Dear Parents

Today I am back at school, after three days away at camp with our Year 6 students at Cooba. Reflecting on the experience last night, the word that kept coming to the forefront of my consciousness was ‘teamwork’ and I remembered the ‘Geese Story’ which exemplifies what teamwork is all about… When you see geese flying along in ‘V’ formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in the ‘V’ formation, the whole flock adds at least 71 per cent greater flying range than if the bird flew on its own. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone – and quickly gets back into formation to take advantage of the lifting power of the bird in front. When the head goose gets tired, it rotates back and another goose flies point. Geese honk from behind to encourage those up front to keep up their speed. Finally when a goose is sick or wounded, and falls out of formation, two other geese follow it down to lend help and protection, staying with the fallen goose until it is able to fly or until it dies. Only then do they launch out on their own, or with another formation to catch up with their group.

Our Year 6 students exhibited all the positive attributes of geese flying in the ‘V’ formation – they worked together as a team, encouraged each other, took turns as leaders and followers, used the energy of the group to achieve goals and meet challenges, and stopped to help each other when the need arose. I was very proud of each and every one of them for the way they represented themselves, their school and their families. Sincere thanks to Philippa Brotchie, Matthew Jones, Tania O’Rourke, Scott Alexander, Robert Williams and Dino D’Elia for their brilliant contribution to the camp’s success. All were unfailingly patient, caring and good humoured. We really appreciate the time you gave to ensure such a positive experience for our Year 6 students.

Thank you to…
Ruth Davis for volunteering to be the Clothing Pool Coordinator and Jodi Hamilton for accepting the nomination for PTFA Secretary at last night’s meeting. The clothing Pool will now be open on Thursdays from 3-3.30pm.

Welcome BBQ and Parent Information Evening
I look forward to seeing you this evening at the welcome BBQ and parent information evening.
5:30—6:00  Grade Information in classrooms
6:00—6:45  Family BBQ
6:45—7:15  Grade Information in classrooms  (repeat of previous session)

A sausage sandwich will be provided for adults and children and soft drinks will be on sale from the canteen. Supervision for the children will be provided in the Junior Playground to enable parents to attend the information session in their child’s classroom.

Kind regards

Maureen Doszpot
Dear Parents and Friends,

Can you remember the friends your parents made through your years of schooling and how they have been interwoven throughout your years? When you ask your parents how they formed those friendships the answer will often be through school, sporting groups or simply you – the children.

Even now as your child enters Yr 2, Yr 4 or is beginning the journey of schooling many opportunities are awaiting you. As simple as greeting a stranger who may then become a life long friend. As heart-warming as helping another in need or just by smiling and taking time to stop and share a few words. Each one of these small actions can lead to or may have already lead to the forging of new and lasting friendships.

This is best supported through our actions as parents to lead by example as stated in the opening words of our Rosary School Vision ‘Rosary is a Christ-centred community’. What better way to form a Christ-centred community but by connecting with the parents of children in your child’s class and year level. With the new school year bringing new class groupings, new teachers and new friends; now you can finally get to know parents of your child/ren’s friends. How is this possible you might ask? We invite you to add your details (email/phone) to the class contact form which will be provided at the parent information session this evening.

To improve the class contact process we are asking for 2-3 year level parents to collate the list of names and details. Unlimited possibilities and opportunities lie ahead for forging and forming friendships, finding answers to that tricky homework question and clarifying with another parent exactly what clothing is required…. not to mention the valuable support to the PTFA and the Rosary School community in general.

Yours in the Dominican Spirit of community

Melinda Hall-O’Brien

Assistant Principal
Melinda.hallobrien@cg.catholic.edu.au

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Parenting Ideas
by Michael Grose

Help kids face their fears
http://www.parentingideas.com.au

Navigating fear is part of growing up. It’s important to remember that fear decreases (and sometimes disappears) with positive experiences.

All kids experience fear at some stage. Many fears are normal and developmental, such as fear of separation, fear of the dark and fear of new situations. Other fears – such as fear of the dentist, fear of new social situations and fear of dogs – are more individual. They are often learned, or occur due to a bad experience.

Author Gisela Preuschoff, in her book Raising Girls, describes a recent longitudinal study that showed how girls are more fearful than boys. The physical signs of fear, including increased heart rate and enlarged pupils, are greater in girls than boys. As androgens (male hormones) have a calming effect, boys show less fear.

Jerome Kagan, Professor of Psychology at Harvard University, believes that excessive fear in girls is related to overprotective but well-intentioned caring they receive from parents and carers. It’s been noted that many parents allow boys to take more physical risks than girls, and have different views of danger for each gender.

Fear is okay

Navigating fear is part of growing up. Fear plays an important role. It makes us cautious and causes us to prepare for a new or risky situation. The preparation may be physical (“I'll walk on the other side of the street to avoid that mean dog.”) or psychological (“I'll be brave when I visit the dentist!”)

Sometimes normal, healthy fears are confused with anxiety. Fear is unhealthy if it overwhelms kids, dominating their thinking and behaviour, or if it paralyses and prevents them from participating in everyday life. Fear is normal if it makes them wary but is not overwhelming.

Fears need to be faced

It’s important to remember that fear decreases (and sometimes disappears) with positive experiences. Walk past a scary dog without being bitten often enough and you’ll learn that it’s not so scary after all! Give enough talks at school and kids will wonder what all the fuss was about.

Validate your child’s fears but let them know you have faith that they will be able to face them. Point out that they have conquered fear before – when they rode a bike for the first time, gave a talk, slept on their own with the light off for the first time – and they can do so again.

Julie Godfrey
Coordinator
Religious Education News

We have had a busy start to the year celebrating the Opening Mass last Friday and the Ash Wednesday Mass yesterday. It was great to have so many family and friends attend both events. The students must be commended on their participation and I would like to thank the teachers for the thorough preparation of the students for both Masses.

Ash Wednesday marks the beginning of Lent, a time for us to reflect on how we are living in response to God’s love. It provides the opportunity for us to respond through prayer, fasting and almsgiving.

Ash Wednesday, also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice. Each class has a Project Compassion box available for the children’s donations. Please talk to your child/ren about this important project and aspect of Lent.

Put your compassion into action this Lent by supporting the 2013 Project Compassion Appeal. Donations (both coins and notes) are gratefully accepted at school. Project Compassion boxes for your homes are available at the church and you can also donate online at www.caritas.org.au.

New Families
At Rosary students receive the Sacraments in the following grades. Yr 2 Reconciliation; Yr 3 Eucharist; Yr 6 Confirmation. If any students (Baptised Catholic) have come to Rosary in the higher grades not receiving these Sacraments, please let me know if you would like them to receive the relevant one(s).

Sacramental Dates - First Eucharist
The Commitment Mass for First Eucharist is on Sunday 24th Feb @ 10am and the Parent/Child Information Session is on Thursday 28th Feb @ 6.30pm.

Regards
John O’Brien

Parish News

FAREWELL LUNCHEON
We will be holding a Luncheon to Farewell Fr Rafael and Sr Kate to thank them both for all their work in the Parish. The Luncheon is to be held on Sunday 3rd March from 11.30am onwards. There will be a leaving collection after Mass on the 16/17 & 23/24 February for gifts for both from the Parish.
A BBQ lunch will be provided by the Parish. Parishioners are asked to bring their own drinks and a plate to share (quiche, cakes, slice, biscuits).
Rosary 50th Anniversary—ROSARY RECOLLECTIONS

Plans are well-underway to create an historical display in Egypt of realia and all items of interest relating to our wonderful school over the years. Called Rosary Recollections, we envisage having the room set-up for 2013 to share with visitors and families alike. Thanks to Susana Wynn and Josephine Costanzo who ‘willingly’ offered to paint pin boards in preparation for the displays. Further to this, if any parents or interested community members have any historical Rosary Primary School items that they could loan our committee, we would love to include them in our exhibition. We can take a copy or likewise exhibit them in the display. We look forward to a fantastic to have a vibrant historical record of school life over the past 50 years!! Sandy Vincent

SCHOLASTIC BOOK CLUB

Welcome to another year of Scholastic ordering. Sorry but late orders cannot be accepted. Please make sure names are on all order forms and payment is included. Parent orders can be made without child’s knowledge and picked up from the library. If you do this please write “parent order” and a contact phone number on the order form.

Important Payment Information: Credit card payments must be made online at www.scholastic.com.au and the receipt number filled in the space on the order form. COMBINE TOTAL FOR ALL FORMS AND MAKE ONE PAYMENT PLEASE AND FILL IN ONE PAYMENT SLIP. Cheques are to be made out to Scholastic Australia.

Issue 1 orders: are due back to school with all money no later than Wednesday 20 February
Questions about book club can be directed to me at gunning99@grapevine.com.au
Happy Reading, Helen Gunning.

Veritas Awards

Congratulations to the following students who received awards at Friday’s assembly:

3 week FREE trial

You are invited to Come & Try Scouts for a FREE 3 week trial. Today’s Scouts can take part in an extraordinary variety of outdoor activities, from ‘traditional Scouting skills’ such as camping and bush craft, through to more extreme challenges such as abseiling, overnight hiking, rafting, canoeing, canyoning, snow activities, rock climbing, sailing and now even flying!

What will I get from Scouts? Friendship, confidence, life skills, adventure, challenges, responsible risk taking, leadership, fun and much more...

Call 1800 SCOUTS or visit our website www.act.scouts.asn.au to find your local Scout Group

For Your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday 14 February</td>
<td>Welcome BBQ &amp; Parent Information Evening</td>
<td>First session 5.30-6.00 BBQ 6.00-6.45 Second session 6.45-7.15</td>
<td>Junior Play Ground</td>
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<td>Tuesday 19 February</td>
<td>Swimming Carnival</td>
<td>10.00</td>
<td>ACU Chapel</td>
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<tr>
<td>Thursday 21 February</td>
<td>Year 6 Mass</td>
<td>12.30</td>
<td>School Chapel</td>
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<tr>
<td>Friday 22 February</td>
<td>Year 6 Leadership Assembly</td>
<td>10.00</td>
<td>Holy Rosary</td>
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<td>Sunday 24 February</td>
<td>Year 3 First Eucharist Commitment Mass</td>
<td>10.00</td>
<td>Board Room</td>
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<tr>
<td>Wednesday 27 February</td>
<td>School Board Meeting</td>
<td>6.00</td>
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Clothing Pool open every Thursdays 3.00 pm—3.30 pm
This week information went home regarding the Catholic Schools Soccer Carnival. Students interested in participating in this carnival will need to return their permission forms to school with $15 enclosed. Teams can only be entered if there is a parent coach and a parent manager. We have always had a fantastic response to this carnival and look forward to participating once again. If you require an additional note, it can be located on our school website.

Additional details about the carnival can be found on the following website:

Thank you to all of the parents who have volunteered to help with our swimming carnival next Tuesday. Kindergarten and Year One will be attending the carnival, but won’t be participating in formal swimming races. They will have the opportunity to enjoy novelty events and play in the water park.

It is essential that all students are SUN SMART on the day. Every student will need to have a hat, sunscreen and plenty of food and water. Sunscreen will be available on the day. The pool canteen will be open during the day and students will have the opportunity to purchase food. There will be no school lunch orders. If you are planning on taking your child home from the pool, please advise your child’s classroom teacher in writing.

Cricket T20 Blast

T20 Blast is the new, inclusive, fast and exciting cricket program for girls and boys aged 8-12 which is sweeping the country. There will be a FREE T20 Blast Come and Try Day at Harrison Oval (off Katoomba St) this Friday 15/2 from 5-6.30pm. To register or for more information, visit www.T20Blast.com.au and select North Canberra Gungahlin T20 Blast Centre or contact Matthew on 0416 531 998 or email: matthew.william@cricket.com.au.

CNA Representative Trials

Are now open for girls born 2003-1998 playing “Juniors or Inters” on a Saturday morning at the CNA Courts. Email Michelle at juniorreps@canberranetball.asn.au for more information. Nominations close 28th February"
Parent Liaison Contacts in 2013

One of the qualities that makes Rosary such a great place is the school community. However, sometimes it can be hard for parents/carers new to Rosary to meet other parents/carers, arrange social events for children and parents/carers, and feel comfortable getting involved with the school.

We are continuing to build and strengthen the class parent contact as a way to establish and develop community links at Rosary. This year we are considering combining the class lists to have a year level class contact grouping.

Year level Parent Contacts support the Rosary school community by:

- Welcoming new families
- Linking to the PTFA and assisting with class events
- Contact for social events for class parents and carers
- Maintaining Year Level Contact Lists

The PTFA is seeking one or two volunteers from each year to fill the role of year level Parent Contacts in 2013. This is intended to be a social role to help parents/carers connect with other parents/carers. We will start by holding a meeting of Year level Parent Contacts to discuss what this might involve at Rosary.

If you are interested in the role of Parent Liaison Contact, please fill in the form below and return it by Monday 18 February.

Melinda Hall-O’Brien (Assistant Principal) Melinda.hallobrien@cg.catholic.edu.au

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Parent Liaison Contact

(Return to Melinda Hall-O’Brien Assistant Principal)

I am willing to be a Parent Liaison Contact for 2013

Parent/Carer's Name:__________________________________________________________

Child’s Class:______________________________________________________________

Child’s Name:______________________________________________________________

Email:______________________________________________________________

Phone:______________________________________________________________

Rosary is a Christ-centred family striving for educational excellence in the Dominican Spirit of truth, justice and celebration.