scholastic Book Fair will be visiting our school library from the 7th - 9th March. It will open each morning from 8:00 - 9:00am and each afternoon from 3:15 - 4pm. Students may also make purchases at lunchtime. Cash and credit cards will be accepted.

Josie Borgia
Librarian
Congratulations to the following students who will be celebrating their birthday this week:

Vanessa C, Clare D, Addison G, Aengus D, Lillian T, Abbey H, Madison B
CLOTHING POOL

The Clothing Pool will BE OPEN this Friday 17 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 and front office. Thanks to all the helpers as your work is very much appreciated.

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

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.

Thank you to all those who signed up on the Parent Information Night.

CANTEEN ROSTER—WEEK 4

<table>
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<tr>
<th>TIMES: February</th>
<th>Monday 20th</th>
<th>Tuesday 21st</th>
<th>Thursday 23rd</th>
<th>Friday 24th</th>
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<tr>
<td>9am-12pm</td>
<td>Help Wanted</td>
<td>Help Wanted</td>
<td>Ivana V</td>
<td>Lena S &amp;</td>
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<tr>
<td>12pm - 2pm</td>
<td>Help Wanted</td>
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<td>Jennifer M</td>
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PARISH NEWS

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

A reminder to all parents and carers, that the Parent Information Night for FHC will be held 7pm at Sacred Heart Church, Wed 22 February 2017.
Sessons 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
Introducing KidsMatter Primary

Good mental health is vital for life. Children who are mentally healthy are better able to meet life’s challenges and have stronger relationships with the people around them. They are also better learners who are more likely to succeed at school. Good mental health in childhood provides a solid basis for managing changes as they grow.

On the other hand, children who are exposed to multiple stressors – such as a family breakdown, poverty, abuse, racism, bullying, or the mental illness of a parent – are at a higher risk of developing emotional or behavioural problems that can continue into adulthood.

It’s not always possible to tell which children will develop difficulties, so it’s important to consider the wellbeing of all children.

The good news is that KidsMatter Primary is all about growing healthy minds. KidsMatter is a mental health and wellbeing framework that helps schools focus on the development of all their students in partnership with families. It was developed by mental health and education experts and has already made a big difference to the lives of Australian children.

Does KidsMatter Primary work?

KidsMatter Primary works because it unites all the people that influence children’s mental health most—families, school staff and the wider community.

KidsMatter Primary can help improve:
- the mental health and wellbeing of students
- the quality of their school work
- the ability of parents, carers and teaching staff to help children deal with problems
- NAPLAN results — when schools implement KidsMatter Primary well.

KidsMatter Primary was developed in collaboration with beyondblue, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and beyondblue.

How does KidsMatter Primary work?

When schools take on KidsMatter Primary, they build on the work they are already doing to support students’ mental health and wellbeing.

Firstly, they form an Action Team to represent the whole-school community and to coordinate and lead the implementation of the initiative. The Action Team reviews the schools’ current efforts across four focus areas (or ‘components’). They look for ways they can strengthen these efforts, and then take action using a step-by-step planning process.

Every school is different, with different needs for their students and families. The KidsMatter Primary framework covers four components that have shown to be highly successful in supporting the mental health and wellbeing of children.
**Positive school community**
Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

**Social and emotional learning for students**
Learning how to manage feelings and get on with others is an important part of children's development. It helps them become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

**Working with parents and carers**
In order to promote children's mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

**Helping children with mental health difficulties**
It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children's mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

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**How can families help?**
Families are the biggest influence on children's mental health and play a very important role in KidsMatter. Children benefit when the important people in their lives work together and have a shared understanding of their development and their needs.

KidsMatter Primary has developed a range of information sheets with parenting tips and strategies to help all Australian families support the wellbeing of their children. View them online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

If your child's school is participating in KidsMatter Primary, there are many things you can do to help make it a success:

- Read the KidsMatter Primary information sheets to further your understanding about children's mental health.
- Develop relationships with staff, so you can share knowledge and information about how they can support your child.
- Get involved in the Action Team.
- Ask staff how KidsMatter Primary is being implemented.
- Participate in school activities to build a sense of community.
- Respond to any school requests for ideas or information.
- Talk to other parents and carers about ways the school can support your needs.
- Let the school know what skills or talents you are happy to share.

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This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

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**Australian Government**
Department of Health and Ageing

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Come and play Rugby with Royals Junior Rugby in 2017

Royals Junior Rugby club caters for players from under 7s up to under 18s. We encourage both boys and girls to play with the club. Trainings for the club are on at 4.30 to 5.30 on Thursdays at Rivett Oval. The first training will be on Thursday the 2\textsuperscript{nd} of March. The first games start in early May, with games being on Saturdays. The cost is $150 per season, with family discounts available. Any new players that sign up will receive a free football.

Come and visit the Royals junior rugby stall at the Brumbies meet the players day from 10.30am to Midday on Saturday the 18 of February and sign up or find out more details about the club.
If you’re aged between 5 to 15 years old and want to play footy in 2017 then...

In 2017 the Tuggeranong Lions continue our ongoing commitment to provide the boys and girls of Tuggeranong and surrounding areas with a family oriented, friendly, and fun Aussie Rules footy environment.

If you’re looking for a great experience this winter, meeting new friends and learning new skills then WE WANT YOU.

For information on the 2017 season including registration, training times and fees visit our website or contact us.

web: Google search Tuggeranong Lions
email: tuggeranonglionspresident@gmail.com
Grab a stick & Hit a ball
with
University Juniors Hockey Club

Welcoming boys & girls 5-18
years of age & levels of
ability

For further information about the
Uni Juniors Hockey Club, please head over to the
website: unijuniorshockey.com.au
&
if you wish to be placed on our club newsletter / email
distribution list, please contact our President Andrew Sutton t
0412 618 975 / President@unijuniorshockey.com.au

We look forward to hearing from you and
seeing you out there!