From the Principal

Lord, be the foundation on which I build my life.
May my door be wide enough that I may be welcoming, inviting others to grow.
May my door be narrow enough to keep out what is not good.
May I build no walls that keep anyone out, but build your Kingdom together with all whom you give me as my brothers and sisters - valuing all who are a part of my life.
May I live in such a way that those “who trespass against” me - who hurt me - may know my forgiveness and generosity - as I know yours.
Surround me with your love and shield me from all harm.
Amen.

Week 4

Learning late last week of the closure of Manildra Meat Company was a devastating blow for the Cootamundra community. We pray for all those impacted by this event, that they may find employment quickly and that all the families and businesses who are effected are able to get the help they need to move forward. While we wait to see the full implications of what has happened, we would like to remind families that counselling is available through the school if you need and that anyone struggling with school fees can contact either Emma Deep in the front office or me to discuss how we may be able to assist during these tough times.

I would like to thank our generous and dedicated Parents and Friends who committed just over $18 000 towards new furniture to the Infants and Primary areas at the meeting on Wednesday evening. We will shortly order new cupboards, tote trays, white boards and book stands for the new infants’ classrooms as well as new desks for all stage 2 and 3 classrooms. We could not function as a small school without the efforts of parents in fundraising and we greatly appreciate their support. If you are interested in helping out, please consider joining this friendly and welcoming group. The P&F meet the last Wednesday of each month at the school and have enormous input into improvements throughout the school. The fete on 10 March will be the next fundraiser, with the funds raised at this event going towards the infants’ furniture. We hope that you can all join us for a fun, family evening.

As students set goals for Term 1, we encourage them to remember the importance of having a growth mindset. We may not always achieve our goals straight away but the lessons learnt and resilience we build by continuing to try our best are essential skills for our success in all areas of life.

I have a GROWTH MINDSET!

I persevere when I am frustrated.
I am always improving.
I can learn anything that I want to.
Mistakes help me learn.
I am inspired by people who succeed.
I like to challenge myself.
My effort and attitude make all the difference.
Students from Years 3 to 10 have been invited to participate in a “Year Book” project, working with me each week. So far we have a small but dedicated team who are enthusiastically working towards publishing a year book to celebrate the events and achievements of 2017. All students are most welcome and encouraged to join the group if they are interested. Students need to read the daily messages for meeting times. We usually meet in the library during lunch time to share ideas, collate photos and collect stories to add to the book.

I will be in Bowral from mid Tuesday for the remainder of the week at the CE Leaders Day. This will be the first opportunity that we have to work closely with our new Director Ross Fox. It is a time to come together as a whole system and discuss the strategic intent for Catholic education and look at big picture issues. I will also be away on Monday 6 March in Canberra for a workshop on continuous improvement of literacy and numeracy in the early years with Mrs Emma Randall.

Ash Wednesday next week
Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God.

Writings from the Second-century Church refer to the wearing of ashes as a sign of penance. Priests administer ashes during Mass and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year’s palm Sunday Mass.

It is important to remember that Ash Wednesday is a day of penitential prayer and fasting. Feasting is highly inappropriate. Small children, the elderly and sick are exempt from this observance. It is not required that a person wear the ashes for the rest of the day, and they may be washed off after Mass. However, many people keep the ashes as a reminder until the evening.

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ’s Resurrection on Easter Sunday, through which we attain redemption. Ashes are a symbol of penance made sacramental by the blessing of the Church, and they help us develop a spirit of humility and sacrifice.

We will come together as a school and Parish community on Wednesday 1 March at 10am. We hope that our parents, grandparents, friends and families can join us.

Mass on Saturday 4 March
Stage 4 (Year 7 and 8) will be responsible for the ministries at Mass on Saturday 4 March. We encourage all students (whether they are baptised Catholic or not) to join in this special Mass and represent the school with pride. A note has been sent home and we ask that you return the bottom section if your child is able to attend so we know how many to expect and to distribute the jobs necessary. Please encourage your child to participate. It is a wonderful community celebration. Mass commences at 6pm and students need to meet about 10 minutes beforehand to ensure they are ready.

Kinder and Year 7 Welcome Evenings
Thanks to everyone who was able to join us for our Kinder and Year 7 welcome evenings. These were wonderful community events and it was terrific to have an opportunity for parents, families and staff to get together.

Archdiocesan Swimming
Good luck to all our student competing in the Archdiocesan swimming in Goulburn from Secondary on Monday and to our Primary swimmers competing at Boorowa on Tuesday. I hope you have a terrific time and mange some PBs!
Kaye Lowe Parent Workshop
All parents of students from Kindergarten to Year 6 are invited to join us for a reader’s workshop on Monday 27 February from 6pm in the school library. A letter with all the details was sent home at the beginning of the week and is also on Skoolbag. The session will run until 7.30pm with ideas and suggestions for parents to help their children develop a love of reading at home. The focus will be particularly for Kindergarten parents and parents of struggling readers.

If you would like to join us, please let us know via this link by 6pm this afternoon to assist with organisation.

https://docs.google.com/forms/d/e/1FAIpQLSebiHL377qu6FbsHUVvDOedEP9yUWgdU8GFtYbz61KqsSVY9w/viewform

With blessings,
Mrs Janet Cartwright
Principal

Changes to the Calendar

Friday 13 October – Colour Fun Run – Save the Date!
Sunday 26 October – Parish BBQ – all welcome

School Calendar – 2 weeks ahead

Calendar dates are subject to change.
Faith Matters

1. Stage 4 Weekend Mass Saturday 4th March 6pm:
Next Saturday our Stage 4 students have their school Weekend Mass. A letter is going home today asking for helpers to conduct the ministries at this mass – readers, offertory procession, welcomers, musicians and singers. All families are welcome to come but we particularly would like to see our Year 7 and 8 students there.

2. Rice Day: A reminder that next Wednesday after Ash Wednesday Mass we will be having our Rice Day lunch to raise funds for Mercy Works. All students are asked to buy a bowl of rice for $2 to support the work of the Sisters of Mercy in development and support projects in our region. (See flyer below).

3. Ash Wednesday & Lent:
We will be celebrating mass at 10am next Wednesday 1st March to mark the beginning of Lent. Lent is a time of preparation for the great celebration of Easter, which is central to our faith. During mass the ashes will be blessed and marked on our foreheads in the form of a cross, to represent our willingness to examine our lives, in the light of Jesus’ teaching, passion and death. During Lent we are asked to spend time developing our spiritual lives through prayer (talking to God), fasting (giving up something, not necessarily food) and almsgiving (giving of our time or talents to others in need).

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Rice Day

to help support
Mercy Works

When: Ash Wednesday
(Day of Penance)
1st March 2017

All students are asked to buy
a bowl of rice

Cost: $2.00 per student payable on the day

#Canteen will be closed for lunch including online orders (drinks will be available)
# If your child has special dietary requirements please notify his/her teacher in writing
#2016 proceeds went towards helping children in Fohorem (Timor Leste)

Thank you for your support!
Class Awards Primary Term 1 Week 4

1C  Tannen Singleton
    Lucy Dunk

1M  Emily Monaghan
    Jacob Nalder

1D  Ivy Clark
    Paige Emery

1N  Archie O’Brien
    Cooper Dabin

2GH  Oscar Crick
     Lexi Fitzgerald

2N  Sean O’Brien

2W  Oliver Hardy
    Emily Dickinson

3B  India Bodycott
    Harvey Hines

3M  Zara English
    Emma Shields

Star of the Week
Hannah Drum – Week 3
Bridget Sharman
Lachlan Smirl – Week 4

Notices

Sacred Heart Central School
School Based Immunisation Program for 2017
Nurses from the local HealthOne-Community Health Centre will visit the school on three occasions and provide the following vaccines during 2017.

Wednesday 22nd February 2017
Year 7 students:  Boostrix
                 HPV Vaccination Dose 1

Consent packs will be sent home with students and signed consents should be returned to the school by Thursday 16th February 2017. Students will not receive vaccines without a signed consent.
If you have any queries, please contact Fiona Grogan on 69401111 at HealthOne- Community Health

$310.60 was raised on Wednesday for uniform free day.
School Photo envelopes will be sent home today along with Student Information checklist, Student Medical Condition Checklist and General Consent for Excursions and Medical History forms which must be completed for all students and ASAP.

Thank you
From the Class Room

**Australian Geography Competition 2017**

**Invitation to students:**
The Australian Geography Competition is an initiative of the Royal Geographical Society of Queensland and the Australian Geography Teachers’ Association. We would like to invite students to participate in the 2017 Competition.

**Why enter?**
To promote interest in geography in your school, to reward student excellence, and to receive recognition, with top 10 schools in Australia announced, and the top school in each State and combined Territories receiving a prize.

**For the students:** to receive certificates and results sheets for their portfolios, to compete for prizes given to the highest-performing geography students in each State and combined Territories in each Year level receive books and special certificates, to be selected to participate in Geography's Big Week Out on Kangaroo Island, South Australia, books, medals - and to get certificates for their portfolios, and to be selected to represent Australia at the International Geography Olympiad.

**Competition format?**
The Competition is made up of **multiple-choice questions** testing geographical knowledge and skills. We supply the questions and answer sheets. You run the 35-minute Competition and return the answer sheets. We mark them and send back results and certificates.

**International team**
Australian team members to the 2018 [International Geography Olympiad](#) will be chosen from Year 11 students who excel in the 2017 Competition and via Geography's Big Week Out.

**Who can enter?**
Students taking geography, or an integrated social science which includes geography, may enter. Students are graded at high school year levels - Year 7 and younger, Year 8, Year 9, Year 10, Year 11, and Year 12.

**When do the important components happen?**

<table>
<thead>
<tr>
<th>Event Date</th>
<th>Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 1 March 2017</td>
<td>Entry deadline and payment</td>
</tr>
<tr>
<td>Wednesday 8 March 2017</td>
<td>Deadline for changes to entry</td>
</tr>
<tr>
<td>Wednesday 8 March 2017</td>
<td>Deadline for payment of entry</td>
</tr>
<tr>
<td>Wednesday 29 March 2017</td>
<td>Schools should have received Question packs</td>
</tr>
<tr>
<td>Wednesday 26 April to Tuesday 9 May 2017</td>
<td>Competition in schools</td>
</tr>
<tr>
<td>Tuesday 23 May 2017</td>
<td>Answers to be received by Competition Office</td>
</tr>
<tr>
<td>Late June 2017</td>
<td>Prizewinners notified</td>
</tr>
<tr>
<td>Late July 2017</td>
<td>Results returned</td>
</tr>
<tr>
<td>Sunday 1 to Friday 6 October 2017</td>
<td>Geography’s Big Week Out</td>
</tr>
</tbody>
</table>

**How to enter**
Students should speak to their HSIE teacher or Ms Marsay. An entry fee of $4 is to be paid prior to the 1st of March to ensure entry. Further details of competition, including practice papers are available to successfully entered students.
From the Sport’s Desk

Congratulations to the following students on their selection in a range of Archdiocesan sports teams.

**Jed Guthrie** - Cricket and AFL

Oscar Roberts - AFL
Frankie Scott - Basketball

Congratulations to all our Age champions and runners-up

**Boys**

<table>
<thead>
<tr>
<th>Champion</th>
<th>Runners Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub Junior <strong>Oscar Roberts</strong></td>
<td>Jake Winsor</td>
</tr>
<tr>
<td>Junior <strong>Jed Guthrie</strong></td>
<td>Ethan Shepherd</td>
</tr>
<tr>
<td>Intermediate <strong>Lachlan Sedgwick</strong></td>
<td>Ben Rumble</td>
</tr>
<tr>
<td>Senior <strong>Zac Rumble/ Ky White</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Girls**

<table>
<thead>
<tr>
<th>Champion</th>
<th>Runners Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub Junior <strong>Evie Leahy</strong></td>
<td>Lucy Smirl</td>
</tr>
<tr>
<td>Junior <strong>Maddie Brown</strong></td>
<td>Macey Leahy</td>
</tr>
<tr>
<td>Intermediate <strong>Abbey Gammon</strong></td>
<td>Amelia Chambers</td>
</tr>
<tr>
<td>Senior <strong>Ella Murphy</strong></td>
<td>Georgina Heggaton</td>
</tr>
</tbody>
</table>

Well done to Mercy on being Champion house from our swimming carnival.

**Blue** 1017

**Red** 918

**Gold** 787

Congratulations to **Jed Guthrie (Senior Boy), Evie Leahy (Junior Girl) and Madeleine Brown (Senior Girl)** on being runners up in the Age Championship at the Western Region Carnival.

All the best to the students attending Archdiocesan Swimming carnival next week

**Primary (Boorowa)** Lucy Smirl, Evie Leahy, Sasha Louttit, Bridget Sharan, Sarah Harris, Oscar Robert, Ned Murray, Archie Blackman, Ethan Shepherd, Jed Guthrie, Lachlan Smirl, Madeleine Brown, Macey Leahy, Jack Murphy, Toby Rumble, Ellie Miller and Jake Winsor.

**Secondary (Goulburn)** Abbey Gammon, Zoe Guthrie, Lauren Mays, Grace Hoey, Amelia Chambers, Piper Scott, Lachlan Sedgwick, Matthew Roberts, Bailey Sawyer, Joe Ward and Ben Rumble.

**Primary Dates:**
- Summer Sports Trials
- Archdiocesan Swimming 28/2/17 Boorowa
- Winter Sports Trials- 27/3/17 Queanbeyan
- Sacred Heart Cross Country- 31/3/17- Cootamundra

**Secondary Dates:**
- Secondary Archdiocesan Swimming 27/2/17 Goulburn
- 7-9 Tag League 7/3/17 Young
- Sacred Heart Cross Country- 31/3/17-Cootamundra
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

Canteen News

Canteen Roster
24th Feb – 2nd Mar 2017

Friday 24th Feb
S Golden, N Jones

Monday 27th Feb
K Thorn, K Sharman
L Bodycott

Tuesday 28th Feb
Need Volunteers

Wednesday 1st Mar
Need Volunteers

Thursday 2nd Mar
S Golden, M O’Brien
J Hoey

Thank You

Also we have a few places available on the canteen roster if you can spare an hour or two. Please contact Kylie during school hours on 69422612. Your time is much appreciated.
P & F News

The fete committee would appreciate the following donations to assist with various stalls and hampers we are still in need of the following. Lollies and items to go into a hamper for the chocolate wheel.

**Cake Stall:** Donations of cakes/slices etc. for the cake stall can be left in the school library on Friday 10 March.
**Other Events**

**COOTAMUNDRA JUNIOR RUGBY UNION CLUB**

**Registration and BBQ**

- **Friday 3rd March**
- **4.30 – 7pm**
- **Country Club Oval**

**$75 per player**
**Under 7’s – Under 16’s**

**VIVA 7’s**
**Girls teams Under 10’s, Under 13’s and Under 16’s**
**$60 per player**

All registered players are entitled to free entry into Brumbies home games

New players to please bring their birth certificate and they will also receive shorts, socks and a sports bag.

For more information please contact Alice Crawford ph: 0418 286 757

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**Cootamundra Playgroup**

Established February 2017

Cootamundra Playgroup is for babies and children from 0-5 years as well as their parents, grandparents and / or carers.

**FOR YOUR CHILD:**
- it is a chance to make new friends and have
- a wide variety of new play experiences.

**FOR YOU:**
- it is a chance to meet and network with other
- parents and carers of little ones in town.

<table>
<thead>
<tr>
<th>What is Playgroup?</th>
<th>When, where &amp; cost:</th>
<th>Want to know more?</th>
</tr>
</thead>
</table>
| Cootamundra Playgroup is facilitated by local mum volunteers who are keen to create a friendly space for young families to meet and have fun on a regular basis. A variety of toys and activities are set up each week to encourage exploration, imagination and skill development. We also provide a yummy morning tea for your child of cheese, biscuits and fruit. Tea, coffee and biscuits are provided for the grown ups. | **When:** Thursday mornings from 10am til 12pm during school term.  
**Where:** Dickson Hall, 26 Cooper Street, Cootamundra. Next to the Toy Library!  
**Cost:** $5 a week per family. This covers rent, morning tea and consumables (eg paints & play-doh). You will also need to pay a Playgroup NSW annual membership of $38 per family* (up to five children) which covers us for insurance.  
* If you are a health card holder, membership is only $20. If your child is under one year old on joining, your first year is free! | Contact our President Tracey Moon on 0434 838 043 or just turn up!  
**We look forward to meeting you!**  
Cootamundra Playgroup is a member of Playgroup NSW. For more information or to sign up as a member go to www.playgroupnsw.org.au |
Cootamundra Blues Auskick
Clarke Oval Wallendoon St
begining 4.30pm Friday 24th March
Boys and Girls 5-12 years welcome
register online: AFLAUSKICK.COM.AU
Chris Drum 0418 630 252
AFLAUSKICK.COM.AU
Cootamundra Toy Library
The place to access quality, educational toys for babies and young children.

Cell into:-
Dickson Hall, Cooper Street
Cootamundra NSW 2590

Wednesday 10.30 am – 12 noon

Saturdays 10.30 am – 12 noon

**************
For further information -
Phone Tracey: 69 423 163

A community based, not-for-profit organisation.

Find us on: facebook.
Register on-line at www.playfootballnsw.com.au

REGISTRATION/INFORMATION DAY

Saturday 4 March
9 – 12 noon
Front of Rudd’s Sportspower, Parker Street

REGISTRATION COSTS - $70 per player

Please Note: Registrations close Friday 7 April. Registrations will not be accepted after this date.

Players must be turning 5 to 16 in 2017 to register.

All enquiries to cootajuniorsoccer@gmail.com
Cootamundra District Hospital

FETE !!!

Date: Friday 24th February

Time: 5.00pm to 8.00pm

At the rear of the hospital, in the grounds.

Come along for a fun evening with family & friends.

Stalls include: BBQ; cakes; garden; craft; coffee; lucky wheel; jumping castle; train rides and more....

Proceeds will assist with purchase of a paediatric monitor.
Triple P
Positive Parenting Program

“Kids don’t come with an instruction manual”

Whether you’re a mum, dad, single parent family, step-parent or carer the Triple P Positive Parenting Program can help you with a specific problem, or provide tips on parenting and help with understanding your child’s development and behaviour.

The Triple P positive parenting program is for parents with children aged 3–8 years,

The program gives you the tools to:

• encourage behaviour you like from your child
• deal positively and consistently with problem behaviour
• take the stress out of parenting.

Triple P can also help to develop family relationships assisting children to reach their full potential.

Cootamundra Community Hub

24 Bourke St, Cootamundra

Thursdays 23rd Feb and 2nd, 9th, 16th March

12.30 pm—2.30 pm

Cost: FREE

Parents will receive:
• Accompanying resources for the program
• Light refreshments
• Certificate of Attendance

Developed by the University of Queensland Parent and Family Support Centre, Triple P parent groups have helped families in Australia and throughout the world for more than 30 years.

For further information or to register your interest please contact the Cootamundra Hub on 0269428800
Drop into the Cootamundra Community Hub, 24 Bourke St, Cootamundra
Email: manningm@centacareswnsw.org.au or phone 0438850854
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.cootamundranra.nsw.netball.com.au

Sponsored by:

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: cootamundranra.nsw.netball.com.au
Cootamundra Junior Rugby League Club

2017 Player Registrations Open

Looking to play a family orientated sport where both girls and boys can play and the whole family can enjoy a day out together, then register your kids today for league or leaguetag.

Our Club strives to make each game day great, not only for the kids but our parents and volunteers as well. We endeavour to meet all of your kid’s requirements to both on and off the field to help them reach their full potential.

What about earning some pocket money, and getting fit while doing it. We are looking for persons over the age of 13 who would like to become a referee. The perks, you get fed and watered at each home game and paid for each game you help out in – some can earn up to $75 in a day…

Mum’s and Dad’s, you’re going to be there anyway – so why not volunteer to help out your kid’s team, we are looking for First Aid Officers and it would be great to have one for each team. The Club are happy to reimburse your course fees…

Go to the www.playnrl.com for further information on any training courses or check out our Facebook page.