



Term 1 Week 8
Wednesday 17th March 2021
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DIARY DATES

TERM 1	2021
Wed/Fri 17 th /19 th March	Years 6 Excursion to Canberra
Tuesday 23 rd March	Cross Country
Saturday 27 th March	Enrolment for Reconciliation and Holy Communion 5:30pm Vigil Mass
Sunday 28 th March	Enrolment for Reconciliation and Holy Communion 9:30am Mass
Monday 29 th March	3 Way Interviews (3WI's)
Tuesday 30 th March	3 Way Interviews (3WI's)
Wednesday 31 st March	3 Way Interviews (3WI's)
Thursday 1 st April	Term 1 Concludes
Friday 2 nd April	GOOD FRIDAY
TERM 2	
Monday 19 th April	Term 2 Commences

PRINCIPALS MESSAGE

Dear Parents,

The Season of Lent is upon us again and it is a time for us to focus intentionally on what helps or hinders our commitment to Christ. It may be better not to give up something but to take on something, to build up our spiritual muscles. How about this for taking on something: *"There was a woman in Swaziland, Orma Mavimbela, who had a well-paid job in the civil service. She felt called to do something for the AIDS orphans whom she saw daily around her. So, she gave up her job and paid for three feeding centres where children could get a meal, receive some loving care and play games. Pretty risky; what happens when her money runs out?"* Source: Going Global.

Of course, few of us are in a position to do as Orma did but what can each of us do? We are all made in the image of God but we may not be so Christ-like in our behaviour. Maybe this Lent we could do something differently. A quote from Zig Ziglar: *"You will get all you want in life, if you help enough people to get what they need."*

"Father in heaven, may Your love be the foundation and motivating force for my life. Help me to step out of my sheltered life and take Your love to other people in a way that is personal to me. Amen."

With Peace and Best Wishes,

Richard Blissenden
Principal

LINDA'S LUNCHES

Our thanks for your input on the survey – your comments and support of an additional day/s has been shared with Linda. Commencing in term 2, Linda will commence cashless online ordering. An information sheet has been sent with this newsletter so you can 'set up' your account and be ready for ordering in Term 2.



BOOK CLUB

The Book Club catalogue issue 2 2021 has been sent home with students. You can order and pay online for your child's Book Club purchase using a credit card via LOOP. The order will be electronically linked to our school. Please order and pay via the website. Sign in or register an account at scholastic.com.au/loop or by using the LOOP App, which can be downloaded from the App store or Google Play. **Orders for issue 2 close 19.3.21.**

BIRTHDAY CELEBRATIONS

- March 21 Kyah K
- March 22 Thomas H
Brandon E
- March 23 Sebastien P
Sienna A
Caleb F
Flynn S
Manuel S
- March 24 Eric Z
- March 25 Nishaan V
Thomas L
- March 27 Alice L
- March 30 Mia I
Kiara Z

We wish these children a very Happy Birthday!

WATER BOTTLE REFILL STATION

Our brand new water bottle refill station has arrived and been installed in the bubbler area on the Marist site. Students are encouraged to refill their empty water bottles during lunchtime and sport.



PRINCIPAL AWARDS
TERM 1—Week 7



- 3J Antony D & Isabella C
- 3VR Matilda C & Alexander J
- 4C Amelia M & Nishaan V
- 4D Minne E & Lucas N
- 5G Giulia N & Japreet K
- 5K Esther L & Daashan W
- 6K Sebastian J & Ela T
- 6L Kristina A & Cecilia H

CARE AWARDS
TERM 1—Week 7



- 3J Jackson N & Matilda S
- 3VR William Z & Aurelia R
- 4C Grace B & Maxwell N
- 4D Xianjin B & Alysha M
- 5G John C & Aimon L
- 5K Mia L & Ellie S
- 6K Ashley A & Sean T
- 6L Aren S & Kiara Z

FROM MR BLISSENDEN...

CATHOLIC SCHOOLS WEEK

We hope you enjoyed the video "About 60 seconds in..." which we shared last week as part of Catholic Schools Week (CSW). The students had some fun putting the photos and short videos together to share some of the learning which has taken place so far this year. Here is the link if you missed it -

<https://drive.google.com/file/d/1JrI82WkfECduclXpciFnD8BiGc22vqIY/view?usp=sharing>

As part of CSW we were able to show new families through the spaces with our Year 6 Students leading the way. Congratulations to our Year 6 students on an excellent job. Over 40 families visited our school and collected an enrolment pack. They were also treated to a home-made cookie with the school name imprinted on them. Our thanks to Treena Appleby for the generous donation!

ENROLMENTS FOR 2022 AND 2023

If you are looking to enrol your child into Kindergarten in 2022 or 2023 (and your child will be 5 by the 31st July in the year they start school) please note that enrolment packs are now available from the school office. Interviews for 2022 will begin early term 2. So please return your enrolment application by the end of term 1.

DO YOU KNOW?

Did you know your child works inside their learning space for 5 hours a day? The school day comprises of Religion (prayer, formal lessons and / or liturgies) along with at least 100 minutes of Literacy (reading, writing, talking and listening), 60 minutes of Numeracy (maths) that is combined with a number of other Key Learning Areas (subjects) which makes for a very busy day for a young person. On top of that they have a break of 30 minutes at recess and 40 minutes at lunch time. Please don't be surprised if they are tired after a busy day at school!

RESILIENCE AND FUN IN 2021

Building on our theme of '**Resilience and Fun in 2021**' we welcomed a guest speaker for Years 3-6 to our school. Luke Kennedy, a motivational speaker presented a talk to students which was linked to our theme of resilience. It also had a very strong message about anti bullying. He encouraged the students to know that their words matter and so to be careful with words and labels. He encouraged positive self-talk and to stop self-bullying. He encouraged meditation / prayer, exercise and reading as positive measures to prevent self-bullying. Please ask your child about the talk and the positive messages they remember from it!

SUPERVISION AT SCHOOL

Please remember that playground supervision at school commences at 8.20am and concludes at 3.30pm. At afternoon dismissal, children must be collected by this time. For safety reasons, children should not be at school before or after these times.

THREE WAY INTERVIEWS

In the last week of this term our teachers would like to invite you and your child to attend a Three-Way Interview (3WI). A separate letter with how to make an interview time will be sent today. We introduced 3WIs a number years ago and the feedback has been overwhelmingly positive. You, your child and your child's teacher will discuss their work from Term One and together set some goals for Term Two. This will be a chance to meet face to face with staff, potentially for the first time this year. More details to follow.

DIOCESAN SWIMMING CARNIVAL

On Tuesday the 9th of March, a number of our swimmers participated in the Diocesan swimming carnival. Our swimmers raced against other zones in our Diocese and St Mary's was very successful. A big congratulations to Estler L who won age champion and Antony W who received runner up age champion. Esther, Antony along with our junior boys relay team will be heading to the next level to represent our diocese.



MISSION TEAM BAKE SALE

Congratulations to the Year 6 Mission Team of Carey, Christina, Jenny and Luca who baked and sold cakes to their families and friends to raise money for Project Compassion - a true example of doing something different to support those in need. The Team raised over \$600 - congratulations on a fine effort!



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ParentBrief



BALANCING WORK AND FAMILY

Balancing work and family takes persistence, determination and constant training. Working parents quickly learn how to juggle to keep all the balls in the air. They also know how to walk a tightrope, make small children laugh, ensure the animals are fed and jump through flaming hoops for their boss. That's because they're working hard to keep the show on the road. But at what cost? What happens when the balancing act takes a turn, or a tumble, and there's no safety net in place?...

Managing home and the working week...who's responsibility?

Helping to keep the show on the road is the responsibility of everyone in the family, including our kids. With the exception of babies and toddlers, everyone has their job to do to get out the door in time. Within the family unit, everyone needs to know what's expected. Little kids can pack their library bag, tidy their toys or make sure they have their lunch. Older kids can work to reminders on their phones or tablets and partners can delegate, take turns and be flexible in ways to support each other. EVERYBODY can get up 10 minutes earlier if required.

If it takes lists, electronic reminders, delegation, swapping roles, letting kids face consequences of homework not completed, ignoring the mess for a week or the occasional takeaway, then so be it.

Balancing work and family is not the sole responsibility of a senior partner.

Keeping a lid on stress

For any parents balancing work and family, it would be impossible not to feel stressed at times. Both work and family can make huge demands in terms of our time, decision making, commitment and energy.

Keeping a lid on stress requires us to recognise that it's happening. Signs include tiredness, anxiety, inability to make decisions, loss of concentration, difficulty relaxing, feeling overwhelmed, headaches, changes in appetite or low self-esteem.

Some useful stress busters include:

- Healthy eating and regular exercise (especially lunch breaks)
- Breaks from electronic devices and social media
- Walking, cycling or using public transport to and from work
- Accepting some things are out of our control and asking for support
- Regular family holidays and relaxation times
- Keeping up with hobbies and interests
- Making time for a facial, massage, movies, dining out – anything that reminds us we deserve some pampering

Have a safety net in place

Managing work and family is a balancing act, and all good balancing acts need a safety net for when things don't quite go as expected. For working parents, a support team is essential. A support team can include grandparents and other extended family, neighbours, long or occasional day care, significant friends, after school care, a nanny, or paid babysitter. What's important is that our support team is in place before we go back into the workforce.

A support team can also include our employer. Sickiness happens, as do train cancellations and pets gone missing. Many fathers today want more involvement and are keen to share the nurture and care. The possibility of working from home one day/ week can make a huge difference to the mental health of either parent (sole parent in particular). Negotiating with an employer who is flexible and understanding, can take the anxiety out of potentially stressful parenting.

To balance work and family takes teamwork. It takes shared roles, respect and commitment. It requires us as working parents to be flexible, and continually look for better ways to manage our time. Balancing the workload is a whole family responsibility, and if the whole family is on board, the load is lighter.

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Website: [Football \(playfootball.com.au\)](http://Football.playfootball.com.au)

ALL AGES, GENDER AND SKILL LEVELS WELCOME
Under 6, 7, 8, 9, 10 & 11 (non-competitive, MiniRoos)
Competition grades: under 12 – 21, all ages seniors and over 35's. Girls competition played on Sundays.

COME JOIN A FAMILY FRIENDLY ORIENTATED CLUB
All new players will receive a FREE training jersey

For further information or expressions of interest to join our club, please contact:

Rachel Evans - Registrar:
registrar.soccer@ermingtonunited.com.au

Peter Panas – President (Soccer):
0422 089 434

COME & JOIN US FOR 2021!