Dear Parents

Lent
Next Wednesday marks the beginning of the season of Lent. During Lent we try as a community to do three things:
- We try to deepen our prayer life. This could be as simple as praying each night as a family or attending morning Mass more often during Lent.
- Helping others by visiting the elderly or assisting someone who might be in difficulty.
- Self-denial or going without a treat and donating the money to Caritas. Each class will have a Mission Box in the room to allow donation of loose change to Caritas.
The school will begin the Season of Lent with a whole school Mass at 9.15am in the Church. Parents are most welcome to attend.

Swimming Carnival
Thanks to Mr Bateman and the wonderful team of helpers on the day (both teachers and parents) for a brilliant carnival last Friday. The weather was perfect and the day ran very smoothly for all involved. The representative swimmers who progress to the next level are listed within this newsletter.

Pupil free day
On Monday all staff gathered at Carroll College to take part in a workshop presented by a leading educationalist, Mr Ralph Pirozzo. I can understand that this would have been inconvenient for many families but it was the only available date we could secure Ralph and allow all three schools to attend. It was a great day of sharing and strengthening the K–12 pathways for our children in Catholic education.

Community Council
We still need two more parents to nominate for the Community Council. We have three positions to fill and we have received one nomination following last week’s newsletter. If interested please send your name into the front office.
One of the first items of business will be the formation of a sub-committee to clarify the St Mary’s school uniform, survey parents and publish school uniform guidelines on the school webpage.

Information Changes
Last week we sent home some information regarding contact details for your family. Please take some time to check these and return them to your child’s teacher before Friday. My thanks to the many families who have responded so promptly and returned the blue forms to the school.

Combined Schools Ball
Bookings are being taken at the front office for this social event of the year to be held on Saturday night March 21. I understand that the band are fantastic and will get the most reluctant dancers up and on the floor. We want this to be a really successful night so please consider coming along.

Breakfast Club
This wonderful initiative is open to all children on Tuesday, Wednesday and Thursday mornings from 8.00am. My thanks go to the many staff, parishioners and parents who give their time to assist each morning. Children can have a choice of cereal, juice and toast for breakfast.

School Fees
This week the school fee notices were sent home. If you are paying by direct debit this bill will be a statement.
School fees have risen by 2.5% (CPI) so some families may need to make a slight adjustment to their direct debit arrangement. If this is the case please contact the front office. Should families be experiencing financial hardship in relation to the payment of school fees, please make an appointment to discuss the matter.

School Communication
We are trying to be more conscious of our paper use this year and now only print a small number of school newsletters. The newsletter is placed on the Skoolbag app and also put up on the school webpage. Should you wish to have the newsletter e-mailed directly to you please contact Annette and she will put you on the list.

Best wishes
Mick Lowe, Principal

Week 4 — Term 1

Weekend Masses
Moruya: Vigil Mass – Saturday 6pm
Tuross: ‘The Pines’ - Sunday 8am
Moruya: Sunday – 10am

Monday 16 February
Awards Assembly

Tuesday 17 February
Shrove Tuesday
Rugby League Session
in the Hall 2:15pm (K-6)

Wednesday 18 February
Whole School
Ash Wednesday Mass 9:15am

Thursday 19 February
Southern Region
Swimming, Narooma

Friday 20 February
Year 6 Leadership Day at St Bernard’s

Happy Birthday to the following students who are celebrating their birthday in the coming week:

Bailey B
Sahara K
Scarlett W
Mia C
Jared S
Tamarni T
In this Sunday’s Gospel, we hear Mark’s report of the miraculous healings that Jesus performed in Galilee. The reading focuses on the man with leprosy who approached Jesus to ask for healing. In doing so, the leper violated the religious customs of the day by approaching a person who was clean. His request to Jesus can be interpreted as a courageous and daring act. The confidence of the leper in Jesus’ ability to heal him is evident in the words of his request. Mark’s Gospel tells us that after this healing, it became difficult for Jesus to travel freely. Jesus’ movement was hampered by his popularity. Despite his instructions, the cured man spread the word about Jesus' healing power. Even when Jesus was in deserted places, people sought him out in search of his healing.

Ash Wednesday

Next Wednesday, 18 February is Ash Wednesday. We will celebrate a whole school Mass at 9.15am in the Church and welcome all families and friends to celebrate this Mass with us. Ash Wednesday marks the beginning of Lent as we journey toward the beautiful feast of Easter. To prepare ourselves for Easter, the Church asks us to do three things: to pray, to fast and to give of ourselves.

Praying Daily

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favour, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church’s call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, yourself more centred, and your Spirit more aware of God’s presence.

A Different Type of Fasting

There are many ways to fast. Why not fast from gossip, judging others, or passing on rumours? Why not abstain from unwarranted fear and anxiety? These are beautiful ways to observe the Lenten call to fasting and abstinence.

Give of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don’t involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Tell your children stories about people whose values you admire when you gather at mealtime. Don’t be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others. So no matter how busy your are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning (Loyola Press 2015).

Class Mass

The students in Year 5 will attend their first class Mass tomorrow with Mr Harnett. We thank Fr Dominic for celebrating this Mass with them. All parents and friends are warmly invited to attend this Mass with their child/ren.

We Pray

We especially pray for all those people suffering from illness at this time and we pray for peace in our world.

Have a safe and happy weekend
Marg Croose
Religious Education Coordinator

Prayer for Students

God our Father, thank you for giving me a mind that can know and a heart that can love.
Remind me that all knowledge comes from you, and leads back to you.
Lord Jesus Christ, as a youth you grew in wisdom, stature, and favour with God.
Bless me with the grace to persist in my studies in order to build
the kingdom of God on earth so that I may enter the kingdom of God in heaven.
Come Holy Spirit, inspire me with acuteness in understanding what I study,
power to remember it, so that others too may delight in your truth.
Amen.
Kinder All Stars

Congratulations to all our Kinder students for settling into life at Big School so well. Here are a few responses from Kinder students when asked, “What do you like about school?”:

- Lucas - I like playing outside with Kobi.
- Zara - I like reading books.
- Michaela - I like writing about everything.
- Murray - I like playing outside and drawing inside.
- Lorelai - I like painting hand prints.
- Charlie - Mr Ward is my favourite.
- Bailey - I like the pole in the play equipment.
- Adam - I like having fun playing games.
- Jack - I like Maths. My favourite number is 20.
- Lily - I like school because it’s fun.
- Vivienne - I like reading books from the class book box.
- Autumn - I like doing artwork. A rainbow is my favourite colour.

Congratulations!

Congratulations to all our Year 6 Leaders for a great day at the Swimming Carnival. You were wonderful role models and encouraged everyone to have a go. Your chants were very well practised and you kept your house areas very tidy. Well done for leading an excellent day for all.

Wishing you all the best with your combined Year 6, Caritas Leadership Day at St Bernard’s next week. We look forward to the new ideas you will bring back to school.

Catrina Niddrie, Assistant Principal

Week 2 Class Awards

Congratulations to the following children who received class awards this week. It is great to see so many children working hard and receiving acknowledgment for their efforts – well done to all!

<table>
<thead>
<tr>
<th>Year KCK</th>
<th>Year KW</th>
<th>Year 1H</th>
<th>Year 1O</th>
<th>Year 2J</th>
<th>Year 2JP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooper M</td>
<td>Michaela F</td>
<td>Zac V</td>
<td>Ellie H</td>
<td>Tyler C</td>
<td>Max C</td>
</tr>
<tr>
<td>Mitchell Z</td>
<td>Lucas B</td>
<td>Millie K</td>
<td>Millie H</td>
<td>Nash G</td>
<td>Jessica F</td>
</tr>
<tr>
<td>Bianca B</td>
<td>Cooper C</td>
<td>Lacey</td>
<td>Piper S</td>
<td>Cameron L</td>
<td>Bailey P</td>
</tr>
<tr>
<td>Adam S</td>
<td></td>
<td></td>
<td>Chester W</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 3S</th>
<th>Year 3D</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
<th>Library</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kyden B</td>
<td>Emily C</td>
<td>Jessica M</td>
<td>Hayley E</td>
<td>Gemma M</td>
<td>Zac W (year 10)</td>
</tr>
<tr>
<td>Lena H</td>
<td>Bradley B</td>
<td>Bobby G</td>
<td>Bernard L</td>
<td>Annie H</td>
<td>Nathaniel T (year 5)</td>
</tr>
<tr>
<td>Kyza</td>
<td>Angelina H</td>
<td>Bailey B</td>
<td>Stuart L</td>
<td>Bree Mc</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Declan C</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Josh C</td>
<td></td>
</tr>
</tbody>
</table>
Library
It has been wonderful to see so many children using the new library space so effectively. Many students are coming in during recess to read and even research and work on various class assignments and tasks which is fantastic! Please remind your child to bring their library bag with them each week so they are able to borrow books to bring home. If you still need to get a library bag for your child, try eBay.com.au. There are lots of different colours and designs to choose from, including many characters and they are a great price. Just search for ‘school library bags’.

The author of the month this month is Jackie French. Jackie is one of Australia’s most popular and awarded children’s authors, writing across a number of children’s genres including picture books, history, fantasy and historical fiction. Did you know she lives near Moruya in the Araluen Valley? Jackie has a great range of books so encourage your child to read one this month!

Happy reading!
Mrs Afflick

Can you help?
We have some ‘Goosebumps’ fanatics at St Mary’s and we are trying to track down more books to add to our collection. If you have any old or unwanted Goosebumps books at home, we would love to take them off your hands!

Breakfast Club has been very popular with students this term and it is fantastic that we can now offer this service at our school on three mornings. Read below to find out some of the reasons why we offer breakfast at school:

Why is breakfast important?
- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

No time for breakfast?
Try some of these quick breakfasts children can enjoy “on the go”:
- reduced-fat yoghurt, or a yoghurt drink.
- reduced-fat milkshake
- healthy cereal in small plastic bag (a small carton of milk can add a calcium boost)
- slice of banana loaf or other low fat fruit loaf.

Karen Hadley, Coordinator

Piano Tuition
Marina Bell A.Mus.A, L.Mus.A.
Marina is a highly qualified teacher with over 30 years experience. She currently tutors students privately at St Mary’s achieving top results in exam and music festivals! Contact Marina on 44727143 or email: marinabell07@yahoo.com.au if you are interested in your child being tutored.
KCK HAVING A BALL AT ST MARY'S
St Mary’s Swimming Carnival 2015

Wow! What an exciting and highly competitive day. St Mary’s students demonstrated great sportsmanship throughout the day and created a rousing atmosphere with all houses eagerly cheering their team mates on to do their best.

These fabulous days do not run themselves. I’d like to thank the St Mary’s staff who contributed to a very successful day. Also thanks to the help we received from parents timekeeping, starting, recording and providing refreshments. This greatly assisted the teaching staff in running a smooth carnival. I also need to thank the students for the mature way they conducted themselves, cheering for teammates and friends from other houses.

A final thank you must go to the Moruya Swimming Club for allowing us to use their clubhouse and equipment.

Age Champions: Congratulations to the following 2015 Age Champions for their spirited performances.

<table>
<thead>
<tr>
<th>Junior Girl</th>
<th>11 Years Girls</th>
<th>Senior Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felicity L</td>
<td>Michala P</td>
<td>Gemma M</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Junior Boy</th>
<th>11 Years Boys</th>
<th>Senior Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alex C</td>
<td>Ryle S</td>
<td>Josh C</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sam H</td>
</tr>
</tbody>
</table>

House Champions
The race for the winning House was a very tight contest. In the end there could be only one winning House despite the outstanding efforts from all participants. The winners were Cassidy. Congratulations to all house members for competing on the day.

A huge congratulations to those who have been selected to represent St Mary’s at the Southern Region Carnival at Narooma on Thursday February 19.

<table>
<thead>
<tr>
<th>St Mary’s Swim Team - Southern Region Carnival Narooma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 2       Cameron L, Alex C, Ellie V W, Jessica F, Kaitlyn P</td>
</tr>
<tr>
<td>Year 3       Harry E, Jared S, Jasper Z, Charlotte W</td>
</tr>
<tr>
<td>Year 4       Claire M, Felicity L, Jessica M, Bradley L, Bobby G, Bailey B, Angus L</td>
</tr>
<tr>
<td>Year 5       Michala P, Makaylah C, Hayley E, Ryle S, Max M, Jaymz M, Madeline W</td>
</tr>
</tbody>
</table>

Good luck at Narooma.

Justin Bateman
Sports Coordinator
St Mary’s Swimming Carnival 2015
Combined Catholic Schools Ball - 21 March

It is great to see the St Mary's parents and staff supporting the upcoming combined schools ball. At this stage we have around 60 St Mary's parents and staff who will be attending the night. Our first booking spreadsheet is nearly full - and we can easily add another! There is a mixed table (or two) and single seat bookings are more than welcome. The aim of the night is to bring our three schools together and have an enjoyable time. Please come along!

Fundraising proceeds from the Ball will be split between our three Catholic schools on the coast so it would be great to see as many people as possible attend. If you haven’t attended one of our Balls before please note Ballroom style dancing is not expected, nor are elaborate Ball gowns. The band Phat Boyz plays modern music so you do not need to know the Foxtrot or the Rumba! Although if you do, we’d love to see it in action!

Please head on in to the school office to book your seat. You can also call the office and book/pay over the phone and tickets can be sent home with your child. Tickets are $55 and for this you will receive a delicious dinner and some delightful company.

There will be a bus running to and from the Soldier’s Club and the cost is $10 per person. If you would like to travel on the bus you need to book a seat by putting your name down on the list in the office (bookings will be taken on a “first in best dressed/seated basis”). Pay when you get on. Bus schedule as follows;

- Tuross Shops 5.10pm
- Lake St 5.15pm
- St Mary’s Moruya 5.30pm
- Broulee Shops 5.40pm
- Then via Mogo to be at the Soldier’s Club at 6.00pm

Lastly, we would like to extend a big thank you to the Gilbo family and South Coast Seaplanes who have donated a prize in the raffle - a Seaplane flight for two. This is a wonderful way to see our coastline from above and we are very appreciative of this donation thank you.

Please keep an eye out for more exciting raffle news and tickets being sent home in the coming weeks.

Thank you for your support, it is shaping up to be a fun night!

St Mary's Ball Committee
Jo Flood & Brooke Wood

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Batemans Bay Junior Boars Rugby Union

Batemans Bay Junior Boars Rugby Union Club is now taking registrations for the 2015 competition. Junior Teams aged from Under 9, will be playing in the ACT Junior competition on a Saturday, playing both home and away games. Training is held at Hanging Rock. Registration costs are $90. Program is fully supported by ACT Brumbies.

For further information, https://www.facebook.com/bayboarsjuniors or contact Ronnie: 0408247644 or Kylie 0428743471 or email: juniorboars@gmail.com
How to Have ‘The Talk’ with Your Child

Family Life Educator John Shay from Cairns Diocese will run a seminar for parents of primary school children on how to discuss issues of sexuality with your children.

Place: Rheinberger Centre, Yarralumla ACT
Date: Tuesday 24th February
Time: 7pm-8.30pm.
Cost: $5 donation at the door
Enquiries: info@catholiclife.org.au

Register at www.bit.ly/thetalk_parentsession

Research indicates that children prefer to seek information about sex and sexuality from their parents more than any other source, and perceive their parents’ advice to be trustworthy. But parents often feel inadequate in their own understanding or unsure of how to respond appropriately.

If you have very young children and would like to be well prepared for discussions as they arise, this Parent Session will help you feel more confident and comfortable in giving your child positive, accurate, reassuring and age appropriate information and guidance.
There’s no doubt that the best outcomes for kids happen when teachers and parents work together to support children’s learning. Here are 10 ways you can work with your child’s teacher to maximise your child’s chances of school success.

1. **Know what your child’s teacher is trying to achieve**
   Like children, every teacher is different with their own specific expectations, goals and interests. Get to know your child’s teacher and gain an understanding of their approach and aspirations for your child’s class.

2. **Keep your expectations reasonable and positive**
   If your expectations are too high your teacher may give up. Too low and they will meet them! The trick is to keep your aspirations for your child in line with their ability and their interests. Also be realistic about what your child’s school can deliver. Sometimes our expectations of schools are not in line with their capabilities or their roles.

3. **Support your teacher’s expectations & activities at home**
   One practical way of supporting your child is to take a real interest in their home-based learning tasks and follow the guidelines laid out by teachers.

4. **Send kids to school ready to learn and on time**
   Maximise your child’s chances of success by sending them to school in a good frame of mind, with plenty of sleep and a good breakfast. Also make sure they get to school on time. It’s estimated that many kids miss up to two weeks of school a year when they are routinely late by just five minutes a day.

5. **Inform teachers of your child’s challenges and changes**
   Life’s not always smooth sailing for kids. Family circumstances can alter. Friends move away. Illness happens. These changes affect learning. Make sure you keep your child’s teacher up-to-date with significant changes or difficulties your child experiences, so he or she can accommodate their emotional and learning needs at school.

6. **Skill children to work with others**
   Schools are social places requiring children to work and play with each other much of the time. Teaching manners to kids, as well as encouraging them to share their time, space and things with others are practical ways to help kids with their social skills. Talk through any social challenges they may have, helping them develop their own strategies to get on with others.

7. **Respectfully seek joint solutions to problems and difficulties**
   Resist the temptation to solve all your children’s problems or think you have the only solution. Most learning and social problems can be resolved when teachers and parents work together in the best interests of the child.

8. **Participate in class & school activities**
   There is a huge body of research that points to the correlation between parent involvement in a child’s schooling and their educational success. Quite simply, if you want your child to improve his learning then take an interest in his learning, attend as many school functions as you can, and follow the lead provided by your child’s teacher. This simple strategy will have a massive, long-term impact.

9. **Trust your teacher’s knowledge, professionalism and experience**
   Your child’s teachers are your greatest allies. Their training, their experience around kids, and their objective professionalism puts them in a strong position to make judgement calls about your child.

10. **Talk up what happens at school**
    Your child will take their cues from you about how they see their school. If you want your child to value learning, and enjoy their time at school then you need to support your school and make sure he or she hears positive messages about learning, teachers and the school itself. You can set a strong educational agenda at home by talking up your school.

This type of 10-point plan is easy to read but hard to put into practice, particularly when you get busy or your child has significant difficulties. Choose two or three ideas from this list to really focus on in the coming year and you’ll find that the rest will fall into place. Good luck and nurture the partnerships you have with your child’s teachers.

We’re STANDING TALL in 2015
STAND WITH US!

Broulee-Moruya Giants
Australian Football Club

CONTACT US NOW
ABOUT TEAMS
Auskick (5-6yrs)
Intra 9’s (7-8yrs)
U/11’s
U/13’s
U/16’s

TRAINING
Mondays: Captain Oldrey Park, Broulee, from 4pm
Thursdays: Gundary Oval, Moruya from 4pm

Registration Day, First Training
Monday 2 March 2015, Captain Oldrey Park

Home Games Saturdays, Gundary Oval Moruya

CONTACT
Marty Jones: 0478 605 645
bmaussierules@gmail.com

2015 MEMBERSHIP
BECOME A GIANT

Register online at
www.bmgiants.com