Dear Parents and Friends,

Thank you to Mrs Stilling and our Kindergarten students for leading the Resurrection Prayer Celebration, with the kind assistance of several Yr 6 Leaders, when we returned to school following the Easter break. The little ones did a wonderful job of re-enacting the story and the reading and singing was particularly impressive. Well done Kinder!

Cross Country Carnival
What a spectacularly beautiful day it was on Wednesday for the running of the Cross Country Carnival! It was so lovely to enjoy the outdoor at the Stromlo Forest Park running course. It was great to see so many parents and grandparents there too and I cannot thank you all enough for the help that was provided. It made all the difference. Thanks also to Trish and the parents who stayed at school to prepare the sausage sizzle lunch for everyone. Special thanks to Mr Konik for his hard work in organising the carnival this year. I also acknowledge the efforts of Mrs Foster and Mrs Hall in hosting the running training mornings leading up to the carnival so that the children had extra opportunities to prepare for their races. The children were beautifully behaved and ran their hardest on the day. Congratulations children. We are very proud of you.

Catholic Schools Soccer Carnival
I look forward to seeing many of our families at the Catholic Schools Soccer Carnival on Sunday at the UC Playing Fields. I thank Ms Heath for the time and effort she has put into organising our school’s participation and preparing the teams for the day. I’m sure that all the children will thoroughly enjoy the event and I know that they will be great ambassadors for our school by the way they participate and conduct themselves. I take this opportunity to wish all our teams the best of luck and a fun-filled time.

Enrichment Activities
Next week is ‘Enrichment Week’ on the school calendar. During this week, we are hosting two special events: The World of Maths incursion all day Monday and the Italian Carnivale on Wednesday afternoon from 1 till 3pm. These are the only two events being held and will take place in the hall involving the whole school. Parents are most welcome to come and join in the fun and see the exciting activities in which the children will be participating. The timetable for the World of Maths day is as follows:

1. 9.15 - 10.00am Kinder **(We would love some Kinder Parents to attend)
2. 10.00 - 11.10am Yr 1 -2
3. 12.00 - 1.10pm Yr 3-4
4. 2.00 - 3.00pm Yr 5-6

ANZAC and Peace Ceremony
On Wednesday morning next week, our SRC members, accompanied by Ms Heath and Mr Konik, will represent the school at the ANZAC and Peace Ceremony in Eddison Park which is specially organised for school age students. This is always a very moving and interesting ceremony which emphasises the need for peaceful relationships across the globe. The children will lay a wreath during the ceremony and will have the opportunity to meet members of the Returned Services.

Important Dates:
4 Apr
World of Maths Incursion
6 Apr
Italian CARNIVALE 1-3pm
8 Apr
Last day of TERM 1

Daylight Saving Ends This Weekend.

Clocks must be put back one hour at 3am this Sunday – effectively changing the time to 2am.
WINTER UNIFORM REQUIREMENTS

Start of Term Two

Term Two begins on Tuesday 26th April. When students return to school, it is time for them to be wearing the winter uniform. However, there is a period of two week's grace when either the summer or winter uniform can be worn to accommodate fluctuating weather conditions at this time of the year. Please see the table below which details uniform requirements.

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<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td><strong>Winter</strong></td>
<td><strong>Girls</strong></td>
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<tr>
<td>Navy trousers</td>
<td>Navy slacks or</td>
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<tr>
<td>Sky blue shirt/skivvy</td>
<td>Catholic primary school winter pinafore</td>
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<tr>
<td>Black polishable school shoes</td>
<td>Sky blue blouse</td>
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<tr>
<td>Navy socks (above ankle)</td>
<td>Navy tights/navy above ankle socks</td>
</tr>
<tr>
<td>Maroon polar fleece jacket with logo</td>
<td>Maroon polar fleece jacket with logo</td>
</tr>
<tr>
<td>Navy jacket/coat</td>
<td>Black polishable school shoes</td>
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<tr>
<td>Royal blue school hat with logo or</td>
<td>Navy jacket</td>
</tr>
<tr>
<td>Royal blue beanie with logo</td>
<td>Royal blue school hat with logo or</td>
</tr>
<tr>
<td>Royal blue slacks/shorts (recommended for girls)</td>
<td>Royal blue beanie with logo</td>
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<tr>
<td>Royal blue sports shirt embroidered with logo</td>
<td>Royal blue tracksuit pants</td>
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<tr>
<td>Royal blue sports shirt embroidered with logo</td>
<td>White or light coloured sports shoes</td>
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<tr>
<td>Royal blue polar fleece jacket with logo</td>
<td>Royal blue tracksuit pants</td>
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<tr>
<td>Royal blue tracksuit pants</td>
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<tr>
<td>Vicky van der Sanden</td>
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<tr>
<td>Principal</td>
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Thought for the Week:

“Holiness doesn’t mean doing extraordinary things, but doing ordinary things with love and faith.”

Pope Francis

Repeat Notices:

Open Days

This year, we will host two Open Days. They will be held on Wednesday 4th and Thursday 5th May next term. Visitors will be welcome to come and have a look around the school at any time during these two days and the school will be open to greet people until 6pm each evening.

Enrolment Packs will be available from the beginning of Term Two. If you have a younger child who is commencing school in 2017, please collect an information pack from the Front Office. If you have friends whom you know are interested in enrolling at St John Vianney’s, please let them know about the enrolment period and Open Days and inform them that packs are available from the school. Your help in spreading the word is greatly appreciated.

Catholic Schools 2016 Enrolment Period

For All Catholic Schools

The 2016 Catholic Schools Enrolment Period is from Monday 2 May – Friday 20 May 2015 (Weeks 2 – 4 inclusive, Term 2). If you know of anyone outside of our school community who has a child at a Pre-school or Early Learning Centre, please notify them of the opportunity to enrol at St John Vianney’s during the above period.
Position Vacant

FETE COMMITTEE

✓ Are you looking for an opportunity to get involved?
✓ Are you driven and organised!?!?
✓ Are you looking for a fun, rewarding challenge?
✓ This is not a ‘SOLO’ role - there will be plenty of support and you will not be alone!

The 2016 SJV Fete is looking for a team of volunteers to drive the organisation and logistics of the 2016 FETE. Scheduled for November 2016, SJV prides itself on hosting the ‘best day ever’ and our fete has an incredibly good reputation in the community and surrounds.

Previous fete coordinators have built a strong foundation for this event. There are extensive hand over notes (including budgets, timelines and contacts) to assist in the development of this fabulous event as well as a tonne of support from teachers and the parish.

This is a whole school initiative and everyone will be on board but we are looking for a committee of dedicated people to move forward and start the planning for this year.

If you are interested or would like to chat a bit more please contact the Front Office.

Secretary Position

Thank you to Steve Longford for responding to the vacancy on the Community Council Executive for the position of Secretary. We are pleased to welcome Steve to the Council and the role.

CO-ORDINATOR NEWS by Mark Konik

Cross Country
We held our cross country carnival at Stromlo Running Track on Wednesday. The weather was great and all participants tried their best and ran extremely well. I would like to thank all the parents who helped on the day for their help in making the carnival a success. I will notify students who have made PSSA when information arrives.

The announcement of the winning house and age group ribbons will be given out on Monday of Week 10.

PSSA
The SJV team competed at the South Weston Swimming Carnival on Monday. All swimmers tried their best and showed great sporting behavior throughout the meet. Congratulations to all these great athletes! If parents or students are interested in the final times and results I will let you know when they become available on the ACT School Sports Website.

SRC
The School Easter Egg raffle was drawn on Holy Thursday. We sold over 7 booklets of tickets! It was great selling the tickets to the students and it was great being able to raise money for the school. We also would like to thank all the people who brought in Easter treats. There were over 20 baskets of goodies and we managed to raise over $600. Congratulations to all the lucky people who won prizes and thank you to all the people who bought tickets.

Girls Softball
Tamara Brammall participated in an U/13 Softball Competition in Melbourne over the Easter Break. She played in the ACT Eclipse team. Her team played 10 games against teams from Australia and New Zealand and finished 5th overall. She played a range of positions including outfielder, pitcher and third base. Well done Tamara for representing the ACT and playing so well!
April Fool’s Day

We had some very sneaky children this morning who placed ‘snakes’ and ‘fake poo’ in message bags! Unfortunately, we cannot return the kindness as it will be after 12pm when the bags are picked up.

April Fools' Day is celebrated on 1 April every year. Sometimes called All Fools' Day, it is one of the most light-hearted days of the year. Its origins are uncertain. Some see it as a celebration related to the turn of the seasons, while others believe it stems from the adoption of a new calendar.

1 April is not a national holiday, but is widely recognised and celebrated in various countries as a day when people play practical jokes and hoaxes on each other called April fools. Traditionally in Italy children and adults tack paper fishes on each other's back as a trick and shout "April fish!" “Pesce d'aprile!” It consists of a youngster surreptitiously attaching - with the help of tape or glue - a paper cutout of a pesciolino (small fish) to the rear shoulders of a school companion. Then everyone jokingly questions: L'hai visto?—Chi?—Il pesce d'Aprile! (or Have you seen? —Who? —the April Fool!) and makes remarks about the person.

There are many famous worldwide pranks: The BBC Television Spaghetti tree hoax in 1957 is one that keeps surfacing each year; The BBC Smell-o-vision hoax in 2007, had viewers ringing the station to say that the trial of the new technology was a success and they could ‘smell the odour’ over the airwaves. It's that time of year again and companies in Australia and around the world have joined in on the fun. From Virgin America unveiling a new logo that resembles a bra to Sony launching a ghost-catching device inspired by Ghostbusters, the hoaxes have been creative and outlandish. Check out the designs for the second building of the Sydney Harbour Bridge. Read more at http://www.9news.com.au/entertainment/2016/04/01/08/34/april-fools-day-best-pranks-of-2016#uPZaW7kTH8APXX5O.99.

Whatever the prank either on a large or small scale it is important to ensure the joke is harmless and causes the recipient no irreversible harm. It is important that both parties are laughing at the end!

“The most precious jewels you’ll ever have around your neck are the arms of your children.”
— Anonymous

Nina De Rosa
Assistant Principal
This Sunday’s reading, from the Gospel of John, combines two scenes: Jesus’ appearance to his disciples after his Resurrection and Jesus’ dialogue with Thomas, the disciple who doubted.

In the Gospel, Jesus greets his disciples with the gift of peace and the gift of the Holy Spirit. Jesus also commissions his disciples to continue the work that he has begun. As Jesus was sent by God, so too does Jesus send his disciples. This continuity with Jesus’ own mission is an essential element of the Church. Jesus grants the means to accomplish this mission when he gives his disciples the gift of the Holy Spirit. The Holy Spirit binds us together as a community of faith and strengthens us to bear witness to Jesus’ Resurrection.

Jesus’ words to his disciples also highlight the integral connection between the forgiveness of sins and the gift of the Holy Spirit. Forgiveness and reconciliation are gifts to us from Jesus. With the grace of the Holy Spirit, we can share these with others. This is another essential aspect of what it means to be Christ’s Church. The Church continues Jesus’ ministry of forgiveness and reconciliation.

Thomas misses this encounter and will forever be labelled as “doubting Thomas” because he wouldn’t take the word of someone else, he has to be present, to see and feel Jesus before he could believe.

We are not in the position of Thomas and the other disciples who were able to see the risen Lord face to face and so convince themselves of his rising. One of the great promises Jesus made was when he said, “Where two or three gather in my name, I am there with them.” Each week we come together at Mass to share in the Eucharist. So, what do we miss out on if we are absent? We miss out on the same thing that Thomas missed out on when he was absent – the chance to be with Jesus!

**SACRAMENTS**

A reminder that all parents who wish for their child/children to receive any of the Sacraments this year (Reconciliation in Year 3, Eucharist in Year 4 and Confirmation in Year 6) will need to fill in a nomination form that appears at the bottom of the Parish bulletin (on random Sundays over the next 4 weeks). This form needs to be completed by the parents and returned to the Parish, not the school. Parents of Confirmation children need to also complete the second half of nomination which appears here on the Parish blogspot:

http://stjjwestoncreek.blogspot.com.au

If your child was not Baptised at either St Jude’s or St John Vianney’s Church, a copy of their Baptismal Certificate also needs to be forwarded to Cathy at the Parish office.

Any questions, please do not hesitate to contact me via email or here at school.

Have a great week!

Sharee Thomas
REC
MERIT AWARDS

Kinder St Anthony  Archie Ransom
Year 1/2 St Brigid  Matilda Viljakainen
Year 1/2 St John the Baptist  Sebastian Woodhill
Year 1/2 St Nicholas  Isabelle Donelly
Year 3/4 St Patrick  Thomas Icely
Year 3/4 St Catherine  Alex Vorn
Year 3/4 St Clare of Assisi  Caitlin Calis
Year 5/6 St Joseph  Alphonsa Anil
Year 5/6 St Paul  Sarah Adam
The Arts  Oliver Ransom
Library  Hayley Mann
ICT  Bonnie Wilder
Assistant Principal  Sarah Calis
Principal  Arrami Pearson  Katie Goodwin

Certificates will be awarded at next Friday’s Assembly.

WARAMUNCHIES

Volunteer Roster - Term 1

Our school canteen is open Wednesday & Friday.

Wednesday 6 April
Anna Morton
Natalie Mules

Friday 8 April
Kerry Kennealy
Nick Mogensen
Lucie/Steve Walker
Phillippa Woodhill
Please make sure you have your WWVP card with you.

ELC NEWS

Happy Birthday Lucas M

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 made 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 yesterday and did some great ‘cross-country’ running on the oval today.

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.
**SJV Celebrates Carnivale**
and all things Italian
**Wednesday 6th April from 1pm**
Italian Lunch - Parade of Masks - Buddy Activity

### SJV FORTNIGHTLY CALENDAR

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<th>Monday</th>
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<td>7 Apr</td>
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<td>10 Apr</td>
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<tr>
<td>COSA World of Maths Incursion</td>
<td>COSA Tennis Clinic</td>
<td>Italian CARNIVALE 1-3pm</td>
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<td>Last day of TERM 1</td>
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<td>25 Apr</td>
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<td>27 Apr</td>
<td>28 Apr</td>
<td>29 Apr</td>
<td>30 Apr</td>
<td>1 May</td>
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<tr>
<td>ANZAC DAY</td>
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<tr>
<td>Term 2 Wk 1 2016</td>
<td>Term 2 COMMENCES</td>
<td>ANZAC Day Prayer Celebration 9.30am</td>
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<td>Last day of TERM 1</td>
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| SCHOOL HOLIDAYS |

**Term 2 Wk 1 2016**

**ANZAC DAY**

**SCHOOL HOLIDAYS**

**ANZAC DAY**
SJV LUNCHBOX INSPIRATION

**Apricot Coconut Slice**

*Vital stats: Gluten free, grain free, egg free, nut free, vegan*

**Ingredients:**
- 1 1/2 cups dried organic apricots
- 1 cup organic coconut (desiccated, shredded or flakes)
- 1 tablespoon freshly squeezed organic orange juice
- 2 teaspoons Vital Veggie Power
- 2 teaspoons finely grated orange zest
- extra organic desiccated coconut for rolling

**Okay, so this is how you do it:**
- Whizz everything together in your thermomix (speed 9, 40 seconds) or food processor.
- Spread the extra coconut onto some baking paper.
- Roll the mixture into a log shape and then roll in coconut.
- Refrigerate until firm and then cut into small rounds. Store in the fridge or freezer.

Recipe and images from: [http://naturalnewagemum.com/](http://naturalnewagemum.com/)

Good Luck to all our players for this Sunday’s Canberra-Goulburn Catholic Schools’ Carnival at the University of Canberra.

We have four teams, 40 players and their parent volunteer all ready for a day of soccer and fun.

**REMEMBER:**

Daylight saving ends on Sunday so remember to move your clocks back one hour so you are on time for your games!
Easing children’s anxiety

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

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