Dear Parents,

I hope you’ve had an enjoyable week. Above is a sneak preview of our major school social event for the year. Plans are well underway for the Combined Catholic Schools Ball to be held on Saturday 15 June. We’re hoping this will be very well supported by families from our three Catholic Schools. Tickets will go on sale later this term. Start getting your friends organised for your table, and join in the fun with staff and other parents from Carroll College and St Bernard’s. Everyone is welcome! Feel free to invite friends from afar and let them enjoy a taste of the social parent scene of our Catholic schools on the Coast. The theme this year is WINTER WONDERLAND. Feature band is ‘Phat Boyz’ who are just fabulous. A night of dancing is guaranteed! The evening includes a 3 course meal and a bus will be running from various pick-up points along the coast. A night not to be missed!

Welcome...

On behalf of our school community, it’s my pleasure to welcome Natalie and Alexander Dennis and their young family to St Mary’s. Their eldest child has commenced in Year 1C (Alexander). A very warm welcome to you all.

Parent Support Group:

For parents of children with a disability

The Learning Support team from the Catholic Education Office (CEO) is facilitating a Parent Support Group on Tuesday 5 March at the Batemans Bay Soldier’s Club. Details of this meeting have gone home today to families of children with a disability.

Principals’ Retreat

Next Wednesday, 57 principals from across the Archdiocese of Canberra & Goulburn will be attending the annual Principals’ Retreat at Murramarang Beachfront Nature Resort, north of Batemans Bay. I will be away from school for three days. Mr Paul McKay will be Acting Principal in my absence. Please don’t hesitate to contact Paul should the need arise. I’m sure there’ll be much to report, on my return.

Enjoy a peaceful and relaxed family weekend. We’ve had a very positive start to 2013!

Jacqueline Heffernan
Principal

Week 5 – Term 1

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

Monday 25 February
Awards Assembly at 9.00am in the Performing Arts Centre. All parents welcome!

Parent/Teacher Introductory Meetings

Tuesday 26 February
Parent/Teacher Introductory Meetings

Wednesday 27 February
Parent/Teacher Introductory Meetings

Principal’s Retreat - Mr McKay
Acting Principal

Thursday 28 February
Parent/Teacher Introductory Meetings

Principal’s Retreat - Mr McKay
Acting Principal

Friday 1 March
Visiting Author
Aleesah Darlinson
Years 3-6: 9.30am
Years K-2: 11.30am

Tennis coaching (Years 3-6)

Principal’s Retreat - Mr McKay
Acting Principal

Congratulations

Our representative team did us proud at yesterday’s Southern Region Swimming Carnival at Narooma. Special thanks to organising teachers, Tony Ward, Jo Wain, Matthew Harpley and Julie Wiggins for their coordination of this event. Also to parents, Lyndall Lotze and Karran Roberson for their support. Full details will follow in next week’s newsletter.

Enjoy a peaceful and relaxed family weekend. We’ve had a very positive start to 2013!
Religion News

COMBINED SCHOOLS MASS
This year our three schools on the Coast, St Bernard’s Batemans Bay, Carroll College Broulee and St Mary’s Moruya, will be celebrating our annual combined Mass during Catholic Schools Week. The Mass will take place on Wednesday the 13 March at Carroll College. It would be wonderful to see as many families as possible at this celebration. More details will follow as the date gets closer. Please add the date into your diary.

The Season of Lent
One of the actions we are called to do in Lent is offering assistance to the poor, particularly through Project Compassion. Each year Project Compassion runs during Lent, raising money and offering hope to millions of families who struggle every day to survive. On the weekend at St Bernard’s, we had a visiting priest, who had recently arrived back from the Philippines. He spoke of the wonderful work of Caritas, helping families to provide food and an education to their children. Below is one story illustrating the hope Caritas can provide to families in need.

Vannak’s Story
Vannak, 17, and his family live in Andong Village, the largest slum in Cambodia. Home to approximately 8,000 people, Andong was established in 2006 when the inhabitants were driven from their homes to make way for development.

When he was 15, Vannak left school to support his family as both his parents became ill. Around the same time, in the hopes of achieving a better life, his parents had borrowed money. So every week he would give most of his 12,000 Riels (US$3) a day earnings to them.

Vannak’s friends told him about a project supported by Caritas Australia called Youth for Peace. Vannak decided to give it a go as he had heard that it provided food. Designed to provide life skills and vocational training such as handicrafts, gardening and small business, the goal of YEP is to increase youth employment, as well as build a sense of responsibility and solidarity.

At first, Vannak wasn’t focused on learning; he was so hungry that what he most looked forward to was eating the food provided! However it didn’t take long for his hunger to grow for something else – learning; in particular silk screen printing and gardening. Vannak found it hard at first but soon began to love the craft. Not only did he learn to print but he learned to think differently about his life. He used the money he earned to support his family and to return to school.

“People were very surprised when they saw me going back to school. I would tell other young people... how education is so valuable to me”.

There are Project Compassion boxes in all classrooms that will be offered up at the end of Lent. Any donations will help. For more information visit the Caritas website at http://www.caritas.org.au/

Congratulations...
Congratulations to Andy, Alicia and Cooper Hampson who welcomed their new baby daughter and sister into the world on Friday. We are very much looking forward to meeting Elka Grace.

Kids Club
Father Emil is away for the next two weeks. Any students wishing to attend Kids Club: a combined churches youth group for Primary Children (and older ones who want to help in activities), will need to be taken by their parents directly to St John’s Anglican Hall.

Jo Wain - Religious Education Coordinator (Acting)

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: marinagibson80@yahoo.com if you are interested in your child being tutored.
Parking and Picking Up Students
To make things safer for our children new arrangements for parking and pickup were put in place last 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 is 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.

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.

‘Insights’ – Parenting Ideas Magazine
The article attached this week offers us some insights into ‘Bullying’. The article suggests, ‘Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying’. Do you agree?

How is your son or daughter going in the classroom and playground at St Mary’s? Please do not hesitate in contacting your child’s teacher immediately if you have any concerns.

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

Paul McKay
Assistant Principal

St Mary's Swimming Carnival Awards
Monday saw the Presentation for the 2013 St Mary’s Swimming Carnival. It was fantastic to see how many different students achieved success in the races. The Inter House point score proved to be a hotly contested competition. In the end there could only be one winning team. Hats off to the Howard team. Top Job!

A massive congratulations needs to go to our Age Champions for 2013. These students pushed themselves to compete in all races achieving great results. Some students even swam personal best times.

Jnr Girls Age Champion: Mikayla P
Jnr Boys Age Champion: Bradley M
11yrs Girls Age Champion: Georgia P
11yrs Boys age champion: Riley M
Snr Girls Age Champion: Allie R
Snr Boys Age Champion: Lachlan F

Stayed tuned for an update on the Southern Region Swimming Carnival.

Tony Ward

Archdiocesan Tennis Trials-Young
On Monday 18 February, Monique H and Lucy C headed up to Young for the Archdiocesan Tennis Trials. The competition was of a high calibre. Lucy and Monique competed against eleven of the best tennis stars from the Canberra Goulburn Archdiocese. The competition saw the girls play 9 matches. As you can imagine the girls were exhausted by the end of the selection trial. Monique and Lucy proved to be outstanding representatives for St Mary’s. Monique came second overall and Lucy came fourth overall. The girls gained selection in the Canberra Goulburn team. So it looks as though both Lucy and Monique will be training ferociously to prepare themselves for the next competition. We wish you both the best of luck. We look forward to hearing about your next tournament.

Tony Ward
ICT NEWS
A reminder if all Computer Use Agreement forms can be returned to school as soon as possible please. The responses are collated and passed on to all classroom teachers to have on file.
Towards the end of last year, we made some new purchases to assist with teaching and learning in 2013. We purchased two new Interactive Whiteboards which have been installed in Years 4 and 5. An interactive Whiteboard is a product that allows you to project your computer screen and then encourages interactive learning by the students. A special ‘pen’ is used to navigate as you would a mouse, making the white board a collaborative learning tool. Please feel welcome to come in after school one day and view the new tools in Years 4 and 5. We also purchased 15 iPads to be initially trialled with Years 4 and 5 and Learning Support. We have chosen to begin with two classes to increase student outcomes over a period. Our focus will be providing students with a tool that allows students to engage in learning in an interactive way and find information at their fingertips. We are in the process of getting them ready for classroom use. We are working very closely with Steve Carter, Learning Technologies Officer from the Catholic Education Office. If you have any questions please don’t hesitate to come and see me.

Jo Wain

Literacy Hint
Story-telling is a great way to extend your child’s language and listening skills, as well as expanding their imagination. Either you can tell the story, or encourage your child to tell the story.

Story-telling might be about:
- A favourite character from a book or television program.
- Another family member.
- Your child's favourite toy.

Here are some tips to start your storytelling:
- Make it exciting, with different voices, puppets, props or a finger play.
- Start with what interests your child.
- Create a character and setting.


APP of the Week
MATH - Ace Kids Math Games
FREE
Assists students in understanding how to count, add and subtract using visual cues and fun animations.

Week 3 Class Awards
Congratulations to the following children who received class awards this week.

<table>
<thead>
<tr>
<th>Kinder C</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>
</tr>
</thead>
<tbody>
<tr>
<td>Will D</td>
<td>Jasper Z</td>
<td>Moni B</td>
<td>Kooper B</td>
<td>Baileigh N</td>
<td>Ael H</td>
<td>Amelia T</td>
<td>Georgia P</td>
</tr>
<tr>
<td>Koby D</td>
<td>Kalissa B</td>
<td>Taya B</td>
<td>George M</td>
<td>Michael G</td>
<td>Sam H</td>
<td>Riley M</td>
<td>Tom G</td>
</tr>
<tr>
<td>Lauren W</td>
<td>Lena H</td>
<td>Kye Z</td>
<td>Felicity L</td>
<td>Georgia N</td>
<td>Daniel M</td>
<td>Antoinette M</td>
<td></td>
</tr>
</tbody>
</table>

It is great to see so many children working hard and receiving acknowledgment for their efforts – Well done to all!

ALL NEW U/12's Comp – Mondays - at Moruya Basketball
If you are turning 9, 10 or 11 this year and want to be involved in a fun, active sport than Basketball is for you!! Registrations open Monday 25 of Feb at 4pm.
A "get to know basketball" day Monday 4 of March at 4pm
Games commence Monday 11 of March (depending on numbers)
Get Fit, Have Fun and Make Friends! Parent involvement most welcome

U/16’s Comp – Tuesdays - @ Moruya Basketball
U/16 Mixed Girls and Boys (turning 12, 13, 14, 15 this year)
Tuesdays @ 4pm. All new players welcome!!

For more information contact Kylie on 0416240675/44744913 or email: kylie.cursio@bigpond.com
Or contact Moruya Basketball 44742065 after business hours or email moruyabasketball@southernphone.com.au
True to our motto...there was lots of ‘Living, Laughing and Learning’ taking place last Friday night at our Mum’s Night Out. It was wonderful to get to know some new mums and to see familiar faces once again. Thanks for everyone who brought delicious food and the sunset views over the river were spectacular.

Welcome to St Mary’s 2013!

Belinda Quick, Jodie Hodgetts, Sarah Purse & Louisa Bonner

Genevieve Schofield, Karen Motyka, Kim Blake, Shellie Butler & Tennille Wright

Di Dallas & Annette McKay

Julie Wiggins & Ros Maher

Fran Devonald, Jodie Colbourne, Jenny Hogg & Naomi Nimmo

Annette Hazell, Belinda Newberry & Brooke Wood

Jacqui Heffernan, Jo Wain & Amy Skipper
What bullying isn’t, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that’s wrapped in emotion. For many people bullying is associated with bad childhood memories. It’s been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children’s natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can’t escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don’t want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn’t constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to ‘think’ language) and feel. It’s normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools’ anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child’s support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It’s worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.