



*Without confidence and love, there can be no true education. If you want to be loved, you must love yourselves, and make your children feel that you love them" St John Bosco*

## PRINCIPAL NEWS

Recently a local school child was hit by a car while crossing the road. This event and phone calls from a number of concerned parents, forces me to once again plead with all parents and children to be vigilant about road safety around our school.

Parking restrictions are placed on us to minimize risk to our children. These risks are increased every time a parent decides to do their own thing in order to save time. Whilst you may see this as minimal, if all families do it there is chaos. Everyone in our school community wants their child to be safe, however there are a number of people who would seem to be less anxious about the wellbeing of others. If our community needs someone to be hit by a car for us to wake up to the inherent dangers of our tardiness in following rules then it says very little about our community.

It is time for us to join together and look after our children and the children of others. If someone brings to your attention that you are putting children at risk, it is not you that should be offended but everyone else who is trying to do the right thing to protect their children and yours. Time for change!

Also, I ask all parents to speak to their children about the importance of crossing the road in designated areas and making sure that when crossing the road they are not on the phone or playing with a ball. These little things help make your child safer.

Congratulations to all children who attended the Year 5 and 6 school camp last week. Your behaviour was excellent. Next week the Grade 4 children will be attending camp at Anglehook. I look forward to sharing the camp experience with them.

A reminder that Grade 4 have their family Mass on Saturday 24th of March which is also Palm Sunday. It would be great to see all Grade 4s represented and other families are also welcome to attend.

Next week Julian Hinton, the older brother of our beautiful Eleanor, will be participating in the **World's Greatest Shave** to raise money for the cancer foundation. The Hintons were rocked last year with the diagnosis of Warren with Leukaemia. At St John Bosco's we have been touched by the tragic deaths of Mario Lombardo and Rachel Rule in the last two years. I am sure a number of us have family members in similar situations. Anyone who would like to support Julian can leave a donation at the office in an envelope and we will pass it on.

Wishing everyone a great long weekend.

## MASS & ASSEMBLY TIMETABLE

WEEK ENDING	MASS Friday 12.30pm	ASSEMBLY Friday 2.40pm
6- Fri Mar 9	Year 1	Year 6
7- Fri Mar 16	Year 6	Year 5
8- Fri Mar 23	Prep	Year 4
9- Thurs Mar 29	-	No Assembly

## IMPORTANT DATES 2018

Tue 13 Mar	Reconciliation meeting 7pm
Tue 13 /14 Mar	Yr 4 Camp
Fri 16 March	Casual Clothes Day: SRC National Day of Action against violence & bullying
Tue 20 Mar	P&F Meeting 7pm
Wed 21 Mar	2019 Enrolment Info Session 12pm
Sat 24 Mar	Yr 4 Family Mass 6pm
Sun 25 Mar	Bunnings Barbeque
Mon 26 Mar	SJB Athletics Carnival
Tues 27 Mar	School Board Meeting, 7pm
Thurs 29 Mar	Last day Term 1, 1pm dismissal
Mon 16 Apr	First day Term 2
Tue May 8	Whole School Photo
Fri 29 June	Last day Term 2, 1pm dismissal
Mon 16 July	First day Term 3
Sat 1 Sept	Confirmation 12.30pm & 3.30pm
Fri 21 Sep	Last day Term 3, 1pm dismissal
Mon 8 Oct	First day Term 4
Sat 24 Nov	School FETE
Tue 18 Dec	Last day for 2018 for students, 12.30pm dismissal

## Prep Enrolment 2019

Could all families with a child who will be starting Prep in 2019 collect an enrolment form from the school office immediately and return it by Thursday 29th March. Late applications will be placed at the bottom of the pile, so please make sure you enrol your child as soon as possible.

## PARENT SCHOOL LIAISON

### Open Classroom morning

Thank you to all parents who came along to our open classroom morning on Monday. The children loved having you there and we hope you were able to gain an insight into part of our day.

### Working with Children's Check

All parent helpers are reminded that you must have a Working with Children Check. To apply or to renew a WWCC, please visit [www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au). Once you have obtained a working with children certificate please provide a copy to the school.

### Student Absences

If your child is absent from school, it is mandatory that you provide a note or complete an Absence Form explaining the reason for the absence. Absence forms are available from the information stand near the school office. Alternatively, you can email or child's teacher.

## Parenting Ideas

This week the article is: **"Let kids off the leash for greater confidence and resilience"**.

As we are having technical difficulties copying the link to the online version, this article is included at the end of this newsletter.



### **PINK ZONES – “KISS & GO” – NO PARKING**

‘Kiss & Go zones are designated by pink lines and are controlled by ‘No Parking’ signs. ‘No Parking’ means that you can stop your car and get out helping your kids in and out of the car (and kissing them goodbye – if they let you). However, the driver cannot move more than 3 metres from the car. In most instances this will

allow you to help them onto the adjacent footpath, but no further.

Generally No Parking signs don’t have a specified time on them. In this case, the Road Rules allow you to stop for up to 2 minutes. It is also noted that cars displaying a current parking permit for people with disabilities may park for up to 5 minutes if no time is specified on the sign or if the time specified is less than 5 minutes. Otherwise, twice the time limit applies as per other parking restrictions.

Kiss & Go zones work efficiently if everyone abides by the time restrictions and moves on. Cars can also shuffle up to the next free space while waiting for their kids. This allows cars to enter the drop off zone from the back, rather than attempting to parallel park in front of the school at a busy time. Also, if you use these Kiss & Go zones you should encourage your kids to move quickly out of school so they are ready to hop in the car when you arrive. If your kids aren’t out the front ready when you arrive, you need to move on and let others use the facility.

### **RE NEWS**

**Whole School Mass-** the year 1 students have prepared Mass this week. Their theme is growth: During Lent we are called to grow in love and understanding.

**Family Masses:** The year 4 children are preparing for the Family Mass on Saturday 24th of March. Please keep the date free for this very important school/parish gathering for the Eucharist.

### **Sacraments**

**Reconciliation:** There will be a sacrament meeting for parents and their child **THIS Tuesday 13th March** at 7 PM in the multipurpose room. The Sacrament of Reconciliation will be on Wednesday 9th May during the school day.

**Confirmation:** Confirmation will be on the 1st of September. There will be two Masses: SC at 12:30 PM and TS at 3:30 PM.

**Palm Sunday March:** “Called to Welcome and Protect” **Walk for Justice for Refugees** starts at 2PM from the State Library.

### **Wipe Out Waste Year 5 Social Justice Team Report:**

Last week Nicole Butter from Environment Education Victoria helped us audit a sample of our landfill rubbish and recycled rubbish. We discovered that most of our waste is food scraps-items that we can recycle through composting. We completed a spot school yard audit and discovered that most of the rubbish left in our yard is chip papers, icy pole wrappers and plastic zip lock lunch bags. As part of our Catholic Social Teaching we are called to respect and care for the world we live in. This initiative is derived from Pope Francis encyclical ‘Laudato Si: On Care for Our Common Home.’

### **Caritas**

The Year 6 Social Justice Team will be helping to drive fundraising for Caritas. They have generated a graph to see which year level has raised the most money. Which year level will it be?...or will it be the teachers?

Please support this important organization during Lent.

### **Liturgical Calendar for Schools**

11-18th March: Catholic Education Week

12th March: Labour Day

16th March: National Day of Action against Bullying and Violence

17th March: Solemnity of St Patrick.

### **St Patrick’s Day**

Next Friday the School Captains and Vice Captains will be joining students throughout the Diocese to attend Mass at St Patrick’s Cathedral. God Bless, Tricia Cossar REL

### **MATHS NEWS**

#### **Mathletics**

All children who have subscribed for Mathletics should have received their unique username and password today. If you have any issues with logging in or forgetting usernames or passwords, please don’t hesitate to contact me.

#### **Maths Olympiad**

Once again, we will be taking part in the Australian Problem Solving Mathematical Olympiads. Students from Years 3-6 are invited to partake, however please be aware that the content in the program is quite challenging. If your child would like to join, please return their permission form and payment of \$7 to the school ASAP. As there are limited places, the first 35 children to return their notes will be accepted. Additional notes can be collected from the office or contact me and I can arrange a note for you.

#### **Attention Prep Parents**

Early next term I will be running information sessions for interested prep parents who would like to find out how the prep maths program runs at SJB and how you can support your child at home in the area of mathematics. These sessions will run for approximately 40 mins and will be held throughout the day and early evening. Originally, we had planned to do this in week 7 of term 1, however, due to a busy end of term, it has been postponed until early Term 2. A note where you can indicate your interest in attending and preference of session time will go home next week.

Many thanks, Jamie Lambert, Numeracy Coordinator

[jlambert@sjbniddrie.catholic.edu.au](mailto:jlambert@sjbniddrie.catholic.edu.au)

### **SPORTS NEWS**

#### **Buckley District Swimming Carnival**

Last week a group of Grade 4 to 6 students competed at the Buckley District Swimming Carnival. I was so proud of the students; they showed great sportsmanship and supported each other during the day. The following students have made it to the Combined Division Swimming Carnival on the 20th March: Daniel Sexton, Tiahli Rumboll, Maya Foti, Matthew Alessandrini, Matthew Kokotovic, Chloe Healy, Emma Griggs, Olivia Pavan, Juztyn Starc, Thomas Bartlett, Josh Wood and Alexander Barberia-Dupla.

#### **SJB Athletics Day**

Students from Prep to Year 6 will participate in SJB Athletics Sports on Monday 26<sup>th</sup> March at Aberfeldie Athletics track. See the timetable for the day below:

#### **ATHLETICS DAY TIMETABLE: MONDAY 26TH MARCH**

Prep - 3	10:00 - 11.20	Tabloid events
	12.10 - 2.30	Athletics events
<b>4 - 6</b>	<b>9:30 - 12.00</b>	<b>Athletics events</b>
	<b>12.40 - 2.00</b>	<b>Tabloid events</b>

### CHILDRENS LITURGY AT SJB

The Children's Liturgy of the Word will be held this **Sunday the 11<sup>th</sup> of March at the 10.30am Mass and will now be held on the second Sunday of every month.** If you would like your children to get more out of the Mass and the weekend scriptures, then bring them along and Kerryn McGurk, one of our parishioners will lead the children in an innovative way of exploring the scriptures during Mass. The children will be taken into the sacristy whilst Father speaks to the adult congregation. Appropriate child activities, prayer and reflection will be shared with children during this time. The children will then return to their families at the Presentation of Gifts.

#### **PREP PARENT CATCH UP**

Our first prep parent dinner has been organised for Wednesday March 14<sup>th</sup>. This is a great way to get to know other prep parents, so we hope that you'll be able to make it.

**Mr McCracken, 1 Larkin Street, Essendon Fields  
(just near the Hyatt hotel) 7:30pm**

RSVP to your class reps ASAP. A \$10p/p deposit is required for this venue; please pass this on to your class rep if you've replied yes.

#### **YEAR 2 PARENTS END OF TERM DRINKS**

Our first Year 2 parent get together has been organised for 7.30pm on Thursday 22<sup>nd</sup> March at Biagio's in Keilor Rd, Niddrie. Join other Year 2 parents for a drink and a chat! No need to RSVP. Just come along

### ICY POLES ON SALE TODAY

Our Icy Pole stall is a school fundraiser we hold over the warmer months, term 1 and term 4 through the school year. Thanks to all who have helped, supported and bought these little frozen treats.

See you today at 3:30pm in the playground. Icy Poles are just .50 cents each

Thanks, ☺

Mel Spinks (Zeke's Mum PJH)

[mloizou43@hotmail.com](mailto:mloizou43@hotmail.com)

0416142043



#### **SECOND HAND UNIFORM SHOP OPENING TIMES**

**The First Tuesday of the Month from  
8.30 to 9am**

**The Last Thursday of the Month from  
3.15 to 3.45pm**

### SECOND HAND UNIFORM SHOP 2018

**\*\*\*\*\* SALE TOMORROW\*\*\*\*\***

To clear out a lot of current stock there will be **A BIG SALE** on **Friday 9<sup>th</sup> March** from **2.30pm onwards.**

**Includes summer and winter uniform, some imperfect items.**

**ALL ITEMS ON SALE FOR \$1**

#### **TUCKSHOP ROSTER: TERM 1 2018**

	11am-2.30pm	10am-12pm	12.30-2.30pm
Fri 9 Mar	Sue Chivilo	Margaret Conroy	Lili Giglia Andrea Hill
Tue 13 Mar	Silvana Loschiavo	Roxie Riley	Debra Buckley Belinda McGregor
Fri 16 Mar	Eloise Romeo	Fiona Jessen	Natalie Khoury Lisa Glavis
Tue 20 Mar	Narelle Somerville	Rebecca Ryan	Sonia Medawar Sonia Hadchiti
Fri 23 Mar	Julie Seddon	Karen Healy	Rosemary Morais Holly Noonan
Tue 27 Mar	Antoinette Agresta	Michelle Tankard	Kathy DeBono Libby Nelson



A box is available at school, Essendon Fields and Airport West Coles. If you shop at Coles, please help us collect these vouchers

Thanking you

Peter Monaghan  
Principal



**Bunnings Maribyrnong Fundraising Sausage Sizzle**  
**Sunday 25<sup>th</sup> March 2018**

SJB has been lucky enough to secure this day at **Bunnings Maribyrnong** for a fundraising sausage sizzle!  
It's going to be an awesome fundraising event and we would love as many volunteers as possible to help on the day with a variety of tasks such as cooking, serving, collecting money etc. If you're able to help, please indicate your available time/s on the slip below and return to the office.

If you would like to help out in another way, there is a box near the office to drop in donations of sauce, napkins, drinks etc. Any help is great appreciated.  
We are looking forward to another cracking, fun day at Bunnings Maribyrnong

**BUNNINGS BBQ – ITEMS REQUIRED**

☺ Thanks in advance ☺

- TOMATO / MUSTARD / BBQ SAUCE**
- PAPER TOWEL**
- DISPOSABLE GLOVES**
- NAPKINS**
- GARBAGE BAGS**
- TONGS – SPATULAS**
- TIN SPRAY OIL**
- ANTIBACTERIAL WIPES**
- SOFT DRINK CANS**
- BOTTLED WATER (600ml)**

**We're really looking forward to this event and a fun day for all.**

**Hope to see you there either as a volunteer or to enjoy a sausage or two! Please contact us for further information.**

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Melinda Spinks  
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**Bunnings Maribyrnong Fundraising Sausage Sizzle**

Name \_\_\_\_\_ Phone number: \_\_\_\_\_  
(So we can text you and confirm times etc.)

**I can help at the following time/s:**

- 7:00am to 9:30am
- 9:00am to 11:30am
- 11:00am to 1:30pm
- 1:00pm to 3:30pm
- 3:00pm to 6:30pm



# insights

## Let kids off the leash for greater confidence and resilience

by Michael Grose



*“Did you as a child or teenager enjoy more freedom to move around your neighbourhood than you give to your kids?”*

I often ask parents this question at my presentations and the answer is usually overwhelmingly affirmative. I then ask:

*“Put your hand up if you benefitted from this freedom in any way including developing self-confidence, gaining independence and learning how to solve your own problems.”*

Almost every parent present raises a hand.

Deep down we know that giving kids more freedom is good for their overall development, yet we so often struggle to give kids the same liberties to roam that many of us enjoyed as children ourselves.

Recently Tim Berryman, principal of Fitzroy Community School, [gave a speech](#) urging parents to be brave and give their children more freedom.



The speech obviously struck a chord, as more parents in his school now allow their children to travel to school independently, as well as walk to the shops, the park or friends' homes without an adult.

Bravo to the principal for taking a stand and three cheers to the parents who changed their ways and gave their kids the opportunity to roam away from home without adult supervision.

In my book *Spoonfed Generation* I wrote how it was the edgier escapades – such as climbing walls, exploring drains and building cubbies from scraps scrounged from a nearby wood yard – and not the safe experiences that shaped me and made me less fearful as a child. These types of experiences in unpredictable environments taught me about being resourceful, assessing risk and confronting my fears.

I would strongly argue that although I benefited greatly from a very good formal education at school it was these unorganised activities that helped me reach my full potential. Unfortunately, these are not the type of experiences many of today's children and young people enjoy.





## Not all risks are the same

There are a number of reasons why today's generation experience less freedom than previous generations. These include busy after-school schedules leaving less time for wandering and the centralisation of shops and parks reducing opportunities for walking. However it's the perception that the world is a more dangerous place that seems to be most pertinent. This is despite there being little evidence to suggest that stranger danger is on the rise.

The wish to keep kids safe is now paramount for many adults, but it comes at the expense of children's and young people's natural developmental need for unpredictable experiences away from constant adult supervision.

We need to be careful we don't throw all risk into the same basket. We need to separate risk-taking in terms of unsafe/unhealthy risks (e.g. playing chicken with cars on busy roads) and safe/developmental risks (e.g. using traffic lights to cross busy roads). It's evident that children who are exposed to safe risk-taking usually are less fearful, less anxious and more able to take on new

challenges and experiences.

## Parents need to be brave

Perhaps one of the hardest parts of parenting is letting go of our primal need to keep kids safe from pain and harm. The wish to protect is in the DNA of most parents, yet we can't let that innate desire restrict children's basic developmental need to explore, to be curious and to pull away from parental protectiveness.

As Tim Berryman said so eloquently in his speech, "We don't need to reflect for long to consider all the disasters that could befall our children in the park, travelling to school or going to the shops. (But) if we are aware of the cost of this fear, and instead keep it in check, we will help to nurture a more empowered child, laying out the ground for a more empowered adult."

Just as we want our children to be brave and face their fears, we too need to face down some of the unwarranted fears that we have for our children's safety. Navigating fear is a part of parenting just as it is part of growing up. It makes us feel uncomfortable. But when we face those fears, confidence and competence grows and anxiety dissipates. This principle is just as pertinent for parents as it is for our kids.



## Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.*

# Important SJB App Features

~Access to school website ~ Year Level Sites Pages ~Class News & Important Events ~Termly Overviews

1. The **school website** can be accessed through the SJB App by following these steps.



2. Press **More** button bottom right hand corner



3. Select **School Website** \*notifications can be accessed on this screen also through notifications button.



4. Each Year Level has an individual **sites page**. You can access this using the following steps. Select **Year Level Website button (padlock symbol)**



5. Select your child's **Year Level**.

### Year Level Website



6. The first page allows you to view **Class News and Important Dates**



7. The hamburger menu top right hand corner allows you to view further options e.g. **Termly Overview**

\*when viewing on a computer these options are at the top of the screen.



8. A **Termly Overview** is prepared each term for each year level. This informs you of concepts to be explored in different subjects over the term. To view **Termly Overview** select **Termly Overview**



## ST. BERNARD'S AUSKICK 2018

Registration for the 2018 St Bernard's Auskick season is now open. If you are looking to participate in Auskick this year we would encourage you to get online and register.

Please take note of the following key points:

- To register and pay online please go to [www.aflauskick.com.au](http://www.aflauskick.com.au)
- The cost is \$95 (no raffles during the year)
- Registrations and payment can only be done online (no cash payments can be accepted)
- Auskick packs will be mailed directly to each participant
- Grid games will be available during the season at Etihad and the MCG
- **St Bernard's Auskick will start on Saturday 21 April 2018 9:30am to 11:00am**

We look forward to another great year.

**Need for information?**  
Contact Ben Hogan on 0402 919 523 or [stbernardsauskick@gmail.com](mailto:stbernardsauskick@gmail.com)

