COLUMVINE

St Columba’s Memorial School Newsletter

Week 8 Term 1

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• Students of the Week

~ The Newsletter will now be published fortnightly

Contact Us

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Dear Parents, Friends, Staff and Students of St Columba’s,

Congratulations to all who contributed to make our ‘Big Green Garage Sale’ another fantastic event and successful fundraiser for our Parents and Friends committee. It was wonderful to spend time with different members of the community and an honour to receive so much praise for so many flourishing aspects of our school. The commitment shown by our parent community in particular was astounding and I am most thankful for your ongoing support of, and dedication to our school.

Last week, Mrs G-O, Mrs Murfitt and I attended professional development to support our implementation of the ‘KidsMatter’ program. We will be launching the program at the beginning of next term and we were all thrilled with the quality of both the training and the program itself. ‘KidsMatter’ brings together much of the work we have been doing to promote the physical and mental wellbeing of our students and will provide us with structure and resources to continue to improve outcomes for our students and their families. There are many resources made available free on their website for those of you wanting to know more, otherwise please keep a look out in upcoming newsletters for more information.

Our AGM is approaching. Please find in this newsletter nomination forms for School Board and Parents and Friends committee. These are two very worthwhile and active groups that have always been well represented by a diverse range of people. If you are able to commit to our monthly meetings please feel free to nominate yourself and return the form. We have several people who have reached the end of their tenure on our board and will be looking for several parents to step in and continue their great work.

Lenten promises have no doubt been tested by this stage of Lent – mine certainly have! - I encourage you to remain committed to any challenges you have taken on and continue to take every opportunity to make your interactions with others positive. I’ll leave you with another reflection from Pope Francis:

*Talk, Talk, Talk…. No!*

_My experience is what I feel in front of the tabernacle, when I go in the evening to pray before the Lord. Sometimes I nod off for a while; this is true, for the strain of the day more or less makes you fall asleep, but he understands. I feel great comfort when I think of the Lord looking at me. We think we have to pray and talk, talk, talk…. No! Let the Lord look at you. When he looks at us, he gives us strength and helps us to bear witness to him._

- Address, May 18, 2013

_Reflection: Take at least five minutes right now to be silent before God._

Blessings,

Todd Murfitt
Principal

This Newsletter and more can be found at our school website!
[www.scms.catholic.edu.au](http://www.scms.catholic.edu.au)
You can also follow us on twitter: @scmsyorketown

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Kids Matter Contact Numbers:

- Beyond Blue: 1300 224 636
- Lifeline: 13 11 14
- Kids Help Line: 1800 551 800

This Newsletter and more can be found at our school website!
[www.scms.catholic.edu.au](http://www.scms.catholic.edu.au)
You can also follow us on twitter: @scmsyorketown
Dear Parents, Friends, Staff and Students of St Columba’s,

We are fast approaching the end of the term with less than 4 weeks to go. This term has been especially busy for not only students but also staff and parents alike with many events occurring including Sports Day and the Big Green Garage Sale. Congratulations to those wonderful parents and friends who supported our Garage Sale. For those of you who attended, it was an extremely great day and it was wonderful to see many people come to our school and comment on how special our school is and the wonderful grounds and facilities we have here at St Columba’s. There were also lots of bargains had on the day too.

On Tuesday we celebrated Saint Patrick’s Day. The R/1 class ran a beautiful Mass to celebrate this occasion and did a sensational job reading and singing. This week I would like to leave you with some information about Saint Patrick and a small spiritual reflection in memory of St Patrick who turned to God in prayer.

Saint Patrick

St. Patrick of Ireland is one of the world’s most popular saints. Patrick was born around 385 in Scotland, probably Kilpatrick. As a boy of fourteen or so, he was captured during a raiding party and taken to Ireland as a slave to herd and tend sheep. Ireland at this time was a land of Druids and pagans. He learned the language and practices of the people who held him. During his captivity, he turned to God in prayer. Patrick’s captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain, where he reunited with his family. He had another dream in which the people of Ireland were calling out to him "We beg you, holy youth, to come and walk among us once more." He began his studies for the priesthood and became a priest. Later, Patrick was ordained a bishop, and was sent to take the Gospel to Ireland. Patrick began preaching the Gospel throughout Ireland, converting many. He and his disciples preached and converted thousands and began building churches all over the country. Kings, their families, and entire kingdoms converted to Christianity when hearing Patrick’s message. Patrick preached and converted all of Ireland for 40 years. He worked many miracles and wrote of his love for God in Confessions. After years of living in poverty, travelling and enduring much suffering he died March 17, 461.

Why a shamrock?

Patrick used the shamrock to explain the Trinity (Father, Son & Holy Spirit), and has been associated with him and the Irish since that time.

Reflection:

Jesus went up to the mountain to pray, and he spent the night in prayer to God

– Luke 6:12

Have you ever had a restless night? Instead of lamenting about the sleep you are losing, why not spend the night praying? Give God all your worries and cares. Pray for your family members, one by one. Ask for discernment about your upcoming decisions. If you think about it, the night holds endless possibilities for prayer.

Take care of yourselves and each other.

God Bless

Annette Diassinas

APRIM
### Important Dates

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<td>Thursday, March 19th</td>
<td>Upper Primary Assembly</td>
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| Wednesday, March 25th | Parents and Friends Meeting - 9am  
All Welcome                  |
| Thursday, March 26th  | Interschool Sports Day                        |
| Friday, March 27th    | Middle Primary Assembly                       |
| Tuesday, March 31st   | School Board and Parents and Friends AGM  
Starting at 7pm            |
| Wednesday, April 1st  | Parent/Teacher Interviews                      |
| Friday, April 3rd     | Good Friday                                    |
| Sunday, April 5th     | Easter                                        |
| Monday, April 6th     | Easter Monday                                 |
| Friday, April 10th    | Upper Primary Assembly                         |
|                     | Last day of 1st Term - Early dismissal in line  
with Yorketown Area School buses.             |
| Monday, April 27th    | First day Term 2                               |

### Students of the Week

**JP:** Millie W ~ you are reading so well and always have a big smile on your face. Well Done!

**Emily** ~ for such great behaviour in class and your big effort with working so hard to finish your work.

**MP:** Dakota for fabulous work during Mathematics.

The Years Two, Three and Four Class ~ you present a great assembly in half a day. Well Done!

**UP:** Kizzey for her polite and cooperative manner at all times.

Lily for being such a good an prolific reader.

Mikayla for her high level of participation on the Leadership Camp and for her generosity of spirit.

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**Imago Fitness** presents:

Half Wow of Power workout sessions:

- Boxing, cardio, weights, step etc.…
- Each session different from the next.
- For times, prices contact Nat on 0418 859 887 ~

Limited Places

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**YORKETOWN NETBALL—FRIDAY NIGHT**

All interested players are invite to register on

**WEDNESDAY March 18th 3.30—5.00 pm** at the Yorketown Clubrooms

If you are unable to make this afternoon but still wish to play then please contact:

Cherry Farrow, President 0458 005 474

Simone Rowe, Secretary 0419 830 631 or

Lauren Kokar, Secretary 0417 824 000

Anyone interested in coaching and/or umpiring this season should submit their name & the grade that they are interested in to Cherry, Simone or Lauren.

Practice to commence Wednesday March 25th.

Juniors at 3.30pm and Seniors at 7 pm.

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Please note: Over the few weeks, the area in front of the school, employees car park and by the presbytery will all be signed, with a special designated area for disability parking.

We ask that you park in your designated area and follow the signage. Thank you

If you haven’t already done so, you can still purchase your child/children’s artwork, which was displayed at our Big Green Garage sale on March 7th. Each canvas cost $10. If you have already paid for your child’s canvas it can be collected from the school office or the JP classroom. If you still want to purchase, please send $10 in an envelope into the school office, with your child’s/children’s name and we will send the artwork home with them.

Thank you

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YP Futsal - (Indoor Soccer) Team nominations are now open. Games are held Wednesday nights in the Minlaton Basketball Stadium. To obtain a copy of a team nomination form please visit www.ypfutsal.org.au or contact your previous club. Team Nominations CLOSE 2nd April. Please contact the YP Futsal Secretary, Tammy Greenwood for any further information or available team enquiries on 0403691115 or at yp.futsal@yahoo.com.au

Southern Eagles Netball Club would like to invite all senior players to trial for the 2015 season.

When: Saturday the 28th of March

Where: Yorketown Town Courts

Time 11.30am

Independent selectors will be present.

We also have McLaren Vale Netball Club coming for a trial game, where A and B players will be required to play starting at 2pm. All other welcome to stay to support and for a light lunch.

An Irish prayer

As I arise today,
may the strength of God pilot me,
the power of God uphold me,
the wisdom of God guide me.

May the eye of God look before me,
the ear of God hear me,
the word of God speak for me.

May the hand of God protect me,
the way of God lie before me,
the shield of God defend me,
the host of God save me.

May Christ shield me today.

Christ with me, Christ before me,
Christ behind me,
Christ in me, Christ beneath me,
Christ above me,

Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit,
Christ when I stand,

Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,
Christ in every ear that hears me.

Amen
This Friday 20th March is the National Day of Action against Bullying and Violence. The National Day of Action provides a focus for schools and the wider school community to strengthen their everyday messages against bullying and violence.

There is a very informative website for parents and carers which provides information about bullying, harassment, discrimination and violence in schools. This can be found at: http://www.bullyingnoway.gov.au/parents/index.html

It’s well worth the look – let’s take a stand together.

If you are interested in your child participating in sports, the Edithburgh Golf Club is a registered club with the SA Governments Sports Voucher program. The sports voucher will cover your primary school age child’s golf registration. If you have any questions please contact Rachel on 0419 851 817, or alternatively apply for your child to attend the Edithburgh Golf Club on sportsvouchers.sa.gov.au

Parent/Teacher Interviews

On Wednesday, April 1st (Week 9) teachers will be conducting Parent/Teacher interviews starting at 3.20 pm except for Mrs Diassinas who will be doing interviews Tuesday and Wednesday (1st and 2nd April) from 3.20 until 5.00pm, both days.

Interviews will give parents a chance to meet with their child’s/children’s teacher(s) to discuss how their child/children are progressing with school life. Please fill out the reply slip in the Newsletter and return to the school as soon as possible. Appointment times will be for 10 minutes only, if you think you require more time, please contact the teacher or school office to make arrangements for a future date and time. A slip with allotted times will be sent home on Friday, March 27th, if time(s) do not suit please let Margie or Gay know asap, so changes can be made if necessary. Times will be given to the first person who requests it, with other times adjusted accordingly.
Parent/Teacher Interviews— April 1st Parent/Teacher Interviews

I…………………………………………………………………. would like to see my child’s/ children’s teacher.

Child’s Name ………………………………………………
Child’s name…………………………………………………………………..
Child’s name…………………………………………………………………..
(Please circle who you would like to see)

: Mrs Diassinas ~ Tuesday and Wednesday ~ ONLY UP TO 5.00PM
: Mrs Angela Grigoras Oates
: Mrs Liliana Castiglia
: Mrs Mandy Thompson

First preference time – Please circle time you would like

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Signed………………………………………………………………………………………………………….

School Board Nomination:
I,____________________________________________________________________________________________________________
(full name and address ) would like to nominate (full name and address)
____________________________________________________________________________________________________________
Signed________________________________________________ Dated________________________________

Parents and Friends Committee nomination:
I,____________________________________________________________________________________________________________
(full name and address) would like to nominate (full name and address
____________________________________________________________________________________________________________
Parents and Friends Committee.
Signed________________________________________________ Dated________________________________

If you are nominating someone else for the School board or the Parents and Friends Committee please ask them to accept any nomination by signing below
I,__________________________________________________________ accept the nomination to the School Board/P&F Committee
Signed___________________________________________ Dated____________________________
It's been over a week since the Big Green Garage Sale and I am thrilled to announce that our whole school community raised over $5000 with an estimated profit of over $4000.

The weather was perfect and the people streamed through front gates. The atmosphere was complimented with delicious coffee, a great mix of pre-loved treasures, baked goods and of course our inaugural "Favourite things" Art Exhibition.

The teachers did a wonderful job with the student fundraisers. The "Spider" stall was the most successful, well done to the R-1 Class!

Special thanks also goes to each class for their student Art Exhibition. The artwork was a standout feature of the day, and the sale of each painting goes towards class excursions & camps. If you haven't yet purchased your child's canvases, please pay Margie $10 at the front office before collection. If you have paid, please collect at your earliest convenience. Special thanks to Julie Anderson for coordinating - we are blessed to have your dedicated & creative support.

The "Favourite Things" Public Art Exhibition was a huge success with 40 entries. The winners include: 1st Prize: Sue Slade's "Emu", 2nd Prize, Sandra Woods' Giraffe & the winner of the Children's entry was 4 year old Lexi Berends. Congratulations to all the winners. A big thank you to P & F committee member & local artist Jenny Berends for creating this new spin on our art exhibition. The attention to detail and passion was very evident. Due to the success we hope to have another art exhibition in the future - watch this space!!

I would like to thank the wonderful Parent's & Friends Committee who made it happen! A lot of hard work, sweat & tears went into the day, but it all went off with out a hitch!! It has been a wonderful experience to work with a beautiful bunch of girls and their families. You Girls Rock!! Look forward to doing it all again in 2 years time!!

Finally, THANK YOU to the families & friends of St Columba's, with out you - the day would not have been successful, we are truly blessed! Thank you.
Introducing KidsMatter Primary

Good mental health is vital for life. Children who are mentally healthy are better able to meet life’s challenges and have stronger relationships with the people around them. They are also better learners who are more likely to succeed at school. Good mental health in childhood provides a solid basis for managing changes as they grow.

On the other hand, children who are exposed to multiple stressors – such as a family breakdown, poverty, abuse, racism, bullying, or the mental illness of a parent – are at a higher risk of developing emotional or behavioural problems that can continue into adulthood.

It’s not always possible to tell which children will develop difficulties, so it’s important to consider the wellbeing of all children.

The good news is that KidsMatter Primary is all about growing healthy minds. KidsMatter is a mental health and wellbeing framework that helps schools focus on the development of all their students in partnership with families. It was developed by mental health and education experts and has already made a big difference to the lives of Australian children.

Does KidsMatter Primary work?

KidsMatter Primary works because it unites all the people that influence children’s mental health most – families, school staff and the wider community.

KidsMatter Primary can help improve:

- the mental health and wellbeing of students
- the quality of their school work
- the ability of parents, carers and teaching staff to help children deal with problems
- NAPLAN results – when schools implement KidsMatter Primary well.

KidsMatter Primary was developed in collaboration with beyondblue, the Australian Psychological Society, and the Principals Australia Institute, with funding from the Australian Government Department of Health and Ageing and beyondblue.

How does KidsMatter Primary work?

When schools take on KidsMatter Primary, they build on the work they are already doing to support students’ mental health and wellbeing. Firstly, they form an Action Team to represent the whole-school community and to coordinate and lead the implementation of the initiative. The Action Team reviews the schools’ current efforts across four focus areas (or ‘components’). They look for ways they can strengthen these efforts, and then take action using a step-by-step planning process.

Every school is different, with different needs for their students and families. The KidsMatter Primary framework covers four components that have shown to be highly successful in supporting the mental health and wellbeing of children.

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Positive school community

Positive and respectful relationships at school help children and families feel that they belong and that their contributions are valued. A positive school community also gives children a sense of security that their needs will be met. Research shows that when children and families feel connected to school, children are less likely to develop mental health difficulties and are more likely to succeed academically.

Social and emotional learning for students

Learning how to manage feelings and get on with others is an important part of children's development. It helps them become better learners and feel good about themselves. Teaching children social and emotional skills as part of the school curriculum gives them tools for coping with emotions, solving problems and learning more effectively.

Working with parents and carers

In order to promote children's mental health and wellbeing, it makes sense for families and schools to work closely together. Schools can support parents and carers by providing useful parenting information and resources, and by connecting them with further assistance if required.

Helping children with mental health difficulties

It can make a significant difference when children and families are able to access mental health intervention early. KidsMatter primary schools learn to respond more effectively to children's mental health difficulties by recognising and responding to concerns that may need following-up. They can provide information to families and develop links with health and community agencies in their local area.

How can families help?

Families are the biggest influence on children's mental health and play a very important role in KidsMatter. Children benefit when the important people in their lives work together and have a shared understanding of their development and their needs. KidsMatter Primary has developed a range of information sheets with parenting tips and strategies to help all Australian families support the wellbeing of their children. View them online at www.kidsmatter.edu.au

If your child's school is participating in KidsMatter Primary, there are many things you can do to help make it a success:

- Read the KidsMatter Primary information sheets to further your understanding about children's mental health.
- Develop relationships with staff, so you can share knowledge and information about how they can support your child.
- Get involved in the Action Team.
- Ask staff how KidsMatter Primary is being implemented.
- Participate in school activities to build a sense of community.
- Respond to any school requests for ideas or information.
- Talk to other parents and carers about ways the school can support your needs.
- Let the school know what skills or talents you are happy to share.

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This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au

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