<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, February 24th</td>
<td>Ready, Set, Go starting at 10. am</td>
</tr>
<tr>
<td>Wednesday, March 2nd</td>
<td>Ready, Set, Go starting at 10. am</td>
</tr>
<tr>
<td>Thursday, March 3rd</td>
<td>JP Assembly</td>
</tr>
<tr>
<td>Tuesday, March 8th</td>
<td>Yr. 7 Leadership excursion– No Edithburgh pick up</td>
</tr>
<tr>
<td>Wednesday, March 9th</td>
<td>Ready, Set, Go starting at 10. am</td>
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<tr>
<td>Thursday, March 10th</td>
<td>Sports Day - 9am at the Yorketown Oval</td>
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<tr>
<td>Monday, March 14th</td>
<td>Adelaide Cup Holiday</td>
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<tr>
<td></td>
<td>Working Bee - 8am to 12 noon</td>
</tr>
<tr>
<td>Wednesday, March 16th</td>
<td>Ready, Set, Go starting at 10. am</td>
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<tr>
<td></td>
<td>St Columba’s Memorial School AGM— 7pm start</td>
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<tr>
<td>Thursday, March 17th</td>
<td>St Patrick’s Day</td>
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<tr>
<td></td>
<td>MP Assembly</td>
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<tr>
<td>Thursday, March 24th</td>
<td>Evening Mass</td>
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<tr>
<td>Friday, March 25th</td>
<td>Good Friday</td>
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<tr>
<td>Monday, March 28th</td>
<td>Easter Monday</td>
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<tr>
<td>Thursday, March 31st</td>
<td>REC Assembly</td>
</tr>
<tr>
<td>Tuesday, April 5th</td>
<td>Tasty Tuesday</td>
</tr>
<tr>
<td>April 9th,</td>
<td>School Board Meeting starting at 7pm</td>
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<tr>
<td>Thursday, April 14th</td>
<td>Mass 9.15 in St Columba Church</td>
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</table>

Please note that the timetable for the school day has changed to the following:
8.50am to 11.00am—Lessons with a supervised Crunch and Sip time
11.00am to 11.20am—Recess
11.20am to 12.50pm—Lessons
12.50pm to 1 pm—Eating time
1 pm to 1.40pm Lunch time
1.40pm to 3 pm—Lessons
3 pm Dismissal time

Contact Us
Absentees 88521461
0407 610 071 Text only
St Columba’s Memorial School
55 Warooka Road
YORKETOWN SA 5576
88521461
Email: info@scms.catholic.edu.au
Website: www.scms.catholic.edu.au
Dear Parents,

Firstly I would like to thank all those who helped with the garden, the chickens and the aquaponics during the holidays. We had several people (parents, grandparents and students) who visited the school during the holidays and ensured that these important aspects of our school were maintained. Many of these people continue to volunteer their time and this benefits our students and their learning. I was pleased that the Parents and Friends group have offered to continue to help coordinate these activities. I am hoping that we will soon have the students into a routine of caring for the environment we have here and it is important that we all work together on this. I appreciate all offers of help.

The School Board have set a date for a working bee as there are quite a few small jobs that need to be done to tidy up and set up around our buildings and grounds. We are suggesting that Monday 14 March might be a time when our community members could spare an hour or two to come along to the school any time between 8.00am and 12.00 noon.

I can now inform you of a staffing matter that has just been finalised. Emily Rowe will be taking parenting leave from the end of this term. I have appointed Angela Grigoras Oates to work full time in the Year 3/4 classroom while Emily is on leave. This should allow a smooth transition for students. I thank Angela for taking on this extra teaching time and we wish Emily well for her leave.

The breakfast we had here at school on 11 February was well attended and it was a great opportunity for the school community to get together. Thank you to the Parents and Friends for organising it. Thank you to the Federation of Catholic School Parent Communities for their grant that funded this breakfast. Our P & F have again generously donated some money from their fundraising for facilities for our school. Each classroom has been given a donation to purchase resources and there is a large amount for purchasing Science and Technology equipment for all students to use in their learning. Thank you.

After discussions at Staff, Board and P & F meetings it has been decided to hold our Sports Day on Thursday 10 March at the Town Oval starting at 9.00am. Students can travel straight to the oval that morning. We are planning to conclude the activities with a lunch supplied by the P & F at around 1.00pm. Students may then go home with their parents or come back to school until the regular dismissal time. We are currently finalising the program and we will communicate with you again with the final details soon.

I have asked our teachers to remind the students about the correct uniform being worn at school. The wearing of a uniform is a very important aspect of schooling here and I am asking for your support at this time.

We were pleased to welcome Margie Arnold from Meg’s Bookshop to our school last week. She read some books to each class and we were able to purchase some for our library.

God Bless you

Michael Preece
2016 SAPSASA—Important dates

Please note SAPSASA is only for 6/7 students.

Netball: 15-19th August
Football: 15-19th August
Athletics: 26th September
Cricket: 21-25th November
Tennis: 21-25th November

Southern Eagles Football and Netball Club
Registration day
28th February 10-30am
Yorketown oval and courts (football is u17’s and below)
For more information please contact,
Stuart Murdoch Mob: 0419 800 390

Students of the Week:

Brock H for settling in so well to the school routine.
Lachlan for being a more cooperative member of the class.
Harlee for working consistently and cooperatively.
Couper for fabulously neat work. Congratulations!
Charlotte S Congratulations for your great work during Maths.
Ellen for her generous leadership in JP.
Lily for trying hard in class.
Isabella for working on the Yr. 7 top design/

PRAYER OF THE DAY

O gracious Master, infuse in our hearts the spotless light of Your Divine Wisdom and open the eyes of our mind that we may understand the teachings of Your Gospel. Instill in us also the fear of Your blessed commandments, so that having curbed all carnal desires, we may lead a spiritual life, both thinking and doing everything to please You. For You, O Christ, our God, are the enlightenment of our souls and bodies; and to You we render glory, together with Your eternal Father, and with Your all holy, life-creating Spirit, now and ever, and forever.

REMINDER:

We ask all parents not to supply any nuts or products which are made or contain nuts i.e. Nutella, muesli bars, etc... as St Columba’s Memorial School is a Nut Free school, due to children with allergies.

BUILDING FUND

The building fund has been added to your fee statement as a Voluntary Contribution.

In 2016 we hope to focus on purchasing capital items on our wish list. The building fund enables us to keep moving forward in the facilities and education options we are able to offer your children.

If you are unable to pay the full $150 we would ask you to consider making a donation of your choosing or if you are in a position to donate more please feel free to do so.

This is a tax deductible donation and before June you will receive a letter from us to take to your accountant for tax purposes. Your Donation is very much appreciated by the School.

Sunday clears away the rust of the whole week.
Joseph Addison

Wanted: Chook food. Our chooks are in need of some grain/chook food. If you are able to donate any to the school, it would be appreciated.

Edinburgh Bus—Tuesday, March 8th

Due to the Yr. 7 Leadership conference there will be NO pick up or drop off of students on Tuesday, March 8th. Please make alternative arrangements to transport your child/ren to school on this day.
Southern Eagles Netball Club

Seniors Training
Thursday 18th of February, 5.45-7.30pm @ the Yorketown Courts
All interested senior players welcome (Born in the year 2000 and before)

Junior Training
Thursday March 10th, 4-5pm @ the Yorketown courts

Registration Day for ALL grades @ Yorketown Oval Sunday
February the 28th
From 1030am onwards, BBQ lunch to follow after

Thank you

Microsoft
Microsoft has announced a recall for the power chargers supplied with Surface Pro, Surface Pro 2 and certain Surface Pro 3 devices that were sold between February 2013 and July 2015. If you purchased a Surface product after July 2016, you are not affected by this recall. There is a risk of electric shock and fire.

If you purchased your Surface device prior to July 2015 then read on.

What to do:
Stop using the AC power cordset immediately, switch off, disconnect and discard.
Request a replacement at [www.surface.com/powercord](http://www.surface.com/powercord) or call 1300 666 767
You are able to read more here

Apple
Apple has announced a recall for the power chargers supplied to iPhone, iPod, iPad and MacBook products sold between 2003 and 2015. If you purchased your Apple product in 2016, you are not affected by this recall.

There is a risk of electric shock.
The faulty component is the two-prong wall plug that slides into Apple’s charging brick. This is the part that can be interchanged so the charger can be used overseas – if you have the right adapter.

Affected Apple chargers have four or five faint numbers embossed on the back. Look closely because they are hard to see. If your charger has these numbers, then you need to stop using it immediately, as per Apple’s instructions.

Apple redesigned its charging adapter for its 2016 range. Unaffected models have a three letter regional code printed on the back. For example, redesigned Australian chargers have the letters ‘AUS’.

What to do:
Apple is replacing affected chargers at no cost to customers. Simply head into an Apple store or visit [https://selfservice.apple.com/012C/69/AUS](https://selfservice.apple.com/012C/69/AUS)
You are able to read more here

The Federation of Catholic School Parent Communities

From the Federation of Catholic School Parent Communities

Composite Classes

Composite classes are often the topic of controversy and conversation amongst parents but are ‘composite classes good or bad for your child’? The Federation of Catholic School Parent Communities has considered both sides of this passionate debate and has developed the following resource for parents.


SCHOOL CARD

School card will be $156 per Primary Student this year, plus our school gives a 40% discount on Tuition Fees to School Card holders.

We have forms available in the front office for School Card. If you think you may be eligible we would be pleased to help you complete the form. The forms need to be in to the school office by the 18th March.

Thank you Margie
FASTEST

12 YEAR OLD BOY & GIRL IN SA?

The 2016 Australian Little Athletics Championships (ALAC) are being held in Adelaide on Sunday, 24th of April 2016.

As a part of this major event, Little Athletics SA - with the proud support of Nova - are in the search for potential 12 year old champions to compete on the national stage! Your School is invited to nominate your best 12 year old boy and girl over 100m to be a part of this significant event.

TO THE ATHLETE:
Were you born in 2004?
Do you think you are quick over 100m?
Have you recorded an official time?
Could you be a future Olympian?

THE WINNERS WILL WIN A TROPHY AND SPONSOR PRIZES!!!

DATE: SUNDAY, 24TH APRIL 2016

LOCATION: SA ATHLETICS STADIUM, 145 RAILWAY TERRACE, MILE END 5031

TIMES: HEATS 9AM-10AM / FINALS 1PM-1:30PM

ATHLETES WISHING TO COMPETE IN THIS EVENT MUST COMPLETE AND SUBMIT OUR ONLINE NOMINATION FORM BY SUNDAY, 3RD APRIL 2016.

TERMS AND CONDITIONS APPLY. FOR MORE INFORMATION & TO REGISTER, PLEASE VISIT WWW.SALAA.ORG.AU/ALAC.
Dear St Columba’s Memorial School Community,

Last Thursday I had the pleasure of visiting your children’s school to present a cheque to Kathleen Slade, P&F Chair for the “Bringing in the New School Year with a Healthy and Positive Start Project”. Your school’s initiative was one of 20 successful Parent Initiatives in Education 2016 grants awarded – congratulations!

Administering this grant scheme is one of the many things we do to to serve the vibrant and engaged parent communities in our SA Catholic schools.

The Federation, as we are commonly referred to, provides an active voice for families with children and young people in South Australian Catholic schools and:

- Advocates for the right of parents and caregivers to choose a Catholic education for their child;
- Encourages and supports active and constructive parent and family engagement in learning and schooling;
- Promotes and supports Catholic education;
- Builds valuable partnerships between families, schools and Catholic education SA and;
- Contributes to the shaping of educational policy and practice.

You are invited to do all or one of the following:

- Visit our website at www.parentfederation.catholic.edu.au

- Register your contact details with us so we can directly communicate, connect and consult with you. You can do this by going to: http://www.parentfederation.catholic.edu.au/the-parent-voice/have-your-say

- ‘Like’ and ‘follow’ our Facebook page

By being our ‘friend’ and following us on Facebook or subscribing to our data base you will:

- Connect directly with the work of the Federation;
- Receive information about current and relevant issues in education;
- Participate in any surveys or online forums so your voice can be heard;
- Have access to a wealth of resources and information to support you to support your child’s learning.

Be connected. Be informed. Be heard.

Yours sincerely

Leanne De Young
Communications and Administrations Officer
16th February 2016
To all the Parents and wider friends of St Columba’s Memorial School,

There has been a small number of people that have asked Father Christopher a few questions about the Mass and wanted to know a little bit more about it. The Mass can be confusing with all the standing, sitting, kneeling, shaking hands, singing then silence etc. so it is with this in mind that we are asking for any expressions of interest in having an information night on what the Mass is all about.

This is simply to cater to those who have asked to know more and also to any other parents/and or friends that also wish to learn a bit more about it.

If you would be interested in attending something like this, could you please let either myself or Father Christopher know ASAP?

Thank you,
Miriam Honner

Sacramental Program

Father Christopher is asking for any parents wanting their children to be part of a Sacramental program to please let him know or let me know and I can pass it on to him.

For those of you who are unsure if their child is ready, the below quote may help.

The administration of the Most Holy Eucharist to children requires that they have sufficient knowledge and careful preparation so that they understand the mystery of Christ according to their capacity and are able to receive the body of Christ with faith and devotion. (CIC 913 §1)

Kind Regards,
Miriam Honner

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YORKETOWN NETBALL CLUB

All interested players are invited to attend registration day on Wednesday 16th March 3.30-5pm at the Yorketown Clubrooms

If you can’t make it but wish to play please contact our club secretaries. Registration forms can be emailed for your convenience.

Lauren Kokar 0417 824 000 or lauren.munro@hotmail.com
Simone Rowe 0419 830 631 or dpsldroe@yahoo.com.au

If you would like to coach and/or umpire should submit their name and the grade they are interested in to Lauren or Simone.

Trainings start on Wednesday 23rd March
Juniors 3.30pm
Seniors 7pm
Please bring a water bottle and appropriate shoes

SCHOOL FEES

Your Fee Statements were posted out the first Friday of school. Unfortunately with fewer postal deliveries everyone seemed to get these a differing times. There are still a number of Payment Arrangement Forms which have not been returned – Please return to front office ASAP.

We have a number of ways to pay your Tuition fees & Levies e.g. Direct Debit/Credit Card/CentrePay & time payment plans are also available for payment options. These forms are available at the front office and if you would like to discuss payment options please feel free to make an appointment with me. We also have Bpay facilities, our Bpay number is on your statement, and please include your reference number.

EARLY PAYMENT DISCOUNT

Families wishing to pay their fees before the 15th April in full will be given a 5% discount on their Tuition Fees. Thanks Margie
Meg’s Bookshop

Last Wednesday, February 17th, Margie Arnold from Meg’s Bookshop, Kadina, and Port Pirie visited the school with author, Phil Cummins who has written over 60 books in his career.

Margie spent a couple of hours reading to each class from a selection of books she had brought with her including Anzac Biscuits and Night Watch. The children enjoyed her time at the school, listening to her read.
Fears and helpful self-talk

The following examples are for families to use at home. They are most suitable for older primary aged children. The methods described can also be adapted by school staff to help children cope with fears and worries at school.

What we say to ourselves affects how we feel. Thinking that a situation is too scary can make it so. Unhelpful self-talk increases children’s anxious feelings and can make it more difficult for them to manage fears and worries. Self-talk includes all the things children say to themselves silently, as well as the things they sometimes say out loud. By contrast, when the things children say to themselves are helpful and encouraging, they support good coping skills and self-confidence.

The following example shows how unhelpful self-talk has increased 12 year old Adam’s fears about going to high school the following year.

<table>
<thead>
<tr>
<th>Situation</th>
<th>What Adam says to himself</th>
<th>How he feels</th>
</tr>
</thead>
<tbody>
<tr>
<td>School orientation visit</td>
<td>• I don’t know anyone here</td>
<td>• Alone</td>
</tr>
<tr>
<td></td>
<td>• There are too many new faces</td>
<td>• Overwhelmed by strangers</td>
</tr>
<tr>
<td></td>
<td>• They all seem to know one another,</td>
<td>• Panicky</td>
</tr>
<tr>
<td></td>
<td>but they’re ignoring me</td>
<td>• Lacks confidence</td>
</tr>
<tr>
<td></td>
<td>• What if I don’t make any friends?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• What if the teachers are mean?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• They expect you to do a lot of work</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• What if I can’t keep up?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• It’s too hard</td>
<td></td>
</tr>
<tr>
<td>At home</td>
<td><strong>What Adam says to his mother</strong></td>
<td><strong>How he tries to cope</strong></td>
</tr>
<tr>
<td>Tells mother</td>
<td>• “I don’t want to go.”</td>
<td>• Wants to avoid the feared situation</td>
</tr>
</tbody>
</table>
Adam’s unhelpful self-talk has made his original problem much bigger. It has convinced him that he won’t be able to cope at high school. For Adam to learn to manage his fears, he needs to learn to replace his unhelpful self-talk with helpful thinking. Parents and carers can help him to practice thinking in ways that are more helpful. Asking Adam why he doesn’t want to go to high school and helping him look more realistically at his fears, might be a good place to start.

<table>
<thead>
<tr>
<th>Adam’s unhelpful thinking</th>
<th>How to support helpful thinking</th>
<th>Better ways to look at it</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t know anyone here</td>
<td>Empathise: “I can see you are worried about going to high school. There are lots of new things for you and everybody else.”</td>
<td>I don’t know anyone because I am new. I’m not the only one. There will be lots of new kids.</td>
</tr>
<tr>
<td>There are too many new faces</td>
<td>Challenge: “What makes you so sure they’re not looking for a new friend?”</td>
<td>I am good at making friends. I will soon get to know people.</td>
</tr>
<tr>
<td>They all seem to know one another, but they’re ignoring me</td>
<td>Suggest: “You can use your friendship skills to get to know them.”</td>
<td>The teacher I met didn’t seem too bad. There’s no point worrying about something that may not be a problem.</td>
</tr>
<tr>
<td>What if I don’t make any friends?</td>
<td>Remind: “What have you done before when you’ve had a problem to deal with? Why not see this as a new adventure?”</td>
<td>Lots of other kids will be in the same boat. I just have to remember to ask for help if I need it.</td>
</tr>
<tr>
<td>What if the teachers are mean?</td>
<td>Emphasise the positives: “There are a lot more freedoms for high-schoolers.”</td>
<td>It sounds like they have some good programs.</td>
</tr>
<tr>
<td>They expect you to do a lot of work</td>
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<tr>
<td>What if I can’t keep up?</td>
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<td>It’s too hard</td>
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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