

ST KIERAN'S

CATHOLIC PRIMARY SCHOOL

COMMUNITY NEWSLETTER

Term 1 Week 4 We nurture the faith and wellbeing of our school community, inspiring minds through the joy of learning

DATES FOR YOUR DIARY

February

28- Shrove Tuesday

-Reconciliation meeting 6pm

March

1- Ash Wednesday Mass 9am

2- Fete Meeting 7pm -Library

6- Celebrate St Kieran's Day

13- Labour Day Holiday

17- Ride2School Day (bike parade)

20 -St Kieran's Athletics

-School Board meeting 7.30

25 - St Kieran's Fete

31 -Stations of the Cross

-Last day of Term 1

Message from the Principal

Prayer

Daily prayer is an important part of our school. Our classes learn and recite formal prayers and children are also given the opportunity to create their own prayers about things that are important to them. We encourage our students to use prayer for many reasons and not just when they want something! One way you could encourage prayer at home is to use Pope Francis' *five finger prayer*. He suggests that we use our fingers to remind us of what to pray for.

1. Our thumb is often closest to us, so we pray for those close to us, such as family and friends.
2. Our index, or pointer, finger reminds us to pray for those who point us in the right direction, such as parents, teachers and coaches.
3. The third finger is the longest and tallest so use it to remind you to pray for the leaders of our school, community, parish and church.
4. The ring finger is the weakest, so we pray for the sick, homeless, lonely and those living in poverty.
5. Finally, our pinkies are used to make promises so we make a promise in prayer to do our best for God and our families. Lord our God, we thank you that we have often felt you close to us

St Kieran's Fete Meeting – Thursday 2nd March

The next fete meeting will be in the library on Thursday 2nd March at 7pm. At this meeting stall holders will be able to give updates and other important items finalised in the lead up to the fete. We are requiring parents/grandparents to start bringing in things for the 'Trash & Treasure' stall. These can be dropped off under the hall verandah on Mondays and Tuesdays from the 27th February onwards, please contact Monica Huffer. Ideas include CDs, DVDs and books. A further request for helpers form has been attached to the newsletter. We are still requiring more parents and grandparents to assist with these stalls. **Please keep Saturday 25th March free** for a fun day for the kids and to support St Kieran's major fundraiser. Please contact Belinda Vella or the front office if you are able to help with sponsorship, donations of goods or time.

WHAT'S HAPPENING IN OUR SCHOOL COMMUNITY

Signing in and out at the Office

Thank you for volunteering at our school. Parent helpers and visitors must sign in at the office. Our sign in/out register is located in the foyer of our administration block. You are also required to sign out at the end of your visit and return your visitor's lanyard. This is a requirement of our Emergency Management Procedures and Child Safe guidelines in line with all Catholic Schools in the Sale Diocese. Please note that all volunteers must have a current *Working With Children Check* and must have signed the School's Code of Conduct (SCC). The (SCC) will be available from Monday so if you are a volunteer to our school please come to the office and sign our Code of Conduct. Once the SCC has been signed you do not have to sign it again during the school year.

Nut Allergy

Several students at St Kieran's have severe allergies to nuts. These children require an Epipen (adrenaline) to be administered should they experience an anaphylactic reaction. An anaphylactic reaction can be life threatening. Our school encourages parents to provide lunches and snacks that are nut-free. We also encourage No Food Sharing between students. We ask that you support us by reminding your children to not share food with other students and to wash their hands after eating. Please aim to avoid providing nut products for your child's play lunch or lunch, eg, peanut butter, Nutella, Snickers or Picnic bars.

VICTORIA GOVERNMENT - Camps, Sports and Excursions Fund (CSEF)

The Victorian Government's \$148 million initiative to ensure all Victorian students can take part in school trips and sporting activities. The Camps, Sports and Excursions Fund (CSEF) commenced in 2015 for four years and provides payments for eligible students to attend camps, sports and excursions. CSEF applications are now open for 2017. Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. \$125 per year will be paid for eligible primary school students, with \$225 per year paid for eligible secondary school students. Payments will go directly to the school and will be applied to the student's fees for any applicable CSE. Application forms are now available from the school office and must be returned by Monday, March 27th, 2017. Eligibility Criteria 1: To be eligible for the fund, a parent or legal guardian of a student attending a registered

Full Time School For Foundation (Preps)

A reminder to all Foundation parents that their child will have each Wednesday off during the first 5 weeks of term 1. The Foundation student's will commence Wednesday classes on Wednesday 8th March.

Ash Wednesday 1st March – School Mass

Next Wednesday, 1st March is Ash Wednesday. The whole school of St Kieran's will participate in Mass at 9am in St Kieran's Church. All families are invited to attend. Term 1 whole school "Welcome Mass" (St Kieran's Day) is on Monday 6th March at 9.00am.

Project Compassion

Caritas Australia's annual Lenten fundraiser, will be launched on Ash Wednesday, the 1st of March. This appeal raises awareness and brings thousands of Australians together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity. This year Caritas Australia's Project Compassion's theme is "Love your neighbour". As Pope Francis said, "Love of God and love of our neighbour is one and the same thing." The small Project Compassion boxes will be sent home on Wednesday. Please put the boxes in a prominent position in your homes and remember that together we can make a real difference. There are bigger boxes in each of the classrooms if your children would rather bring donations to school. By donating your family will be helping to empower our world's most vulnerable neighbours to grow stronger and share their strengths with their communities to build a better future for our common home.



Learning to live with change and loss

Change and loss are issues that affect all of us at some stage in our lives. At St Kieran's Primary school we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called *Seasons for Growth* which will commence in Term 2.

This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, and problem-solving, decision-making, effective communication and support networks. **Every family will receive a notice next week with more details about the *Seasons for Growth* program.** If you think your son or daughter would benefit from *Seasons for Growth* we would encourage you to talk to him/her about participating in the program.

*St Kieran's is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you require further information please contact **Monica Huffer** or **Lina deVent**, Seasons for Growth Site Coordinators.*



National Ride2School Day



Preparations are well under way for National Ride2School Day which will be held on **Friday 17th March**. It provides an opportunity for students, parents and teachers to try riding, walking, skating or scooting to school, while celebrating the regular walkers and riders. As part of the day, we are organising a bike/scooter/helmet parade on the courtyard at 8:45am. **Prizes** will be awarded for the best decorated bike, scooter and/or helmet and stickers for each child that participates. Parents are warmly welcome to join in by actively travelling to school with their child.

Spring Roll making day in celebration of Chinese New Year (Year of the Rooster)

Staff, parents and students celebrated the Chinese New Year by making the traditional delicacy of Spring Rolls together. Thank you Jingjia and Amber and to all the parents and grandparents who came along and enjoyed the event. Special thanks to Sandy, Danny and Emily from Noodle City Sushi Moe for all their valued assistance on the day. The spring rolls were delicious!



Adonis's Taekwondo Thank you to Kyle and his team from Adonis's Gippsland Taekwondo Academy and Fitness Centre for their demonstration at our school assembly. Classes are held every Tuesday and Thursday at 5:30pm in the school hall. Call Kyle on 0422964043 for further details. Thanks to Fr Harry for assisting with the demonstration. He was a real natural, don't you agree!!



District Swimming Success

Sixteen students represented St Kieran's Primary School at the district swimming carnival on Tuesday 21st February. The enthusiastic group of swimmers braved the cold water to compete against 7 other Moe/Newborough primary schools. School spirit was high with the students cheering on each other as they battled it out amongst some quality competition. Congratulations to all the swimmers who attended and thank you to Miss Maddie for timekeeping and Casey O'Brien for assisting with the team managing. Special mention to Riley O'Brien who swam as a seven year old in the 9/10 age group and placed fourth in his events!

SCHOOL PLACINGS

Kate Rudy - 3rd place, 11 year girls 50m Freestyle

Griffin Stewart - 2nd place, 12/13 year boys 50m Backstroke

Cooper Walsh - 3rd place, 11 year boys 50m Breaststroke

Ben Vincent - 2nd place, 11 year boys 50m Breaststroke

Jake Vincent - 3rd place, 9/10 boys 50m Breaststroke

Leigh Effenberg - 3rd place, 11 year boys 50m Freestyle



Challenge

Latrobe Community Health Service and Latrobe City Council have partnered to bring the VicHealth H30 Challenge to Latrobe. The H30 Challenge asks people to make a 30-day pledge to replace sugary drinks with water. The aim of the challenge is to help establish healthier habits, with water becoming the main choice of beverage in the long term. Sugary drinks include sugar-sweetened soft drinks, energy drinks, fruit drinks, sports drinks, ready-to-drink iced tea, flavoured water and cordial. There are great health incentives and fantastic prizes to be won for switching sugary drinks to water for 30 days. According to a recent health survey, Gippsland has the highest percentage of daily soft drink consumption amongst Victorian adults. In Latrobe the average daily soft drink consumption amongst adults is 16.4 per cent compared with the State average of 11.2 per cent. By making a switch from sugary drinks to water in the long term, you can help maintain a healthy weight, reduce the risk of tooth decay and reduce waste (by using a reusable bottle). In addition to the health benefits, if you sign up to the Latrobe challenge on or before 1 March you could also win any of the following great prizes*:

#A red balloon voucher valued at \$500 #Fitbit Blaze # Latrobe Leisure 3 Month Gold Membership valued at \$300
#1 of 2 Fitbit Alta's #1 of 2 Caribee hydration packs

In addition, the **workplace and school** with the highest percentage of participants will have the opportunity to win a healthy lifestyle session.

How to participate in the H30 Challenge

Go to: <http://www.h30challenge.com.au/lga/latrobe> and follow the posted link to the challenge

Choose a start date on or before 1 March

1. Include "St Kieran's Catholic Primary School Moe" as your Organisation name
2. Create a team and invite teammates
3. Receive regular emails to keep you motivated along the way!



The 5/6s have been learning about the law making process in Australia. We participated in two role plays where we were able to better understand how the Federal Parliament debates and votes on bills and also to practice our public speaking, careful listening and quick thinking.

Here is what some of 5/6 V have written about the experience:

I was playing the opposition leader. I had no parts in the actual scripts, but shared my comments on the bill. The role play was fun and educational. I was against the No Homework Bill because: homework can be done in the four hours after we go home, it lets students do work they couldn't do in school hours, it lets students learn about subjects like Geography and History that we don't do much of in school.

My role in the House of Representatives was the Sergeant-at-arms. I introduced the Speaker to the house and placed the Mace on the table. I felt powerful because of my role. I was against the bill because if you do your homework, school could become easier for you and you can get a better job. I was not allowed to vote because I was the Sergeant.

I was part of the opposition party in Parliament. I felt excited and nervous at the same time. I was excited because I've never done anything like this before. I was against the bill because if we have homework then it can help you at school.

Playing this role made me feel excited. I wasn't allowed to debate or to vote on the bill because of my roles but if I had a say I would have gone for the bill.

The Government said that homework rots your brain. It was the Minister for Education that said that. I got sent out of the House of Representatives once. I know that I had fun because I could say my reasons why we should have homework. I think homework is a great way to learn new things and I really like it.

I was part of the House of Representatives. My role was the Prime Minister. I tried to convince my party to pass the No Homework Bill. I felt very excited but sad after I got ejected from the house. I was ejected for yelling at the opposition leader.

In our class we did some role plays of Parliament, debating whether or not we should pass the No Homework Bill. I was debating for the bill. My role was a government whip, counting my side's votes and telling the Speaker. Madam Speaker was great as the boss of the House, sending people out and speaking clearly.

I was a backbencher and I said something against the bill because it was that homework should be banned. A lot of people got sent out by Madam Speaker. Most of them yelled, that's why they got sent out of the House. It was fun and hilarious because four people got sent out in a row and in the end about four people from each side were ejected. It was funny.