Dear Parents and Carers,

The Christmas holidays offer a well deserved break after a long, hard academic year. It’s a time to relax and enjoy family. However, during this time, many children rarely read a book, write a story or practice their number facts. On returning to school, it is often found that children’s learning levels have taken a step backwards.

While it is important to allow your child time to relax and play, it is equally important to keep their brain stimulated and prevent regression. Research (and our experience) has shown that students who do little or no reading over the long Christmas break have regressed in their reading skills on their return to school. Therefore, it’s vital that we continue to encourage our children to read widely and often, whilst they are on holidays.

When reading a text, it is not only decoding that is needed it is important to consider comprehension, fluency, expression and punctuation.

To assist in preventing regression over the school breaks in general there are a multitude of activities that can be used. Age appropriate activities such as doing reading activities together, calculating grocery bills and keeping journals and scrapbooks are fun ways for children to apply skills in meaningful activities and are beneficial.

The most important thing you can do is to read to your child for a few minutes every day and have them read to you.

**Fruit Break**

At St Clare of Assisi we have Fruit Break each school day around 10am. At this time all students are expected to have an unprocessed fruit or vegetable serving. It should be a portion that the child can manage, it should be ready and easy to eat and require no forks or spoons.

A fruit, vegetable and water break has benefits for children. Drinking water throughout the day will prevent dehydration while a fruit or vegetable snack will assist in maintaining stable blood glucose levels over the day and have a positive impact on students’ ability to concentrate.

In the long term a fruit, vegetable and water break helps to develop positive attitudes to a balanced and healthy diet. The Australian National Health and Medical Research Council suggests that the minimum recommended daily vegetable intake ranges from 4.5 serves a day for 4–8yr olds and 5 serves a day for older children while the minimum recommended daily fruit intake amount ranges from 1- 1.5 serves a day for 4–8 year olds, and 2 serves a day for all older children.
CATHOLIC SCHOOLS WEEK – 6-12 MARCH 2016
Catholic Schools Week (CSW) this year celebrates the value of every human being in the theme, ‘I belong. You belong. We belong.’

Catholic Schools Week is a special time in the year when we celebrate and give thanks for Catholic Schools, especially our own school St Clare of Assisi Primary School. It is a time to give thanks for the wonderful learning and teaching that takes place each day in every classroom.

SWIMMING CARNIVAL
Our school Swimming Carnival will be held this Friday 4th March at Queanbeyan Aquatic Centre and we would love to see you there if that is possible. Years 3 – 6 with some Year 2 children will attend. Kindergarten, Year 1 and the majority of Year 2 will remain at school and participate in a water fun day. Thank you to all of the staff and volunteers who have a role in organising and assisting with the swimming carnival.

CAR PARK ETIQUETTE
Please, please, please ........The safety of our children is paramount and we need your assistance in regards to our drop off and pick up procedures.

Morning Donut Drop Off - 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 Donut Pick Up – 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.

When you are leaving the school carpark between 8.45 - 9.15am and 2.45 -3.15pm you MUST turn left. When you sit there and wait for a break to turn right, you add to the congestion of the traffic. We have had many phonecalls so please do the right thing.

The speed limit in the carpark is 10km.
The Pedestrian crossing goes right across the carpark. Please be vigilant.
The Exit lane is the exit lane, it is not a short cut.

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. We have also had numerous complaints about illegally parked cars on Box Hill Avenue and parents with children walking on the road. We have asked ACT Roads to send out Enforcement Officers to assist us in ensuring we have a safe environment for our students. All of the children are supervised until they are picked up.

If we all follow the rules it makes it easier for everyone!
Have a good week.

Val Ciuffetelli
Assistant Principal
val.ciuffetelli@cg.catholic.edu.au
Religious Education

Be the Light of...Faith
Catholic, Identity, Prayer and Tradition

Have you supported our Term One fundraiser yet?
A few coins can make a very big difference to the lives of others.
Please help us out with our Project Compassion fundraising. Each student is asked to bring in a few coins to add to their class Project Compassion box. A little goes a long way as we support this year’s theme of ‘Learning more, creating change’. We can help people transform their futures and create lasting change.

Project Compassion

24 Hours for the Lord

Pope Francis has asked that each diocese (and major churches within dioceses) hold an extended period of Exposition of the Blessed Sacrament with the availability of the Sacrament of Reconciliation on Friday 4th March through to Saturday 5th March, in preparation for the Fourth Week of Lent.
Our Parish will be participating in this initiative as set out below:

- **Friday 4 March starting with 11am Mass at HFC and concluding on Saturday 5 March with 9am Mass at HFC (no 9am Mass SHC)**
- **Our Friday evening Lenten Devotions will take place as normal.**

To make sure that there are always at least two people in the Church at any one time during this period, sign-up sheets are in the foyer of the church. This is a wonderful opportunity to thank the Lord for the Mercy He pours out on all of us.

Confirmation

Thank you to all of our families who attend the Confirmation enrolment evenings last week at Holy Family Church. If you missed these sessions please contact Lisa-marie Ciuffetelli the Sacramental Coordinator at the Parish office to discuss your child’s Confirmation.
Further information will come home soon in regards to the retreat day and online bookings.

Class Mass this Friday 4th March:
All Year 2
International Competitions and Assessments for Schools (ICAS)

What is ICAS?
ICAS is the International Competitions and Assessments for Schools conducted by Educational Assessment Australia, UNSW. Ten countries now participate in ICAS. In Australia and New Zealand there are over 1.7 million entries in the subject areas of: English, Mathematics, Science, Computer Skills, Writing, Spelling. ICAS papers assess the skills students require to address the curriculum of each of the subject areas. ICAS test items are mapped to the curriculum of every Australian state and territory ensuring the relevance of ICAS test content. St Clare of Assisi Primary School will offer students from Years Three to Six the opportunity to participate in the University of NSW Schools Competition.

<table>
<thead>
<tr>
<th>The competition date and entry fee for each competition is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competitions</td>
</tr>
<tr>
<td>Digital Technologies</td>
</tr>
<tr>
<td>Science</td>
</tr>
<tr>
<td>Writing</td>
</tr>
<tr>
<td>Spelling</td>
</tr>
<tr>
<td>English</td>
</tr>
<tr>
<td>Mathematics</td>
</tr>
</tbody>
</table>

You will notice that some competitions are more expensive than others. This is due to the fact that these papers are hand marked by experienced teachers.

These competitions are open for students from Years Three to Six. There are no expectations placed upon students to compete. If you wish for your child to participate in any of the International Competitions and Assessments for Schools please complete the slip enclosed with this newsletter and return it to the office by Wednesday 30 March 2016. No late entries will be considered.

Thank you for your attention to this matter

Val Ciuffetelli

---------------------------------------------------------------------------------------------------------------------
Child’s Name: ___________________ Child’s Class: _______________ Date: _______

I grant permission for my child to participate in the following International Competitions and Assessments for Schools.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Competition Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Skill</td>
<td>Tuesday 17 May</td>
<td>$8.80</td>
</tr>
<tr>
<td>Science</td>
<td>Wednesday 31 May</td>
<td>$8.80</td>
</tr>
<tr>
<td>Writing</td>
<td>Monday 13 June</td>
<td>$18.70</td>
</tr>
<tr>
<td>Spelling</td>
<td>Wednesday 15 June</td>
<td>$12.10</td>
</tr>
<tr>
<td>English</td>
<td>Wednesday 2 August</td>
<td>$8.80</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday 16 August</td>
<td>$8.80</td>
</tr>
</tbody>
</table>

$
ThinkUKnow Cyber Safety Presentation for Parents

Our school will be hosting a ThinkUKnow presentation on Tuesday 29th March and all parents and carers are encouraged to attend.

ThinkUKnow Australia is a cyber safety education program that educates parents and carers about how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank. The program is delivered in collaboration with policing partners New South Wales Police Force, Northern Territory Police, Queensland Police, South Australia Police, Tasmania Police, Western Australia Police, as well as Neighbourhood Watch Australasia.

The presentation will be delivered by a local law enforcement member and an industry volunteer. The presentation covers issues relating to children and young peoples’ privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they're accessing.

This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology.

As it is also important that children are cyber safety informed, Year 5 and 6 students will be participating in a student session with the AFP and industry experts. We are awaiting confirmation of the date for this student session, but it is expected to be during weeks 8 or 9 this term. This presentation will also be supported by cyber safety lessons in class.

For more information, you can visit www.thinkuknow.org.au or contact the front office.

If you plan on attending tis worthwhile information session, please complete the attached slip and return it through the blue bag at school. This will help with our organisation for the evening.

----------------------------------------------------------------------------------------------------------------------------------

ThinkUKnow Cyber Safety Presentation for Parents

I/we will be attending the ThinkUKnow cyber safety session for parents on Tuesday March 29th at 6:00pm.

I understand that this presentation is for parents/carers and not students.

Family name: _________________________  Number attending: ____________________

Please return this slip to the front office through the classroom blue bag
White Card Recipients
Week 5 Term 1

Congratulations to the following students:

<table>
<thead>
<tr>
<th>AWARD RECIPIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riley Blake</td>
</tr>
<tr>
<td>Kyle Brogden</td>
</tr>
<tr>
<td>Dylan Brown</td>
</tr>
<tr>
<td>Oliver Cokljat</td>
</tr>
<tr>
<td>Olivia Cooper</td>
</tr>
<tr>
<td>Molly Drayton</td>
</tr>
<tr>
<td>Bior Duot</td>
</tr>
<tr>
<td>Jazmin Evans</td>
</tr>
<tr>
<td>Reagan Hughes</td>
</tr>
<tr>
<td>Alana Kunovec</td>
</tr>
<tr>
<td>Kain McLeod</td>
</tr>
<tr>
<td>Alexandra Phathanak</td>
</tr>
<tr>
<td>Josephine Phelan</td>
</tr>
<tr>
<td>Sarah Sheehan</td>
</tr>
<tr>
<td>Oliver Smith</td>
</tr>
<tr>
<td>Lauren Smits</td>
</tr>
<tr>
<td>Elliott Spaccavento</td>
</tr>
<tr>
<td>Hayden Wilson</td>
</tr>
</tbody>
</table>

White Cards are awarded to the children on Friday mornings at the 8.50am assembly.

Canteen Roster

<table>
<thead>
<tr>
<th>Morning</th>
<th>Thursday 3 March</th>
<th>Friday 4 March</th>
<th>Monday 7 March</th>
<th>Tuesday 8 March</th>
<th>Wednesday 9 March</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>E. Mowlam</td>
<td>Kathryn Russell</td>
<td>S. O'Conner</td>
<td>N. Muir</td>
<td>J. Price</td>
</tr>
<tr>
<td></td>
<td>T. Navodani</td>
<td></td>
<td>K. Filipovic</td>
<td>S. Hruza</td>
<td>M. Haynes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>C. Davis</td>
<td>T. Navodani</td>
<td>Keri Russell</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C. Tunningley</td>
<td></td>
</tr>
<tr>
<td>Afternoon</td>
<td>HELP NEEDED</td>
<td>HELP NEEDED</td>
<td>HELP NEEDED</td>
<td>N. Muir</td>
<td>HELP NEEDED</td>
</tr>
</tbody>
</table>
School Notices

Yr 5/6 Representative School Sport

In Years 5 & 6, the children have an opportunity to represent the Tuggeranong region in a range of sports against the rest of the ACT regions. This is separate from weekend sport and usually entails one or two afternoon trials, one training session and one day’s competition. Parents will find everything they need to know on the school sports web page.

www.schoolsportact.asn.au

Information, dates and permission forms for children to trial in these 20 or so sports is all on the sport act website. Parents will need to register their child to TRIAL for a sport on the web. All notes will be online for parents to fill in eg permission, medical, etc. A non-refundable fee of $3 is required at the time. $7 needs to be paid to school if they make the team. This nomination then goes off to Mr Gaynor for approval before the child can participate.

Next trial dates:

8th & 17th March

AFL, Rugby League & Girls & Boys Softball.

Trinity Christian School

3:45 - 5:30pm.

For this multi-trial please see Mr Sweeney.

School Fees

All families should have received their Term 1, 2016 school fees by now, either via email, school bag or post. If you have not received your fees please contact Jo McCarthy on 6294 1860.

School Fees are due Friday 10th March.

Parent Program

Supporting your child following separation and divorce

Tuesday 10th May & Tuesday 17th May

For more information contact:
Karen Snowball
6249 1860
karen.snowball@catholic.edu.au

Parent Network

SCA Walking Club

We will be unable to meet this Friday as the SCA Swimming Carnival is on. We will walk again Friday 11th March.

The Parent Network

For further information please contact:
Lisa Brussow: 0431 078 555 or
Taryn Vassallo: 0419 942 024

SWIMMING CARNIVAL RIBBON ASSEMBLY

The children who are placed first, second, third and fourth in their overall age group (not heats) will be presented with the ribbons at Friday morning assembly on the 11th March.

Age Champions and the winning House will also be awarded at the Friday morning assembly.
This term, our Year Six children have been learning and experiencing opportunities in regards to leadership. As part of this, we were very fortunate to have three wonderful guest speakers over two days to talk to and inspire our children towards being better leaders of our school. Our thanks to small business owner Corrine Jones, ex-army and current Police Officer Luke Napier as well as basketballer and Canberra Capitals coach Carrie Graf.

On Wednesday 24th February Year 6 travelled to Narrabeen for their sport and recreation camp. Despite the heat, they had a fabulous time participating in activities such as canoeing, high ropes, archery, rock climbing and swimming. A camp fire on Thursday evening was a highlight of the camp. The Year 6’s learned lots about team work, the power of encouragement and support for one another and the rewards involved in pushing beyond their comfort zone.
Land, Walking, Country – Year 5 Explore Aboriginal Art

Last Wednesday Year 5 students worked with Miss Ardler, a CE Aboriginal Education Consultant, for the day to explore the concepts of land, walking and country. Students learnt about Aboriginal art, the importance of story and the use of symbols to tell that story. They painted some amazing ceremonial mats that told their own story. Students then shared and explained their artworks and stories.
Year 3 Blue and Red Assembly

The theme of our Assembly was *We Live on Ngunawal Land*. The children retold traditional Ngunawal stories through acting and dance. We were very lucky to have Miss Theresa Ardler with us and the welcome danced performed by the Aboriginal students was enhanced by the use of her ceremonial mat.
Attention all parents of girls aged 5 to 7 Years

Would you like your daughter to learn the skills required to play netball in a fun and safe environment?
Would you like your daughter to make friends whilst getting fit and healthy?
If you have answered yes to either of these two questions then maybe you should enrol your daughter to play NetSetGo at Tuggeranong Netball Association!
Please read the details below for more information and click on the link below to register!

NSG NET 5 - 7 year olds 2016
Tuggeranong Netball Association

Enrolment for the NSG NET 5 – 7 year old program is now open. If you have or know a child who may be interested in participating at TNA in the NetSetGo 10 week program, please go to http://finder.netsetgo.asn.au/common/pages/noauth/olregstart.aspx?mode=0&entityid=39130&id=18693

The program commences Saturday 30th April, cost is $75 per participant. If you wish to find out more information please go to the NetSetGo website or contact the TNA office on 62924480.

Please note: This is not registering to play netball but enrolling in a 10 week drill session that teaches the skills of netball prior to playing in a team.
Basketball Players Wanted

Tuggeranong Southern Cross Basketball Club still has vacancies for the coming Winter season in the following teams:

- Under 10 boys and girls (Born in 2007 or after)
- Under 12 Boys (born 2005 or 2006)
- Under 14 Boys and girls (born in 2003 or 2004)
- Under 16 Boys and girls (born in 2001 or 2002)
- Under 19 Boys (born in 1998, 1999 or 2000)

Basketball is a fun sport and we have teams for all standards from representative through to novice....so absolutely no experience required!!!!

For information email Info@southerncrossbasketball.net