Dear Parents and Carers,

Once again, amazingly we are almost at the end of another term. It has been a very busy and rewarding term with the highlights being the Sullivan Shield, Feast Week, Science Week, Grandparents Day, the Book Fair, School Registration, prayer celebrations, assemblies and Learning Showcase. I would like to thank all the wonderful staff of our school who have worked so hard throughout the term for the children. We are very lucky to have such hard working and dedicated people working here. I also hope you all have a chance to have some sort of break over the holidays, even if it is only from the usual routine. If you are travelling to somewhere, enjoy the break.

RESILIENCE

Children’s Mental Health is in the news a lot these days. Parenting guru, Michael Grose says: “It’s important to remember that having good mental health doesn’t mean kids never experience difficulties or worries. Feeling worried, sad or fearful is normal. The difference is that kids who are mentally healthy are capable of managing the challenges that come their way. They don’t let emotions overwhelm them. As a result, they learn better and have more friends as well.”

As a parent it is useful to reflect on the mental-health habits that you promote in your children. The following five basic habits may sound like common sense, but as children’s and your own, lives become busier these habits can easily be squeezed out.

• **Sleep:** Sleep is one of the building blocks of mental health and wellbeing. Your child needs between 10-12 hours sleep every night.
• **Exercise:** Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. How much exercise does your child get?
• **Help Others:** Helping others reinforces social connectedness and the importance of being part of a community, providing opportunities for positive recognition.
• **Talk:** A problem shared is a problem halved.
• **Relaxation:** Make sure your child has a hobby or activity that relaxes them.

2017 CLASS STRUCTURE

I was informed by Catholic Education last week that, due to changing demographics in the Tuggeranong area, we will only be granted 24 classes in 2017. Our class structure for 2017 is expected to be as follows:

<table>
<thead>
<tr>
<th>Year</th>
<th>Classes</th>
<th>Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder</td>
<td>3 classes</td>
<td>approximately 25</td>
</tr>
<tr>
<td>Year 1</td>
<td>4 classes</td>
<td>approximately 20</td>
</tr>
<tr>
<td>Year 2</td>
<td>4 classes</td>
<td>approximately 24</td>
</tr>
<tr>
<td>Year 3</td>
<td>3 classes</td>
<td>approximately 28</td>
</tr>
<tr>
<td>Year 4</td>
<td>4 classes</td>
<td>approximately 23</td>
</tr>
<tr>
<td>Year 5</td>
<td>3 classes</td>
<td>approximately 28</td>
</tr>
<tr>
<td>Year 6</td>
<td>3 classes</td>
<td>approximately 25</td>
</tr>
</tbody>
</table>

Happy Holidays

Monday 10th October
• First Day Term 4 Full Summer Uniform

BPAY Payment

Did you make a BPAY payment to the school on the 15/9/2016 and use the Ref 3061?

Please contact Jo McCarthy on 6294 1860 or jo.mccarthy@cg.catholic.edu.au

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.
However, while the number of classes will not change, the class structure may vary depending on enrolments. Catholic Education has a policy of a maximum of 30 students in a class, however, I hope not to reach that limit. If you are not planning to remain at St Clare of Assisi in 2017, please notify the Front Office as soon as possible. As you can see some year levels are quite full.

**ACT POLICE**

ACT Policing will be increasing pro-active patrols around schools during the holidays, but we are also asking you, the community, to assist us in ensuring our schools remain secure.

Anyone who observes anti-social behaviour or suspicious activity around schools is urged to report this to police immediately on **131 444**. This includes suspicious persons or vehicles seen at odd hours of the night, and any signs of potential criminal activity such as the sound of breaking glass, spray cans or electrical equipment being used at odd hours. By working together with police you can help to ensure that our school remain secure over the holidays, allowing our children to get the education they deserve.

**Footy Fever Day!**

We are celebrating ‘Footy Fever Day’ this Friday. Students are encouraged to dress in their team’s footy colours or ‘sporting’ attire. Please remember to supply a block of chocolate if in Years K-2 and wrapped lollies if in Year 3-6. These items will go towards our Fete next term. Thank you for your support with this.

Have a great holiday break and see you all on Monday, 10 October.

Have a good week.

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

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**A REMINDER NO DOGS ON SCHOOL PREMISES**

It is Catholic Education and our school policy that no dogs are to be brought onto the school grounds. It is also a breach of the Domestic Animals Act 2000 (section 42) for a domestic dog to be brought into Primary School grounds in the ACT.
God our Father,
You are with us as we live this day.
May we show peace in our words and actions.
Help us to learn all we can and do our best always.
Mary our Mother and St. Clare of Assisi
help us to be loving, joyful and caring to all around us.
We make this prayer through Christ our Lord.
Amen

Class Mass this Friday 23rd September:
All of Year 4
Congratulations to the following Award Receipients

<table>
<thead>
<tr>
<th>Kindergarten</th>
<th>Mayson Highmore</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 1</td>
<td>Maxwell Franklin, Chelsea Hogan, Evan Matthews, Ella Rouse,</td>
</tr>
<tr>
<td>Year 2</td>
<td>Lara Breen, Cady Woodfield</td>
</tr>
<tr>
<td>Year 3</td>
<td>Bruno Filipovic, James Hansen, Charli O’ Malley, Lucas Williams</td>
</tr>
<tr>
<td>Year 4</td>
<td>Zac Brussow, Joshua Ormazabal, Amy Wiggan</td>
</tr>
<tr>
<td>Year 5</td>
<td>Elysia Geddes, Cameron Grant, Billy Perrot, Jaedyn Shaw, Luka Tomas, Amanda Turner</td>
</tr>
</tbody>
</table>

White Cards are given out to the children on Friday morning at the 8.50am assembly.

Canteen Roster

<table>
<thead>
<tr>
<th></th>
<th>Thursday 22nd Sept</th>
<th>Friday 23rd Sept</th>
<th>Monday 10th Oct</th>
<th>Tuesday 11th Oct</th>
<th>Wednesday 12th Oct</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>E. Mowlam</td>
<td>HELP NEEDED</td>
<td>HELP NEEDED</td>
<td>N. Muir</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Afternoon</td>
<td>HELP NEEDED</td>
<td>H. Phillipa</td>
<td>HELP NEEDED</td>
<td>N. Muir</td>
<td>HELP NEEDED</td>
</tr>
</tbody>
</table>

Parish News

At Corpus Christi Parish, each child who celebrates First Reconciliation, First Eucharist and/or Confirmation within our Parish creates a sacramental stole which is worn at the celebration of the sacrament. These stoles are kept by the Sacramental Co-Ordinator after each sacrament, until Confirmation when they are sent home with the child. Occasionally, and for various reasons, children do not celebrate Confirmation at our Parish and therefore, do not take their stole home. This has resulted in a large number of stoles in the stole archive. If you believe a member of your family has a stole in the archive please contact me on the email below before 31 October 2016, after which date all uncollected stoles in the archive will be destroyed. If you know of another family who this may be relevant to, please contact them with this information. Further details are available on the Corpus Christi Parish website www.ccparish.org.au

Lisa-marie Cuiuffetelli
Parish Sacrament Coordinator
Corpus Christi Parish

tuggeranongsouth.sacraments@cg.org.au

SCA Coffee Club

Will meet at Coffee Guru Lanyon this Friday at 9am. everyone is welcome!
The Parent Network

SCA Playgroup

When: Monday Mornings during School Terms
Time: 9am - 11am
Where: SCA OSHC Room (After School Building)
Who: It is open to all in our community for parents with babies to preschool aged children
Spin in: At the OSHC room
On Thursday September 15, 2016, 31 Year 4 students volunteered to sing with residents in aged care at Goodwin Homes, Monash. This outreach was a meaningful experience for both the students and the residents. The students generously gave up their recesses over four weeks to practise and learn about singing outreach. This type of singing creates a shared singing experience for the enjoyment and well-being of all those participating. The photos reveal the connection the students and residents made as they sang familiar songs together.

The student’s participation is linked to the Music Engagement Program (MEP) of the Australian National University. This, along with the Australian Curriculum is foundational to the Music learning program at St Clare of Assisi, Primary School.

I would like to thank the students, staff, and parents for the support provided to allow the outreach. In particular many thanks to Georgia Pike of the Music Engagement Team at the Australian National University for training the students. The training began in Year 3 when students learnt songs to attend the Big Gig. These songs were then carried over to the aged care singing this year. Thank you to Goodwin Homes Activities Staff for hosting us and providing an unexpected morning tea.

We all look forward to our next outreach.

Christine Roos
Music Teacher
Alice of the Wardrobe Trivia
We often see Alice in Wonderland wearing a blue dress and white apron, but in SCA’s production she is wearing different attire altogether. What does she wear?

Three unique storytellers help narrate our show. Who are they?

A humble bakery item causes much chaos in the show. What is it?

What characters are Poppy, Daisy and Petal in the show?

Alice of the Wardrobe, a show for young and old! To find out the answers to these questions, purchase your tickets now. All ticket purchase forms must be returned to school by Friday 23rd September.

We are so fortunate to have some very talented and generous community businesses support extravaganza. A huge thanks to Black and White Films who will be filming our show next term and Anthony Caffery Photography for taking the program photos of our cast and crew and who will also be photographing our show.

Tickets are still on sale. Saturday’s performance is quickly selling out. Purchase now to avoid disappointment.
Unfortunately due to low ticket sales we have made the decision to cancel the Wednesday night performance.

Performances will be:
Tuesday 25th October
Friday 28th October
Saturday 29th October

Program Pre-order form
If you would like to purchase a program highlighting the characters and events of the Alice of the Wardrobe extravaganza please indicate below and return the form and money to the front office by Friday 23rd September, 2016

<table>
<thead>
<tr>
<th>Program</th>
<th>Number of programs</th>
<th>Total at $10 per program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alice of the Wardrobe</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Programs will be sent home via the student.
Student Name: ________________________________
Student Class: ______________________________
Contact Number: ______________________________
SCA CRAFT STALL 2016

This year the craft stall will be selling A4 prints for $5.00 each. You can pre-order a print as pictured below. Family prints (PRINT B) can be printed with a surname/first name and family member’s names. Print B will not be available for purchase on the day of the fete.

Limited framed prints A and C will be available at the fete. Please fill in the order form below, money must be returned with your order. If you would like to see a sample of the prints please pop into the Front Office.

PRINT A

PRINT B

PRINT C

ORDER FORM:

<table>
<thead>
<tr>
<th>Print Selection</th>
<th>Surname</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eg Print A</td>
<td>Snowball</td>
<td>2</td>
</tr>
</tbody>
</table>
We congratulate Laura Crocker of 3 Yellow. On Saturday 17th September Laura competed in the Canberra Physical Culture Club competition and came 1st place in her 8yrs division.

Laura was very surprised and pleased with her win, especially as she is only new to Physie this year. Well done Laura!!

Jazmin Evans - 6 Yellow

Competed at the Nowra Stage Dance Festival against a very strong field, with dance schools from Canberra, Illawarra and Sydney regions.

Even though she’s only 12, the troupe competed in the Open Age (16 years and older) Small Group Sections.

Jazmin’s troupe were awarded
- 1st Place - Modern
- 2nd Place - Contemporary
- 1st and 2nd place - Tap
- 1st and 2nd place - Jazz

Jazmin generally rehearses 6 days (14 - 15 hours) a week after school and on weekends.

Well Done Jazmin!

Community Notices

Tuggeranong South Girl Guides

Girl Guides have lots of FUN!! camping, cooking, doing craft, playing games, earning badges and learning skills.

Girls 5-10 yrs meet Wednesdays 5.00 – 6.45pm
Girls 10-18 yrs meet Wednesdays 6.30-8.30pm
Richardson Scout Hall, Clift Crescent Gilmore
Call – Leanne or Penelope on 6298 3929
Or to find out more visit our website www.girlguides-nswact.org.au
So what does the Community Council do?
The Community Council provides the opportunity for members of the school community to support the mission of Catholic education in the school. Working with the Principal, Parish Priest and staff, the members of the Community Council and its committees provide leadership to the wider school community. The Community Council has a decision making role in certain policy areas and an advisory role in others. The policies of the school are always set within the mission of Catholic education.

The Principal has responsibility for the day-to-day leadership and management of the school. The Council has responsibility to provide advice in areas such as:
- Curriculum
- Educational policies for the school
- Student welfare policies
- Parent support processes
- Other matters as requested by the Parish Priest or Principal.

So what else does a parent representative do?
At the beginning of each year parent representatives are assigned a committee or area of the school to support and report back to the Community Council on. Eg Parent Network, Outside School Hours Care, etc. Meetings are held twice a term.

Tuesday 18th October 2016 6:30pm-8pm
Community Council open meeting
If you interested in becoming a member of the council please come along.

COMMUNITY COUNCIL 2017 NOMINATION FORM

How to nominate
Each nomination must be made on this form. The nomination must be seconded and agreed to by the person being nominated. If more than one nomination is received, an election will be held. If only one nomination is received, that person will be declared elected. The person will be elected for a two-year term. The current member is eligible to nominate for re-election for a maximum of three (3) successive terms.

I wish to nominate myself for the position as a parent representative on the St Clare of Assisi Community Council for 2017.

I, ......................................................... hereby nominate.......................................................
(Name)
for the position of elected Parent Representative on the Community Council

(Signature)

Seconded by ..................................................................................................................
(Name and signature)

I accept this nomination...........................................................................................................
(Name and signature)

All nominations are confidential. Please send nominations to Brad Gaynor, Principal, in a sealed envelope labelled ‘Community Council Nomination’ by 3pm on Friday, 14th October 2016. All nominations will be placed in a sealed box and will be opened by Pat Barrenger (Council Chair) and Brad Gaynor.
As we begin to prepare for our fete, we would love everybody to participate in Footy Fever Day. Come dressed in your favourite footy jersey or your favourite footy colours.  

*Please remember no footy boots allowed.*

**Kinder – Year 2**

we would love you to bring a donation of

**A BLOCK OF CHOCOLATE**

*(remember no nuts please)*

**Year 3 – Year 6**

we are asking you to bring in a donation of

**A BAG OF WRAPPED UP INDIVIDUAL LOLLIES**

*e.g. Red Skins, Fantales, Sherbies, Lollypops,*

**Minties**

*All donations will help support the 2016 school fete.*