Dear Parents,

This is a big week for our senior students! On Wednesday our Year 6 students are off to camp at Waratah Bay and are very excited about the adventures that await them. Our Year 5 children will be very busy while we are away as, not only do they have to lead the school, but they will also be participating in a three day Bike Ed course which will finish off with a ride down the trail. The Seniors are all very excited about the upcoming events, so we will look forward to their stories next week. As I am attending the camp, Mrs Fraraccio will be steering the ship from Wednesday to Friday.

Last week children from our school participated in the district schools swimming event. While there has always been interschool sports, athletics and cross country, this is the first time they have held an inter school swimming event in our district. In spite of the cold water (ice blocks the children said!), they all did a fantastic job, with some continuing on to the regional event today. Congratulations to everyone who swam and a big thank you to all their parents and grandparents who made the time to take them there and ensured that everyone was organised. Thank you also to our PE teacher, Mrs Rebecca McCormick for initiating the event in our school and to our Reading Recovery teacher, Mrs Ronnie Pritchard, for her assistance on the day. Hopefully this will grow into an annual event such as the athletics and cross country! Perhaps just in a warmer pool!

Our school closure days were very productive and our staff worked very hard over the two days in reflecting on our achievements and challenges over the last four years and on how we may improve over the coming four years. Our goal for the days was to ensure that each staff member was able to give input to each sphere of the review and it was agreed by everyone that, through the process that we used, this did happen. I thank our wonderful team for the hard work that was put in to ensure our school’s ongoing improvement.

With my prayers and best wishes for the coming week,  
Mrs Lynne O’Meara  
Principal
Prayer of St Francis

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal life.

Amen.

What’s Coming Up?

<table>
<thead>
<tr>
<th>Week Six</th>
<th>Monday, 29th February</th>
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<tbody>
<tr>
<td>Tuesday 1st March</td>
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<tr>
<td>Wednesday, 2nd March</td>
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<tr>
<td>Thursday 3rd March</td>
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<td>Friday 4th March</td>
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<td>3.30pm</td>
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<td>Third Play</td>
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<td>2.30pm</td>
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<tr>
<td>School Assembly</td>
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<tr>
<td>Working Bee</td>
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<tr>
<td>Staff Meeting</td>
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<tr>
<td>Icy Pole Day</td>
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<tr>
<td>Prep Rest Day</td>
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<tr>
<td>Grade 6 School Camp</td>
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<tr>
<td>School Assembly</td>
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<tr>
<td>Bike Ed – Grade 5</td>
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<tr>
<td>Grade 6 School Camp</td>
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<td>Bike Ed – Grade 6</td>
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<td>Grade 6 School Camp</td>
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<tr>
<td>Bike Ed</td>
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<table>
<thead>
<tr>
<th>Week Seven</th>
<th>Monday, 7th March</th>
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<tbody>
<tr>
<td>Thursday, 10th March</td>
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<tr>
<td>8.45am</td>
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<td>3.30pm</td>
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<td>2.30pm</td>
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<tr>
<td>School Assembly</td>
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<tr>
<td>Staff Meeting</td>
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<tr>
<td>School Assembly</td>
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</tbody>
</table>

What’s Coming Up?

2nd – 4th March – Year 6 Camp & Year 5 Bike Ed
8th March – School Photos
16th March – First Reconciliation
22nd March – House Sports Day
23rd March – Parent Teacher Interviews
Thursday, 24th March 2.30pm – End Term 1

School Closure Days for 2016
Monday 14th March – Labour Day
Thursday 5th & Friday 6th May – Staff Professional Development
Monday, 13th June – Queen’s Birthday
Monday, 30th October (Day before Cup Day) – Reporting
Do you find that your child is having emotional or behavioral issues or is overly anxious?

OnPsych are a team of fully qualified and registered psychologists who specialise in child and adolescent services working in primary and secondary schools in both individual and group settings.

Services are performed on site at school, at NO COST to the school, student or parent, through Medicare bulk billing.

These services are also available to parents.

We now have an OnPsych psychologist, Arabella Mayne, working here at our school. The approaches that Arabella use include:

- CBT (cognitive behaviour therapy)
- Client centred and solution focussed therapy.
- Employs a collaborative approach.

Issues covered by a mental health plan include: Anxiety, Attention deficit, Alcohol/drug abuse, Adjustment disorders, Bereavement, Conduct disorder, Depression, Eating disorders, Enuresis (non organic), Neurasthenia, Obsessive compulsive disorder, Panic, Phobia, Psychosis, Post- traumatic, Stress, Sleep disorders, Mood disorders, Spectrum disorders, Interpersonal, learning or behavioural disorders, exam stress, harming and adjustment difficulties (social and situational)

If you believe that this service may benefit your child or yourselves, please contact Lynne O’Meara or Angela Glennie on 9736 2219 for further information on how to access Arabella’s services.

**SCHOOL TERM DATES 2016**

Term 1
Preps Only
Friday, 29th January – Thursday, 24th March

All other Students
Thursday 28th January – Thursday, 24th March
*Easter 25th – 28th March*

Term 2
Monday, 11th April – Friday, 24th June

Term 3
Monday, 11th July – Friday, 16th September

Term 4
Monday, 3rd October – Friday, 16th December

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**2016 FEES HAVE SENT HOME**

Please contact the office if you did not get your fee statement for 2016. School fees include course and subject levies, and the costs of all curriculum excursions and activities. School Fee Statements will be issued at the commencement of the school year on 3rd February 2016 with payment schedules and forms for direct debits. Reminder Statements will be issued at the beginning of each term for your information.

Fee agreements and payment plans have been sent home and are due back immediately!

St Mary’s BSB/ACCOUNT Details
St Marys Primary School
BSB 083-347
Account Number 676054930

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**(CSEF) CAMPS, SPORTS & EXCURSIONS FUND (CSEF)**

**FINANCIAL ASSISTANCE INFORMATION FOR PARENTS WITH A HEALTHCARE CARD**

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student’s background and their outcomes.

**IF YOU HAVE A CURRENT HEALTHCARE CARD**

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef
A reading from the holy Gospel according to Luke

As Jesus prayed, the aspect of his face was changed, and his clothing became brilliant as lightning.

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, ‘Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.’ – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, ‘This is my Son, the Chosen One. Listen to him.’ And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

The Gospel of the Lord

The apostles' experience on the mountain was a time when they finally understood about Jesus. It was an extraordinary experience, but at the end of it, God spoke to them from a cloud and told them that Jesus is God's beloved Son, and that they should listen to him. How do we listen to Jesus today? How can we listen to and follow Jesus this week? What is Jesus is calling you to do this week?

Other news in Religious Education:

- **Commitment Masses for Sacraments** – thank you to the children who attended a commitment Mass on the weekend and signed the book. All staff, students and families will keep you in our prayers as you prepare for these important Sacraments. First Reconciliation is coming up very soon, Wednesday 16th March at 6.00pm.

- **Lent** - God doesn't give up on us, even when we disobey him. Instead, God helps us as we work on changing our actions to become more like the loving person that he wants us to be. The Season of Lent reminds us just how much God loves us.
CREATIVE GARDENING

Calling all garden lovers! As you may know we have a thriving art and craft club (the Community Craft Club) that is run by a group of parent volunteers, and we were wondering if you would help us start a Creative Gardening Club? This could include doing activities such as growing plants in decorated pots, looking after our school veggie patch, helping kids learn to grow and care for plants and many other things. We are seeking interest from Mums, Dads, Grandparents, Aunties, Uncles anybody to come and help us with this.

If you have any ideas or are interested please contact Mrs Glennie, via the school office or email aglennie@smmountevelyn.catholic.edu.au

Thanks from the SAT team (Student Action Team)

IMPORTANT INFO FOR PARENTS

In addition to our existing forms of communication, which include blanket text messaging, we are also in the process of including ‘Skoolbag’ to our communication options. This is an app for iPhone and Android that will enhance communications with the Parent/Student community. Parents wishing to access this service will need to install the St Mary’s School ‘Skoolbag’ App. To install the app, search for our school name (St Marys Catholic Primary School Mount Evelyn) in either the Apple App Store, or Google Play Store.

We are still waiting for the Apple iPhone App to become available. We will advise once confirmation of availability occurs. For Windows Phone, and Windows 8.1 or 10 users, search for ‘Skoolbag’ in the Windows store, install the app and find your school.

DON’T LOSE THIS NOTICE

2016
ENROL NOW
KEYBOARD LESSONS AT SCHOOL
IN-SCHOOL TIME

YOUR CHILD DESERVES THIS CHANCE
THIS IS YOUR OPPORTUNITY
FREE LESSON IF YOU ENROL NOW
Phone 9761 9058

ST MARY’S MASS TIMES MOUNT EVELYN
Saturday 5.00 pm & Sunday 10.30 am & 5.00 pm

Uniform Shop Assistants
Volunteers required for Uniform Shop on
Thursday mornings 8.30 – 9.00am and
Tuesday afternoons 3.00pm - 3.30pm

If you can assist, please leave your name at the office.

COFFEE INVITATION
FOR ALL ST MARY’S PARENTS EVERY MONDAY MORNING
AT ST MARY’S FROM 9.00am until 10.00am
A great way to meet new families
ALL WELCOME!

Annual School Production dates for 2016
Week 7 of term 3
August 24th & 25th
Would you like to assist in the classroom? Would you like to share in an educational journey?

If so, please come and join me at our “Parent Classroom Helpers” workshop. This workshop will help you to understand what is involved in helping out in the classroom. You will be given some hints and tips for working with children and some curriculum background. It is school policy that parents attend a workshop before assisting in the classroom. The workshop will run for approximately 90 minutes.

There are two workshop times available. (you only have to attend one)

**Wednesday 31st February at 9.30a.m. in the school library**

**OR**

**Thursday 1st March at 6.30 pm in the school meeting room (near office)**

Please fill out the attendance slip below and return it to 1/2F or the office, if you are interested in attending one of the workshops.

Thank-you,

Veronica Fraraccio

---

I would like to attend the Parent Classroom Helpers workshop

My name ________________________________

My child’s name __________________________ class __________

Workshop I wish to attend (please circle)  **Wednesday 2nd March at 9.30a.m**  **Thursday 3rd March at 6.30 pm**
Uniforms

All St. Mary’s students are required to wear the full correct school uniform. We believe that the wearing of uniforms promotes the children’s pride in their school and self-discipline. Uniform items can be purchased or made at little cost. The uniform shop at St. Mary’s carries all uniform items, including school and library bags. There is a small amount of second hand uniforms available in the shop.

**Children are expected to have a school bag with the St Mary’s School logo.**

Please ensure that your children bring their correct school bag.

<table>
<thead>
<tr>
<th>Girls’ Summer Uniform</th>
<th>Boys’ Summer Uniform</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Mary’s uniform school dress</td>
<td>Navy Shorts</td>
</tr>
<tr>
<td><em>Length of dresses and tunics should not be above the knee</em></td>
<td>(no jeans, jean style or cargo pants)</td>
</tr>
<tr>
<td>St Mary’s windcheater</td>
<td>St Mary’s polo shirt</td>
</tr>
<tr>
<td>Navy socks</td>
<td>St Mary’s windcheater</td>
</tr>
<tr>
<td>Black polished shoes</td>
<td>Navy socks</td>
</tr>
<tr>
<td>(no sneakers/runners)</td>
<td>Black polished shoes</td>
</tr>
<tr>
<td>School hat</td>
<td>(no sneakers/runners)</td>
</tr>
<tr>
<td><strong>NEW SPORTS POLO TOPS AVAILABLE $26.00</strong></td>
<td>School hat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Girls’ Summer Sports Uniform</th>
<th>Boys’ Summer Sports Uniform</th>
</tr>
</thead>
<tbody>
<tr>
<td>Navy track suit pants</td>
<td>Navy track suit pants</td>
</tr>
<tr>
<td>St Mary’s windcheater</td>
<td>St Mary’s windcheater</td>
</tr>
<tr>
<td>Navy unisex sports shorts or navy skort</td>
<td>Navy unisex sports shorts</td>
</tr>
<tr>
<td>St Mary’s polo shirt</td>
<td>St Mary’s polo shirt</td>
</tr>
<tr>
<td>White St. Mary’s sports socks or plain white socks and runners</td>
<td>White St. Mary’s sports socks or plain white socks and runners</td>
</tr>
<tr>
<td>School hat</td>
<td>School hat</td>
</tr>
</tbody>
</table>

Please ensure that all items of uniform are well maintained, including sports uniform and hats.

<table>
<thead>
<tr>
<th>St Mary’s School logo school bag</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>No jewellery – plain studs, sleepers, watches excepted.</em></td>
</tr>
<tr>
<td><em>No make-up</em></td>
</tr>
<tr>
<td><em>No extremes of hairstyles</em></td>
</tr>
<tr>
<td><em>Long hair to be tied back at all times with navy ties and ribbons</em></td>
</tr>
<tr>
<td><em>No nail polish</em></td>
</tr>
</tbody>
</table>

**An important note on Uniforms.** Whilst it is not compulsory to purchase uniform items only from our uniform shop, we trust that parents will only purchase items that are of the same as sold in the shop. We would ask that you continue to support us as we strive to ensure a disciplined atmosphere in our school, by ensuring that your children do wear the standardised uniform.

Your children may, at times, tell you that it is okay because, “others do it” or “have it”, but this is a good signal that it is NOT okay!

**A note about hair.** As we are a primary school, we feel that any change of colour is inappropriate for children. In the spirit of our practice at St Mary’s, to keep children as children, we ask that you cooperate with this and leave the hair colouring as something that they can look forward to in their older age. We also differentiate between “weekend hair” and “school hair”. The use of hair gel, etc., and styling, is considered to be a “weekend hair” practice. There is also the problem of styling hair so that it will fall over the child’s eyes or face when they lean forward, e.g., long fringes or strands being left out of ties. This then becomes a distraction when they are writing or reading. If we can all work together on this then not only does it assist in their learning and give a more disciplined and uniformed approach, but it will also save you time and money!
Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government’s commitment to breaking the link between a student's background and their outcomes.

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef
School Procedures for the Bushfire Season

Fire danger ratings and warnings are used in Victoria to provide clear direction on the safest options for preserving life.

Schools and children's services listed on the DET Bushfire At-Risk Register (BARR) will be closed when a Code Red fire danger rating day is determined in their Bureau of Meteorology district. **Our school has been identified as being one of those at high bushfire risk and is listed on the BARR.**

Where possible, we will provide parents with up to four days notice of a potential Code Red day closure by letter and SMS message. A Code Red day will be determined by the Emergency Management Commissioner no later than 1.00 pm the day before the potential closure. Once we are advised of the confirmation of the Code Red day we will provide you with advice before the end of the school day.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Code Red day.
- School camps will be cancelled if a Code Red fire danger rating day is determined for the Bureau of Meteorology district in which the camp is located.
- All bus routes will be cancelled.

On these Code Red days families are encouraged to enact their Bushfire Survival Plan – **on such days children should never be left at home or in the care of older children.**

For those of us living in a bushfire prone area, the CFA advise that when Code Red days are forecast, the safest option is to leave the night before or early on the morning of the Code Red day.

As part of preparing our school for potential hazards such as fire, we have updated and completed our Emergency Management Plan.

**What can parents do?**

- Make sure your family’s bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed.
- Ensure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters and checking our website.
- Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.
- If your child is old enough, talk to them about bushfires and your family’s bushfire survival plan.

For up-to-date information on this year’s fire season, visit the CFA website at [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) or call the 24-hour Victorian Bushfires Information Line on 1800 240 667.

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**Mt.Evelyn Primary School OSHC – SCHOOL HOLIDAY PROGRAM**

On behalf of Mt.Evelyn Primary School OSHC we would like to invite you to our Vacation Care Program. You can receive your Booking Form for Easter School Holidays from your school office. You may also email, phone or pop in and see Melissa at Mt.Evelyn Primary School. Mt.Evelyn Primary School OSHC is an accredited child care. Families can apply for CCB and CCR rebates. Monday – Friday 6.00am – 2.00pm 9736 2233 osh@mtevelynps.vic.edu.au

- **28th March** - Closed Easter Monday
- **29th March** - “Mini Golf” Excursion “Easter Activity Day”
- **30th March** - “Tennis” incursion
- **31st March** - “Drawing with different mediums”
- **1st April** - “Ace Space” Excursion “Messy Day” (2nd Program if Excursion is at capacity)
- **4th April** - “Healesville Sanctuary” Excursion “Use your senses” (2nd Program if Excursion is at capacity)
- **5th April** - “Letter “ C” Day”
- **6th April** - “Wheels Day”
- **7th April** - “Reading Cinemas” Excursion “Cupcake Day” (2nd Program if Excursion is at capacity)
- **8th April** - “Multi Media Day” Vacation Care Daily

It is a great opportunity for our local school community to support a wonderful program. Kind regards, Melissa Mc Donald
We believe that having a safe and pleasant school environment is important. Thank you to all families who have helped with school maintenance during last year.

To assist planning for this year we are asking each family to attend **ONE Working Bee** and to indicate which session,(listed below) suits best.

In an effort to cater for everyone, we will hold Working Bees across a range of days and times.

The alternative to attending a Working Bee is to complete the payment details below which are for a **$60.00** contribution toward hiring maintenance help as required.

Please complete and return the form below as soon as possible (families who have not replied by Feb 26th will be contacted).

Yours faithfully,

THE MAINTENANCE COMMITTEE.
EDUCATION BOARD.

PLEASE COMPLETE AND RETURN TO SCHOOL BEFORE MONDAY FEBRUARY 26TH 2016

<table>
<thead>
<tr>
<th>Name: _______________________________</th>
<th>Eldest Child’s Grade: __________________</th>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Feb 29th</td>
<td>(8:45-10:45am)</td>
<td>Saturday March 19th</td>
<td>(9:00-11:30 am)</td>
</tr>
<tr>
<td>Saturday April 30th</td>
<td>(9:00-11:30 am)</td>
<td>Wednesday June 8th</td>
<td>(1:10-3:15pm)</td>
</tr>
<tr>
<td>Monday July 25th</td>
<td>(8:45-10:45 am)</td>
<td>Saturday August 20</td>
<td>(Production set up) (9:00-11:30am)</td>
</tr>
<tr>
<td>Wednesday Oct 12th</td>
<td>(Twilight 3.30pm-6.00pm)</td>
<td>Monday Nov 28th</td>
<td>(8:45-10:45am)</td>
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</tbody>
</table>

Please debit my credit card for $60.00:

<table>
<thead>
<tr>
<th>Name on the card: _______________________________</th>
<th>(Please circle)</th>
<th>Visa</th>
<th>Mastercard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Card Number: [ ][ ][ ][ ][ ][ ][ ] - [ ][ ][ ][ ][ ][ ][ ][ ][ ][ ]</td>
<td>Visa</td>
<td>Mastercard</td>
<td></td>
</tr>
<tr>
<td>Expiry Date: [ ][ ][ ][ ][ ]</td>
<td>Visa</td>
<td>Mastercard</td>
<td></td>
</tr>
</tbody>
</table>
Religious Education News

Sunday, 7 Feb 2016: Fifth Sunday in Ordinary Time - Year C

Gospel
Lk 5:1-11

An abundance of fish are caught by Simon. Jesus was standing one day by the lake of Gennesaret, with the crowd pressing round him listening to the word of God, when he caught sight of two boats close to the bank. The fishermen had gone out of them and were washing their nets. He got into one of the boats – it was Simon’s – and asked him to put out a little from the shore. Then he sat down and taught the crowds from the boat.

When he had finished speaking he said to Simon, ‘Put out into deep water and pay out your nets for a catch.’ ‘Master,’ Simon replied ‘we worked hard all night long and caught nothing, but if you say so, I will pay out the nets.’ And when they had done this they netted such a huge number of fish that their nets began to tear, so they signalled to their companions in the other boat to come and help them; when these came, they filled the two boats to sinking point.

When Simon Peter saw this he fell at the knees of Jesus saying, ‘Leave me Lord; I am a sinful man.’ For he and all his companions were completely overcome by the catch they had made; so also were James and John, sons of Zebedee, who were Simon’s partners. But Jesus said to Simon, ‘Do not be afraid; from now on it is men you will catch.’ Then, bringing their boats back to land, they left everything and followed him. The Gospel of the Lord

What sort of messages or errands have you been sent on?
When you are a messenger, what do you have to do? (e.g. listen to instructions, make sure you know where to go, pass on the message clearly, etc.)

Jesus asks the fishermen in the Gospel to be messengers. What do you think he means when he tells them they will bring in people rather than fish?

Jesus calls us to be his messengers. How can we be good messengers?

Use the words in the fish to complete the sentence below....

_____ be ______! From ___ on you will _____ in _____ instead of _____.

Other news in Religious Education:

- Don’t forget to return enrolment forms for the sacraments of First Reconciliation, First Communion or Confirmation. These need to be returned to school by Thursday February 18th.

- This Wednesday 10th February at 9.15am we will celebrate a whole school Mass in the church for Ash Wednesday, the beginning of the Lenten season.

- Commitment Masses for children enrolled in a sacrament
On the weekend of the 20th and 21st February, all children enrolled in a sacrament need to attend one of the parish Masses. Times are 5.00pm Saturday, 10.30 am Sunday and 5.00pm Sunday.
Help Urgently Required

We need to roster 6 people per week to run the St Mary’s tuckshop. We have not received enough volunteers to be able to effectively do this, this year.
If you have not put your form in, please do so ASAP.
If we do not receive more responses, we will not be able to run tuckshop in term 2. If we don’t get the volunteers required we will be unable to offer tuckshop in the future. Please commit by filling out the below form.

P & F Newsletter

PLEASE COMPLETE 2016 TUCKSHOP ROSTER

The St Mary’s Primary School Canteen operates every Friday between 9.00am – 1.00pm. Volunteers are needed to help run the canteen. If you are able to help, please fill out the attached form and return to school office ASAP.

NAME __________________________ PHONE __________________ EMAIL __________________

ELDEST CHILD AND GRADE ______________________________________________________________

Availability (please tick)

☐ WEEKLY ☐ FORTNIGHTLY ☐ MONTHLY

☐ EMERGENCY ☐ CO-ORDINATOR ☐ OTHER __________________________

Thankyou Parents & Friends Committee

CRAFT CLUB VOLUNTEERS REQUIRED

We have loads of activities planned for this term, but for us to be able to run these sessions properly we are desperate for some volunteers.

If you can help on any Tuesday days please fill out the form below and return to the office.

Craft Club is run every Tuesday during first recess. Volunteers are required from 10.00am until 12.00pm (2 hours duration approximately)…. We are still taking donations of any craft type items……Drop them off at the office if you have anything we can use.

Name __________________________ Contact Phone Number __________________

I am available on the following Tuesday/s __________________________________________
from 10.00am – 12.00pm
2016 Registration Form for Basketball - Season 1 – 2016?

Any child interested in playing After School Basketball in Season 1 (commences early February 2016) will need to fill out the following form and return it to the school office by ASAP.

CURRENT PLAYERS: If you are currently playing After School Basketball in Season 2 2016, you will still need to fill out the following form so I can format the new teams. Games start at 4pm and finish at 7pm on Monday, Tuesday, Thursday or Friday afternoons at Kilsyth or Lilydale Basketball Stadiums.

- **Monday:** Grade 4 - Grade 6 Boys
- **Tuesday:** Grade 3 Boys
- **Thursday:** Grade 3 - Grade 6 Girls
- **Friday:** Grade 2 Boys & Girls

Name________________________________________ Age 2016______ Class 2016______

Are you currently playing After School Basketball? Yes No (please circle)

Have you played competition basketball before? Yes No (please circle)

Parents Name__________________________________________________________________

Home No____________________________ Mobile_______________________________

Email Address________________________________________________________________

Are you able to help as : Coach Yes/No  Team Manager Yes/No

NOTE: If you are currently playing After School Basketball and do not want to continue in 2016, could you please return your washed basketball singlet top to the office in a bag, clearly marked with your name and class on it. You will then be eligible for your refund.

2016 BASKETBALL CO-ORDINATOR REQUIRED

FOR ALL QUERIES PLEASE CALL LIZ RHODES ON 0414 761 088

St Mary's Basketball Singlet Tops

Children playing in the after school basketball competition are to wear navy blue shorts (the shorts you wear for PE at school are perfect), runners and the St Mary's Basketball Singlet Top. Tops are $25.00 to hire, however, once your child returns the top back to school they will receive a $20.00 refund. Payment can be made by cash or cheque. Cheques need to be made out to "St Mary's Parents and Friends Committee"

Could all payments for the singlet tops and this form please be given to the office ASAP, in an envelope, clearly marked "Basketball Singlet Top Money". If you still have your top from last season, you DO NOT need to pay any more money, just hang onto the one you have and use that again.

St Mary's Basketball Singlet Tops

Players name:________________________________________ Year Level:____________________

Class:______________________________________________

Mum's name:______________________________________ Dad's name:______________________

Mum's mobile:______________________________________ Dad’s mobile:_____________________

Amount enclosed:

*If you already have a basketball top, please fill out below.*

Number__________________ Size____________________

Office use:

Top number given:________________________ Amount enclosed:________________________

Cash Yes/No  Cheque details_________________________________________________________

Date top given:_________________________ Date top returned:_________________________

Date refund of $20.00 returned:_________________________

TO ALL TEAM MEMBERS

NO FORM NO PLAY
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids.

1. **Model good mental health habits**
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**
   Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!

   Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**
   Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

**Here are ten ways to promote good mental health and wellbeing in kids:**

more on page 2
5 Provide a space of their own
Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander round inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6 Talk about their troubles
A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7 Help them relax
Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8 Have two routines – weekday and weekend
Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9 Foster volunteering and helpfulness
Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10 Bring fun and playfulness into their lives
Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

Michael Grose


parentingideas.com.au