



# Newsletter

## Events

### Week 5

Monday 24th Feb  
Swimming - Prep to  
Yr 2

Wednesday 26th Feb  
Ash Wednesday  
Mass 9-10am

### Week 6

Monday 2nd March  
Swimming - Prep to  
Yr 2

## CLASS OF THE *Week* THE YEAR 6FP

**What an exciting start we Year 6 students have had to the 2020 school year!**

We're excited to be back together as one class again, and have been engaging in team-building activities to help establish close working relationships.

We're excited to have been recognised and prayed for at the recent Opening School Mass, and to now be able to demonstrate our new roles as school leaders as we interact positively with the wider school community.

We're excited to have received our new school leaders' shirts which we will wear with pride.

We're excited that eleven of us have nominated for, and been accepted into, the school's Peer Mediation program so we can assist other students to resolve their own minor disputes.

And we're **extremely** excited that all 27 of us now have a brand new Chrome Book to assist us with our learning. Thank you Mr Oches!!



4994 8285



3 Range Rd,  
Sarina, 4737



[www.sasrok.catholic.edu.au](http://www.sasrok.catholic.edu.au)

<https://313sas.rok.catholic.edu.au/parentlounge/>

# FROM THE Principal



In the Diocese of Rockhampton, our Catholic Schools “exist not to be different but to make a difference”. This is the call made to all of our schools. Yes, we are different to the school down the road, but more than this, we have to make a difference to the lives of the children, the parents, the staff, the parish community and the wider community. We do this by who we are and by what we do.

The old saying, actions speak much louder than words, is true. We have to be “doers” more than we are “sayers”. We have to give example and witness to the students around us (not just our own children either!).

So how is St Anne’s “Making a Difference”? You can see signs all around you – welcoming atmosphere, family orientation, justice, compassion, understanding, truth, forgiveness, academic excellence – the list goes on and on. Students, staff and parents can relay stories to you that will give testament to these signs. We see it in the relationships that form; in the words that are spoken, in the deeds that are done. We see it in ourselves and in those around us.

Based on the teachings of Jesus and supported by family and parish, we make a difference by ...

- A. Giving active witness to our faith through prayer, worship and relationships with others.
- B. Offering a range of opportunities and experiences while encouraging each child to develop to the best of individual abilities.
- C. Offering students the chance to achieve excellence in learning, to learn the discipline and skills necessary to survive in and contribute to today’s world and to believe in themselves and have real hope for the future.

Together it is possible to make a difference. We can and we do! How can you assist us in this process?

**A B C**s Of Student Success

**A** is for ATTENDANCE.

Attendance is a critical factor in any child's school success. Children should attend school every day, except in cases of illness or emergency. It is impossible to replace the learning that happens on any school day with make-up work. Regular attendance and promptness are good habits that are expected and appreciated at all levels of schooling and in the workplace. This year, make school a priority in your household. Commit to excellence in attendance. Your child's future depends on it!

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**HEALTHY EATING TIPS** | Cutting down on fat, particularly saturated fat, can decrease our risk of developing heart disease, some forms of cancer, diabetes, overweight and obesity.

A lot of fats are hidden in foods such as cakes, pastries, chips, biscuits and sauces. Some suggestions for decreasing saturated fat intake include:

- ❖ Choose vegetable-based sauces over cream based sauces
- ❖ Buy low fat or reduced fat dairy products (milk, cheese and yoghurt) rather than the full cream varieties. Note: children over two years can have fat reduced milk and over fives can have skim milk.
- ❖ Go without a fat spread or choose polyunsaturated or monounsaturated margarines
- ❖ Use an olive oil or canola spray when cooking rather than using liquid or solid fats
- ❖ Trim all the visible fat from meat before cooking

So make a plan today about how you are going to reduce fat and improve your health!

FREE DRESS DAY RAISED \$320.60

**RECIPE** | We would like to commence sharing recipes for healthy lunchbox ideas; if you have any then please share them with us and we will publish them.

### Grain Free Avocado Brownie

Serves: 4

Prep Time: 10 minutes

Bake Time: 20 minutes

#### Ingredients:

- 1/2 cup creamy nut butter (almond, cashew, tahini, etc)
- 1/2 cup dairy-free chocolate chips\*
- 1/2 cup mashed avocado (about 1/2 an avocado)
- 1/2 cup cooked sweet potato
- 1/4 cup coconut milk
- 2 tablespoons maple syrup
- 3 tablespoons cacao powder



*\*Editors Note: If you're looking to cut down on the carbs, try these No Sugar Added Chocolate Chips. If you want **zero sweetness** try these 100% Organic Cacao Unsweetened Dark Chocolate Chips!*

#### Baking Instructions:

1. Preheat the oven to 325°F or 160°C
2. Grease a regular size loaf pan with coconut oil or line with baking paper
3. In a food processor or blender, combine all ingredients except chocolate chips and mix until well combined.
4. Stir in the chocolate chips and transfer to the loaf pan.
  - The batter will be very thick and sticky so with the back of a spoon- level out the batter across the pan as evenly as you can, edging it into the corners and smoothing the surface.
  - Bake for 20 minutes, then remove and allow to cool to before slicing

#### Image Source:

- <http://3.bp.blogspot.com/-TZzPHM212Y4/UXBmpAqNiAI/AAAAAAAAATEY/ksbqkMI3mts/s1600/BROWNIE.jpg>

## Visit by Registered Nurse for Free Prep Vision Screening

Good vision is important for a child's educational, physical and social development. Vision screening checks for common eye conditions that may impact your child's ability to see and therefore impact their learning and development.

A Registered Nurse will be visiting the school on 22nd April to conduct vision screening for children in their prep year. If you wish to have your prep child participate in this free vision screening program, please complete and sign the consent form that has been sent home with your child and return this to your child's class teacher by 13th March. Parents do not need to be present for screening, however if you would like to be, please contact the school to arrange this.

If your child's vision is screened, you will be advised of the results in writing. If a vision concern is found, you will receive a phone call from the nurse to discuss referral to an eye health professional for further assessment. If a vision concern is identified and your child requires glasses, eligible health care card holders may be assisted with free basic glasses through the Spectacle Supply Scheme.

Participation in vision screening is not compulsory. If you do not wish for your child to participate in screening, please complete the consent form and indicate that you wish to decline screening.

If you have any questions, please contact the Primary School Nurse Health Readiness Program on 1800 687 372.



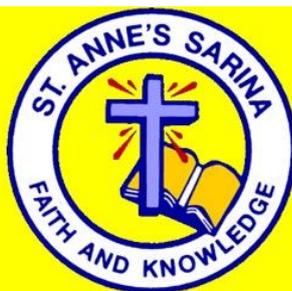
*"Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself" - (Luke 10:27)*



### **Be the face of Jesus at St Anne's**

- Donate small items such as pencils, pens, school supplies, food, clothing to our giving box
- Donate money to the Mission Box located in the office
- Prepare a cooked meal to be frozen and passed on to individuals and families in our community
- Support our school recycling program by collecting cans, bottles, plastic lids

**Our efforts go a long way to improving the lives of people in our school, local and wider community. Thank you for your ongoing support of this important work.**



## **Student Protection Contacts**



**Mr John Ballinger-Oches**  
*Principal*



**Mr Stuart Presley**  
*APRE*



**Mrs Linda Holmes**  
*APC*



**Mrs Dee Trannore**  
*School Counsellor*

# General INFORMATION



NOTES			
Date	To	Topic	Author
17/02	All Parents	Newsletter T1 W5	Admin
19/02	Selected Students	S.D. Soccer Trials	Mrs Place
19/02	Yr 6	Mercy ELP	Mr Frost
19/02	Yr 6	Camp Note #1	Mr Frost
20/02	All Parents	Residential Address collection	Admin



BIRTHDAYS			
25/02	Zane Lindemann	26/02	Dustan Grech
28/02	Chase Higgs	01/03	Benjamin Borg
01/03	Christopher Borg		

# Tuckshop Helpers

Day	Helpers (please contact office if you can fill a spot)
Thursday 27th February	<b>Helpers Urgently Needed</b>
Friday 28th February	Jill Cotter, Angela Squillari, <b>One More needed</b>

# STUDENTS OF THE *Week*



**Congratulations to our Students of the Week |** Liam Benson, Wyatt Wilkinson, Zoe Palmer, Adalyn Corbett, Neena Payne, Ayla Galletly, Marli Ferrington, Mitchell Adams, Ben Mifsud, Brady Alford, Rhylee Keating, Shayli Wallis, Nathan Borg, Charlise Whitaker, Shaylee Wildman, Nyanga Courtney, Axl Armstrong, Lucy Johnstone, Summer Keioskie



Congratulations Brianna and Jack on your recent achievements. Please see the newsletter from last week for what this news was about.



## Sunday's Gospel Reflection

Matthew 5:38-48 *Turn the other cheek*

### **HISTORICAL** **CONTEXT**

#### **Walk two miles**

Roman soldiers were allowed by their own military laws to require any person to carry the soldier's pack along the road from one milestone marker to another. That is, they could order a man to walk one mile with their pack. If they made someone carry their pack for more than one mile, the soldier himself was subject to discipline and punishment. Jesus says, 'If anyone orders you to go one mile, go two miles with him.' Like turning the other cheek, it is turning the tables on the one who would oppress you and bringing shame upon them.

### **HISTORICAL** **CONTEXT**

#### **Let him have your cloak as well**

This one is a little stranger to our modern cultural norms. In Jesus' time, it was not shameful or embarrassing for a person to be naked but it was shameful for the person who caused them to be naked. By law, if you were unable to repay a debt, the person to whom you owed money could literally take your clothes as payment of the debt. What Jesus says is, if someone demands your tunic as payment of a debt, give them everything you're wearing to shame them for making you naked to collect their debt.

### **LIVING THE** **GOSPEL**

#### **Love your enemy**

*Jesus tells us that it's easy to love those who love us - anyone can do that. The test of Christian love is to love those who seem unlovable or even seek to make themselves appear unlovable. It's easy to stop saying hello to the person who never returns your greeting. It's easy to avoid the person whose disability makes you uncomfortable. It's easy to hate the person who's nasty to you. But Jesus says that it's these people who we must love. If we are only polite, pleasant and hospitable to our friends then we are failing to follow the footsteps of Jesus.*

### **Prayer**

Loving Father, you call us to be as generous in loving as you yourself are but we well know the weaknesses and liabilities of our hearts.

Send us your Spirit to school our hearts and lives into Jesus' way of loving. We ask this in his name confident that you will hear us.

Amen.

# Ash Wednesday Mass

26<sup>th</sup> February 2020

St Michael's Church, Sarina

9am

All parents, families and parishioners are most welcome



## *What is Ash Wednesday?*

Ash Wednesday begins our forty-day season of Lent that leads to Easter. On Ash Wednesday, we come together like the people of the Old Testament to remind ourselves that we don't always follow God's ways and need to ask God for His mercy and forgiveness.

Like God's people in the time of the prophets, we wear ashes to show that we want to turn away from whatever keeps us from God, and to have a change of heart, so that we can live in right relationship with God and each other. On Ash Wednesday, the priest or person giving out ashes rubs them on our forehead in the shape of a cross while saying **"Repent, and believe in the Gospel"**.

For Catholics, Ash Wednesday is also a day of fasting and abstaining from meat. Fasting reminds us that food alone cannot make us happy. We must also be fed with prayer, with God's Word and by meeting Jesus in the Sacraments, especially the Reconciliation and Eucharist (the Mass). The small sacrifices we make during Lent make room in our hearts to welcome the risen Jesus at Easter.



40

# Good Deeds

Colour each box as you complete the activity.

1. Tell a family member why you love them.	2. Help mum or dad around the house.	3. Wash your plate after dinner tonight.	4. Talk to someone new at school.	5. Make a lovely cold drink for a family member.	6. Commit to a day without complaining.	7. Offer to help clean the classroom.	8. Stay off the computer all day.
9. Turn off the television today.	10. Hold the door open for somebody.	11. Leave a kind note for a classmate.	12. Pick up litter in the playground.	13. Help make dinner.	14. Recycle all your used paper.	15. Set the table for dinner.	16. Smile and say hello to your classmates.
17. Clean your bedroom.	18. Write a poem for a special friend.	19. Be friendly to a student in a younger grade.	20. Donate food or clothing.	21. Sponsor an endangered animal online.	22. Make a gift for someone special.	23. Paint a picture for someone special.	24. Write a list of your favourite memories.
25. Water the plants.	26. Give your pets a special treat.	27. Clean your bedroom.	28. Help put the groceries away.	29. Give somebody a compliment.	30. Invite a friend over to hang out.	31. Ring a grandparent and say hello.	32. Thank your family for taking care of you.
33. Let someone go in front of you in line.	34. Thank the library teacher for his/her help.	35. Take flowers to a teacher or the admin staff.	36. Give your classmates a sticker.	37. Eat lunch with someone new.	38. Prepare a family picnic.	39. Invite others to play with you at lunchtime.	40. Share a favourite toy with others.

## Good Deeds Challenge

Lent challenges us to open our hearts and turn towards Jesus. This means we should make Jesus real in all we do. The Good Deeds challenge is a great way of challenging us to be like Jesus every day, especially during the season of Lent.



## Farewell Fr Sathish

It is with great sadness that we farewell Fr Sathish as he returns to India. His presence in the school and parish communities will be missed. Fr Sathish brought so much joy to all those he encountered through his priestly ministry. Our prayers are with you Fr Sathish as you continue to answer God's call. God Bless.

***'Until we meet again, may God hold you in the palm of His hand'***

# ACROSS THE Curriculum

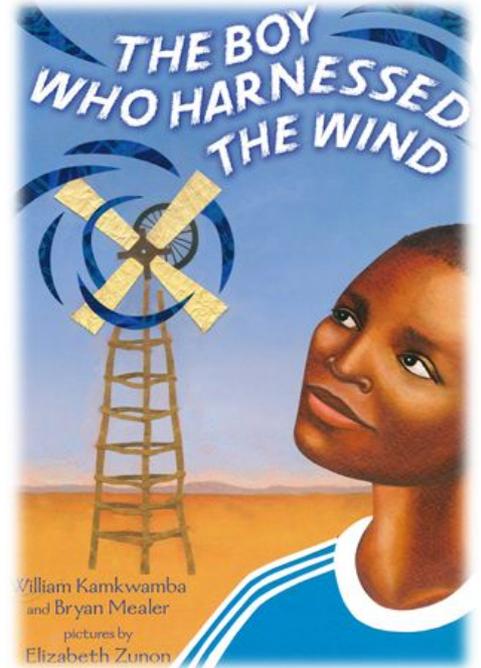


**THANK YOU MRS HOLMES** | We all know that Mrs Holmes has a deep love of books and that she believes we can learn so much from them. Recently Sue donated the book, **THE BOY WHO HARNESSSED THE WIND**, to the library.

This is the true story of a boy whose great idea and perseverance lit up his home and inspired the world.

The blurb indicates that heroes can be any age. When William was fourteen, living in a drought-ravaged area in Africa, he pursued a dream that brought electricity and running water to his desperately poor village. William has always been interested in how mechanical things work, and after scouring over old science textbooks, painstakingly teaching himself English so that he could understand them, he became determined to build a windmill. The people in his village called him crazy, but he knew he could succeed. Slowly but surely, he turned junkyard scraps into a functioning windmill, and brought electricity to his home and eventually life-saving water to his village.

Mrs Holmes we thank you for this most incredible book.



## Sports News

*Mrs Place*



**ST Anne's Netball Team** | Sign on for the netball season will be starting soon, Netball is played on Thursday at either 4pm or 5pm.

Cost is \$200 per player and season runs till September. Net set go \$120 per player and runs for 10 weeks.

Training day TBC. IF you would like more information to play please contact Justeen Mcdonald 0418474560

8 players are needed to enter a ST ANNES team.

**STUDENT LEADERSHIP** | Leadership is a quality that all students at St Anne's Catholic Primary School are encouraged and supported to develop. These experiences ensure that students perceive themselves as leaders and have the opportunity and confidence to take on leadership roles and find their voice.

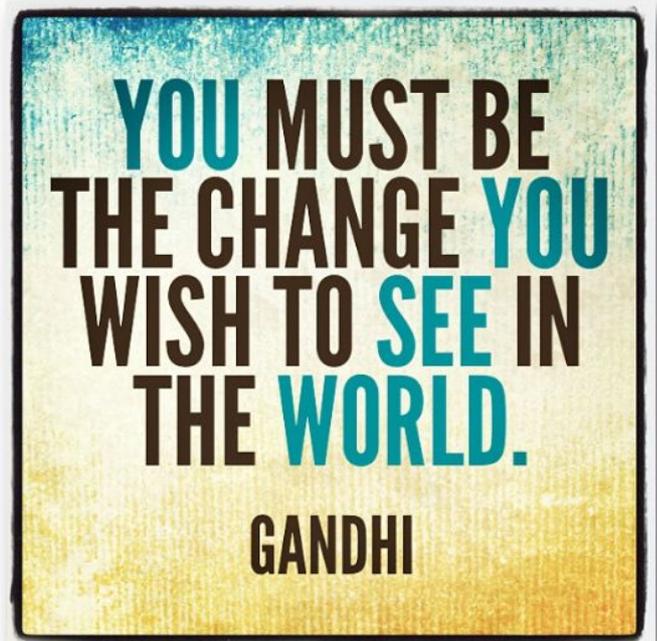


<b>Newsletter Report</b>	<b>Welcomers</b>	<b>Assembly Leaders</b>	<b>Assembly Report</b>
Week 5 - Poppy	Jack, Charlise Dylan	Jasmin, Dylan	Wyatt
Week 6 - Wyatt	Tobias, Aidan, Axl	Poppy, Wyatt	Charlise

**NEWSLETTER REPORT BY Poppy Goodman** | This week at school, I have noticed that the school has been very clean and I am very proud of everyone that has been helping keep the school clean. I have also noticed people playing in the toilets, the toilets are not a playground. There have been lots of people playing and including each other which is nice to see.

*Poppy Goodman*

**STUDENT LEADERSHIP TEAM FUNDRAISER** | Congratulations to our student leadership team who raised \$320.60 for animal welfare by organising a free dress day recently. Many thanks also to the families who supported this wonderful initiative. This money will be donated to an organisation looking after animal welfare after the recent bushfires we have experienced as a nation.



# From the Counsellor



## **Promoting Emotional Competence**

Emotional competence may be even more important for children than academic achievement. People who have well-developed emotional understanding and skills in managing emotional situations can:

- Understand and express their emotions.
- Read and understand emotions of others.
- Have the ability to get on well with others.
- Have positive self-esteem.
- Show empathy for others.

It is possible to teach a child to be emotionally competent which will improve their learning and help them to be more successful in life. If you feel your child could do with some more assistance in this area, here are some suggestions:

1. **Understanding emotions:**
  - a. Talking about your child's feelings will help them identify how they feel, leading to a greater self-awareness.
  - b. Value their feelings, whether they are positive or negative.
  - c. Spend time with your child when they are sad or angry without becoming impatient (very hard to do at times, I know).
2. **Managing emotions**
  - a. Offer guidance on how they can manage and express those big emotions.
  - b. Provide a safe place where they can go when these emotions get too much.
3. **Self-motivation**
  - a. Give children responsibilities to improve their confidence.
  - b. Help them set targets and goals.
  - c. Celebrate their achievements.
4. **Understanding emotions in others**
  - a. Talk about feelings of characters in books or on TV.
  - b. Model emotionally competent behaviour yourself.
5. **Learning about relationships**
  - a. Play games where they have to cooperate with others.
  - b. Help them understand about working as part of a group.

People who are emotionally competent are more resilient and can face challenges proactively. If you would like more information regarding this topic, or you have any further concerns for your child, feel free to email me ([donnetta\\_trannore@rok.catholic.edu.au](mailto:donnetta_trannore@rok.catholic.edu.au)).

Dee Trannore  
School Counsellor



# Finance NEWS

**Term One Fees** | Due date for Term 1 Fees is this Thursday the 27th February. If you do not believe that you will be able to make payment in full by this date or wish to set up a direct Debit Schedule please contact the Finance Officer, Helen Barnard.

**Concession Cards** | If you have an income tested Pension or Concession card you may be eligible for a discount on your school fees. Please bring your current card in to Helen Barnard if you think you may be eligible.

# P&F NEWS

The P&F AGM was held last Monday night. We wish to congratulate and welcome the executive for 2020.

President - Tania Higgs

Treasurer - Kelly Mifsud

Secretary - Mel Keating

Grants Co-ordinator - Nikki McCowan

Fundraising Co-ordinator - Brooke Buchanan

A list of future meeting dates will be published shortly in the newsletter. All parents are welcome to come to these meetings, to have a say in the future direction of the P&F and see what they themselves can contribute to this very active organisation in our school.

# General NEWS



We would like to extend an invitation for your son to attend our 2020 Discovery Day so that he may experience a day in the life of a St Brendan's College student.

The day will encompass activities in:

Science

Visual Arts

Manual Arts

PE



Throughout the day he will be accompanied by staff and Year 11 students. He is to wear his normal school uniform and bring a water bottle. All other requirements will be provided by the College, including morning tea and lunch. Please tell him to leave his school bag at home for the day.

Transport for students attending primary schools on the Capricorn Coast will be provided by St Brendan's College. Students will be collected from their schools and returned in time to be picked up or to catch their normal buses. Students may choose to make their own way to the College and we ask that they be at the Chapel & Performing Arts Centre before 9.00am.

**A School Tour is offered for all interested parents at 9.30am and a Boarding Tour at 2.30pm.**

R.S.V.P. 5th March 2020 for catering purposes is essential. Also a completed consent form must be returned.

If you have any further enquiries, please do not hesitate to contact Enrolments Officer Kylie Hedges on 49399485 or by email [hedgesk@sbc.qld.edu.au](mailto:hedgesk@sbc.qld.edu.au)



# Community NEWS

**WOMEN'S TEAM SUNS**

**FREE ENTRY**

# SUNS V CATS

## FRI 6 MAR

**GREAT BARRIER REEF ARENA**

**MINI EAT STREET**

**AFL ACTIVITIES & ACTIVATIONS**

**MACCAs KICK 2 KICK POST-GAME**

**AFL** **SUMO** **GC SUNS**

**SUMO** **MAJESTY RESTAURANT** **Getfith UNIVERSITY** **H HARBOUR TOWN**

AFLW © MAJOR PARTNERS OFFICIAL PARTNERS

# Trivia Night at Sarina Surf Life Saving Club

Come down to Sarina Beach on Friday 13th of March, to support the state team heading to Alexandra Headland.

Doors open at 6pm.

\$15 per head.

Six to a table.

Lucky door prizes and lots of raffles.

Drinks and food available

Bar Open

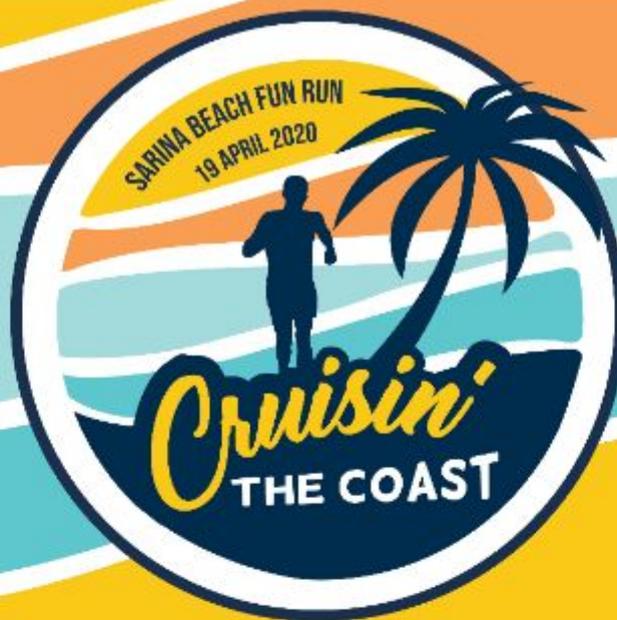


## Contact Information

Kristeen Tyson 0413 594 029

Email: [kristeentyson@hotmail.com](mailto:kristeentyson@hotmail.com)





## Sarina Beach Fun Run 19 April 2020

Enjoy beach views and fresh sea air at our annual CRUISIN' THE COAST Fun Run. Bring your friends, your workmates, your family, sunscreen, sandals, and join in with a walk or run along Sarina's beautiful beaches.

### REGISTER TODAY

- Beach Run 3KM
- Beach Run 5KM
- Beach Run 10KM
- Team Challenge Run 5KM
- Community Walk 5KM

**Meet at:** Sarina Surf Life Saving Club, Sarina Beach  
**Entry:**

- \$25 Adult (16yrs & over) – 3KM | 5KM | 10KM walk/run
  - \$15 Child (15yrs & under) – 3KM | 5KM | 10KM walk/run
  - \$80 Family (5: 2 adults & 3 children or 1 adult & 4 children) – 3KM | 5KM | 10KM walk/run
  - \$100 5km Team Challenge – up to 5 people per entry fee
- Optional: add a commemorative event singlet, polo or fishing shirt!

### Registrations Close:

Early bird Friday 14 February 2020  
Final registrations Saturday 18 April 2020 (12 noon)

**Event Start:** 7AM

REGISTER AT: [WWW.SARINAFUNRUN.COM.AU](http://WWW.SARINAFUNRUN.COM.AU)

Follow **SARINA SURF LIFE SAVING CLUB** on Facebook for Event Updates

POWERED BY:

Sarina Community Bank®  
Branch

 Bendigo Bank

HOSTED BY:

