Dear Parents and Carers,

Welcome back to Term 2 and I hope everyone had a nice break and enjoyed the last of the warm weather.

AUTISM – APRIL IS AUTISM MONTH

Late last term I included a link to an article from the Washington Post. Basically it was about ‘that child’, the child that other parents are worried about, the one they are concerned is in the same class as their child. It goes on to highlight the many issues other parents are not aware of and can’t be told because it’s about privacy and it’s personal. Thank you to the many parents who have provided positive feedback on the article.

As a Catholic school we openly promote inclusion, community and a welcoming environment. As a community we model ourselves on the life of Jesus. This is a core of a Catholic school, it is the essence of why we exist and why we are different from non-Catholic schools. This is not something we take lightly and it is something we continually work on. The result is that we have a wonderfully diverse community made up of people from all walks of life.

A positive aspect of this is that we are enrolling more and more students with a range of ‘disabilities’. ‘Disability’ is the formal term, but I like to think of them as conditions or challenges that we support families with. We currently have 38 identified students with a disability at St Clare of Assisi, but over 106 students who are on individual learning plans. This is obviously a significant amount and staff are working incredibly hard to support students and families.

One condition that I would like to discuss further is autism, as April is autism month. We have several students with autism in our school. Autism is a lifelong developmental condition that affects, among other things, the way an individual relates to his or her environment and their interaction with other people. The word ‘spectrum’ describes the range of difficulties that people with autism may experience and the degree to which they may be affected. Some people may be able to live relatively normal lives, while others may have an accompanying learning disability and require continued specialist support. The main areas of difficulty are in social communication, social interaction, sensory sensitivities and restricted or repetitive behaviours and interests. Go to http://www.autismspectrum.org.au/ for more information. At St Clare of Assisi we have students who display a range of these difficulties and behaviours.

The message I want to convey is that we all need to be supportive and inclusive in our thinking and in our actions. If we are a true Catholic community, then we need to continue to be welcoming, accepting and inclusive of these students and their families. Some students may come home and share stories of behaviours they have observed. If you are ever concerned, please do not hesitate to email or call myself, your child’s teacher or Tracy Mowlam, our Learning Support Teacher and we will be able to clarify things for you. I will continue to highlight a range of different conditions that affect members of our community, with the purpose of educating us all so we can continue to be the supportive community we are.
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.

OPEN DAY - Thursday, May 14
9.30am – 12.30pm
4.00pm – 6.00pm

A flyer is attached to this week’s newsletter advertising our Open Day. I ask that you please print it off and give to your friends or display it in your workplace. A3 copies of the flyer are available from the Front Office too if you would like one to place somewhere in the community.

Just a reminder if you have a child in pre-school this year, Enrolment Packs are available! All Enrolment Forms must be completed and returned to school no later than Friday 22nd May. If your enrolment is received after the due date it will be classed a ‘late enrolment’ and other applications will be considered first. The enrolment process must be followed for all new students intending to attend St Clare of Assisi next year, even those with siblings.

SCHOOL UNIFORM
Out come the long pants, jumpers, shirts, skirts and ties! I have been really impressed with the standard of winter uniform since our return from the break. Thank you to the many families that make that extra effort to ensure that children are wearing correct winter uniform. All children should be wearing their winter school uniform from Week 3. A few reminders:

• Formal black leather shoes must be worn with the school uniform. No Lynx shoes, black runners or canvas shoes.
• A note of explanation from the parent must be provided if your child deviates from the expected uniform for a short period of time while correct uniform is being sourced.
• Jewellery, rubber charity bands and bracelets must not be worn to school. The only jewellery items which may be worn to school are a watch and plain small stud or sleepers. (No hoops, loops, dangles or sparkly earrings).
• Navy gloves, scarves and coats during winter.

A uniform dress code reinforces in students a pride in their appearance, instills recognition of themselves as an integral part of the school community, and assists in developing pride in representing their school. Our school uniform is available from our Clothing Pool or Savvy School and Formal Wear.

CAR PARK
Just a reminder to please not park up on the grass near the OSHC building and cricket nets. This is not a carpark.

NAPLAN TESTING
A reminder to parents of students in Year 3 and Year 5 that the National Assessment Program Literacy and Numeracy for all students across Australia is being held next week, on May 12, 13 and 14. I ask parents to help students remember that NAPLAN is a ‘snapshot’ of a student’s development based on their performance on one given day. If your child is feeling unsure, please speak to their teacher in the first instance or feel free to speak with me as well. Students should not be absent on these days. Please make alternative arrangements for appointments that may clash with these dates.

Brad Gaynor
Principal
Mindfulness
(Information compiled by Lisa Armstrong)

“We’re seeing evidence that children have a natural capacity for quieting their mind and focusing their attention, skills that can build self-control and enhance their ability to learn”

I am planning to share more relaxation strategies over the coming weeks, including a number of mindfulness practices. By introducing regular mindfulness practices into our daily lives we are helping our kids to become aware of their internal and external experiences, improve self-regulation, and to care for others. If we start teaching our kids these skills now, we are equipping them with tools that they can use for the rest of their lives. Please do not be discouraged if you have tried mindfulness in the past and have not liked it. It is important to find something that works for you. Start small and practice regularly until it becomes a part of your everyday routine.

The following exercises range from 1 to 5 minutes each, allow your kids to be the guide, allow it to be an enjoyable time and don’t be afraid to finish if you feel your child is not responding positively. Try again at another time.

Keep it simple when explaining mindfulness to kids

Mindfulness put simply, is being aware in the present moment - noticing our thoughts, feelings and anything that is happening right now. What our basic senses tell us about how a moment sounds, feels even tastes or smells.

Breathe

Older kids and of course you, can probably handle deep breathing without much assistance, perhaps just a hand on the belly or chest, but younger kids might need some help focusing on their breath. Try this: have them lie on their backs with a small stuffed animal on their tummies and ask them to practice moving the toy up and down with their breathing. Start and finish all mindful or meditative practices, including the 3 below with 5 deep tummy breaths.

Use your imagination

Take 5 minutes to use your imagination to create a safe, beautiful place and describe this to children, so that in their imagination they can join you and feel safe, peaceful and curious in that place. They will be listening intently and creating the space in their own mind.

Mindful Listening

If you have a chime or piano at home, anything that has a resonating sound, use that. Have your children sit or lie down and relax their bodies. Let them know that you will ring the chime or strike the piano key and all they need to do is listen to it until they can no longer hear it. When they can no longer hear it they simply raise their hand. Strike it again and when they can no longer hear it, raise their hand. Finish with the breathing exercise.

Gratitude practice

Teach your children to appreciate the gifts that they have especially fundamental gifts like a loving family, a safe home, abundant food and clean water. Discourage them from obsessing on cultural or comparative messages that create an artificial, emotional need for things they may not have like the latest toys or electronics. Try this: at the dinner table encourage each family member to share one thing they are grateful for.

Information taken from:
http://greatergood.berkeley.edu/article/item/mindful_education
White Card Recipients Week 10 Term 1, 2015
Congratulations to the following students:

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<thead>
<tr>
<th>Award Recipient</th>
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<tr>
<td>Lincoln Alcock</td>
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<td>Madison Chan</td>
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<tr>
<td>Aiden Geddes</td>
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<td>Jaiden Masaga</td>
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School Uniform

Our school hats are now available from the front office for $8 each. Please note that Savvy’s ordered the wrong coloured tracksuit pants and we have notified them of the error. They have reordered the correct colour but these will not be available until the end of May.

Crazy Hair Day

We raised $1457.00 from our Crazy Hair Day last term. This will be donated to Caritas.

Canteen Roster

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<tr>
<th></th>
<th>Thursday 30th April</th>
<th>Friday 1st May</th>
<th>Monday 4th May</th>
<th>Tuesday 5th May</th>
<th>Wednesday 6th May</th>
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<tr>
<td></td>
<td>E. Mowlam</td>
<td>T. Atkinson</td>
<td>K. Filipovic</td>
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<td></td>
<td>K. Hogan</td>
<td></td>
<td>K. Crowe</td>
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<tr>
<td>Afternoon</td>
<td>N. Muir</td>
<td>B. Gaynor</td>
<td>Help Required</td>
<td>Help Required</td>
<td>O. Chan</td>
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<tr>
<td></td>
<td>K. Hogan</td>
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**SAVE THE DATE**

**Rainbow Disco**

*Friday 29th May 2015*

*All SCA students are invited to the first school disco for 2015!!*

Come dressed in bright rainbow colours – think stripes, multicoloured outfits and hair! Permission notes and further details will be sent home in Week 2 & 3.

**PEER SUPPORT 2015**

This term, St. Clare of Assisi will once again run the Peer Support Program. The theme of this year’s program is “Living Positively”. This program is designed to develop skills and knowledge for students to approach life with a positive attitude, use their strengths, engage in enjoyable activities and show gratitude to others. There will be four sessions this term, followed by a further four sessions in Term 3. Peer Support is a large part of our Pastoral Care and Health Programs at St. Clare of Assisi and we hope it will be as successful as previous years. We will begin our first session on Friday, Week 2 and we encourage you to speak with your child/ren about each session.

**Catholic Schools 2016 Enrolment**

The 2016 Catholic Schools Enrolment Period is from:

Monday 4 May – Friday 22 May 2015

(Weeks 2 – 4 inclusive, Term 2). If you know of anyone outside of our school community who has a child at a Pre-school or Early Learning Centre, please notify them of the opportunity to enrol at St Clare of Assisi.

**SAVE THE DATE**

**CROSS COUNTRY 2015**

**FRIDAY 15th MAY**

This year’s SCA Cross Country Carnival will be held on the 15th of May (Friday Week 3). Information has been sent home earlier this week and due to the fact that we are not leaving school grounds, students do not require a permission note for this event. Any parent volunteers that are able to assist between 11:00 am and 1:00pm would be fantastic.

The top 3 students in the 8yrs and up will be selected to represent SCA in the Tuggeranong region carnival. This carnival is taking place at the Stromlo running track on Monday the 18th, which is the very next school day. We were unable to have our school carnival on any other day due to NAPLAN and other full school commitments. Students who will be representing the school at the Tuggeranong Carnival will be given their permission note that afternoon and will need to bring that with them to Stromlo running track.

If you are able to fill it out that afternoon and drop it into the front office it would be greatly appreciated.

Students will need to make their own way to and from the event and they will be met by a member of staff at Stromlo. A timetable of the races for that day will be sent to all families once it is available.

Thank you for your continued support.

Mr Webb

**THANK YOU**

A big thank you to all helpers at the athletics carnival - parents, grandparents and students from St Clare’s and MacKillop. They did an amazing job!

**SCA WALKING CLUB**

Please meet this Friday 1st May at 9:15am outside the Coffee Guru for a leisurely stroll around Gordon Pond. You are welcome to join us for coffee afterwards at approx 10am at the coffee Guru.

Parent Network

www.sca.act.edu.au   P 6294 1860   F 6294 4613   E office.stclaresconder@cg.catholic.edu.au

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.
Hello Lovely families of SCA

Mr Webb here back for another Mathematical update. I hope that you are all feeling well rested and relaxed after the holidays and are ready for another action packed term. We are very excited about all of the fantastic work that is being done in world of Mathematics within our school, especially in problem solving and assisting students with Mathematical language.

Over the last few weeks I have been sending home resources and activity ideas to assist with particular stands of Mathematics and this week is no different. This week we are concentrating on working with Probability, Chance and Data using Smarties!

The following link is a fantastic resource with a range of activities that will be useful to students across all grade levels. Using smarties and taking a hands on approach to learning is extremely valuable to all students.

http://www.primaryresources.co.uk/maths/pdfs/15smartie.pdf

I hope you find this interesting and get a few good ideas for your children.

Enjoy!
Mr Webb

ST MARY MACKILLOP COLLEGE

Year 7, 2016 Information and Open Evening
Monday 4 May 2015
6.30pm
Wanniassa Campus

“Try MacKillop Day”
[for Year 6 students]
Thursday 7 May 2015
9.00am to 2.30pm
Wanniassa Campus
(registration via www.mackillop.act.edu.au)

Careers Expo and Year 11 2016 Information Evening
Wednesday 13 May
Careers Expo from 4.30pm
Presentations from 6.00pm
Isabella Campus

Contact the Enrolment Officer on 6209 0100, email enrolments@mackillop.act.edu.au or visit our website www.mackillop.act.edu.au for more information.

ST MARY MACKILLOP COLLEGE

Year 7, 2016 Enrolments
St Clare’s College

Future students are invited to “Try a Day @ St Clare’s” on Thursday, 30 April
To find out more information about this exciting day and to register your daughter, visit our home page on www.stcc.act.edu.au

Parents and future students are invited to our Year 7 2016 Open Evening
Tuesday 5 May 2015, 4.00 – 7.30pm
Tours of the College will be held between 4.00-6.00pm and 6.30–7.30pm. An information session will be conducted by Senior Students and the Principal, Mr Paul Carroll, between 6.00-6.30pm in the College Hall.

St Clare’s College is located in McMillan Crescent, Griffith.

For further enquiries contact the Enrolment Officer, Leonie Kelly, on 6260 9405 or visit our website on www.stcc.act.edu.au

Attention:
St Clare's College have supplied a bus to pick up the girls from SCA at 9:10am from the front office.

Attention:
Students will need to make their own way to and from Mackillop.

Wanniassa Campus – Mackinnon Street, Wanniassa
Isabella Campus – Ellerston Avenue, Isabella Plains
At the beginning of 2015, the School Banking program launched students on a mission to save by making regular deposits into their Youthsaver account. In just one term, over 655,000 School Banking deposits were made around Australia. It’s a fantastic result that’s seen thousands of Australian children begin their savings mission.

Rewarding good savings behaviour with two new items
To help keep students on track with their savings mission in Term 2, we’ve released two new awesome reward items from our Outer Space Savers range. Students just need to make 10 School Banking deposits to be able to redeem a reward item.

You could win a 5 nights’ family trip to California’s Disneyland
Don’t forget, students who consistently display stellar savings behaviour by making 25 or more School Banking deposits in 2015 will automatically go into the draw at the end of the year to win a family trip to California’s Disneyland.

For more information visit commbank.com.au/schoolbanking

HELP NEEDED!
If you have any spare time and you like to sew we are looking for some help to make robes for the school. If this sounds like you and can help please contact the front office on 6294 1860 for material and a pattern.

WANTED!
We are interested in starting up a Lego Club and are after donations of any spare lego laying around at home. Please send it in to 3 Blue.

HELP NEEDED!
We are after wonderful dad’s that can help out on the 8th May from 6:30am for our Mother’s Day Breakfast please contact the Front Office on 6294 1860.