Dear Parents

The children in Year 6 had the opportunity to attend a leadership day in Batemans Bay last Friday run by the Caritas team. The children discussed what good leadership looks like and discussed how they can become better leaders in our school. Part of the day was devoted to looking at equity and the distribution of wealth in the world. Far too many children in the world do not have enough to eat and do not have access to clean water. The children were encouraged to support the work of Caritas in Australia and in countries around the world. We have Project Compassion boxes in all our classrooms.

Food at School
There seems to be an increase in the number of children coming to the office asking for additional food for their lunch. We do not wish to see any children hungry but we believe a few children may be taking advantage of the situation. Could I ask that you check with your child to ensure they are getting sufficient food in their lunch boxes?

Community Council
The first meeting of the executive of the St Mary’s Community Council (CC) will meet next Tuesday evening March 3 at 5.00pm. I wish to thank those parents who have volunteered their services to be part of the Council. The first item of business will be the election of office bearers. Following our meeting I will publish the names and positions of the CC members.

Sacramental Information
For parents of children in Years 2, 3 and 6, Fr John has placed some information in this newsletter for you to read. It is important to note that the information session for all Sacraments will be held on March 3 at 3.15pm at St Bernard’s or March 5 at 3.15pm in Moruya. Please come along to either of these two short meetings to enrol your child.

Maths Problem
Some children in Year 4 have written a Maths problem for all the school community to attempt to solve. The children came up with the idea themselves.

There are three children Bradley, Luke and Julie. They all like different food (lasagne, pizza and tacos) and different drinks (creaming soda, coke and milkshakes) and have different coloured cars (silver, black and white). Can you sort out who likes what?

Julie likes lasagne. The person who likes milkshakes owns a white car. The person who owns a black car does not like pizza. The person who likes Coke does not have a silver car. Bradley likes creaming soda. Julie likes milkshakes.

Have fun. Put answers in the box outside the Year 4 room with your name and class.

Best wishes
Mick Lowe
Principal
Continuing the Sacramental Journey

How can I tell whether my child is ready to celebrate a Sacrament?
After a child is baptised you as parents need to make a decision about the age that you believe that they are ready to participate in the Sacramental celebrations of the Catholic community. This is never an easy decision but as a parish community we want to assist you in making them. This may vary from child to child. However, these points may assist you.

Reconciliation
- A child is ready for reconciliation when they are able to make a choice between doing something good or something bad.
- A child is ready for reconciliation when they recognise that their actions can have a harmful effect on others and that they are truly sorry for what has happened and want to make amends.
- When they can be truthful about what is troubling them and that they are able to confide in you as a parent without fear of being judged.

Eucharist
- A child is ready for the Sacrament of Eucharist when they are able to say thank you for the good things that they have received.
- A child is ready when they can start to make preparations for the celebration of a family meal or a particular celebration in the life of the family.
- A child is ready when they become attentive to how they can provide for the needs of others with a sense of generosity and gratitude.

Confirmation
- A child is ready for Confirmation when they are able to start recognising that the gifts that they have may be able to assist others.
- That they start to take on responsibility for other siblings within the home or when they take on a particular responsibility in a school or community environment.
- When they start to recognise that they can make a positive difference to the lives of others within the community.

What the parish will help you to do during this time of preparation
The parish will seek to walk with you and help you to make this celebration an important step along your child’s faith journey. This will be the first of the steps for them to become a disciple of Jesus Christ and we want to provide the best environment for them to make that step with confidence and an intention to deepen their faith as part of our community. We will emphasise three elements which will assist you as a family: helping you to pray with your children; practicing what will be involved in the celebration of the sacrament and the ability to reflect on what they have experienced. We believe that these three elements will help you as a family to have discussions about God, about what it means to pray; what can assist us in living the Christian life and ways that help us make good decisions. We want to support you in this faith journey. If you strike difficulties along the way or the children start to ask questions which challenge you or you find difficult to answer, we will help you out. We want to make it possible that you see this time of preparation as helping you in your faith journey as well. The main emphasis is that we want you to feel welcome and included as part of our faith community. If there are ways that our community can help you to celebrate your faith or you have ways that you would like to participate please have a chat with us.

Important Dates to Take Notice of
Information Session for all Sacraments 3rd March 2015 3.15pm at St Bernard’s Batemans Bay or; 5th March 2015 at Sacred Heart Church Moruya

Confirmation
- Prayer 10th March 2015 3.15pm-3.45pm Batemans Bay
- 12th March 2015 3.15pm-3.45pm Moruya
- Retreat Day 15th May 2015 9am-3pm Carroll College
- Celebration 31st May 2015 5pm Mass Carroll College

Reconciliation
- Prayer 17th March 2015 3.15pm-3.45pm Batemans Bay
- 19th March 2015 3.15pm-3.45pm Moruya
- Retreat Day TBA Week 4 or 5 (First two weeks of August)
- Celebration 19th August 2015 5.30pm-6.15pm Batemans Bay
- 26th August 2015 5.30pm-6.15pm Moruya

Eucharist
- Prayer 24th March 2015 3.15pm-3.45pm Batemans Bay
- 25th March 2015 3.15pm-3.45pm Moruya
- Retreat Day TBA Week 4 (Last week of October)
- Celebration 14th/15th November At normal mass times

Fr. John Armstrong
Religion News

Gospel for the Second Sunday of Lent

Jesus is transfigured in the presence of Peter, James, and John. On seeing Jesus with Elijah and Moses and having witnessed his Transfiguration, Peter offers to construct three tents for them. Mark reports that the disciples are terrified by what they have witnessed and that Peter's offer is made out of confusion. A voice from heaven speaks, affirming Jesus as God's Son and commanding the disciples to obey him. This voice from heaven recalls the voice that was heard at Jesus' baptism. In his Transfiguration, we see an anticipation of the glory of Jesus' Resurrection. In each of the reports of the Transfiguration, Jesus instructs the disciples to keep secret what they have seen until after the Son of Man has risen from the dead. The disciples' confusion continues as they wonder what Jesus means by rising from the dead. The disciples cannot possibly understand Jesus' Transfiguration until they also witness his passion and death. We hear the story of Jesus' Transfiguration early in Lent, but we have the benefit of hindsight. In our hearing of it, we anticipate Jesus' Resurrection, even as we prepare to remember Jesus' passion and death.

Project Compassion—Food for life

In a world where there is so much wealth, so many resources to feed everyone, it is unfathomable that there are so many hungry children.” Pope Francis

There's enough food produced to feed everyone in the world. Yet every day, too many people around the world go hungry. Pope Francis has called this scandalous. “Food for Life” is the focus for this year's Project Compassion. Throughout Lent, we invite you to learn more about food issues and how your support can help the world's poorest people create a better future with healthier, more reliable food sources. (Caritas Australia, 2015)

Year 3S Focus Assembly

We warmly welcome all parents and friends to the Year 3 Focus Assembly tomorrow morning, Friday 27 February at 9am in the PAC. Mrs Stephen and Year 3 have been learning about the season of Lent and how we need to think of and care for others at this time of the Church year. They have been busy cooking for the residents of the Illawarra Retirement Village and will visit them and deliver this food after their focus assembly tomorrow. This is a very beautiful way for the children to experience first-hand the true meaning of giving.

Sacrament Information Meeting

A reminder that the meeting for parents of students making any sacrament this year will be held next week on Thursday 5 March at 3.15pm in the Church. Parents will receive information regarding all Sacraments to be celebrated this year as well as completing enrolment forms for their child/ren.

Our Prayer

Dear God
Help us to be a family with hope. We have often forgotten to appreciate the good in one another. Empower us to be positive and help us also seek and see the goodness in one another. Bless us, dear Jesus, through this whole week. We place our faith in you. help us to be a family with hope. We have often forgotten to appreciate the good in one another. Empower us to be positive and help us also seek and see the goodness in one another. Bless us, dear Jesus, through this whole week. We place our faith in you. Amen.

What Can We Do For Lent?

Help us be grateful for the gifts you give us. May the food and clothes that we all have help us be mindful of those who have so much less than we do.

Have a safe and happy weekend
Marg Croese
Religious Education Coordinator
Sports News

Southern Region Swimming Carnival
The St Mary’s Swim team was out to impress last Thursday 19 February at the Narooma Indoor Aquatic Centre. It was a great day with all St Mary’s students producing fantastic swims.

The support shown by our students for each other was extremely impressive as was their school spirit and determination. This was clearly evident during the relays where our students were enthusiastic not only as competitors but even more so when cheering on their school mates.

This year we have one student who proved to be the best swimmer of their respective age group. A special congratulations to Michala P – 11yrs Girl Age Champion 2015. Michala consistently finished among the top places in her events.

Our greatest thanks for the day needs to go to our St Mary’s parents who assisted as starters, caterers and timekeepers. Your help to keep the carnival running smoothly was greatly appreciated by staff and students. I would also like to thank the staff from St Mary’s and other schools for their contribution to a successful day.

This year we have 11 students who have gained selection in the Archdiocesan Swimming Team.

Swimmers who have placed in the top four in their events have gained selection in the Archdiocesan Team and will compete at the Queanbeyan Aquatic Centre on the Tuesday 3 March 2015. We wish them every success at the next level of competition.

| Year 2   | Ellie VW |
| Year 4   | Felicity L, Jessica M, Bradley L |
| Year 5   | Hayley E, Michala P, Rylee S, Makayah C |
| Year 6   | Gemma M, Joshua C, Cooper B |

Tennis
Three of our budding tennis stars travelled to Young, NSW on Monday 16 February for an opportunity to be selected for the Mackillop Tennis Trials. It is very exciting to see Abbey C and Will P in Year 6 and Max C in Year 2 have been chosen for the Mackillop trials. Well done on this achievement and we all at St Mary’s wish you well at the next level.

Winter Trials
Just a reminder that all winter trials forms for football, rugby league, hockey and netball need to be returned to Mr. Bateman no later than Friday 27 February.

Justin Bateman
Sports Coordinator
Southern Region Swimming Carnival
Police Visit
On Wednesday 4 March, we will have a visit from our local area Police Liaison Officer to talk to our Stage 3 students about Internet Safety. This is a very important topic for our students in an electronic age and many cyber issues will be discussed. We extend an invitation to parents - you are more than welcome to come and listen to this very informative session. I have included the internet link for the NSW Police parent’s page regarding internet safety. There are many great tips for parents!

NIP: What is the Numeracy Intervention Program?
The Numeracy Intervention Program (NIP) is a wonderful numerical cognitive program initiated by Catholic Education for the Archdiocese of Canberra Goulburn. We are very fortunate that our school is continuing with this program in 2015. NIP targets Year 2 students who find numeracy a challenge. The aim of the program is to enhance current numeracy abilities by teaching the students in a small group situation, strategies that build on early numeracy skills. The guiding principles behind the program focus on problem based/inquiry based learning, initial and ongoing assessment, engendering more sophisticated numerical strategies and developing a sense of intrinsic satisfaction for the student. Students undertaking the program will begin sessions next week.

More Lunchbox Ideas
If you are beginning to struggle for creative lunch box ideas, here are a few that may help:

1. **Moving on from bread**: try bagels, wraps, multigrain sandwich crackers, pitta bread, scones or pikelets.

2. **The surprise factor**: Introduce the unexpected by cutting their sandwich with a cookie cutter. It may well be their first step in understanding that variety is the spice of life.

3. **The leftovers lunch**: Cook a little extra dinner the night before and save for lunch the next day. Roast chicken, pasta salad, quiche, homemade pizza slices and sausages are just a few examples that are delicious cold for lunch.

Wishing God’s best for you,
Catrina Niddrie
Assistant Principal
Personal Learning Plan Meetings
Mrs Boyenga, Mrs Hadley, class teachers and Aboriginal students and their parents have begun Personal Learning Plan meetings this week. The intention is to set SMART goals that are Specific, Measurable, Achievable, Realistic and Timely. It is most enjoyable spending time to get to know each student and to set goals together. This is some of the information we have found out so far:

Vivienne J: loves swimming in the pool, and is great at cartwheels
Jazmine P: can cook scrambled eggs and is a fast runner
Kody G: loves Minecraft and mathematics
Bailey M: loves bike riding, camping with his Nan, spelling and has an idea for a school dance off!
Piper W: loves horses and reading
Charlee P: loves hip hop dance and writing stories in her journal
Bailey P: loves all sports and is taking off with reading
Jordan B: loves riding his motorbike and enjoys maths
Stuart L: is joining the school cricket team this year and practises a lot at home with his family.

Composting:
Nature’s way of recycling
Council is running three free community composting workshops at Batemans Bay, Moruya and Narooma. On completion, participants are eligible to receive a home composting kit to get them started. They are all running from 9:30am to 11am.

Saturday 7 March     Narooma Surf Life Saving Club
Friday 27 March      SAGE Gardens Moruya
Saturday 28 March    Eurobodalla Botanic Regional Gardens

Bookings are essential!

Clean Up Australia Day reminder:
Tomorrow we are participating in Clean Up Australia Day. Year 3-6 will clean up at Riverside Park and Years K-2 within the school grounds. Remember to pack a gardening glove if you have one and a plastic bag.

Healthy eating information: Lunchbox snack foods
Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods. Here are some ideas for lunch boxes:

<table>
<thead>
<tr>
<th>Everyday Snacks</th>
<th>Sometimes Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruit loaf</td>
<td>muesli bars and dried fruit bars</td>
</tr>
<tr>
<td>plain popcorn</td>
<td>potato crisps / chips and corn chips</td>
</tr>
<tr>
<td>plain or fruit yoghurt</td>
<td>lollies and confectionary</td>
</tr>
<tr>
<td>cheese and crackers</td>
<td>chocolate</td>
</tr>
<tr>
<td>fresh fruit or canned fruit</td>
<td>cordial</td>
</tr>
<tr>
<td>dried fruit and cheese cubes</td>
<td>soft drink</td>
</tr>
<tr>
<td>wholemeal biscuits or crackers</td>
<td></td>
</tr>
<tr>
<td>vegetable sticks and dip or salsa</td>
<td></td>
</tr>
<tr>
<td>corn or rice cakes with or without spreads</td>
<td></td>
</tr>
<tr>
<td>celery, cherry tomatoes and carrot sticks</td>
<td></td>
</tr>
</tbody>
</table>
Looking good in the Library

We have had a busy week in the library, continuing to improve our space, ordering more great books and reinforcing the library as a place to go to ask questions as well as to enjoy stories.

This week we had our first Book Club meeting, where the students involved will be meeting weekly as we work together on a special research task.

Check out some of our new books:

For young readers: City of Orphans:
A Very Unusual Pursuit by Catherine Jinks
“One life-changing day, Alfred and Birdie are approached by two very different women. Sarah Pickles runs a local gang of pickpockets, three of whom have disappeared. Edith Eames is an educated lady who’s studying the mythical beasts of English folklore. Both of them threaten the only life Birdie has ever known. But Birdie soon realises she needs Miss Eames’s help, to save her master, defeat Sarah Pickles and vanquish an altogether nastier villain.

For early childhood: The Swap by Jan Ormerod
“Caroline Crocodile’s baby brother dribbles, but all Mama Crocodile ever says is how gorgeous he is. Caroline is very jealous. So she goes to the Baby Shop and swaps her dribbly brother for a new baby.”

Both of these books were winners in their category for the Children’s Book Council of Australia’s 2014 Book Awards.

Happy reading!
Mrs Afflick

Week 5 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!
**BODALLA SOCCER CLUB**

All registrations online now at [myfootballclub.com.au](http://myfootballclub.com.au) (Free socks if you register and pay by this Sunday 1st March).

Like us on Facebook to be kept in the loop as to training start dates etc.

Join us at the oval this Sunday 1st March 4-6pm if you want to have a say in running our great club and/or you are needing new player information.

Questions email bodallasoccerclub@gmail.com or call 44735080.

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**Suntime YOGA**

Suntime YOGA with Ros Cron & Nicole Gray are bringing yoga classes to the St Mary’s Performing Arts Hall Tuesdays 4pm to 5.30pm commencing 24.2.15. $15.

Ros is iyengar Yoga Trained with many years of teaching within the Yoga and Fitness Industry. Nicole has practiced yoga for over 37 years and has trained in India in traditional Hatha Yoga.

Together they bring a great mix of traditional and contemporary yoga suitable for all levels. Mats are provided or bring your own.

Their classes are designed to build a healthy balance of flexibility, strength, agility and grace, bringing your body, mind and life back into harmony. For enquiries please call Nicole 0407185064 or Ros 0424547080 or email: nikgray01@bigpond.com

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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](https://www.facebook.com/bayboarsjuniors) or contact Ronnie: 0408247644 or Kylie 0428743471 or email: juniorboars@gmail.com
Kindergarten Physical Education fun!

We are learning the skill of the 'catch!'
Year One Physical Education fun!

We are learning the skill of the "kick!"
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. **Talk more**
   With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. **Lean on others**
   A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘parents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. **Build confidence**
   With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. **Arm for redundancy**
   The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2
3 Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

4 Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tarring their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7 Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8 Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9 Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10 Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work; how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills if learned, are capable of impacting significantly and positively on future generations.

Michael Grose