



Year 6 science project with Mr Kelly

### Assessment Books

On Friday, your child will bring home their Assessment Book. Please make some time over the long weekend to sit down with your child and look through these books. Encourage them to explain to you what each task involved. Please take the time to write an encouraging comment for your child on the space provided. You may also want to identify and discuss with your child a small and specific goal that they might work towards over the second half of term.

Remember, if you would like any more information about your child's progress, please make a time to speak to the classroom teacher. Please take note also that you will have an opportunity in Week 9 for more feedback, as we have our Parent/Teacher Interviews.

### Staffing News K/PP/1

Please note that for the remainder of 2018, Mrs Ellis will no longer teach every second Wednesday in K/PP/1. Mrs Kelly will pick up these extra days. So, each week Mrs Ellis will teach Monday & Tuesday, with Mrs Kelly teaching Wednesday-Friday.

### Athletics Training and Interschool Carnival

Last year, a decision was made by the schools in the region to move the Interschool Athletics Carnival forward to Term One. This year's carnival will be at PDHS on Friday 6th April. Students from Year 1-6 will be involved in the Carnival. There is no longer a Faction Carnival.

To prepare for the Carnival, students from Years 2-6 will be going to PDHS each Friday morning in Weeks 5-7 to train for the field events. Please make sure your child has returned their permission slip for these training sessions.

### Code of Conduct

All Catholic Schools now have a 'Code of Conduct' in place, which must be adhered to by all people who enter the school site. The Code of Conduct is designed to ensure child safety, as well as healthy and appropriate relationships in schools. A copy of the Code of Conduct can be found on our school website.

The Code of Conduct document is quite lengthy, with twelve separate Conduct Statement areas. I will endeavour, through the newsletter, to briefly outline practical examples of what each of the 12 Conduct Statements mean over the course of the year.



"Strength through Christ"

*Respect  
Compassion  
Safety  
Responsibility*

*28 February 2018*

Conduct Statement 1: You act safely and competently.

As parents, you can adhere to this Conduct Statement through the following examples:

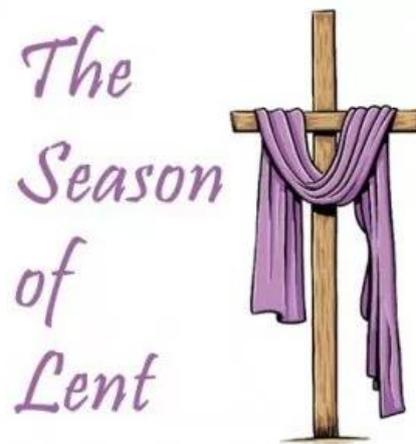
1. Correct drop off and pick procedures should be adhered to.
2. Ensure my child is at school on time, dressed appropriately and has the necessary school supplies including appropriate food.
3. Information regarding (including photos of) students is not to be taken and/or circulated without the express permission of the individual students' parents. This includes discussion of students, families and staff on the internet and amongst community members.
4. Be mindful and vigilant of child's/children's internet activity.
5. You seek advice, assistance and second opinions from experts and the school Principal/staff as necessary.

Take care,  
Brett Wilkie

### WHAT'S COMING UP?

- |                    |                                |
|--------------------|--------------------------------|
| <b>Thurs 1 Mar</b> | Cricket clinic                 |
| <b>Fri 2 Mar</b>   | Assessment books go home       |
| <b>Sun 4 Mar</b>   | 3 <sup>rd</sup> Sunday of Lent |
| <b>Mon 5 Mar</b>   | Labour Day public holiday      |

## Lent- A Practical Approach



The liturgical season of Lent is now upon us- a period of forty days in the lead up to Easter. We are often taught that Lent is a time for sacrifice- for 'giving up' something.

Usually, we simply choose something to give up. It might be chocolate or TV or Facebook. Or we commit to saying some extra prayers during Lent. While all of these are great things to do, often when Easter comes and goes and we return to the daily grind, no real change has happened in our daily lives and everything returns to normal. It can lead to us asking "what was the point?"

So how can one apply Lenten practices to daily life so that they are not just abandoned after Easter? Lent is the time to refocus our lives, to contemplate and reflect on what it means to be followers of Christ. But that is broad, far-reaching, and something we are obviously supposed to be doing throughout our life, not just during Lent. So, what can be done differently during this season that will prepare us for Easter, but also change how we live our daily life?

One practical suggestion is to pick a virtue – one that has a direct impact on daily life and has a result you can see. You could choose any virtue to focus on during Lent, and then follow these three steps to have a successful Lenten season.

1. **Prayer:** Pick a prayer that focuses on the virtue you have chosen, in which you ask the Lord to grant you that virtue and help you practice it in your daily life. You could also create your own prayer. Pray it every morning before you get out of bed. Practice that virtue throughout the day and at the end of the day do a quick examination of how you practiced it or where you failed. Simply five quiet and uninterrupted minutes is enough time to think about the practice of that virtue throughout your day.
2. **Sacrifice or giving:** Sacrifice your leisure time for education on that virtue. Pick a saint that exemplifies that virtue; for example, Saint Augustine is a great saint who exhibits Temperance, or Saint Catherine of Siena for Prudence. Read about that saint and ask that saint for intercessions during Lent and to help guide you in practicing that virtue.
3. **Almsgiving:** Continue to give to your parish, but perhaps look for an organisation to give to that preaches the virtue you are focusing on.

Picking a virtue to focus on during Lent brings the vague down to the specific. The steps to practicing that virtue are simple, but do require contemplation, time, and even planning. Doing that is practical, but not easy; then again, Lent is not supposed to be easy. It is not supposed to be thoughtless, but rather well-thought out as to how to approach the Lenten call.

However, at the end of Lent, this practice is actually something you can witness in your daily life. It makes Lent less like a checklist to accomplish and more like a journey with a clear mission. Challenge yourself this Lent, with a clear purpose. Then, when Easter comes and goes, hopefully you will still see the gifts it has brought you manifested in your daily life.

**Office hours**

The school office will open on Friday and Tuesday & Thursday next week.

**Celebrating their birthday**

**Gaia Kelly**

Sunday 4<sup>th</sup>

**Felicity Abraham**

Monday 5<sup>th</sup>

**Parish News.....****Parish Shed Mass & BBQ**

Mark it in your diary!

**Saturday 7 April**

More details to follow

**Children's Lunch**

Parents are reminded that 2minute noodles or similar food that requires hot water is not allowed at school for safety reasons.

Your cooperation and understanding is greatly appreciated.

**P & F News.....****Canteen Roster:****Tuesday 6**

Vanessa Roche & Kylie Bendotti

**Tuesday 13**

Adamina Bendotti & Katherine Kingston

**Canteen special for Tuesday 6 March:** this coming's week special is **baked stuffed potato, cost \$4.**

If your child wishes to order this special just note it on their lunch order bag. Thank you!

**Easter Raffle**

It's Easter raffle time! This is our first fundraising event for the year and we need your help!

**We are seeking donations of Easter eggs etc. for prizes. Items can be dropped off at the school office.**

Today, ticket books went home with your child. They are books of 20 tickets, the ticket cost is \$1 each.

We look forward to your support. P&F executive

**ABOUT CRUNCH & SIP**

My name is Julia Green and I'm the school nurse for the region. My role is to promote healthy development and wellbeing, helping students reach their full potential. I work across six schools in the region and can be contacted via your school or on the number below.

This month sees us kicking our health promotion series off with March Munch 2018 – an initiative to promote Crunch and Sip at Schools. Check out: [www.crunchandsip.com.au](http://www.crunchandsip.com.au) for heaps of food ideas!

The Crunch&Sip program is an easy way to help kids stay healthy and happy!

Crunch&Sip is a set time during the school day to eat vegetables and fruit and drink water in the classroom. Students bring vegetables or fruit to school each day for the Crunch&Sip break. Each child also has a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration.

Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

Crunch&Sip is a well-established program in Western Australia, with over 44% of eligible schools across the state currently certified.

The objectives of Crunch&Sip are to:

- - increase awareness of the importance of eating vegetables and fruit and drinking water
- - give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated Crunch&Sip break in the classroom
- - encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps
- - encourage parents to provide students with fruit or vegetables every day
- - develop strategies to help students who don't have regular access to fruit and vegetables

Around town...

# YOUNG WOMEN EMPOWERED

A free event for young women aged 12 and over

### TREAT YOURSELF

- Makeup Tutorials
- Henna Art
- Manicures
- Hair Tutorials
- Head & Neck Massage
- Aromatherapy
- Live Entertainment
- Chocolate Fountain

### GET PHYSICAL

- Yoga
- Laser Tag
- Boxing
- Djembe Drumming

### UNLEASH YOUR CREATIVITY

- Kokedama Workshops
- Tie Dying
- Macrame Workshops

### LEARN

- Nutrition Info Sessions
- Department Workshops

Free Food, Drinks & Smoothies



### EMPOWERING SPEAKERS

Amy Combes, Veronica Bravo & Dr Sarah Youngson talk about the issues young women face in their lives and strategies for coping & thriving.

Performances by Veronica Bravo from The X Factor



### FREE TRANSPORT AVAILABLE

Free buses from Pemberton, Walpole, Northcliffe & Bridgetown. Bookings are essential. For more information or to book please call 9771 7777. Buses will be running throughout the afternoon in Manjimup. Pick ups from Manjimup Country Club, Anuruka Park, East Manjimup Primary School & Kingsley Motel. Call 9771 7777 for more information.

Manjimup Indoor Stadium  
10 March 2018  
2pm to 7:30pm



Office address: Garden View Court Arcade, Gilbert Street Manjimup

Could your child benefit from private tuition?

The Education Station Staff are able to offer tutoring in Manjimup and Bridgetown.

Tutoring all ages from K-12 in English, Mathematics and Science



Our team at The Education Station are fully qualified teachers, passionate about making learning easier and more enjoyable for our students.

We deliver individualised programs and cater for remedial and extension learning requirements.

Currently we still have some sessions available. For more information contact Julie McGowan on 0431199249 to discuss your child's educational requirements.



WA Child Safety Services  
Creating Safer Communities

## CYBER SAFETY Parent Workshop



This workshop has been designed to help parents and carers teach their children how to safely navigate the online world.

### SESSION OVERVIEW

- An overview of the online world including current Australian statistics and trends, apps commonly used by children and young people and relevant age restrictions.
- Specific information about online gaming, photo and video sharing, sexting/nudes, online grooming, pornography, inappropriate content and cyber bullying.
- Information about protecting personal information online, digital footprint, digital reputation and the laws in Western Australia.
- Information about parental controls and restrictions, balancing online time and establishing boundaries and expectations.

Presented by Kayelene Kerr Dip(PublicSaf), AdvDip(PublicSaf), BA(Just)

<b>Date</b>	Thursday 8 <sup>th</sup> March 2018	<b>Venue</b>	Kingston Primary School
<b>Time</b>	5:00-7:30pm	<b>Cost</b>	Free
<b>Bookings</b>	At front office or 97970451 by the 7 <sup>th</sup> March		



Parenting Connection WA is delivered by Anglicare WA in the South West region



www.wachildsafetyervices.com

1300 310 083 or admin@wachildsafetyervices.com

WA Child Safety Services is a service arm of Caring Communities Inc

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