Sunday, 9 Mar 2014: First Sunday of Lent - Year A
Mt 4:1-11 Jesus is tempted by the devil in the desert.

Reflection: Fr John Frauenfelder’s Words of Wisdom:

In one “Peanuts” cartoon, Charlie Brown throws a ball for his dog Snoopy, who plunges after it, burrowing into a forest of tall weeds. Snoopy finds the ball, but surrounded by the weeds, he can no longer see Charlie. Snoopy panics and leaps high, but the weeds are higher.

So, like Peter walking on the water, he rises up and sprints across the tops of the grassy stalks. Snoopy, ball in mouth, returns to Charlie, who explains, “When you have claustrophobia you learn to walk on top of the weeds.”

In today’s Gospel, Jesus is all alone in the starkness of the desert. He cannot see the Father. He has not eaten.

Then follows the fearsome encounter with Satan, who tempts him: “If you are the Son of God, command that these stones become loaves of bread.”

With walk-on-water confidence, Jesus replies, “It is written: One does not live on bread alone …”
**St Patrick’s Day Celebrations**

Our school’s feast day is coming up on Monday, 17th March. To begin the celebrations we have our annual Dinner Dance on Saturday, 15th March for adults. On Monday, 17th, we hold our whole school celebrations, which will begin with a “green” recess followed by mass at 11am, then a free sausage sizzle provided by the P & F, after which we will head down to Hylton Moore oval for some games. You are encouraged to join us for at least part of the day, if not all the festivities. Please see flyers at end of newsletter. Hoping to see you here!

N.B. children may wear their sport uniform with something green on Monday, 17th, eg. socks, shorts, t-shirt, hair band, hat

**Class Pastoral Parents**

Thank you to the parents who have volunteered to take on the role of Class Pastoral Parent in 2014. The parent taking on this role is invited to:

- support the pastoral needs of the classroom teacher where needed
- develop relationships between parents within the class/grade
- in collaboration with class teacher, provide communication for celebrations and special events
- assist with celebration of International Teachers’ Day with the P&F by encouraging participation
- initiate some simple grade activities for families eg. Mums’ night out
- support school social events by encouraging participation of class/grade parents, eg organising table to attend Dinner Dance and Trivia Night
- support the P & F, parents and various committees as needed

<table>
<thead>
<tr>
<th>Class</th>
<th>Parent Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KT</td>
<td>Angela Stitt</td>
</tr>
<tr>
<td>KM</td>
<td>Anne Scholte</td>
</tr>
<tr>
<td>1CM</td>
<td>Annabel Cockerton</td>
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<tr>
<td>1MS</td>
<td>Megan Thompson</td>
</tr>
<tr>
<td>2KO</td>
<td>Elise Kemp</td>
</tr>
<tr>
<td>2JS</td>
<td>Cindy Hird</td>
</tr>
<tr>
<td>3RJ</td>
<td>Michelle Cormack</td>
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<tr>
<td>3JB</td>
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<td>4LH</td>
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<td>4CJ</td>
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<td>5TB</td>
<td></td>
</tr>
<tr>
<td>5MJ</td>
<td>Karen Hayhurst</td>
</tr>
<tr>
<td>6FB</td>
<td></td>
</tr>
<tr>
<td>6DM</td>
<td>Gabby Bisetto</td>
</tr>
<tr>
<td>K-2 Aspect</td>
<td>Belle Warrant</td>
</tr>
<tr>
<td>3-4 Aspect</td>
<td>Michelle Wylie</td>
</tr>
</tbody>
</table>

**If you can fill in a “gap” please let us know.**

There are occasion cards, eg. birth, sympathy, in the office. If you need to send one on behalf of the class, please just see the office ladies.

**Seasons for Growth**

Please find a letter attached to the newsletter explaining our Seasons for Growth program to be held next term.

**Coming Up**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>13th</td>
<td>Y6 boys to St Edward’s College for open day</td>
</tr>
<tr>
<td></td>
<td>AFL Paul Kelly Cup: Yrs 5 &amp; 6</td>
</tr>
<tr>
<td>15th</td>
<td>7pm Dinner Dance</td>
</tr>
<tr>
<td>17th</td>
<td>St Patrick’s Day Celebrations: mass, sausage sizzle lunch and activities at the park</td>
</tr>
<tr>
<td>21st</td>
<td>Y6 CC cluster mass at Terrigal</td>
</tr>
<tr>
<td></td>
<td>2pm Assembly</td>
</tr>
<tr>
<td>30th</td>
<td>9am Family mass</td>
</tr>
</tbody>
</table>

Let us remain open to the work of the Holy Spirit in our lives and show one another the face of God through our words and actions.

Nic

Nicole Cumming
**GREETINGS FROM FR TADUESZ**
Lent commenced this week with Ash Wednesday and it was beautiful to see the children at the 11.30am Mass, so wonderfully prepared by the teachers.

**High School Enrolments**
I am starting to see a few reference forms for the children to enrol at either St Joseph’s or St Edward’s in 2015 and I ask any parent requiring a reference from Fr Dariusz or myself to please bring the form along to the Mass they attend on the weekend end and meet with the presiding clergy at the foyer after Mass is finished. This will give us the opportunity to meet with you, have a brief chat and sign off on the reference form.

**St Patrick’s Dinner Dance**
I would like to thank the committee for their great efforts in pulling everything together for the dinner dance next Saturday, March 15. No doubt this will be another very successful event.

**ESPECIALLY FOR FAMILIES DURING LENT**
The Diocesan Family Life Ministries has issued material for families to assist them on their Lenten journey

**Scripture for Families**
...bringing the text home in Lent
This is a weekly guide to an intimate scripture session with your family.

**Nurturing Faith in Families Series**
The Stations of the Cross for Families
This leaflet provides families with reflections on each of the Stations, and opportunity for discussion.

To obtain a copy of these sheets, please contact the school office.

**PINT Sized PADDIES**
for kids in Years 5 to 8
held in the Hall, 7pm
**BOWLING**
Friday March 14, 7pm
@ Gosford City Bowling, Wyoming. $12 per child for 2 games

**DID YOUR CHILD MAKE HIS OR HER FIRST COMMUNION LAST YEAR??**
We welcome all children who made their First Communion last year to a reunion at the 9am Family Mass on **Sunday March 30** and special Morning Tea afterwards!

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**A REMINDER TO ALL PARENTS**
No dogs are to be brought into the school grounds!

**ICAS Tests, Carmen Hartz, Teacher Librarian**
A reminder that ICAS Tests forms are due by 10th March. If you wish your child to participate in any of the ICAS Tests please complete the slip and return it to the school office with money and slip enclosed in a sealed envelope. Please make sure you have ticked the appropriate boxes and filled in name and class. A separate entry needs to be filled in for each child.

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**ICAS TESTS – YEARS 3 – 6 Only**

<table>
<thead>
<tr>
<th>ICAS Subject</th>
<th>Test Date</th>
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<td>Computer Skills</td>
<td>Tuesday 20th May, 2014</td>
<td>$ 8.00</td>
<td>☐</td>
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<tr>
<td>Science</td>
<td>Wednesday 4th June, 2014</td>
<td>$ 8.00</td>
<td>☐</td>
</tr>
<tr>
<td>Writing</td>
<td>Monday 16th June, 2014</td>
<td>$ 17.00</td>
<td>☐</td>
</tr>
<tr>
<td>Spelling</td>
<td>Tuesday 17th June, 2014</td>
<td>$ 11.00</td>
<td>☐</td>
</tr>
<tr>
<td>English</td>
<td>Tuesday 29th July, 2014</td>
<td>$ 8.00</td>
<td>☐</td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tuesday 12th August, 2014</td>
<td>$ 8.00</td>
<td>☐</td>
</tr>
</tbody>
</table>

**ONE FORM FOR EACH CHILD PLEASE**

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
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</thead>
<tbody>
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<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Enclosed</th>
<th></th>
</tr>
</thead>
</table>
From our Music Teacher, Suzie Morris

PRIMARY CHOIR

We have been having lots of fun singing together and learning new songs in the Primary Choir at St Pats. We practice every Wednesday at lunchtime starting at 1pm so there is still time to play. All students in Years 3 to Years 6 are welcome to join and we have some fantastic opportunities lined up for performances throughout 2014.

Students involved would have brought home an information/commitment letter last week – don’t forget to return these to Mrs Morris in the next week or so. If you have any questions regarding choir just ask Mrs Morris or head down to the Music Room on Wednesdays lunchtime!

Pancake Day
A huge success!!

Thank you to all the families who donated and supported this event for Project Compassion and our wonderful Canteen Volunteers!
National Day of Action against Bullying and Violence

The 2014 National Day of Action against Bullying and Violence is being held across the country on Friday 21 March. As a school we will be participating in lots of different initiatives to support this awareness over the next two weeks.

At St Patrick’s we have begun our campaign against Bullying. The NRL presented to our primary students on Friday 28th February a “Tackle Bullying” program. They invited our School Captains to be ambassadors against bullying. The School Captains have been demonstrating to the students the hand approach. **STAND STRONG, STAY CALM, RESPOND CONFIDENTLY, WALK AWAY, REPORT.**

Bullying. No Way! have created new lesson plans for Years kindergarten to Year 6; the teachers over the next few weeks are particularly focusing on these lessons on Monday afternoons.

The Student Representative Council (SRC) are very much involved in promoting this initiative throughout our school. They are going to run a competition where each class will design an “Anti-Bullying Poster” that will be displayed around the school to promote awareness. These will be able to be viewed at our St Patrick’s Day celebrations. The SRC are also involved by promoting this initiative to our infants students when they line up.

Teachers on duty will be carrying an orange bucket. This is to encourage students to be bucket fillers. We have asked students to report those who are speaking and acting with kindness and using safe and caring hands. These children’s names will go inside the bucket where they can be formally acknowledged at school assemblies.

Friday 14th during our Sport time classes will be participating in cooperative games and team building skills to promote friendship and anti-bullying.

As a part of our St Patrick’s Day Celebrations the SRC will walk into the church with a class poster that is embeds all the wonderful attributes of our school. We are encouraging our school to be a safer place for all of our students.

**What to do if you are being bullied**

You have a right to feel safe and be safe. If you are being bullied here are some ideas about what you can do.

**Talk to someone about it.** Find a trusted friend, teacher or carer who will listen to how you feel, be supportive, and perhaps even help you work out what to do.

- Talk to your friends - they can help you tell a teacher or your parents or just to feel better.
- Talk to your parents - tell them all about what’s been happening.
• Talk to your teacher or another staff member - tell them all about what's been happening. If you don't want to do this in public, make an excuse to see the teacher about something else, for example your homework.

• If you can't talk to someone face-to-face go online at Kids Helpline http://www.kidshelp.com.au/ or call a Kids Helpline counsellor on 1800 55 1800.

**Try a few of the strategies that have worked for others.** Only try these strategies if you are not in any immediate danger of being physically hurt and you feel confident you can do them.

• Ignore the bullying - turn your back and walk away.

• Act unimpressed or pretend you don't care what they say or do to you. You could say 'okay, whatever' and walk away.

• Use strong, assertive statements, starting with the work 'I'; tell the other person 'I want you to stop that' in a strong confident voice. Practice this with your friends.

• Use 'fogging' which means making a joking or funny comment that makes the other person think you don't care about what they say.

• Ask your friends to speak up for you. And remember to do the same for them!

**Try to stay positive.** Focus on all the things that you do well, the people who like you and care about you. Write down your thoughts and feelings about the bullying to help you think clearly about what you can do.

**Hang around with your friends and be with people who help you feel good about yourself.** Good friends respect, encourage and support you. They care for your wellbeing and are fun to be around. You'll make new friends by respecting, encouraging and supporting others.
From Rhonda Jenkins, SRC Co-ordinator

ACTIVITY STAR OF THE WEEK

<table>
<thead>
<tr>
<th>Name</th>
<th>Michala Ford</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>10 years</td>
</tr>
<tr>
<td>Class</td>
<td>5MJ</td>
</tr>
<tr>
<td>Colour House</td>
<td>Blue</td>
</tr>
<tr>
<td>Activity</td>
<td>5km run for charity</td>
</tr>
<tr>
<td>What was the best thing about your activity?</td>
<td>I went on the 5km colour run at Homebush to raise money for cancer research. The volunteers threw colour powder over the people as they ran. It was fun.</td>
</tr>
</tbody>
</table>

Community News..............................

SCHOOL BANKING...
For those children who have ordered Commonwealth Bank Rewards deliver takes a few weeks with the new system. Thank you for your patience!

WUNDERKEYS TM Piano for pre-schoolers.
A piano program that’s making preschoolers smile!
Sign Up Your Preschooler Today For One Month Of FREE Lessons!
An innovative one-on-one piano lessons to children ages 3 - 5 (and kindergarten year students), it combines beginning piano skills with a foundation in math; creating connections to facilitate mathematical understanding in the future and a love of the arts.
Proudly Offered by Piano Place
To register today please...
Call: 0412 046 246 e-mail: Anna.Rott@bigpond.com
Visit: www.facebook.com/mypianoplace

Interested in learning the Guitar or Keyboard at St Patricks through private or group tuition?
We have a number of tutors that visit St Pats to hold one-on-one and group lessons for students.

Guitar and Keyboard/Piano through the Central Coast Conservatorium of Music: make an enquiry online via http://www.centralcoastconservatorium.com.au/contactus

Guitar through private tutor
Greg Taylor: call Greg on 0405 359 840 or at bbks@bigpond.com

Glitch IT
Glitch IT for all your computer issues, repairs and setup needs.
Hardware, software and web services; no job too small for your local Central Coast IT guy.
Call Aaron Toomey on 0432021849 for speedy and reliable IT help.
www.glitch-it.com.au
Keeping Grace English School open now depends totally on donations. Even if every family donated $5/week or even a fortnight it would make a huge difference. I can absolutely assure you that any money donated goes straight to maintaining the school in India. None of it will be used as “administration”, or syphoned off elsewhere. Please check out the great photos in our school foyer.

Please see the website: http://destinylifechurch.com.au/?page_id=1610 and the link of the presentation of my trip to India:
http://www.youtube.com/watch?v=MAYdMEpCPOM&feature=youtu.be

Project Compassion money raised by the children of St Patrick’s will go to Grace English School this year.

😊
SEASONS FOR GROWTH 2014

Change and loss are issues that affect all of us at some stage in our lives. At St Patrick’s Catholic Primary School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We have therefore been offering a very successful educational program called Seasons for Growth.

This program is facilitated in small groups and is based on research, which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The grief theory that Seasons for Growth is built around relates to the work of psychologist J. William Worden. The development of the Seasons for Growth curriculum is based on Warden’s tasks of grieving. The tasks have then been linked with the imagery of a particular season. The different seasons of the year provide a rich symbolic framework in which to explore issues of change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each session is 40-50 minutes. The program concludes with a “Celebration” session. Teachers who are trained companions in the program facilitate the groups. This year the children in a new stage (Years 3, 5 and kindergarten) are the only children who can participate in the program. If you have a child/ren new to the school that are not in these grades but you feel the program would benefit them, or even if you any questions about the program please contact Mrs Turnbull.

Seasons will commence in Term 2 at St Patrick’s. If your child has experienced significant change or loss, that has occurred a year ago, and you would like him/her to participate in this program please complete the following permission slip and return to school by Week 9 (28th March). Please discuss with your child why they will be participating in this program as they will need to be able to identify their loss through the program to allow them to move forward.

Thank You
Mrs Turnbull
Seasons Coordinator

I (Parent/Guardian)____________________ give permission for my child/ren ___________________________ in class _______ to participate in the Seasons for Growth Program in Term 2. The loss my child has experienced is:_________________________________________

_________________________ Parent/Guardian
Hi all,

WOW! What a success Pancake Tuesday was! Thank you to everyone who contributed. Both canteens had such a great response and we were overwhelmed with shake mixes, homemade pancakes, pikelets and hot cakes – we even had Hungarian pancakes and choc chip pancakes! A special mention to all the mums who came in to help cook and serve the pancakes. A great time was had by the mums and the kids on the day. It really was a great community effort and thank you for embracing Shrove Tuesday.

To celebrate St Patricks Day, the P&F are hosting “Green Day” in the canteen (see menu) and a free BBQ sausage sizzle to be served after Mass. Thank you to the mums, dads and grandparents who have offered to help – we couldn’t do it without you! If anyone else is free for a few hours from 11-1pm on Monday 17th, we’d love your help. Our aim is to serve lunch as quickly as possible so the children and staff can head to the park for an afternoon of games and activities. Please contact Michelle on 0408 412 408 if you can help.

And finally, our canteen still needs lots of help in the coming weeks. Please consider helping us out if you are able. The children really do love “canteen” days and we can only open if we have volunteers available to work.

**TERM 1, 2014**

<table>
<thead>
<tr>
<th>DATE</th>
<th>INFANTS</th>
<th>PRIMARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 12 March</td>
<td>Chris Bevan</td>
<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>Recess only (10.00 – 11.30)</td>
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<tr>
<td>Friday 14 March</td>
<td>HELP NEEDED 0408 412 408</td>
<td>Julia Conroy HELP NEEDED</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td>HELP NEEDED 0408 412 408</td>
<td>0408 412 408</td>
</tr>
<tr>
<td>Monday 17 March</td>
<td>CANTEEN 9.30-11.00</td>
<td>SAUSAGE SIZZLE HELPERS</td>
</tr>
<tr>
<td></td>
<td>Annabel Cockerton</td>
<td>NEEDED TO COOK &amp; SERVE</td>
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<tr>
<td></td>
<td>Patti Cox</td>
<td>SAUSAGE SIZZLE LUNCH</td>
</tr>
<tr>
<td></td>
<td>Jane Minehan</td>
<td>FROM 11AM – 1PM</td>
</tr>
<tr>
<td>Wednesday 19 March</td>
<td>Julia Conroy</td>
<td>HELP NEEDED 0408 412 408</td>
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<tr>
<td>Recess only (10.00 – 11.30)</td>
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<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>Friday 21 March</td>
<td>Jan Gilmartin HELP NEEDED</td>
<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td>PH 0408 412 408</td>
<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>Wednesday 26 March</td>
<td>Rebecca Casey HELP NEEDED</td>
<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>Recess only (10.00 – 11.30)</td>
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<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>Friday 28 March</td>
<td>Jackie Brown HELP NEEDED</td>
<td>HELP NEEDED 0408 412 408</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td>PH 0408 412 408</td>
<td>HELP NEEDED 0408 412 408</td>
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</tbody>
</table>
Snacks
Green Cupcakes $1.00
Sour cream & chives Grainwaves $1.00
Chicken Jumpies $1.00
Granny Smith Apples $0.50 each
Green Jelly Cups $1.00
Green Fizzers $0.40 each
Green Jelly beans & frogs $0.50 a bag

Drinks
Green Quench $1.50
Green Spiders $1.00
(Green quench with a scoop of low fat ice cream)
Apple juice $1.50
Happy St. Patrick's Day!

Mass 11am

All welcome on the primary campus

Primary canteen open for recess & lunch (snacks only)

Free BBQ Sausage Sizzle from 12 midday

Join in the fun

Celebrating St Patricks Day

17th March

Games and activities in the park following lunch
“Let’s go, let’s go. Come on Dad!”
This is the family outing that everyone in the family has been waiting for.

Seven-year-old Voula has been up since dawn jumping around excitedly.

When Voula gets wound up it can be difficult to keep things under control. She doesn’t seem to understand that her baby brother doesn’t like her jumping around and poking at him, or that her Dad is a bit slower in the mornings and needs his space. You don’t want to dampen her enthusiasm, but you’d like her to be able to express it in ways that are less annoying to others!

Learning to manage feelings

Children’s feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy.

When feelings take over children’s behaviour, they can find it difficult to manage without adult support. This is why learning how to recognise and manage feelings is a very important part of children’s social and emotional development.

Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.
How parents and carers can help children manage feelings

1 Notice feelings
Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: happy, sad, excited, frustrated, angry, embarrassed, surprised, etcetera. Giving feelings names helps to make them more manageable for children.

Learning to pay attention to how they are feeling helps children understand that all feelings are okay and that they can have emotions without being controlled by them.

2 Talk about everyday feelings
Talking with children about what it’s like when you’re angry, sad, nervous or excited helps them find ways to express feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.

Learning to name feelings helps children find ways to express them without having to act them out.

3 Create space for talking about difficult feelings
Although all feelings are okay, some feelings can be more difficult to cope with than others. Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think, “I am feeling angry,” means that children don’t have to act really angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Learning to cope with feelings helps children manage their behaviour at school and at home. It helps them learn better, relate to others better and feel better about themselves.

Things to remember:
• Learning skills for managing feelings takes practice.
• Noticing and naming feelings comes first.
• Talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up.
• Talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed.

Things to try at home:
• Use feeling words when you talk with children about everyday situations (eg “You scored a goal! How exciting was that!” or “It’s pretty disappointing that Kati can’t play with you today”).
• Invite children to describe their own feelings (eg “I’m feeling pretty nervous about going to the dentist. How about you?” or “How did you feel when?”).