Dear Parents and Carers,

St Gregory’s is very proud to be a KidsMatter school. KidsMatter is a mental health and wellbeing initiative for primary schools and early childhood education and care services – like preschools, kindergartens and day care centres.

It’s not a program, but a framework that helps staff, parents and carers to work together to create settings that better support children’s social and emotional wellbeing needs.

KidsMatter has 4 focus areas:
• creating positive school and early childhood communities - our focus in 2013
• teaching children skills for good social and emotional development – our focus for 2014
• working together with families - our focus for 2015
• recognising and getting help for children with mental health problems.

KidsMatter comes with professional learning for staff, resources, and ongoing support throughout implementation.

Tomorrow we begin the Church season of Lent as we celebrate Ash Wednesday. Lent is a time for us to Refocus, Re-energyse and Renew our relationships – with God and each other. It is the one day of the year when it is okay to walk around with a black smudge in the middle of your forehead! Ashes are a very powerful symbol of the fragility and mortality of our lives. But it is also about new life as we see powerfully in the Australian bush when new growth flourishes after a bushfire. We are called during Lent to be on the journey moving closer to God and the fullness of life that is offered to us.

In the past Lent was a time to give up now however there is more of an emphasis of taking something on. Perhaps a return to prayer, a return to church, reaching out in kindness to those you find challenging. I was reading the other day that one suggestion was to give up FaceBook for Lent using the extra time to build our relationship with God. Now that is a challenging suggestion.

A Lenten Prayer
Dear Lord,
I know You receive what is in my heart.
Let me be inspired by Your words and by the actions of Your son, Jesus.
Guide me to make sacrifices this Lent in the spirit of self-denial and with greater attention to You and those around me.
Help me to believe that You will grant me this because of the sacrifice Jesus made for me.

Amen.

May you recognise the God moments in your life,
Claire Frazer
Principal
From the Principal......

PRAYERS: We continue to hold in our prayers the members of our community who are sick and in particular those who are currently undergoing treatment for cancer. We pray too for the young men who are facing the death penalty in Indonesia and their families.

LEADERS INDUCTION ASSEMBLY: The liturgy last Friday was simple yet profound. It was a proud moment to see our Year 6 students walk into the hall so proudly and confidently singing These Hands. They were a credit to their families and teachers in the way they conducted themselves and actively participated in the liturgy. I was particularly taken by the words of the song they sang to end the liturgy – Light the way, lift your hearts, in all you do, in who you are, be the good news, my living word be the change, be the start, of a peace and joy filled path, be the light for the way, hope for the world. What a wonderful message for us all.

ASH WEDNESDAY: Tomorrow is Ash Wednesday. Our junior classes will celebrate a liturgy and the older classes will celebrate Mass, both will be held at St Raphael’s church.

PLAYGROUND ISSUE: You may have heard of an incident on the oval at MacQuoid Street last week involving student and neighbour interaction. One of our neighbours in the flats – that are very close to the boundary fence – was unhappy about the noise level and made this known to students. I suspect that some students responded with the outcome that the resident took or pretended to take photos. I reported this incident to the police. The police attended and visited the neighbour. There have been no further incidences and teachers on duty are watching this area closely.

BUS INTERCHANGE: A parent contacted me during the week to report that a man had been taking photos of her daughters at the Queanbeyan Bus Interchange. The parents have reported this incident to the police. It may be timely to remind children about their own safety and importantly to tell a trusted adult whenever a situation or another person makes them feel uncomfortable.

PARENT CONTACTS: PLEASE WE NEED YOU for 1 Blue, 1 Gold, 2 Blue, 2 Gold, 2 Red, 3 Blue, 3 Gold, 3 Red, 4 Blue, 4 White, 5 Red, 5 White, 6 Gold and 6 White. Thank you much to the parents who have already volunteered to be a part of this vital network for our community. If you are not sure of what is required please contact me.

ASTHMA PUFFERS: If students have asthma puffers they need to be stored in school bags or at the front office. Some students, particularly our older student, self-manage their asthma and it is appropriate that they store puffers in their bags. For other students it is important that puffers are stored in the first aid rooms. This enable staff to easily access puffers as required, particularly during break times, when students are in other rooms other than their classrooms or when relief teachers are in classrooms.

St Gregory’s School Prayer

God our Father,
through Your Son Jesus Christ
and with Your Holy Spirit,
guide us today on our journey of learning.

May our school be a place of
wisdom, peace and friendship,
where together, we can grow and
learn to be the best that we can be.

Help us to seek truth and be faithful children of Yours.
St Gregory the Great, pray for us.

OUR SCHOOL RULES

Stay Safe,
Be Fair,
Show Respect.
ST GREGORY’S QUEANBEYAN NEWSLETTER

SPORT NEWS

NR SWIMMING CARNIVAL - Our Northern Region team members are: Giaan Ashman, Jasymn Tozer, Sam Robinson, Ned Bennett, Madeline Bennett, Leo Vanderpol, Jacob Macdonald, Angelina Brown, Keeva Robinson-McEvoy, Emmett Smith, Thomas Hatchman, Skyla Robinson-McEvoy, Eleni Lolesio, Caleb Quinn, Kaleb Gowland, Jasmine Burns, Jessica Reid, Jamie Tran, Adam Da Silva, Imogen Dorsett, Hannah Zutt, Brent Marsden, Olivia Smith, Toby Goodyer, Thomas Cunningham, Archer Mossfield, James Taloni, Kalen Billiards, Ryan Weatherby, Mia Enright, Lachlan Fitzpatrick, Rebecca Goodall and Shanla Settin.

CONGRATULATIONS to Lachlan Fitzpatrick, Tom Grant, Sam Robinson, Ryan Buchaniec, Adam Da Silva and Archer Mossfield who have been selected in the Canberra/Goulburn Archdiocese boys basketball team. These boys will now attend the Mackilup trials in Wollongong in March.

CONGRATULATIONS to Max Hunter who has been selected for Canberra/Goulburn Archdiocese cricket to trial for Mackilup in Wagga later this year.

CANB/GOULB ARCHDIOCESAN WINTER TRIALS will be held on Monday 9 March from 10am to 2pm.
Open/11yrs Rugby League - Wright Park, Queanbeyan
Boys/Girls Football - High Street, Queanbeyan
Netball - Netball Courts, Thornton Road, Queanbeyan
Boys and Girls Hockey - Individual entry

Interested students are asked to collect nomination forms from Mr Maloney. Completed forms and $15 to be returned to school by Monday, 2 March. The purpose of the trials are to select teams to represent the Archdiocese. Students must be of good standard, in Year 5 or 6 and play representative sport. Students must be available for selection in all subsequent teams.

- Matthew Maloney, PE Teacher & Sport Coordinator.

LIBRARY NEWS

Book Fair at Lowe Street - Book Fair is coming to Lowe Street in Week 6 - Wednesday, 4th March from 8:30am - 6:30pm. We will have our usual guessing and coloring competitions and also a Lucky Door prize. Watch the Newsletter for further details. Thea Stilton will be making a guess appearance at our Fair.

Lamont Book Club - Brochures have been distributed to students. Ordering is done online and books will come back to school in class and student bundles. Closing date for Issue 1 is 27 February 2015.

CHANGE OF DATE

St Gregory’s School DISCO will be held on Thursday 12 March 2015.

FAMILY PORTRAITS

St Gregory’s School will be hosting an advancedlife Family Portrait Fundraising Day on Sunday, 29 March. Advancedlife’s professional photographers will provide you with a family portrait for only $20 (valued at $130)! For your $20 you receive a choice of a 10x13” family portrait or pencil sketch plus a bonus key ring with family photo. 100% of money raised from the day goes directly to the school.

Additional photos will be taken and available for purchase, at no obligation. These additional photos include: portraits, gift cards and calendar - featuring your family portrait and other photos taken on the day.

Please contact Jane King on 6297 2221 to book your appointment. Payment is required before the photo day to secure your booking.

SKOOLBAG

Our School now has our own Skoolbag iPhone and Android App to help us communicate more effectively with our Parent/Student community. We are asking parents/students to install our Skoolbag School App. To install it, just search for our school name “St Gregory’s Primary School Queanbeyan” in either the Apple App Store, or Google Play Store.

ST GREG’S YOUTH GROUP

Impact (Yrs4-6) will be running from 4:30pm-6pm every Sunday.
Souled Out (Yrs7-12) will be running fortnightly on a Sunday from 6.30pm-8pm, next session 29th Feb.
Both Groups are held in St Gregory’s Hall.

CANTEEN

Helpers at Lowe Street this week are:
Thursday 19 February Michelle Welch
Friday 20 February Tamara Palmer
Volunteers are always welcome at MacQuoid Street, even if you are only available for an hour. Thank you.
Does your child love to act, dress up and perform? Join an ACTING ANTICS performance acting class and perform in this year’s gala performance.

Acting Antics acting classes help you to:
• Speak in clear expressive English
• Improve acting & performance skills
• Express yourself with confidence
• Extend creative & dramatic potential
• Learn theatre skills
• Every student gets a meaningful role with dialogue & fabulous costumes.

Venue: St Gregory’s School, Lowe Street MPR
Day & Time: Wednesdays from 3:30pm - 4:30pm starting 11th Feb
Ages: Children from all schools aged 7 - 11 years
Fees: Season 1 (Term 1&2) $306.00
Free trial – Start any time - Pro-rata fees - Sibling discount

This year’s Gala Performance is … “Aladdin and the Magic Carpet”

Enquiries: admin@actingantics.com
Register at http://ctcau.actingantics.com
03 9018 7890 – 0409 507773

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What do you do when something you want or need is out of your control? Do you get mad, angry, impatient/patient, peaceful, anxious?

Are you in control or are your expectations and emotions controlling you?

While I frequently recommend various mindfulness strategies to manage stressful situations including anxiety, one of the greatest prayers and words of wisdom, is the serenity prayer.

God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.

What are your thoughts about it? Give it a try, next time you are feeling you have no control over a situation.

Have a great 2015.

God bless.

Jacqueline Hogan
Student and Family Counsellor
CatholicCare

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QUEANBEYAN CITY FOOTBALL CLUB
Registration for Queanbeyan City Football Club Juniors will commence 22 Feb to coincide with the Mayor’s Cup at Riverside Stadium, Caringa St, Queanbeyan. There will be a desk with the Juniors Coordinator available to answer all questions from 1300-1530. Information will include Season dates, when training will commence, costs for registration (and how), external tournaments in the region and where training will occur. Any queries please contact Mick Coad at mcoad01@bigpond.com or on 0451 043 232. Or QCFCL website for more info or to register, www.qcfcl.com.au.