Dear Families of Chisholm,

Ash Wednesday marks the beginning of the great pilgrimage to the feast of Easter. I would like to share with you this reflection.

In one sense, Lent is a time where the whole Church enters into a time of retreat. This time is marked by three pillars: prayer, fasting and almsgiving. These are not ends in themselves. God isn’t particularly interested in how many more prayers we can utter, or how little chocolate we eat, or how much we put into the Project Compassion box. God is interested in the spiritual effects of these practices.

Does our extra time of prayer bring us closer to God? Does our reduced eating prompt us to think about what we truly hunger for? Do our acts of charity make us more mindful of the poor and those in need? That’s the point of our Lenten practice. It prepares us to be renewed in our baptismal commitment during the approaching Easter festival.

Madonna Magazine, Summer 2014-15, p69

I invite all families to join us tomorrow at 9am to celebrate together as a faith community as we begin our Lenten journey.

Jesus,

We give thanks for all life that comes from God.
When I do something kind and unselfish, a part of me dies to give life to someone else.

Lord, help us to make many branches of love that reach out over all people we meet. Be with us this Lent as we forget ourselves for others.

Amen

God Bless

Keiran Byrnes
**FROM THE REC**

**Sunday Mass at Chisholm**

Mass is held here at Chisholm every Sunday at 9:30am. Each Sunday, a small community gathers together in the school MPA to celebrate Mass, followed by a light morning tea.

Ash Wednesday is 18th February and we will begin the journey through Lent to Easter with Mass at 9.00 am. You are invited to join us and begin the Lenten journey. Jesus Christ spent 40 days fasting in the desert, where he endured temptation by Satan before he made his final journey to the Cross. Lent originated as a mirroring of the 40 days of fasting as preparation for Easter. Every Sunday was seen as a commemoration of the Sunday of Christ's resurrection and so as a feast day it was not necessary to fast. Thus the Lenten journey is 46 days because it includes the 6 Sundays. The person giving the ashes says, “Turn away from sin and be faithful to the Gospel” and the person receiving the ashes replies, “Amen”.

Please remember the First Eucharist Meeting for parents will be on Tuesday, 24th February at 7.30 pm in the MPA here at Chisholm. If you are unable to attend this meeting there is also one on 25th February at 7.30 pm at St Matthew’s. This sacrament will be received on either 17th May or 24th May in Term 2.

Merilyn Hancock – Religious Education Co-ordinator

---

**ASSEMBLIES – MONDAYS AND FRIDAYS**

Parents, as always, are very welcome to assembly each week and we value your presence. When you are able to attend you demonstrate your support of your children and that is appreciated. As well you can support the children by providing a role model for the children of how to listen respectfully during assembly and joining in for prayer, the national anthem and the school song. Once assembly has concluded it is also a great time for parents to catch up and network with each other.

To assist our children and staff at assembly each week we ask that parents either gather at the back of the basketball court where you can utilize the silver seats or at the side steps of the MPA. Please do not stand at the side in front of the kindergarten classrooms or anywhere on the handball courts as this distracts the children and causes people traffic issues. Thank you for your cooperation in this matter.

---

**PARENT TEACHER INTERVIEWS – TERM 1**

This week on Wednesday 18th and Thursday 19th parent teacher interviews will be taking place.

These interviews allow teachers and parents to
- Work in partnership with the aim of knowing each child as a learner.
- Share information regarding particular strengths and needs.
- Establish a connection between home and school.

Parents are invited to share information about their child/children during the scheduled interview time. Interviews need to be kept to 10 min to allow for the large number of interviews being conducted.

If need be, a separate interview time can be made with individual teachers at another suitable time.

We look forward to catching up and thank you for your ongoing support.

---

**CHILD PROTECTION**

A reminder for parents who are required to ‘UPDATE’ their child protection and for ‘NEW’ parents to the school. It is a Diocesan requirement that parents who volunteer at school must complete the CEO Online Child Protection Module. This training is available online at: [http://childprotection.parra.catholic.edu.au](http://childprotection.parra.catholic.edu.au) and MUST be completed every two years. All parents must have completed the above prior to helping in the classroom, on excursions, sport days, canteen, uniform shop or any help around the school.

---

**Pastoral Care & Student Welfare**

As part of their ongoing work, the Positive Behaviour Support focus team have reviewed our current policy documentation. Below is an excerpt that outlines the foundation for our PBS approach. A full copy of the 2014 document is available at the school office.

**Positive Behaviour Support** is underpinned by six key principles.

1. A common purpose and approach to discipline
2. A clear set of positive expectations and behaviours
3. Procedures for teaching expected behaviour
4. A continuum of procedures for encouraging expected behaviour
5. A continuum of procedures for discouraging inappropriate behaviours
6. Procedures for on-going monitoring and evaluation.

---

**EARLY YEARS ASSESSMENT**

All schools in the Parramatta Diocese will be conducting testing on the Kindergarten and Year One children this term. This is an important source of data for the Catholic Education Office and most importantly for our teachers as they prepare learning programmes for our children. The assessments provide information for the teachers about the starting points for the learning of each child. The Catholic Education Office provides release for the classroom teachers to do this testing.
ANNUAL SCHOOL CONSENT FORMS

As part of a new annual procedure schools are required to send two consent forms home for:
* use of student’s image and or work
* to sell raffle tickets

Accompanying this week’s newsletter are two consent forms that must be returned to school within 7 days. This will enable the school to keep an accurate data base of relevant information regarding the students and parental consent.

We thank you for your understanding and ongoing support.

APPLICATION FOR EXEMPTION FROM ATTENDANCE AT SCHOOL

Schools in the Parramatta Diocese have been informed that when families request to take their child/ren out of school for 10 days or more during the term, it is necessary for them now to complete an Application for Exemption From Attendance at School form (PRIOR to taking your child out of school). This form can be downloaded from the school website (PARENTS / NOTES FROM SCHOOL / ADMINISTRATION FORMS / STUDENT ATTENDANCE).

On completion, the form is to be sent to the school office so that a Certificate of Exemption from Attendance at School can be issued to parents. Parents are advised that when this certificate is issued they will need to have this with them during the period of exemption that has been granted. This certificate is a legal document. All applications for leave must be sent to the office 2 weeks prior to departure.

(Any overseas travels will require a copy of the itinerary to be attached, thanks)

Andrew Emanuel

SPORT

AFL After School Clinics

As you are aware most students participated in a promotion visit for the After School AFL Clinics that will start this Wednesday on the school oval from 3.20pm-4.20pm. These clinics are run by AFLNSW not by the school, however we do endorse and support the program. This means that parental supervision is required of an afternoon. It also crucial that students staying back that are not involved in the program are also supervised. Any money or questions regarding the program need to be directed to AFLNSW. Hope those involved enjoy the program again.

Zone Swimming Team

Good luck to our Zone Swimming Team that will compete next week 23rd February at Windsor Oasis. Note are required back to school by Thursday. Any needing a new note can down load them from the Chisholm website.

Coaches

We are still looking for coaches to coach our teams at Chisholm this year. We need coaches for netball, rugby league, touch football, cricket and soccer. Without coaches to assist with the day teams and students may miss out. Please contact Mrs Baxter through the school office if you are available.

Mrs Baxter – Sports Co-ordinator

BLIGH PARK - FC

Calling Future Socceroos for Fun, Fitness & Friendship

Last opportunity to register with your local soccer club, Bligh Park FC for the 2015 winter season, from U5s to Over 35s. There are some team vacancies in U8 to U11. We have a special offer of just $25 for the year in U5-U7. Simply register online at: www.myfootballclub.com.au For details on exactly how to register go to: www.blighparkfc.com.au (Registration Help & Tips)

Enquiries & friendly assistance contact Sal Puglisi: M: 0400 475 329; E: bpfcregistrar2015@bigpond.com

Final Registrations close Saturday 21st Feb 2015

CCG – CHISHOLM COMMUNITY GROUP, AGM

Following the Chisholm Community Group meeting last Tuesday we would like to congratulate the following parents who have generously volunteered for executive roles in this year’s team:

- President: Rebecca Monaghan
- Treasurer: Sally Alderson
- Community Events Coordinator: Sarah Kitchings
- Fundraising Coordinator: Rebecca Monaghan

The position of Secretary has been temporarily filled by Marnie Padroth but is still open to any parent who may be willing to attend a meeting once per term and collate the minutes.

Please contact the office if you and / or a friend would like to assist the CCG executive in one of the following roles:

- CCG Secretary
- Fundraising support committee

We thank our very supportive CCG members and encourage any of our existing or new parents to become involved in this very important aspect of your child’s school.

Congratulations to the following students who celebrate their birthday over the next two weeks:

- Lachlan Parr, Molly Lane, Savannah Dickson, Taylor Freund, Eva Hilet, Toby Camilleri, Ayush Singh, Rhylie Walker, Jade Stevens, Lachlan Stivala, Jaylah Dimech, Olivia Kennedy, Curtis Davies, Owen Cavanagh, Izaac Groom, Emily Sharp, Cody Cox, Lola Galea, Shaun McKeon, Spencer Williams, Alyssa Zeppenfeld.

If your child is celebrating a Birthday at school & would like to share the celebration with their class (e.g. Birthday cake), please send cupcakes or something similar (individual items) as the classroom teachers are not equipped to cut up whole cakes. Thanks

CAINTEEN ROSTER

<table>
<thead>
<tr>
<th>TERM 1</th>
<th>Wed</th>
<th>Feb 18</th>
<th>Nicole Anderson, Bec Monaghan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs</td>
<td>Feb 19</td>
<td>Fiona Barlow, HELP NEEDED</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>Feb 20</td>
<td>Julie Lavender, Carolyn Young, Sally Alderson, Elizabeth Williams</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>Feb 23</td>
<td>Shivon Tigere, HELP NEEDED</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>Feb 24</td>
<td>Andrew Broadfoot, Lauren Lukes</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>Feb 25</td>
<td>Simone Usher, Bernadette Soberras</td>
<td></td>
</tr>
<tr>
<td>Thurs</td>
<td>Feb 26</td>
<td>Bridget Walker, HELP NEEDED</td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>Feb 27</td>
<td>Tami Adams, Monique Walker, Kristina Anderson</td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>Mar 2</td>
<td>Kristen Broadfoot, Rachelle Wilkins</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>Mar 3</td>
<td>Verty Bugaja, Michelle Dimech</td>
<td></td>
</tr>
</tbody>
</table>

Wednesday 18th February – Ash Wednesday

No meat orders available at the canteen on this day

(Mac cheese, Hot cakes, Nachos, sandwiches & toasties are available)

Thank You

Sandra Goldsbrough
Canteen Co-ordinator

Chisholm Catholic Primary School
30 Collith Avenue, Bligh Park
OPEN DAY

Prospective new families K-6 enrolments

Thursday – March 12, 2015
8.30am - 10.30am & 1.45pm - 2.45pm

Chisholm is a safe, honest and respectful learning environment in the Catholic tradition
RESILIENCE AND ASSERTIVENESS

In Week 2, a remarkable group called “Brainstorm Productions” visited Infants students. The group presented a show called “The Protectors”, educational theatre that provides support and confidence for children. “The Protectors” reinforces resilience to help reduce the incidences of bullying at school. It encourages resilience, assertiveness and empathy. It offers concrete solutions and tips that children can practise to protect themselves from hurtful comments and negative behaviours they may encounter at school.

Clear instructions were delivered in a fun, memorable way. “The Protectors” unlocks the secrets of body language and gives “Protector Tools” to curb aggressive behaviour.

Body Language

The students were shown how their body language and words could change the outcome of a situation for better or worse. They were introduced to three main forms of body language: Passive, Aggressive and Assertive; shown what each of these forms of body language looks like; and how each of these forms of body language could affect the outcome of a situation, especially when dealing with negative behaviours.

Passive: Cowering, whining, running away, giving in to a bully, standing by and watching someone being unkind, not using clear words, etc.

Aggressive: Fighting back verbally or physically, calling them names, etc.

Assertive: Using clear words to let the other person know he/she is bothering you (like “Stop that, I don’t it when you do that” or “No, I don’t want to do that.”), standing tall, walking away, responding by saying something funny...

Summary – Being passive or aggressive to a bully only makes things worse. Showing assertive behaviour such as being positive, nice or funny helps.

The students were also given some tools to help them in situations when they were worried by the actions of another. These tools included:

Freeze and breathe – When your feelings are hurt by the actions of another, always remember to freeze and breathe. (There were actions to go with this to help the students remember.)

Protec-shield – Students could pretend that they have an invisible protective shield around them to protect them from insulting words.

Translator tool: The translator tool was a fun way for the students to deal with the person in their heads. Using the “Translator tool”, students were able picture someone being unkind by name calling as that name. For example, if they call you a baby, you imagine them being a baby.

We are safe, honest, respectful learners!