From the Principal

The sun is so large that, if it were hollow, it could contain more than a million worlds of the size of our earth. There are stars in space so large that they could easily hold 500 million suns of the size of ours. Let’s pause and think for a moment how small we are in the Universe, yet we can read in the Bible that God has written the name of each of us on the palm of his hand...

Let us pray:

Lord God,
Creator of light,
at the rising of your sun each morning let the greatest of all lights - your love - rise, like the sun, within my heart.
Amen

Week 6

There is no better time to reflect on the important impact we have as role models to our children as parents and teachers than during Lent.

Children are always listening and absorbing the words and actions of those around them – their closest role models. If we want our children to be responsible for their own character crafting, we need to be responsible for the physical and moral environment in which the crafting takes place.

- Are we ready and willing to adjust as necessary to circumstances that arise in daily life? Are we adaptable?
- Do we show kindness and concern for others in distress by offering help? Are we compassionate?
- Are we truthful in all that we do and never take advantage of the trust in others? Are we honest?
- Do we show others that we are dependable when we have a commitment to them? Are we loyal?
- Are we positive in our self-belief, our belief in others and in our future? Are we optimistic?
- Do we demonstrate accountability for our actions and follow through on our commitments? Are we responsible?*

What children need most are relationships not activities. Building meaningful relationships with our children allows us to “enjoy the landscape together” and not simply to chauffeure. Young people today have many wonderful opportunities, but they need time to explore things in depth. When they are involved in too many different things, they sacrifice breadth for depth. Creativity is making something out of nothing and it takes time for that to happen. As parents and teachers, we might be tempted or pressured to believe that we are not being “good” parents or teachers if our children aren’t involved in all kinds of activities. However, children need time to read, write, think, dream, draw, fantasise and explore special interests. They need time to “hang-out” with friends, ride their bikes, have water balloon fights and build cubby houses out of cardboard boxes and other bits and pieces. Such activities promote self-awareness by helping children clarify who they are and what they are truly interested in.

From time to time, “ugly talk” raises its head in schools (and outside of schools!) This is talk about or to other students which is outright mean and nasty and often has no basis in fact. Usually it comes from a student feeling jealous, lost or uncertain about their place in the world and trying to either fit in or feel in control. We need to work together as a whole community to encourage, praise and notice what is good in everyone to try to eradicate this type of negative and “put down” talk. The old adage “if you can’t say something nice, don’t say anything at all” are wise words indeed. Scripture says, “If you want to enjoy true life and have only good days, then avoid saying anything hurtful, ... To sum up, you should all be of one mind living like brothers with true love and sympathy for each other, .... Don’t tell lies or spread gossip or talk about improper things. ... He must not say anything that is not true. We don’t expect everyone to be best friends (that is not something that is realistic as we all have different interests), but we do expect everyone to treat each other with respect, be accepting of differences, be tolerant and treat others the way that they would expect to be treated.
We don’t become wiser, more patient, more self-disciplined, more truthful, more courageous, more forgiving persons automatically. **We do so by deliberately striving to be that kind of person.**

When we wish to explain the difference between right and wrong to our children, we can use various “do’s and don’ts”. Such explanations are important but they fail to touch children on the level where it matters – their imagination. When a moral principle has the power to move us into action it is often because it is backed up by a picture or image. Over recent times images of natural disasters have led to outpourings of compassionate response and generosity from those who were exposed to them. Not to be overlooked are the stories of the lives of parents and teachers; they are ongoing and evolving right in front of our children.

Please help us to build our children’s capacity to be tolerant of others, be mindful of how we speak to others and to not get involved in any way in “ugly talk”.

**Please save the date for an opportunity to hear Michael Carr-Gregg speak in Temora. He will be speaking to the community (all are welcome) on 18 May at 6pm at the Temora Ex-Services Memorial Club Auditorium. This is an excellent opportunity to hear a parenting expect talk about how to deal with being a parent of adolescents in society today in our local area.**

**Stage 4 Mass**

It was lovely to have so many of our Stage 4 students and staff come along to support Mass on Saturday night. Thank you to all the students who read, welcomed, played guitar and sang. Our parishioners greatly appreciated your participation. We hope that you can join us more regularly – everyone is welcome! Thanks to Eloise Cole and Patrece Maxwell for organising our students.

**Music Teacher**

It is with much delight that we announce that Mrs Eloise Cole is expecting twins. This is very exciting news and a blessing to Eloise and her husband Tom. Unfortunately, this means that Eloise has had to start leave early. We are now advertising for a Music and Religious Education teacher. If you know anyone who may be suitable, please ask them to give me a call.

**School Fete**

Please join us at the fete on Friday night – 5pm to 8pm! It promises to be a great family night with lots to do, see and buy. All proceeds will go towards new furniture for the refurbished infants building. Thanks to everyone who has volunteered to assist or set up/pack up for the evening.

**Infants Building Update**

We have been given permission to start to use part of the refurbished infants building. We are not using the old Primary Computer Lab and students have been exploring this new space. Comments from students have been very positive and they love the “new look”. In particular they love the ‘fluffy walls’!!

**National Day Against Bullying**

We are rapidly approaching the National Day Against Bullying – the third Friday of March each year. We endeavour as a school to ensure the anti-bullying message is strong at all times, but it is a good time to remind everyone what bullying is and what to do if you believe it is happening. From the Bullying No Way website:

**What is bullying? (From a Year 3/4 perspective)**

Bullying is when someone:
- keeps picking on you again and again and tries to make you feel bad
- says or does lots of mean things that upset you
- makes fun of you a lot
- tries to stop you from joining in or make others not like you
- keeps hurting you such as hitting or punching you.

Bullying feels awful. You feel like you can’t stop it.

Bullying can happen in person or online. It might be something people can see or it might be hidden.

**Sometimes you might have a fight or argument with someone. If it happens once, it is not bullying even though it can be upsetting. It is also not bullying if you sometimes fight with a friend and you can sort it out.**

Bullying is not OK. You have the right to feel safe.

Report all bullying and stand up to people who think it is ok. We need to stop bullying and not allow anyone to make others feel bad. We need to be good friends and if we see it happening, we also need to report it so
that the bullies can be stopped. These behaviours are not acceptable. We will continue to work with students every week on learning better social skills and just how damaging and hurtful these types of behaviours can be. We appreciate parents supporting us in stamping out these types of behaviours.

With blessings,

Mrs Janet Cartwright
Principal

School Calendar – 2 weeks ahead

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<th>Mon 13 Mar</th>
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<tr>
<td>11:00am – 12:20pm</td>
<td>Site Meeting</td>
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<tr>
<td>11:00am – 12:00pm</td>
<td>National Day of Action Against Bullying</td>
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<td>11:15pm</td>
<td>Aspirations Program Hennessy</td>
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<tr>
<td>11:45am – 12:15pm</td>
<td>K-4 Writing Celebration</td>
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<td>5:30pm – 7:00pm</td>
<td>Secondary Disco</td>
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<td>6:00pm – 9:00pm</td>
<td>Paddock to Plate</td>
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<td>First Eucharist Preparation 1 - 4.45pm</td>
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Calendar dates are subject to change

Class Awards Primary Term 1 Week 6

1C Ruby Jones
Noah Paterson

1D Tia Lawson
Sofia Daminchi

1N Malee Hollhan
Isabella Ward
Ryder Gillies

2GH Blake Holder
Shiloh Lester
Matilda Blackney

2N John McGuinness
Emily Fry

2W George Smith
Amarli Kelleher

3B Lachlan Naider

3M Isabelle Cowin
Jake Finnigan

Congratulations
Dear Parents,

The Church recognises the importance of parents as the first religious educators of their children. The parishioners and staff who volunteer to support your children in the faith journey are very happy to assist you in this endeavour. The power of intergenerational learning, where parents and when possible grandparents, should never be underestimated.

As you are aware there will be changes to the Sacramental Program in 2017. It is important to note that your child must attend all three preparation sessions. If for some reason you are not able to do this, then your child’s First Holy Communion will deferred until next year when you may be able to attend. The Sacramental Classes will have two key components. Firstly, the lessons for the children will commence at 4.45pm on Saturday in the school library, with the parents joining them at 5.30pm. Secondly, the children and their families will participate in the Parish mass at 6.00pm.

Venue: Sacred Heart School Library

Sessions

Session 1: Saturday, 18th March (4.45 pm)
Session 2: Saturday, 25th March (4.45 pm)
Session 3: Saturday, 1st April (4.45 pm)

An enrolment form was completed last year, but we ask you to indicate below if your child will be participating and return to the Parish or school office by the 13th March, 2017. There is a $30 fee (towards administration costs). It can be paid to BSB 062-786 Account No: 14893. If you have any queries, please contact the Parish Office on 02 69422514 or by email: cootamundra@cg.org.au

Yours in Jesus,

Father Joshy Kurien PP

My child ___________________________ will be preparing to receive the Sacrament of First Eucharist.

Photo release: I hereby grant permission to the Sacred Heart Parish to photograph and communicate any photographs taken of our child and family participating in sacramental activities in 2017 for the purposes of PowerPoint presentations or parish website use. YES/NO

Parents Name:
Win $200 cash in the...

FAMILY
SCAVENGER
HUNT

Win $200 in the hand just by spending time with your family and supporting your local school and community.

Cost to enter $10 (some minor additional costs may apply in the process of completing challenges).

Pay your entry and receive your list from the 3rd of March, at the office at Sacred Heart Central School. Hunt Lists 1 (20 items) will be released 7 days prior to the Sacred Heart School Fete.

To complete your hunt and win the prize attend the Fete on the 10th of March to present your items and receive the final 5 items on the list.

A reminder to parents to return all the information forms by tomorrow Friday 10th March. If the General Consent for Excursion and Medical History forms are not returned, students will not be allowed to attend excursion. Also the Student Agreement for the use of iPads must be signed and returned as students will be denied access to the internet and network.
If parents required Student ID cards for their child from year 7-10 only, you can order them from the Front Office at $4.50ea. Also sibling envelopes are available from the Front Office.
Invitation

Writing Celebration

When: 17 March 2017

Where: All Infants and Primary Classrooms
       (12:15pm to 12:45pm) after the assembly

Who: All parents and grandparents

What: The students will showcase their wonderful writing.

If you have more than one child, please allow 10 minutes in each classroom.

Please join the children and celebrate their outstanding writing.

Thank you for your continued support.

I love writing this much
Library News

Sacred Heart Library

BOOK CLUBS
WHERE TEACHERS & PARENTS "CLICK"

Book Club ORDERS CAN ONLY BE PLACED ONLINE
by 20TH MARCH 2017

PLEASE FOLLOW THE INSTRUCTIONS ON THE BOOKLET TO PLACE YOUR ORDER ONLINE. IF YOU ARE UNABLE to do this, you will need to send in your order with the correct money. Please understand late orders cannot be processed as it will be closed by Scholastic, an order can be placed but will need to be posted to home at an extra charge.

Our first Come & Relax at READING CLUB was on Wednesday at Recess...... Everyone is welcome with their book & recess to come and relax at Reading Club on Wednesday Recess.

Thank you
Pam Gehrig
Sacred Heart Central School Librarian
~Stage 1D Assembly and Award Winners~
From the Sport’s Desk

**Primary Dates:**

Winter Sports Trials - 27/3/17 Queanbeyan  
Sacred Heart Cross Country - 31/3/17- Cootamundra

**Secondary Dates:**

Sacred Heart Cross Country - 31/3/17- Cootamundra

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.

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.

**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
10th March – 16th Mar 2017

Friday 10th March
J Harris, T Cooper-Duck
B Walker

Monday 13th March
N Holihan, A Bucknell

Tuesday 14th March
L Polson

Wednesday 15th March
B Holder

Thursday 16th March
A De Wright, H Shepherd
J Smirl

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 Annual General Meeting

Wednesday 29th March 2017
@ 5.30pm in the school library

All Welcome to attend
Other Events

HOW WILL THE CGRC LOOK?

The new COOTAMUNDRA-GUNDAGAI REGIONAL COUNCIL brand is taking shape.

Interested community members are invited to view and discuss all new logo design options and their applications.

MONDAY 6TH MARCH
COOTAMUNDRA LIBRARY
- from 11am to 1pm
GUNDAGAI LIBRARY
- from 4pm to 6pm

MONDAY 13TH MARCH
GUNDAGAI LIBRARY
- from 11am to 1pm
COOTAMUNDRA LIBRARY
- from 4pm to 6pm

WWW.CGRC.NSW.GOV.AU/LOGO
“We value your opinion”
Gecko Sports is coming to Cootamundra!!

When: Every Tuesday afternoon during school terms.
Youngsters (6-8yrs) 4:00 - 4:45 pm
Midsters (9-14yrs) 4:45-5:30 pm

Cost: $150 per term

Where: Cootamundra Public School Hall

NUMBERS ARE LIMITED/BOOK YOUR PLACE NOW BY CONTACTING
SCOTT DRUETT ON 04070-1157 or email
scott@geckosports.com.au

We run a fun and exciting 10 week program with a different theme each week. The focus is on core fitness and basic skills across a variety of sports.
We also run holiday programs and are available for birthday parties.

For more information on our program look on: geckosports.com.au

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.

What is Playgroup?
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, where & cost:
When: Thursday mornings from 10am to 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 $36 per family* (up to five children) which covers us for insurance.

Want to know more?
Contact our President Tracey Moon on 0434 836 043 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
The Hon Troy Grant MP
Minister for Police
Minister for Emergency Services

The Hon Robert Stokes MP
Minister for Education
GPO Box 5341
SYDNEY NSW 2001

Dear Minister,

Sadly, this summer we have seen an increase in drownings in NSW. Between Christmas 2016 and 6 January 2017, 21 people lost their lives in NSW waterways. This is almost three times higher than the average for this period over the past 14 years.

The NSW Government is committed to preventing drownings and near drownings, and has launched a community awareness campaign to remind people to take care when they are in, on or around the water. The campaign focuses on key areas to inform people about the dangers that the water can present and provide advice on simple steps they can take to keep themselves and their loved ones safe.

The drowning deaths over summer happened in rivers and lakes, backyard swimming pools, in the surf at the beach and to people on boats. And the people who died included children under five, fit young adults and the elderly.

Beyond a combination of people being on holidays, and some very warm weather, there does not appear to be any single factor that by itself explains the unprecedented increase in drowning deaths. But one key factor may have been a lack of appreciation that where there's water, there's danger.

To help spread the Government's message to ‘Get Water Safe Not Sorry’ to as many people as possible, I would be grateful if you could please distribute the campaign material included with this letter throughout your agencies and stakeholder networks.

For more information please contact the Office of Emergency Management, Department of Justice, at wsf@mpes.nsw.gov.au.

Yours sincerely,

TROY GRANT MP
Minister for Emergency Services
27 FEB 2017
No family should have to drown in tears.

Between Christmas and the 8th of January, 2 people in NSW lost their lives in the water. Where there’s water there’s danger. Take precautions and stay safe.

GET WATCHING
ALWAYS BE WATCHFUL

GET WEARING
PUT YOUR LIFEJACKET ON

GET WISE
LEARN TO SWIM SAFELY

GET WITH IT
DON’T DRINK AND Acceptance IN THE WATER

GET WATER SAFE
NOT SORRY
SAVE THE DATE
18th May 2017
Join us for a free community evening with respected child and adolescent psychologist
Michael Carr-Gregg
at 6.00 pm
Temora Ex-Services Memorial Club Auditorium
For any enquiries please ring St Anne’s Central School on 69771011.