Dear Parents

Last Thursday evening, along with a number of Rosary staff, attended the Centenary Schools Mass at St Christopher's Cathedral, Manuka. It was a celebration of eighty five years of Catholic Education in Canberra. St Christopher's School Manuka, our first school was opened in 1928, while our latest school John Paul College in Nicholls, enrolled its first students this year. Today, Catholic Education in Canberra is alive and well with twenty eight Parish Schools, five Early Learning Centres, five Systemic High Schools and three Congregational Schools enrolling 18 000 students, or 26% of Canberra school students.

In his homily at the Mass, Monsignor John Woods said: 'Our Catholic schools are an integral part of Canberra. Born of a vision to serve the common good, our city and nation would be poorer if not for the contribution of Canberra Catholic Schools ... Catholic schools affirm the dignity of the individual, created no less than in the image an likeness of God.'

Let us celebrate our heart's desire to be good news in Christ's name;
Let us celebrate the countless acts of love and teaching excellence in our schools, which put flesh on our proclamation of the love of God and neighbour;
Let us celebrate the diversity of the cultural and religious backgrounds of those who seek a Catholic education;
Let us give thanks for those on whose shoulders we stand so that we might see beyond our limited perspective;
Let us rejoice in the natural and created beauty of the 'bush Capital' while acknowledging our indigenous brothers and sisters and their elders past and present who, like us, afford this land a sacred status;
Let us remember that in our care for those most in need, we are privileged to serve the suffering Christ.'

Thank you to two of our school leaders, who represented Rosary in the opening and closing procession of the Mass by carrying a symbol of our school - the Rosary.

Welcome
We very pleased to welcome Mrs Yvette Whalan to Rosary. Yvette comes to us with a wealth of experience and will be teaching 4 Athens from the beginning of next term when Elizabeth Fryar begins her maternity leave.

School Board
Many thanks to Jo Andersen (who has renominated) and Jason Sporer who will join John Brennan and Graeme Mahon as the elected parent representatives of the School Board. Sincere thanks to Scott Trotter who did an amazing job as School Board Treasurer over the past four years. Thanks also to Andrew Blakey for his work on the Board as the Parish Pastoral Council representative.

Kind regards

Maureen Doszpot
Principal
Dear Parents and Friends

One of the most exciting—and unusual—events to celebrate our schools 50th Anniversary will be the unveiling of a 15 metre mural depicting scenes from the life of the school over the past half century.

The mural is being created by Michael Winters, a former Canberra artist now based in Dubbo, who is widely acclaimed for his murals in public spaces. He is an internationally recognized painter, printmaker and teacher whose work is housed in both private and public collections in Australia. Michael also enjoys a long-standing relationship with Greek culture which has influence in his life and his work.

Knowing his reputation we approached Michael last year with our proposal for the mural and we were delighted when he accepted. We provided him with over 100 images of past students next Monday. He will also be judging the student input to the mural and selecting the best images to complete the space. Please ask your child which image their class has selected to be included in the mural and why they selected this.

Yours in the Dominican Spirit of Community
Melinda Hall-O’Brien
Assistant Principal

FROM YOUR AP

Parenting Ideas
by Michael Grose

Helping Kids Unwind

Modern kids are busy kids. Regardless of age, their days are filled with activities. Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives. School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind. Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often. There is a temptation to fill kids’ days with activities so that no time is wasted.

“I’m bored!” is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child’s boredom.

There is nothing wrong with a little boredom now and then. Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time. Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the ‘fire’.
   Ever sat around a camp-fi re and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fi re. Yep, TV used in this way is good for kids’ mental health.

2. Let kids exercise without rules.
   Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.
   Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to fi nd activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.
   Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids.

When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unsched-

uled time so that perspective as well as everyone’s sanity is main-
tained.
Religious Education News

Project Compassion, brings you the story of Vannak.
Vannak went back to school and learnt how to do silk screen printing through the Youth Empowerment Project, a Caritas Australia partner, which helps disadvantaged young people to find their way to a brighter future. Vannak is now a team leader and encourages other youths who have dropped out of school to value education.

Fund Raising
Each class has a Project Compassion box available for the children’s donations. Thank you to those families who have already contributed to our important fundraising focus for this term. The Year 6 students are organizing two events to help boost our fund raising efforts. The first is a colouring competition for K-1, 2-3 and 4-6. To enter, a gold coin donation is required. Each of these sections will have an Easter egg prize for first, second and third. Year 6 will also be running a guessing competition. Students will have the opportunity to guess the number of eggs in a large container (50c for 1 guess or 3 for $1). The student who guesses the correct amount (or is the closest) will win the container. The winners of these competitions will be announced at the morning assembly on Holy Thursday (28th March). These competitions will start next Monday.

Year 2 Prayer Celebration
Thankyou to all the families who attended the Prayer Celebration at ACU last Thursday. The students did a great job celebrating God’s gifts to us in creation. Also, a big thankyou to the Yr 2 teachers, Jodie Dawson, Beth Hawkes and Hayley Shelley for their thoughtful and thorough preparation.

REMINDER— The Year 1 Prayer Celebration is on next Thursday at 10am in the ACU Chapel

Holy Week Prayer Celebrations
Palm Sunday — Kinder and Yr 6 @ 2:30pm in the quad (Fri 22nd March)
Last Supper — Yr 3 @ 12:40 pm (Thurs 28th March)
The Garden of Gethsemane — Yr 4 @ 2:00pm (Thurs 28th March)
The Trial and Crucifixion — Yr 5 @ 2:30pm (Thurs 28th March)
At the Tomb — Yr 2 @ 10.30am (Tues 2nd April)
He is Risen — Yr 1 @ 10:45am (Tues 2nd April)

Regards
John O’Brien

PTFA News

Welcome to 2013. The PTFA will meet again on Wednesday 20 March 2013 at 6pm. All parents and friends are invited to join us in the discussions and meet new parents and friends. The agenda of matters will include (among other things) updates on 2013 big events including: Rosary 50th Anniversary Celebrations and the Fete.

Seeking volunteers. Signadou will also be celebrating its 50th Anniversary on 24 March 2013. Rosary has been invited to assist in these celebration by running the bbq for guests. This is a fund raising opportunity for our school.

We are seeking volunteers to help with set up; cooking and serving on the day. If you have some time to spare between 10am and 4pm the contribution of your time would be greatly appreciated. If you can spare time please email your availability to our PTFA Secretary Jodie on jodiandsteve1@bigpond.com.

Thanks to Jackie Barnes for agreeing to be this year’s Fete Coordinator. Anyone interested in being involved in this wonderful event can contact Jackie and come to next Wednesdays PTFA meeting for an update.

Thank you also to the parents who have volunteered to be Class Parent Contacts. If anyone is interested in participating in these arrangements please contact Jan Cleland on peterjan@grapevine.com.au.

Lana Junakovic
PTFA President
If there are any parents who feel confident covering books and would be able to either cover library books at school or at home could you please contact me at me so I can arrange collection. If you have done any in the past I won’t hassle you to do so again unless you let me know I can!!! Thank you in anticipation.

**Chess**

**LIGHTNING CHAMPIONSHIP – SUNDAY 24 MARCH**

**Boys and Girls:**

Registration is now open for our very first ACT junior chess weekend event of the year the 2013 ACT Junior Lightning Chess Championship, next Sunday 24 March. Entries to Emma Guo at emmaguo_88@hotmail.com or SMS 0423284501.

Sandy Vincent

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**Veritas Awards**

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

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**For Your Diary**

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday 20 March</td>
<td>PTFA Meeting</td>
<td>6.30</td>
<td>Board Room</td>
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<tr>
<td>Thursday 21 March</td>
<td>Year 1 Prayer Celebration</td>
<td>10.00</td>
<td>ACU Chapel</td>
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<td>Friday 22 March</td>
<td>Year 5 Washington Assembly</td>
<td>12.30</td>
<td>School Hall</td>
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<td>Sunday 24 March</td>
<td>Catholic Soccer Carnival</td>
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<td>University of Canberra</td>
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<td>Wednesday 27 March</td>
<td>School board Meeting</td>
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<td>Board Room</td>
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<td>Thursday 28 March</td>
<td>Holy Week Celebrations</td>
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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 2 orders: are due back to school with all money no later than Tuesday 19 March

Questions about book club can be directed to me at gunning99@grapevine.com.au
Happy Reading, Helen Gunning.

Canteen Roster

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<th>Week 7 Term 1</th>
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If you can help in the canteen, please call Kathy on 0409 462 512.

Year 7 2014 Enrolment Information

**Merici College OPEN DAY**  Wednesday 8 May 2013 from 9.30am - 7.00pm.

YEAR 7, 2014 Information Evening will be held on Tuesday 14 May from 6.00pm-7.15pm

Contact the Merici College Enrolment Officer for details E: Patricia.Ryan@merici.act.edu.au

**Daramalan College OPEN EVENING**  Thursday 4 April 2013 5:00 - 7:00pm (last tour at 6:30pm)

Year 7, 2014 Information Session  7:00 - 8:00pm in McCowage Hall

Enrolment Application Forms will be available at these events or they can be obtained from the College by phoning Damaris Brown, Registrar, on 6245 6348 or by emailing enrolments@daramalan.act.edu.au.