



*God, our Father
We ask that we and our children be gifted with a positive
inner attitude of mind and heart – true happiness.
Amen*

Dear Parents and Members of our School Community

Looking for the perfect gift to give your child? Look no further, for you already have this perfect gift within your power: a happy childhood is one of the best gifts that adults have in their power to bestow upon their children. If we make a child happy today, we will make the child happy twenty years on by the memory of it.

Happiness isn't something that you can give all wrapped up like a present. If we were to shower our children with gifts of toys or shield them from emotional discomfort, they are more likely to grow into adulthood as people who are bored and joyless. The best gifts for happiness are internal not external, an inner set of tools they can rely on for life.

There is no way that parents can make children happy all the time. Children need to learn how to deal with some distress and to figure out how to cope with it. Learning how to deal with life's frustrations and setbacks is essential for future happiness. A parent's role in these situations is to help children find solutions, not provide them. What's more, children need to know that it's all right to be unhappy sometimes; it's part of life.

If we try to eliminate unhappiness, we might be giving the message that it's wrong to feel sad; children need to experience the whole range of human feelings including sadness. However, parents can encourage children to be happy about what's going okay, or what they have, instead of being sad about what's not going okay or what they don't have.

Likewise, conflicts and disagreements are a normal part of life and are important in as much as they allow for the statement of differences and the expression of feelings. However, our behaviour and manner of relating affect those around us profoundly, so, parents need to ensure that differences are reconciled without destroying the differences or the people who hold them. Maybe St Peter's words to his community of believers could be a source of inspiration to us: "And now this word to all of you. You should be like one happy family, full of sympathy towards one another with tender hearts and humble minds." 1 Peter 3 : 8.

Most parents can relate to the statement, "Thank heavens, I've got some time to myself!" It is a heavenly feeling not to be at the beck and call of others or on the treadmill of house chores.

And why is it a heavenly feeling? Because we have time to be with ourselves to simply do nothing or to do something that is relaxing and pleasing to us personally.

Well, children are no different to adults in this regard. They need to have some scheduled activities which develop social skills or individual talents. But, like us, they need their own space, their chance to follow their own interests, their time to manage as they choose, their opportunity to build an inner happiness which they will carry on through life.

As parents, we need to keep an eye on the "big picture" of life and set it within a positive and healthy home environment where our children can develop into value-driven, successful, and happy people. If they can develop positive attitudes about themselves, their family, and their community, they will be less inclined to be lured by the, oftentimes, seductive messages of popular culture. They will want to be successful, happy contributing people. Their happiness will be our happiness.

Thanks to Miss Brennan and Mr Siciliano for taking the year 3 students on their Reconciliation retreat to the Schoenstatt Shrine at Mt Richon on Monday. Mr Ryan organised a terrific Faction Swimming Carnival on Wednesday at Aquinas College also.

We have a prospective parents information session next Wednesday, so if you know anyone looking to join our kindy next year let them know to come along.

The footy season starts on Thursday so hurry up and join the competition if you haven't already.

Until next week

God Bless



Darren McDonald
Principal



Monday 11 March – 9:30am prospective parents info session
Tuesday 12 March – Y6 class Mass
Wednesday 13 March – NAPLAN commences
Thursday 14 March – Assembly & Y6 item
Sunday 17 March – St Patricks Day

Medical Action Plans

If your child has a medical condition that requires a Medical Action Plan and/or medication, please provide Marion at the front desk with an up-to-date copy from your GP or Specialist. The information is VERY important, it assists the school with managing your child's medical condition and is imperative in the event of a life-threatening situation. Please ensure any medication including EpiPens are "in date". The class teacher will also require a copy of the plan.

News from our Assistant Principal

Year 2 Liturgy

Our wonderful Year 2 students lead us in a Liturgy this week based on Lent.

The Year 6 students will lead us in a Class Mass next Tuesday 12th of March in the chapel.

Gift Recognition Assembly

Congratulations to the students who received Gift Recognition Awards this week and well done to 5G for a wonderful assembly item.

Our next assembly item will be presented by 6M on the 14th of March at 9:00am.

Reconciliation

Last night, the Year 3 families participated in a Reconciliation Workshop at Notre Dame Parish in preparation for making their Sacrament of Penance. We wish these students all the best for their upcoming Sacrament.

Fathering Project

Our school Fathering Project will be up and running this Friday afternoon with the Paper Planes and Pizza event.

NAPLAN

NAPLAN testing commence next week for our Years 3 and 5 students.

Have a wonderful weekend.

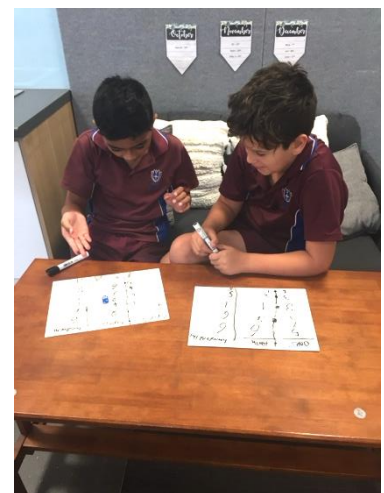
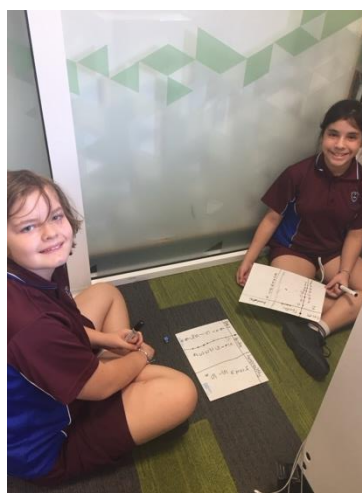
Mrs Stephanie Johnson
Assistant Principal

Year 5M

In Year 5M, the students have been working hard writing their Narratives. They have included figurative language such as similes, metaphors, and onomatopoeia in their writing. Overall, they have come up with excellent stories. We are also learning about Persuasive Writing with a focus on persuasive techniques including rhetorical questions, exaggeration, and alliteration.

In Mathematics, we have been learning about rounding numbers to the nearest hundreds of thousands and millions, rounding decimal numbers to the nearest tenths and hundredths and ordering decimals in ascending and descending order. Currently, we are learning about the names and properties of 3D shapes.

In Religion we have been learning about conscience, making good choices, bad choices, sin, the Ten Commandments, the steps of making a good confession and consequences of our actions.



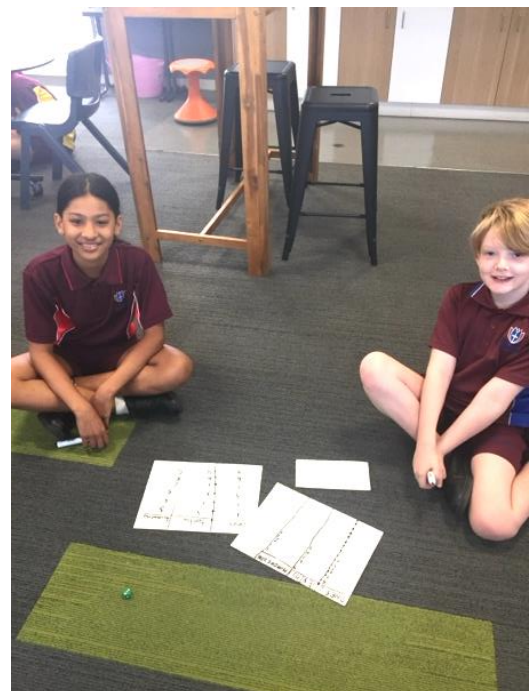
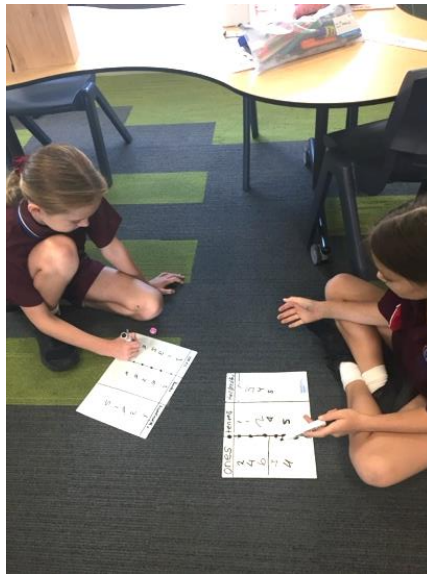
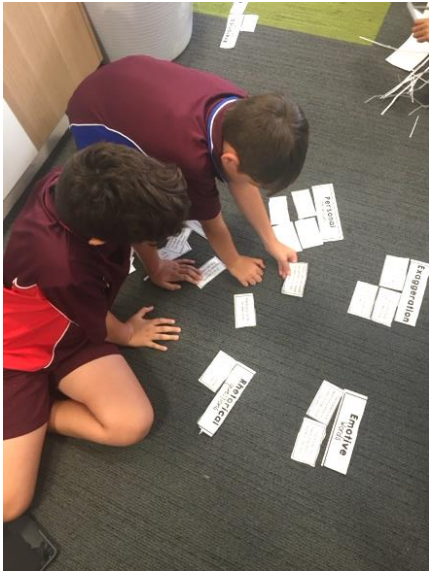
In Inquiry learning, the students have been working hard and have been thoroughly enjoying their ERP project for Term One. Year 5M have been creating businesses which is on 'Paradise Island.' They have made a floor plan and created a budget under \$12,000. Tied in with our Persuasive writing unit, students are going to convince the bank to give them the money to be able to build their businesses. This project has integrated well with our Economics and business unit, teaching the students the concept of needs and wants along with goods and services.

We have enjoyed getting to know one another through focus children. Year 5M have been sharing their interests and information about their lives. Through bringing items in a box based on their life, we have enjoyed getting to know one another. They have also created interest shields which are drawings of their main interests. We have played get to know your games such as Four Corners, Farmer Sam, Fruit Salad and Silent Ball. We have been enjoying class reward time at the end of a busy week, by playing a variety of board games together. We are really enjoying Year Five so far!



**St Maria
Goretti's**
Catholic School
To nurture and educate

SCHOOL NEWSLETTER



Annual School Fees and Charges

Dear Families

Many thanks to the families who have returned their completed payment option form (*due for return by 19th February 2024*) and or have already made part or full payment of their school fees.

It is very much appreciated!

If you have not returned your completed payment option form, can you please return it at your earliest opportunity.

If you have paid your fees in full or in part (ie. 1st instalment), you *DO NOT* need to return your payment option form.

The 1st instalment for school fees is due on Friday 1st March 2023 and the payment option forms are required to set up any direct debit options before the first instalment due date.

If you are experiencing any financial difficulties and require fee paying assistance, please let me know and I will arrange a meeting, for you, with our Principal Darren McDonald, to discuss what fee assistance the school could offer you.

Please let me know if you have any questions.

Kind regards,

Michael Toth
Finance Officer

Notre Dame Parish News

Bible Studies

Each Tuesday evening commencing at 6.00 pm in the Parish Centre.

RCIA

Each Tuesday evening commencing at 7.15 pm in the Parish Centre.

Safeguarding Induction Training Online Course

All Church workers are invited to attend an *online safeguarding induction*. A Church worker is anyone in the Parish in any role – paid or voluntary.

The session will cover the Safeguarding policies and procedures, the importance of Safeguarding in the Parish, and the role of the Parish Safeguarding Officer. To register, please phone Ingka on 9221 7762 or visit www.safeguarding.perthcatholic.org.au

Online session: Thursday 7 March 2024 at 7.00 pm.

Working with Children Card

A current WW Children Card is required by all volunteers in the Ministries at the Church. Please check the expiry date on the card. A renewal can be made online or forms are available at the Parish Office. For further information, please contact Leonie Blake at the Parish Office on 9277 4094.

Project Compassion Boxes and Envelopes

These will be available from both entrances of the Church. The theme for this year is, *For all Future Generations*.

Worldwide Marriage Encounter

You and your spouse are invited to attend a Worldwide Marriage Encounter Weekend. For further information about this experience, please contact Brendon or Valerie on 0493 534 865 or visit www.wwme.org.au

Stations of the Cross

This event will occur every Friday evening during Lent, commencing at 6.00 pm.

St John of God Hospital Subiaco

Volunteers are required for Extraordinary Minister of Communion every 2 – 3 hours when required. For further information please see the Church Notice Board or contact the Parish Office on 9277 4094.

Pilgrim Statues

If you wish to have one of 'Our Lady's' statues visit your home for a week, please contact Sandra Robinson on 9277 2872 or 0405 117 138.

New Members

If you are interested in joining the Notre Dame Parish Social Committee, please contact Leonie Blake at the Parish Office on 9277 4094.

Dr George Sekulla JP
Chairman
Notre Dame Parish Council



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SCHOOL NEWSLETTER



FREE MEMBERSHIP UPGRADE!

20% donated to our Fundraising Cause ❤️

Dear Supporter,

We're Fundraising with Entertainment and right now you can bag a FREE Membership upgrade saving you up to \$110 when you purchase a Membership in support of our cause!

For a limited time, **receive a free upgrade** to a Multi City Membership when you purchase a Single City Membership to The Entertainment App.

Experience unbeatable value across Australia and New Zealand with this epic offer! A Multi City Membership gives you thousands of exclusive discounts in 20 cities and right now you can unlock access for as little as \$69.99.

Want to know the best part? Your purchase directly supports us as **20% of the proceeds** will be donated directly to our cause to help us reach our Fundraising goal.

Get ready to give, get and share with a Membership to The Entertainment App.

[CLICK HERE TO ORDER TODAY](#)

Thank you for your continued support,

St Maria Goretti's Primary School P & F

Please let me know if there is anything else you need from me 😊 Happy fundraising! Kind

Regards, **Swathi Kuchimanchi** | Digital Relationship Manager mail:

swathi.kuchimanchi@entertainment.com.au



THE LANGUAGE OF
FRIENDSHIP!

YOU ARE INVITED!

THURSDAY 21 MARCH
6.00pm to 7.15pm
in the
URSTRONG CLASSROOM ONLINE

This workshop gives kids, parents, and teachers a common "language" for talking about friendships. Through interactive parent-child activities, parents will learn strategies to support their child in fostering healthy, feel-good friendships.

 Tickets are generously paid for by your school.

REGISTER ONLINE!
urstrong.com/events



Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



Allergy Aware School

Parents are reminded that St Maria Goretti's Catholic School is an **ALLERGEN FREE ZONE**, which means that you are encouraged not to send any nut products to school. There are children in the school whose health is affected by such products.

Bell Times

- Kindergarten doors open at 8.50am where families are permitted to enter the class and settle their children with puzzles and reading a story. At 9.00am parents are asked to say goodbye and leave so the day can commence. Pick-up time for kindergarten is 2:50pm
- PP to Year 6 – doors open with the first bell at 8.30am. Students may go directly to class, unpack their bag, and begin early morning investigations, puzzles or reading. At 8.50am with the second bell all students should be ready to begin the day. PP to Year 6 finish time is 3:10pm.

If your child arrives after the 8.50am bell (Pre-Primary to Year 6)

- If your child arrives after the 8.50am bell, the student accompanied by the parent will need to come into the school office to 'sign in late' and be given a 'late card'.
- If your child is going to be late due to a medical or dental appointment, please notify the school via email admin@smg.wa.edu.au and the email will be used as a late note.
- If your child is going to be absent from school, under the Education Act you are required to notify the class teacher and admin either via email admin@smg.wa.edu.au or a written note sent with your child when they return to school. This email/note is kept and used as a reference for when the school attendance records are audited.
- Each day your child is absent we require a note or email.
- If your child is unwell for more than 5 days a Medical Certificate is required.
- If you are taking your child early from class, an email or written note is required.
- You must visit the office to 'sign your child out' and take a 'pass out' and go up to the class to collect your child.
- Please give yourself plenty of time when collecting your child for an appointment during school hours to make the journey to the class to collect your child.
- Admin is not able to have your child waiting for you at the office to collect.
- If you are taking your child on a family holiday and will be away, you will need to send an email to admin@smg.wa.edu.au

Further information about St Maria Goretti's Catholic School

Information can also be found on the school website www.smg.wa.edu.au

Or the school Facebook page <https://www.facebook.com/smgcschool>

Or the school Instagram <https://www.instagram.com/smgcschool>