Dear Parents,

In the Gospel for the First Sunday of Lent this weekend, we are reminded that Lent is a time for us to receive God’s grace. Jesus enters the wilderness as a time of preparation and renewal, ready to embark on his mission of enhancing the relationship between God and humanity. Jesus’ proclamation of the kingdom of God is a call to live out God’s dream of right relationship with one another and with our world. To accept this call requires a change of heart and mind (a metanoia), a new world view based on living the kingdom of God. This is a challenge, as at times, it is certainly not an ‘easy option’ that we are called to live. Jesus’ call to ‘repent and believe’ is a very appropriate call to begin the Lenten season.

The school community came together on Wednesday for Ash Wednesday Mass and the Preps celebrated a prayer service together this morning during which they received the ashes. We pray that in this Lenten season, our school community may come together in prayer and action.

You may wish to log onto the COHR Religion blog for more links and information.

During this term, we are supporting the Caritas Project Compassion scheme to assist in building our Lenten understandings and actions.

http://recohr.global2.vic.edu.au/

BUILDING BETTER RESILIENCE – A PARENT SEMINAR
Thank you to the many parents who attended the seminar held on Tuesday evening. There was much to learn from Catherine. For example, she mentioned the difference between, sympathy and empathy, the Stop-Think-Choose strategy or the catastrophe scale. She challenged us to ‘never do for a child what they can do for themselves’. She discussed the ‘Velcro effect’ and how we sometimes try to make things easier for the child which, in effect, lessens their learning. She encouraged us to make the most of teachable moments, by listening, encouraging talk, learning the facts and labelling feelings. Catherine also shared a number of resources and references for extra reading. She helped to generate plenty of input, discussion, sharing of stories and questions. Catherine will return early next term to work with our children.

PARENTS’ ASSOCIATION AGM 7:30pm HALL
There will be a meeting held in the hall next Wednesday 25th February at 7:30pm.
A big thanks to parents who assisted in preparing, cooking and distributing pancakes for Tuesday – they were enjoyed by all!

The Parents’ Association is involved with a wide range of activities within the school community – such as: cooking pancakes on Shrove Tuesday, assisting with many roles for our Annual School Sports day, providing morning/afternoon tea on Open day, assisting with the walk-a-Thon, running the Mothers’ day and Fathers’ day stalls, providing a wonderful morning tea on Grandparents’ day, running Hot Dog lunch days throughout the year, the Fete and Art Show, providing icy poles during T1 & 4, conducting the Disco and running the Christmas party are some but not all the activities that are undertaken by our wonderful PA. One of the strengths of our school is the strong sense of community and active and vibrant Parent Association contributes to maintaining and strengthening our community.

As a parent you can be involved in a variety of ways – simply helping out at one or two activities, attending the monthly meetings, taking on roles such as President, Secretary, Class representative.

Looking forward to seeing you at the AGM next Wednesday.

EDUCATION BOARD
The first meeting of our Education Board will be Thursday 26th February at 7pm in the staffroom.

ENROLMENTS FOR CATHOLIC SECONDARY COLLEGES
Enrolments for Yr 7 in 2016 in Catholic Colleges close on Friday 27th February. Last year students from COHR went to Sacred Heart, Avila, Emmaus, Salesian and Mazenod colleges. Each of these schools are presently running information sessions and school tours. It is essential that the colleges receive your application by the due date.

tiqbiz App
We are using an app to help improve our communication with our parents. So far 32 parents have downloaded the app. The tiqbiz app will enable us to notify you of news, messages, events and other communications. All you need to do is to download the tiqbiz app to your phone or tablet – it can be downloaded on to an android device, an iPhone or iPad or a Windows phone.

INTERSCHOOL SPORT
Tomorrow morning, the 5/6 level will play sport against Oakleigh Primary School and will travel there by bus. Parents and families are welcome to attend in support.

CONDOLENCES
Our thoughts and prayers are with the Reid family (Thomas 5/6W) on the passing of his grandmother.

WORKING BEE
We have a Working Bee set for Saturday 28th February from 8am until mid-morning.
TERM DATES
February
Sunday 22nd  1st Sunday of Lent
Wednesday 25th  No Preps
Parents’ Association AGM 7:30pm
Thursday 26th  Education Board
Saturday 28th  Working Bee - 8am
March
Wednesday 4th  Preps here
Friday 6th  School Closure day - ICT
Monday 9th  Labour Day holiday
Saturday 14th  Visual Arts Exhibition
Tuesday 17th  St Patrick’s Day
First Eucharist ‘Walk through Mass’ 7pm
Mass’ 7pm
Wednesday 18th  Open day
Thursday 19th  Sports Day
Friday 20th  Bullying – No way day
Saturday 21st  Eucharist Commitment Mass 5:30pm SH or 7pm COHR
Wednesday 25th  The Annunciation of the Lord
Combined Schools Mass (COHR)
Thursday 26th  Education Board (AGM)
Friday 27th  End term 1 – children dismissed at 2:30
With best wishes,
Thomas Coghlan
PRINCIPAL

SCHOOL PHOTOS
School photos will be taken on Monday 2nd March. Envelope packs were sent home last week. Please check the names on your pack to make sure it is correct. If you have been given the wrong envelope please return it to school and pick up the correct one. Sibling packs can be obtained from the office. All orders can be made online. All children are to wear their summer uniform.

SEASONS PROGRAM
A reminder that if you would like to participate in the Seasons Program please return the attached form to school by next Friday 27th Feb.

AFTER SCHOOL HOURS CARE
Today is Chinese New Year. To welcome in the year of the Goat (Sheep), our activities over the next fortnight will be centred on the celebration. If you have any queries regarding new or existing bookings please call Maddie or Sharni on 0412 958 605, or pop in to see us. Alternatively, you can visit our website for more information www.ylv.com.au.
Here’s a snapshot of what we have planned for next week…

Monday  Cooking – vegetarian fried rice
Tuesday  Finger puppets
Wednesday  How do you celebrate the New Year?
Thursday  Origami fortune cookies
Friday  Recycled lanterns
We love using recycled materials at our service. To make our ‘Recycled Lanterns’ next Friday we need plastic bottles!

Know My Number

In Year 1/2 mathematics we have been learning about…. PLACE VALUE

VOCABULARY
Place Value – the value of a digit depending on its place in a number.
Some other vocabulary you may like to use with your child:
- Ones
- Tens
- Hundreds
- More than
- Less than
- Equal to

TOOLS
A great way to teach place value is to use a place value chart. This visual tool can reinforce the value of each digit when children read whole numbers.

<table>
<thead>
<tr>
<th>Hundreds</th>
<th>Tens</th>
<th>Ones</th>
</tr>
</thead>
</table>

Matter

KNOW MY NUMBER

This game will focus on the following skills:
- Place Value
- Number Knowledge (i.e. more than, less than)

Players: 2+
You will need: a piece of paper, blu-tack, textas

How to Play:
1. One player writes a number on a piece of paper and sticks it to a wall. Another player sits in front of the wall without looking at the number.
2. Similarly to “Celebrity Heads” players must ask yes or no questions to determine their number. Encourage questions that focus on place value.

Examples:
- Am I an odd number?
- Do I have 4 hundreds?
- Do I have a 3 in the tens column?
- Am I larger/more than 50?
- Am I smaller/less than 100?

Variations:
- Have more than one player guessing their number at a time
- Alter the number range (i.e. 1-digit, 2-digit, 3-digit or 4-digit numbers depending on your child).
Building Better Resiliency - Parent Information Evening
Catherine Gerhardt from ‘Kidsproof’ has worked on developing cooperative skills with the students in each class during ‘O’ Week. She has also begun our ‘Building a Better School Yard’ program working with teachers and students in each class. Catherine will continue to work with the students each term.
On Tuesday evening Catherine worked with parents on how to build better resiliency in their children. She also explained the activities and strategies that were introduced in the classrooms.
Here is some feedback from parents who attended the information night.

**Thank you for defining Bullying! – such an overused term.**
**Great to look at the difference between Bullying and Conflict.**

**I can use some of the scenarios at home with my child. Gave me some new tools and skills to teach my child.**
**Not telling us how to parent but showing us ways to be a better parent**

"Don’t do for your child what they can do for themselves. “This really got me thinking about helping too much is not helping at all."
**Teaching your kids different coping skills in difficult situations – the ACT and ICE acronyms make it easy to remember.**

**It made me more conscious of things I should be doing or stop doing.**
**"If my child is angry at me I must be doing a good job”**

Information about the activities, strategies and skills covered during Term 1 in the ‘Building a Better School Yard’ Program will be included in the school newsletter over the coming weeks. This week’s newsletter contains the Foundation (Prep – Year 2) information.
Try using the strategies at home and let us know how you find them.
If you have any questions please ask.

Michelle Seel – Wellbeing Coordinator
Foundation, year 1 and 2 students began our Building A Better school yard program, by discussing emotions. It is very important that a child has a definition they can understand in order for emotions to have a powerful meaning. We started by looking at happy, sad, anger and hurt, surprised, scared and tired.

We have a lot of different feelings. Sometimes even in the same situation, like riding in an airplane, people can experience different feelings about that (excited, scared, etc)

In order to show individual expression of emotions the students worked with partners. Using a mirror, students demonstrated the different emotions and were asked to pay particular attention to what their face and eyes looked like with each emotion. What does your face say when you do that?

STOP THINK DO MODEL

Through practicing to stop, think and do over and over again in their social interactions, children develop self-discipline, self-control, self-esteem, self-confidence, maturity, respect, empathy, independence and responsibility. The motivation for using these skills in their real life is developed.

STOP look and listen first

- In the STOP lessons, students develop self-control, perceptual and communication skills, which help them to control their emotions and use their eyes and ears to clarify problems and feelings.

THINK about options and consequences

- The THINK lessons are designed to develop cognitive problem solving skills, and teaches students how to use their brains to find answers to their problems, and to evaluate likely consequences.

Choose the best option to DO


Possible scenarios you can go through with your child to practice Stop, Think, Do skills are:

- Your brother or sister is playing with your favourite toy and it get’s broken. What do you do?
- You and your friend find $5 on the playground at school. What do you do?
- You trip and fall outside at lunchtime, and now you have a big scrape across your knee and it hurts a lot. What can you do?
Can you draw a happy face on the girl? or a silly face on the boy?

or sad face? or a surprised face?

Colour in the Stop, Think, Do Traffic Lights

**STOP** – Don’t just react. Clarify the problem. Reflect their feelings.
“You feel.....because (problem)”

**THINK** – Consider the solutions. Evaluate consequences.
“What could you do?”

**DO** – Children choose the best solution. Encourage children to act on the best solutions. “Do it”