Dear Parents

Last week I attended the Principals’ Retreat at Murrarang, where we reflected on the letters, message and heritage of St Paul. As a Jew, Paul took great pride in the fact that he was raised in the Pharisee tradition of Judaism. He was so zealous in his faith and its practices that he regarded Jesus and Christians as enemies and corrupters of Judaism. Near Damascus in Syria, he experienced a remarkable encounter with the Risen Christ. This changed his views on Christianity entirely. After it, he realised the gospel he opposed was true. He embraced it and felt called to be an Apostle-proclaimer of the gospel, both for Jews and Gentiles. He liberated Christ’s message from its Jewish roots and idiom so that it could be understood and appreciated by the gentile world. Paul used his many skills and talents energetically and tirelessly to spread Jesus’ gospel. Devout and zealous in living his Jewish faith, he was equally so in living his Christian belief. He was a great role model to those who knew him, and his words are very relevant to us today.

I thank Melinda, John and Julie for assuming extra duties and responsibilities while I was away.

Because I was on retreat, I did not have the opportunity to attend the Year 5 camp at Jindabyne last week. Everyone I have spoken to about the camp only has words of praise for our Year 5 students— their behaviour, participation and teamwork. My sincere thanks to Vanessa Bogusz, Alison Marks, Mark Konik, Tony Barbaro and Peter Kenna for their outstanding contribution to the camp’s success. Thanks also to Julie Godrey who did not make it to camp as she had car troubles on her way that required a tow back to Canberra.

Cybersafety
Communication technologies like mobile phones, ipods, email, internet instant messaging programs such as MSN messenger, Instagram, FaceTime, blogs and social networking community websites like Facebook play an important part in many children’s social lives. Parents and carers have an important role to play in helping their children manage online risks so their experiences are safe and positive.

It has come to my attention that a number of Rosary students (while at home) are sending messages to each other that are not always appropriate, and that these messages are being sent as late as 11:00pm or midnight. Could I urge you all to put processes in place so that you are able to monitor what is being sent and received by your child.

Junior Playground
This week we have had repairs made to the soft fall underneath the play equipment in the junior playground. Much of the damage was caused by high heels, so ladies could I request that you do not walk on the soft fall when wearing heels.

Kind regards

Maureen Doszpot
Principal
Dear Parents and Friends,

We can often take for granted the small actions and words that have impact in our daily lives. Our school-based ‘Making Jesus Real’ program is designed to focus on the everyday and find the God moments in our daily encounters. As you are aware, each day has a particular focus and we are regularly exposing our children to these aspects.

One of the simplest aspects we can all support is the example we show. This can be related to our workplace, our social groups, sporting teams and general community. As teachers we are expected to model and teach these social skills to our students. It is important that with parents we support each other as we strive to provide the best opportunities for our students.

I have included some simple and achievable examples

* Be a Role Model – Children model adult behaviour. Use please, thank you, and excuse me when speaking with children and adults. Model manners by offering to help other people, holding the door, and picking up dropped items. Teach children to respect all people by treating everyone including neighbours, waitresses, and co-workers with respect. Explain your actions so children learn from you. For example, let children know it is polite to give your seat to an elderly person or someone who needs additional assistance on a crowded bus.

* Set Expectations – When children are prepared for events they are more likely to respond appropriately. Discuss manners before situations arise. For example, before a birthday party tell the child to thank the host. For unexpected situations teach children appropriate behaviour during the event. For example, when a child sneezes, remind them to cover their mouth to prevent germs from spreading. When children forget their manners, politely remind them. It is important to do this in a respectful way that does not embarrass them.

May you find time in your busy day to give someone a ‘thumbs up’ today.

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
www.parentingideas.com.au

The pitfall of using other children as Benchmarks

Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use. Have you ever compared your child’s behaviour, academic progress or social skills with a sibling or your friend’s children? Comparing your child with others is a stress-inducing and, ultimately, useless activity. Benchmarking children’s progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates
Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends’ kids and even themselves when they were in school.

Gender matters
It’s no secret that boys’ and girls’ brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Kids have different talents, interests and strengths
It’s better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child’s performance
As a parent you should take pride in your children’s performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school. However, you shouldn’t have too much personal stake in your children’s success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim “You are not your child” is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as “unconditional love”.

Julie Godfrey
Coordinator
MRJ Every Week Attitude Challenge
As part of Making Jesus Real (MJR) we have asked the students to participate in the MJR Every Week Attitude Challenge. That is:
GOOD MORNING MONDAY- Good Morning. G’day, Welcome.
THANKING TUESDAY- Saying ‘Thank You’ 5 times at school and 5 times at home.
WINKING WEDNESDAY- Acknowledging others.
THUMBS UP THURSDAY- Positive reinforcement for all.
HIGH FIVE FRIDAY- Congratulating and being positive with others in a fun way.
SMILING SATURDAY AND SUNDAY- Being happy and sharing joy with everyone.

Project Compassion, brings you the story of Salma.

Expectant mothers in remote communities in Bangladesh used to live with constant worries during pregnancy, due to a lack of knowledge about the causes of illnesses and good nutrition. Newly-trained community midwives are enabling women like Salma to live a healthy pregnancy and look after their babies better.

Your donation to Project Compassion enables marginalised communities to access services that would otherwise be too remote or expensive for them to access.


First Eucharist
Thankyou to all the families who attended the First Eucharist Parent/Child Information Session last Thursday. Also, a big thankyou to the Yr 3 teachers, Liz Higgins and Beth Toole, and Sr Kate for their assistance on the night. I ask that the Rosary community continue to keep the students in their prayers as they prepare to receive their First Eucharist in June.

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 ASAP if you would like them to receive the relevant one(s).

Regards
John O’Brien

50th Anniversary
Commemorative Cookbook
Available at the office now for only $30.00.
I just want to let all families know that, as a school community, we have access to World Book Online. The subscription is paid for through the school library budget. I really want our students to access and use this accurate and user-friendly resource. It may be accessed through a LIFE page if your children has access this portal through our school website or more easily through a simple Google search or www.worldbookonline.com. Once you have located the World Book site user name is Rosary, password is Fleming. There are three encyclopedia available to access-early childhood, middle primary and senior to high school (even suitable for grown-ups!).

Thanks to the Pavlovic and Bethune Families who kindly donated some fabulous books to the library recently. We very much appreciate your generosity!

Sandy Vincent

Rosary Primary School
Celebrating 50 Years 1963-2013

Veritas Awards

For Your Diary

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<th>Date</th>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday 7 March</td>
<td>Year 2 Prayer Celebration</td>
<td>10.00</td>
<td>ACU Chapel</td>
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<tr>
<td>Friday 8 March</td>
<td>Year 4 Athens Assembly</td>
<td>12.30</td>
<td>School Hall</td>
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<tr>
<td>Monday 11th March</td>
<td>Canberra Day Holiday</td>
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<tr>
<td>Wednesday 20th March</td>
<td>PTFA Meeting</td>
<td>6.30</td>
<td>Board Room</td>
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<td>Thursday 21 March</td>
<td>Year 1 Prayer Assembly</td>
<td>10.00</td>
<td>ACU Chapel</td>
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<tr>
<td>Friday 22 March</td>
<td>Year 5 Washington Assembly</td>
<td>12.30</td>
<td>School Hall</td>
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Clothing Pool open every Thursday 3.00 pm—3.30 pm
Canteen Roster

**WEEK 6 TERM 1**

<table>
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<th>Day</th>
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<tr>
<td>Monday</td>
<td>Closed</td>
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<td>Tuesday</td>
<td>Help Needed</td>
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<tr>
<td>Wednesday</td>
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<td>Thursday</td>
<td>Maria Hadlock</td>
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<td>Friday</td>
<td>Sam Silver 11-2, Marg Corcoran 11-1.30, Barbara Hade</td>
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If you can help in the canteen, please call Kathy on 0409 462 512.

**SPORTS CORNER**

North Gungahlin Swimming Carnival

Our swimming carnival was held at Dickson pool in Week 3. Below is a list of students that have made the Rosary team to participate in the North Gungahlin Carnival at the AIS on Thursday 21st of March. Congratulations and best of luck to these students.

Rosary Swimming Squad for the North Gungahlin carnival-

P.S.S.A Swimming carnival qualification times; School Sports ACT have been very strict with students meeting qualifying times to participate in the regional carnivals. Although some students may have placed at the school carnival they may have finished outside the qualifying time. If you have any questions please feel free to email me at office.rosaryps@cg.catholic.edu.au. Mr Konik

Clothing Pool

The clothing pool is over stocked....

For this week and next all uniform are only $5.00.

Open Thursdays 3:00-3:30 pm

All articles for inclusion in Veritas should be at the School Office no later than 9:00 am Wednesday