Dear Parents and Friends,

Community Council Open Meeting
Please mark Tuesday 22 March as an important date in your diaries. This is our first Community Council Open Meeting for 2016, and all parents and friends are cordially invited to join us at 6.00 pm for this in our library. The meeting will focus on examining the feedback received in last year’s Parent Survey and showing what we do with the data you provide through this survey. We will also be doing a presentation on ‘Words Their Way’, the spelling philosophy we introduced two years ago at St Matthew’s which has had such a positive impact on the children’s ability to spell correctly in their everyday writing. Nibbles and drinks will be provided.

Resilience
One of our continuing focuses at school is helping the children become resilient. Resilience is about the inner strength needed to cope with the many challenges and demands faced in our day-to-day world. It is about equipping children with the skills and strategies to cope and deal with the rough-and-tumble of life. By building resilience, children will be able to bounce back from difficult situations with strength, optimism and self-assurance. Helping children to become resilient assists them in becoming effective adults.

I know many of you already do a terrific job in teaching your children the skills needed to be resilient young people. As a teaching institution, we are always so happy to support the work that you do. I thought you might be able to use some of the following suggestions which can also help build resilient kids. When your child is having difficulties, these might provide some guidelines for what you can do.

- Take time to listen to your child when s/he talks about an issue.
- Ask what s/he did to solve or deal with the problem.
- Give other possible solutions and ask what else s/he could have done or still can do.
- Always remember there are two sides to every story; ask your child what they did to contribute to the situation or incident.
- Be honest and tell your child possible reasons for the problem. Identifying the reasons why an issue has occurred from your perspective can often make possible solutions clearer.
- Encourage your child to use his/her initiative and make his/her own decisions.
- Be a role model for resilience and share your own examples and how you learnt from them.
- Encourage your child to have a wide circle of friends, as children with more than one good friend are less likely to have social difficulties at school.
- Build self-confidence.
- Encourage your child to never keep a problem a secret.
- Teach your child to be assertive in a non aggressive way.
- Have high, but achievable, expectations and goals.

I have included Part 1 of an article by parenting guru Michael Grose on page 5 of this newsletter. The article is about actions which rob children of the opportunities to be resilient.

Have you downloaded Qkr! yet?
St Matthew’s has launched a new, more convenient way for parents and carers to make payments to the school. Qkr! (pronounced ‘Quicker’) is a mobile payment app which will enable you to order and pay for school fees, canteen orders and uniform orders directly from your smart device. Qkr accepts all major credit and debit cards accepted by the school (Visa and MasterCard) and you can register more than one card within the app. The Qkr app is available from the Apple App Store and Google Play. If using an iPad you can download the iPhone version of Qkr. You can download and register for Qkr now and start making payments right away.

I ask our God of all hope and joy to be in your hearts and homes this week.

Brenda Foley
Principal
Brenda.foley@cg.catholic.edu.au
FROM OUR ASSISTANT PRINCIPAL ...

Courtyard News
I am still looking for some lunchtime or afterschool help to repaint our wooden courtyard seats if anyone has a bit of spare time available it would be greatly appreciated.

Our hens are laying and we have fresh eggs available for sale at the canteen for $3 a half dozen.

I am looking for a family to volunteer to look after our chickens over the April school holiday period. If you are able to help out please send me an email.

Star pickets—I have about 10 star pickets 1.8m and 2m looking for a home. If you are interested in them for the price of a small donation that will go towards our chicken food please contact the front office.

University of NSW Competitions ICAS Years 3 - 6
The International Competitions and Assessments for Schools (ICAS) are independent skills-based assessments with a competition element for talented students. ICAS are developed annually for primary and secondary school students in the subject areas of Digital Technologies, English, Mathematics, Science, Spelling and Writing. The University competitions for students in Years Three to Six at St Matthew’s are all offered as voluntary competitions. A note outlining further details including dates for the individual competitions will be sent out to interested students next week.

NAPLAN
Early next term all our Year 3 and 5 students will be participating in the National Assessment Program. This testing program, NAPLAN, will take place on the mornings of Tuesday 10 May (Language Conventions and Writing), Wednesday 11 May (Reading), and Thursday 12 May (Numeracy).

The purpose of NAPLAN is to provide parents and teachers with a snapshot of how a child is progressing in reading, writing, use of the English language, and arithmetic, compared with other children of the same age. The important word here is snapshot as the assessment is only one measurement of achievement. Teachers keep track of student progress all the time and have a well rounded sense of where the student is at. Further information can be found at: http://www.nap.edu.au/naplan/parent-carer-support.html

Harmony Day
The message of Harmony Day is everyone belongs! This years theme is ‘Our diversity is our strength’. Harmony Day is held every year on 21 March to coincide with the United Nations International Day for the Elimination of Racial Discrimination. It’s a day to celebrate Australia’s diversity – a day of cultural respect for everyone who calls Australia home.

At St Matthew’s we are focusing on the theme: Coming together to celebrate our cultural diversity. On Monday 21 March we are inviting everyone to wear something orange on their school uniform (ribbon, badge, hair ties) and encouraging everyone who has known cultural origins to bring along something to share. (Images from that country, recipes, cultural dress, the meaning behind the cultural dress, foods, greetings or sayings in other languages).

But, most of all remember… by our attitude and the respect we show to all, we can play a big role in helping to make Australia a great place to live and one where everyone belongs!

Enjoy your long weekend,

Cathy Talbot
Assistant Principal
catherine.talbot@cg.catholic.edu.au
Happy birthday wishes to Jacob Holgate, Emily Butters, Evie Poretti, Lucas D’Amico, Jessica Phillips, Ashlea McKinnon, Fraser McCormack, Tannika O’Sullivan, Amelia Winsbury, Karl Juelg, Zoe Symons, Cameron Connoley, Abby O’Connor and Estella Sutherland who celebrated birthdays in the last two weeks.

Canteen Roster for Weeks 7 and 8 Term 1

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Morning</td>
<td>Kym Wade</td>
<td>Melinda Keir</td>
<td>Margie Sciacca</td>
<td>Belinda Fowley</td>
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<td>Afternoon</td>
<td>Mark Xuereb</td>
<td>Sybille Orzek</td>
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<td>Jayne O’Sullivan</td>
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<tr>
<td>Week 8</td>
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<tr>
<td>Morning</td>
<td>Kym Wade</td>
<td>Iva Montero</td>
<td>Jodie Murray</td>
<td>GOOD FRIDAY</td>
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<tr>
<td>Afternoon</td>
<td>Kate Whitton</td>
<td>Sybille Orzek</td>
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**Canteen News**

Payments for Canteen Lunch Orders
St Matthew’s are currently phasing out Flexischools. You may still order using Flexischools until the end of Term 1. From Term 2, Canteen orders can only be made using Qkr or Paper Bag Cash orders.

We advise those families that have current accounts with Flexischools to go online and stop your automatic top ups and either run the money down in your account or request a refund back into your bank account.

Q: How do I close my Flexischools account?
Login to your account and click My Profile. Under Status choose Close Account

Q: How do I stop automatic top ups?
To stop the automatic top ups - login into your account, top right side - click on MY ACCOUNT, Set Automatic top ups - click no thanks. You may also want to clear your saved credit card.

There is also the section on transferring your balance back which takes you to the ‘close my account’ page.

Special Lunch order Days Coming Up:
Fish & Chip Friday ~ Friday 18th March
Cross Country Sausage Sizzle ~ Thursday 31st March

patricia.elbadawi@cg.catholic.edu.au

Happy birthday wishes to Jacob Holgate, Emily Butters, Evie Poretti, Lucas D’Amico, Jessica Phillips, Ashlea McKinnon, Fraser McCormack, Tannika O’Sullivan, Amelia Winsbury, Karl Juelg, Zoe Symons, Cameron Connoley, Abby O’Connor and Estella Sutherland who celebrated birthdays in the last two weeks.
Good News

Fish and Chip Friday Project Compassion Fundraiser

Once again we have organised a special Project Compassion fundraiser lunch on Friday 18 March 2016. The lunch will be in the Catholic tradition of Lent and eating fish on Fridays in Lent. This is 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 Patricia 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!

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 Patricia if you would be happy to volunteer at patricia.elbadawi@cg.catholic.edu.au

The Ministry of Altar Server

The Role of Altar Server

The primary role of the altar server is to assist the priest in the celebration of the liturgy during Mass. This is done by holding the book for the priest, carrying processional candles – at the beginning and end of Mass, while the gospel is read, by active participation in the liturgy - responding to the prayers singing hymns, and other assistance where needed – during the offering of gifts bring the finger bowl & towel to the celebrant etc. This is an opportunity to be of service and there is a need to show reverence, and commitment.

Becoming an Altar Server

After a child has received their First Holy Communion (from Year 4) they are most welcome to become an altar server. Training will be given (at a convenient time) and they will be helped once you have finished training. Servers should arrive 15 minutes before the start of Mass and need to remain until they finish cleaning up after the end of Mass.

If your child is interested in being an Altar server please contact Father Michael at the Parish Office: 6254 1827

In Truth and Love,
Sylvia Campbell
Religious Education Coordinator
sylvia.campbell@cg.catholic.edu.au
**Resiliency Robbers**

**Part 1**

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their children’s long-term best interests. Check out the following common parenting mistakes that reduce children’s resilience.

**Robber # 1:**
*Fight all their battles for them*

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

- **Resilience notion # 1:**
  *Give kids the opportunity to develop their own resourcefulness.*

**Robber # 2:**
*Make their problem, your problem*

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

- **Resilience notion # 2:**
  *Make their problem, their problem.*

**Robber # 3:**
*Give kids too much voice*

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

- **Resilience notion # 3:**
  *Make decisions for kids and expect them to adjust and cope.*

**Robber # 4:**
*Put unrealistic or relentless pressure on kids to perform*

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

- **Resilience notion # 4:**
  *Keep expectations in line with children’s abilities and don’t put excessive pressure on them.*

To be continued next week …

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<thead>
<tr>
<th>Class</th>
<th>Parent Reps</th>
<th>Contact Information</th>
<th>Reminders/Events/announcements</th>
</tr>
</thead>
</table>
| **Kinder Blue** | Sally Alexander and Lisa Fairlamb | nutsyk@gmail.com/gavnkarie@gmail.com | 1 Blue Parent Rep: Alissa Pearson  
Contact: 0411 589 900/  
pughalissa@yahoo.com.au  
Facebook group: ‘St Matthews Class of 2021’  
Reminders/Events/announcements  
Family Yr 1 Picnic – Sunday 20 March, 3pm – contact Alissa for more info | 2 Blue Parent Rep: Stephanie Vizzari  
Contact: 0412 963 124/  
svizzari@ruralfunds.com.au  
Facebook group:  
Year 2 Picnic, Saturday 12th March – contact Stephanie/Kylie for more info | 3 Blue Parent Rep: Alison Dyer  
Contact: 0432534375/  
Dyer.alison@hotmail.com  
Facebook group: ‘St Matthews year 6 – 2019’  
Reminders/Events/announcements  
Dads Dinner/drinks – Friday 18th March  
Mum’s dinner/drinks – Friday 1st April  
Contact Alison/Kym for more info | 4 Blue Parent Rep: Gillian Logan  
Contact: 0400 272 107  
khayne@grapevine.com.au  
Reminders/Events/announcements | 5 Blue Parent Rep: Danni Liva  
Contact: 0431 569 565  
danniliva69@gmail.com  
Facebook group: St Matthews Primary School – Class of 2017’  
Reminders/Events/announcements  
Parents dinner – 7pm, Friday 18th March – contact Danni for more info | 6 Blue Parent Rep: Kate Hayne  
Contact: 0400 272 107  
khayne@grapevine.com.au  
Reminders/Events/announcements  
Family Yr 6 Picnic – Sunday 20 March, 3pm – contact Kate/Stephanie for more info | |
| **Kinder Maroon** | Natalee Withers | 0452 221 929/ nataleewithers@gmail.com | 1 Maroon Parent Rep: Jenny Davenport  
Contact: jenny.davenport@bigpond.com  
Facebook group: ‘St Matthews Class of 2021’  
Reminders/Events/announcements  
Family Yr 1 Picnic – Sunday 20 March, 3pm – contact Jenny for more info | 2 Maroon Parent Rep: Kylie McNamara  
Contact: 0425235177/  
kylie.mcnamara@hotmail.com.au  
Facebook group:  
Year 2 Picnic, Saturday 12th March – contact Stephanie/Kylie for more info | 3 Maroon Parent Rep: Kym Wilkinson  
Contact: tenniscoach@iinet.net.au  
Facebook group: ‘St Matthews year 6 – 2019’  
Reminders/Events/announcements  
Dads Dinner/drinks – Friday 18th March  
Mum’s dinner/drinks – Friday 1st April  
Contact Alison/Kym for more info | 4 Maroon Parent Rep: Jade Nguyen  
Contact: 0402 781 680  
bibodragon@gmail.com  
Reminders/Events/announcements | 5 Maroon Parent Rep: Leanne Sutherland  
Contact: 0423 770 111  
leannelolapop@aapt.net.au  
Facebook group: St Matthews Primary School – Class of 2017’  
Reminders/Events/announcements  
Parents dinner – 7pm, Friday 18th March – contact Danni for more info | 6 Maroon Parent Rep: Stephanie Vizzari/Sarah Kelly  
Contact: 0412 963 124/0417 131 173  
svizzari@ruralfunds.com.au  
Reminders/Events/announcements  
Family Yr 6 Picnic – Sunday 20 March, 3pm – contact Kate/Stephanie for more info |
This year Book Club will be fully embracing technology and all orders will need to be processed electronically, we will no longer be accepting cash or cheque payments for orders.

There are 2 options - online or through the app.


The process is straightforward from here:
1. Select the ORDER tab
2. Search for St Matthews
3. Start order
4. Select which issue you are ordering from
5. Add your child and select which class they are in
6. Type in the book code and quantity
7. When finished select NEXT and NEXT again if you are happy with your order
8. Process your payment
You are done - nothing needs to be sent to school. J

**For new app users** - search Book Clubs Loop For Parents in the app store for Apple users or Book Clubs Loop for android users.

1. Once downloaded sign into the app and you will need to add your child/children - do this by selecting the +Person icon, type in your child’s name, select the state and school - search St Matthews, select the class - and then press add.
2. You will need to do this for each child.
3. Once the child is added this is saved and you will just need to change your child’s class details at the beginning of each year.
4. To put through an order just select the ‘New Order’ tab on the home page and follow the prompts.
5. The app allows you to have an easy online record of previous orders - at the bottom of the home page you can select order history and it will show previous orders.

**For existing app users** - select My Profile at the bottom, select the people image at the top right and then either tap the person image to create a new child attending St Matthews or select your existing child and update which class they are in for 2016.

Any issues please don’t hesitate to contact me -
Nicole Mitchell (Kasey, Yr6 & Jasmine Yr2)
Nic.mitch@me.com
0413 968 499