A Lenten Reflection – What to give up

Give up complaining — focus on gratitude.
Give up pessimism — become an optimist.
Give up harsh judgments — think kindly thoughts.
Give up worry — trust Divine Providence.
Give up discouragement — be full of hope.
Give up bitterness — turn to forgiveness.
Give up hatred — return good for evil.
Give up negativism — be positive.
Give up anger — be more patient.
Give up pettiness — become mature.
Give up gloom — enjoy the beauty that is all around you.
Give up jealousy — pray for trust.
Give up gossiping — control your tongue.
Give up sin — turn to virtue.
Give up giving up — hang in there!

Author Unknown

SCHOOL STUDENT PROTECTION CONTACTS:

In the Links last week, I omitted the name of Mrs Ina Winter as one of the student protection officers. The safety and wellbeing of our students is of the highest importance at St Mary’s Parish School. As with all non-state schools, we have nominated School Student Protection Contacts who are staff members that students can raise concerns of abuse, harm or inappropriate behaviour by others. At St Mary’s Parish School, our School Student Protection Contacts are:

- Shannon Quinlan - Year 7 Teacher
- Ina Winter – Year 4 Teacher
- Suzie Collins - St Mary’s School Counsellor
- Brett Pollard - Principal

All School staff receive regular training and information to be able to respond to student protection concerns. Please contact the Principal should you have any queries regarding student protection processes at St Mary’s Parish School.

More information around our student protection policy and procedure will be found at:

http://www.twb.catholic.edu.au/Board/Pages/GuidelinesSP.aspx
School Website:
We invite parents and students to view the new school website. It has a great new look and is easy to navigate. Thank you goes to Mrs Danielle Edwards for the long hours she put in to complete this project. Well done! In addition, we must also thank her for the establishment of the FREE Skoolbag App – be sure to send your competition forms in for a chance to win a Tuckshop Voucher.

Quote of the Week
My therapist told me the way to achieve true inner peace is to finish what I start. So far, I have finished two bags of M&Ms and a chocolate cake. I feel better already.    Dave Barry

God Bless.
Brett Pollard

NEWS FROM THE APRE

News from the APRE

School swimming will continue this week for all primary and middle school students. Students in P-2 will be bussed to the pool. Students in years 3-8 will walk.

Swimming timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 – 9.45</td>
<td></td>
<td></td>
<td>4L</td>
</tr>
<tr>
<td>9.45 – 10.30</td>
<td>5S</td>
<td></td>
<td>4W</td>
</tr>
<tr>
<td>10.30 – 11.15</td>
<td>2R</td>
<td></td>
<td>Year 6</td>
</tr>
<tr>
<td>11.15 – 12.00</td>
<td>2H</td>
<td>7G, 7Q, 8B</td>
<td>5P</td>
</tr>
<tr>
<td>12.00 – 12.45</td>
<td>3L</td>
<td>1K</td>
<td>Prep C</td>
</tr>
<tr>
<td>1.00 – 1.45</td>
<td>3C</td>
<td>1S</td>
<td>Prep W</td>
</tr>
</tbody>
</table>

Please ensure your children bring- swimmers, sun shirt, googles, sunscreen and towel and all belongings are clearly named!

Parent Information Evenings

- Year 2 – Wednesday 10th Feb – 5.30 in school library
- Year 6 – Thursday 11th Feb – 5.30 in school library

Shrove Tuesday and Ash Wednesday

Yesterday the whole school celebrated Shrove Tuesday. Thank you for the way this day was supported. We will be making more pancakes next year!!!

Today each class reflected on their Lenten promise by attending a 20-minute liturgy in the Church with Father Michael. Please discuss with your child the importance of Lent and giving up something or doing more of something eg. “Helping more at home” or “doing extra jobs for others” It was lovely to see parents and grandparents joining their children during this time to receive their ashes.
Year 6 Leadership Day

This Friday the Year 6 students will spend the day working on their teamwork and student leadership skills. The students will wear their normal sports uniform on this day. All Year 6 students will receive their student leader badges during the day.

CHANGE OF DATES

School Cross Country will now be held on Tuesday the 22\textsuperscript{nd} of March

School Easter Plays will now be held on Wednesday the 23\textsuperscript{rd} March

Mac Zone Swimming

Congratulations to the following swimmers who made the Macintyre Zone Swimming Team and will compete in the Darling Downs swimming trials in Gatton on Wednesday the 2\textsuperscript{nd} of March.


BOOKCLUB
Book Club orders are due back to the School Office Monday 19\textsuperscript{th} February. No late orders will be accepted. Please use the credit card facilities on the order form or pay via cheque (cash will not be accepted). Thank you.

MISSING
LORETTO SPORTS FLAG - Do you know where this is?

SCHOOL FEE DEPOSIT
If you have made a deposit at the bank for school fees on 29/01 please contact the School Office, so we can correctly credit your account.

TUCKSHOP

To set up online ordering for Tuckshop please visit the Flexi Schools website:
www.flexischools.com.au

NEWS FROM FATHER MICHAEL

Children’s Mass
Sadly due to wedding commitments there won’t be Children’s Masses during Feb, March and April.

Passion Play
As we do every year, the students perform the Parish Passion Play on Good Friday. If your child is available to be part of this event, please let Father Michael know on 0422308955.
Library information letters have been e-mailed this week and also sent home. It would be great if they could be kept as a reference for questions about library procedures/lost/damaged books etc.

Borrowing and return days are as follows:

**Prep:** Borrow Wednesday, return by following Tuesday.

**Yr 1:** Borrow Monday, return Friday.

**Yr 2:** Borrow Monday, return Friday.

**Yr 3:** Borrow Tuesday, return Monday.

**Yr 4:** 4L Borrow Tuesday return Monday.

4W Borrow Monday return Monday (into trolley before parade).

**Yr 5:** 5S Borrow Tuesday return Monday.

5P Borrow Monday return Monday (into trolley before parade).

**Yr 6:** Borrow Tuesday, return Monday.

We ask parents to please encourage children to bring their returns straight to the library trolley instead of using their class box. This encourages independence and also allows more time for returning and shelving items which in turn ensures there are more books on the shelf for borrowing!

Have a great term, The Library staff.

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### P & F UPDATE

Information for parents

- [https://esafety.gov.au/](https://esafety.gov.au/)
- [https://www.commonsensemedia.org/](https://www.commonsensemedia.org/) (reviews movies, apps, games and provides helpful advice with ability to subscribe to online newsletters)

Games for primary students to build knowledge of safety online. Complete with parent discussion

- [http://pbskids.org/webonauts/](http://pbskids.org/webonauts/)
- [https://www.onguardonline.gov/media](https://www.onguardonline.gov/media)

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### UPCOMING DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 10\textsuperscript{th} February</td>
<td>Year 2 Parent Information Night – 5:30pm</td>
</tr>
<tr>
<td>Thursday 11\textsuperscript{th} February</td>
<td>Year 6 Parent Information Night – 5:30pm</td>
</tr>
<tr>
<td>Monday 15\textsuperscript{th} – 19\textsuperscript{th} February</td>
<td>Year 7 Camp</td>
</tr>
<tr>
<td>Monday 19\textsuperscript{th} February</td>
<td>Book Club Due</td>
</tr>
</tbody>
</table>

www.goondiwindi.catholic.edu.au
NOTICES

**Pottery Lessons**

Pottery Lessons will be postponed with Heather Rohde until further notice due to illness.

**Déjà vu Dance**

Déjà vu Dance 2016 Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.30-4.00</td>
<td>Kindy &amp; Prep</td>
<td>4.00-4.30</td>
<td>Pre-Kindy</td>
</tr>
<tr>
<td>4.30-5.00</td>
<td>Jnr Jazz</td>
<td>5.15-6.00</td>
<td>Adult Tap</td>
</tr>
</tbody>
</table>

For more info please email, Melinda Wolfenden: Dejavudance1@gmail.com

**GOONDIWINDI JUNIOR RUGBY LEAGUE SIGN ON DAY!!**

SATURDAY 13 FEBRUARY 2016

10am – 2pm @ The Clubhouse

Cost: Under 7’s – Under 10’s - $100.00
Cost: Under 11’s – Under 16’s - $120.00

Please bring a copy of your child’s birth certificate if this is their first time playing for GJRL.

**POSITION VACANT – Crossing Supervisor**

Crossing Supervisor Position, 2 days per week at St Mary’s and relief as needed at both schools (St Mary’s and Goondiwindi State School). For more information please contact Karen Bray, Road Safety Officer – Southern Region Karen.a.bray@tmr.qld.gov.au or 07 46616706

**GOONDIWINDI PONY CLUB AGM**

Wednesday, 10th Feb 6 pm Victoria Hotel.

All welcome. Rally day & sign on Sunday 14th Feb 8am.

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**HOMEWORK HUB**

Commencing week 4 of term 1.
All age groups welcome

Welcome to Homework Hub, a supervised classroom environment for kids to get a start on homework for the week.

For further information please contact Jen at Ph: 0419 922 987
Email: jennifer.hurleyhouse@gmail.com
Parenting Ideas Insights

Building parent-school partnerships

WORDS Michael Grose

Make this year your child’s best ever at school

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child’s best year ever at school.

1. Commit to your child going to school every day on time
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep
   Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Insist kids exercise
   The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly
   Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. Develop self-help skills
   Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.

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.

parentingideas.com.au

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