May our love grow each day. We are at the half-way point in our Lenten journey today. There is so much yet to learn, to examine, to heal, to renew. We have a sense of the patterns we are naming and a sense of the graces we are asking for, as well as the ways God is working in us. We want to be ready and our Lord wants us to be confident. So we keep asking and we keep giving thanks, throughout our day.

Dear Parents, Staff and Students,

Thank you to all parents who helped make the swimming carnival such a fabulous day. Simon and his team of teachers did a wonderful job and congratulations to them all.

Our website has had its major review and it is ready to access. Penny will keep the news and events sections updated regularly so you can reliably check for dates and events coming up. We would like feedback and we invite you to comment and make further suggestions. Email comments to office.holytrinity@cg.catholic.edu.au

Thank you to Petra Cole who generously shared her vast knowledge and skills in her presentations yesterday morning and last night. Thank you to the parents who attended and shared their own experiences and knowledge, strong literacy skills are essential for all our students and these workshops share expertise and provide support. Petra is also holding a teacher workshop next week for teachers in our Catholic system.

Bernadette and I will travel to India in the coming weeks to attend the Annual Asia Pacific IB conference. Our attendance is another step in connecting Holy Trinity with the global learning community of IB. There will be over 1,200 delegates and world renowned presenters. We are very grateful for this opportunity and will share our learning on return.

We have had Drama lessons in the school for many years and it has always been well received. As with all ‘in school’ extra curricula activities there is disruption to learning and class organisation. After consultation with the staff, Drama lessons have been combined so that each grade group will have one day per term rather than 1 hour per week. We are hoping that this will be a satisfactory solution.

Next week I will be attending the Principals’ retreat. Archbishop Christopher Prowse will again lead our retreat and the focus will be the Jubilee Year of Mercy. I thank Bernadette, Brigitta and Petra for taking on extra duties and responsibilities.

Finally, Saturday, 5 March is our Parish Mass. All families are invited to attend and join together for supper in the Parish Centre.

With every best wish for a happy and peace-filled week ahead,

Judy Spence
judy.spence@cg.catholic.edu.au
**Reminders**

All these important reminders are for the safety and well being of all in our school.

- **TRAFFIC** – Please do not park in the drive through area; along the curb at the end of the parking bays or along the fence. **Patience** is the secret to safety in the school car park. If there are no parking spaces, park across the road in the carpark and use the pedestrian crossing. It is modelling safe practices to your children that helps them develop personal safety.

- Always use the crossing or walk through the church area. Do not walk with the traffic as it comes into the drive through.

- Parents and visitors to the school must sign in/out and if working in the school wear a visitor sticker. All helpers must have their Working with Vulnerable People card registered with the school.

- Recently we have had a large number of children coming to school sick and having to be sent home during the day. If your child is unwell please keep them at home in order to lower the risk of infection to other students (some of whom have low immune systems), to staff and also to allow your child to rest and recover before returning to school.

**NEWSLETTER CONTRIBUTIONS** - If you wish to place anything in the newsletter please email it to penny.ford@cg.catholic.edu.au.

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**Happy Birthday**

**Students who celebrated last week and this week are:** Alby B, Olivia M, Jackson B, Abigail V-B, Lucy M, Jayden H, Angus B

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**Merit Certificates**

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**RE News**

This week Year 2 celebrated mass with the parish, it was lovely to see so many parents and families attend. 3/4 are beginning their fundraising for Project Compassion. This year’s theme is ‘Learning more, Creating change’. Project Compassion is run by Caritas Australia who are guided by the Catholic Social Teaching principles. To read more about these 6 principles and how Caritas works to meet them, visit [http://www.caritas.org.au/learn/catholic-social-teaching](http://www.caritas.org.au/learn/catholic-social-teaching).

**Upcoming:**

- **3/4 White Prayer Assembly** - Monday, 29 February, with the value of Cooperation.
- **Parish Mass** - Saturday, 5 March. All families are invited to attend and students will be called next week if they would like to participate in the celebration.

Blessings to you all,

Brigitta van Reesch

‘Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.’

Luke 11:9

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www.holytrinity.act.edu.au T: 62814811 F: 62814005 E: office.holytrinity@cg.catholic.edu.au
Together we continue to build a ‘culture within the whole school that will serve as a foundation for both social and academic success.’

Thank you to all the parents who responded to the survey about the Trinity ToUcan program (School Wide Positive Behaviour Support program). Your feedback was appreciated. On first glance at the survey responses, the feedback about behaviour was positive, with most parents acknowledging the high expectations of student behaviour and knowing the intended outcome of the Trinity ToUcan program being the rewarding positive behaviours. It was noted that many parents were unsure of the contents of the Pastoral Care and Welfare Policy. A review is currently occurring in relation to updating the Pastoral Care and Welfare policy and as soon as this is complete an up to date copy will be accessible to all families via the website. However, our current policy is also accessible to all families via the websites policies tab if you wish to read this policy.

Over the coming weeks, together with the responses from the students and teachers from their surveys, the Trinity ToUcan (SWPBS) program will be reviewed and possibly changes will be made to support and maintain high expectations of behaviour at Holy Trinity.

Parent Library
Kate Mertz last year began to compile a parent library with resources that help us with some of those questions we have when raising our children.

Some of the current books -

- The 5 love languages of children
- Parenting for Character: equipping your child for life - A Mullins
- Raising Girls - G Preuschoff
- Raising Boys - A Biddulp

Please come in and feel free to borrow the books from the library. If you have any recommendations for books that you think we should add as you have found them invaluable please email me - Bernadette.scott@cg.catholic.edu.au

Parenting Ideas… from Michael Grose

This year we will continue to provide support to parents on relevant topics. It would be great to hear from parents who have strategies or experience in particular situations or questions they would like addressed. This week I have included an article from Michael Grose addressing teasing versus bullying.

Have a great weekend,

Bernadette Scott
Assistant Principal (Acting)

Casserole Bank

The Holy Trinity School Casserole Bank is a band of mums and dads who have volunteered to cook a meal, which is placed in the school freezer to help families in our school that need extra support. If you like to cook—casseroles, soups, spag bolg … or bake—muffins, biscuits, cakes and think this is something you would like to do for your school community please get in touch. We are looking for volunteers, so if you think you can help please contact Lisa Bauer for more information: lisabauer@optusnet.com.au  62820521 or 0419 439 732.

Music at Holy Trinity

Would you like to learn the violin?  This week is free lesson week. Please see the Canberra Music tuition flyer at the end of the Newsletter.
**SWIMMING CARNIVAL** - The Swimming Carnival was a fantastic event and we were blessed with marvellous weather! Thank you again to all the parents who helped at the swimming carnival, your efforts were much appreciated! Students who have qualified for the South Weston carnival will be nominated for events and notified soon. Further details to come shortly.

**WINTER SPORTS** - It is registration time for all the winter codes and there are plenty of clubs around the Woden Valley in which your children can participate in a range of sports. It is a great experience to be part of a team and to develop important coordination and team play skills.

Basketball – Weston Creek Woden Dodgers

**CATHOLIC SCHOOLS SOCCER CARNIVAL** - The 2016 Catholic Schools Soccer Carnival will be held at UC on Sunday, 3 April. Information has been made available today and sent home with students who are interested in playing in Years 3/4 and 5/6. Please ensure registration forms and money are returned no later than Friday, 11 March to allow for us to organise and submit teams. For more information see [http://stbenedicts.act.edu.au/cgcssoccercarnival2016/](http://stbenedicts.act.edu.au/cgcssoccercarnival2016/)

**GREATER WESTERN SYDNEY (GWS) GIANTS VISIT** - This Friday, 26 February some players from the GWS AFL team will be visiting Holy Trinity. They will be conducting a Q and A session with Years 3 – 6 in the hall at 12:00. Students are welcome to bring along any GWS supporters gear to be signed by the players. For those parents who are GWS fans too, you are more than welcome to join us!

**SPORTING SUPERSTAR** - Congratulations to Michael P in 3/4 White who received the Player of the Year award for his age group in the Coerver Coaching Performance Academy! Well done on your efforts in the program!

**BOYS SOCCER** - We are looking at starting a boys soccer team for the upcoming winter season. If your son is turning 7 this year and is interested, please contact Susie Johnston on 62871454.

Simon Bugden
Sport Coordinator

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**Sport**

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**Vacuuming Roster**

**TERM 1, WEEK 5 - WED 2 MARCH**

Team Leader: Sommer Howard, Fleur Anderson, Greg Holland, Rebecca Manen, Ruth Crosbie

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<tr>
<th>MON 29 FEB</th>
<th>THU 3 MAR</th>
<th>FRI 4 MAR</th>
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<tr>
<td>Elizabeth Busby</td>
<td>Vanessa Prail</td>
<td>Carmel Brennan</td>
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<td></td>
<td>Jane Baseby</td>
<td>Kim Hofmeier</td>
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<td>Megan Hill</td>
<td>Lucy Ingles</td>
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**Community News**

**PRIVATE FLUTE TUITION** available after school and weekends in Curtin for boys and girls by experienced teacher Katerina Ford, P Dip AGM. Has WWVP card, 16 years playing experience and offers very reasonable rates - **FIRST LESSON FREE**! Please contact on katzf@hotmail.com.
Ground Parrots and Rock Wallabies enjoyed a water fun day to coincide with the School swimming carnival -“It was the best day ever” (Emma). Yesterday the classes explored and played in the green areas throughout Curtin, the children built a camp fire, found bugs and acorns and captured their adventures on ipads with photos and videos. Outdoor play is an important element of the preschool program. Below is a link to an episode of Dateline on forest preschools in Denmark which aligns with our rationale on outdoor play.


Before School Care - have been exploring slugs, designing and building rockets and experimenting with styles of painting.

BSC & ASC - we have some places available for either permanent or casual bookings in both programs if you require care for your child. This is open to both ELC and Primary children below the age of 8.

Student Directory - green forms to be returned by FRIDAY for last chance for inclusion in the directory.

Working Bee - change of date 2 April from 8.30am.
Congratulations

Elijah H (1 Red) has won the Canberra Glassworks competition this year in his age category (age 3-8). As part of his prize, his design was made into glass by local glass artist Annette Blair. It is the second time the family has taken the prize (Audrey won it last year!). The prize winning glass work (which is entitled 'Hot Shop One Hundred') celebrated 100 years of the Kingston Powerhouse Building and is currently on display in the foyer at Canberra Glassworks.

Congratulations to Elijah

World’s Greatest Shave!

The Van Ballegooyen family are ALL shaving their heads for the World’s Greatest Shave! Abigail, Rowena and Matisse are donating their hair to make wigs for accident & burns victims, alopecia sufferers and chemotherapy patients. This amazing family shave is happening on Saturday, 27 February at 11:00am, Canberra Show! We would love to see you all there!

Or.... go onto the World's Greatest Shave site, click "sponsor someone" and find us under the Van Ballegooyen!
Thank you for your support!

What a wonderful initiative which was instigated by Matisse (a past student of Holy Trinity) and the whole family are joining in to support this very worthwhile cause. Holy Trinity is going to support the Van Ballegooyen family by collecting gold coins tomorrow, Friday 26 March. Abigail and Elliot will collect the coins before lunch tomorrow.
Children’s Art Classes

Sonia Spratt is a practicing artist in Canberra and an experienced Art educator. Her background training is in Education, Illustration and ceramics. With knowledge and expertise in a broad range of mediums, artistic genres and a creative approach to their delivery, your children will be exposed to many different techniques, materials and the opportunity to develop the skills necessary to create artworks in an environment that encourages creativity and imagination.

Lessons will run Wednesday afternoons through the school term from 3.30-5pm at Margaret Hadfield’s Gallery. Materials will be included. Cost: $40 (4 sessions for $152)

Contact: 62823886
Mob: 0428 997 381
Address: 53 Colbee Crt, Phillip  ACT 2606

Adding or deleting payment cards:

To add, delete or edit your payment cards from the ‘Settings’:

1. Open Okr!™
2. Tap on the three horizontal lines icon at the top left of the screen
3. Tap on the word ‘Settings’. This will open the settings page and present you with a number of options to personalize the way Okr! works for you
4. Tap ‘Manage Payment Cards’
5. To delete a card: Tap and hold
6. To edit details of an existing card: Tap quickly to enter ‘Edit Card’ screen
7. To add a new card, tap the icon on the top right of your screen (an image of a card with a ‘+’ symbol on Android devices or the word ‘Add’ on Apple devices)

To add another card from the check out screen:

1. Tap on your registered card
2. Tap ‘Add Card’ option
3. Provide card details
4. Tap the ‘Done’ button (Apple devices) or ‘tick’ icon (Android devices) on the top right of your screen to save changes
HOLY TRINITY DRAMA DAY DATES TERM 1

Kindergarten and Grade 1 - Wednesday March 30th - JUNGLE JAUNT

For children in this age group, acting, speaking skills, creative play and active listening activities are themed around different speech sounds. All material will be provided.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Jungle Jaunt</th>
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<tbody>
<tr>
<td>9.30 — 11am</td>
<td>All aboard the Jungle Bus! The Jungle Bus will take us into the deepest parts of the wilderness. We will hike and explore all the areas using movement, music we might even meet some cheeky monkeys!</td>
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<thead>
<tr>
<th>Session 2</th>
<th>Tigers Who Roar And More...</th>
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<tbody>
<tr>
<td>11.40 — 1.40pm</td>
<td>Our intrepid explorers will study the types of animals they see on their adventures. They will create some animal masks for camouflage and use sound and voices to coax their animal friends out of hiding. Through movement and poetry our explorers will discover and create poems and rhymes to help them know more about these wonderful jungle creatures.</td>
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<thead>
<tr>
<th>Session 3</th>
<th>Monkey Tales</th>
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<tbody>
<tr>
<td>2.10 — 3.00pm</td>
<td>The safari fun continues... The adventurers listen to and act out the secret tales of the jungle as found in literature. Their tour guide will lead them to recount their day creating a documentary which will reveal the discoveries that have been made through drama.</td>
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Grades 2 - 4 - Group One Tuesday March 1st and Group Two Tuesday March 15th - STORY LAB

In this age group, children's communication skills and confidence develop rapidly through participation in drama. Children explore storytelling through performance based activities.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Tell Me A Story</th>
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<tbody>
<tr>
<td>9.30 — 11am</td>
<td>Students will engage in drama activities that develop expressive voices and clear speech. They will discover the elements of telling a great story and have an opportunity to tell their own—from real life, or their imaginations.</td>
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<thead>
<tr>
<th>Session 2</th>
<th>Magic Movement</th>
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<tr>
<td>11.40 — 1.40pm</td>
<td>Students will discover that they can tell stories without using their voices or any sound at all. They will work on non verbal communication and develop mime and movement skills.</td>
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<tr>
<th>Session 3</th>
<th>Creating Characters</th>
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<tr>
<td>2.10 — 3.00pm</td>
<td>Students will use voice and movement to express emotion and a range of characters. They will have the opportunity to perform in role the stories developed in session one.</td>
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</table>

Grades 5 and 6 - Tuesday March 8th - SENSE IT, SHAPE IT

Students in this age group expand performance skills via drama games, using scripts and creating their own performance texts. Effective communication of self and character will be developed through improvisation, voice work and the physical aspects of performance.

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Can you hear me?</th>
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<tbody>
<tr>
<td>9.30 — 11am</td>
<td>Students will explore script snippets, poetry and prose with a focus on expressive, clear and well-projected voices.</td>
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<table>
<thead>
<tr>
<th>Session 2</th>
<th>Can you see me?</th>
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<tbody>
<tr>
<td>11.40 — 1.40pm</td>
<td>Students will explore creative movement with a focus on learning the areas of the stage and sight lines. Through drama games and activities they will become familiar with the language of theatre.</td>
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<tr>
<th>Session 3</th>
<th>Who Am I?</th>
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<tr>
<td>2.10 — 3.00pm</td>
<td>Drama activities will allow students to apply the work from earlier in the day when creating characters. They will devise scenes to share with the group based on the characters they develop.</td>
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Enrol Now: [http://www.cada.net.au/in-school-programs.html](http://www.cada.net.au/in-school-programs.html)  or Phone: 1300 908 905
Building parent-school partnerships

WORDS Michael Grose

Teasing V Bullying

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question—“What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child’s direction, joking about the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

Teasing refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

Bullying is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

Why the distinction?

I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills; getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
A Celebration Day for Girls

Garran
Sunday 15th May 2016
10am – 4pm
with Jane Bennett

Mother’s Session
Friday 13th May
7 – 9pm
9 Stone Street
Fee: $140 per girl

Also ...
Fathers Celebrating Daughters*
Saturday 14th May, 2 – 4pm
*See separate flyer for more details

"Since the Celebration Day
Sophie has been so chatty
and open, asking questions
about menstruation and
talking about all the changes
and experiences of puberty.
I'm so pleased."

At the Celebration Day girls enjoy lively discussion,
fun activities, women’s stories and gentle celebration
of the magical threshold of puberty and menarche.

Menarche is a signpost of the beginning of a girl’s fertile years and the
menstrual cycle is an intrinsic aspect of womanhood. Extensive research
has shown that for young girls who experience menarche well-prepared,
with a positive introduction and emotional support, the result is higher
self-esteem, fewer negative cycle related symptoms, favourable overall
menstrual perception and easier subsequent births.

As such the positively presented information, activities and conversation
around these topics at the Celebration Day can have a profound and
lasting impact on girls, in conjunction with the ongoing support of
mothers, families and other carers. By enabling a healthy and grounded
experience of the changes of puberty we deeply nourish girls’ self-
estem, self-awareness and positive body image. In this way we can
support a physical and psychological integrity that underpins healthy
decision making around relationships, sex and fertility when that time
comes, as well as other life choices.

At the Celebration Day girls are warmly invited into the time-honoured,
nurturing connection and support women have long shared with each
other. Many participants report that their mother/daughter relationship is
enriched and enlivened as the doors of communication in this key area
of feminine experience and development are opened wide.

The first part of the day is spend with the girls on their own and, just
before lunch, the mothers/female carers will join us for the rest of the day
(and grandmothers who are available and wish to participate).

To learn more about Celebration Day for Girls go to www.celebrationdayforgirls.com
A Celebration Day for Girls

“This day was such fun! I want my other friends to do it and Mum has to bring my little sister when she’s 11.”

“Lucy came home that night and informed her dad and almost-12 year old brother of all the amazing, wonderful things she learned!! I feel there has also been a shift in our mother/daughter relationship. It’s like we’ve been initiated into a special club, exclusive just to the two of us – it’s wonderful!”

I find women of any age, from girls through to grandmothers, are always interested in hearing positive, unembarrassed information about the amazing processes of the menstrual cycle and enjoy being able to talk about their experiences in a supportive non-judgemental environment. Jane Bennett

And, for Mothers

Much of the role of provider of information, wisdom and guidance falls, naturally and rewardingly, to mothers and female carers. For this reason we meet on our own for a two hour session before the Celebration Day. This is an important preparation for the day and allows time for adult conversation and storytelling. During this session mothers commonly receive ideas and support for their unfolding mother/daughter relationship as they journey the adolescent years together and often discover rich and intriguing doorways in to a new experience of their own cyclic journey.

For enquiries and registration:

Contact Julia Dendrinos by

Phone: 0407 661 676
Email: julia@grapevine.com.au


To learn more about Celebration Day for Girls go to www.celbrationdayforgirls.com
Come and try Australia's game with the Calwell Swans!

Before the 2016 season starts the Calwell Swans are running 'Come & Try' training sessions. Open to all boys & girls aged 4-12 years old. Check Facebook for more details www.facebook.com/CalwellSwansFootballClub

GWS Giants Community Camp
Friday 26th Feb from 4-6pm
at Mackillop Oval, Isabella Plains

This is a great opportunity to come & meet some of the Giants players! The players will be giving away prizes, signing autographs & interacting with the kids! It will be a fantastic afternoon for all!

nab
AFL
Auskick
CALWELL SWANS
Free Lesson Week!
Come and try a free lesson during Free Lesson Week!
Monday Feb 29th - Saturday March 5th.

During Free Lesson Week, selected teachers will be offering free trial lessons to give new students the opportunity to have a go with no obligation to continue.

This is a fantastic opportunity to try out that instrument you've always wanted to learn!

Instruments are Provided!
Trial lessons are available on piano, guitar, ukulele, vocals, flute, recorder, clarinet, alto saxophone, trumpet, trombone, violin, viola, cello and drums.
Available in Belconnen, Weston Creek and Jerrabomberra.

Free lessons are only available to new students, or students trying a new instrument for the first time.

In-School Programs
Have you considered the convenience of having your lessons in school during class time, or through after school care? CMT manages hundreds of in-school students every week in around 20 Canberra & NSW schools.