From the Principal

The Greek philosopher, Socrates, was sitting by the roadside one day, when he was approached by a traveller who was making his way towards Athens.


And Socrates replied: “I am sorry to tell you that you will find the people of Athens to be just the same as you have found your own people.”

Soon another traveller came by, who also asked: “What sort of people live in Athens?” And Socrates asked him: “What sort of people live in your own town?” “Marvellous people,” the second traveller said; “kind, generous, friendly, honest people.”

Socrates smiled and said: “I am pleased to tell you that you will find the people of Athens to be just the same as you have found your own people!”

Lord, we come before you as we are.

We ask you to take away from us all that makes us less than human.

Strengthen us with the power of your Spirit that our attitude and outlook may develop, and our “way of looking” may become more like yours.

Help us to remain positive - encouraging and appreciating one another, looking upon people in the same way that you do.

Amen.

Week 1

Welcome to the 2017 School Year! It was a delight to greet our students on their return on Tuesday morning and to see so many happy, excited faces. Welcome to our new students – we have 31 Kinder students and 15 new students from Year 1 to 10. It has been wonderful to see our existing students welcoming and helping out our newcomers.

All teaching and classroom support staff attended a teaching and learning conference in Canberra on Friday 27 January. We came together with approximately 2500 staff from Catholic Education Canberra Goulburn and it was great to network with people from other schools and hear some internationally renowned speakers such as Kath Murdoch and Alfie Kohn. We videolinked with Alfie from the US and he had some very exciting research to share about teaching and learning.

At the end of last year, I mentioned that we were focusing on what is called a “Growth Mindset” to enable our students to have confidence in trying new things, challenging themselves with taking risks with their learning and helping each other to grow stronger in their learning and the way they approach everything with a “can do” attitude.

Part of the important message we want students to understand is that learning takes place when we struggle. If things are too easy, we probably aren’t learning much. If we struggle, try and keep trying and then eventually succeed, we will remember what we have learnt and feel a great sense of accomplishment.
It is all too easy to compare ourselves to others and they may give the impression that everything is ok or they find success easily but we need to teach our students that everyone has struggles and having a tough time when learning something new or having a bad day happens to everyone from time to time. Often students will give up too easily or start blaming others that they can’t do something. We want to help our students develop resilience and develop a sense of importance for the word YET, "I can’t do this YET, but if I keep trying, ask for help and work through things. I will be able to!"

We have many changes this year and I would like to remind everyone about them:

a. Welcome to Mrs Natalee Litchfield (Stage 1 – Year 2), Mrs Eloise Cole (Music), Mrs Kerrie Murphy (Student Wellbeing Officer) and Mrs Pamela Cohen (Classroom Support Teacher).
b. Mrs Witenden is on leave and there is no one in the role that she used to do. All student wellbeing concerns should be directed to the classroom teacher in the first instance, PCAs for Secondary, Mrs Pamela Cohen, Mrs Kerrie Murphy or Mrs Nicky Trinder. I am always happy to assist in whatever way I can and you can make a time to meet through the front office as they have full access to my diary.
c. Ms Erryn Marsay is the K-10 Teaching and Learning Coordinator and ‘go to’ person for anything related to classwork, electives, etc for Secondary.
d. The Infants Building is still coming along and we hope to have it by about Week 6. This means we have Stage 3 and one Stage 2 class using Secondary rooms 2, 3 and 4. We have asked our Secondary students to make them feel welcome and keep them safe. If you see or hear of anyone doing the wrong thing – like saying something mean to them – please let me know immediately. We want everyone to feel safe and will not tolerate any bullying of any kind.
e. Room 5 in Secondary has now been fully fitted out and is our new Secondary computer room. It also has the latest whiteboard technology which students and staff have enjoyed learning to use.
f. Mr Winsor will be teaching Year 7 Maths this year and his role has changed slightly. He won’t be taking a class of his own in Primary, but will be helping in every class Kinder to Stage 3.
g. Ms Buchanan will also be teaching some Secondary. Year 7 and 8 will be having the first STEM elective rotation for Sacred Heart and building some electronics boards and “playing” with some robots. I look forward to seeing what our students can program them to do.

Our priorities as a school this year include mental health and wellbeing, literacy, numeracy and a growth mindset. We really want to challenge our students to try their hardest, not give up when things get a bit tough and to work through things, helping each other. Struggle is an important part of learning something new, and we, even as adults have to struggle when the going gets tough to finally get to where we want to be or learn what we want to learn.

I wish everyone all the best – and I know that our students have started straight into work from day 1, so encourage your children to drink plenty of water and start the way they intend to go – focussing on work and trying their hardest to do their best.
Opening Mass
We hope that you can join us for our very special celebration at the Opening Mass on Thursday 9 February. The Mass will commence at 12noon. We would love to have as many parents, family and friends join us as we come together as a whole school community to welcome in the new school year.

iPad Information Evening
All new students and parents have received an invitation to come along to an iPad Information Evening on Tuesday 7 February from 6pm to 7pm in the school library. If you would like to learn more about how the iPads are used at Sacred Heart or have specific questions, please feel welcome to join us.

School Counsellor
Nicole Tetley will continue as our school counsellor and she will now be working at the school on Tuesdays.

Swimming Carnival and signing out
All students in Year 3 to Year 10 are expected to attend the swimming carnival. Students in Year 2, who are turning 8 in 2017 (or older) and who can competently swim 50m are also able to attend the carnival.

Students who arrive late or need to leave early from the swimming carnival need to follow usual sign in and out processes. A table will be set up near the entrance (inside) with sheets for parents to sign. Due to the “busyness” at the end of the carnival, no students will be able to be signed out after 2.15pm until after the finish of the presentations. It is our hope that all students will remain at the carnival all day and support and encourage all participants.

Sport Uniform
At the end of last year we let you know that Primary would be wearing the old sports shirt until 2018. Unfortunately, stocks of certain small sizes have run out at Baileyana, so Primary students who need a new shirt can now purchase the new style if they prefer. Many of the old style are still available through our uniform pool if you would prefer to have that one until the end of the year. Please see the ladies in the front office for assistance. Students in Primary who need a new shirt may purchase the new one if their size is not available in the old style.

With blessings,

Mrs Janet Cartwright
Principal
janet.cartwright@cg.catholic.edu.au

### School Calendar – 2 weeks ahead

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 8 Feb</td>
<td>All day</td>
<td>Primary Summer Sports Trial - Basketball - Young</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ES1 Rest Day</td>
</tr>
<tr>
<td>Thu 9 Feb</td>
<td>All day</td>
<td>12pm Opening School Mass</td>
</tr>
<tr>
<td></td>
<td>All day</td>
<td>Primary Summer Sports Trial - Cricket Temora</td>
</tr>
<tr>
<td>Fri 10 Feb</td>
<td>All day</td>
<td>SWIMMING CARNIVAL</td>
</tr>
<tr>
<td></td>
<td>All day</td>
<td>Primary Summer Sports Trial - Tennis Young</td>
</tr>
<tr>
<td>Mon 13 Feb</td>
<td>6:00pm – 8:00pm</td>
<td>WEEK 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hennessy Stage 6 BBQ @ Sacred Heart TBC</td>
</tr>
<tr>
<td>Tue 14 Feb</td>
<td>11:00am – 11:50am</td>
<td>Site Meeting</td>
</tr>
<tr>
<td></td>
<td>6:00pm – 7:00pm</td>
<td>Year 10 RoSA Information Session</td>
</tr>
<tr>
<td>Wed 15 Feb</td>
<td>All day</td>
<td>Kinder Parent Interviews - assessment feedback - Times to be advised</td>
</tr>
<tr>
<td></td>
<td>All day</td>
<td>ES1 Rest Day</td>
</tr>
<tr>
<td></td>
<td>All day</td>
<td>AFL Trials Wollongong</td>
</tr>
<tr>
<td>Thu 16 Feb</td>
<td>All day</td>
<td>Change of Date: Western Region Swimming Coomaundra</td>
</tr>
</tbody>
</table>

Calendar dates are subject to change.
From the Sport’s Desk
Sports Trials

**Primary summer sports trials (Stage 3) are next week.** Please ensure your child has returned the expression of interest form and nominations forms for basketball, tennis and cricket.

**Primary Dates:**
Summer Sports Trials
8/2/17 Basketball – Young
9/2/17 Gundagai – Cricket
10/2/17 Tennis – Young
Sacred Heart Swimming Carnival 10/2/17
Western Region Swimming 16/2/17 Cootamundra
Archdiocesan Swimming 28/2/17 Boorowa

**Secondary Dates:**
Sydney Triathlon 23/2/16
Secondary Archdiocesan Swimming 27/2/17 Goulburn

Parents who offer to transport any students or manage teams must obtain a Working with Children Check (WWCC) from the RTA. **It is free and you need it to do volunteer work for the school.** Instructions on how to obtain your WWCC can be picked up from the front office. Once you have received your certificate please leave a copy at the front office with your date of birth.

**Permission notes that are sent home for sporting events have a return date stated on them. This date helps the organiser arrange the correct number of teams and travel arrangements. Please ensure permission slips and payment are returned by this date or your child may miss out on the event.**

**VERY IMPORTANT NOTICE:**
Some CCC Individual sport nominations will be completed on line. Parents interested in nominating their child for particular sports need to visit the website to nominate their child, [www.csss.nsw.edu.au](http://www.csss.nsw.edu.au)
Canteen News

Canteen Roster
3rd Feb – 9th Feb 2017

Friday 3rd Feb
M Howarth, S Williams
K Murray

Monday 6th Feb
A Sutherland, S Hazlett

Tuesday 7th Feb
T Hines, S Williams

Wednesday 8th Feb
N Smith, K Rumble

Thursday 9th Feb
J Leahy, F Bassingthwaighte
S Ward

Thank You

The new 2017 summer menu has been sent home with students. If you did not receive a copy please contact the front office for one to be sent home with your child.

Also we have a few places available on the canteen roster if you can spare and hour or two.

Kylie O’Callaghan

Other Events

Get ahead, join the library
Your local, public library has all the resources you need to smash your school work this year! Books, newspapers, magazines and DVDs are all free to borrow, and the library staff can help you find just what you need for your assignments, or for fun. You don’t even need to come in to the library to find great information – check out the website at rrl.nsw.gov.au/info-online/ for great, reliable information that will count as books in your references! Joining the library is FREE and you can even get started online – just click on ‘Join the Library’ at rrl.nsw.gov.au.
Parenting Riverina Programs January 2017 to March 2017

ParentingRiverina@missionaustralia.com.au

Cootamundra

Keeping Children Safe - Cootamundra Library
Session 1: Wednesday 1 February 2017, 9:30am to 12:30pm
Session 2: Wednesday 8 February 2017, 9:30am to 12:30pm
Session 3: Wednesday 15 February 2017, 9:30am to 12:30pm

Keeping Children Safe
Assists parents/carers to have greater awareness of child abuse and neglect and its effects on their children. Helps parents/carers to protect children and become more committed to creating a safe environment for children and young people.

Circle of Security - Cootamundra Library
Session 1: Wednesday 1 March 2017, 9:30am to 12:30pm
Session 2: Wednesday 8 March 2017, 9:30am to 12:30pm
Session 3: Wednesday 15 March 2017, 9:30am to 12:30pm

Circle of Security
A group based parent education program that looks at the needs beyond your child’s behaviour. Aims to promote secure attachment between you & your child, helps you give your child opportunities to explore the world with the security of your protection, comfort and support.

Wagga Wagga

Triple P
Session 1: Friday 10 February 2017, 10am to 12:30pm
Session 2: Friday 17 February 2017, 10am to 12:30pm
Session 3: Friday 24 February 2017, 10am to 12:30pm

Triple P
Group program for parents/carers with children aged 18 months -10 years of age that suggests simple routines and small changes that can make a big difference to a family.

For general information & RSVPs please contact the Riverina Parenting team ParentingRiverina@missionaustralia.com.au  Stacey (Customer Service Officer) 02 6942 8001
For detailed information about programs please contact Jayne Halls (Parenting Co-Ordinator) 0428 162 559
Early Intervention Program for Parents with children aged 0-8 years

Circle of Security

3 Session Program;
Wednesday 1 March 2017
Wednesday 8 March 2017
Wednesday 15 March 2017

9.30am to 12.30pm

Cootamundra Library
Steven Ward Rooms
81 Wallendoon St, Cootamundra

- We all need to feel secure  - It's important to understand how much your kids need you -

- A group based parent education program that looks at the needs beyond your child's behaviour and aims to promote secure attachment between you and your child.
- Offers strategies to become a Bigger, Stronger, Wiser and Kind parent to ensure your job is to be the parent and your child's job is to be the child.
- Helps you give your child opportunities to explore the world knowing that they have the security of your protection, comfort, support to manage their feelings and delight in them as they grow and develop.

Bookings are essential please contact your Case Manager or RSVP by emailing ParentingRiverina@missionaustralia.com.au or contact Stacey on 6942 8001 or Jayne 0428 162 559

Morning tea will be provided
(Please advise of any special dietary requirements at time of RSVP)
Please note child care is not being provided

This course is being run by a Registered Parent Educator of Circle of Security
SHERPA KIDS COOTAMUNDRA

OPEN DAY

FUN! STALLS & GAMES!
FACE PAINTING! SAUSAGE SIZZLE!

SATURDAY MARCH 11TH
10AM-3PM
COME VISIT US at Sacred Heart School,
Morris St, Cootamundra, 2590.

Do you have primary school age children?
Curious about Before & After School Care?
Staff will be on hand to answer all your questions

FAQ’s
What does OSHC stand for?
Outside of School Hours Care
Does my child have to be a student at Sacred Heart to attend?
No, we have transport available from all primary schools in Cootamundra.
Do I have to be a working parent for my child to attend?
No, you can be studying, shopping or running errands or simply need some time out
As a parent do I get any government assistance?
Yes! We are a CCB & CCR approved service.
2017 NETBALL

The Cootamundra Netball Association aim to provide a skills based program that will develop the netball capabilities for children of all ages. Each Tuesday players will meet at 4.00pm and be instructed in a variety of netball skills. We hope to then be able to offer a mini-competition at 5.00pm where players will be able to apply the skills they learnt into a game situation. This will depend on the number of registered players.

Players will also have the opportunity to participate in local and regional carnivals. These are a great way to meet other kids and further develop skills.

Season will commence Tuesday 21st February 2017. Players can access online registration from 1st January 2017. A link is available through our website www.cootamundra.netball.com.au.

Sponsored by:

BILLABONG
RON LOITERTON
PLASTERING
SOUTHWEST FUEL

Registration Open:
1st January 2017

Registration Close: 31st March 2016

Net Set Go Ages
5yrs to 10yrs
Cost: $70

Junior Ages
11yrs to 17yrs
Cost: $75

Where: Nicholson Park Cootamundra
Time: 4:00 to 5:30
Day: Tuesday
Starts: 21st Feb

COOTAMUNDRA NETBALL ASSOC
Adams street
Cootamundra NSW 2590
Website: www.cootamundra.netball.com.au