Dear Parents

Lent moves into its third week with the gospel last Sunday being the Woman at the Well. This is a significant story of acceptance of Jesus for people who were not considered by society at the time to be acceptable. The Samaritan woman’s personal encounter with Jesus compels her to start spreading the good news about the amazing man she has met. She meets Jesus face to face and feels compelled to act on what she has felt. Lent is a time for each of us to again – or for the first time – seek out a face to face encounter with Jesus. Through prayer, contemplation on scripture or reflection on encountering Jesus in the face of others, we build a one to one relationship with Jesus. When we acknowledge this relationship, like the Samaritan woman, we are compelled to act on it.

Well being week was very successful. All the “busyness” and stresses were still there, but the consciousness that we were actively trying to do something about it was a real positive for the community. I’m sure all our mental health was positively impacted.

The school Cross Country selection trials will be held tomorrow if the weather permits. Children who are trying out will walk with their teachers to Kitchener Park at 9am. Children trying out should wear their sports uniform and ensure notes are at school before they set off. No children will be allowed to attend the trial without a written permission note.

Congratulations to Brock D who was also selected in the Broken Bay team to compete at the Polding trials for AFL. Congratulations also go to Zoey M and Lauren B who were selected to play touch football in the Polding Team.

There seems to be a few stomach bugs going around the school. Please ensure you have all emergency phone numbers up to date with the office at all times and remind your children about good hand washing hygiene.

We have recently had an arborist’s report on all our trees within the school because of a recent accident in a school. Some trees around the boundary have been deemed future risks and will be removed in the holidays. We have also asked that council relook at the trees overhanging the school property on Waratah Street and consider the potential risk to our site and community.

I have included an interesting article from Michael Grose from his Parenting Ideas blog. As the children get tired in this long 11 week term it is good to remind ourselves of positive ways to discipline children.

“Consequential learning is the best way I know to help children to regulate their own behaviour. And I highly recommend that be your aim as a parent. The use of consequences shouldn’t be your only strategy (others include giving visual and verbal reminders, using time-in, and prompting kids to stop & think, before doing)
however it should be the mainstay of any modern parent’s behaviour management toolkit. Some parents tell me they struggle setting consequences for their kids... Effective consequences are

- **Doable**
- **Related (to what kids do)**
- **Reasonable**
- **Respectful**

1. **Doable consequences**
   Don’t threaten consequences you can’t follow through. Cancelling Christmas fits that category. **Whatever you say to kids must be doable**... So think before saying something you can’t follow through on. If you do promise something outlandish, don’t back yourself into a corner by stubbornly standing your ground. Be smart and modify the consequence accordingly.

2. **Related (to what kids do)**
   Avoid a ‘one consequence covers all’ strategy. As much as humanly possible, logically relate the consequence you impose with the right they have infringed upon. *eg They lose the right to watch TV because don’t stick to the agreed finish time.*

3. **Reasonable**
   Make sure your consequence is suitable for your child’s age and stage of development and that you don’t go overboard. *“You’re grounded for a year”* maybe what we feel like saying but a grounding for a day is easier to cope with if it is related to not being home on time.

4. **Respectful**
   Your consequence needs to pass the **dignity test.** That is, your child maintains theirs (*so don’t tell them off in front of their friends*) and you maintain yours (*so yelling is out*). So, if possible, choose a time when you’re calm when you deliver a consequence, which may mean you have to control your impulse to.......well you fill in the gaps.

Michael Grose .. Parenting Ideas

Yours sincerely,

*Julie Caldwell*

PRINCIPAL

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**Change of Date**

Please note that the date for the Easter Liturgy has been changed to Wednesday, 9th April (was previously Thursday, 10th April).

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**Band & Choir News**

**BAND**: Congratulations to our Training Band and Concert Band members on their commitment to making great progress this term! Both bands have shown big improvements in their practice methods and our rehearsal team work.

Thank you to band parents who have helped in the attendance commitment too!

A reminder that band rehearsal arrival time is 7.45am.

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**CHOIR**: Our choir members have been meeting each Friday at lunchtime for rehearsal. We’re currently preparing a program for the school Easter Liturgy, along with some fun songs that will feature in our Mother’s Day performance, early in Term 2.

Our choir members are to be congratulated on their commitment and enthusiasm too!

*Clare McFadden - Band & Choir Co-ordinator*
Religious Education News

A Lenten Prayer

Lord,
Open my eyes so that I may see the opportunities
to offer someone a helping hand, an encouraging word,
an ear to listen. Lead me to where I am needed. Amen.

3rd Week of Lent (School week beginning 24th March)

Project Compassion, Week 3, brings you the story of Archie.

For Archie from the Philippines, the threat of weather-related disasters such as typhoons meant that his house was no longer a safe or secure place to be. Now living in a new home away from the flood-prone Plaridel river, Archie is able to resume his education and gain a sustainable income thanks to a livelihood program.

Your donation to Project Compassion enables families like Archie’s to live happier and healthier lives.

www.caritas.org.au

Year 5 Family Mass

Thank you to the many Year 5 families who attended the Soul Mass on Sunday Night. It was a lively celebration of faith within our community. A big thank you to the parents who organised and assisted with the bbq and clean up after mass.

Lenten Loom Bracelets

The bracelets have been a great success with many students making a bracelet at lunchtime. On Tuesday Year 4 worked with Kindergarten in assisting them to make a bracelet.

The Mini Vinnies Team have been very successful in leading this initiative. Well done to the team.

Dates to Remember:

Wednesday, 9th April - Whole School Holy Week Liturgy at 11:30am, Sacred Heart Church.

If you have any Good News or if you need our prayers, please see me at school or contact me through the office.

Christine McBryde – Religious Education Co-ordinator

<table>
<thead>
<tr>
<th>Positive Behaviour For Learning</th>
<th>Respectful Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our PBL focus for this week is:</td>
<td>Our Respectful Relationships focus for this week is:</td>
</tr>
<tr>
<td>“Be a good learner.”</td>
<td>“Ask for help and assistance in a polite way.”</td>
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</tbody>
</table>
Important - Health Notice

We wish to advise that a student in our school community has undergone treatment for cancer. As a consequence of treatment, this student’s ongoing health is at risk if they come into contact with infectious illnesses, in particular: chicken pox, measles or mumps. If your son or daughter is suspected of having one of these illnesses it is very important that your child does not attend school. It is also important that while your child is unwell they remain at home until no longer contagious.

Information on infectious conditions can be found on NSW Department of Health website or alternatively contact your GP.


If your child has chicken pox, measles or mumps or is suspected of having an illness, please contact the school immediately. This will allow the school to assess the probable contact and therefore exposure of our student to the disease. Notification can then be given to the parents and medical specialists.

<table>
<thead>
<tr>
<th>Illness</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pox</td>
<td>Excluded for 5-7 days after spots appear</td>
</tr>
<tr>
<td>German Measles</td>
<td>Excluded for 4 days from appearance of rash</td>
</tr>
<tr>
<td>Measles</td>
<td>Excluded for 4 days from appearance of rash</td>
</tr>
<tr>
<td>Mumps</td>
<td>Excluded for nine days after the onset of the swelling of the salivary glands</td>
</tr>
</tbody>
</table>

As a school community we value your support in relation to the wellbeing of all of our students. Please do not hesitate to contact Julie Caldwell if you have any questions.

Term 2 Sport/Skills

We have had a great response from parents to assist with and coach the Sport/Skills program in Term 2 and as a result we will be able to offer Rugby League, Touch Football/Eagle Tag, Athletics (at Kitchener) and Netball, Creative Movement, Gymnastics and Tennis (at school). A green note was sent home yesterday asking the children to record their preferences. If the children do not get their first preference then we will make note of this for Term 3.

Jayne Wheen - Assistant Principal

Rugby League Clinics

Last week we were fortunate to have Game Development Officers from Manly Sea Eagles visit our school to do some rugby league activities with each class.

Here is a report from Year 5 students:

“Yesterday we had Mel and Em from Manly Sea Eagles come in and do some drills and games with us. We played “stuck in the mud” and did some passing and teamwork drills. We did a drill where we ran around a cone and then one person would either score a try or defend the try. We then worked together in groups to pass the ball around to score a try. We had lots of fun and learnt heaps. Thank you Mel and Em for visiting our school.”

By Jasper C and Cameron D Year 5B
GOLF - Go On Laugh Forever. It's all about having fun together. What was once a gentleman's game is now a social game where men and women can play together. Have you got your team ready for the 2nd annual Sacred Heart Golf Day? Bring your partner, bring your friends and have what promises to be a really fabulous day – 4th April. All money raised will go straight back to the school and therefore our children.

Please complete the form at the end of this newsletter and hand it to the office with your payment to secure your place.

Lynette Suchanek - P&F Secretary (shpandf@gmail.com).

Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:


Canteen News

Canteen Roster (start 9.30am - finish 1.45pm)

| Mon. 31/3 | Jackie B, Sharon T, Rebecca B, Amanda L |
| Thur. 3/4 | Kellie F, Geraldine T, Amber L, Kirsty C |
| Fri. 4/4 | Virpi T, Michelle J, Lisa D, Melinda K |

Hi everyone,

Help needed: Friday 4th April - if you are able to help out in the canteen from either 9.30am-1.45pm or 11am-1pm please contact either Kay or Marie.

On-line ordering: Did you know that on-line ordering is cheaper than manual lunch order prices? If you would like to save some money why not register now for on-line ordering. If you need help or have questions, please contact either Kay or Marie anytime. Also, a reminder that on-line ordering cut-off time is 8.45am.

Kay and Marie 😊

School Awards - Term 1 Week 8

| KN | Natasha L, Bella L, Indianna M | KP | Liam S, Jade H, Nikola K |
| 1F | Hannah B, Beau L | 1T | Samuel R, Indiana L |
| 2D | Charlotte M, Emily G | 2M | Nathan O, Hannah S |
| 3R | Jasmine W, Ryan O | 3W | Ben C, Shantelle G |
| 4F | Naomi M, Max E | 4M | Matthew B, Abbey L |
| 5B | Andie H, Mackenzie B | 5S | Brock D, Roxi B |
| 6M | Anelise F, Emersen B | 6W | Luke F, Riley L |
| 3-6S | Alex P, Cooper H |

Principal's Awards: Gabriella M (2D), Harry C (2M)
Enrolment Applications for Year 7, 2016 close soon
We are now enrolling students currently in Year 5 for Year 7, 2016. Please contact our Enrolment Registrar for a prospectus, Application for Enrolment or tour (each Monday at 10.00am or by appointment) on 02 9997 7044 or email deborah.fitzgerald@dbb.catholic.edu.au. Applications for Year 7, 2016 close on April 2, 2014.

"Great work by the presenter."
“One of the best!! Thankyou”
"Terrific, educational and entertaining"

FREE PARENT SEMINAR
The Digital Child
Apps for Learning & Creativity
✓ What is good gaming?
✓ Screen time: how much is too much?
✓ How to assess the educational quality of apps
✓ The top 10 apps for learning and creativity

Dr Kate Highfield – Macquarie University
As multiple users of technology, learn how families can support their preschool & primary aged children’s learning through digital technology.

WEDNESDAY 26 MARCH
Night: 7.30 – 9 pm
St Cecilia’s Catholic School
59 Seaview Street, BALGOWLAH
ALL WELCOME - RSVP (if possible):
www.brokenbayparentcouncil.com
Proudly sponsored by the Diocesan Parent Council

Aspect Vern Barnett School Fete
Sunday 6th April 2014
10am – 3pm
41 Cook Street Forestville
Face painting, crazy hair, tombola, books, lucky dip, toys, sensory room, trampoline, games, clothing, jewellery, badges and lots more!

For more information:
Ph: (02) 9454 8359 or
Email: vschool@bnd.spectrum.org.au

SCHOOL HOLIDAY CAMP K-6
CAMP ACTIVATE is a dynamic team experience that focuses on building and strengthening sporting, leadership and communication skills. These skills are ‘activated’ through a series of challenging team challenges.

Venue: Avalon Recreation Centre
Bookings: www.campactivate.com.au
9979 8266
0407 947 551

MATER MARIA CATHOLIC COLLEGE
COMMUNITY • FORMATION • SUCCESS

Community Notices
2nd Annual Sacred Heart Golf Day
Bayview Golf Club
Friday 4th April 2014

11:30am arrival for briefing and lunch - 12:30 tee off.

Don’t play golf? Doesn’t matter… this is less about golf and more about having a hit, chat and drink with other Sacred Heart folks and friends.

$125 per person gets you 18 holes, shared cart and lunch with all profits from the day going to Sacred Heart Catholic School.

Get a group of 4 together or just send your individual entry and we’ll team you up. Please get your completed forms in ASAP to help us organise the day and book the appropriate amount of carts and tee offs.

***entries close 28 March 2014***

Complete the following and return with payment:

Team enquiry (tick): [ ] Individual enquiry (tick): [ ]

Golfing ability (tick):  

Name 1: _______________________________  Bad   OK   Good   Really Good  
Name 2: _______________________________  [ ]   [ ]   [ ]   [ ]
Name 3: _______________________________  [ ]   [ ]   [ ]   [ ]
Name 4: _______________________________  [ ]   [ ]   [ ]   [ ]

Team Name: ___________________________ (if completing team enquiry, please make up a name)
Team Captain: ________________________  Captain’s ph: __________________________

The day will be an Ambrose event – so each team member plays from the best team ball position of each previous shot. This is a team game, so individual brilliance or atrocity is not so important.

Payment Individual - $125 [ ]  Team of 4 - $500 [ ]

[ ] Cash  [ ] Cheque (make cheque out to Sacred Heart Primary School P&F)

[ ] Credit Card  Name on card: ____________________  Card number: ____________________  Exp: ____/_____

*Please email this form to the school office either drop off, email: shmv@dbb.catholic.edu.au or fax: 9979 8603.