Dear Parents,

I hope you’ve had an enjoyable week. I’m sure it’s been a big week for our Kinder families, being the first full week of school. I know in my own home my husband and I are struggling with tired children, homework routines and the demands of us all being back at work after the relaxed pace of holidays. Be reassured… it gets easier!

On Wednesday evening, Fr Emil facilitated the Parent Sacramental Meeting. The purpose of this meeting each year is to refocus families on the importance of their children receiving the Sacraments and what it really means.

The decision to have your child receive the Sacraments is a very personal one, similar to that personal journey we’re all on in discovering who we are as human beings. This year the Bishops of Australia have invited the whole Church to a Year of Grace. This theme was central to the material Fr Emil presented at the meeting. He encouraged parents to be awakened by the graces we experience everyday. What is it that motivates us into action; what values do we live by, and how are these translated into our everyday lives.

One aspect of the meeting that moved me was the contents of a DVD from Louie Schwartzberg, award winning cinematographer, director and producer who captures breathtaking images that celebrate life. He says, “When people see my images a lot of times they’ll say, ‘Oh my God!’”. How often do we say that? But what does it really mean?

Schwartzberg says, “‘Oh’ means it caught your attention, makes you present, makes you mindful; ‘my’ means it connects with something deep inside your soul, it creates a gateway for your inner voice to rise up and be heard; and ‘God’ - God is that personal journey we all want to be on, to be inspired; to feel like we’re connected to a universe that celebrates life”. (http://www.youtube.com/watch?v=b5DYFL4Wl4k)

So often we look without seeing. Take the time to consider the graces in your life.

Acting REC

Mrs Jo Wain will be Acting Religious Education Coordinator for the next three weeks in Mrs Marg Croese’s absence. We wish Mrs Croese a very safe and enjoyable holiday as she jets off to America early next week.

Curriculum Notes

Accompanying today’s newsletter is an overview of the curriculum content for your child’s grade for Term 1. These notes are sent home to families each term and provide valuable information regarding the learning that’s taking place across the school.

Introductory Parent/Teacher Meetings

These meetings are scheduled for Week 5. Please refer to the information sent home today. It would be appreciated if you could complete the form and return on Monday.

School Car park

From Monday, new arrangements for parking and student pick up will be in place. Please refer to specific details outlining these changes further on in the newsletter. These changes are necessary for the safety of our students. Thank you for your understanding.

Mum’s Night Out - Tonight!

Don’t forget our ‘Welcome to New Mums’ night from 5.30pm this evening. Looking forward to catching up with many of you. New mums need not bring anything but themselves. Our current mums are asked to bring a plate and refreshments. See you upstairs on the verandah of the Administration Building. Enjoy a great weekend!

Jacqueline Heffernan
Principal

Friday 22 February
Year 3 - Year 6 commence
Tennis coaching

Weekend – Term 1

Weekend Masses
Moruya: Vigil Mass – Saturday 6.00pm
Tuross: ‘The Pines’ - Sunday 8.00am
Moruya: Sunday – 10.00am

Monday 18 February
Awards Assembly at 9.00am in the Performing Arts Centre. All parents welcome!
Swimming Carnival results and Presentation
Kinder - Year 2 commence
Tennis coaching
Mrs Croese begins LSL

Thursday 21 February
Southern Region Swimming Carnival at Narooma

Happy Birthday to the following student who will celebrate his birthday in the coming week:
Jared S.

Thought for the Week…
Stephanie Dowrick

Birthdays

Wednesday 20 February
10:15am

Saturday 23 February
10:15am

Monday 25 February
10:15am

Catholic Schools Week 2013
10-16 March
Every Child Counts

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P 02 4474 2617  F 02 4474 4347
E office.stmarysmoruya@cath.org.au
W www.stmarysmoruya.nsw.edu.au
Religion News

Ash Wednesday Mass
We celebrated our first school Mass on Wednesday morning with staff, students and parishioners. Special thanks to Father Emil for making this Mass so reverent and meaningful for all those present. The students participated in the Mass with their singing and Prayers of the Faithful. The St Mary’s Staff read from the Bible and led the Prayers of the Faithful. Students from Years 4, 5 and 6 dramatised the Gospel beautifully. We began the Season of Lent on Ash Wednesday. The children are reminded that it is a special time in our year when we remember how much God loves us, and we respond to God by being even more focused than we normally are on what we give to God and do for others. We received ashes on our heads as a reminder that when we don’t get it right, we can turn to God, and God will love and forgive us. The Gospel reading at Mass reminded us that Lent is most especially about our hearts. It is about doing the things we do because God loves us, not because it will make us look good, or because someone tells us we should. Lent is about having a heart that says “I love God and I want to show God and everyone around me, how much I love God.” (Liturgy Planning, 2012)

Sacramental Meeting
Father Emil welcomed all those parents who attended the meeting last Wednesday night to enrol their child/ren in the Sacramental program for 2013. Apologies were given for those parents who were not able to attend. Father led the night with an informative presentation followed by discussion with those parents present. Please return enrolment forms to the school to Mrs Wain, and she will pass these onto Fr Emil.

Congratulations
Warmest congratulations to Tracey and Mark (Ethan in Year 3) on the celebration of their marriage last Saturday. Best wishes from the staff and students at St Mary’s.

Prayers...
Our thoughts and prayers are with Kylie and Trigger Murgatroyd and their family on the sad passing of Kylie’s father recently; Charlotte’s (Kinder) grandfather.

A Miracle
Twin girls were born 12 weeks ahead of their due date. Needing intensive care, they were placed in separate incubators. Kyrie began to gain weight and her health stabilised. But Brielle had trouble breathing and heart problems. She was not expected to live. Their nurse did everything she could to make Brielle’s health better, but nothing she did was helping her. Then their nurse went against hospital policy and decided to place both babies in the same incubator. She left the twin girls to sleep and when she returned she found a sight she could not believe. She called all the nurses and doctors and this is what they saw. As Brielle got closer to her sister, Kyrie put her small little arm around her, as if to hug and support her sister. From that moment on, Brielle’s breathing and heart rate stabilised and her health became normal.

Gracious God, You have blessed us with the grace of your own Spirit. May we, during this time of Lent, Embrace from the depths of our being, the power to live the life of love, which Jesus has taught us to live. Amen.

Have a safe and happy weekend.
Marg Croese
Religious Education Coordinator
Welcome for New Dads

Last Friday a few dads and male staff gathered at the Waterfront Hotel to catch up and welcome some new dads to St Mary's. Many thanks goes to the dads who enjoyed a great chat and some refreshments! Other social functions for dads will be planned for later.

'Insights' – Parenting Ideas Magazine

All parents can now get their own copy of the ‘Parenting Ideas’ magazine for free. You just need to go to www.parentingideas.com.au/Parents/Parenting-Magazine

Bus Travel

The boys and girls seem to have settled in well to their travel plans for Term 1. If you ever have any questions about bus travel or would like to discuss behaviour on the bus please speak to your class teacher or let me know.

Paul McKay
Assistant Principal

This week I'm cooking …

Oatmeal Raisin Cookies (with zuchinni and banana ....shhhhh!)

I’ve been inspired lately by this cute cookbook from Jessica Seinfeld (yes, Jerry’s better half). Within it she demonstrates ways of ‘hiding’ pureed vegies in everyday foods your kids enjoy – scrambled eggs with cauliflower, for example. It’s a nifty idea and one I used in the canteen this week, when I made Oatmeal Raisin Cookies with zucchini and banana. These will be available over the counter this coming Monday and Friday, for 40c each.

The actual cookbook is quite a fun read. Though quite frankly, I really couldn’t be bothered going to the extent that Jessica supposedly does, of pureeing a week’s worth of vegies every Sunday night after the kids have gone to bed, whilst she and Jerry go over their weekly schedules with a glass of wine across the island bench*. (Actually who am I kidding – I can always be bothered with a glass of wine!)

Anyway, the cookies are quite scrumptious and the more vegies we can get into our kids the better, whether hidden or not.

Many thanks: Thank you so much Amy Skipper and Sue Hargraves (Week 2), Rebecca Du Field, Pam Coppin, Ammanda Donnelly and Kath Harris (Week 3) for your help in the canteen.

This week also, special thanks must go to Jodie Handley, for so very kindly donating loads of home-grown zucchini. It’s being put to good use, as it seems everything I’m making at the moment has zucchini in it: slice, cookies, mini muffins, you name it. Just don’t tell the kids …

Yours in good health
Genevieve Schofield
Canteen Manager

*And let’s be honest, how much of a schedule can poor old Jerry have these days now that he’s been reduced to flogging home loans?

Can you help in the canteen? Either from 9-2pm, or just at serving time 11-11.30 or 1.00:1.30 on a Monday or Friday? Please call me on 0410504520 or email schofieldfamily@bigpond.com

Canteen Roster - Week 4
Monday 18 February: Kylie Heffernan
Friday 22 February: Karen Motyka & Volunteer Needed

Canteen Roster - Week 5
Monday 25 February: Volunteer Needed
Friday 1 March: Two Volunteers Needed
Library News

For the next three weeks, there will be a change in the Library and Performing Arts timetable. The change will only affect Kindergarten. Kindergarten will have Performing Arts on Monday afternoons from 1.50 - 2.35pm and Library on Thursday afternoon from 1.50 - 2.35pm. This change will take place for Weeks 4, 5 and 6 whilst I am Acting Religious Education Coordinator.

Literacy Hint

Pause, Prompt... Praise

You may have already heard of Pause, Prompt, Praise or the 3Ps as it is sometimes called. These three catchy words, Pause, Prompt, Praise describe a simple technique that, used well, will support your child to practise his/her reading and to develop more reading confidence. The principle of Pausing - then Prompting - and then Praising is very useful to remember and apply anytime your child is reading aloud to you.

Teachers and trained tutors often use a more structured version of this principle but the following tips can help you to try it out when reading with your child at home. The 3Ps technique is best used when your child is reading and 'gets stuck' on words that they can't read or are new to them. When your child encounters words that are difficult for them to read, the 3Ps Technique will allow him/her the opportunity to have another go, self-correct, or if needed, find out (be told) what the problem word is.


Numeracy Hint

Building numeracy skills when organising family activities:

- Play a game of Snakes and Ladders. Use two dice and encourage your child to add the two numbers rolled.
- Try using dice that have numbers instead of dots to help your child read and recognise numbers.
- Give your child different-sized plastic cups and a larger container to play with in the bath. Encourage your child to guess how many of each cup it will take to fill the container. Can your child make up a song or rhyme while playing with this measuring?
- Put sand in a large plastic tub so children can fill containers with sand. Sieves, colanders, plastic spoons, old clean margarine tubs, plastic bottles and funnels are useful for playing with and measuring sand.


Week 2 Class Awards

Congratulations to the following children who received class awards this week.

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<tr>
<th>Class</th>
<th>Year 1 C</th>
<th>Year 1 H</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
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<tbody>
<tr>
<td>Kinder C</td>
<td>Jessica F</td>
<td>Rhiannon B</td>
<td>Cameron Mc</td>
<td>Tiarna Mc</td>
<td>Nathaniel T</td>
<td>Bree Mc</td>
<td>Bryce H</td>
</tr>
<tr>
<td></td>
<td>Zaden M</td>
<td>Jessica T</td>
<td>Austin P</td>
<td>Jessica M</td>
<td>Ryan B</td>
<td>Archie H</td>
<td>Bradley M</td>
</tr>
<tr>
<td></td>
<td>Riley N</td>
<td>Harry E</td>
<td>Kara H</td>
<td>Bailey B</td>
<td>Abbey B</td>
<td>Bailey Mc</td>
<td>Alexandra Q</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sarah P</td>
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<tr>
<td>Year 1 C</td>
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<td></td>
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<tr>
<td>Year 1 H</td>
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It is great to see so many children working hard and receiving acknowledgment for their efforts – Well done to all!
Our School is a 'Nut Free' School Community

At St Mary's Primary School, we have some children who have allergies to nuts. While allergic reactions are common and most are not serious, for these children the reaction can be life-threatening. This is called anaphylaxis and can occur in minutes of an exposure to a trigger, in these children's case, nuts.

We see prevention as a major part of providing a safe environment for these children. Therefore we kindly ask that parents avoid preparing snacks for recess or lunch that include Nutella spread, any peanut butter, nut spreads, snack bars and biscuits that contain nuts. Products having the statement may contain ‘traces of nuts’ are suitable to bring to school.

We also ask that you please do not include foods that contain nuts when providing food for special events such as cake days or morning teas.

Thank you for your consideration.

Author Visit to St Mary’s - Friday 1 March

Aleesah Darlison is an author who writes picture story books and novels for children. She is also a book reviewer for the Sun Herald. Aleesah travels throughout Australia and internationally delivering Author Talks and Workshops for children. She has won numerous awards for writing, including an Australian Society of Authors (ASA) mentorship. Some of her books include:

Aleesah will be visiting our school on Friday 1 March to present two shows to the school. The first show, Author Talks, will take place at 9.30am for Years 3 - 6 and the Kinder - Year 2 show, Puggles and the Little Bent-Wing Bat, will take place at 11.30am. If you would like to purchase one of Aleesha’s books, please visit her website at www.aleesahdarlison.com. There is a form at the office if you would like to purchase a book.

Parking and Picking Up of Students

To make things safer for our children new arrangements for parking and pickup will be put in place from Monday. These arrangements are:

School Car Park - The school car park is now for staff only. The car park has only 17 places and there are 26 staff in total. There are also two 'Disabled Parking' places available for those eligible.

Morning Drop Off – Parents may continue to drop off students in the set down area near the Performing Arts Centre in the morning. Please do not leave your car. If you need to come into the school or office you will need to park in the Church Car Park or on the street.

Afternoon Pick Up - Please pick up students from the Church Car Park. A staff member will walk those students being picked up to this car park. You will then need to meet your child and escort them to your car. Alternatively you may wish to park in the Church Car park and collect your child from the seats in the undercover area (near bus lines).

If you would like to discuss any aspects of car parking or if you have any great ideas please be in contact. Thank you for your understanding.

Paul McKay
St Mary’s Swimming 2013

Friday the 8 February saw a feast of great swimming. The St Mary’s students arrived at Moruya Swimming pool ready to compete and cheer for their teams. It was fantastic to see the streamers and signs made to support their houses. I need to thank the students for the mature way they conducted themselves, cheering for team mates and friends from other houses. For some, the aim of the carnival was to gain selection in the Southern Region Team and for others it was just to participate and earn points for their team. I was particularly pleased with the attitude shown by the students. They showed true sportsmanship at the completion of their races, congratulating their fellow competitors. There were students who swam up a division and students who swam two legs of their relay race. A highlight for me was when a senior student swam for another house as he knew their relay team was short and he did not want them to miss out. The success of the carnival was largely due to the outstanding support we received from the St Mary’s parent community. The help we received from parents greatly assisted the teaching staff in running a smooth carnival.

A huge congratulations to those who have been selected to represent St Mary’s at the Southern Region Carnival at Narooma on Thursday 21 February.

Swimming Presentation: This will take place after our Monday morning assembly. The presentation will include.

- Ribbons for the 200m IM, 100m Freestyle, 50m races and relays
- Age Champions
- House Champions

<table>
<thead>
<tr>
<th>Year 2</th>
<th>Felicity L, Claire M, Jessica M, George M and Kooper B.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3</td>
<td>Mikayla P, Hayley E, Charlotte Q, Ryle S, Michael G and Rory H.</td>
</tr>
<tr>
<td>Year 4</td>
<td>Gemma M, Abbey C, Emily S, Bradley M, Sam H, Archie H and Cooper B.</td>
</tr>
<tr>
<td>Year 5</td>
<td>Georgia P, Matilda K, Charlotte W, Grace B, Monique H, Alexandra Q, Riley M, Ethan M and Shane M.</td>
</tr>
</tbody>
</table>

Tuross Netball Club Registration for 2013

Registration days for the upcoming 2013 netball season will be held on Saturday 16 and 23 February, 11.00am - 2.00pm at Tuross Country Club downstairs. All players turning 8 years and up this year are welcome to come along and register. Fees to be paid with registration.

Netta $80, Junior $105 and Senior $130. For further information contact Sue Sinclair 44744498.

Broulee Netball Registration

When: Saturday 16 and 23 February 2013
Time: 10.00am - 2.00pm
Where: Captain Oldrey Park
Cost: $70.00 for 8 - 10 years old, $100 for 11 - 17 year olds and $125 for Seniors. Add $25 for shirts. Any questions contact Anne Jones 44718997.