**LEADERSHIP NEWS**

**RELIGIOUS DIMENSION**

**Holy Week:** The following is the schedule for the Holy Week prayer times:

- Tuesday – 9.15 Palm Sunday
- Wednesday – 11.35 The Last Supper
- Thursday – 9.15 Jesus in the Garden of Gethsemane and his arrest
- Friday – 1.40 Crucifixion

You are all welcome to join the students and staff to witness the re-enactment of this extremely important time in our Church’s calendar.

**Family Prayer Time:**

Please come and join the Sts Peter and Paul community as we gather to pray together on Tuesday 8th April at 10:00am, on Wednesday 9th April at 10:00am, and on Thursday 10th April at 10:00am. Please let our families know about the prayer times to come and encourage them to join us in this special time together.

**Mother’s Day Liturgy Photos:** Just a reminder in preparation for the Mother’s Day Liturgy on Friday May 9 we are asking students to please provide a photo of themselves with their mums or significant women in their lives which will be included in the liturgy. The photos can be emailed to Jasmine at jzawitkowski@stbrigids.catholic.edu.au by Friday April 11. One photo is all that is required. If there is more than one child in the family a group photo is sufficient. In anticipation thank you for your support in preparing for this very special liturgy.

**PROJECT COMPASSION BOXES:** We ask that all Project Compassion boxes please be returned to your child’s class teacher by Monday April 7. The money raised will help fight poverty and promote social justice for vulnerable communities worldwide. In anticipation, thank you for your generosity and support.

**Family Mass:** You are all invited to attend the next Parish Family Mass at Sts Peter and Paul Catholic Church on Sunday April 6. Mass begins at 10am. If your child/children would like to take part in the Family Mass please email Andrea White andreawhite@stbrigids.catholic.edu.au by Wednesday April 2.

**Student Well Being:** Next term our students from years 4 -7 have an opportunity to participate in a wellbeing research project run by the Psychology department from the University of Adelaide. Children who have been nominated and have permission from parents can participate in this project. The project is called ‘Comparing Mindfulness – Based Cognitive Therapy for Children (MBCT-C) to Cognitive Behavioural Therapy (CBT): A Randomised Clinical Trial of Australian Children.’ The program seeks to explore the benefits of these therapies in young people experiencing such things as anxiety and provides strategies to help build confidence and coping skills. If you still wish for your child to be involved, please contact your child’s teacher.

**Three Way Learning Conference:** We provide families with an opportunity to place the date of our next Three Way Learning Conference on their calendar: Monday 5th May – Wed 7th May. Online booking will be available at the start of next term.

**ADMINISTRATIVE DIMENSION**

**AGM:** Last Monday night we held our Annual General Meeting and presented reports from the School Board Chairperson, Treasurer and Principal. The Principal Report will be placed on our web page next week. At our AGM we mentioned that our School Board will be undertaking a major review of our school services. This process will be facilitated by the Australian Council for Educational Leaders (ACEL) and the University of Southern Queensland. Staff, children and families will all be involved and their feedback will enable us to identify where we have alignment across the school and where we need to work towards greater cohesion.

This data will then be utilised by our School Board as we adopt the structures of the new Catholic Education SA Continuous Improvement Framework.

**Farewell Gennaro:** At the conclusion of this Friday Gennaro Mannella will commence his Study Leave which will see him travel to Europe and the U.S.A. Gennaro will be viewing a number of schools and identifying structures which support children to be fully engaged in their learning and to demonstrate the capacity to self-manage their behaviour. He will also venture to Kildare in Ireland to be immersed in the tradition of St Brigid. We wish him a productive and energising study trip and look forward to him sharing his wisdom upon his return in Term 3.

We ask that you please support Ms Jhovana Fenu who will be assuming the Acting Deputy Principal role at St Brigid’s during Gennaro’s absence. Our community will play a significant role in nurturing Jhovana’s growth as an emerging leader in Catholic Education.
LEADERSHIP NEWS  cont.

COMMUNITY DIMENSION

Sports Day – Next Friday we look forward to our children participating in our annual Sports Day. Children need to be at school by 8.45am so that they can be seated in their House Team on the oval by 9am.

We are appreciative of the many families who have volunteered their time at one of our food areas on Sports Day. Your generosity supports Kathy enormously in feeding our community. Below is the Volunteer’s Roster for Sports Day if you are able to assist and have not put your name down please see Jasmine in the office.

<table>
<thead>
<tr>
<th>Time</th>
<th>Ice-cream Van</th>
<th>Drink Van</th>
<th>BBQ/ Coffee/ Slushy Van</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am</td>
<td>Sue Power, Melanie Jones</td>
<td>Sheralee Menz, Lani Childs</td>
<td>Jeanette Ranasinghe, Michelle Dimasi</td>
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<td></td>
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<td>Stephanie Eland, Natalie Damiani</td>
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<td>Fiona Hall, Steven Nicolai</td>
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<tr>
<td>10am</td>
<td>Lorraine Beston, Anne-Marie Roche</td>
<td>Denise Hutchinson, Greg Spurling</td>
<td>Melissa Smith, Georgina Pritchard</td>
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<td></td>
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<td>Chelsea Hansen, Helen Agius</td>
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<td>Fiona Gale, Tina Ridenti</td>
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<tr>
<td>11am</td>
<td>Chelsea Hansen, Lorraine Beston</td>
<td>Richard Anderson, Rebecca O’Brien</td>
<td>Sheralee Menz, Kristy Kleing</td>
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<td></td>
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<td>David Smith, Jane Taylor</td>
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<td></td>
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<td>Debbie Wild</td>
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<tr>
<td>12pm</td>
<td>Emma Stanley, Dawn Robinson</td>
<td>Diane Stanley, Mary-Anne Hayward</td>
<td>Lindy Menadue, Graeme Harris</td>
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<td>Jodie Penna, Kylie Pellizzari</td>
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<tr>
<td>1pm</td>
<td>Natalie Centenera, Corinna Herrmann</td>
<td>Marguerite Smith, Lisa Ryan</td>
<td>Graeme Harris, Catherine Bowden</td>
</tr>
<tr>
<td>2pm</td>
<td>Lisa Ryan</td>
<td>Di Dunkeld</td>
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</tr>
<tr>
<td>3pm</td>
<td>Steven Nicolai</td>
<td>Clare Anderson</td>
<td>Kylie Pellizzari</td>
</tr>
</tbody>
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Top Ten Tips for Parents re their Child’s Internet Use: Last week we held an evening meeting to support families whose children have commenced using an IPad in Yr 3 – 7. We remind all families of the need to be vigilant with their children whilst they access technology. We strongly encourage families to adopt the following tips:

- **Place computers and other internet capable devices in public places where everyone can see what is being viewed.** It is still possible to curtail the level of internet access available by installing parental control software or disabling internet access on the device when it is not in a shared space.

- **Establish rules about internet use.** Take an interest in internet use; talk to young people about what sites they are using and what is on them.

- **Monitor time spent online to ensure it does not become excessive.** It is important to exercise parental control and introduce the concept of ‘healthy usage’ by putting limits on the amount of time our children sit in front of a computer or other screen. Even if they are using social media to communicate with friends, this can never be a substitute for face to face socialising with friends and others.

- **Help young people to become critical users; “...is this information true?”** The younger the child, the more support they will require. Very young children should never go online without an adult present to ensure they are okay. The amount of time you spend alongside your child when they go online should be proportionate to their age and will be related to the levels of trust and clarity of rules you have around internet use.

- **Forewarned is forearmed: Warn young people about unsavoury sites and discuss the issues involved.** The more open and honest you can be with your young person about this, the better equipped they will be to make positive choices and have a healthy attitude about their sexuality.

- **Take a child and family centred approach.** Consider establishing protocols which remove all explicit content from being available on any device.

- **Check out the chat rooms your children are using.** Think about what your understanding of chat rooms is and check out whether this is what your children are actually doing. Remember, social networking sites have a minimum joining age like Facebook and Bebo (13) and Myspace (14).

- **Help your children guard their privacy.** Explain to your child that they should never tell strangers their name, address, phone number or where they go to school. Remind them that when online it is impossible to be sure that the person they are interacting with is really who they say they are.

- **Help your child understand the risks of posting or sending photos online.** Explain that they should never send photos of themselves to anyone they don’t know – and think twice about sending photos even to people they do know. Once the image is ‘out there’ it cannot be recalled.

- **Keep communicating.** All children must be able to tell, to be heard and be protected. Encourage your child to tell you if they feel at all unhappy or uncertain about anything online. But also talk to your child about the things they do enjoy online.

**Student Details Summary:** Thank you to families that have responded to our request to provide the Student Details Summary Form. We ask that any outstanding forms be returned by Monday 31st March. If forms are not submitted by this date your child’s enrolment will be temporarily suspended as we have a duty of care which we are unable to provide without this data.
Managing kids’ screen time

Technology is a bigger part of our children’s day to day lives than it ever was when we were young, and with children accessing technology from an earlier age they need to be screen smart from the start!

Just as children need a moderate diet of food, so they need a moderate media diet. Healthy habits need to develop from when they are little. Media does not help our children with self-regulation. Media pulls a child’s attention away from itself and hands it over to whatever is on the screen.

While more research is needed to fully understand the effects of all media on a child’s developing brain, it makes sense to pay attention and recognise when enough screen time is enough.

Here are some general rules for being screen smart:

- Limit collective screen time. Consider collective exposure and set a limit before your kids turn on and tune in.
- Set family rules which allow children to develop balanced coping skills. Establishing family rules around multimedia etiquette is important. Media and technology has become a part of how our children socialise and they need us to help them figure out what is responsible behaviour.
- Set an example. Children notice if you don’t walk the talk. Balance your media usage and do not allow smartphones and tablets to be a habit. Associations and routines develop quickly for children.
- Keep media out of bedrooms and in family spaces.
- Steer your child towards media that engages them while using as many senses as possible.
- Be conscious of age appropriateness. Consult app and game reviews for guidance if you are unsure of content suitability.
- Quality and quantity both matter. There are thousands of apps available for children. Choose wisely to separate the mindful from the mindless.
- Get involved. Look at or talk about your child’s latest digital creation, game level or favourite app. The better informed you are the greater the conversation you can share about media choices.

Primary school kids and screen time

- Children in this age group can access media for themselves and it gets harder for parents to navigate this age as they get older – there are more need for limits and discipline.
- Think about the end point. Use filters for age appropriateness such as the app which filters YouTube videos.
- Use a timer – games are designed to be played for long periods of time. Some games do not allow children to save their levels easily so an extra 5 minutes to save their level before they quit will make for a smoother end to the game.
- Set school day rules.
- Walk the talk. Children of this age are very aware of fairness. This is an important age to model behaviours for adult use of screen time.

Tweens and screen time

- Help children make quality choices and critically evaluate apps and programs for themselves. This is a life skill which will transfer beyond multimedia tasks.
- Provide alternatives. Rather than saying no for content which is not age appropriate help them find suitable media content by searching media review sites for popular games, videos and apps.
- Crack down on multitasking. Encourage children to focus on the task at hand and use individual devices respectfully.
Week 10 | Week 11 | Term 2 Week 1
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Monday 31st March - Volunteer Required | Monday 7th April - Melissa Anderson | Monday 28th April - Student Free Day
Tuesday 1st April - Megan Nagai | Tuesday 8th April - Charmaine Dos Santos | Tuesday 29th April - Volunteer Required
Wednesday 2nd April - Canteen Closed | Wednesday 9th April - Canteen Closed | Wednesday 30th April - Canteen Closed
Thursday 3rd April - Charmaine Dos Santos | Thursday 10th April - Leanne Cotter | Thursday 1st May - Leanne Cotter
Friday 4th April - SPORTS DAY NO LUNCH ORDERS AVAILABLE TODAY | Friday 11th April - Lani Childs | Friday 2nd May - Charmaine Dos Santos

Lost Property
Lost property bins will be cleared on the last day of term. Please ensure that you have checked them for any lost items.

Monday 31st March - Volunteer Required
Tuesday 1st April - Megan Nagai
Wednesday 2nd April - Canteen Closed
Thursday 3rd April - Charmaine Dos Santos
Friday 4th April - SPORTS DAY NO LUNCH ORDERS AVAILABLE TODAY

Medical Alert
Cases of Chicken Pox and Scarlett Fever have been reported to the office.

Wednesday 7th May 2014
Lovely gifts from $1 to $5

NAB AFL Auskick is an introductory program to the game of Australian Rules Football for primary school boys and girls.

The program aims at teaching participants the basic skills of Australian Football with an emphasis on fun activities conducted in a safe and friendly environment.

All boys and girls are welcome. Parents are most welcome to attend and join in and have some fun with the kids.

To find out more details about your closest centre and to register log onto www.aflauskick.com.au.

Would you like ‘The Brigitisier’ emailed to you?
Please see Jasmine in the Front Office or send your details to jzawitkowski@stbrigids.catholic.edu.au.
Science Show
‘FLUSHED!’

On Tuesday 25th March at 2pm the year 3 – 7 students settled into the SAAMAT for a show that will be remembered for its ‘ew’ factor.

Starting with some baked beans, a banana and a muffin we watched and participated in ‘helping’ the food be digested through the digestive system all the way to the toilet.

After the poo ended up in the loo, the children were given a quick walk through of the treatment of waste water, including learning about Helium (in a balloon that floated to the roof) and Carbon Dioxide (from a jug that blew out a candle like magic).

The finale was when David (a trained scientist) made a balloon burst into a fire ball with a loud bang.

1. David Mixing the ‘meal’
2. Josh being the mouth and chewing the food up
3. Jess helping David put the food into the ‘intestine’
4. David doing a ‘poo’ into the toilet
5. Owen helping at the water treatment plant to help strain

My favourite part about the science show “Flushed” was when David made the balloon explode and also when he sucked up helium and his voice went all squeaky, it was funny.

I really enjoyed the science show

Isabella

St Brigid’s Uniform Shop

We have been notified by the suppliers of the school jackets that there has been a price rise. The following prices will be made effective immediately:

Size 2-16: $43.00 Size S-L: $49.00

Thank you

Uniform Shop Co-ordinator

XAVIER COLLEGE
GAWLER

Enrolments Year 8 2016

Applications for enrolments into Xavier College for Year 8 2016 are now being accepted.

Application Forms and Prospectus can be obtained by phoning the College Registrar, Jane Montgomerie on 8521 4545. Applications close 31st May 2014.

Open Day - Sunday May 4th

Tours of the College will be conducted on the Open Day
Sunday May 4th from 11.00am – 12.00pm.

Visit the Xavier Web-site www.xavier.catholic.edu.au