Dear Parents and Friends,

Our Year 5 and Year 6 students will be returning from Camp Cooba (near Jindabyne) this afternoon. The excitement on the bus as they departed on Wednesday morning was almost tangible! I’m sure it would have been a very noisy trip there and am also sure it will be a very quiet trip home! However, after recovering some energy, I feel certain that families will have ‘their ears talked off’ as the children recount their experiences. I sincerely thank Mr Konik, Mrs Monagle and Miss Ingram for taking such good care of the children whilst on Camp. I hope that the children have learned some new skills and, more importantly, that they have learned a little more about themselves and others too. I hope they will long remember their Camp experience with fondness.

Decision Following Trial Afternoon Dismissal Arrangement

I sincerely thank all those who responded to the survey with regard to the trial of dismissal arrangements. Your feedback has been very much appreciated. There were 70 responses and it was a clear 50/50 split in indicating satisfaction and dissatisfaction with the trial. Reasons stated were all very sound and some thoughtful suggestions were made for alternative ways to dismiss the children after school. As a result of taking into account the responses, discussing options with staff and considering safety concerns with special regard for the congestion around the entry/exit door and the danger to children near the car park if they are not properly supervised, the following procedure will commence from Monday afternoon next week:

- Teachers will bring classes out to the terraced steps where they will be supervised by the teacher on duty in a designated waiting area
- Students in the designated dismissal waiting area will not be permitted to play games whilst waiting to be collected
- Parents/carers are asked to stand well clear of the immediate student dismissal waiting area so that teachers can clearly see which students they are supervising and which students are walking to their parents/carers
- Students walk to their parents/carers and stay with them
- Students are not permitted to run around on the blacktop once they have been collected from the dismissal waiting area
- Parents/carers who wish to stay a while and converse are asked to move down to the area under the trees or down to the grassed area and softfall where the children are under parental supervision
- The fixed play equipment continues to be out of bounds for after school play
- Students who catch buses or who walk or ride home or who meet parents/carers in Walpiri Place will gather in the ‘chill out space’ to be met by a teacher
- Students who walk down to Walpiri Place to meet parents/carers will be dismissed from the ‘chill out space’ and walk down the rear steps and across the softfall to meet cars. The remaining students will be walked to the front of the school and supervised by the teacher on bus duty
- Students who attend After School Care will continue to walk directly there from their classrooms

It is impossible to achieve a situation that is perfect and that makes everyone happy. However, we have endeavoured to make the process as functional as possible taking into account the survey responses and other safety and community concerns. We hope the dismissal process will achieve a clear delineation of responsibility with regard to supervision between parents/carers and teachers.

Weekly Merit Awards and School Awards

You may have noticed that we have changed the Weekly Merit Awards, handed out at the Friday morning assembly, so that they do not follow a specific theme and are always ‘teacher choice’. Teachers expressed preference for this option as it gives them greater scope to acknowledge a variety of things and differentiate the awards to suit the particular achievement, skill, quality or attribute that a student displays.

Following staff evaluation of the school’s system for acknowledging students with awards and taking into account parent feedback over time, a proposal was put forward to the Community Council Executive to change school practice with regard to Award Ceremonies.
It was proposed that the current practice of holding an End of Term Awards Assembly be changed to an End of Semester Awards Assembly to bring it in line with the reporting schedule and ensure that the integrity of the Awards is not lost due to them being awarded on four occasions each year. As has been our practice, these awards would still have to be earned which means that not every child will necessarily receive an award at one of these Assemblies over the year – as is also currently the case.

A further proposal is to merge the Peacemaker and Christian Leadership Awards into one and to introduce a St John Vianney Award which would be presented to students who continually strive to do their best. Therefore, there would be 4 Awards presented for each class each semester – 1 of each: Christian Leadership, St John Vianney, Personal Best and Academic Achievement as well as the ‘Vision Award’ that is presented to one student per grade level. The hope is that the Awards would be considered that little bit more ‘special’ as they are awarded twice a year instead of four.

In addition, the school wishes to introduce a Vision Award to the Year 6 Graduation Awards which would be an ‘all rounder’ award presented to someone who tries their hardest in many aspects of school life and ‘gives everything a go’. It is proposed to retain the Claire Bentley Shield but to award it for academic excellence only and not for ‘all round’ effort as well.

Again, we value the opinions of parents and would like your feedback on the above proposal. A Survey Monkey link will be emailed to parents next week.

**SRC Representatives**

Congratulations to the following students who have been elected by their peers to the Student Representative Council for the first semester of this year:

Year 3/4 St Patrick: Bonnie Wilder and Joshua Brehaut
Year 3/4 St Clare of Assisi: Georgia Hill and Liam Cristofani
Year 3/4 St Catherine: Georgia Jeffery and Fletcher Burrows
Year 5/6 St Paul: Sarah Adam and Arrami Pearson
Year 5/6 St Joseph: Mollie Hill and Patrick Thygesen

The above students will receive their badges at the Friday morning assembly next week.

**Car Park Safety**

Please be aware that the speed limit in the car park is 5k/ph. If you do not plan to accompany your child into the school yard in the morning, please use the drop off zone. The purpose of the drop off zone is to allow students to alight safely from vehicles directly onto school grounds without having to cross the car park.

Students who leave vehicles which are parked in marked bays need to be accompanied across the car park by an adult to enter through the gates to the supervised space in the morning. I ask that drivers also resist the temptation to park alongside the red kerb on the basketball court as this impedes the flow of traffic by limiting the space for vehicles to pass. Drivers are also asked not to park along the sides of the exit driveway as this blocks the vision to Namatjira Drive of drivers leaving the car park and presents a high risk of an accident occurring.

I ask all drivers to be mindful of the car park rules and to adhere to them on every occasion for the safety of the children and all others in our community.

**Canteen**

Thank you to all the wonderful people who volunteer in our school canteen. You do an amazing job and we are very grateful to you for the service that you provide for the families of SJV. Please just remember that, whilst younger siblings are welcome, enrolled students are not permitted to enter the canteen kitchen area at any time. Thank you.
Error Notice – Apologies

We sincerely apologise for any confusion caused by the error in the fortnightly calendar in last week’s newsletter which indicated that Kindergarten students would be having another rest day on Wednesday next week. This is not the case. The Kindergarten children begin full time attendance as of Monday next week – 22nd February.

Ex-students at SJV on moderation days

Moderation Days at various high schools are coming up and whilst we love to see our ex-students, it is important that they do not turn up unannounced and without prior permission to visit or help out at St John Vianney’s. There is a limit to how many ex-students we can accommodate and parents must make contact with the school prior to the day to organise a visit so that proof of parental permission is obtained and we can plan for the number attending.

I look forward to seeing many of our families at the Welcome BBQ this afternoon. If you missed returning the RSVP slip, don’t worry and come along anyway from 5pm. There is sure to be plenty of food and drink for everyone and we will enjoy your company.

Vicky van der Sanden
Principal
Jokes Due – Monday Week 4

Super Joe from 104.7 Breakfast show will come to SJV’s on Monday (after Midday) to collect our Jokes for the ‘104.7 Cancer Showbags’ to be sold at the Royal Canberra Show. Joe is looking forward to meeting Oscar (5/6M) and Harry (5/6J) and thanking the SJV community for helping to contribute to raising funds for the Cancer Society.

Here are a few samples:

<table>
<thead>
<tr>
<th>Knock knock</th>
<th>Knock knock</th>
<th>Knock knock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who’s there?</td>
<td>Who’s there?</td>
<td>Who’s there?</td>
</tr>
<tr>
<td>Lego.</td>
<td>Lego who?</td>
<td>Lego who?</td>
</tr>
<tr>
<td>Le-go of me and I’ll tell you!</td>
<td>Luke through the keyhole and see!</td>
<td>Ice cream if you don’t let me in!</td>
</tr>
</tbody>
</table>

Mrs D’s “Thought of the Week”……..

‘Let today be the day you give up who you are and become who you can be!’

Unknown

Nina De Rosa
Assistant Principal
This weekend in the Gospel, we move from Jesus’ retreat to the desert and temptation by the devil to the glory shown in Jesus’ Transfiguration. The Transfiguration occurs on a mountain in the presence of just three of Jesus’ disciples—Peter, James and John. These are among the first disciples that Jesus called in Luke’s Gospel. Luke indicates that the three disciples were sleeping while Jesus prayed. They will be sleeping again as Jesus prays in the Garden of Gethsemane before his Passion and death.

As they awake, Peter and the disciples see Jesus Transfigured and Elijah and Moses present with Jesus. Elijah and Moses, both significant figures in the history of Israel, represent Jesus’ continuity with the Law and the Prophets. They hear a voice from heaven speaking to the disciples saying, “Listen to him.”

The Transfiguration was a focused moment for the disciples when they heard God speaking to them and experienced Jesus in glory. They most certainly left this focused moment with a new appreciation for the importance of Jesus’ words even if they did not yet understand everything that he had taught them. During Lent, we are invited to consider our attentiveness to Jesus and to one another. In the pace and noise that often characterizes family life, how well do we listen to one another? What opportunities do we have for quiet prayer?

As a family this week, choose a time for quiet in the household by turning off televisions, radios and CD players and take the opportunity to listen more attentively to one another and to find time for quiet prayer. Spend a few such moments as a family, asking God to help you listen well to one another and to Jesus.

**PROJECT COMPASSION**

The children have made an excellent start to the call to ‘give alms’ or almsgiving this lent with many classes already filling their Project Compassion boxes. The children are tracking their progress on class barometers that also indicate to the children what their money can do for the less fortunate. If you would like more information about Project Compassion, what the children’s money is being raised for or resources to use as a family, please visit www.caritas.org.au/projectcompassion.

Have a great week!

Sharee Thomas

REC
This week’s merit awards:

Kinder St Anthony       Finn Eagles
Year 1/2 St Brigid      Patrick Hill
Year 1/2 St John the Baptist  Sarah Callis
Year 1/2 St Nicholas    Kaitlin Sydlarczuk
Year 3/4 St Patrick    Eloise Gardiner
Year 3/4 St Catherine  Francis Rodgers
Year 3/4 St Clare of Assisi  Oliver Ransom
Year 5/6 St Joseph     David Callis
Year 5/6 St Paul       Jade Targett
The Arts                Kai Vlijakinen
Library                 Raphael Pilapil
Assistant Principal    Oscar Luck-Cameron
                        Harry Luck-Cameron
Principal               Sam Kennealy

Certificates will be awarded at next Friday’s Assembly.

Happy Birthday Cameron S
The ELC children are continuing to settle into preschool beautifully. They are getting to know one another and making new friends. They have been talking about feelings and about belonging. The Joeys have been making jewellery out of coloured pasta and we’ve welcomed Michael the Monkey (puppet) to our class! The Wombats have shown an interest in dinosaurs this week and also had great time on their bikes and scooters on Wheels Day. They received mail from their Pen Pals in Sydney and learnt about the Sydney Harbour Bridge. The Echidnas are also interested in dinosaurs and have been doing dinosaur craft with paper plates. They met their buddies from 5/6SC for the first time this week.

Community Council Meeting – Thank you to those ELC parents who attended the St Jude’s Community Council AGM this week. The ELC representative at the CC will be Angela Scherer.

Preschool Parents Meeting – Our first meeting for the year will be held on Tuesday 1 March at 6:30 pm at the ELC. We will be discussing the Fete as well as other fundraising opportunities. It would be great to see you there.

St Jude’s Spirit Fete will be on Saturday 19 March. It is always a wonderful social day. Keep an eye out for notes and information regarding the Fete.

Our school canteen is open Wednesday & Friday.

VOLUNTEERS NEEDED TO HELP OUT IN THE TUCKSHOP.
Even if you can only give an hour or two of your time we would greatly appreciate it.
Term 1 Library Days

Tuesdays – Kindergarten, Years 1/2 St Brigid, 1/2 St Nicholas and 3/4 St Patrick
Thursdays – 1/2 St John the Baptist, 3/4 St Catherine, 3/4 St Clare of Assisi, 5/6 St Joseph and St 5/6 Paul

All students need to bring a sturdy bag to Library so they can borrow.

Welcome Back to Book Club!

This year, Scholastic Book Club is just one catalogue for all students. Issue 1 went home last week and all orders need to be completed by next Tuesday 23 February (Week 4).

Orders can be made as usual with cash, cheque (made out to Scholastic Australia) or online banking, which is now called LOOP (Linked Online Ordering & Payment platform for parents). The main difference with LOOP is there is no need to return the paper order form or payment receipt details back to SJV. If you decide to order online, you will be directed to LOOP and there are easy steps to follow. Any questions or problems please contact Sandy at the Front Office or Sam in the Library.

LIBRARY IS OPEN EVERY TUESDAY AND THURSDAY AT RECESS 1.30PM – 2PM. STUDENTS ARE ABLE TO READ, DRAW OR PLAY LEGO, CARS OR BOARD GAMES.

SJV FORTNIGHTLY CALENDAR

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 Feb</td>
<td>23 Feb</td>
<td>24 Feb</td>
<td>25 Feb</td>
<td>26 Feb</td>
<td>27 Feb</td>
<td>28 Feb</td>
</tr>
<tr>
<td></td>
<td>Tennis Clinic</td>
<td></td>
<td></td>
<td>Tennis Clinic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Term 1

Wk 4

2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 Feb</td>
<td>1 Mar</td>
<td>2 Mar</td>
<td>3 Mar</td>
<td>4 Mar</td>
<td>5 Mar</td>
<td>6 Mar</td>
</tr>
<tr>
<td></td>
<td>Tennis Clinic</td>
<td></td>
<td></td>
<td>Tennis Clinic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Term 1

Wk 5

2016
Hi all,

Two EASY tips for achieving goals from Bernard Roth, author of 'The Achievement Habit'

As we know, language shapes the way you approach your goals. This is why the way you speak not only affects how others perceive you; it also has the potential to shape your behavior.

Swapping one word for another could make all the difference in how you approach your goals.

1. Swap "but" for "and." You might be tempted to say, "I want to go to the movies, but I have work to do." Instead, Roth suggests saying, "I want to go to the movies, and I have work to do." He writes: "When you use the word but, you create a conflict (and sometimes a reason) for yourself that does not really exist." In other words, it's possible to go to the movies as well as do your work - you just need to find a solution. Meanwhile, when you use the word and, "your brain gets to consider how it can deal with both parts of the sentence," Roth writes. Maybe you'll see a shorter movie; maybe you'll delegate some of your work.

2. Swap "have to" for "want to." Roth recommends a simple exercise: The next few times you say "I have to" in your mind, change "have to" for "want to." Roth recommends a simple exercise: The next few times you say "I have to" in your mind, change "have to" for "want to." "This exercise is very effective in getting people to realize that what they do in their lives - even the things they find unpleasant - are in fact what they have chosen," he says. For example, one of Roth's students felt he had to take the math courses required for his graduate program, even though he hated them. At some point after completing the exercise, he realized that he really did want to take the classes because the benefit of completing the requirement outweighed the discomfort of sitting through classes he didn't enjoy. Both of these tweaks are based on a key component of a problem-solving strategy called "design thinking." When you employ this strategy, you try to challenge your automatic thinking and see things as they really are. And when you experiment with different language, you may realize that a problem isn't as unsolvable as it seems, and that you have more control over your life than you previously believed.

Have fun practicing these tips and see what you notice.

Kind regards,
Jacqueline Hogan
Student and Family Counsellor

---

School Counsellor

---

SJV PLANT STALL

SJV Courtyard

REGULAR OPENING TIME:
FRIDAY
3.00PM - 4.00PM

PLANTS INCLUDE:
Camellias, Hebes, Azaleas, Box, Abelia, ground covers, hedging plants & more.
Grown in Canberra and hardened to our Canberra climate.

Follow us on FACEBOOK

---

Parents and Carers are invited to Bringing Up Great Kids—a parenting program developed by the Australian Childhood Foundation for Parents and Carers of children aged 2—10 years.

This course will give you insights and skills needed to:
- Promote positive and nurturing relationships between parents and children
- Explore the management of stress in your parenting role
- Encourage the development of your child’s positive self-identity
- Develop the ability to contain strong emotion and to think through the responses to your child, rather than give ‘fisheye’ reactions.
- Overcome some of the obstacles that are getting in the way of being the kind of parent you would like to be
- Create opportunities for positive exchanges with your children.

The course is offered 3 hours per week over a 4 week period.

DATES: 24th Feb, 2nd, 9th & 16th March
TIME: 6pm-9pm
VENUE: 57 Hicks Street, Red Hill
FEE: $100 (Concessions available)
Fee includes light supper & course materials.

---

89 Namatjira Drive, Waramanga 2611
Email: office.sjv@cg.catholic.edu.au   Phone: 6288 2383   Fax: 6288 8578   Community Council: sjvcommunitycouncil@gmail.com