Dear Parents

Last week I accompanied Year 6 on their four day camp to Milson Island Sport and Recreation Centre located on the Hawkesbury River. The venue was ideal, being picturesque, secluded and mostly peaceful!

The students had the opportunity to participate in many challenging activities, including a high ropes course, giant swing, abseiling, kayaking, raft building and archery. They all took up the challenge and pushed themselves to give of their best, assisted by the encouragement of their instructors, teachers and peers.

I was extremely proud of the way our Year 6 students behaved, looked out for each other and adapted to the life at camp. They were wonderful Rosary ambassadors. The Camp staff commented on the high standard of the students’ behaviour, their teamwork and the way they looked out for and cared for each other.

The success of the camp was in no small measure due to the dedication, meticulous planning, patience, generosity of spirit and good humour of our Year 6 teachers Philippa Brotchie and Amanda Jiang. A huge thank you also to Julie Godfrey for accompanying us.

Swimming Carnival
On Monday, the weather was kind for our annual swimming carnival at Dickson Pool. Participation at the carnival exemplified the wonderful community spirit at Rosary. The students were beautifully behaved, cheering on their team mates and enjoying the day away from school; the swimmers gave of their best and were excellent sports; the parents helped in a myriad of ways as officials, recorders, ribbon writers, with hospitality, and by being great spectators; the staff as always gave over and above to ensure the day was so successful. Thank you to the carnival committee – Liz Higgins, Beth Toole, Kath Watson and Jodie Dawson who worked so hard and efficiently to organise and coordinate such a successful carnival in Week 3 of term.

Parent Information Evening and Welcome BBQ
Once again we were blessed with fine weather for our welcome BBQ and parent information evening. It was pleasing to see the number of families who attended and the positive interactions occurring. I received numerous positive comments regarding the success and worth of the evening. If you were unable to attend, please ensure your child brings home any handouts you might have missed. Sincere thanks to all the teachers for their work in preparing for and presenting the information sessions. A huge thanks also to Kirsty Saunderson and the cheerful band of Year 6 parents who sizzled sausages to perfection!

Car Park
Car park etiquette is still a serious issue before and after school. Could I urge you all to read the accompanying page regarding car park procedures. The safety of all is our prime concern – students, siblings and parents. A few minutes of patience could save a lifetime of regret! I have received reports of parents speeding through the car park, talking on mobile phones and reversing without due care. Could you please pass on the information to any grandparents, carers who pick up or drop off your children.

A reminder also to keep to the 20 km speed around the school and to take extra care approaching the school crossing on Higginbotham Street.

Congratulations
To Anastasia Vlahos-Fox (3 Osaka) and her family on the arrival yesterday of her little brother Logan.

Kind regards

Maureen Doszpot
Principal
ASH WEDNESDAY
Yesterday we celebrated Ash Wednesday Mass at Holy Rosary church. 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. I would like to commend the students on their reverent and committed participation during the Mass. Thankyou to the teachers for preparing the students so well and to Father Kieran for the way he welcomes and engages with the students.

PROJECT COMPASSION
Ash Wednesday 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 class has a Project Compassion box and we encourage the students to give generously to this worthwhile cause. 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.

SACRAMENTAL PROGRAMS
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).

Dates for the Sacraments are as follows

**FIRST EUCHARIST**
Preparation Session
Thur 30 April @ 6pm

Commitment Mass
Sun 3 May @ 10am

Retreat Day
Fri 26 June 9am-3pm

Sacrament Dates
Sat 27 June @ 6pm
Sun 28 June @ 10am

**RECONCILIATION**
Commitment Mass
Sun 31 May @ 10am

Preparation Session
Thur 11 June @ 6pm

Sacrament Dates
Mon 24 August @ 6pm
Tues 25 August @ 6pm

**CONFIRMATION**
Commitment Mass
Sun 26 July @ 10am

Preparation Session
Thur 30 July @ 6pm

Retreat Day
Thur 17 Sept 9am-3pm

Sacrament Date
Fri 18 Sept @ 6pm

Upcoming Masses
The Yr 4 Family Mass is on Sunday - 22 February, 10am Rosary Church and the Yr 5 Grade Mass is on next Thursday - 26 February, 10am ACU Chapel. All are welcome!

Regards
John O’Brien
Religious Education Coordinator

Together we do our ...
Rosary Junior “Green fingers” garden

Fresh produce available for purchase this Friday (tomorrow) after school.

Please come along to the Junior playground and pick your own fresh herbs and vegetables for a small donation.

All money raised is used to sustain the “green fingers” garden.

Clothing Pool open every Friday 3.00 pm—3.30 pm

LUNCHTIME LEGO CLUB

Do you have too much Lego at home? Are your Lego containers overflowing? Then perhaps we can help you…..

We are seeking any donations of Lego to establish a lunchtime Lego club. We will accept all types of lego.

Please send any and all pre-loved Lego to school for use in the ‘Lunchtime Lego Club.’

Please see Melinda Hall-O’Brien if you have any questions
SPORTS CORNER

Calling all female Rosary runners.

On March 1st there is a women and girls 5km fun run. A team has been registered for Rosary and we encourage as many girls, their female parents and female teachers to join as possible and either run, run and walk or walk. There are prizes for the largest teams relative to their school’s female student population. Proceeds from the run go to OvCan, which is a Canberra based ovarian cancer support and awareness group. In addition it is a great opportunity for students to add to their running training for the Cross Country Carnival in week 8. Please click on the link below to register and follow the instructions below: any questions please contact Mrs Philippa Brotchie 6 Bangkok


TEAM NAME – Rosary Primary School

Veritas Awards

Congratulations to the following students who received awards last Friday;

For Your Diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 22 February</td>
<td>Year 4 Family Mass</td>
<td>10.00</td>
<td>Holy Rosary</td>
</tr>
<tr>
<td>Wednesday 25 February</td>
<td>Community Council Meeting</td>
<td>6pm</td>
<td>Board Room</td>
</tr>
<tr>
<td>Thursday 25 February</td>
<td>Year 5 Mass</td>
<td>10.00</td>
<td>ACU Chapel</td>
</tr>
<tr>
<td>Friday 27 February</td>
<td>Leadership Assembly</td>
<td>12.30</td>
<td>School Hall</td>
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<tr>
<td>Wednesday 4 - 6 March</td>
<td>Year 5 Camp</td>
<td>10.00</td>
<td>Jindabyne</td>
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<tr>
<td>Thursday 5 March</td>
<td>Year 6 Mass</td>
<td>10.00</td>
<td>ACU Chapel</td>
</tr>
</tbody>
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All articles for inclusion in Veritas should be at the School Office no later than 9:00 am Wednesday
Class contact details - 2015
(Return to Melinda Hall-O’Brien Assistant Principal)

If you were not able to attend the Parent information evening this week you will have missed the opportunity to add your details to the class contact list. Please complete below and return to school ASAP if you would like your details to be included.

Parent/Carer’s Name:____________________________________________
Child’s Class:__________________________________________________
Child’s Name:__________________________________________________
Email:_________________________________________________________
Phone:________________________________________________________

I give permission for these details to be included on the class contact list       Email - yes / no       Phone - yes / no

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

Parent Liaison Contact

I am willing to be a Parent Liaison Contact for 2015

Parent/Carer’s Name:____________________________________________
Child’s Class:__________________________________________________
Child’s Name:__________________________________________________
Hosted by Archdiocese of Canberra & Goulburn (CatholicLIFE)
Sponsored by ACTRLA

Parent Sessions

HOW TO HAVE ‘THE TALK’ WITH YOUR CHILD

Family Life Educator John Shay from Cairns Diocese will run a seminar for parents of primary school children on how to discuss issues of sexuality with your children.

Place: Rheinberger Centre, Yarralumla ACT
Date: Tuesday 24th February
Time: 7pm-8.30pm.
Cost: $5 donation at the door
Enquiries: info@catholiclife.org.au

Register at www.bit.ly/thetalk_parentsession

Research indicates that children prefer to seek information about sex and sexuality from their parents more than any other source, and perceive their parents’ advice to be trustworthy. But parents often feel inadequate in their own understanding or unsure of how to respond appropriately.

If you have very young children and would like to be well prepared for discussions as they arise, this Parent Session will help you feel more confident and comfortable in giving your child positive, accurate, reassuring and age appropriate information and guidance.
10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘parents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instil a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy
The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The Impertinent! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

Car Park

Just a few reminders about the car parking and drop off / pick up arrangements:

- The speed limit is 5 km/hr in the car park and all road rules apply.
- Pedestrians always have the right of way.
- Park only in the designated parking spaces, facing forwards towards the university.
- The white markings relate to traffic flow and parking (coloured markings relate to the children’s playing spaces.)
- The area closest to the Peace Gates is reserved for Set Down Only in the mornings. Parents can stop in the marked bays long enough for children to alight from the vehicle on the quadrangle side and then enter the school through the Peace Gates.
- For pedestrian safety there is no parking or stopping against kerb near Peace Gates after school.
- Please note that no reversing is allowed from the bays marked on the courts.
- Please follow the white arrows and drive in and drive out again in a forward direction only. This is to reduce the risk to children who cannot be seen by reversing vehicles.
- Due to the spacing of the bays, parallel parking is only available in the area adjacent to the shade shelter on the oval. This area should be used by larger vehicles and trucks wherever possible.
- Parallel parking is not available adjacent to the university grounds as this space is needed for vehicles to exit the parking area in a forward direction.
- Parking on the courts is not permitted between 9:15am and 2:45pm as they are used for play at recess and lunch and by classes for sport throughout the day.
- There is ‘Long Stay’ parking available in front of the hall for parents who spend time at the school after 9:00am. (This is the only area in which reversing to exit is permitted.) This ensures that the courts area is free for classes to use for sports lessons.
- The gates to the courts will be locked between 9:15am to 2:45pm each day.
- After school, some parents may need to see teachers or the front office staff. If this is the case, please leave your cars outside in the bus bay or behind the hall on Higginbotham Street as the gates are locked at 3:30pm.
- All students travelling home by car are to wait in the quad under the shade shelter.
- Parents waiting for their children after school are asked to move well into the quad to assist access.
- When children arrive at school, they are to enter via the Peace Gates in the quadrangle. Children are not to enter through the front office foyer. Likewise, children are not to leave through the front office at the end of the day unless catching a route bus.
- No child is to meet a parent/carer anywhere other than quadrangle area at the end of the school day.

The children must be supervised in the car park – they are not permitted to go to a parked vehicle without a parent/carer with them.
A reminder to drive slowly and carefully in the school car park! The safety of all our students and their families is our prime concern. An extra few moments of your time could save a lifetime of regret.