Dear Parents and Friends,

Our prayers and deepest sympathies are extended to Terry Young (Year 5 teacher and Co-ordinator) on the passing of his father John earlier this week. The funeral is being held in Narromine this Friday.

So far over 142 of you have downloaded our very own St Bernard’s School App. If you haven’t done so yet I would strongly encourage you to do so as it works very well and really promotes and supports our school to parent communication strategy. Please go to the app store and search for St Bernard’s Primary School. It is a free download.

Thank you to those who responded to the P & F survey. Although only 45 of you managed to respond the information gained will prove valuable in our deliberations regarding the future of the P & F. This important issue will be discussed at tonight’s School Board Meeting.

It was great to see so many parents and friends come along to watch last week’s Cross Country. It was a huge day and we were blessed with good long distance running weather! Congratulations to all those who finished the demanding course and we wish our school team well at the regional carnival to be held on 9 April at Cobargo.

Have a great week everyone.

Blessings,

David

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Calendar

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 22</td>
<td>Assembly hosted by Yr 2, Hall 1.50 pm</td>
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<td></td>
<td>BOOK CLUB DUE</td>
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<tr>
<td>Tue 26</td>
<td>MacKillop Swimming Trials, Homebush</td>
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<tr>
<td>Wed 27</td>
<td>Yr 4 Botanic Gardens</td>
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<tr>
<td>Thu 28</td>
<td>Easter egg raffle tickets due back</td>
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<tr>
<td>Thu 28</td>
<td>Presentation of Cross Country ribbons, Hall 10.45 am</td>
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Notes sent out 14 - 20 Mar

Thu 14 | Yr 4 Botanic Gardens

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PRESENTATION OF CROSS COUNTRY RIBBONS

All parents and carers are invited to the presentation of Cross Country Ribbons next Thursday 28 March 2013 in the Hall at 10.45 am.

SOUTHERN REGION CROSS COUNTRY, COBARGO

Please note, the date of this is now Tuesday 9 April 2013. A note from Mrs Dent will be sent home today.

That All May Be One
Dear Parents

Yearbook

**Tomorrow is the last day to order additional copies** of the 2012 Yearbook. Orders need to be placed through the Front Office. The Yearbooks should be delivered by the end of the term. The per copy price is: **$20** rather than the previously advertised price of $14. Yearbooks will be unavailable for purchase after this date. If you don’t have a copy or would like some more to share with family and friends, please place your order by 22 March 2013.

Child and Adolescent Assessment Service

There have been a number of parents who have decided to access the Southern NSW Medicare Local Child and Adolescent Clinic in Moruya during early April. Assessments will be provided by Stacy Shepherd, an experienced Educational and Developmental Psychologist. The clinic will be held on the following dates:

- **Wednesday 3 April** to **Friday 5 April 2013**
- **Monday 8 April**, **Wednesday 10 April** and **Thursday 11 April 2013**

Stacy will conduct both **Cognitive** and **Educational Assessments**. These assessments are **free** for **Health Care Card holders**. If you don’t have a Health Care Card, your child can have both assessments completed for $300.

Appointments are very limited. If you would like further information, or would like to make an appointment, please contact Nicole Cox on 4475 0843 from Monday – Thursday. Nicole will give you information regarding obtaining a referral from your GP, along with parent and teacher questionnaires. An information sheet is available from the Front Office. Please also feel free to contact Lynda McCarten, our Learning Support Teacher, to discuss whether these assessments are appropriate for your child. Could I ask that if you do choose to take up these assessments, that a copy be provided to Lynda as soon as possible after you receive it. This will assist us to understand and meet your child’s needs. Thank you.

Wishing you a blessed week with your family.

*Jacqueline Lee*

Assistant Principal

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**APRIL SCHOOL HOLIDAYS AT IPAC**

Arena Theatre Company, one of Australia’s best creators of theatre for young people, has made a musical comedy like no other – **Cautionary Tales For Children**. A time-travelling musical troupe of four are on a mission to teach today’s rascally kids a thing or two about the importance of being well-behaved, and are armed with Hilaire Belloc’s classic poems about wayward children and the outlandish fates that befall them. This family production is proof that learning lessons about good behaviour has never been quite so hilarious!

See it at Illawarra Performing Arts Centre, Wollongong, on 23 & 24 April. Kids aged 8 – 13 can also get a look behind the scenes at our **One Day Creativity Camp** on 24 April. You’ll see the show and participate in a range of fun activities inspired by it, including creative writing, drama and visual arts. Plus travel through time in a time machine that you helped create! For more information and to book, call the box office on 4224 5999 or visit [www.merrigong.com.au](http://www.merrigong.com.au).
Dear Parents and Carers

Sunday – Palm Sunday or Passion Sunday, marks the beginning of Holy Week which culminates in the most significant celebration in the Christian calendar, Easter Sunday. The season of Lent comes to an end and on Thursday (known as Holy Thursday or Maundy Thursday), we celebrate the Mass of the Lord’s Supper which is the beginning of the Triduum (three days): Holy Thursday, Good Friday and Holy Saturday.

Holy Week commences with Jesus’ grand entry into Jerusalem where he is welcomed with such enthusiasm by a large crowd, who place palm branches on the ground before him. By week’s end that crowd was no longer there for Jesus; only a few women, together with Mary and John, were gathered under the cross.

On the Thursday evening at the Last Supper, Jesus tells his apostles and more directly Peter, that their loyalty will be tested very soon. Peter’s response to such a suggestion is, “Lord, I am ready to go to prison with you and to die with you!” Luke 22:33.

Jesus’ reply to Peter is very matter of fact: “I tell you, Peter, the rooster will not crow tonight until you have said three times that you do not know me.” Luke 22:34.

We know that later in the night, when the pressure came onto Peter and he was accused of knowing Jesus, he denied it, “I don’t even know him.” Luke 22:57. Two more denials followed and towards the end of the third denial, “While he was still speaking, a rooster crowed.” Luke 22:60.

The remainder of Friday was a total disaster for the apostles and other followers. The triumph of Palm Sunday was now Friday’s disaster. By mid-afternoon, Jesus was executed in the manner reserved for criminals, deserted by the crowd and by those who had been so close to him for the past three years.

Mel Gibson, in his movie, “The Passion of Christ”, chose to drive the nail into Jesus’ hand to symbolise that we all had a part in Jesus’ death, not just a few Jewish leaders or the Roman soldiers in charge of the execution. Likewise, it could be said that Peter symbolises our denials of Jesus, when we make bad choices and engage in inappropriate behaviours.

In a manner of speaking, we are all part of Sunday’s crowd: we are in the “crowd” that receives First Communion, we are in the “crowd” that receives Confirmation; but, when we are separated from the crowd, are we any good at sticking by Jesus? Maybe food for thought as Holy Week is with us.

Our traditional Holy Week reflections will be celebrated in the church at 10.00 am on Thursday. All students will gather for this prayerful reminder of Jesus’ sacrifice. You are warmly invited to join us.

Last Tuesday we celebrated the Feast of St Joseph the foster father of Jesus. Joseph is a wonderful role model for all of us as a person of faith and love.

May the blessings of Joseph be among us listening to our children living as loving and forgiving families living hospitably even in difficult circumstances

Helene Boller
ART CENTRAL SCHOOL HOLIDAY CLASSES

Where: 24 Church Street, Moruya
Cost: $5.00 per child
Bookings: Phone 4474 3123
Classes: Tuesdays 16 and 23 April 2013  Art with Nick  10.00 am - 12.00 noon
       Wednesday 17 April 2013  Collage with Hazel  10.00 am - 12.00 noon
       Friday 19 April 2013  Collage with Hazel  10.00 am - 12.00 noon
       Saturday 20 and 27 April 2013  Pottery with Lisette  12.00 noon - 2.00 pm

Parents are welcome to attend and children are to be 7 years old and above.

CANTEEN—WEEK 9

Mon 25 Mar  Ray Sheiles
Tue       HELPER NEEDED
Wed       HELPER NEEDED
Thu       Kylie Warren
Fri       GOOD FRIDAY

Worldwide Marriage Encounter  
Weekend for married couples  
14 – 16 June 2013 at Mt Carmel Retreat Centre, Varroville, NSW  
bookings: 02 4283 3435 or  
wsharpe@bigpond.net.au  
Information:  www.wwme.org.au
There seems to be a little confusion regarding payment of school fees. Each term fees are generated in the first or second week of term. This is a 28 day account with the due date clearly stated on the account. It would be appreciated if this account is paid by the due date as is the case with St Bernard's having to meet their payments on time. However, you can elect to pay them weekly, fortnightly or monthly ensuring that the balance is paid off by the end of term. If this is the case, payment should commence immediately so that the account is cleared and standing at a nil balance before receiving your next term's fees. If you are experiencing difficulty with meeting your payments please phone the office on 4472 4446. Thank you.

ST BERNARD’S CHOIR

The St Bernard’s Choir was invited to perform with St Mary’s Choir on the weekend at the official opening of Relay for Life. The choir sang *Advance Australia Fair* and demonstrated our amazing school spirit to the highest standard. Mrs Price and Mrs Heslop were very proud of what everybody achieved in the short time we had to prepare as many children it was their first performance. GREAT JOB!!

Also a special thank you to parents/carers who gave up their time on the weekend for this special event.

Mrs Price and Mrs Heslop

EASTER EGG RAFFLE

Could you please return all tickets by Wednesday 27 March 2013. The raffle will be drawn on Thursday 28 March 2013.

A big thank you to all those who participated in the Relay for Life last weekend. (Jeni Barbara)
PIRATES: BAND OF MISFITS

Pirates: Band of Misfits is made by the same people who did Chicken Run and has the same animation. It is a four and a half star rated movie with animated action, comedy and adventure. It has some very famous English actors like Hugh Grant as the Pirate Captain and David Tennant as Charles Darwin.

This film is about a pirate called Pirate Captain who is trying to win the Pirate of the Year Award but he is not a very good pirate. However, when he takes Charles Darwin prisoner, Charles realises that the Pirate Captain’s parrot is really a dodo and they work out a plan to win the Scientist of the Year Award. They arrive in England and meet Queen Elizabeth I and then everything changes.

I would definitely recommend this film to any family who wants to see a light hearted family film.

CROSS COUNTRY

As you feel the fresh air rushing on your face, when you hear the teams cheer you on, as you’re about to cross the finish line, that’s when you know it’s cross country. On Thursday 18 March it was one of the most thrilling days you could have on a cross country day. It wasn’t too hot or cold, it was perfect. Mrs Dent started the day with a beautiful prayer. That’s when the competition began. All the teams were cheering their hearts out.

A special congrats to all the children that will run in Cobargo.
The Cool Kids Anxiety Program – FACT SHEET

The Cool Kids program is for primary school children aged 8 to 12 years. Children of all ages can have a serious issue with anxiety. Intense fears, anxious thoughts, and physical symptoms can lead children to want to run away and escape the situation. Anxiety can take many forms and can lead to school refusal, social isolation, bullying and sometimes development of serious behavioural problems.

Teachers and parents are often the first to notice that a child is showing signs of anxiety, including clinginess, tantrums, avoidance or the need for excessive reassurance.

About Cool Kids

The Cool Kids program is a well researched cognitive behavioural intervention directly addresses anxiety in children aged 8 to 12 years. It has been developed by experts in the area at the Centre of Emotional Health, Macquarie University, Sydney and is recognised as the treatment of choice for anxiety disorders in young people. It includes a section for parents on effective ways to help their children. Research has shown 80% of participants have markedly improved results up to six years following the program.

The program runs weekly for 8-10 weeks. It can be run in schools or community based groups.

Interested parents are asked to contact SNSWML. One of our counsellors or the school counsellor will assess if your child is suitable for this program.

Who is it suitable for?

Boys and girls aged 8 to 12 years, and their parents, who have significant difficulties with issues relating to anxiety such as:

- separation, self consciousness or social anxiety
- general fears and specific phobias
- self esteem and confidence issues
- bullying and poor social skills
- worries, avoidance, reassurance seeking
- school refusal and anxiety related arguments/temper outbursts
- perfectionism, complains of headaches, tummy pains or sore legs
- sleeping problems (falling asleep) or sleeping in parents bed

The main aspects of the program include:

- Education on anxiety
- Child and parent strategies for managing anxiety
- Cognitive challenging (detective thinking)
- Facing fears (exposure hierarchies)
- Social skills, anti-bullying strategies and assertiveness
- Relapse prevention

I'm interested, who do I contact?
Please contact SNSWML’s Nicole Cox by email at ncox@snswml.com.au or by phone on 4475 0843.
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<th>WEEK</th>
<th>Monday</th>
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<td>8 Mar</td>
<td>18 Staff Briefing 8.15 am St Patrick’s Day celebrated</td>
<td>19 Feast of St Joseph Melanie Ginger piano lessons</td>
<td>20 Staff Meeting Melanie Ginger piano lessons</td>
<td>21 School Board Meeting Band</td>
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<td>29 GOOD FRIDAY PUBLIC HOLIDAY</td>
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<td>9 Mar</td>
<td>25 Staff Briefing 8.15 am HOLY WEEK</td>
<td>26 Year 4 Botanic Gardens Excursion Melanie Ginger piano lessons Staff Meeting Twilight</td>
<td>27 Melanie Ginger piano lessons</td>
<td>28 Holy Thursday Holy Week Ceremony (Church) 10.00 am Band</td>
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<tr>
<td>10 Apr</td>
<td>1 EASTER MONDAY PUBLIC HOLIDAY</td>
<td>2 Melanie Ginger piano lessons Easter celebration</td>
<td>3 Staff Meeting Melanie Ginger piano lessons</td>
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<td>5 Auskick Gala Day AFL 3, 4</td>
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<td>11 Apr</td>
<td>8 Staff Briefing 8.15 am Annunciation of the Lord</td>
<td>9 Melanie Ginger piano lessons Sthn Region Cross Country, Cobargo</td>
<td>10 Staff Meeting Melanie Ginger piano lessons</td>
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<td>12 Dave Berry’s guitar lessons Term 1</td>
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<tr>
<td>1 Apr/ May</td>
<td>29 Staff return</td>
<td>30 Students return</td>
<td>1 Staff Meeting</td>
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<td>2 May</td>
<td>6 Staff Briefing 8.15 am</td>
<td>7 Melanie Ginger piano lessons Enrolment period for 2014 Kinders due by 25 May 2013</td>
<td>8 Staff Meeting Melanie Ginger piano lessons</td>
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<td>10 Mothers’ Day Stall and Shared Morning Tea Assembly Yr 3</td>
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<td>14 Melanie Ginger piano lessons</td>
<td>15 Staff Meeting Melanie Ginger piano lessons</td>
<td>16 School Board Meeting Band</td>
<td>17 NAPLAN catch up Dave Berry’s guitar</td>
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<td>4 May</td>
<td>20 Staff Briefing 8.15 am</td>
<td>21 Melanie Ginger piano lessons</td>
<td>22 Staff Meeting Melanie Ginger piano lessons</td>
<td>23 Band</td>
<td>24 Assembly Yr 5</td>
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<tr>
<td>5 May</td>
<td>27 Staff Briefing 8.15 am</td>
<td>28 Melanie Ginger piano lessons</td>
<td>29 Staff Meeting Melanie Ginger piano lessons</td>
<td>30 Band</td>
<td>31 Dave Berry’s guitar lessons</td>
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