Dear Parents and Carers,

Special thanks to all the families who were able to attend our Kinder Introduction to School Session and our Opening School Mass last week or our Meet & Greet last night. It was wonderful to see families attending our school functions and assisting in maintaining the community feel St Clare of Assisi is renowned for. Special thanks to all the mums and dads who helped prepare and cook the BBQ.

Quote of the week from a Kinder student leaving Mass “I liked that show!”

CHANGES TO AWARDS
After listening to parent feedback and consultation with staff, we are making some changes to our Blue and White Awards. Our intention is to tighten the structure around awards, give them greater purpose and credibility and for students to see them as something to strive towards.

• **Blue Awards** – These will continue to be given for work habits, social skills, effort, small achievements and positive reinforcement. The major change is they will also be linked to our school vision. For example, this term we are looking at ‘Be the Light of Faith’ so we are looking for a range of behaviours related to this, such as making the sign of the cross correctly, saying the school prayer with pride, etc. The intention is that the Blue Awards must be earned for repeated behaviours, skills or attitudes – not just a one off.

• **White Awards** – these will continue to be for academic achievements across all key learning areas. However, these must also be earned and worked towards. Classes are working with goal setting and ‘Personal Best Journals’ this year, and these will also be linked to our white awards. The previous notion of every child ‘must get one’ will not necessarily apply as this does not give credibility to the award. The aim is for the white award to be highly regarded and an honour to receive. With this in mind, we will be highlighting White Award recipients in the newsletter each week and then handing them out at Friday morning assembly. This will allow parents to be at the assembly if their child is receiving one.

CARE MEALS
We have a number of families in our community who would benefit from a care meal and our freezer is empty. It would be much appreciated if you could provide a clearly labelled care meal in a disposable container for our freezer. Thank you in anticipation!
STAFF NEWS
Evaline Tjhia and her beautiful baby, Jack, continue to do well. Jack has now reached his due date and they have moved to John James Hospital for another few weeks before heading home.

DEALING WITH AN ISSUE
Last week I outlined the etiquette to remember when communicating via email with a teacher. I again encourage you to keep in regular contact with your child’s teacher/s throughout the year and inform them promptly of any concerns or positive moments in your child’s year. Teachers are your main contact for learning, pastoral care, student management, great achievements etc. The class teachers appreciate being informed of all issues well before you consult a specialist teacher or a member of the Leadership Team.

However, if you have met with your child’s class teacher and would like further information or additional support, please follow the protocols and contact the following staff:

1. Contact your child’s class teacher/s.
2. Consult with your child’s year level coordinator or staff with a specialist role or responsibility:
   - Kinder: Brad Gaynor
   - Year 1: Val Ciuffetelli
   - Year 2: Jo Thomson
   - Year 3: Damien Webb
   - Year 4: Alana Quirk
   - Year 5: Carmen Myles
   - Year 6: Annie McArthur
3. Consult with the Assistant Principal or Principal.

Some things to consider:
- Please do not approach a teacher at morning assembly or straight after school for a formal chat. Teachers are often on duty, have meetings or appointments scheduled;
- Teachers may take a few days to respond to your email;
- Teachers are always happy to meet with parents. However, appointments will usually be before school or straight after school. Like any specialist appointment, parents may need to rearrange their work schedule to make the appointment;
- 3 Way Conferences are scheduled for later this term. Parents also have the option of an interview at the end of Term 2 and Term 4 following written reports.

Good luck to our Year 6 students who head off to camp on Monday. Stay safe.

Have a good week.

Brad Gaynor
Principal
brad.gaynor@cg.catholic.edu.au
White Card Recipients Week Three, Term 1, 2015

Congratulations to the following students:

Stephanie Nguyen  1 Red
Lachlan Lewis  1 Yellow
Alexander Spaccavento  2 Yellow
Lincoln Forster  2 Red
Amelia Quirk  4 Blue
Tylah Baker  4 Red
Billy Perrott  4 Green
Kristelle McGowan  4 Yellow
Ashley Bryson  5 Green
Amber Dawson  5 Yellow
Lana Barclay  6 Red
Josh Collins  6 Yellow

Year 2 to 6 Swimming Lessons
Week 7 - Monday 16th March to Friday 20th March
Week 8 - Monday 23rd March to Friday 27th March

YEAR 3-6 SWIMMING
The Event nomination form and the Transport Permission note is now overdue and needs to be returned to your child’s teacher ASAP. You can find this note on the school website www.sca.act.edu.au

Canteen Roster

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<tr>
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<th>Thursday 19th February</th>
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LITERACY & LIBRARY LUNACY

Reading at Home Can Make a HUGE Difference!!

As a new school year begins and families are getting into their daily routines, nightly reading is an important part of reinforcing the skills they are learning at school. Home reading should be happening in all grades from Kinder to Year Six.

The purpose of reading at home is to build fluency, comprehension and most importantly a love for reading in a supportive environment. Even students who are fluent readers benefit from reading aloud to an adult and being read to regularly.

When reading at home students should be bringing home a reader that is 2-3 levels below their instructional level. For example, if your child is reading at a level 9 they should be bringing home books that are around a level 6 or 7. This is because reading at home should be a positive experience and is to reinforce the learning that has happened at school.

If you would like to select a book for your child to read and are unsure of the appropriate level try the five finger rule.

Open the book to any page and ask your child to read. Put up a finger every time your child does not know a word. If you put up more than five fingers in a page, the book is too hard.

Happy Reading
Jo Thomson
Literacy Coordinator

Library News

Overdue Books – thank you to all of you who have received an overdue notice from last year and have made an effort to either search for their book/s or paid for the replacement of them. We have had many of them come back in the last few days. As you can imagine replacing lost books each year is a very costly process and if a student loses a book it is a good lesson for them to have to replace it to ensure that it doesn’t happen again. Some of our students have up to 4 books overdue and we just cannot keep replacing these at our own expense. If you believe that your child has definitely returned their books, although unlikely as we have done a complete stocktake and loaned books are returned during this process, please ask them to pop into the library and have a chat to either Mrs Austin or myself.

Book Club – the 1st issue of book club is due today. Please remember that you now have the option of ordering and paying for these books online. This year we will not be accepting late orders as it is a very time consuming and hard process. Please remember to label your envelope with your child’s name and class and state that it is a book club order. Each and every book bought raises money for our literacy book program at school that will help all our students at SCA, so thank you in advance.

Happy reading everyone.
Annie McArthur
COUNSELLOR’S CORNER

Calming skills

(Information compiled by Lisa Armstrong)

All children will go through periods of worry, whether it’s the night before a test or the week before the big class presentation. Some kids tend to worry constantly, sometimes because it runs in the family, or they learn to think and behave in an anxious way by watching others, or by going through scary experiences. Teaching our kids calming or centering skills is essential in helping them to build their own collection of coping strategies for use in stressful situations. These strategies, once learned are transferrable. They can be called upon to calm us down during a range of emotions, anger, sadness, fear. It doesn’t mean that the emotions are wrong or that we want to ignore them, but sometimes we just need to get our systems back to base line before we can really tackle the challenge in front of us.

The key to building an effective collection of calming strategies is to practice them regularly and at times when we are already feeling calm. There is no point in asking your child to take deep breaths or count to ten in an attempt to calm them at the height of their angst, if they have never tried it before and if they don’t already associate the activity with a feeling of calm. Below are a couple of quick and easy skills you can practice with your kids on a regular basis and with time, your child should be able to use them in times of need.

The Hot Chocolate

This first one is particularly good for younger kids. Take a moment with your child and let them know that you are going to practice relaxing. Ask them to imagine holding a cup of hot chocolate in their hands. Imagine feeling the warm cup against their skin; imagine the steam rising from the cup. Now bring the cup to your nose and smell the hot chocolate (deep breath in through the nose), and now imagine blowing on it to cool it down (long slow breath out through the mouth). Repeat. Encourage them to notice the relaxing feeling on the breath out.

5, 4, 3, 2, 1

The second strategy is good for older kids, and again if they often become anxious or frustrated in various situations they might like to carry this card with them. To introduce this skill, grab your kids once a day when things are relaxed and calm. Evening time before bed is nice. Take them outside or just lie on the lounge room floor and take a minute of silence. Then ask them each question one at a time, and share your answers with them. If they have trouble with the 4 things they can hear, encourage them to close their eyes and picture the world outside of the house, can they hear cars on the road, a plane in the sky or birds? There are often many noises around us that we don’t take the time to notice. Then lastly take some long deep breaths in and out and quietly pay attention to only the breath. This exercise teaches children to be aware of the here and now, be in the present because anxiety lives in the past and future.

5 Things you can see

4 Things you can hear

3 Things you can touch

2 Things you can smell (or imagine something you like the smell of)

1 Slow deep breath - then focus on my breathing

Look out for next week’s entry on the “Detective Thinking” skill which is a useful tool for challenging worrisome thoughts as they occur.
**SPORT NOTICES**

**NETSETGO**

ANZ NetSetGO is Netball Australia’s only junior entry netball program. It has been developed to provide children from 5 to 10 years with the best possible learning and playing experience to develop a positive introduction to netball, ensuring enjoyment and continued participation.

ANZ NetSetGO incorporates skill activities, minor games, music, dance and modified matches in a fun and safe environment. The weekly program is coordinated by accredited coaches to ensure a quality experience for all participants.

The program consists of 2 tiers – “Net” and “Set”. The ages mentioned with each tier below are not strict, more of a guideline for centres and coaches. The tiers are briefly explained in the image below.

Tuggeranong Netball Association run NETSETGO for 4-7 year olds on Saturday's 10-11am on the dates below:-

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<th>Week</th>
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TNA will hold a come and try day on Saturday 28th March, 10-11am at the Calwell netball courts. This is a free session to see if you to find out more about the program and registration details.

Registrations this year will be done online. This system will be up and running by the end of March. All details will be posted on our Facebook page and website www.tuggeranongna.act.netball.com.au so please keep an eye on these for further information.

**Netball News**

Saturday netball notes have gone home. Any child from Yr 2-6 who hasn’t received one please see Mrs Mac or Mrs Austin.

Thank you to all those who returned registrations. **PLEASE NOTE** - no registrations will be accepted without full payment. Registrations without payment will be returned home.

**CONGRATULATIONS**

Kiara Mackie in 5 Blue who competed in the ACT Speedo Sprints last Sunday (8 February 2015) at the AIS and ended up with three (3) Firsts and one (1) Third place which has qualified her to represent the ACT in the Speed Sprint Finals which will be held at Sydney Olympic Pool in March.

Kiara also was part of a relay team and they have qualified to swim at NSW Country Meet later this month.

**Congratulations** to all SCA who tried out for under 11 netball representative (TNA). The following girls made the team: Alisha Crowle, Annabelle Smith and Layne Wyeth.
How to have ‘The Talk’ with your child

Family Life Educator John Shay from Cairns Diocese will run a seminar for parents of primary school children on how to discuss issues of sexuality with your children.

Place: Rheinberger Centre, Yarralumla ACT
Date: Tuesday 24th February
Time: 7pm-8.30pm.
Cost: $5 donation at the door
Enquiries: info@catholiclife.org.au

Register at www.bit.ly/thetalk_parents_session

Research indicates that children prefer to seek information about sex and sexuality from their parents more than any other source, and perceive their parents’ advice to be trustworthy. But parents often feel inadequate in their own understanding or unsure of how to respond appropriately.

If you have very young children and would like to be well prepared for discussions as they arise, this Parent Session will help you feel more confident and comfortable in giving your child positive, accurate, reassuring and age appropriate information and guidance.