Lent 2015

Ash Wednesday
The Lenten season began today with Ash Wednesday.
Ash Wednesday begins the 40 day period of Lent. Lent is traditionally a time of prayer, fasting and almsgiving.

On Ash Wednesday, our foreheads are marked with ash in the sign of the cross in memory of Jesus. The ashes are made from the blessed palms used on Palm Sunday from the previous year. Lent is a time during which we are encouraged to reflect on our lives and recall what our faith means to us. It is a time of personal change. It is a time for renewal, for reflecting on who we are and where we are going. The colour traditionally associated with Lent is purple which symbolises penitence and humility.

Project Compassion
The theme for Project Compassion 2015 is “Food for Life”.

$210 could provide fertiliser for 120 acres of crops in Fiji

$20 could provide 105 litre water storage to improve access to drinking water in Niger

$75 could provide ingredients so eight families can learn how to cook a healthy meal in Australia

$930 could provide two adult dairy cows to generate a stable source of income in Indonesia

Sent home today with each child is information for this year’s Project Compassion. Project Compassion 2015 throws a spotlight on global food issues, focussing on the ways in which Caritas Australia is empowering the world’s poorest people to establish sustainable food sources for life that relieve them of the fear of hunger and allow them to develop new, improved income streams for a better future.

“I invite you to make a space in your heart… respecting the God-given rights of everyone to have access to adequate food.”

Pope Francis

Acknowledgement of Country
We acknowledge that we are meeting on the traditional country of the Kaurna people of the Adelaide Plains.
We recognise and respect their cultural heritage, beliefs and relationship with the land.

We acknowledge that they are of continuing importance to the Kaurna people living today.

Approved by Kaurna Elder Uncle Lewis O’Brien 2004
From the Deputy Principal/REC

Thankyou!
Our thanks must go to the members of our community who have so graciously stepped in during Pat’s absence from the canteen. A roster organised by the P&F has ensured that the students have still been able to purchase items at recess and lunch time during these last 2 weeks. Our thanks also to the P&F for cooking over 300 pancakes for the whole school yesterday (Shrove Tuesday). They were delicious!

Some of our Parent helpers preparing pancakes

Pennington/Albert Park Sacramental Program
Parents who would like to enrol their child to prepare for the Sacraments of Confirmation and First Communion are asked to contact me at school for an enrolment package. Your child needs to have already made their Reconciliation to enrol. Those families who were involved in the 14/15 program should have already received their enrolment package. Enrolments were due today.

Parking and Pick up
At various times throughout the year, the council sends inspectors to monitor the way in which students are dropped off and picked up from school. A reminder to parents that stopping on a crossing or parking on a solid yellow line may result in a fine. Please follow these simple road rules to ensure the safety of our students.

Project Compassion
Sent home with today’s newsletter is a Project Compassion box for each family. Lent offers us the opportunity to share what we have with others who have less. Caritas Australia, with your support, is working hard to support communities who lack access to basic human rights such as food, water, shelter, education and health care. You and your family may like to donate a little of your pocket money each week or think of creative and fun ways to raise money for Project Compassion during this season of Lent. Boxes can be returned in week 10 of this term. All donations over $2 are tax deductible (don’t forget to fill in your details on the box insert).
If you would like more information about Caritas and the work they do, you may like to visit the Caritas website—www.caritas.org.au
Our journey through Lent is a time for reflection on how we are living in response to God’s love.

Good luck to our Music teacher Julie Dobo who is performing in this year’s Fringe. You may like to catch her as she accompanies the Illumina Voices and the Aurora Vocal Ensemble.

God Bless
Nives Kresevic

Happy Birthday
Willow Pene, Jenna Abela, Erin Braid, Harry Hills-Brewer and Sia Delic.

2015 School Card
Eligibility for School Card assistance is dependent upon the combined family gross income for the 2013/2014 financial year being within the School Card income limits (as shown below)

<table>
<thead>
<tr>
<th>No. of dependent children</th>
<th>2013/2014 annual School Card Income Limit</th>
<th>2013/2014 Average Weekly School Card Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$36576</td>
<td>$704</td>
</tr>
<tr>
<td>2</td>
<td>$37574</td>
<td>$724</td>
</tr>
<tr>
<td>3</td>
<td>$38572</td>
<td>$744</td>
</tr>
<tr>
<td>4</td>
<td>$39570</td>
<td>$764</td>
</tr>
<tr>
<td>5</td>
<td>$40568</td>
<td>$784</td>
</tr>
<tr>
<td>Each additional dependent child</td>
<td>$998</td>
<td>$20</td>
</tr>
</tbody>
</table>

Please note School Card is not automatically approved – it must be applied for each year. If you feel that you may be eligible, application forms are available from the front office.
**Joke of the Week**

Why don’t teddy bears eat much?  
Because they are already stuffed!

This opportunity is a distance away but is presented by a key Australian Organisation.

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**Guidelines for Good Gaming**

**Thursday 19th March 2015, 7:30-9:30pm**

**Mercedes College, Springfield**

Guidelines for parents on the physical and psychological effects of electronic gaming.

Prof Leon Straker- Professor of Physiotherapy at the Curtin University in Perth, and holds a National Health and Medical Research Council Senior Research Fellowship.

Dr Wayne Warburton- Lecturer in Developmental Psychology, and Deputy Director of Children & Families Research Centre, Macquarie University in Sydney.

Chaired by Amanda Blair

Cost $25 per person.

Book your ticket at: www.trybooking.com/GVCW

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**Rocket Reading**

Seeking Volunteers!!!!!!

Do you like being around children?  
Can you spare 2x30 mins a week to help a child learn to read?  
Have you thought of joining our successful Rocket Reading program?  
(Training is provided)  
Get to know others in the school  
Make a difference to a child  
Increase your own skills  
Be able to help your own child with Literacy

We would love you to join us. Grandparents welcome!!!!!!  
(Must have a valid Catholic Police Clearance)

If you would like to find out more about Rocket Reading please complete the following form and return it to your child’s class teacher.

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**Expression of Interest – Rocket Reading**

Volunteer’s Name: 

Your child’s name and Year Level:

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**Kidsmatter Corner**

**CALM ZONE**

For the past 12 months some of our staff members have been part of a research project about calming strategies and mindfulness. In particular we have been investigating the links between calming strategies and engaged learning. We have been exploring calming strategies as an effective tool for enhancing wellbeing and performance. This is particularly important for children as they are facing more pressures academically and socially and are exhibiting alarming rates of mental illness.

Stress has a lot to do with how we relate to the various pressures in our lives. For instance, getting caught up in worrying or dwelling can lead to anxiety and depression. Helping children to recognise this and refocus their attention on what is actually in front of them at any moment—focusing on what is rather then ‘what if’, has been shown to reduce stress, improve mental health and even boost academic performance.

Doing various calming strategies, such as meditating, deep breathing, visualisations and various mindfulness activities—a few times a day retrains and literally rewires the brain, making it easier to refocus attention when we are stressed. The attention training during a calming strategy causes growth, especially in the prefrontal cortex part of the brain, which controls the main functions which underpins learning and social functioning.

We have discovered that implementing a range of calming strategies in the classroom helps children to physically relax and to focus their attention on the present moment rather then getting caught up in worries. We call this time Calm Zone. Each class is embedding this calming time within their time tables at least 3-4 times a day.

We have attached to this week’s newsletter some tips and recommendations from parenting expert Michael Grose. In his article ‘Raising calm kids’, he speaks about the simple yet powerful techniques that all kids should practice to overcome anxieties.


Or for more information about positive wellbeing visit http://www.kidsmatter.edu.au/

Grace Loizos
Wellbeing Co-ordinator
LENTEEN PROMISES

In Year 2/3CM, we have begun focussing on lent and the meaning that it has to us. We have written our own promises that we will try to follow in this time of reflection.