Dear Parents and Friends,

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. ‘Well,’ she said, ‘I think I’ll braid my hair today.’ So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. ‘Hmmm,’ she said, ‘I think I’ll part my hair down the middle today.’ So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. ‘Well,’ she said, ‘today I’m going to wear my hair in a pony tail.’ So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and noticed that there wasn’t a single hair on her head. ‘YAY!’ she exclaimed. ‘I don’t have to fix my hair today!’

Attitude is everything!

Be kinder than necessary, for everyone you meet is fighting some kind of battle.
Live simply. Love generously.
Care deeply. Speak kindly.
Life isn’t about waiting for the storm to pass …
It’s about learning to dance in the rain.

Community Council Community Event

Join us tomorrow afternoon for the Community Council Start of Year Social Afternoon from 3.20 to 5.00 pm. Come for a little while or come for the whole time! It will be a great opportunity for the kids to have a play, for you to meet all the teachers in an informal setting and to keep building our wonderfully inclusive and supportive community. The Community Council will provide a free sausage sizzle, a free jumping castle and some great company! Bring some chairs or a blanket, some afternoon tea, drinks and your community spirit!

Principals’ Retreat

Next Wednesday 4 March to Friday 6 March, I will be attending the annual Archdiocesan Principals’ Retreat in Bowral. All 57 Archdiocesan Principals will meet with Catholic Education system leaders on Wednesday to discuss this year’s CEO strategic plan, procedures and policies. Thursday and Friday will be an opportunity for principals to be nourished spiritually while we are led in a spiritual retreat by our Archbishop, Christopher Prowse. I ask you to keep me in your prayers during this time and I thank Ms Cathy Talbot and the Leadership Team for leading the school during my absence.

Holy Week

All parents and friends are invited to join us for our Easter Story retelling on Thursday 2 April. This year we are telling the story all in one go; classes are taking one part of the story each and will share it with the school community in different settings around the school. We will begin with Palm Sunday story at 11.45 am on the western end of the oval, and will conclude with Jesus’ Resurrection at (approximately) 12.45 pm in the hall. All children (and their parents too!) will be encouraged to dress in costumes to represent the time of Jesus’ life for the prayer celebration.

I ask our God of all love to be with you and your families in a special way this week.

Brenda Foley
Principal
brenda.foley@cg.catholic.edu.au
KidsMatter — We need your feedback!

An important aspect of implementing KidsMatter is the consultation process between the school and the parents and carers. This will happen in many ways but the initial step is the completion of an online survey around well being.

This short survey asks you about your perceptions of St Matthew’s in relation to our work in the area of mental health and wellbeing. Although we will only be working on Component 1 of the initiative this year we ask you to complete all 4 components of the survey to give us an overall picture of your thoughts and opinions. The survey will be available online until Monday 16 March 2015.

To complete the survey please click on the following link and complete the 4 components of the survey,


- Your responses are anonymous and only summarised results are reported.
- It is important that you give your honest views.
- Although not every question may seem relevant to you, please answer each question as best you can.

If you don’t have access to the online survey there are paper copies available at the front office.

Thank you for your help and assistance.

Have an enjoyable weekend,

Cathy Talbot
Assistant Principal
catherine.talbot@cg.catholic.edu.au

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REMINDER

All Kindergarten Health Check Forms must be returned to the office by Monday 2 March. Envelopes will be collected by ACT Health on Tuesday morning 3 March.
**Good News**

**Fish and Chip Friday Project Compassion Fundraiser**

The SRC, with the support of our amazing Canteen Manager, Kate Whitton, are organising a special Project Compassion fundraiser lunch on Friday March 13, 2015. The lunch will be in the Catholic tradition of Lent and eating fish on Fridays during Lent.

We will have a special fundraiser lunch event to raise money to donate to Project Compassion. This fundraising allows Caritas Australia to continue aid and development work reflective of the life of Jesus Christ, in more than 30 countries. I would like to thank Kate Whitton and all the volunteers who will be a well-oiled machine to cook and serve 600 or so fish fingers and these special Fish and Chip Friday lunches to the students at our school! Thank you also to the SRC members who are involved in spreading the word about this fundraiser through posters and presentations to all the classes.

**WE NEED YOUR HELP! In order to run this successful fundraiser lunch, we require the assistance of willing parents or friends. We would appreciate helpers to come in from 10.00 am onwards please. Please contact Kate if you would be happy to volunteer at kate.whitton@cg.catholic.edu.au**

**Caritas Google Hangout**

Today our school, represented wonderfully by three Year 6 students, Olivia Wilson, Jack Prime and Bethany Egan participated in a Google Hangout organized by Caritas Australia. As part of our school focus this year we are working to ensure that Catholic social teachings and understanding are encouraged within our school community.

We are working towards a few new initiatives this year endeavoring to engage students and staff in appropriate social action and justice practices. This Caritas Google Hangout is the first step involving students in learning about and developing an understanding of social action and how people around the world are involved in making a difference.

During February, Eric and Ma who are featured in this year’s Project Compassion story from Fiji will be visiting Australia to speak in Parishes and Schools during Project Compassion. We were invited to have the chance to have a question and answer session with Eric and Ma over video conference (a Google Hangout). Eric and Ma talked about life in Fiji and the community practices that they developed with the support of Caritas. Keep a look out in the next newsletter for a report from our school representatives!


Yours in Truth and Love
Sylvia Campbell
Religious Education Coordinator
sylvia.campbell@cg.catholic.edu.au
Ten ways to Celebrate Lent at Home

In the early Church, Lent began as a period of intense preparation for those preparing for baptism. Today it is celebrated as a period of repentance and renewal for all Christians as they prepare to celebrate Easter.

1. Talk it over
On Ash Wednesday gather as a family or household for a simple meal (in keeping with the Lenten fast). Table topic: What does Lent mean to you and what practical steps will you take in your Lenten observance this year?

2. Set up a sacred space
Set up a sacred space in a corner of your home. Spread a purple cloth on a small table. Add a bible and a candle, a bean bag or chair nearby. Make it a restful and inviting place where members of your household can go, whether alone or in company, to read the scriptures.

3. Pool family funds
As a family or household adopt a Lenten project. This might be Project Compassion or a particular project such as the building of a hospital or school in an impoverished town. Invite household members to contribute a portion of their income or pocket money each week during Lent towards this cause. Give from your substance not just your surplus.

4. Hold simple meals
Come together for the simplest of meals during the week. Invite a different family member to prepare the meal each week. Discover joy and creativity in plain foods: bread, rice, water. Be mindful of those who hunger. Talk about how your Lenten plans are progressing.

5. Organize a family action
Pool your talents and resources to assist someone in your local neighbourhood. This might involve mowing the lawn of an elderly person or serving meals at a shelter for the homeless.

6. Make Sundays special
Sunday is the Day of the Lord. During Lent make an effort to celebrate it well, uncluttered by work and activities of your regular week. Include rest, prayer, Mass, time for family and friends.

7. Celebrate the saints
Buy a book on the saints (or search the internet) and read a short excerpt each night, perhaps just after dinner and while everyone is still seated at table. This needn’t be a long reading, just enough to spark a few thoughts and comments. Close with a short prayer, calling on the chosen saint of that evening to pray with you.

8. Gaze upon the cross
Take a special cross or crucifix (the kind designed for hanging on a wall) and give it in a prominent place in your home. If you don’t have such a cross, buy or make a rustic one out of two bits of wood. During Lent stop to touch or look at the cross as you go about your day. At family prayer time, bring it down and pray with it. Use it to bless or commission a member of your family before an important event.

9. Gather your friends
Invite some friends to your home for a couple of hours each week during Lent. Use that time to reflect and pray together.

10. Say sorry
Make forgiveness a natural part of your Lenten journey. Look for everyday ways to say ‘sorry’—in word and gesture—for the ways we have hurt one another.

Family Prayer

Lenten Steps
‘Follow the way of love, the example of Christ who loved you.’
Ephesians 5:2

Theme
Lent is a time for doing special things to show our love for God and each other. At Lent we open our hearts to God, we say sorry for our sins, and we prepare to celebrate the greatest Christian feast of all: Easter.

Prayer
Make the sign of the cross and pray:

Dear God,
Thank you for giving us your Son, Jesus, who showed us how to love each other.
We are sorry for the times we have not been kind to others.
Help us to love like Jesus did, especially during Lent as we prepare to celebrate Easter.
Amen.

Sharing
Look at a Lenten calendar together. There are many available online. See the link below for an online Lenten calendar linked to Project Compassion.
Pick out some actions you could try this week. Talk about how you might go about doing these Lenten actions.

Lent in a nutshell
• In the early Church, Lent began as a time of repentance for those preparing for baptism. Having experienced the call of conversion, they resolved to turn away from sin and embrace a gospel lifestyle. They were baptised at Easter.
• In our times, the period of Lent is a time of repentance and renewal for the whole Church. It is a time when we prayerfully take stock of our lives, turn away from all lifestyle habits that contradict the gospel and renew our commitment to Christ and each other.
Swimming Carnival

Congratulations to all of the children who participated in our Swimming Carnival earlier in the term.

A huge thank you to all of our parents and teachers who helped make the day a great success.

Children that were awarded ribbons for their races will be presented with these, at assembly on Friday morning.

Congratulations to our winning house—Mercury!!

Catholic Schools Soccer Carnival

A reminder that the Catholic School’s Soccer Carnival is on at the University of Canberra on March 15, 2015.

A note will go home tomorrow with team information for all those students who returned notes by last Friday. There are still some teams that require coaches and/or managers. If you can be of assistance, please email or call me directly at school.

Wakakirri

Each year hundreds of schools across Australia create Story-Dances for Wakakirri that reflect student’s thoughts, ideas and aspirations. These stories are performed in professional theatres in front of the official ‘Wakakirri Panel’ who are searching for ‘Story of the Year’.

A Wakakirri Story Dance is a 3-7 minute performance by a group of students who theatrically tell a story using a combination of dancing, creative movement and acting to pre-recorded music.

This year, students in Year 5 and 6 at St Matthew’s will be focussing on retelling the stories of the ANZACs, in a piece entitled “Red Poppy.”

Part of the Wakakirri journey is to share the story with our school community and create a positive impact on the world around us. We will be participating in some school based events to raise funds for a particular charity over the course of the year. We are so excited about our Wakakirri journey and we know that the whole school will join us.

A permission note will go home tomorrow for all Year 5 and 6 students, and notes regarding our ‘positive impact’ will go home to all families in the coming weeks.

Rachel Fish
Curriculum Coordinator
rachel.fish@cg.catholic.edu.au
THINKUKNOW PRESENTATION @ SFX

Internet safety initiative to raise awareness of issues young people face online and on mobile phones.
Hosted at St Francis Xavier College
Wednesday 18th March @ 6.30pm in the College Theatre.
All parents, teachers and carers are encouraged to attend.
(Please no young people to attend)
RSVP: 13 March
School.office@sfx.act.edu.au
T: 62581055

BELWEST FOXES SOCCER CLUB INC

Belwest caters for players (boys and girls) from Under 5 to Under 11 Mini Roos and U12 to Under 18 full field. For information visit www.belwestsoccer.com.
Register through www.myfootballclub.com.au or contact Brian Golledge 62544977/0422630665 for more information.

HAPPY BIRTHDAY

Happy birthday wishes to

Music Lessons for 2015

In-school music lessons are now available at St Matthew’s Primary On Piano
For more info or to enrol please call Canberra Music Tuition on 6299 9154 or jmtadmin@iinet.net.au

2015 Sports Expo

*Participants will learn and play a variety of sports over the two days with Hockey, Touch, Netball, Cricket, Football and volleyball all involved in 2015

Every child is a different kind of flower, and all together make this world a beautiful garden.