Dear Parents and Carers,

Thank you to all staff, parents and students for a smooth start to the year. Our Kinder students joined us for morning assembly this week and have taken to their new routines like professionals!

**MEET & GREET**

Our Meet & Greet for the beginning of the year is next Tuesday 17 February, 5.30 - 7.00pm. Classrooms will be available between 5.30 - 6.30pm for informal chats with teachers, followed by a sausage sizzle organised by the Community Council. This is a great way to meet your child’s teacher and get to know other families. All welcome. If any parents can assist with cooking sausages, it would be greatly appreciated.

**EMAIL ETIQUETTE**

A staff member’s email is firstname.surname@cg.catholic.edu.au
Communication via email is an excellent way for parents and teachers to correspond, however it is essential that appropriate email etiquette is observed by all users. The correct use of email enables parents and teachers to give and receive information, arrange appointment times and also resolve small issues quickly. When used in this way it is an effective communication tool between school and home.

Emailing is not an avenue for venting frustration, anger or at its worst, abusing teachers. Any inappropriate emails will not be responded to and I have asked teachers to forward them to me to follow up.

If a parent is concerned or upset about an issue, it is preferable to speak to the teacher face to face. An email to a teacher to organise a meeting produces a far better outcome in these situations. Good and effective communication between home and school is of paramount importance to us here at St Clare of Assisi. We embrace email as an effective communication tool and we aim to ensure that we all use it in a courteous and respectful way.

However, a reminder that due to the nature of a teachers job, they are unable to check their emails during the school day but will endeavour to respond to you within 48 hours.

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Dear Parents,
If you do not wish your child/ren’s photo to be published in school material, newsletter or website please contact the Front Office.

**Year 6 Parents Reminder**
Half Camp Payment Due

**Volunteer of the week**
Di O’Malley

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By striving to 'Be the Light', the community of Saint Clare of Assisi believes that Jesus Christ challenges us to excellence, in a united and caring environment.
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**SCA APP**
Make sure you allow notifications from our school App. This way your phone will notify you if a message has been sent.

**SCHOOL FEES**
Fee statements for Term 1 were emailed last week. Fees can be paid weekly, fortnightly, monthly or per term using cash, cheque, Bpay, direct debit, EFTPOS or credit card.

For your information, this is the process used if school fees remain unpaid, or if a direct debit/Bpay arrangement is not in place or if a suitable arrangement has not been made with the Finance Committee.

1. Term invoices sent out.
2. Letter 1 Reminder Note - fees overdue
3. Letter 2 Account referred to Finance Committee
4. Letter 3 Account referred to Debt Collection Agency

As always, if you have any questions or queries regarding your account, please do not hesitate to contact myself or our Finance Manager, Shari Cooper.

Often parents query the Building Fund. This levy is collected by the school on behalf of the Catholic Education Office. This enables Catholic systemic schools in the ACT to be supported through a central body. All our electrical, plumbing, painting, glass repairs and maintenance work is undertaken through this CEO department. Over the last few years, the Building Fund has supported all our refurbishments at SCA.

**SCHOOL UNIFORM**
Thanks to parents who are making every effort to send their children to school in correct uniform. There have been many reminders sent out already, so please remember earrings should be small sleepers or plain studs. Sports shoes should be predominately white, which is the case in most Catholic schools and has been the standard at SCA for many years.

**OPENING MASS**
All parents are welcome to join us on Friday at 9.30am for our Opening School Mass. Looking forward to seeing many of you there.

Have a good week.

Brad Gaynor
Principal
brad.gaynor@cg.catholic.edu.au

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**CONGRATULATIONS**

**to**

Lloyd & Tiffany Jones on the birth of Spencer.

A beautiful baby brother for
Campbell 4Y
Bianca 3G
Sebastian 1B
**MORNING ASSEMBLY**

We love parents to join us at morning assembly each day, however, we do ask that you stand over near the library side of the hayshed and not on the Kinder side, as it impedes student access to class and causes too much congestion.

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**SACRAMENT ENROLMENT 2015**

Information and Registration Nights

SCA Information and Registration Night - 6pm Monday 16 February 2015
SFA & PSOR Information and Registration Night - 6pm Tuesday 17 February 2015
HF Information and Registration Night - 6pm Thursday 19 February 2015

You may attend on any night but your child’s teacher will only be present on the night allocated to your school. The teachers from St Clare of Assisi (SCA) will be present on Monday night.

**ONLINE BOOKING**

Later in the year, you will be asked to select the Mass (or service) to celebrate your child’s sacrament. This is done using an online booking system which will be accessed via the parish website www.ccparish.org.au. Opening and closing dates for individual sacraments are noted in each sacraments information pack that will be distributed at registration.

**Mass Times for Ash Wednesday 18 February:**

7am & 6:30pm at Holy Family Church Gowrie

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**Canteen Roster**

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<th>Thursday 12th February</th>
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<th>Monday 16th February</th>
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<tr>
<td><strong>Morning</strong></td>
<td>Ellie Mowlam</td>
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<td><strong>Afternoon</strong></td>
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COUNSELLOR’S CORNER

Promoting Resilience in Young People
Compiled by Lisa Armstrong (Student and Family Counsellor)

“The greatest glory in living
lies not in never falling,
but in rising every time we fall.”
- Nelson Mandela

Well the new school year is just about in full swing, and just like any year, 2015 will be exciting and unpredictable at times. Our children and the whole family will experience good times but will also have to deal with a number of adversities. The theme of this week’s entry is resilience, and how we can arm our kids with the tools that will help them bounce back when times get tough and to face challenges or adversity without becoming consumed by the unhelpful thoughts and emotions that naturally accompany difficult experiences.

Family – a sense of belonging is the strongest antidote we know for self-harm, depression and substance abuse. Kids long to belong, and if we do not promote positive groups for acceptance they will often seek it out in places that are not so helpful. Children and young people should feel loved and loveable, be respectful and responsible and know to whom they can turn in times of need.

- Try to promote family life, show them that they belong to a family that listens to their thoughts, tastes and opinions (if not always agreed with)
- Rediscover family rituals – family walks after dinner, Sunday roast, Friday night pizza or even the Saturday morning clean up. Family rituals are a strong predictor of resilience
- Create some time where the family can simply ‘be’ together. This time allows kids to develop creativity and ingenuity. Regular down time with family is just as important as all of their sports, hobbies and outside activities
- Maintain family celebrations, birthdays, anniversaries and rituals
- Have positive expectations of your kids and give them time to do what they are good at, which is just as important at practising those things that need improvement
- Kids love responsibility and allowing them to have meaningful participation in the family through age appropriate responsibilities helps to build resilience and self-esteem

Build wider support networks
- Encourage children to develop a diverse friendship group that extends beyond those made within the school gates. Belonging to a club, a sporting group or interest group will help to extend their networks
- Provide opportunities for your kids to mix with the most positive members of their friendship groups (particularly if that friendship group is small)
- If at all possible and with safety in mind, help to link them up with a caring and trustworthy adult from outside the family

Don’t let your kids feel as though they need to grow up too quickly
- Maintain family rules and be consistent despite your own external pressures
- Encourage a sense of curiosity and spontaneity about life
- Be honest, however resist the urge to share all of your worries with the kids – there are some things they just don’t need to know

Most importantly! Nourish your own resilience and well-being so that you can show your kids how to live life.

Strategies that don’t work:
- Over-protecting your child
- Feeling sorry for your child all the time
- Accepting work that is below what they are capable of – from school or home

Information taken from: andrewfuller.com.au
Raising Real People – A Guide for Parents of Teenagers
Every Child – Parenting your 5-12 year old
SCHOOL REMINDERS:

DONUT AND FRON pick up
PLEASE REMEMBER:

**Morning** - This is a drop off area only. Please do not park your car as it inconveniences other parents and disrupts the flow of traffic.

**Afternoon** – The afternoons are pick up only. Parents should not need to get out of their car or park in the area. Staff are there to assist your children. If you need to get out of your car, please park in the carparks and walk over to collect your children.

**Turning Left** - When leaving the school driveway before 3.15pm you must TURN LEFT only, and please do not drive in the exit lane.

If we all follow the rules it makes it easier for everyone!

**PARKING NEAR THE CROSSING**
It is illegal to park near a crossing and it is also unsafe for the children. Please use the donut and front pick up as they are supervised areas.

**SCHOOL FEES**
School Fees have been sent home or emailed if you have not received your fees please contact Shari Cooper on 6294 1860.

School fees are due by the 6th March 2015

**CARE MEALS**
Here at St Clare of Assisi we have Care Meals for families who we support in a number of ways. Our stock of these meals is depleted and we urgently require more. Meals support is a way that can really help families in times of need. Please if you have some spare time we would love your help. Meals that freeze well and go down well with families include lasagne, spaghetti bolognaise, macaroni and cheese, soups, casseroles, pasta sauces, apricot chicken, pasta bakes & quiche. Cakes, muffins and slices for children's lunch boxes are also a great idea. Even store bought pizzas or other handy meals would be very much appreciated.

If you know of anyone who may require a Care Meal please contact the school on 6294 1860 or email office.stclaresconder@cg.catholic.edu.au

**STUDENT RECOGNITION**
We love to highlight student achievements in the newsletter, however we can’t if we don’t know about them, so please email the Front Office with the details and we will recognise them in the newsletter.

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**School Banking Every Friday!**

Banking is every Friday so please remember to put your money in your bank book, fill out the deposit slip and hand to your teacher on Friday morning so they can pop it into the blue bag and send down to the front office.

Lets start getting those tokens so we can get some great rewards!

If there are any questions at all regarding the Banking please contact Robyn Baker on 0402 449 291 or send a note down with the banking on a Friday.

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**School Banking 2015 is ready for launch.**

For over 80 years, the School Banking program has been teaching Australian children money skills. This year, your child is invited to join the Dollarmites on an intergalactic mission to Planet Savings.

Information on how students can get on board with School Banking, including a Savings Tracker and a rewards redemption card, is available from your School Banking Co-ordinator.

Your school has received parent packs that include all the information you need to get on board. If you haven’t received a parent pack yet, please ask your School Banking Co-ordinator.

**Rewarding good savings habits with eight new items in 2015**

The School Banking program encourages good savings habits by rewarding students with awesome reward items. For every 10 deposits made through the program, they can redeem a reward from our Outer Space Savers range, including ET DVD, Planet Handballs, Invisible Ink Martian Pens, Megapack Rockets, Glow-in-the-Dark Solar Systems, Cosmic Light Beam Toys, Outer Space Savers Money Boxes and Lunar Light Bands.

You could win a family trip to Disneyland

In a School Banking first, students who make 25 or more School Banking deposits in 2015 will automatically receive one entry into the competition draw to win a family trip to California’s Disneyland. The prize includes return airfares, the rights accommodation, transfers and three days park entry for up to two adults and two kids, plus AUD$5,000 spending money.

For more information, visit commbank.com.au/schoolbanking

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**Things to know before you Can:**

**Conditions apply.** Promotion starts 9.00am AEDT 27/1/15 and ends 11.59pm AEDT 18/12/15. Entry is open to all Youthsaver account holders aged 5–13 years who participate in CommBank’s School Banking program. Entrants under 18 must have parent/guardian consent. The draw will take place at 12.30pm AEDT on 12/1/16 at the Promoter’s office. The first valid entry drawn will win a family trip to California’s Disneyland valued at $22,245. The winner’s name will be published in the public notices section of The Australian on 26/1/16. Promoter is Commonwealth Bank of Australia ABN 48 123 123 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. Full terms and conditions available at commbank.com.au/schoolbanking.
Brindabella Blues Football Club

Come and play the World Game with your local Club. Registrations are now open to play for Brindabella Blues Football Club in 2015. Please visit our website http://bbfc.org.au/ where you will find all information you will need to register for the upcoming season, grading dates for U10’s up, as well as all Club offerings.

PHYSICAL CULTURE EMPOWERING GIRLS FOR LIFE

Canberra Physical Culture Club for girls of all ages. Exercises and dance routines are designed to enhance strength, flexibility, agility, poise, deportment and improve stamina, concentration, co-ordination and balance. We offer two free lessons to new girls. Classes held in Wanniassa. Enquiries phone Maree 0411606658, Julie 0409315343 or www.canberraphysicalculture.com

COMMUNITY NOTICES

THINKING OF PLAYING IN A TEAM SPORT DURING WINTER 2015?? EVER THOUGHT ABOUT RUGBY LEAGUE??

Rugby League is an awesome team sport played by many and enjoyed by all!

Registrations are now open for Valley Dragons J.R.L.F.C in the Canberra Region Rugby League 2015 Junior Competition.

Valley Dragons have been servicing the ACT community for over 30 years and seen thousands of players come through the club and many go on to bigger careers in the sport.

With Puffers (3-5 yrs), Minis (6-8 yrs), Mods (9-11 yrs) & Inters (12-16 yrs) there is something for every age group. So don’t miss out!!!

Secure your spot today by registering at: www.faxsportspulse.com and entering VALLEY DRAGONS, or at our registrations days on Saturday 14th & 21st February from 10-3 at Gourke Oval, Castleton Crescent Gourke ACT 2904.

For more information please contact the club’s registrar, Colette, on m) 0418 979 787 e) rcolette@bigpond.net.au

JAYZ DANCE COMPANY

Come and join in with dance and have some fun!! FIRST CLASS IS FREE!!!

Starts Tuesday 10th February 2015
Lanyon High School - Heidelberg St, Conder
Time Table - Every Tuesday Afternoon
4:15 - 5:00 - Junior Jazz - 5-8 years
5:00 - 5:45 - Junior Tap
5:45 - 6:30 - Intermediate Jazz - 9-12 years
6:30 - 7:15 - Teen hip hop - 12 and above

Phone: Jackie 0403175349
www.jayzdance.com.au
E-mail: jayzdance@gmail.com

HOCKEY REGISTRATIONS

Now Open!

Friday 13th February 2015
National Hockey Centre, Lyneham
5pm-7pm

Saturday 14th February 2015
Tuggeranong Hockey Centre
10am-2pm