Dear parents and carers,

I am currently away at the annual Principals’ Retreat which is being facilitated by Andrea Dean. All principals from our Archdiocese gather at this time each year to reflect on our own spirituality and on the important work we have been called to do. It is a privilege to be leading our school and I take my role very seriously, acknowledging the assistance and guidance I need to fulfill my role. Your on-going support and that of the staff is very much appreciated. Caz Perryman is leading in my absence. I appreciate this opportunity for renewal and thank Caz for stepping in to allow me this time.

CONTACT DETAILS

Parents have been given the opportunity to complete a form with their contact details if they would like to be included on this year’s Class Contact list. The Parent Contacts need consent from parents for 2017 to include them when sending emails etc. Due to privacy laws we can’t use details from last year so please return your form to your child’s teacher. We would love to hear from a parent in:

Foundation White
1 Teal
1 Purple
2 Magenta
3 Lime and
3 Silver to be Parent Contact.

BEGINNING of the YEAR SURVEY

We would appreciate parents and carers taking time to complete a short survey about how the beginning of the year has been for them. Please use this link.

https://www.surveymonkey.com/r/ZCD8652

ROUTINES

As we settle into the school year the excitement and novelty of the first few weeks may wear off and sometimes students become tired and jaded. It is important to establish routines to ensure there is balance in your child’s life as well as in family life. Some strategies that may assist to develop stress-free routines include:

- Consider how many activities children can realistically cope with – home learning, sport, music, dance, clubs, jobs etc – too many can create unnecessary stress.
- Ensure that children get ample sleep. Both brains and bodies need rest and sleep.

Well rested children are healthier and learn better. Establish good bedtime routines and commit to them. Children need at least ten hours sleep a night to function well at school.

- Eat dinner together, turn off the TV and mobiles - enjoy each other's company and discuss the highlights of each other’s day, world or local events etc. Provide a well-balanced and nourishing diet for the children.
- Use the night before to prepare for the next day, pack bags, put out uniforms, hair ties and notes etc, to avoid a last minute rush the next morning.
- Set up a Home Learning area where there are pens and paper etc. Establish a quiet time in the evening when everyone does their paperwork or reads quietly for enjoyment.

PARENT / TEACHER INTERVIEWS

We hope parents and carers found this week’s Parent /Teacher interviews helpful and that any concerns were discussed so plans can be put in place to address them. Parents may organise an interview at any time of the term if they wish, by ringing Amanda in the Front Office on 6248 9818.

SWIMMING CARNIVAL

Our annual Swimming Carnival for Years 2 – 6 will be held tomorrow at Dickson Pool and we look forward to parents joining us if they are able. Our House colours are:

Fatima – Red
Lourdes – Blue
Madonna – Green
Loretto - Yellow

COMING EVENTS

- 3 Mar – Swimming Carnival
- 8 Mar – 7:00 pm P & F
- 8 – 10 Mar – Years 5 & 6 Leadership Camp
- 13 Mar – Canberra Day
- 17 Mar – National Day against Bullying & Violence
- 19 Mar – St Joseph’s Feast Day
- 20 Mar - 9:15 am St Joseph’s Feast Day Mass

Thank you everyone and may God bless you in all that you do,

Sue Dempsey
Principal
WHAT IS NUDE FOOD?

NUDE FOOD is simply food that is not wrapped in plastic or commercial packaging. The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly. St. Joseph’s school is a Nude Food school. Students are encouraged to be Nude Food conscious every day!!

To pack a nude food lunch or snack:

- Cutlery from home is better than throwaway plastic
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

Try to avoid:

- Zip lock or plastic bags, plastic wrap
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Pre-packaged food, snack bars and chips

Kerri Kerr
(Fresh Tastes Coordinator)

RELIGIOUS EDUCATION

Growing through the Holy Spirit - Ash Wednesday
Yesterday the school gathered in the Church for the Ash Wednesday Liturgy. In his homily, Fr. Paul told the students the importance of Lent was to stop, look and listen. Later on in the day at a whole school gathering Mrs Perryman spoke with the students about having the ability to stop, look and listen when on the playground. It was evident from these two discussions that the Holy Spirit was supporting us in growing as we had heard two prominent figures in our community discuss the same concept with us. Next week our prayer time will be spent discussing how we can stop, look and listen during this time of Lent.

Project Compassion
We have now started the season of Lent. Lent is a time for almsgiving where we give to charity in private. The school is encouraging families to participate in almsgiving by placing money into the project compassion boxes in classrooms and at the Front Office.

Yours in Christ,

Luke Donnelly
Religious Education Coordinator
luke.donnelly@cg.catholic.edu.au
**Uniform Shop**

**Hours of Operation**
Wednesday 8:30am—9:00am  
Friday 8:45am—9.15am

Please direct any queries to:  
Uniformshop_stjosephs_oconnor@yahoo.com.au  
Marcela Leon

---

**Merit Awards - Week 5 Term 1**

Congratulations to the following students who will receive an award at tomorrow’s Morning Gathering

**Teacher’s Choice**

**Foundation Red:** Nova S, Jed B, Hamish D, Ashley F  
**Foundation White:** Christopher B, Georgina G, Aidan McG, Louis P  
**Year 1 Purple:** Benjamin C, Odette S  
**Year 1 Teal:** Erika A, Hamish E  
**Year 2 Magenta:** Jeremy S, Kristina S  
**Year 2 Yellow:** Elise M, Juliana L  
**Year 3 Lime:** Milana R, Christelle M  
**Year 3 Silver:** Chloe C, Antonio S  
**Year 4 Blue:** Gemma W, Kayla R, Ivan S  
**Year 5 Orange:** Cheyenne R, Aston P  
**Year 6 Green:** Zachary B, Kylie C

---

**Uniform Shop**

**Hours of Operation**
Wednesday 8:30am—9:00am  
Friday 8:45am—9.15am

Please direct any queries to:  
Uniformshop_stjosephs_oconnor@yahoo.com.au  
Marcela Leon

---

**Happy Birthday**

This week to:

- Zoe G
- Emilia R
- Callum A
- Aidan M
- Stella A-N
- Codie B-W

---

**Play Rugby**

**Uni-Norths Juniors**  
Home Ground - Southwell Park, Lyneham

**Boys and Girls**  
Register online  

**Come and Try / Rego Day**

Sunday 5th March - Southwell Park, Lyneham  
12 noon - 3pm

For more information  
uninorthsjuniors@gmail.com
Volunteer Roster

A big thank you to the many parents who have been able to help run the canteen. Can you help? You can come for the morning and help prepare food, or just come and serve during the breaks. Please email stjosephscanteen@gmail.com or contact Sasha Billett on 0414 621 605 if you can volunteer some time. Please remember you need a Working with Vulnerable People Card (or receipt showing you have applied).

The canteen will be closed tomorrow (Friday 3 March).

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Wednesday 1st Break (11:00-11:45am)</th>
<th>Wednesday 2nd Break (1:15-1:50pm)</th>
<th>Friday 1st Break (11:00-11:45am)</th>
<th>Friday 2nd Break (1:15-1:50pm)</th>
</tr>
</thead>
</table>
| 8 Mar  | Lucy Erickson  
Natalie Menezes | Wanda Kauz  
Kathy Bartone  
Alexander Anderson | Andrea Murphy-Foote |
| 15 Mar | Victoria Dolphin  
Leanne Owens |
| 22 Mar | Mary Sajler |
| 29 Mar | Sonia Keane |
| 5 Apr  | Sonia Keane |
| 10 Mar | | 17 Mar | Krys Saclier  
Krys Saclier |
| 24 Mar | | 31 Mar |
| 7 Apr  | | Alexander Anderson |

The Athlete’s Foot Canberra is an ongoing supporter of St Joseph’s School through the School Rewards Program. Every time you purchase any pair of shoes from The Athlete’s Foot Canberra Centre, $5 will be donated back to the school. This applies to the whole family and across the entire footwear range, including school, athletic, work and casual shoes. There are no restrictions and it’s unlimited. So spread the word!

SCHOLASTICS BOOK CLUB ORDERS

WILL BE DISTRIBUTED

TO STUDENTS

ON MONDAY 6 MARCH 2017
SOFTBALL/TEEBALL

There are only two more games to complete the softball season; this Saturday 4 March and Saturday 18 March.

Any boys and girls aged from 10 to 12 have the opportunity to represent North Gungahlin in softball. If you are interested please register on the ACT School Sport website.

SOCCER U9 GIRLS

Any girls interested in joining a Soccer team which plays at Majura, should advise Mrs McFarland as soon as possible. We currently have 8 very interested players, but need a few more.

carolyn.mcfarland@cg.catholic.edu.au

SC-ORE (School Orienteering) is a 4 week interschool orienteering challenge conducted as a 4 person relay. Teams are made up of 2 girls and 2 boys.

It is held before school on the final four Thursdays in Term 1 2017.

The upcoming SC-ORE Autumn 2017 series starts on March 16 and runs for 4 weeks.

The locations are:

- 16 March Hawker Primary,
- 23 March Fraser Primary,
- 30 March Kaleen Primary,
- 6 April Aranda Primary.

The events will conclude in time for children to get to school thus minimising disruption to class learning time. Children are required to be taken to the 4 separate venues by their parents or responsible guardians. The children are required to be on-site at the event locations by 7:45am for an 8am start. Parents are responsible for completing their own entries through the online entry system.

If you are interested in participating, please contact Mrs McFarland
Term 1, Week 5

In BSC, the children have been quite settled and are displaying an understanding of the routine. Because of this, the children’s sense of urgency is emerging by assisting with the set up of activities outside which are of interest to them. They have been enjoying taking care of our environment by sweeping the paths and gardening. In addition, they have observed Squeaks in his new home. The children have been exploring what he likes to eat and discussing how to look after him.

Vanessa, Deanne and Lina

We are half way through Term 1 and the children and parents/carers are becoming comfortable with the preschool routine. The preschool children have been enjoying their weekly singing lessons with Tiffany Fletcher, as part of the Music Engagement Program. They have also enjoyed their time visiting the library, attending their first Mass and engaging in a visit from Healthy Harold. Please remember to pack healthy food and water only (no juice) for your child each day. The ELC also hosted Kerry O’Callaghan in a Welcome to Country Incursion, where the children learned how to use boomerangs and tapping sticks to Welcome people onto their land.

For your diaries please note the following dates
Feb. 27 and March 2 - Welcome to Country Incursion (GF and Blue Geckos) - Kerry O’Callaghan
March 7 and 9 (3:30 - 5:30) Green Frog Parent Teacher Interviews
March 8 and 9 (3:30 - 5:30) Blue Gecko EOW - Parent Teacher Interviews
March 14 and 15 (3:30 - 5:45) Blue Gecko BOW - Parent Teacher Interviews
March 25 (10:00 - 12:00am) ELC Working Bee - All Welcome

Birthday wishes to the following child: Ava F

God Bless

Molly Henson