Catholic Life and Mission Kevin Coote, Religious Education Coordinator

Sunday, 6 Apr 2014: Fifth Sunday of Lent - Year A

_Jn 11:1-45 Jesus raises Lazarus from the dead._

Students from K-6 have been led through the Stations of the Cross with Fr. Tadeusz and Fr. Dariusz as a class over the past two weeks as we prepare for Easter. Students in Years 4-6 have also experienced reconciliation this week as they acknowledge times when they have not made good choices and have not followed the example set by Jesus.

Last week’s Gospel told the story of Jesus healing a man born blind and this week we hear the Gospel story of Jesus raising Lazarus from the dead. We acknowledge the healing power of Jesus and consider how Jesus invites us to reach out to those in our community that are in need.

Fr John Frauenfelder’s Words of Wisdom:

Today’s dramatic Gospel story invites us to stand awestruck with all the others as Jesus approaches the tomb of Lazarus. “Lazarus, come out!” he commanded. His voice reached into the dark tomb and found the dead man’s ears, and the power of the universe poured life back into Lazarus’ cold, grey body.

Lazarus was the third person to be raised from the dead by the power of Jesus. The first was the 12-year-old girl who died in her bed. The second was an only son to a widow in the town of Nain.

In sending his disciples out to spread the good news, Jesus empowered them to cure the sick, raise the dead, and heal the leperous.

At the very least, it would seem that as Jesus’ disciples today, we are empowered to visit the sick, to help heal those we can, and by our example to inspire those who are spiritually dead to come back to life and be restored in their faith.
From our Principal, Nicole Cumming

Parent Teacher Interviews
A collaborative relationship between school and home is imperative to children reaching their full potential. Therefore, I thank all the parents who saw the importance of, and made the effort to come along to Parent Teacher Interviews this week.

Enrolments
Enrolments are now being taken for kindergarten 2015. If you have a child ready to start school next year please collect a form from the school office or alternatively download it from the school website. Enrolment forms are due back to school by Friday, 30th May. Similarly, if you know of someone who has a child ready for school please let them know enrolments are now being taken. Our Kinder information evening will be held on Thursday, 8th May at 7.30pm and all new families will be interviewed in the week beginning the 2nd June. Please pass this information onto any new/prospective families you may know.

Uniform
The way a person presents themselves reflects not only on the person themselves but the organisation to which they belong. Therefore, I ask that you ensure your child/ren are wearing the correct uniform, which includes shoes, socks, hat, jewellery, jacket etc… Descriptions and pictures of uniform expectations can be found on our school website on the News and Events page. In anticipation, I thank you for ensuring your child is wearing the full and correct school uniform. Jewellery is not allowed at school. The only exceptions are small stud earrings, a watch and a religious medal on a chain. Children may also wear the wrist band they receive upon obtaining a Principal’s award.

We carry out regular spot checks on uniform and any variation results in a child’s name being written down in the “blue folder”. If a child has their name in the “blue folder” three times in a week the consequence is spending time in the Reflection Room. Please help your child follow the school rules by ensuring they are wearing the correct uniform head to foot.

As the weather at this time of year is often unpredictable, children may wear either the summer or winter uniform upon returning after the holidays.

Naplan
In 2014, NAPLAN tests will be held 13 - 15 May. Students in Years 3, 5, 7 and 9 sit these exams. Information for parents and carers can be found later in the newsletter.

Day Light Saving
A reminder that day light saving ends this weekend. On Saturday night, before going to bed, remember to put your clocks back one hour.

Easter Hat Parade
You are invited to join us next week on the last day of term at 9am for our Easter Hat Parade (gold coin donation for Grace School, India) and assembly at 2pm.
Coming Up

8th
Kinder Nursery Rhyme day
Touch Footy Gala day

11th
Last day of Term 1
9am Easter Hast Parade
2pm Assembly

28th
First day of Term 2

2nd May
School Disco

5th
CC Cross Country

8th
Kinder Information Meeting 7.30pm
12noon Baptism ceremony
Mothers’ Day Stall

9th
Mums’ Day: open classrooms, mass and morning tea

13-15th
NAPLAN Yrs 3 & 5

14-16th
Y6 to Canberra

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

Some Perry good ideas.........................

Talking and Listening tips for children : Kindergarten to Year 4

Try to avoid interrupting children and listen to the whole of what they are trying to communicate. Sometimes it’s bigger than just their words as their limited vocab is restricting.

Try providing opportunities to talk with and listen to children as they talk and share.

Give positive messages that show you are interested by giving nods, smiles, sounds, words, gestures, but try not to intrude while your child is speaking.

If your child has trouble remembering what was spoken, a good technique is for him or her to repeat in the mind what has been said, rephrasing it in his or her own words. If it is appropriate, notes can be taken.

If you are planning something, such as a meal or an outing, try having a brainstorming session with your child. You can do this by asking your child for ideas. You can just listen to one another share or write them down.
Discuss common dates on the calendar such as public holidays and have your child mark in important events on a family calendar.

Talk about days, months and years in relation to events such as birthdays and other special occasions.

Talk about street names and the meaning of signs as you drive around. You could retell or make-up stories about the street names that tell how the name came about.

Remember : YOU ARE THE MODEL. Children learn from watching us. If you’re not impressed by the way they are talking and listening, have a good look at how the family is communicating to one another. What is the tone of the voice? Do people listen to one another? Is the volume appropriate? Is respect shown?
A Note from Mini Vinnies

Mini Vinnies is organising an Easter Hat Parade to help raise money for Grace School in India. All you have to do is create a fun Easter hat (Simple please) and bring it to school on Friday, 11th at 9am. For the parade on the Infants Campus. All parents are welcome. Please remember to come along to our special Family Mass on Easter Sunday at 10.30am!

Bring a gold coin to enter the parade. A winner from each grade will win a fantastic Easter prize. Good luck and happy creating from the Mini Vinnies Team.

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A NOTE FROM THE BUS COMPANIES

Students are required to present bus passes when boarding buses morning & afternoon. Failure to present bus passes could result in students being charged a fare. Students who are traveling to places other than home (ie Friends, Shops, Work, Grandparents, After school care, etc) are required to pay the appropriate fare.

School Bus Passes are for travel to & from School/Home Only

ACTIVITY STAR OF THE WEEK………..

<table>
<thead>
<tr>
<th>Name:</th>
<th>Madeline Williams</th>
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<tbody>
<tr>
<td>Age:</td>
<td>10 years</td>
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<tr>
<td>Class:</td>
<td>5MJ</td>
</tr>
<tr>
<td>House Colour:</td>
<td>Red</td>
</tr>
<tr>
<td>Activity:</td>
<td>Dancing</td>
</tr>
<tr>
<td>How long you have been doing it for:</td>
<td>6 1/2 years</td>
</tr>
<tr>
<td>Any Special Achievements:</td>
<td>Exams &amp; Eisteddfods</td>
</tr>
<tr>
<td>What is the best thing about your activity?</td>
<td>Friends, Teachers and learning new things always</td>
</tr>
</tbody>
</table>
Young Leaders Day

On Monday 31st of March, we attended the National Young Leaders Day for 2014 at the Entertainment Centre in Sydney.

We arrived at 8:30am, we walked into the stadium and found a seat. It was massive, there were over 6,000 students, teachers and parents.

The first speaker was a guy called Mike Martin who was from The Halogen Foundation. The host was hilarious. We also listened to, Bob Carr, Coen Ashton, Andy Griffiths and Ita Buttrose. They all had very fascinating stories to tell and shared ideas about leadership.

We both bought a book at recess that was already signed by Andy Griffiths! It was definitely a day to remember and we recommend it for all the future year six’s to come!

A note from the P&F

School Disco

Thank you to those mums and dads who have volunteered to help with the disco. We appreciate your support! However we still need some more people (about 6 or so for each disco) to help supervise or work in the canteen.

If you can help out, please contact us at the following:
Ring or SMS Annabel on 0405 442 171 or email mahcockerton@bigpond.com or the school office on speg@dbb.catholic.edu.au

Looking forward to hosting a great disco for our children to start Term 2!
We can’t do it without you!

 Mothers’ Day Stall

Mothers’ Day is fast approaching and we are organising a Mothers’ Day Stall so that your child can choose a gift they would like you to have.
To make the running of the stall easier for all concerned, we are asking for monies to be sent in before the day. Please complete the section below and send $5.00 per gift in an envelope marked “Mothers’ Day Stall”. This is a great opportunity for your child to purchase a gift for Grandmothers, Aunty etc. as well.
Please note that we would like the money to be returned by Wednesday 9th April.

HELPERS NEEDED FOR THE STALL - PLEASE CALL MICHELLE 0408 412 408
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

NO DOGS ARE ALLOWED IN THE SCHOOL GROUNDS
### TERM 1, 2014

<table>
<thead>
<tr>
<th>DATE</th>
<th>INFANTS</th>
<th>PRIMARY</th>
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</thead>
<tbody>
<tr>
<td>Wednesday 9 April</td>
<td>Michele Greenwood</td>
<td>Julia Conroy</td>
</tr>
<tr>
<td>Recess only (10.00 – 11.30)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 11 April</td>
<td>Annabel Cockerton, Jackie Forrester</td>
<td>Kass Mansell, Adrianne Prazauskas</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td></td>
<td></td>
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<tr>
<td><strong>LAST DAY TERM 1</strong></td>
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### TERM 2, 2014

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<tr>
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<th>PRIMARY</th>
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<tbody>
<tr>
<td>Wednesday 30 April</td>
<td>Annabel Cockerton</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Recess only (10.00 – 11.30)</td>
<td></td>
<td>PH 0408 412 408</td>
</tr>
<tr>
<td>Friday 2 May</td>
<td>HELP NEEDED</td>
<td>Adrianne Prazauskas</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td>PH 0408 412 408</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td></td>
<td>HELP NEEDED</td>
<td>PH 0408 412 408</td>
</tr>
<tr>
<td>Wednesday 7 May</td>
<td>Chris Bevan, Kristy Montague</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Recess only (10.00 – 11.30)</td>
<td></td>
<td>PH 0408 412 408</td>
</tr>
<tr>
<td>Friday 9 May</td>
<td>HELP NEEDED</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td>PH 0408 412 408</td>
<td>PH 0408 412 408</td>
</tr>
</tbody>
</table>

Lots of Michele Cormack or Michelle Cormack can help. Once off, some time, it is appreciated.
The P&F of St Patrick’s is proud to host the first disco of 2014

WHEN: Friday, 2 May 2014 (Week 1, Term 2)
WHERE: School Hall, Primary Campus
TIME: Infants 5.30pm – 6.45pm
       Primary 7.00pm – 8.30pm
COST: $2.00 per child

All monies collected will be donated to our Mini Vinnie’s which in turn are raising funds for the Grace School, India.

The disco is organised, run and supervised by the P&F (not the school) and relies on parent volunteers to go ahead, so, please, if you are available to assist with supervision and/or canteen on the night please fill in the slip below, or email mahcockerton@bigpond.com Ring/ SMS 0405 442 171 or email the school office on spec@dbb.catholic.edu.au

Unfortunately, if we do not get enough parent volunteers the disco will not go ahead.

----------------------------------

- I can assist with the Infants’ Disco 5.30 – 6.45pm
- I can assist with the Primary Disco 7.00 – 8.30pm

Name_________________________________ Contact No ___________________
Please complete and return to school with money and **paper bag** attached by **Monday 7 April**. If no paper bag, please include 10 cents for one. Thank you

---

Choose one of the following

- [ ] Hot Cross bun
- [ ] Hot Cross bun fruitless
- [ ] Finger Bun
- [ ] Chocolate Muffin

Choose one of the following

- [ ] Strawberry milk
- [ ] Chocolate milk
- [ ] Apple juice
- [ ] Orange juice

**All for $3.00**

*Also includes an Easter treat!*

Sorry no late orders accepted.
Helping children cool down and stay calm

The following examples are for families to use at home. The methods described can also be adapted by school staff to help children manage anger at school.

When children get caught up with angry feelings it can be quite difficult for them to calm down. This is because the body gets ready to fight when we are angry and can take some time to return to normal. Teaching children steps to cool down their anger can help.

Rate your anger

Using a rating scale to notice how angry they are helps children become more aware of their angry feelings so that they know when to use calming strategies.

Draw a thermometer to show the scale points of between zero and 10. Add some words that describe low levels (eg 0 = calm; 2 = a bit irritated), medium levels (eg 5 = quite cross), and high levels (eg 9 = extremely angry, ‘losing it’). Talk about the body signals that accompany each level.

Ask children to rate their anger and watch it to see if it changes. This encourages them to look for the signs of angry feelings and to see if they can lower their anger levels. It is much harder to change anger when it is high, so when the rating goes above 6 it is usually best to teach children to move away from the situation. They can move to a special quiet space or ask an adult for help.
Relax

There are lots of ways to relax. Some useful ways to teach children to use relaxation strategies to calm their angry feelings are:

Deep breathing
Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

Visualisation
Have children visualise a very relaxing scene in their minds. For example, they might imagine themselves floating on an air bed in a swimming pool. You can combine deep breathing with visualisation. For example, ask children to imagine a candle in front of them. As they exhale, ask them to imagine making the candle flicker but not go out.

Robot/rag doll technique
The robot/rag doll technique is useful for helping young children release muscle tension. Ask children to tense up all muscles in the body and visualise themselves as robots. Have them hold this tense state for approximately 15 seconds. Then ask them to release all the tension and visualise themselves as rag dolls, with all muscles very loose, and stay relaxed like this for 15 seconds.

Use coping self-talk
Using coping self-talk involves saying things to yourself to calm down. Children can be encouraged to say things to themselves like:
- Take it easy.
- Take some deep breaths.
- Stay cool.
- It’s okay if I’m not good at this.
- Chill out.
- Don’t let him bug me.
- Time to relax!
- Try not to give up.

To teach children to use coping self-talk, it is helpful to model it yourself. For example, you could make a point of saying out loud, “I need to relax,” “I’m going to cool down,” or “I won’t let this get to me.” You can also use coping statements to coach children through stressful moments. Asking older children what they could say to themselves when they need to cool down their anger helps them learn to use coping self-talk for themselves. This is best practised before children get angry.

Slow deep breathing has a very helpful calming effect. Getting children to practise breathing in deeply and breathing out very slowly, can help to calm down angry feelings.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
What is NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and which areas need to be prioritised for improvement.

NAPLAN tests are one aspect of the school’s assessment and reporting process, and do not replace the extensive, ongoing assessments made by teachers about each student’s performance.

What will be tested and how?

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. The content of each test is informed by the national Statements of Learning for English and mathematics, which underpin state and territory learning frameworks. Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: www.nap.edu.au

Who will run the tests?

NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or the principal. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

How can I help my child prepare for the tests?

NAPLAN assesses literacy and numeracy skills that students are already learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child’s preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do their best they can on the day. The use of services by coaching providers is not recommended.

What additional support can schools provide for students with special needs?

All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant co-existing conditions, or who has recently arrived in Australia and is from a non-English speaking background.

Your school principal and your state testing authority can provide you with more information on special provisions or the process required to gain a formal exemption.
How is NAPLAN performance measured?
NAPLAN is not a pass or fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

What happens if my child is absent from school on test days?
Wherever possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during testing week. Individual students are not permitted to sit tests after Friday 16 May 2014.

Will I receive a report on my child's performance?
A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

How are NAPLAN test results used?
- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: www.myschool.edu.au

Where can I get more information?
For more information about NAPLAN:
- visit www.nap.edu.au
- contact your child's school
- contact your state or territory's education authority (details available on the NAP website).

NAPLAN 2014 tests timetable

<table>
<thead>
<tr>
<th>Year</th>
<th>Tuesday 13 May</th>
<th>Wednesday 14 May</th>
<th>Thursday 15 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 3</td>
<td>Language conventions 40 minutes  Writing 40 minutes</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
</tr>
<tr>
<td>Year 5</td>
<td>Language conventions 40 minutes  Writing 40 minutes</td>
<td>Reading 50 minutes</td>
<td>Numeracy 50 minutes</td>
</tr>
<tr>
<td>Year 7</td>
<td>Language conventions 45 minutes  Writing 40 minutes</td>
<td>Reading 65 minutes</td>
<td>Numeracy Calculator 40 minutes  Non-calculator 40 minutes</td>
</tr>
<tr>
<td>Year 9</td>
<td>Language conventions 45 minutes  Writing 40 minutes</td>
<td>Reading 65 minutes</td>
<td>Numeracy Calculator 40 minutes  Non-calculator 40 minutes</td>
</tr>
</tbody>
</table>

- Language conventions includes spelling, grammar and punctuation.
- Numeracy includes number; space; algebra, function and pattern; measurement, chance and data.
- Calculators are NOT permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, there is one numeracy test where calculator use is permitted and one where it is not.
## Vacation Care
### April 2014

<table>
<thead>
<tr>
<th>Monday 14&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Tuesday 15&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Wednesday 16&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Thursday 17&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Friday 18&lt;sup&gt;th&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Movies at Ettalong</strong></td>
<td><strong>Easter and Anzac Cooking</strong></td>
<td><strong>Waterslide</strong></td>
<td><strong>Drama Workshop</strong></td>
<td><strong>GOOD FRIDAY CLOSED</strong></td>
</tr>
<tr>
<td>-Must be at Service by 8am</td>
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<tr>
<th>Monday 21&lt;sup&gt;st&lt;/sup&gt;</th>
<th>Tuesday 22&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>Wednesday 23&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>Thursday 24&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Friday 25&lt;sup&gt;th&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EASTER MONDAY CLOSED</strong></td>
<td><strong>Craft Day</strong></td>
<td><strong>Hero’s Journey Drama Samba and Zumba Dance Workshop</strong></td>
<td><strong>Go Karts and Jumping Castle</strong></td>
<td><strong>ANZAC DAY CLOSED</strong></td>
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<td>- Begins at 1:30pm</td>
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</tbody>
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Please ensure all children have “SUN SMART” clothing and protective footwear during Vacation Care period.

Thank you!
## Vacation Care Booking Form

This form must be returned by: **Monday 31st March 2014**

### Week One
- **Dates:** 14th-18th April 2014
- **Children’s Names**

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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### Week Two
- **Dates:** 21st April-25th April 2014
- **Children’s Names**

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<th></th>
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### Week Three
- **Dates:** (enter dates)
- **Children’s Names**

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<th>Mon</th>
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### Week Four
- **Dates:** (enter dates)
- **Children’s Names**

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<th></th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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