Dear Parents and Carers,

INTERESTING DATA
Recently we had our beginning of year census and I thought you might be interested in the basic statistics. At St Clare of Assisi in 2015 we have:

- 636 Students
- 310 Males
- 53 ESL Students
- 15 Aboriginal/Torres Strait Islanders
- 270 non Catholic students (42%)
- 448 Families
- 326 Females
- 37 Students with a Disability

SWIMMING CARNIVAL
Just a reminder that the SCA Swimming Carnival is this Friday 27 February at Queanbeyan Pool. Thank you to all of the staff and volunteers who have a role in organising and assisting with the swimming carnival. Kindergarten, Year 1 and the majority of Year 2 will remain at school and participate in a water fun day.

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!

PARENT NETWORK
We are still seeking support for our Parent Network. We have many parents continuing in their support role this year, but more the merrier! The Parent Network will continue to work with the Front Office staff to assist with communication, pastoral care and hospitality for our families. If you are interested please contact the Front Office.

Thursday 26th February 2015
- Netball Registration Due

Friday 27th February 2015
- Yrs 3-6 Swimming Carnival
- Yrs 3-6 Swimming Carnival
- No lunch orders for Yrs 3-6
- Yrs K-2 Water Fun Activities
- No class Mass
- Anointing Mass at HFC
- Last day of Term 1

ATHLETICS CARNIVAL

KINDERGARTEN HEALTH CHECK
A reminder that Kindergarten Health Check forms are due back to school by Friday 27th February

Volunteer of the week
BARB
SKOOLBAG APP
Version 3 of Skoolbag will be ready for download soon in both the Apple App and Google Play Stores. This release fixes the issues with the current Android version, and also brings it up to date with the same features that have been on iPhone for some time. There is also now a dedicated iPad version in the iPad App Store. If you have an earlier version of Skoolbag installed you will see this new version as an app update, and will install it as an update. Some users may already have automatic updates switched on, in which case the app will update itself.

PRINCIPALS’ RETREAT
I will be attending the annual CE Meeting and Archdiocesan Principals’ Retreat next week. This year’s retreat is being run by our new Archbishop, Christopher Prowse. During this event we hear the latest news, procedures and policies from the Catholic Education Office. I thank Val Ciuffetelli and the Leadership Team for holding the fort, enabling me to attend this annual event.

Have a good week.

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

Congratulations to the following students:

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AWARD RECIPIENTS</th>
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<tr>
<td>K YELLOW</td>
<td>MERRY CLANOR</td>
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<tr>
<td>2 BLUE</td>
<td>MARY BUNT</td>
</tr>
<tr>
<td>2 GREEN</td>
<td>SAMANTHA BAKER</td>
</tr>
<tr>
<td>2 YELLOW</td>
<td>JAMES ALVES</td>
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<tr>
<td>3 GREEN</td>
<td>GEMMA HOGG</td>
</tr>
<tr>
<td>3 YELLOW</td>
<td>RYAN LANZON</td>
</tr>
<tr>
<td>4 BLUE</td>
<td>MARK CLANOR</td>
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<tr>
<td>4 YELLOW</td>
<td>EMMA JOBLING</td>
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<tr>
<td>5 BLUE</td>
<td>ERIN ARMSTRONG</td>
</tr>
<tr>
<td>5 GREEN</td>
<td>JOSHUA HOGAN</td>
</tr>
<tr>
<td>5 YELLOW</td>
<td>JAZMIN EVANS</td>
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Year 2 to 6 Swimming Lessons
Week 7 - Monday 16th March to Friday 20th March
Week 8 - Monday 23rd March to Friday 27th March

Canteen Roster

<table>
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<tr>
<th>Thursday 26th February</th>
<th>Friday 27th February</th>
<th>Monday 2nd March</th>
<th>Tuesday 3rd March</th>
<th>Wednesday 4th March</th>
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</thead>
<tbody>
<tr>
<td>Morning</td>
<td>E. Mowlam</td>
<td>H. Devoy</td>
<td>R. Reid</td>
<td>HELP NEEDED</td>
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<td></td>
<td>N. Muir</td>
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<td>K. Russell</td>
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<td>T. Blake</td>
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<td>Afternoon</td>
<td>HELP NEEDED</td>
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<td>L. Walker</td>
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<td>K. Hogan</td>
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<td>O. Chan</td>
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Hello lovely Families of St Clare of Assisi

I hope that everyone has settled into the year well. The classrooms are buzzing with activities already and the students are getting very busy already! It is great to see that once again Mathematics is being embraced by teachers, students and families and that students are beginning to be involved in some very interesting investigation in their classrooms.

In this quick Maths updates I have included a few suggestions of some games that can assist students in all year groups with different Mathematical concepts and all that is required to play these games is a deck of cards.

**SIMPLE MATH GAMES TO PLAY AT HOME WITH A DECK OF CARDS**

**WAR AND DOUBLE WAR:**

Use a regular deck of cards (optional: remove face cards for young children). Deal out the cards evenly between game participants. Aces represent one and face cards are ten. Play one of these versions:

**Highest card wins:** This is the traditional game where each player turns over the top card from their own pile and the player with the largest card wins all the cards. In the event of ties, everyone turns over an additional card and the winner takes the larger pile. In this version, students practice numeral recognition, number value, and greater than and less than.

**Addition Double War:** Follow the rules of War with each player turning over two cards at a time. Players add the value of their two cards and the largest sum wins. Students can practice addition strategies: counting all the “pips” on both cards for the sum, starting with one card and counting on using the pips on the second card, doubles facts, special “tricks” for adding ten and nine, sharing, and making a ten. To make this game a little more challenging, turn over three cards each time and find their sum.

**Subtraction Double War:** Follow the directions for Addition Double War, only the biggest difference wins. Good opportunity to practice subtraction strategies and facts.

**Multiplication Double War:** Follow the directions for Addition Double War, only this time the largest product wins. For a students who are learning multiplication facts. Use two decks of cards and start with the easiest fact families first, gradually adding the larger numbers.

**Fraction War:** Each player turns over 2 cards at once and tries to make the largest fraction by laying the cards vertically. For example with a 3 and 5, you can make 3/5 or 5/3; if the other person has a 2 and 8, the fraction could be 2/8 or 8/2. Variations: only allow fractions less than one or use three cards at a time and create mixed numerals.

I hope you enjoy playing these fun and exciting Mathematics games with your family. Stay tuned for more games and activities in the next update.

Damien Webb  
Numeracy Coordinator
All children will experience times of stress and worry. During these times children might experience disturbed sleep or complaints of ill health. Worry, stress and fear are natural responses in the face of real danger. Anxiety on the other hand is when a child is “on alert” to danger most of the time. The sense that a situation is not safe or that something bad is going to happen often prevents the child from doing age-appropriate activities. Below are some simple suggestions for helping your child understand their anxiety, once they understand it they will be better equipped to manage it.

**Explaining Anxiety to your kids (Fire Alarm)**

“An alarm can help protect us when there is an actual fire, but sometimes a smoke alarm is too sensitive and goes off when there isn't really a fire (e.g. burning toast in toaster). Like a smoke alarm, anxiety is helpful when it works right. But when it goes off when there is no real danger, then we may want to fix it.”

The three parts of anxiety: thoughts (what we say to ourselves); physical feelings (how our body responds); and behaviours (what we do or our actions). Each part affects the other, the thoughts we have cause our body to feel a certain way and those physical reactions and thoughts cause us to act a certain way for example avoiding a situation that we think is scary.

**Detective Thinking**

Detective thinking is a way to get your child to recognise their anxiety. Together, as detectives, find examples of how your child experiences anxiety in each of the three parts: Thoughts, physical feelings, behaviours.

**Being a Detective: Recognising Physical Symptoms**

Try drawing an outline of a body and ask your child how they feel in the body when they are anxious. Some prompting might be necessary such as suggesting butterflies in the tummy, sweaty hands, dry throat or lump in the throat, jelly legs etc. If they are younger kids help to name their anxiety and continue to refer to it by this name i.e. the worry monster. With older kids you might talk about their anxiety in terms of volume, turning it down, or the anxiety is turned up at certain times. These strategies help your child adopt an observer role when dealing with anxiety, giving them a greater sense of control.

Being able to recognise the physical symptoms helps kids to know when they should start practicing their pre-learned calming strategies such as deep breathing. Once they calm their bodies they are in a better position to think realistically about the challenging situation.

**Being a Detective: Recognising Anxious Thoughts**

Younger children may have difficulty identifying anxious thoughts. If you can identify particular situations where you know your child gets anxious, talk about those times and what thoughts they have during this time. For example “I can't do this” “something bad is going to happen” “no one will like me”, anxious thoughts are often negative self-talk.

Being able to recognise anxious thoughts makes it easier to challenge or replace them with helpful thoughts.

**Being a Detective: Recognising Avoidance (behaviour)**

Regardless of your child’s age, help your child understand that anxiety, and not actual real danger, is causing him or her to miss out on important opportunities and fun events.

Ask your child to come up with as many answers as possible to the following:

If you woke up tomorrow morning and all your anxiety had magically disappeared, what would you do? How would you act? How would your family/teacher/friends know you weren't anxious?

Finish the following sentences:

My anxiety stops me from....

When I am not anxious, I will be able to...

Once your child has gone through these three steps, and is able to understand and recognize anxiety, your child will be better prepared to move on to the next stage - learning how to manage anxiety!

**Information taken from**


How to Help My Anxious Child, Leanne Matlow (2011)
COMMUNITY NOTICES

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**Play AFL with the Mighty Tuggeranong Bulldogs in 2015!**
The club all about fun, community and fair play for kids aged 5 - 12.
Email: Kristie at bulldogsrego@tpg.com.au

New Player registration $90.
Includes free shorts, socks, drink bottle and backpack.
Returning players! Sign up a friend and go into the draw to have your rego refunded.

Come and have a chat at the Lanyon Shops rego days 10.00-2.00 on Sunday 28 Feb, 1 Mar and 8 Mar or try AFL at our season launch on Saturday 14 March, 1.00 to 3.00 at Gordon Oval off Heidelberg St (behind the Lanyon Vikings Club)

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**Do you want to play rugby league in 2015?**

Why not come along and sign up to play footy with the South Tuggeranong Knights

We are a small friendly family orientated club which operates with Gordon Playing Fields as our home ground and Conder Ovals (near Conder Primary) as our training fields.
We have teams from U6’s to U16’s and we also run a Junior Jousters program for Pre-Schoolers where they get an intro in to the basics of footy (ball handling skills, tackle bags, etc. This is a small group program run by boys from our U16’s team).

Registration for U6’s – U16’s $120  Junior Jousters $40
Our club is run by dedicated volunteers with fully qualified coaching and support staff
Online Registration are open. A link is on our Website at:


We will be having a registration night at Banks Oval
Betty Malone Cres Banks
Tuesday 3rd Mar from 6pm – 7pm.
For more info phone Andrew on 0411 093 862

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**Parenting Programs and Support Groups**

**Bringing Up Great Kids** – Designed for parents and carers of children aged 2-10 years. Course is offered 3 hours per week over a 4 week period, commencing 25th Feb.

**Resourceful Adolescent Program for Parents (RAP-P)** – Designed for parents and carers of children attending primary school years 5 & 6 and secondary school students years 7-12.
Course is offered 3 hours per week over a 3 week period, commencing 25th March.

Bookings are essential for each program so if you are interested please call 6162 6100 For more information flyers are available at the front office.

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**DVCS** is offering a number of support groups this year for women and children. The aim is to provide opportunities for women and children to re-establish a sense of social-skills, while developing strategies for rebuilding and creating safe family after domestic violence. All groups are free of charge. – Contact Alanna on 6228 1794 or e mail supportgroups@dvcs.org.au for further information. Flyers are available at the front office.

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**Bringing Up Great Kids**

Parents and Carers are invited to Bringing Up Great Kids—a parenting program developed by the Australian Childhood Foundation for Parents and Carers of children aged 2—10 years.

This course will give you insights and skills needed to:
- Promote positive and nurturing relationships between parents and children
- Explore the management of stress in your parenting role
- Encourage the development of your child’s positive self-identity
- Develop the ability to contain strong emotion and to think through the responses to your child, rather than give ‘knee-jerk’ reactions
- Overcome some of the obstacles that are getting in the way of being the kind of parent you would like to be
- Create opportunities for positive exchanges with your children.

The course is offered 3 hours per week over a 4 week period.
DATES: 25th Feb, 4th, 11th & 18th March
TIME: 6pm—9pm
VENUE: 57 Hicks Street, Red Hill
FEE: $100 (Concessions available)
Fee includes light supper & course materials

**The Journey THROUGH ADOLESCENCE**

The Program is called The Resourceful Adolescent Program for Parents (RAP – P). This program is suitable for parents and carers of children attending primary school years 5 & 6 and secondary school students attending years 7—12.

RAP – P will help you:
- Help your teenager to develop a healthy self-esteem
- Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with you teenager
- Promote harmony in your family

The course is offered 3 hours per week over a 3 week period.
DATES: 25th March, 1st & 8th April
TIME: 6pm—9pm
VENUE: 57 Hicks Street, Red Hill
FEE: $80 (Concessions available)
Fee includes light supper & course materials
**School Banking**

The School Banking program provides children with an opportunity to make deposits into their personal Commonwealth Bank Youthsaver account at school each week. The program is about how often your child makes deposits, not how much they deposit.

To encourage regular savings behaviour the program offers an exciting Rewards Program. Every deposit earns your child a Dollarmites token, and once they've collected 10 tokens they can redeem them for a reward.

The rewards items available during 2015 are:

- ET DVD, released Term 1
- Planet Handball, released Term 1
- Invisible Ink Martian Pen, released Term 2
- Intergalactic Rocket, released Term 2
- Glow-in-the-Dark Solar System, released Term 3
- Cosmic Light Beam Torch, released Term 3
- Outer Space Savers Money Box, released Term 4
- Lunar Light Band, released Term 4

School Banking day is Friday. Each week you need to complete the deposit form in the book, pop your money in and hand it to the teacher on Friday morning to send down in the blue bag.

If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2015 School Banking program Information Pack from the School office. Alternatively, you can open an account at any branch, by calling 13 22 21, or online if you are an existing Commonwealth Bank customer. Any questions can be directed to the volunteer banking coordinator, Robyn Baker on 0402 449 291.