Dear Parents and Friends,

Next week, St John Vianney’s will join Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW) from 7-13 March. The theme for the week is *I Belong. You Belong. We Belong.* This aligns with the Catholic Church’s strong focus on supporting refugees and asylum seekers and the need for a compassionate global community. The theme also ties in with the Catholic Church’s celebration of the Extraordinary Jubilee of Mercy which centres on pardon, strength and love.

Catholic Schools Week is about strengthening relationships between all those who have a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community – by showcasing what happens in our classrooms every day. Our school has a supportive community of teachers, parents, carers, community council, clergy, parishioners and support staff who work together to focus on giving students the best education possible, encouraging success, promoting discipline, supporting creativity and instilling compassion.

I take this opportunity to thank you for all your support of our school and I look forward to celebrating Catholic Schools Week with you.

On Friday 11th March, the Recognition Awards for teachers in our Catholic system will be held and teachers new to our system will also be welcomed and commissioned at a special Mass for the whole Archdiocese in St Christopher’s Cathedral. Miss Hannah Ingram will be welcomed at this special event and I take this opportunity to congratulate Hannah on the successful completion of her teaching degree and to formally welcome her to the profession.

**Bicycle safety**

Please ensure, for your child’s safety, that a bicycle helmet is worn – and buckled up – to and from school if he or she cycles. Please speak to your child about bicycle safety and making sure their bike is in good working order before they start their ride. They may need some instruction to show them what to check and how to perform basic maintenance.

**Food**

Please remind your children that they are not permitted to share food at school or buy food from the canteen for another child. At school, the children are reminded that parents prepare food and provide money for their own children so that they know what has been consumed during the day – this food and money is not for other people’s children. There are also risks to others’ health and safety if food is shared as some children may have allergies of which the ‘sharer’ is unaware.

If children do not finish all their lunch or recess, they are instructed to take the leftovers home so that parents know what has been consumed (or not) and they are encouraged to talk with their parents if certain foods are disliked or preferred. I ask you to discuss this with your children and to reinforce that uneaten food is to be taken back home in the lunchbox. Please also give consideration to how much food is given to your child. I have noticed that some lunchboxes are packed full with ‘choices’ and often many treats. Children tend to choose the treats over the more nutritious food and the little ones can become overwhelmed by the choices. Please restrict what is in your child’s lunchbox to what can actually be consumed during the day and limit the choices for your child. Remember that our eating breaks are only 10 minutes long and children are keen to play!
**Invitation to share afternoon tea with the Registration Panel**

On March 22nd and 23rd, the school will host a Registration Panel. School re-registration occurs every five years. The Panel is present in the school for two days to check that the school is meeting the conditions of the Education Act and to both commend the school in certain areas and make recommendations for future action in others. The members tour the school, speak with students and staff, visit classrooms and review documentation and procedures. The Panel visit includes an opportunity to meet with parish and community members. Therefore, members of the school and parish are invited to join the staff and the panel members for afternoon tea on Tuesday 22nd March in the staffroom. If you have the time and would like to attend, please RSVP to the Front Office by Friday 18th March so that we can cater accordingly. We would love to see you there!

**Swimming Carnival**

Please remember that the school’s Swimming Carnival takes place on Monday at CISAC in Belconnen. The children in Years 2 to 6 will be travelling by bus and Kinder and Year 1 will remain at school. The young ones will have their own Water Fun Day on Thursday at the Tuggeranong Leisure Centre. These events are covered by the excursion levy in the school fees. Children will have access to canteen facilities on site should they need it. I look forward to seeing many of our parents at the Swimming Carnival!

**Prayer for Catholic Schools Week:**

*Lord Jesus,*

*You came among us as a teacher, to reveal to us*

*the Father’s endless love and mercy.*

*Our Catholic schools continue to give witness to your compassion and wisdom, seeking always to ensure that we are all welcome, no matter who we are.*

*May our Catholic schools continue to be places of belonging and sources of hope and enthusiasm for our young people and their families.*

*Marry the work of our Catholic schools always be guided by the inspiration of your Spirit.*

*We ask this through Christ our Lord,*

*Amen.*

Vicky van der Sanden
Principal

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**SJV PLANT STALL**

**PLANT STALL WORKING BEE!**

Hello to families NEW and OLD! The SJV Plant Stall is run as an ongoing fundraiser for our school, with a major stall at the school fete (Term 4) and sales throughout the year (3-4pm Fridays). It is run by volunteers and we need your help!

Do you like to garden? Can you weed, tip prune or repot plants? No experience is required, just some of your time and energy.

We would love to have you come along to a gardening work party this weekend.....

**Sunday 6 March - 9am to 12pm** in the SJV courtyard.

If possible, let the front office know if you can make it (ph: 6288 2383 or office.sjv@cg.catholic.edu.au ). Please come as a one-off or become part of a gardening group for future work and projects. Hope to see you on Sunday!

Follow us on FACEBOOK

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

The SJV Swimming Carnival will be held on Monday at CISAC Belconnen. It should be a terrific day for all involved. The buses will be departing school at 9:15am on Monday morning, please make sure all students are at school on time.

**PSSA Softball**

Congratulations to Tallis Flowers for being selected in the South Weston Boys Softball side. He will play at the ACT carnival in early April. Well done Tallis and good luck at the carnival.

**SRC**

The SRC have had a busy start to the year. We held a meeting in Week 4 with all the students in the school. Students were given the opportunity to share any suggestions they had on how we can make our great school even better. Yesterday we had a meeting to decide what suggestions we thought were the most important. We will be following up these suggestions over the coming weeks.

We are also excited to be running and organising the Easter raffle which we will be promoting over the coming weeks. Keep an eye out for posters displayed around the school explaining when the tickets will go on sale and the wonderful prizes on offer.

From The SRC

Mark Konik

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**The SRC is running the 2016 SJV Easter Raffle!**

We ask each student to contribute by bringing in a small ‘Easter item’ by Friday 18th March.

The SRC will sell raffle tickets at recess in the week leading up to the raffle draw! Tickets will be 50c each or 3 for $1.00. Reminders will be in the newsletter.

The raffle will be drawn at morning assembly on Thursday 24th March

**Good luck**
Last week in Learning Corner I highlighted our school rules. This week I have included the SJV Student Charter, which highlights the responsibilities children have to ensure the school is Safe, Just and Value based. Both the school rules and Student Charter form part of the school’s Student Management Policy which can be found on the school’s website.

**STUDENT CHARTER**

**Safety**  
We, as students, help to make the school a **safe** place by:
- observing the school and classroom rules  
- playing gently with one another  
- playing within the school boundaries  
- being considerate of others in what we do and say  
- making sensible choices  
- wearing hats outside  
- following the safety rules when playing on or using equipment  
- moving sensibly when travelling through and around the school  
- using the ‘green ticket’ system on the playground when in need of first aid or assistance  
- cleaning and tidying up after ourselves and keeping the classroom and grounds clean and tidy  
- taking care of our possessions and assuming responsibility for them  
- responding to bells, the public address system and emergency procedures  
- waiting in the designated area for the teacher on duty if we arrive at school before supervision commences  
- waiting with supervising teachers until our parents collect us from the designated area after school

**Justice**  
We, as students, help to make the school a **just** place by:
- respecting others  
- respecting property  
- obeying school rules  
- caring for the wellbeing of all  
- being inclusive of everyone  
- expressing feelings in appropriate ways  
- listening to the thoughts, ideas and opinions of others  
- taking turns  
- sharing equipment and resources  
- staying on task and ensuring we do not distract others from their learning  
- being cooperative, effective and encouraging group members  
- seeking teacher assistance in a respectful and equitable way  
- doing the best we can

**Values**  
We, as students, show our Christian **values** by:
- following the example of Jesus  
- respecting people and property  
- being considerate of the feelings of others  
- using good manners at all times  
- caring for the physical environment  
- participating reverently in prayer and religious celebrations

**Mrs D’s “Thought of the Week”……**

‘Today you are YOU that is truer than true.  
There is NO ONE alive that is YOUER than YOU!’

Dr Seuss

Nina De Rosa  
Assistant Principal
The parable Jesus tells in this Sunday’s Gospel is unique to the Gospel of Luke. Jesus has been teaching the crowds as he journeys to Jerusalem. As he teaches, the Pharisees and Scribes complain and challenge Jesus because he is welcoming sinners at his table. This weekend we hear the third of three parables that Jesus tells in response to his critics. These three familiar parables—the lost sheep, the lost coin, and Sunday’s parable of the prodigal son—invite us to consider the depth of God’s mercy and love. Our familiarity with this parable risks dulling us to its tremendously powerful message.

The younger son takes his inheritance and leaves home. The older son remains, continuing to provide for the father and the household. Having been disgraced by the younger son, the father spends some time watching the road for the return of the lost son. When he eventually sees his wayward son returning, the father not only welcomes him but also runs out to greet him and then honors him with a party. We say that this father is loving and forgiving. Yet these adjectives only begin to describe the depth of love and mercy that characterize the father. We find no surprise in the anger of the older son. Yet the father appears sad and even confused by the older son’s indignation. He says in reply that they should celebrate because the lost son had returned. The father is filled with gratitude and love for the older son’s faithfulness. This love is in no way diminished by the father’s rejoicing at the return of the younger son. Yet the older son’s jealousy reveals his limited understanding of the depth of his father’s love.

“Hey, that’s not fair!” How many times have we heard this spoken in our family? Family members challenge one another’s generosity, operating from the perspective of limited resources. If we have given to one, perhaps there won’t be enough for the other. Jesus wants us to understand that this is not how it is with God’s mercy and forgiveness. God offers his love to all of us in abundance. The forgiveness of the father in the parable is an image of God’s love for us, generous beyond measure in his love for both of his sons. Can we truly believe that God acts this way towards us and accept his mercy without jealousy, knowing that God’s love for another does not diminish his love for us?

This week as a family, talk about the words and phrases you use when angry. Identify words or phrases that reflect jealousy towards one another. Talk about why we sometimes feel jealousy towards one another. Identify words that the family members in the parable might say to one another to begin to heal their broken relationships. Make a family commitment to say these types of words and phrases to one another with greater frequency.

PROJECT COMPASSION: Another fantastic week with donations from the children totalling $166.05. This means as a school we have now raised enough money to construct a toilet and improve sanitation for a family in Malawi. With only three weeks left of Lent encourage your children to keep bringing in any donations they can to help others in need.

Have a great week!

Sharee Thomas
REC
Certificates will be awarded at next Friday’s Assembly.

**MERIT AWARDS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
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<tbody>
<tr>
<td>Kinder St Anthony</td>
<td>Maya Woodhill</td>
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<tr>
<td>Year 1/2 St Brigid</td>
<td>Isla Skipper</td>
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<td>Year 1/2 St John the Baptist</td>
<td>Adele Scholtens</td>
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<td>Year 1/2 St Nicholas</td>
<td>Lucy Maher</td>
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<td>Year 3/4 St Patrick</td>
<td>Lucas Corcoran</td>
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<td>Year 3/4 St Catherine</td>
<td>Francis Rodgers</td>
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<td>Year 3/4 St Clare of Assisi</td>
<td>Annabelle Wheadon</td>
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<td>Year 5/6 St Joseph</td>
<td>Maggie Dickens</td>
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<tr>
<td>Year 5/6 St Paul</td>
<td>Matthew Smith</td>
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<tr>
<td>ICT</td>
<td>Chloe Nguyen</td>
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<tr>
<td>Library</td>
<td>Alexander Maher</td>
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<td>Assistant Principal</td>
<td>Jake Walsh</td>
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Our school canteen is open Wednesday & Friday.

**Wednesday 9 March**
- Anna Morton
- Janelle Kinnane

**Friday 11 March**
- Steph Myers
- Louise Smith
- Melissa Eagles
- Phillippa Woodhill

Please make sure you have your WWVP card with you.

**ELC NEWS**

**Happy Birthday Cyrano and Jett**

This week had a visit from Larry Brandy, an Aboriginal story-teller who shared his stories, role play, and music. This sparked the Joey’s interest in learning some Aboriginal songs and looking at the Aboriginal flag. The Wombats also enjoyed building a volcano in the sandpit and playing with dinosaurs. They joined with Kinder for morning prayers have enjoyed going out for lunch under the trees. The Echidnas have been talking about healthy eating and making some funny Food Faces. They have tried their hand at gardening in preparation for their visit to the markets next week.

**Excursions** - The children are will be enjoying some new experiences in the next few weeks. The Wombats and Joeys will be participating in an Intergenerational Playgroup. The Wombats and Echidnas will be visiting the Fyshwick Markets and the Joeys will be visiting the Boundless Playground. Please check your notes pockets and return permission notes as soon as possible.

**Boxes for Craft** – We are collecting recycled boxes and items that can be used for craft and construction. Please send them into the ELC.

**St Jude’s Fete will be on Saturday 19 March!**
**Book Club Issue 2**

This year, Scholastic Book Club is just one catalogue for all students. Issue 2 went home this week and all orders need to be completed by **Wednesday 16th March 2016** (Week 7). 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.

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**SJV FORTNIGHTLY CALENDAR**

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<th>Monday</th>
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<td><strong>CATHOLIC SCHOOLS WEEK</strong></td>
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<td>Tennis Clinic &amp; Yr 6 Leadership Ceremony &amp; Yr 5 Heart Space Ceremony 2pm</td>
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<td>Swimming Carnival Yr 2-6 CISAC</td>
<td>Tennis Clinic</td>
<td>Water Fun Day Kinder &amp; Yr 1</td>
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<td><strong>Palm Sunday</strong></td>
<td><strong>No Bullies Day</strong></td>
<td><strong>SCHOOL DISCO</strong></td>
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<tr>
<td>Canberra Day Public Holiday</td>
<td>Tennis Clinic</td>
<td>Community Council Open Meeting 7.00pm</td>
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CATHOLIC SCHOOLS’ SOCCER CARNIVAL

This year’s Canberra-Goulburn Catholic Schools’ Carnival is on Sunday 3 April 2016 at the University of Canberra. Teams will be made up of Year 3/4 players and Yr 5/6 players. There are two divisions this year, one for more experienced teams and another for less experienced players. Nomination forms and carnival information were sent home last week. Nomination forms and payment are due to the Front Office by Friday 11 March. For further information, please contact samantha.heath@cg.catholic.edu.au

SCHOOL DISCO

We are looking for an eager few to take the reins and create a super fun night for our kids!

The disco is super easy to organise and comes with a written instruction sheet and templates from previous years!

The hall is already booked so the event is almost half way there!!

Please call or txt 0402 450 402 to register your interest or let the front office know and we will be in touch.

Thanks in advance,

The Events and Fundraising Focus Group of the Community Council

SJV Lions Under 8 Soccer team

We’re looking for 4 players to join the team this year in the Weston Molonglo Football Club competition at Waramanga on Saturday mornings.

Players can be boys or girls currently in Year 2, or girls currently in Year 3.

I'm the contact and my details are:
Phone: 0400 220 438
Email: j_burgemeister@iinet.net.au

Any assistance will be greatly appreciated, thanks

Jason Burgemeister

COUNSELLING & THERAPY SERVICES

Counselling Services
- Managing emotions
- Social skill development
- Managing worry and depression

Speech Therapy
- Speech sounds
- Swallowing
- Slurring
- Receptive & expressive language skills

Behaviour Management
- Assess areas of need
- Develop program to manage the behaviour
- Provide training to parents/carers on implementing program

For more information or to book an appointment, please contact:
Phone: 6288 2383 or 6288 8578
Email: office.sjv@cg.catholic.edu.au

CatholicCare CHOICES

We are a NDIS registered provider #56759091
www.catholiccarechoices.org.au

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

TUGGERANONG LIONS

WE WANT

The Tuggeranong Lions are recruiting boys and girls for the 2016 season

If you’re aged between 5 to 15 and thinking of giving footy a go then ‘We Want U’.

Check out our Facebook page for pricing packages, club contacts, training days and game times.

www.facebook.com/TuggeranongLionsJ AFC/
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits**
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep**
   Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well.
   
   Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise**
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets**
   Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creators understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

more on page 2