Dear Community,

Yesterday we began our Lenten Pilgrimage with our Ash Wednesday Mass. On the news this week you may have seen film footage of places throughout the world celebrating Mardi Gras. The customs of Mardi Gras are linked closely to the Christian traditions of Ash Wednesday and Lent.

During earlier times of the church the traditions of fasting and abstinence during Lent were taken much more seriously. Lent was a pathway of denial that stretched for the 40 days leading up to Easter. During Lent, food products such as eggs, sugar and butter were forbidden. On the day before Lent began a party was held. The party used up lots of the ingredients that would spoil if kept untouched in the cupboards during Lent. This party day became known as “Fat Tuesday” or Mardi Gras.

On Tuesday, we had our own ‘mardi gras’ with so many pancakes for sale. Thank you for support with this as all money raised as gone towards the St Vincent de Paul appeal within our local parish.

The contrast in ancient times between Mardi Gras and the days of Lent was marked. No doubt every day during Lent people were reminded constantly, through acts of denial and fasting, that they had to work for reconciliation and repentance. Denying oneself of some luxuries in those days was not a rather eccentric act but a pledge to try to improve one’s life and way of living.

Today we are more inclined to be offended if people suggest that we be denied something. “Isn’t it our right and privilege to have what we deserve?”

We have now begun once again the Lenten journey. Ash Wednesday is the day Lent begins. It occurs forty days before Good Friday. It is called Ash Wednesday because, being forty days before Good Friday, it always falls on a Wednesday and it is called Ash Wednesday because on that day at church, we have our foreheads marked with ashes in the shape of a cross.

In the Bible a mark on the forehead is a symbol of a person’s ownership. By having our foreheads marked with the sign of a cross, this symbolizes that we belong to Jesus Christ, who died on a Cross.

Ashes are a biblical symbol of mourning and penance. In Bible times the custom was to fast, wear sackcloth, sit in dust and ashes, and put dust and ashes on one’s head. While we no longer normally wear sackcloth or sit in dust and ashes, the customs of fasting and putting ashes on one’s forehead as a sign of mourning and penance have survived to this day.

During the Lent’s of my childhood I remember clearly the absence of lollies and having fish on all Fridays. Mission collections every day at school were expected during Lent. Some of this of course went over my head but deep down I knew that by observing these small things I was contributing to a collective Catholic action which helped make God more present in my life and in the world. I also felt that my own individual sacrifices were like my own personal triathlon, a challenge, which I thought about every day. I was always proud of myself when Easter arrived and I had won (well nearly always).

Our Mass yesterday was very special today. Thank you to our visiting Priest, Fr Brian for leading our Mass and making the message of Ash Wednesday and Lent very explicit for our students. Thanks also to our parents, grandparents and parishioners who attended and supported the staff and students.
YEAR 6 CAMP
Next Monday, Tuesday and Wednesday all Year 6 students will attend camp in Cooba, NSW. I will be attending along with two parents and our Year Six teachers Antonietta Shean, Liz Mahoney and Belinda Quayle. This year the students will be going to Cooba and participating in many different sports and team-building activities. Students and staff are really looking forward to this educational experience. I am unsure of reception out there but will do my best to put updates on our Facebook page and on twitter (@STFACalwell). A reminder, you don’t need ‘twitter’ to follow updates on twitter! Just go to our webpage and click on the twitter handle and you can see the updates.

YEAR 6 LEADERSHIP ASSEMBLY
I am really looking forward to the Year 6 Leadership Assembly tomorrow, commencing at 2pm in the school hall. This is a great opportunity to acknowledge our Year Six students and present them with their badges of leadership. As always, parents and friends are most welcome.

KAYE LOWE
Just a reminder that Languages and Literacy Associate professor Kaye Lowe will be presenting a workshop to all parents about assisting your child/ren at home with reading this Monday 23 February from 6-8pm in the library. She is engaging and practical- I am sure you will enjoy it.

Wishing God’s blessing on you and your families,

David Austin
Principal
Lent in the Desert

What will you do to observe Lent this year? Give up the coffee, throw away the cigarettes, and keep the top on the wine bottle? All good things, but perhaps this year you might think about going ‘Into the Desert’. Spending just a few minutes a day thinking and praying about our life and mission as Catholics could be something that you’d enjoy, while taking you out of your comfort zone.

Subscribe to receive a daily email. From there you can choose to download a more in-depth version of the daily program and, if you feel so inspired, you can even subscribe to the daily podcast of the program through iTunes.

Finding time for prayer and contemplation as a form of Lenten observance has a longstanding tradition in our Catholic faith.

Are you willing to embrace the challenge of going ‘Into the Desert’ this Lent?

Last chance to enrol your child for their Sacrament is at Sacrament Information Night is tonight!

To enrol your child for Reconciliation (usually Year 2), First Eucharist (usually year 3) and Confirmation (usually year 6),

Come at 6pm to Holy Family Church, Gowrie
On Thursday February 19th

Please bring a copy of your child’s baptism certificate, and any other sacrament certificates if celebrated. The cost of registration is $35 if you are not a Planned Giving contributor. The family fee is $60 for more than one child being enrolled to celebrate a sacrament this year. No EFTPOS is available sorry.

This is the only time that you will be able to register for these sacraments in 2015. If you choose not to attend one of these nights your child will not be registered for the Corpus Christi Sacramental Program for 2015 and they will need to be deferred until 2016.
PANCAKE DAY THANK YOU!!!

Thank you to all those who donated over a thousand pancakes and to Mini Vinnies who sold them at morning tea and lunchtime. Special thanks to Miss Robson and Ms Leonard who assisted me to supervise the pancake market place! $414 will be given to the St Vincent de Paul Society for their doorknock appeal this month. Thank you for your generosity.

ASH WEDNESDAY OPENING SCHOOL MASS

It was great to see so many parents at our first mass for the year to mark the beginning of Lent. Thank you to Father Brian Ebert who inspired us to reflect on where we can more deeply “follow Jesus”. These are the children’s reflections on Ash Wednesday:

The Gospel according to St Francis of Assisi students

Fathers Peter and Luke were not able to be here, so Father Brian came to our mass instead. He talked about living in the middle of NSW, the land where the crow flies backwards! Christopher Matthews

We celebrate Ash Wednesday because it is the first day of Lent and to make a new start as God’s children. Aiden Lawrence

Father told us that the ashes were a symbol of Jesus’ sacrifice for us. He said to follow Jesus and try to stay on the right track. Thomas Hemphill

The part that I find the most interesting about Ash Wednesday is the very old tradition that many Christians used to do- they threw ashes over themselves. Today we received the ashes as the sign of the cross on our foreheads, to show we worship Jesus and to forget the bad things and start a new life. Izaak Ramunni

The ashes are made of the burnt palms from last year and they symbolise a new beginning. We can wash away all our sins and get ready for a new start at Easter. Taylah Scowcroft

God will always forgive us and He only wants us to our best. We all make mistakes and we can always start again. Lilian Geale

Some people like to give up something or start fasting from Ash Wednesday to get prepared for Easter during Lent. Kristine Villanueva

When we had the ashes placed on our forehead the person said, “Follow Jesus.” Hayley Ruhen

Today was a very special mass for everyone. The mass was actually really fun with Fr Brian. He was really good with explaining what Ash Wednesday is and why we have it to the littler kids in the school. I was actually pretty honoured to be one of the three altar servers. I wasn’t used to most of the things Fr Brian did, but it was fun to learn new things like Fr Brian lived where the crows fly backwards! Mara Brophy

PROJECT COMPASSION

Project Compassion commences this week and continues throughout Lent, right up to Easter. Boxes have been placed in each classroom and around the school for donations which will go to support people around the world. This year’s theme is ‘Food for Life’, with a focus on the 70% of Fijian people who live in poverty. Look at www.caritas.org.au to view the projects for donations. More boxes are available to take home or to workplaces from my office, so please ask.

Year Six Leadership Celebration

Thank you to Father Luke who blessed the leadership badges in preparation for the Year Six Leadership Assembly this Friday at 2pm. He reminded the students of their responsibility as leaders in the community. He said it is like placing your light on the hill, where it can be seen. We look forward to this celebration for our Year Six student leaders, and know they will rise to the challenge which the opportunity of being a true leader gives them.

God bless you
Lisa Conroy
R E Coordinator
SPORTS NEWS

If your child is interested in trying out for regional teams for the following sports: AFL, Basketball (boys/girls), touch (boys/girls), Softball (boy/girls), please keep the following dates free. The first Multi-Trials are in week 6, Thursday 12th March from 4.00pm to 5.00pm. It will be held at Trinity Christian School - McBryde Crescent Wanniassa. The second Multi-Trials will be in week 7, Thursday 18th March. Students will need to receive a Multi Trials permission note which will be handed out in the next couple of weeks. This note must be taken on the day of the trials. NO SIGNED NOTE = NO TRIAL! Rugby League and Hockey will have trials held separately later in the term.

Please remember to send back nomination forms given out last Monday at morning assembly for the MATT GITEAU CUP. The ACT/QBN Primary schools Rugby Union championship event is to be held on Wednesday 25th March, with the venue at Brumbies HQ (University of Canberra).

I have entered 4 teams in the Mal Meninga/Laurie Daley Gala day but I am looking for a few more players for the Year 5/6 non-competitive oz tag team. Boys and girls are welcome to play. No experience necessary. Please email me on sharon.reece@cg.catholic.edu.au if your child is interested.

Sharon Reece, Sports Coordinator

SFA NETBALL CLUB

The 2015 netball season is kicking off in March. Netball is open to both girls and boys in Years 2 – 6. All the games are played locally at the Calwell Netball Courts and training is held at the school courts after school on days that suit the team coach.

Tuggeranong Netball Association in enforcing a new rule this year that if your child attends a school that has a netball club, they must play for that club unless they played with a different club last year. In this circumstance they may register with that club again this year e.g. if you child attends SFA but played with Maddies last season, they can continue to play with Maddies, but if your child is new to netball, or played for SFA last year, they must register through our school club.

Registration Fees for 2015 are $140 for NETSETGO (Years 2 -4) and $150 for Juniors (Year 5-6). Payment can be made via eftpos, credit card, cheque (payable to St Francis of Assisi) or cash and sent to the front office no later than Friday 6th March 2015. Registration forms will be sent out as a separate email and are also available from the front office or the school web site.

This year the Netball Club will be run as part of the Community Council. Nominations for the Netball Committee will be advertised in the coming weeks.

We seem to be missing kits from last year. If you have a kit at home can you please return it to the front office ASAP.

If you have any questions about the netball club or registration process, please contact Anna 0425 899 749 or Krista 0432 778 267.
Calming skills

(Information compiled by Lisa Armstrong)

All children will go through periods of worry, whether it’s the night before a test or the week before the big class presentation. Some kids tend to worry constantly, sometimes because it runs in the family, or they learn to think and behave in an anxious way by watching others, or by going through scary experiences. Teaching our kids calming or centering skills is essential in helping them to build their own collection of coping strategies for use in stressful situations. These strategies, once learned are transferrable. They can be called upon to calm us down during a range of emotions, anger, sadness, fear. It doesn’t mean that the emotions are wrong or that we want to ignore them, but sometimes we just need to get our systems back to base line before we can really tackle the challenge in front of us.

The key to building an effective collection of calming strategies is to practice them regularly and at times when we are already feeling calm. There is no point in asking your child to take deep breaths or count to ten in an attempt to calm them at the height of their angst, if they have never tried it before and if they don’t already associate the activity with a feeling of calm. Below are a couple of quick and easy skills you can practice with your kids on a regular basis and with time, your child should be able to use them in times of need.

The Hot Chocolate

5 Things you can see
4 Things you can hear
3 Things you can touch
2 Things you can smell (or imagine something you like the smell of)
1 Slow deep breath – then focus on my breathing

This first one is particularly good for younger kids. Take a moment with your child and let them know that you are going to practice relaxing. Ask them to imagine holding a cup of hot chocolate in their hands. Imagine feeling the warm cup against their skin; imagine the steam rising from the cup. Now bring the cup to your nose and smell the hot chocolate (deep breath in through the nose), and now imagine blowing on it to cool it down (long slow breath out through the mouth). Repeat. Encourage them to notice the relaxing feeling on the breath out.

The second strategy is good for older kids, and again if they often become anxious or frustrated in various situations they might like to carry this card with them. To introduce this skill, grab your kids once a day when things are relaxed and calm. Evening time before bed is nice. Take them outside or just lie on the lounge room floor and take a minute of silence. Then ask them each question one at a time, and share your answers with them. If they have trouble with the 4 things they can hear, encourage them to close their eyes and picture the world outside of the house, can they hear cars on the road, a plane in the sky or birds? There are often many noises around us that we don’t take the time to notice. Then lastly take some long deep breaths in and out and quietly pay attention to only the breath. This exercise teaches children to be aware of the here and now, be in the present because anxiety lives in the past and future.

Look out for next week’s entry on the “Detective Thinking” skill which is a useful tool for challenging worrisome thoughts as they occur.

Information taken from:
http://www.kathyeugster.com/articles/article004.htm
Counsellor’s personal resources (original source long forgotten)
School Banking 2015 is ready for launch.

For over 80 years, the School Banking program has been teaching Australian children lifelong money skills. This year, your child is invited to join the Dollarmites on an intergalactic mission to Planet Savings.

Information on how students can get on board with School Banking, including a Savings Tracker and a rewards redemption card, is available from your School Banking Co-ordinator.

Your school has received parent packs that include all the information you need to get on board. If you haven’t received a parent pack yet, please ask your School Banking Co-ordinator.

Rewarding good savings habits with eight new items in 2015

The School Banking program encourages good savings habits by rewarding students with awesome reward items. For every 10 deposits made through the program, they can redeem a reward from our Outer Space Savers range, including ET DVDs, Planet Handballs, Invisible Ink Martian Pens, Intergalactic Rockettes, Glow-in-the-Dark Solar Systems, Cosmic Light Beam Torchers, Outer Space Savers Money Boxes and Lunar Light Bands.

You could win a family trip to Disneyland

In a School Banking first, students who make 25 or more School Banking deposits in 2015 will automatically receive one entry into the competition draw to win a family trip to California's Disneyland. The prize includes return airfares, five nights accommodation, transfers and three days park entry for up to two adults and two kids, plus AUD$2000 spending money.

For more information, visit commbank.com.au/schoolbanking

Things to know before you can:

Conditions apply. Promotion starts 9.00am AEDT 27/1/15 and ends 11.59pm AEDT 18/12/15. Entry is open to all Youthsaver account holders aged 5–13 years who participate in CommBank's School Banking program. Entrants under 18 must have parent/guardian consent. The draw will take place at 12.30pm AEDT on 12/1/16 at the Promoter’s office. The first valid entry drawn will win a family trip to California's Disneyland valued at $22,245. The winner’s name will be published in the public notices section of The Australian on 26/1/16. Promoter is Commonwealth Bank of Australia ABN 48 123 123 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. Full terms and conditions available at commbank.com.au/schoolbanking

NSW Permit No LTPS/14/09857; ACT Permit No TP14/04345; VIC Permit No 14/5966; SA Permit No T14/2327.

Parenting Programs and Support Groups

Bringing Up Great Kids – Designed for parents and carers of children aged 2-10 years. Course is offered 3 hours per week over a 4 week period, commencing 25th Feb.

Resourceful Adolescent Program for Parents (RAP-P) – Designed for parents and carers of children attending primary school years 5 & 6 and secondary school students years 7-12.

Course is offered 3 hours per week over a 3 week period, commencing 25th March. Bookings are essential for each program so if you are interested please call 6162 6100

For more information flyers are available at the front office of your school.

DVCS is offering a number of support groups this year for women and children. The aim is to provide opportunities for women and children to re-establish a sense of social-skills, while developing strategies for rebuilding and creating safe family after domestic violence. All groups are free of charge. Contact Alanna on 6228 1794 or email supportgroups@dvcs.org.au for further information. Flyers will also be available at the front office of your school.

SCHOOL BANKING

SCHOOL BANKING DAY REMINDER

Don’t forget that WEDNESDAY is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings.
BASCA NEWS

The BASCA Accounts for Weeks 1 & 2 were emailed yesterday. Due date for payment is Friday 27 February.

Due to a computer error, the attendances for Before School Care on Friday 13 February were not billed. This amount will be charged on your next account. I apologise for the inconvenience.

Please check your account carefully to ensure that Child Care Benefit and/or Child Care Rebate have been deducted if applicable.

Should you have any concerns with your account (especially new families), you may either ring Louise, or I can be contacted Wednesdays and Thursdays on 6292 8034, or you can email me on Ann.Ryan@cg.catholic.edu.au thank you Ann Ryan BASCA Accounts Manager.

VACATION CARE ACCOUNTS

Accounts for the January Program are due for payment this Friday 20 February. Please finalise to avoid “late” fees.

BOOK CLUB

Book Club Orders are due back this week.

Please return all order to the front office

Introducing LOOP

BOOK CLUB

Book Clubs LOOP for Parents

LOOP is the NEW Scholastic Book Clubs Linked Online Ordering & Payment platform for Parents.

If you want to pay by credit card for your online Book Club order, our new platform makes it easy! It eliminates the need for paper order forms plus your online order is submitted to the school safe and sound.

Log-in to www.scholastic.com.au/LOOP or download our NEW iPhone and iPad app from the App Store!

• For a quick start, just click on ORDER in the top menu or REGISTER first to save your details for next time
• Select your school and your child’s class
• Add your child’s first name and last initial (so the school knows who the book is for)
• Enter the item number from the Book Club brochure
• You can order for multiple children at once if they attend the same school
• All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child’s classroom if you order by the close date
• There’s no need to return paper order forms or payment receipt details to your school!

For a quick how-to-order video, log-in to www.scholastic.com.au/LOOP and click on HELP in the top menu.

NOW AVAILABLE AS AN APP!
Thank you to all those people who have volunteered to help in the canteen, a roster has been sent out this week, if you did not receive your copy please let us know. If your child/children have food allergies or special dietary requirements please come and see us.

Sue & Jo. Canteen Managers
PH: 62927477.

CANTENE ROSTER

MONDAY 23 FEBRUARY
AM  Gail Campbell
PM  Gail Campbell

WEDNESDAY 25 FEBRUARY
AM  Jessy Hedley
PM  Sam Thompson

THURSDAY 26 FEBRUARY
AM  Jaxon O'Hare
AM  Kay Devlin
PM  Kaye Devlin

FRIDAY 5 DECEMBER
AM  Denise Emery
AM  Maz S-Gaffney
AM  Denise Emery
PM  Denise Emery
The Vikings Junior Rugby Club wishes to invite all players from the age of 5 years up to 18 years in 2015 to register at Lanyon Vikings Club on Saturday, 21st February from 11am until 2pm. There will be a sausage sizzle, jumping castle and games on the day so even if you have registered already come along and enjoy the day.

We are introducing online registrations which is available through the website “Rugby Link” if you cannot make it on the day.

Info on how to register can also be found on our Facebook page or through our “Team App” page available on your Smartphone or via the internet.

Please email vikingsjuniors1@gmail.com or contact Andrew Henderson on 0423 710 082 for further information.

Age Groups:

TUGGERANONG LIONS
Training: Kambah
Home Ground: Kambah
Age Groups: Under 5-14’s
Contact: lions@tuggeranong.com.au

TUGGERANONG BULLDOGS
Training: Gordon
Home Ground: Gordon
Age Groups: Auskick (5-8), Under 9-12’s
Contact: bulldogs@tuggeranong.com

TUGGERANONG HAWKS
Training: Gordon / Isabella Plains
Home Ground: Gordon
Age Groups: Under 13-18’s, Youth Girls
Contact: manager@tuggeranong.com.au

TUGGERANONG LIONS
Training: Kambah
Home Ground: Kambah
Age Groups: Auskick (5-8), Under 9-14’s
Contact: lions@tuggeranong.com.au

PLAY AFL in Tuggeranong
AFL is played in a fun and safe environment for all ages. AFL Auskick is the introductory program that focuses on developing the skills of the game, with U9’s – 18 playing as part of the AFL Canberra Junior AFL competition.

Pick Your Nearest Club

CALLEW SWANS
Training: Isabella Plains
Home Ground: Isabella Plains
Age Groups: Auskick (5-8), Under 5-12’s
Contact: cawellsowans@gmail.com

Rheinberger Centre, Yarralumla ACT

Contact:

Parent Sessions

How to have ‘THE TALK’ WITH YOUR CHILD

Family Life Educator John Shy from Cairns Diocese will run a seminar for parents of primary school children on how to discuss issues of sexuality with your children.

Place: Rheinberger Centre, Yarralumla ACT
Date: Tuesday 24th February
Time: 7pm-8.30pm
Cost: $5 donation at the door
Enquiries: info@catholiclife.org.au

Register at www.bit.ly/thetalk_parentsession

Research indicates that children prefer to seek information about sex and sexuality from their parents more than any other source, and perceive their parents’ advice to be trustworthy. But parents often feel inadequate in their own understanding or unsure of how to respond appropriately.

If you have very young children and would like to be well prepared for discussions as they arise, this Parent Session will help you feel more confident and comfortable in giving your child positive, accurate, measuring and age-appropriate information and guidance.

Cairns Diocese will run a seminar for

THINKING OF PLAYING IN A TEAM SPORT DURING WINTER 2015?? EVER THOUGHT ABOUT RUGBY LEAGUE??

Rugby League is an awesome team sport played by many and enjoyed by all!

Registrations are now open for Valley Dragons J.A.L.F.C in the Canberra Region Rugby League 2015 Junior Competition.

Valley Dragons have been servicing the ACT community for over 30 years and seen thousands of players come through the club and many go on to bigger careers in the sport.

With Puffers (3-6yrs), Mini’s (6-8yrs), Juniors (9-10yrs) & Inter (10-16yrs) there is something for every age group. So don’t miss out!!!

Secure your spot today by registering at: www.foxsportspulse.com and entering VALLEY DRAGONS, or at our registrations days on Saturday 14th & 21st February from 10-2 at Goward Oval, Castletown Crescent Goulburn ACT 2580.

For more information please contact the club’s registrar, Colette, on m) 0418 979 787 e) rcolette@bigpond.net.au

Catch you on the field :)