Dear Parents

The Prayer of St Patrick

I arise today
Through the strength of heaven;
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.

I arise today
Through God’s strength to pilot me;
God’s might to uphold me,
God’s wisdom to guide me,
God’s eye to look before me,
God’s ear to hear me,
God’s word to speak for me,
God’s hand to guard me,
God’s way to lie before me,
God’s shield to protect me,
God’s hosts to save me
Afar and anear,
Alone or in a multitude.

Christ shield me today
Against wounding
Christ with me, Christ before me, Christ
behind me,
Christ in me, Christ beneath me, Christ
above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit
down,
Christ in the heart of everyone who thinks
of me,
Christ in the mouth of everyone who speaks
of me,
Christ in the eye that sees me,
Christ in the ear that hears me.

I arise today
Through the mighty strength
Of the Lord of creation.

God our Father, you sent Saint Patrick to preach your glory to the people of Ireland. By the help of his prayers, may all Christians proclaim your love to all men. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

Open Day last Friday was a great success. Thank you to our year 6 students who acted as guides for our visitors. It was wonderful to hear our school band perform as well as our Kindergartens. Parents are reminded that applications for enrolment close at the end of May. Current families who have siblings to enrol for kindergarten 2016 need to return forms to the office so that we know the number of places available for new families.

Congratulations to the students who represented Sacred Heart on Tuesday at the 7 a side Rugby competition at Rat Park. The boys tackled and defended extremely solidly and earned a credible 3rd place on the day. Well done boys. Thank you to Mark and Larissa G for their extremely professional coaching of the team.

May the Joy of the Gospel be with you
Mrs Suellen Garey
PRINCIPAL

Forward Planner

24 Mar - Yrs 3 & 4 Soccer Gala Day
25 Mar - Yr 5 Class Mass
26 Mar - Yrs 5 & 6 Soccer Gala Day
26 Mar - Confirmation - Group Leader Training (1.30pm and 7.30pm at Sacred Heart Church)
28 Mar - Yr 2 Family Mass (5pm Saturday)
29 Mar - Palm Sunday
02 Apr - Last day term 1

Our full school calendar can be accessed on our school APP or on the school website on the Significant Dates page: here
Positive Behaviour For Learning

Our PBL focus for this week is: **BE A GOOD LEARNER**

Respectful Relationships

Our Respectful Relationships focus for this week is: **LISTEN WITHOUT INTERRUPTING WHEN SOMEONE IS TALKING**

**Year 3 – Mater Maria Links Day**

On Monday 9 March 2015, Year 3 went to Mater Maria for Links Day. We did lots of different activities and got to see what high school is like. We had Visual Arts and we painted a fish bowl with fish in it! We also played lots of sport. We went to the drama class and saw a play about bullying. We even got to do some acting when we played an acting game called “Hitch hiker”. After all of that we had a bbq lunch with a drink. It was delicious.

At the end we watched a video about Mater and we all got a helium balloon.

It was a great day

*Marlow M (Yr 3)*

**SHMV Sports News**

**Sacred Heart Cross Country**

Congratulations to all the students who participated in the School Cross Country carnival down at Kitchener Park on Monday. The children ran very well and should be extremely proud of themselves. The 8, 9 and 10 year age groups ran 2kms and the 11 and 12 year age groups ran 3kms. Big congratulations to the top 6 girls and 6 boys from each age group who have successfully qualified for the Peninsula Cross Country carnival to be held at Warringah Rugby Park (Rat Park), North Narrabeen on Thursday 30 April 2015.

The Peninsula team is as follows:

8yrs boys  Bailey J, Harrison F, Tristan C-B, Albie B, Jackson Y, Sam R
8yrs girls  Olivia J, Carissa S, Maci B, Jahla F, Molly M, Lauren K
9yrs boys  Harry C, Joe C, Matthew S, Tom S, Orlando S, Patrick D
9yrs girls  Olivia B, Erin S, Alana R, Hannah S, Jessica H, Alice T
10 yrs boys  Izak B, Ryan C, Will M, Alex M, Kai K, Brooklyn C-B
10yrs girls  Chelsea S, Natalie M, Sophie O, Jaime Y, Koko T C, Charlotte C
11yrs boys  Luka M, Joel S, Markus G, Thomas S, Will D, Beau N
11yrs girls  Charli M, Kira B, Bella W, Keana W, Brooke L, Julia N
12yrs boys  Sam C, Cameron D, Harris J, Levi D
12yrs girls  Zoe M, Roxi B, Lucie R, Charlotte N, Grace B, Niamh M-H

*Rachael Wiggins - Sport Co-ordinator*

**Peninsula Catholic Schools Soccer Gala Days**

A reminder about the upcoming stage 2 & 3 soccer gala days:

**Date:**

Tuesday 24th March - Years 3 & 4
Thursday 26th March – Years 5 & 6

**Time:**

Play begins on both days at 9:45am and concludes at 1:45pm

**Location:**

Both days are held at Pittwater Rugby Park, North Narrabeen (Fields behind Rat Park)

**Requirements:**

All students must wear their full school sport uniform and **provide their own shin pads**. Joggers or soccer boots may be worn.

**Needed:**

We still require a few more parent helpers to look after teams on both days. If you are available please advise the office. No knowledge of soccer required.

If you have not returned permission forms, additional copies can be found on the school website [here](#). An additional information flyer regarding gala day requirements is also included in your newsletter email.

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Religious Education News

In the spirit of Pope Francis’ joyful and action-oriented pastoral approach, here are 4 to live the Joy of the Gospel

1. Make a memory. Teach your children a game you played ‘when you were young’!
2. Pray the rosary. But slow down your praying! Linger over the rich biblical imagery that the rosary leads you to contemplate.
3. Increase the ‘joy’ level at home. Be quick to praise and slow to criticise. Choose to be enthusiastic when you least feel like it.
4. Lighten up. Laugh a little more. Rejoice in the divine sense of humour.

Sharing Food for Life – Sarita from Nepal
Mother of three, Sarita, could barely grow enough food for her family on her tiny farm plot. In 2007, she joined a program, run by Caritas Nepal, that gave a community group the training and support they needed to start a fish-raising business. Thanks to their hard work, Sarita and the group now have a thriving enterprise and a life-long source of food and income. Your donation to Project Compassion 2015 helps people in rural Nepal create a life-long source of food and income to benefit entire communities.

www.caritas.org.au/projectcompassion  Tel: 1800 024 413

Mini Vinnies News - Caritas Cupcake Cafe
The Mini Vinnies Team would like to thank all the Kinder and Year 1 parents who baked for our Cupcake Café today. The day has been a huge success and so far we have raised $517 with a little more to add to this at lunchtime. All proceeds will be given to this year’s Project Compassion Campaign “Food For Life”
The Mini Vinnies Team

Soul Mass
It was wonderful to have so many families join us last Sunday Night to celebrate the Eucharist with Maria Regina Avalon.. Thankyou to all the families who assisted with the organising of the barbecue after mass and with the clean-up.

Sacrament of Confirmation – Important Dates

<table>
<thead>
<tr>
<th>Sacrament of Confirmation – Important Dates</th>
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<tbody>
<tr>
<td><strong>Rite of Enrolment - at all mass times</strong></td>
<td>Saturday 28 March 2015 and Sunday 29 March 2015</td>
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<td><strong>Three Rituals for Confirmation Candidates</strong></td>
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<tr>
<td>25 and 26 April 2015 - at all mass times</td>
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<tr>
<td>2 and 3 May 2015 - at all mass times</td>
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<tr>
<td>9 and 10 May 2015 - at all mass times</td>
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<tr>
<td><strong>Compulsory Reflection Afternoon for Confirmation candidates and their parents</strong></td>
<td>Saturday 2 May 2015, 1.30pm -4.30pm at Mater Maria Catholic College, Warriewood</td>
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<tr>
<td><strong>Compulsory Rehearsal</strong></td>
<td>Thursday 14 May 2015 at 5pm (Maria Regina Church) or Friday 15 May at 5pm or 6pm (Sacred Heart Church)</td>
</tr>
<tr>
<td><strong>Sacrament of Confirmation</strong></td>
<td>Saturday 16 May 2015 at 11am (Maria Regina Church) or Saturday 16 May 2015 at 2pm (Sacred Heart Church)</td>
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Dates to Remember
21 Mar  Induction of Altar Servers at Sacred Heart 5pm (Saturday)
25 Mar  Yr 5 Class Mass (9.15am)
2 Apr  Holy Week Liturgy at 11:30am (church)

Good News of the week and Prayers
If you have any Good News or if you need our prayers, please see me at school, contact me by phone.

PARISH WEEKLY BULLETIN can be found here.
Christine McBryde – Religious Education Coordinator

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Parent engagement in a child’s learning is about showing an interest in what your child is doing at school in their lessons. Here are some of the things that are happening in the classroom in Kinder, years 1 and 2.

In kinder they are writing simple recounts so for example "on the weekend we...". In maths they are learning about position (eg top, bottom, under) and doing lots of counting (skip counting, counting backwards). In HSIE they are learning about their five senses and how they help us stay alive.

In year 1 they are looking at lots of different describing words (adjectives). In maths they are doing subtraction and addition, including friends of ten and doubling. Their HSIE topic is From Paddock to Plate and a kindly farm will be visiting next Tuesday. In religion they are learning about Lent to Easter and they are reading about Zacchaeus. Zacchaeus changed, how can we?

In year 2 they learning how to use adjectives and similes in their writing. They are doing addition and subtraction including skip counting and using the bean strings. In HSIE their topic is Up, Down and All Around. This is all about the natural and man made environment that surrounds us - how it changes over the day, the week, the year, the years. They are also practising their listening skills!

Please come along to the Playful Parenting workshop if you can. It is on this Thursday at 9.30am and aimed at kids aged 3 to 8. Preschoolers are very welcome and there will be the chance to stay and play afterwards.

Ask your child to explain something to you that they are learning about in class or the library. Start a conversation with your child about their learning...

*Eloise Critchley (DPC rep), Fiona McCallum (KidsMatter parent rep)*

You can visit the Diocesan Parent Council website [here](#).

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**FREE WORKSHOP for PARENTS**

**Playful Parenting**

“Creativity is the greatest gift of human intelligence”

Join Cathie Harrison(Consultant for ABC PlaySchool) and Sally Harrison (CSO) for a very fun 1 hour workshop and then a chance to ‘stay and play’.

Playful ideas to help encourage confidence, support emotional-intelligence and grow connections.

**Thursday 19 March – 9.30am**

**Sacred Heart Catholic School, MONA VALE**

**ALL WELCOME – NO COST**

RSVP DPC website [www.brokenbayparentcouncil.com](http://www.brokenbayparentcouncil.com)

Proudly sponsored by the Diocesan Parent Council
2015 Premier’s Reading Challenge
Welcome to the NSW Premier’s Reading Challenge. The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely.

The Premier’s Reading Challenge (PRC) is available for all NSW students in Kindergarten to Year 9, in government, independent, Catholic and home schools. Passwords remain the same from year to year. For those who have lost their password, they are available from the Library.

I have loved the Premiers Reading Challenge ever since I started school and I will still love it when I leave. It’s a great way to expand your vocabulary and broaden the types of books you read. It is fun and creative, and it can draw you into worlds you never knew existed. So remind your children to pick up a book and join me in the challenge!!!

From Sam C

Congratulations Sam and Thank you! Sam has not only completed the Premier’s Reading Challenge (PRC), he has started a fund raising initiative with Dymocks Charities.

All students involved in the PRC can take part in this, the information is on the PRC website. Children can raise funds for charity as well as acquiring more books for our School library.

Dymocks Charity and Book Bonus

Melonie Harrison - Teacher /Librarian
NEW PROCEDURE – ADMINISTERING MEDICATION TO STUDENTS AT SCHOOL
The Catholic Schools Office has a new policy regarding administering medication to students at school. In order for ANY medication to be administered, a Request to Administer Medication at School form signed by the treating doctor must be provided with the medication. This also applies to “over the counter” medication.

This new procedure is effective today. The Request to Administer Medication at School form is available on our school website on the “News & Events – Administration Forms” page here and can be easily printed from the website at the doctor’s surgery. A PDF of the form has also been emailed to parents with this newsletter.

Social Calendars – 2015
Social calendars for each year group are currently being prepared by class parents and can now be found on the school website here and on each year group page. If you did not add your contact details to lists in classrooms on Parent Information Night, please contact one of your class parents to have your details included.

50th Jubilee Celebration
We are in the process of preparing a guest list for the Jubilee celebration. Do you know of any past student or teacher who would like an invitation? Please let the office know!

School items on loan - Could we please request all items of clothing, slings and bandages which are out on loan to children following accidents be returned to the school office freshly washed.

Email - All correspondence from the school is now sent home via email. If you find you not receiving our emails, your mailbox could be full or your security or junk mail settings may need changing. Please advise the school office if you change your email address.

School Buses – information on bus numbers and routes can be found on the Sydney Buses website here. Select Sacred Heart from the drop down menu and navigate.

School App – Download links and Tip Sheet
Tip Sheet for the app can be found here.

OSHC News (Out of School Hour Care)
We have been overwhelmed with the interest in OSHC so far this term. We have some days with limited availability.

We have lots of families enquiring about before school care. If we have enough interest, it is something we would like to open for families. If you would be interested in using the before school care service please contact the coordinator, Kylie Trabi, to register your interest at monavale.oshc@dbb.org.au

Please note you can download an enrolment form for after school care here.

Uniform Shop News
A quick reminder that children will return to school in term 2 in their winter uniforms. Please visit the uniform shop before the end of term 1 for any items you require.

Veronika & Clare – Uniform Shop Coordinators
Happy Birthday from all at Sacred Heart to the following students who celebrate a birthday during the coming week:

Sarah C   Joseph C   Declan T
Alice R   Gabriel K   Brock D
Avia D   Myles N   Isaac W
Keana W   Flynn S   Jack W

School Awards

<table>
<thead>
<tr>
<th>KE</th>
<th>Elena C, Claire M, Tom S</th>
<th>KP</th>
<th>Jack R, Larna H, Tilly L</th>
</tr>
</thead>
<tbody>
<tr>
<td>1F</td>
<td>Gabriel K, Lily C</td>
<td>1D</td>
<td>Bridget C, Livia H</td>
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<tr>
<td>2D</td>
<td>Hayley P, Ethan H, Henry B</td>
<td>2B</td>
<td>Olivia J</td>
</tr>
<tr>
<td>3R</td>
<td>Bailey J, Phoebe H</td>
<td>3C</td>
<td>Nathan O, Macee R, Harry C</td>
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<tr>
<td>4B</td>
<td>Maya H, Jasmine W</td>
<td>4N</td>
<td>Abbey T, Joseph H, Olivia B</td>
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<td>5N</td>
<td>Sam C, Charlotte C</td>
<td>5S</td>
<td>Beau N, Sam S</td>
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<tr>
<td>6F</td>
<td>Grace B, Ethan Z</td>
<td>6W</td>
<td>Bella W</td>
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<td>3-6S</td>
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Principal’s Awards:

Community Award:

Morning Kiss & Drop Zone Roster

Morning Kiss and Drop Zone
Thanks to the parents who have volunteered to be on the morning Kiss and Drop roster. If you are able to volunteer next term for a half hour of your time between 8.15am and 8.45am to do this valuable role, please contact Selina Nichols on 0416 157 198 or nicholsselina@gmail.com

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>23 March</td>
<td>24 March</td>
<td>25 March</td>
<td>19 March</td>
<td>20 March</td>
</tr>
<tr>
<td>Selina N</td>
<td>Leonie S</td>
<td>Eloise C</td>
<td>Linda M</td>
<td>Karen C</td>
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<tr>
<td>30 March</td>
<td>31 March</td>
<td>1 April</td>
<td>26 March</td>
<td>27 March</td>
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<tr>
<td>Lisa C</td>
<td>Vacant</td>
<td>Sheridan P</td>
<td>Lisa P</td>
<td>Lisa D</td>
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<td></td>
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<td>2 April</td>
<td>3 April</td>
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<td></td>
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<td>Good Friday</td>
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Canteen News

CANTEEN ROSTER (start 9.30am - finish 1.45pm)

<table>
<thead>
<tr>
<th>Mon 23/3</th>
<th>Jackie D, Claire W, Michelle H</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur 26/3</td>
<td>Geraldine T, Rita Z, Fiona S</td>
</tr>
<tr>
<td>Fri 27/3</td>
<td>Michelle J, Melinda K, Lisa D, Bec C, Rebecca D</td>
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</tbody>
</table>

Online ordering: We have had feedback that the server was very slow once again last week due to a high traffic volume which resulted in some families unable to order on line. We have addressed the situation and have been informed by School 24 that they are currently working to resolve this issue asap. May we suggest to avoid this happening that you place your child’s lunch order as early as possible. Did you know that o-line ordering can be accessed 24hours per day and 7 days per week. School24 also allows you to order as far in advance as needed.

EG: If you needed to place an order for term 4 now this allows you to do so.

Kay & Marie – Canteen Coordinators
Voting has commenced on a new name for your P&F, here is a list of the proposed names:

- Family & Friends Engagement Network
- Sacred Heart Hub
- The Pulse
- Sacred Heart Community Links
- Connect Committee

Please have your say by emailing your choice to shpandf@gmail.com. So far Sacred Heart Community Links & Sacred Heart Hub are the front runners.

3rd Annual Sacred Heart Golf Day - Friday March 27
Golf Day is now approaching, a day where you are guaranteed to have loads of fun. It doesn’t matter if you are a seasoned pro or a complete novice the only prerequisite is a sense of humour. Have you got your team ready for great day? Entry forms can be found at school, on the school website and with this newsletter.

Save the Date – A Touch of Gold
Saturday 13 June 2015
50 Year Jubilee Parent Social Night
Bayview Golf Club
Dinner and children’s artwork auction

Lynette Suchanek – P&F Secretary

Community Notices

Pittwater Council – School Holiday Activities
Pittwater Council - April 2015 School Holiday Brochure

Stella Maris College
Open Evening
Wednesday 18th March
4pm - 7.30pm
All Welcome

inclusive innovative inspiring
**Community Notices**

**Parenting Programs**

**Child & Adolescent Parenting**

**WHAT'S ON IN TERM 2 - COURSES/WORKSHOPS FOR PARENTS/CHILDREN**

**Tuning in to Kids Course**
(8.30am - 1.00pm)
Help your child develop emotional intelligence, manage emotions & deal with conflict.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Triple P (Positive Parenting Program) Seminars**
(8.30am - 12.30pm)
Series of 10 seminars around parenting, connecting to your children, and more.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Communicating with Kids Workshop**
(based on FIT)
(4.00pm - 5.00pm)
Communication skills for building effective long-term relationships with your children & family.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Tuning in to Teens Course**
(8.30am - 1.00pm)
Dealing with the challenges of raising a teenager.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Toddlers Workshops**
(1.30pm - 2.30pm)
Series of 6 workshops on Discipline, Toilet Training, Sleep & Food.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Resilient Kids Workshop**
(10.00am - 1.00pm)
Strategies to cope with stress, develop problem-solving skills.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Resilient Kids Workshop**
(10.00am - 1.00pm)
Strategies to cope with stress, develop problem-solving skills.
Chatswood 16/1-3, 170-25, 7.00-9.30pm

**Dealing with Teen's Backchat Workshop**
(10.00am - 1.00pm)
Learn to have a respectful, positive relationship with your teenager.
Chatswood 16/1-3, 170-25, 7.00-9.30pm


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**DID YOU KNOW?**

You may be surprised to learn that the cost of educating a child is around $13,000 per year.

This would be an enormous financial burden for most Australian families; that is why Governments have provided taxpayer support to all school sectors for decades.

Catholic school parents are also taxpayers and help pay for state and federal government services, whether they use them or not.

They are therefore also entitled to a fair level of government support to ensure Catholic schools also remain affordable for Australian families.

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**FREE PARENT EVENT**

**How to Use iPads and Apps TO HELP YOUR CHILD LEARN**

This event is a Kids First Community Service Seminar

**Tickets are absolutely FREE, however places are limited. Bookings are essential.**


Or call Kids First now on 9938 5419

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Brenna Donovan is a speech pathologist who has helped hundreds of parents, teachers & therapists in Australia & the USA use iPads & apps to support children's development.

At this free event, Brenna will share how you can support your learning & social skills using your iPad, smart phone & apps.

She will teach you how to set your device up so that it is safe & easy for your kids. She’ll also share some excellent app ideas for kids aged 3–8.

**DIDN’T Miss this great opportunity!**

**TUESDAY 24 March 2015**
**7.30pm - 9.30pm**

**The Chairman’s Lounge**
Brookvale Oval
**Alfred Street Brookvale**

Lunch is available for purchase. Please note that only some places are reserved.

**A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.**

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