Messages from the Principal

**WEEK 4**

Dear Parents & Carers,

Thank you to all the families that attended our Parent Information night last week. We hope the night was informative and interesting. For those unable to attend we hope you make contact with your child’s teachers and check out the information they can give you. As I said on the night, “Good communication is essential for us to give your child the best education possible”.

We aim for all of us here at school to know each other - parents, students and staff. If we all know each other at school and we look out for each other, care for one another and try to support each other in times of need then we form a “village” for our students to thrive in. Parents can join our ‘village’ through their involvement in classrooms, in other areas of school or through volunteer work can assist to further build that community.

We often see parents taking the time to cheer on other students at sports days or other events. We see families supporting each other through food donations, babysitting and getting students to a place for their family when required. Sadly not all our families see the benefit of this community.

Our hope is that we can all take the time to share what we have with our school community to enrich it, to benefit all students and to develop a place of harmony and mutual support, just like the ‘olden days’. So, on that note one of the first opportunities is to attend our PSF meeting next Tuesday 24 February at 7pm in the Staffroom.

**ZONE SWIMMING CARNIVAL**

Zone Swimmers will compete at Alstonville on Friday. Good luck to Lewis Trim, Oliver Condon, Ella Brombal, Molly Tymmons, Lewis Parker, Teo Astone, Toby Tymmons, Niamh Thompson, Eliza Lamas, Emily Eyre, Harry Condon, Lucas Woolven, Tom Rowling, Danny O’Toole, Mark Wright, Matilda Howe, Molly Hayes, Charlotte Cook, Jack Condon, Will Barnes, Seb Astone, Murray Fivaz, Olivia Mosse, Molly O’Toole, Ainsleigh Woolven, Georgia Shirley, Patrick Thompson, Sean Nicolas, Cooper Love, Luke Rowling, Isobelle Jones, Mia Hayes, Grace McWilliam and Holly Trim. They will be accompanied by Mr Murgha and Mrs Melville.

**BEST START KINDER INTERVIEWS**

Best Start Kinder interviews are now open for booking. Go to www.schoolinterviews.com.au and use the booking code: CTJVV. A separate note is also going home to explain this process.

**CLEAN UP AUSTRALIA DAY**

Last year we joined with Rotary to support Clean Up Australia Day. We are doing this again in 2015 by gathering at Elizabeth Brown Park on Sunday March 1st at 9.30am to clean up the surrounding areas. You will need to bring gloves and wear covered footwear and hats and bring water. After we complete the clean up the Rotarians will provide a BBQ for all the workers. This is a terrific way to show our children the importance of caring for our environment. So please mark the time and date on your calendar- many hands make light work!

**CLASS PARENT REPS**

Class parent reps are currently being finalised. If you think you could help out here please contact the teachers for the stage to discuss this. We hope to publish a complete list next week.

**PHOTOS FROM BEGINNING SCHOOL MASS**

Mass last Friday was by all accounts a beautiful beginning to the year. I was sorry to miss this. Sadly there are no photos of this event as our school camera was stolen in an early morning break in on Monday morning. If anyone has any photos from Mass they are welcome to share as we ask that you email them to school please.

**Ash Wednesday Liturgy**

Ash Wednesday Liturgy (not Mass)
Congratulations to the following children who received Awards at last week’s assembly.

William Crane, Sienna Johnson, Oliver Hipkins, Maisie Wallace, Oliver Condon, Tristan Callinan, Will Carmichael, Lilly Cluff, Milly Paulsen, Josh Ryan, Lewis Trim, Tyson Binder, Archie Kelly, Toby Tymmons, Molly Hayes, Elias Blenkorn, Ella Brombal, Claire Parsons, Ruby Parker, Megan Harris, Murray Fivaz, Cooper Love, Nicolas Vinall and Isobelle Jones.

Next Assembly will be held on Friday 27 February at 2.20pm in McCarthy Hall Stage 3 to present

Lent is... the Christian season of preparation before Easter. In Western Christianity, Ash Wednesday marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter (Sundays are not included in the count). Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ - his suffering and his sacrifice, his life, death, burial and resurrection.

Proclaim Meeting

Proclaim meeting for any parents who attended Proclaim in 2014 and any other interested parents ...will be held on Tuesday 3 March at 5.30pm in the staffroom.

Catholic Education in NSW

Sometimes, messages about Catholic Schools can be confused and misunderstood in the media. Over the coming weeks, I will share with you some facts about NSW Catholic Schools and how they are funded.

- On average, it costs around $13,000 per year to educate a child in a NSW school.
- In most Catholic schools, school fees cover less than a quarter of this cost, the rest comes from Tax Payers like you!
- Catholic school parents in NSW paid $943 million in school fees in 2012.
- You also contributed $161.5 million in school building levies and other capital funding that year. That’s more than $1.1 billion invested by Catholic school parents in our state’s education system in just one year!
- Despite this extraordinary support, Catholic Schools still rely on Federal and State Governments for more than 75% of our funding needs each year.
- This is why funding support from Federal and State Governments must keep pace with rising education costs—to maintain education quality and to ensure a Catholic education remains affordable for all families.

Therese Seymour

NUTS IN SCHOOLS

Nuts are natural power-packs of nutrients like vitamins, minerals, antioxidants, healthy fats, protein and fibre, which help children grow, develop and learn. Examples of nuts include almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts. Peanuts are technically a legume, but they are commonly referred to as a nut as they have a similar nutritional composition.

A 30g serve of nuts is a small handful, or approximately:
- 30 pistachio kernels
- 20 almond or hazelnuts
- 15 cashews, pecans or macadamias
- 9-10 Brazil nuts or walnuts
- 4 chestnuts

And contains around:
- 36% of a child’s daily vitamin E requirement
- 13% of a child’s daily fibre requirement
- 4g protein

Plus
- B-group vitamins, calcium, iron, zinc, potassium and magnesium
- Children who eat nuts are better protected from heart disease later in life.

Regular eating nuts as part of an overall healthy diet can help reduce cholesterol, regulate blood pressure, reducing the risk of diabetes and heart disease, maintain regular bowel movements and even support bone health!

Nuts are a fun and filling snack for kids, as they’re less likely to fill up on other foods later on.

Beating Picky Eating

Children with strong food preferences who limit their intake of the needed variety of foods can be a challenge. Some of the following ideas may be helpful:
- Remember: Parents choose “which” foods, children decide “how much”
- Create a positive environment at the table, make meal times pleasant
- Be a good role model
- Stick to a routine
- Provide the same meals for the whole family
- Take children shopping, involve them in planning and preparation
- Limit sweet drinks and juice so children have an appetite

If you are stuck in a constant battle, maybe try a different approach.
Making Jesus Real
Happiness and Inner Peace

In a recent TV documentary on Happiness and Inner Peace, they had a number of experts who have run tests over the years regarding happiness and they interviewed people who had everything and lost it. This included wealth, beauty and health. These are some of the elements that helped to create happiness.

1. Being thankful for what you have
This came out clearly in all the discussions regarding what made people happy and gave them peace of mind. In Australia we are so blessed as in other countries millions are starving and living short lives. Be thankful for who we are and what we have. Don’t dwell on what you haven’t got because if you do your life will never be content.

2. Compassion and Empathy—(Understanding)
When we are in need of help and perhaps we are in trouble of some kind, we all appreciate a person who has some understanding about our situation and is compassionate to our needs. Do you know anyone with these qualities?

3. Giving of yourself in kindness, helping others and being thoughtful of others.
These headings are self-explanatory but it is interesting to note how much we appreciate a kind and thoughtful action towards us. You know also if you need help at school there is generally a person you can ask while there are sometimes others you would never ask. Are you a person who people can ask to help?

4. Time to slow down and reflect.
So many of us get up in the morning and go flat out until we go to bed. It would be helpful even after lunch to take four minutes to rest with our head on our arms at the desk and go into our heart room, we need time to reflect. Put some time in on the weekends to reflect on life as well.
Youth Mass is on Saturday, 7 March at 6.00 pm. The Youth Gathering after Mass will be a games night at Alstonville Bowling & Sports Club. Please bring $8 to cover food, drinks and games. (Beach volley ball, super soccer & totem tennis) Parents can collect their children at 9.00 pm.

All students in Year 5—12 are welcome

Wednesday's Canteen Special
"Oven Fried Fish & Chips"
$4.20

XAXIER CATHOLIC COLLEGE
SKENNARS HEAD

Enrolment Information for Year 7, 2016
College Open Night Tuesday 28 April 2015
5.30pm Tours of the College
6.00pm Sausage Sizzle
7.00pm Information Session

Enrolment Interviews Sundays 17 May & 24 May

ALTAR SERVERS ROSTER
Saturday 21 February: Tamarar Pavez-Santander, Olivia Woolven, Katerina Pavez-Santander, Ava Curtin & Ainsleigh Woolven
Sunday 15 February: Volunteer for MC please! Hannah MacRae, Matthew McElligott, Molly MacRae & Charlotte Drew

Ballina SES Recruiting NOW!
Do you want to discover an exciting new experience with accredited training opportunities?
Recruitment Info Sessions are being held at:
Ballina SES Unit
Thursday 5th March 2015 – 7pm
Ballina SES Unit, Angels Beach Drive
(Opp Ballina Central Shopping Centre)
Come see what you’ve been missing!
RSVP: 02 6625 7710

SOCCER SIGN ON - ALSTONVILLE FC
All players intending on playing soccer in 2015 are required to register NOW.
All players must first register on “myfootballclub.com” then attend a sign on date run by Alstonville FC.
Sign-On Dates are;
Friday 20th February 2pm - 5pm at Alstonville Plaza.
Saturday 21st February 10am - 2pm at Geoff Watt Oval.
All ages welcome.

Alstonville Scouts welcome new Members (2015)
Come and try FREE for up to 4 weeks before joining!
For Girls and Boys of all ages who love adventure and fun.
For Mums and Dads who want their kids to learn important life skills in a safe environment.
Joey Scouts: ages 6 to 8 years, Wednesdays: 5.30 to 6.30pm
Cub Scouts: ages 8 to 11 years, Wednesdays: 6.30 to 8.00pm
Scouts: ages 11 to 15 years, Thursdays: 6.30 to 8.30pm
The Alstonville Scout Hall is located at Gap Road, Alstonville.
To find out more contact:
Troy Davis (Group Leader) Mobile: 0428 582 973, or,
Cindy Robinson (Joey Leader), Mobile: 0415 454 177