Dear Parents, Carers and Community Members,

Rich in Mercy – Ash Wednesday
Tomorrow we begin one of our most important seasons in our Catholic Christian traditions – Lent. Each of our classes will receive the blessing and ashes for Ash Wednesday whereby we remember that we are loved for our humanity and live in hope as we reflect on both our blessings and weaknesses preparing for the journey to Easter. Year 4 and representatives from Year 5 and 6 will be attending Ash Wednesday Mass at 9am.

We believe in a God who is rich in mercy. We are called to this challenge by living the Gospel – bringing light to those in need, forgiveness and understanding, being slow to judge and hopeful for all. Our staff are invited to participate in the Reflections for Lent program entitled “Rich in Mercy” each Tuesday afternoon and there are also a number of parish groups available as well Tuesday 7pm, Thursday 2.30pm in our Church for interested parents.

BCE School Leadership Cluster and 2015 School Projects
This Thursday and Friday, Mr Thompson, Mr Billion and I will be attending the annual cluster meeting for school leadership teams. At these sessions we formulate our school Annual Action Plan covering the four priority areas for RE and Mission, Learning and Teaching, Professional Learning and Collaborative Partnerships and Strategic Resourcing. Mrs Maclean, Mrs Anderson will partner with Mr Fernando, Mrs Ferguson and Mr Kenyon across the two days to look after our wonderful school while we are away.

This year we have two major projects to undertake. The first is called The Leuven Project – Enhancing Catholic Identity. This involves a major research of our contemporary understanding of our community as a Catholic School. All parents will be invited to complete an extensive survey in the month of March and we will provide more information about this over the next few weeks.

The second is more of an enduring piece of work for our school and this is reviewing and responding to our student data on literacy achievements from Prep to Year 6. It follows the work of Professor Lyn Sharratt and Emeritus Professor Michael Fullan – “Putting Faces on the Data” ensuring that all students are making progress. At St Rita’s we are well on track and look forward to sharpening our work with students through our participation with other schools in this system initiative.

It seems that the Parent Teacher Orientation meetings are progressing well and we have received great feedback for parents and teachers alike about their value. Thank you for taking the time to discuss your child’s learning journey sharing your perspective on what it takes for them to be at their best.

School Parent Network
Our change to an afternoon meeting time for our first SPN meeting time was successful last week with a number of new and current parents joining the
network. We congratulate Debbie Stone and Antoinette Paige as our new combined Chairperson and Janine Shailer to remain as Treasurer. Communication will be forthcoming to set up parent contacts for year level and/or class groups.

A wonderful sight of contemporary learning yesterday at our Year 4 Bootcamp for the 1:1 Surface Pro program. Seeing teachers as learners, students as teachers with our current expert Year 6 students leading learning in the main session of the day was a fantastic reflection on our schoolwide pedagogy to Know More Do More and Be More.

May you find God’s blessings as we live in hope and live with joy in the coming week.

Anne

Website Update
Commencing next week on our school website (under curriculum), you will find a tab which when clicked, will provide you with a range of information on the new religious education curriculum including links to other faith based resources. I would encourage you to have a preview at the link provided and explore the ways to pray calendar. If you look in the calendar at Week 4 for Wednesday 18th you will find some useful information on Ash Wednesday http://extranetportal.bne.catholic.edu.au/re/Pages/default.aspx. We hope from time to time to encourage you to explore this useful resource.

Community Mass
Thank you to those who have emailed me about attending the staff and community dedication Mass on 1 March. We will be in touch shortly with more information.

Reflection
When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.

Henri Nouwen

Every blessing for the Lenten Season

Kevin

Welcome back to week 4 – hard to believe! As expected, the year has commenced well again and we are back into the full swing of things here at St Rita’s. It has been great to reconnect with many families over the past 3 weeks.

I, like all of you, are on the ever evolving journey of parenthood with my wife, trying to master our parenting skills to our 3 children. With this in mind, I came across 9 very different ideas to guide and inspire you to reinvigorate your parenting from parenting ‘guru’ Michael Grose. If you wish - read and choose one or two ideas to focus on in the coming months. (My goal is number 8)

1. Build redundancy into your parenting. You don’t want your kids living with you when they’re forty so you had better start making yourself redundant right now. Expect kids to help at home without being paid and develop their self-help skills from the earliest possible age. If your kids are dependent on you then start small and work from there.

2. Build self-belief in kids. It is self-belief rather than ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children’s strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them.

3. Talk less when kids misbehave. Do you repeat yourself when your kids don’t do as you ask? Perhaps you raise your voice to be heard. Don’t. It leads to parent-deafness. Act rather than repeat yourself or shout. Put the meal on the table rather than remind them to come to dinner. Turn the TV off if they are fighting rather shout for some peace and quiet. This year talk less when kids are less than perfect.

4. Choose your battles wisely. If you always seem to be fighting with one or two of your kids sit back and assess what’s important and what’s not, and then only fight over major stuff. Fighting over minor issues burns up parent energy and damages relationships. Make a list of minor and major issues as a reminder.

5. Help kids appreciate what they have. Some children have a default mechanism that is both negative and self-centred. They are never happy and
they always want more. You can change their way of thinking with effort. Start by encouraging him or her to look on the bright side and be thankful for what they have.

6. **Encourage kids to be self-occupiers.** Parents underestimate the importance of kids being able to keep themselves busy. Spending time on their own encourages self-initiated play, is good for their mental health and is a pre-requisite for success at school. If you are your child’s home entertainment machine then you can change. First, avoid rushing in when children seem bored. Then suggest ideas rather than provide entertainment when they’re bored.

7. **Don’t fight your children’s battles.** Leave some battles for your kids. Well-meaning parents can sometimes fight too many of their children’s battles, robbing them of opportunities to solve their own problems. If this is you, next time your child experiences some frustration or difficulty at school or at home stand back, offer support and suggestions but don’t solve the problem for him.

8. **Have at least five family mealtimes a week.** If you want to influence your kids’ thinking then you need to talk with them. Mealtimes provide these opportunities as long as the TV is turned off and you avoid getting into fights about how much they eat. Set a goal of five shared mealtimes as a minimum.

9. **Encourage a sense of generosity.** Moving kids from thinking ‘me’ to thinking ‘we’ takes work these days as families are small and parenting tends to be child, rather than family-focused. Develop a sense of altruism by encouraging your kids to volunteer, giving some pocket money to charity, and giving away unused toys.

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**SPORTS NEWS**

**Quote of the week**

‘The expert in anything was once a beginner!’

*Unknown*

**District Sport Trials**
The following district trials have become available:
1. Senior Rugby League (students born in 2003)
2. Junior Rugby League (students born in 2004)

If there are any students interested in trialling for any of these sports – it is suggested that they are involved in regular training with a club and show a high proficiency of skill and knowledge of the game and/or have representative experience. Please see Mr Kenyon if interested.

**Y3-6 School Swimming Program and Carnival**
Notes will be coming home with students shortly regarding our upcoming Swimming Program Week and Carnival. It is important that this note is completed carefully and returned promptly by the due date as late notes/nominations will not be accepted.

**Cross Country Training**
For all those interested – Cross Country Training starts this week (Friday Morning). Training is held on Monday, Wednesday and Friday morning from 7.50 – 8.25am. Students are asked to meet Mr Kenyon under the covered area outside the tuckshop prior to 7.50am. Training is on offer to all students interested. See you there!

**St Rita’s Touch Football**
Touch Football teams are now finalised and students have been notified what teams they are in.

We would like to formally thank and welcome Mr Dennis Winterburn a parent at St Rita’s who has gladly volunteered to assist in Coaching a U/12s touch team this season.

Unfortunately this season we have insufficient numbers for a U/8’s team. Those students who are 8yrs or younger that returned their touch football form, have been included in the u/10’s team.
U/12’s have already received their playing singlet, U/10’s will receive theirs shortly. If you have yet to collect your singlet – please see Mr Kenyon as soon as possible.

Training for u/12’s teams will be held Mondays from 3.15 – 4.00pm. Competition begins this Friday. Looking forward to a great season!

**NEWS FROM THE RESOURCE CENTRE**

**We need your Help!**

Did you know that there are hundreds of fantastic classroom and teacher resources that are unable to be used in our children’s classrooms because they need to be covered with protective contact first.

There is a work station set up in the resource room in the school library and all help would be greatly appreciated! There will be groups of Mums meeting on Tuesday and Thursday mornings straight after drop off. The resource centre is a large closed room and small siblings are more than welcome! Bring along some toys to entertain them and please join us.

Books can also be taken home to cover. For more information please see Mrs Rossi in the library.

**We need your help to get them covered as soon as possible so that they may be used to aid our children’s learning!**

**NIHONGO NOTES**

みなさん、こんにちは (Hello Everyone) In the Japanese Zodiac, this year is the Year of the Sheep or ひつじどし (hitsuji-doshi). If you turn 12, 24, 36…or another multiple of 12 this year, this is YOUR YEAR!

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**UNIFORM SHOP**

**HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>8.00 to 10.00am</td>
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<tr>
<td>Friday</td>
<td>8.00 to 10.00am</td>
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**SCHOOL BANKING**

This week's Banker of the week is Bailey C. Congratulations, we have deposited $2 into your bank account.

Please don’t forget to update your class on the front of your bank transaction books for this year’s banking so we can make sure you are getting your book back. If you don’t make it on Tuesday for banking don’t forget we’re open on Saturday until 12 noon and we’d love to see you in the branch.

We’re open 9.30am Mon – Fri, 9.00am Sat , Closing times Mon – Thur 4.30pm, Fri 5pm & Sat 12noon. Pop in and see the friendly team, we’re always happy to have a chat and help with any of your banking needs. BOQ Victoria Point, Shop 23 Victoria Point Shopping Centre Ph 3207 6133

**TUCKSHOP NEWS**

**Wednesday 18 February**

Terri Comerford
Felicity Shipton
Jane Reinhold

**Thursday 19 February**

Tania Digby
Geraldine Harper
Lee-Ann Nepia

**Friday 20 February**

Nigel Wright
Michelle Kotynski
Louise Lowcock

2ND Break
Louise & Michelle

If your child is going to be absent on the day you have ordered Flexischools or pre-ordered Sushi, please let
me know by 9am and a refund can be issued before any food is prepared. You can also make it known when you call through your child's absents to the office.

Hotdog Special - does not include a slushy for the drink. Slushy's are classed as a treat and are not issued to students until play time. All other drinks on the menu are available and delivered with the Special.

Renee 0411 523 969, email rsaleh@bne.catholic.edu.au

FROM THE PARISH

Greetings from St Rita’s Catholic Parish, Victoria Pt

We will be beginning our Parish Sacramental Programme for Confirmation and First Holy Communion in April 2015. This is for children in grade five or older.

Information and enrolment session will be at St Rita’s Catholic Church on Thursday 23 April, 2015 @ 6:30pm.

For a complete information pack, programme dates and necessary enrolment forms, please contact Father Paul Kelly prior to the 23rd of April 2015. Email: holyjoe@ozemail.com.au Phone: 3207 9177 Mobile: 0417 786 456
Did you know that you can download a Lent Calendar for your iPhone or Android? You can also view it on the Caritas Australia website!

Use the calendar to deepen your spirituality this Lent by learning about Caritas Australia’s work in six countries across the globe. Explore Project Compassion, meet inspiring people and reflect on the Lenten period through daily readings, prayers and social justice actions.

View or download at www.caritas.org.au/projectcompassion/lent-calendar

This week the season of Lent begins with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion appeal. This year’s Project Compassion stories focus on the ways in which Caritas Australia is working around the world to empower vulnerable people to establish sustainable food sources and develop income streams for life.

Your donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work towards a more just and fair world, where the basic human right for food is met and sustained.

Each family will receive a Project Compassion box and/or can order a set of leaflets for their donations. You can also donate online via the website at www.caritas.org.au/projectcompassion. Please put your compassion into action this Lent by supporting Project Compassion 2015.
Head lice Treatment Plan

Step 1: For infestation – Purchase BANLICE mousse from the chemist
Step 2: Treat child’s hair with BANLICE immediately. This will kill any ALIVE lice. This will NOT kill all of the eggs.
Step 3: Once you have removed BANLICE from the hair, comb with a very fine comb to manually remove all the dead lice. With your fingernails, remove as many eggs from the hair as is possible.
Step 4: If possible ... blowdry child’s hair then straighten with a straightening iron as this will cook and kill any eggs that have been missed. Spray with ANTILICE prevention spray.
Step 5: Everyday use the ANTILICE prevention spray available from St Rita’s Uniform shop or by order form at the office $10.50. This spray will kill alive lice before an infestation can occur, and if there are no lice present, will stop lice from jumping onto your child’s hair. It is a natural pyrethrum spray.
Step 6: Repeat the combing, manual removal of eggs and straightening for the next 7 days. The cycle from the egg being laid to hatching is approximately 7 days. Combing is easier if you use a conditioner on the hair (any conditioner, quality does not matter).
Step 7: Retreat with the BANLICE at day 7 to stop the cycle of reinfestation and continue to use the ANTILICE spray as a preventative. Always have your child’s hair TIGHTLY pulled up, braiding is a great option. Also, spraying the inside of the hats that your child wears with the ANTILICE spray is a great idea.

Other measures to take.... vacuum the child’s bedroom, wash the sheets of any bed the child has slept in, check and treat all other people (adults included) that live in the house, notify the school.

Sometimes this process can take many weeks, do not give up. Head lice can happen to anyone, being clean or dirty makes no difference. In fact, head lice are attracted to certain hair types more than others. But persistence is the answer.

GOOD LUCK!

PREVENTION SPRAY

Gentle cleansing and PROTECTION for the hair and scalp. Used regularly, this product will help to prevent and control head lice and their eggs.

RRP: $16.95                      St Rita’s Price: $10.50

Style hair then spray. This product is recommended to use daily, although I give my kids the weekend off. Spray inside of hats weekly.

Order Form

Childs Name: _______________________________ Class: _______________________________

How many bottles @ $10.50 each: _______________________________

Money Enclosed: _______________________________

Credit Card Details: _____ / _____ / _____ / ______  Expiry: ___ / ___  CCV: ___________

Name on Credit Card: _______________________________

Please enclose correct money in envelope with order form. Place in the box at the office. Will be delivered directly to your child’s class.
Bulimba Women’s Hockey Club are seeking PLAYERS/COACHES for 2015 Hockey Season
Aged from 5 years for.....
Senior, Junior and Masters Turf Teams
Senior and Junior Grass Teams Modified Teams
Training held at State Hockey Centre, Lytton Road, Morningside
For further details please contact:
Kay Beirne - 0409621033 or Gaye Swaffield - 0408339891

Help Required
We require two host families to host Japanese students from the 24.03.2015 till 30.03.2015
Contact Odette Clark 0418672498