

Family Matters

Holy Family Primary School

Wednesday 26 February, 2020

Issue # 4



EDUCATING IN FAITH FOR TOMORROW'S POSSIBILITIES

Principals' message

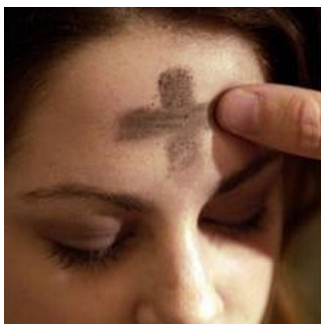
Mrs Anne-Marie Marek

Dear parents,

We welcome kindergarten to their first full week! This week can be a time when first-time parents, or even parents who are settling children into kindergarten for the last time can feel a sense of loss and sometimes relief. It is also a time when the students across all years begin to realise that the holidays are over and it is now time to work. For us at school it is a time we see children beginning to step into their role as learners which can be both exciting and exhausting. It is important to provide children time to rest and recover from the week.

ASH WEDNESDAY

Today, we celebrate Ash Wednesday to mark the beginning of Lent. On Ash Wednesday we receive ashes to remind us of our mortality, of the fact that we belong to God and that God loves each one of us unconditionally. Being marked with ashes is a sign of our conviction to repent of sin and to try to live up to the presence of God in our lives.



During Lent we are encouraging every child to make a change in their life to grow into the best person they can be. My efforts will centre around an attitude to combat the notion of busyness. In today's world, many of us complain about being busier than ever before. We mightn't like this rushing around but we seem unable to do anything about it. It's a universal problem, not restricted to people of any particular age or occupation. Recently I heard a doctor describe it as a 'sign of the time'.

The biggest problem with being busy is that if we give the impression 'she is too busy' it can deter people who have the right to call on us for help. People often internalise and decide that they will not ask for help in various areas because the people who can best help them are seen as already being over stretched.

As the principal of your child's school, I want to take a stand against that attitude.

If you need me, please call— but be ready to face a short delay before you can see me. When I go to the doctor or hairdresser, the bank manager or the mechanic, I know it's best to have an appointment . That simply means a call ahead.

SCHOOL BOARD

The new School Board will meet for the first time this evening. I congratulate the following parents and staff on their selection to the Board:

Brett Mulvey, Christina Binoya, Ros Seselja, Josh Mundy, Rachael Horsburgh (P&F rep), Debbie White, Kate Sowerby, Michelle Dudley(ELC), Jess Pedemont (COOSH), Michelle Duffin and Emma Harris (staff reps), Jane Hart (Assistant Principal) and Anne - Marie Marek (Principal).

Board Minutes will be located soon on the BOARD SHORTS page of the website. At the meeting Reports are presented from the Principal, Treasurer, COOSH, ELCC, P & F and Staff. Minutes from the meeting will be available on the Board Shorts page on the school's newsletter next week.

DATES TO REMEMBER

Wednesday 26 February

Ash Wednesday

Wednesday 26 February

Board Meeting
6.30pm

Friday 28 February

4 White Assembly
@ 2.20

Monday 2 March

6W and SRC Leadership
Prayer Liturgy

Wednesday 4 March

Parent Network Meeting
@6pm in staffroom

Thursday 5 March

Legends of League Shield

Friday 6 March

4 Blue Assembly
@ 2.20pm

DEALING WITH AN ISSUE

We encourage you to keep in regular contact with your child's teacher/s throughout the year and inform them promptly of any concerns or positive moments in your child's year. Teachers are your main contact for learning, pastoral care, student management, great achievements etc. The class teachers appreciate being informed of all issues well before you consult a specialist teacher or a member of the Leadership Team.

However, if you have met with your child's class teacher and would like further information or additional support, please follow the protocols and contact the following staff:

1. Contact your child's class teacher/s.
2. Consult with your child's year level coordinator or staff with a specialist role or responsibility:

Kinder-Year 2 Merinda Huntly, **Years 3 & 4** Louisa McIntosh, **Years 5 & 6** Annie McArthur

3. Consult with the Assistant Principal or Principal.

Some things to consider:

- Teachers main duty of care is for their students, so please do not approach a teacher at morning assembly or straight after school for a formal chat. If you wish to speak to them at length about a matter, please make an appointment;
- Teachers may take a few days to respond to your email. Their main role is to work with your children, so they often will not see emails until the end of the day or even the following morning if there is a meeting after school;
- Teachers are always happy to meet with parents. However, appointments will usually be before school or straight after school. Like any specialist appointment, parents may need to rearrange their work schedule to make the appointment.

SCHOOL FEES

School Fees have been sent home via email. If you have not received your fees please contact Tessa Ferguson on 6292 1222 asap. School fees are due by the 8th March 2019. If you require a fee remission please also contact Tessa Ferguson for the necessary paperwork.

KINDER MEETING LAST WEEK

Thank you to the 30+ parents who came along to the Kinder information evening last week. The Kinder teachers presented an overview of expectations for Kinder 2020 along with a workshop on how to help your child learn to read. If you were unable to make the meeting please contact your child's teacher.

SCHOOL PARKING– DISABILITY PERMITS

Please do not use the disabled parking bays unless you are displaying a disabled parking permit. We have families and students with disabilities that need to access these spots at all times of the day. At no time is parking allowed on the yellow striped area between the disabled parking bays.

SWIMMING CARNIVAL

Holy Family Swimming Carnival will be held at Queanbeyan Aquatic Centre on THURSDAY 12 March 2020. Thank you to all of the students who have returned notes. All data has now been entered into the Swimming Carnival program. Nominations can no longer be accepted (unless under extenuating circumstances). Thank you also to the parents who have volunteered their assistance on the day. A note explaining your duties will be out soon. If you are able to help but haven't returned this note it isn't too late. For any further information please contact jessica.eddlestone@cg.catholic.edu.au

YOUR PRAYERS PLEASE

I ask that you keep Declan Arnel (Yr 6) in your prayers as his primary carer and grandfather, Richard Arnel, passed away after a long illness late last week. We hold Michelle (Declan's grandmother) and the family in our thoughts and prayers during this difficult time.

KATH MURDOCH @ HOLY FAMILY

We are so blessed and thrilled to have this world-renowned educational consultant working at Holy Family a day a term this year. We have waited for two years to have her visit us. Kath Murdoch is an experienced teacher, author, university lecturer and popular consultant who has worked for many years in schools throughout Australia, New Zealand, Asia, America and Europe. She is widely respected for her work in the field of inquiry based learning and integrative curriculum in which she has taught, researched and published for well over 20 years.

Kath began her professional life as a classroom teacher in Melbourne. Her fascination in how students' constructed their understandings - and her interest in the way questions and big ideas could drive curriculum soon lead to a passion for integrative and inquiry based methodologies. This passion has become a career long focus for teaching, research and writing and the methodologies in which Kath specialises are now central to curriculum frameworks in many parts of the world – including the popular International Baccalaureate, PYP program.

Awards

Congratulations to the children who received a White Award at last Friday's assembly:

KR	Billi T, Alice C	3W	Lianna F, Daniel B
KW	Tanner McC, Paige L	3B	Angelique D, Kynan D
KB	Grace W, Samuel S	4R	Dexter Q, Munie M
1R	Charlie McL, Chelsea D	4W	Rosie R, Kaleb M
1W	Agnes RT, Cooper W	4B	Vincent C, Ananya K
1B	Mason WB, Ruby H	5R	Summer O, Peter T
1G	Elise R, James C	5W	Eamon C, Alex S
2R	Jessie G, Karli J	5B	Olivia McB, Riley B
2W	Samuel T, Chloe A	5G	Hallie W, Lachlan S
2B	Zoe L, Oscar L	6R	Bethany L, Zack T
2G	Kalyns S, Ayaan K	6W	Xamae K, Elise C
3R	Ruby S, Quade McC	6B	Bella T, Laby L

LOVE YOUR NEIGHBOUR AS YOURSELF AWARDS

Jules G, Sophie C, Edwina A, Izabelle A, Grace S, Aston J, Zachary D, James L, Arabella K, Ethan D, Anna C, Joshua B, Amelie H, Bella C, Annabel AD, Xavier S, Jayda C, Hunter C, Liam C, Achhsa A, Leila G, Ruby K, Scarlett N

P&F 2020

Thank you to the many parents who came along to the P&F AGM meeting last week. I congratulate the following parents on their new roles.

Position	Incoming for 2020
President	Amy Kennedy
Vice President	Kate Senior
School Board Rep	Rachael Horsburgh
Treasurer	Felicity McLachlan
Secretary	Mark Hughes
P&F News Contact	Carmel Sefian
Canteen Convener	Felicity McLachlan
Disco Coordinator	Abby Selkirk Katrina Crossley
Clothing Pool	Kristen Asciak
School Banking	Abby Selkirk
Book Club	Meredith McIntyre
Netball Coordinator	Emma Kildey
Parent Network Ambassador	Antoinette McBride

We wish God's blessing on you and your family,

Anne-Marie Marek

annemarie.marek@cg.catholic.edu.au

Assistant Principal's News

Wellbeing at Holy Family

At Holy Family we take time to explore the five domains included in the Berry Street Educational Model to support students to view themselves and others as worthy of an education and success. Listed below are the five domains and a sample of strategies which are explicitly taught in our classrooms and reinforced through daily interactions. Within these domains, students and staff will have opportunities to;

Body

- Self-regulate and co-regulate
- Practise mindfulness through activities and Christian Meditation
- Explore the neuroscience behind the brain's role in stress responses

Relationships

- Develop connections that are built on attachment principles of unconditional positive regard and positive emotion
- Examine and develop self care strategies

Character

- Articulate personal values and character strengths
- Fostering and practising gratitude and hope

Stamina

- Establish and promote growth mindsets
- Develop resilience
- Identify and understand their emotions
- Build personal stamina

Engagement

- Solve real world problems
- Broaden, build and savour positive emotions
- Cultivate wonder and fun

Berry Street Strategies in Action



Catholic Education Research Survey

This survey has been initiated under the Coherence program to better understand the value we provide to our parents and families and the reasons they seek a Catholic Education. Insights from this research will allow us to improve on our education offering, align and strengthen our communication to parents and families, and through this better demonstrate our value to our communities. An online survey will go out to all of our parents on **Monday, 2 March** and will close in the week of **Monday, 16 March**.

Wishing you a wonderful week,
Jane Hart

Religious Education News

Sacraments 2020



Confirmation, First Eucharist & First Reconciliation

Enrolment for the celebration of sacraments will be done differently in 2020. Enrolments will only be taken prior to each sacrament:

Enrolment for Confirmation (Year 6) will be 16 March-3 April (celebrations 9, 10, 11 June).

Enrolment for First Eucharist (Year 4) will be June-July (celebration in August).

Enrolment for First Reconciliation (Year 3) will be September-October (celebration in November).

Enrolments will be completed online via the **Corpus Christi Parish Qkr! App** (not Holy Family School).

Further information will be available on the parish website, in the parish bulletin and through the school. If you have any questions please contact our Sacrament Coordinator, Gail at tuggeranong-south.sacraments@cg.org.au

1. Download the Qkr! App from Google or Apple.

2. Search for South Tuggeranong Parish or Corpus Christi Parish (our parish logo will show)

3. Create a profile.

When enrolments are open, you will access the payment information and enrolment form through "Parish, Sacraments".

Ash Wednesday

Today Holy Family celebrated Ash Wednesday. Each year, **Ash Wednesday** marks the beginning of Lent and is **always 46 days before Easter Sunday**. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.



We celebrated with two liturgies in the church today. Year 2 beautifully led both liturgies with scripture and song. Each teacher placed the ashes on their student's forehead with the sign of the cross.

Youth Ministry

Today the new Youth Ministry led by Tommy Seselja started visiting classes to deliver their classroom Project Compassion Box and talking to the children about the work of Caritas Australia. The team spoke about the difference we can make to the lives of others.

Next Week

Prayer Liturgy 6 White – Monday 9.15am HFC
1 Green & 1 Red Class Mass – Tuesday 9.30am HFC





Parenting in the Age of Disruption

Michael Grose

We live in the age of disruption. The future your children will inherit will be very different than the world we live in now. A university degree, once a guarantee of a well-paid job, no longer ensures your child a career, let alone a steady income.

So how can we prepare children to thrive in a world where it's estimated that over 20 per cent of today's jobs won't exist in just five year's time? How do we prepare them for a work-life of multiple careers and job changes?

South African educator and author Nikki Bush believes that the future will belong to those who develop a broad range of personal capabilities rather than a narrow number of academic abilities. Bush has outlined five key personal factors that will help kids succeed in the future world of work. These are:

Creativity and innovation

With information being only a digital search away, knowledge is relatively easy to obtain in the digital age. The ability to think outside of the square and find new solutions to old problems will be one of the most highly valued skills in the new world of work.

Love of learning

In a world where people working into their seventies and beyond will become common place, a degree of qualification obtained in the early twenties won't guarantee continued success. The future will require people to be in charge of their own learning and be willing to continually upskill. Continuous learners rather than those who close themselves off to new ideas and concepts will thrive in the future.

Resilience

Life doesn't unfold in a straight line. It never has, but the future of work will have more twists and curves than ever before. Kids will need to be resilient and flexible enough to cope with rapid workplace change and lack of security, as well as be able to manage risk to earning a living.

Self knowledge

Personal knowledge of strengths, capabilities and talents has long been a skill, that we've neglected to develop in kids. When the future is fluid and work continually changing, self-knowledge will become a passport to happiness and success.

Teamwork

The ability for your child to work as part of a team both virtually and in the real world will be more important than ever in the future world of work. Even jobs that have an individual skill focus will require people to work cooperatively alongside each other.

Reassuringly, there is a great deal you can do as a parent to prepare your child to capitalise on the changing career and jobs landscape. Use Bush's five personal factors for future success as a starting point as you ponder how to prepare your child to prosper in the age of disruptive change.