Last Sunday was the 7th Sunday of Ordinary Time in the Church’s calendar year. In the Gospel reading (Luke 6:27-38), Jesus calls us to show a Godlike compassion by forgiving our enemies. This is tough in an age when revenge is a lot more popular than forgiveness.

When we are mistreated by others, we can respond with anger, hatred and verbal or physical violence. We have a choice. We can react as a human self – with revenge; or respond as a spiritual self – with compassion and love. To do what Jesus asks, when persecuted we are to confront anger and hate and rather than defending and protecting ourselves, we are to move toward true forgiveness and love of that person. That is the radical compassion preached by Jesus.

You might like to pray the following at home this week:

Lord, open our eyes, that we may see you in our brothers and sisters. Lord, open our ears, that we may hear the cries of the hungry, the cold, the frightened, the oppressed. Lord, open our hearts, that we may love each other as you love us. Renew in us your spirit. Lord, free us and make us one. Amen (From St Teresa of Calcutta)

I give you a new commandment; love one another as I have loved you

A PRAYER OF COMPASSION

Lord, open our eyes that we may see you in our brothers and sisters. Lord, open our ears that we may hear the cries of the hungry, the cold, the frightened, the oppressed. Lord, open our hearts that we may love each other as you love us. Renew in us your spirit. Lord, free us and make us one. Amen.

- Mother Teresa
Principal Report

Liturgy at Hospital - Last Friday our Grade 3-6 students participated in a Liturgy with the residents at the hospital. Students sang and read during the liturgy. It was a wonderful way to reach out to the community. Our students will attend these Liturgies and assist on the last Friday of every month.

Mallee Zone Swimming Sports - Congratulations to Zarah Toohey, Dayna McKenzie, Jenna Alday, Georgia McClelland, Jada Symes, Darcey Hodgson, Zaida Tait, Keira Barton, Braidy Ellis, Ethan Ellis, Billy McClelland, Joss Tait and Judd Durie who all represented our school and cluster on Monday. There were some fine individual and relay results. Thank you to Mrs Wight and Mrs Sewell for all the organising of students and to all parents who transported their children on the day. I really appreciate your support.

A huge congratulations to Billy McClelland and Judd Durie who made it to the Regional Championships. This is a phenomenal achievement. Results were:

Billy McClelland - 1st in Freestyle, 2nd in Backstroke and 3rd in Relay.
Judd Durie - 1st in Breaststroke, 5th in Freestyle and 5th in Relay
Joss Tait - 4th in Breaststroke and 2nd in Relay
Jada Symes - 6th in Breaststroke
Darcey Hodgson - 8th in Breaststroke, 10th in Freestyle and 5th in Relay
Zaida Tait - 10th in Breaststroke, 8th in Freestyle and 5th in Relay
Ethan Ellis - 6th in Backstroke, 7th in Freestyle and 2nd in Relay
Zarah Toohey - 7th in Backstroke, 10th in Freestyle and 3rd in Relay
Dayna McKenzie - 8th in Backstroke and 3rd in Relay
Georgia McClelland - 5th in Backstroke
Keira Barton - 10th in Backstroke and 5th in Relay
Braidy Ellis - 12th in Backstroke and 5th in Relay
Jenna Alday - 3rd in Relay
Religious Education - Today our teachers worked with Carmel McCormick our RE advisor to plan units of work using the new Awakenings RE Curriculum. Teachers also participated in Professional Learning with Carmel.

Tomorrow I will be away attending a Religious Education Leaders Day in Hopetoun.

Catering - Thank you to all who assisted with the catering on Tuesday. Your support and assistance was truly appreciated.

Weekly Masses - Every Thursday Fr Matthew is present in our school and celebrates mass at 10:15 with staff and students. Parents and Guardians are welcome to attend these masses.

World Day of Prayer - This Friday 1st March is World Day of Prayer. There will be a service to celebrate this in St Mary’s Church at 2.00pm. Everyone is welcome to attend.

Shrove Tuesday - Next Tuesday is Shrove Tuesday, sometimes called Pancake Tuesday. Mrs Rogers and the Grade 6 students will be making pancakes. A gold coin donation will get students scrummy pancakes for recess! All money raised will go towards Project Compassion.

Ash Wednesday - Next Wednesday is Ash Wednesday, the start of Lent. Mass will be celebrated on Thursday in our church at 10:15pm. Everyone is welcome to attend. For Catholics, Ash Wednesday is a day of fasting and abstinence from meat, sweets and treats.

Nexus Arts Performance - Next Wednesday 6th March our students will attend a Nexus Arts Performance at Tyrrell College.

Gala Day - A reminder that Gala Day is scheduled for Sunday 24th March. Please keep this day free. The Gala Day roster, raffle tickets and information are all attached to this newsletter. This year all families are asked to donate an item for the raffle. The theme is camping. Please send donations to school by Monday 18th March.

ANAPHYLAXIS: We have people at our school who suffer from Anaphylaxis. Anaphylaxis is a potentially life threatening, severe allergic reaction and should always be treated as a medical emergency. It occurs after exposure to an allergen (usually to foods, insects or medicines), to which a person is already extremely sensitive. To assist with the management of Anaphylaxis it is important that we minimise exposure to the triggers. The triggers are shellfish, cashews, walnuts and pistachios. Please be aware of this when you are packing lunches for your children.

Child Safety - To create and maintain a child safe organisation, all Victorian schools must comply with Ministerial Order No. 870 - Child Safe Standards, which came into effect 1 August 2016.

As I am the Child Safety Officer and part of this role is to ensure we create and maintain a child safe school and comply with the seven standards.

Standard 1 - Strategies to embed an organisational culture of child safety
Standard 2: A child safety policy or a statement of commitment to child safety
Standard 3: Developing a Child Safety Code of Conduct
Standard 4: Screening, supervision, training and other human resource practices that reduce the risk of child abuse
Standard 5: Procedures for responding to and reporting suspected child abuse
Standard 6: Strategies to identify and reduce or remove risks of child abuse
Standard 7: Strategies to promote child participation and empowerment

Tissues - Could all families please send in 2 boxes of tickets per student.
Hi everyone!
Hope you are all having a lovely week, and enjoying the last week of summer! We have had a few weeks of learning and fun in Grade 3/4. Students have been working hard at becoming more independent and taking charge of their own learning.

**Reading and Writing**
In Reading, we have been focusing on the Comprehension Strategy of visualising which is where we create an image in our minds from what we have read. We have talked a lot about how we all visualise different things when reading. It has been extremely interesting discussing the different things we all see. Our visualising in reading has helped the students immensely in their writing, we have been working on descriptive writing. Students have been focusing on ‘Showing not telling’ in their writing. As a class we worked through creating more interesting sentences that are painting a picture in the reader's mind. I am so proud of the improvement the students have made in their writing.

**Hospital Visit**
Last Friday the Grade 3-6 students along with Mrs Nunn, Mrs Wight and myself went to the hospital to help with the liturgy. The Grade 5/6 students read prayers and all of the St Mary's students sung collectively. The students conducted themselves beautifully and should be proud of themselves.

**Homework and Home Reading**
Students have been doing a great job at making sure they are completing their homework on time. I would like to remind students to come and see me if they are having trouble with their homework. Students should be reading for 5 or 10 minutes each night to improve their confidence and comprehension skills.

**Thank you**
Lastly, thank you for all very much for your kind words and well wishes on the news of my pregnancy. I am sad to be leaving but we are excited to be going on this journey.

Have a great week and weekend!

Mrs Gormann
Well Being

Hi everyone,

Hope you have survived the hot weather.

On Tuesday, I had a busy day visiting the Prep/1/2 and 5/6 classrooms.

In the Prep/1/2 class we were looking at the Zones of Regulation. Many of you may remember me talking about this last year. The Zones are lessons and activities designed by Leah Kuypers, licensed occupational therapist, to help children gain skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. In class it was stressed that everyone experiences all of the zones, and the Red and Yellow Zones are not the “bad” zones. All zones are expected at one time or another, and we learn strategies to regulate our emotions. We looked at breathing as a way to calm our bodies if we are in the Yellow or Red zones. Students are encouraged to find time this week to practice their deep breathing. I can not wait to hear all the different ways that the students have used deep breathing to “get them in the Green.”

In the 5/6 class we looked at the Growth Mindset. This is one of my favourite things to teach, as it is so powerful and can help to build resilience and confidence. If you have a growth mindset you believe that intelligence and talents are predisposed. Those with the opposite, a fixed mindset, believe that intelligence and talents are predisposed.

Last week, I shared the Parenting Ideas website. There are great articles on this website regarding the growth mindset, if you want to find out more. Over the next few weeks I will be sharing some ideas of ways you can instill and model a growth mindset.

Have a great week.

Enjoy the challenges this week brings :) Miss Gemma