Wishing you well

Principal

Peter Galvin
Principal
Congratulations to Michelle and Rhys Myers on the birth of Elise, a little sister for Grace (1L) and Sam (Echidnas).

**Silly Socks Day**—On Tuesday 5 April, please bring in a gold coin donation to wear your silly socks for the day. All money collected is being donated to Project Compassion. Your support is greatly appreciated, thank you.

**Community Council Meeting**—Our next Community Council Meeting will be on Thursday 12 May 2016 at 7.30pm. Meetings are held in the Library and all are welcome to attend.

**Skoolbag**—Please subscribe to Skoolbag! Skoolbag keeps you up to date with the latest information from school. The school uses SKOOLBAG as one way of communicating with you, the parents and carers. We encourage you to download the app appropriate for your device and install it onto your phone or tablet. You can view the school calendar for upcoming events, record sick notes and other absences for your child, and importantly, subscribe for alerts relevant to the grade your child or children are in.

Instructions for downloading the app are located on the Skoolbag tab on the school website. Once downloaded you must also configure the app to receive alerts. You may choose to receive alerts for all grades and classes, or just those grades that are relevant to your children. You can subscribe to various alert grades by tapping on "more" then "setup" in the app. Alternatively, you can provide an email address to receive alerts that way. Please go to the school website, click the Skoolbag tab for more information.

Happy birthday wishes to: Oliver C, Harry D, Isaac M, Abigail H, Mercedes W, Jennifer M, Cooper M and Georgia K.

The ELC children joined with the primary school to celebrate Easter Sunday at a liturgy presented by Year 1. They shared stories and made pictures about their Easter weekends. The Joeys are continuing to learn about bodies this week and had fun making skeletons out of cotton buds. The Wombats experimented with mixing colours and met Miss Stitt’s puppy, Pip. The Wombats and Echidnas had a great time singing along at the Michael Mangan concert at school today and are looking forward to some ‘cross country’ running on the oval tomorrow.

**ELC Babies**—Congratulations to our two ELC families who have recently had babies. Sophie B has a new little brother Xavier and Sam M has a new little sister named Elise.

**ELC Parents Meeting**—will be held next Tuesday 5 April at 6:30pm to discuss some fundraising ideas and an upcoming working bee. All ELC parents are welcome to come along!

**Learning Journeys**—ELC parents are welcome to come in during week 10 at drop off or pick up time to look through their children’s portfolios and to see their work displayed in the classroom.

**Holiday Care**—There are still vacancies in ELC Holiday Care. Children can attend for the entire program or just for individual days. Contact the ELC as soon as possible if you are interested.

Michelle Parkes
Director
RE News

Michael Mangan concert—Today the students had the very rare opportunity to witness the music of Michael Mangan in a concert. Michael Mangan is a composer, teacher and music liturgist who is based in Brisbane, Australia. A former specialist music teacher, he has composed over 250 pieces which are widely used in liturgy and religious education programs in schools and parishes throughout Australia, New Zealand, Canada and the USA. His compositions are known for their "singability" and suitability for liturgical celebrations, especially with children.

Sacramental Program for 2016—If you have a child whom you want to be presented for the Sacraments of Reconciliation, First Communion or Confirmation, you will have to nominate your child on a form to be found in our Parish Bulletin. This nomination form will appear in the bulletin on some Sundays over the next four weeks, closing date being 30 April/1 May 2016. The letter from Father Brannelly is available on our school website under notes. If your child is making the Sacrament of Confirmation in June please visit the parish website and complete the registration form. This needs to be done in addition to nominating at Mass on the weekend.

www.stjiw Westoncreek.blogspot.com.au

The Annunciation—The feast of the Annunciation marks the visit of the angel Gabriel to the Virgin Mary, during which he told her that she would be the mother of Jesus Christ, the Son of God. In 2016, the Annunciation is on 4 April (next Monday).

Global School Partners—Global School Partners facilitates partnerships between schools in Australia and schools in developing nations to enable students from across the globe to connect, share and learn with one another. In addition, we encourage Australians to support our work through sponsorship of students and funding of school projects. Tomorrow, Simon Carroll from Global School Partners will be visiting our school to talk to the whole school at assembly and also to speak to the Year 4’s about discipleship. As a part of their work this term Year 4 have been learning that Jesus is alive and active in us, in others and in our community. They have been encouraged to embrace the teachings and actions of Jesus and reflect them in their daily lives.

God bless

Susan Chant
Religious Education Coordinator

Sports News

South Weston Swimming—Congratulations to our St Jude’s swim team who participated in the South Weston Regional Swimming Carnival on Tuesday. As usual, our students participated with great enthusiasm and were a credit to our school. Thank you to all of the wonderful parents who waited patiently and who assisted with organising the children and ensuring that they knew where they had to be.

Cross Country Carnival—Cross Country Carnival is on tomorrow. Good luck to everyone participating.

Catholic Schools Soccer Carnival Training—All players playing in the year 4 and the year 5/6 teams at the catholic schools soccer carnival, are invited to attend a light training session tomorrow afternoon Friday 1 April on the St Jude’s oval starting at 3:30 and finishing at 4:30. The session will be run by your coaches. The carnival is this Sunday at the University of Canberra. Good luck to all the teams involved.

Rugby Union—Are you interested in attending a rugby union camp in the school holidays? Please see the flyer on our website ‘Rugby Union Camp April 2016’ for all the details.

Trials—Congratulations to Spencer B and Josh K who were both selected in the South Weston 12&U Boys AFL team.

Jennifer M—travelled with her U12s Canberra United Academy team to Bathurst for the Proctor Cup challenge. The girls were playing up a division against U13 teams from Bathurst and Sydney. By the end of 3 games on Saturday the girls were undefeated with no points scored against them. The girls played very physical teams against girls a lot taller than them. This didn’t stop them and they managed to qualify for the semi-finals only to be knocked out by a stronger team on the day. With a lot of confidence gained from the tournament the girls are now focused on the Kanga cup in July.

Have a great week.

Tim O’Brien
Sports Coordinator

Dates to remember:
∞ Friday 1 April—Simon Carroll visit
∞ Monday 4 April—The Annunciation
∞ Monday 25 April—ANZAC Day
∞ Tuesday 26 April—ANZAC Day liturgy 9am in the hall

Save the date:
• Save the Date—Friday 1 April, Cross Country Carnival.
• Save the Date—Sunday 3 April, Catholic Schools Soccer Carnival

All notes handed out to students are available on the school web site, under the notes section.
Library News

Our local author focus this week is on Susan Hall. Susan Hall started the children’s list at the National Library and has a passion for children’s books, not only as a publisher but also as a writer. When she was eight years old she wrote and illustrated a series of picture books which she re-copied by hand and sold at school—and she has been writing and publishing ever since! Susan has written several preschool titles for the Library, including the best selling Guess Who?, a fairy book based on the artwork of Ellis Rowan, and the ‘Animal Tales’ series. She has lived in Canberra since 1996 with her husband Stephen and two sons, Sam and Toby. Susan is Publisher at the National Library of Australia. She studied English at Cambridge University and started her publishing career in London before moving to Australia in 1996 to work in cultural institution publishing.

Next week all families will receive an information sheet about happenings in the Library next term – the Chief Minister’s Reading Challenge (CMRC) will be on again (with a few changes) as well as National Simultaneous Storytime (NSS). Look out for it!

Verna Comley
Librarian

Mulleygrub Café

Master Chef — Friday

The Dalliston Family are cooking Palmiers!

Ingredients are: puff pastry and castor sugar.

THANK YOU!!!—I’d like to say a HUGE thank you to all the wonderful helpers that have graced me with their presence over this first term. I hope you have left feeling happy after spending time in the canteen especially on Freaky Fridays with our fun antics and conversations. Your help has been priceless. The parents/grandparents that have just popped in have had the best timing! I couldn’t have done it without you all.

CROSS COUNTRY—Hot beverages will be available for sale at the canteen on Friday 1 April during the Cross Country.

FETE—I ask if anyone has the checked table cloth from the coffee machine and the money tin to return it to the canteen please.

MENU—Term 2 will have slight changes with the cold weather approaching. Please keep an eye out on the website for the new menu. If anyone has a suggestion on what could be put on the menu let me know. I’m open to new ideas from parents, teachers and students.

CANTEEN ROSTER—Please see page 6 for the canteen roster.

VOLUNTEERS NEEDED!—Please, if you could spare any time at all, particularly Thursdays and Fridays, it would be greatly appreciated. The crucial time is from 9am to 11am. Children are welcome. Why not give it a go! Come for a complimentary coffee and a chance to meet new people.

Kim Hekimian
Canteen Manager

Mulleyduds—Uniform Shop

Don’t forget to check the wardrobe to ensure you have all Winter Uniform!

Mulleyduds is OPEN from 3.00-3.30pm on the following days:

Term 2—Friday 29 April (Week 1), Friday 6 May (Week 2)

If you would like to beat the rush and order your child’s winter uniform using QKR!, please do so and your order will be filled and delivered to your child’s classroom within the week.

I would also like to thank the wonderful parents who volunteer their time to fill orders and open our Mulleyduds Shop!

A reminder that we gratefully accept donations of second hand uniforms which can be left at the front office. We will have all second hand uniforms for sale at very reasonable prices on our opening dates.

I hope to catch you in the shop. Susana Lloyd (Mum of Rosie KC, Jacob 2L, Caleb 5/6S)

uniformstjudesps@gmail.com

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Verna Comley
Librarian
CONGRATULATIONS on Graduating Mrs Leighton, Miss Lewis and Mrs McGregor.
Canteen Roster

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HOLIDAYS…WOOHOO!!!

Have fun and stay safe

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A big thank you to over 400 people who supported this year’s **Fete Mate**

Congratulations to the Winners of our Mates Only Raffle

1st – Charlotte P (5/6SC)  
2nd – Noah H (3O'B)  
3rd – Cyrano M (ELC)

**Lanyard Recycling**  
If you no longer want your lanyard, please send it in to school so that we can re-use it next year!
PARENT EFFECTIVENESS TRAINING (P.E.T)

Supported by Parentline ACT

Communication skills for peaceful parenting and resilient children (without the use of punishment or reward). Helps develop emotional intelligence, and grow confident, considerate children. Powerful, proven and practical. Yell less, enjoy your children more. Build relationships that last a lifetime.


The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential. $360 pp for the course (investment includes a workbook and textbook).

Courses begin either: Wednesday, 4th May or Thursday, 5th May, 2016 (minimum number of participants required);

Time: 6.30 pm to 9.45 pm; Place: Weston, ACT.

Enjoy P.E.T. with Larissa, Canberra’s most experienced P.E.T. instructor.

0413 451 607 www.parentskills.com.au info@parentskills.com.au

CHILDREN AND ANXIETY

‘Self-doubt and lack of confidence hold more kids back than any other factor.’ You can send kids to the best school available but they won’t be happy and achieve unless they feel confident in their abilities. Real confidence-building is the most important skill you can develop as a parent. Children with healthy self-esteem and self-confidence learn more, achieve more, have more friends and are generally happier than those with low levels of confidence. But building a child’s confidence is complex. It is not just a matter of becoming a praise robot heaping positive comments on kids at the first sign of them doing something well. For some children praise is meaningless. CONFIDENT kids take learning risks; they can separate themselves from failure or lack of success; and they aren’t dependent on the approval of their parents. I guess this last reason is why so many youngest kids are risk-takers as they are not as concerned as eldest kids about the approval of their parents.

Self-esteem and confidence-building is more than developing children’s capabilities as very competent children can be filled with self-doubts. You have do more than teach them to be optimistic as a Pollyannish feel-good view of the world won’t mean a child will take risks when they meet real challenges.

You need to tackle children’s lack of confidence on a number of different fronts – that is, what they think, how they feel and what they do.’ Michael Grose (psychologist)