



Newsletter

Events

Week 6

Monday 2nd March
Swimming - Prep to
Yr 2

Week 7

Monday 9th March
Swimming - Prep to
Yr 2

CLASS OF THE YEAR 4HC *Week*

This term in Science, the Year 3 and 4 students are investigating chemical matters. We are learning that there are three states of matter, which are solids, liquids and gases. Students have been predicting, inquiring and observing the changing states of these matters. Last week, we investigated the changing matters of liquids that become solids, and back to liquids. What better way to do this than with ice-cream!

After looking at how ice cream is made, when it was invented and how we stored these types of food products before freezers were invented, it was time to make our own- without an ice cream churner in sight!

Below is an excerpt from the work samples of two 4HC students, that was completed as part of their lesson before the fun part of making and eating! Thank you Charlotte and Denver for sharing!

This week, in 4HC, we made delicious ice cream. Do you like ice-cream? Yes or no?
Our opinion was that this was the best ice cream ever. Some people thought it was too sweet but it depends on what your taste buds like. We suggest you try this experiment at home with an adult to help you, for the first time at least!

What you need:

- ¼ cup of milk
- A small pinch of sugar
- A drop of vanilla
- Ice
- A large clip top bag and a small clip top bag
- Gloves or a tea towel to protect your hands

How you make it:

1. Put ¼ cup of milk into the small clip top bag. Add a pinch of sugar and a drop of vanilla into the milk. Clip the bag together
2. Put ¼ cup of salt into the large clip top bag. Add two large grown up handfuls of ice into the large clip top bag, with the ice.
3. Put the small bag into the large bag. Seal it up.
4. Put on gloves or wrap your hands in the tea towel and shake for 5-10 minutes.
5. Eat your ice cream!



We love Science!



4994 8285



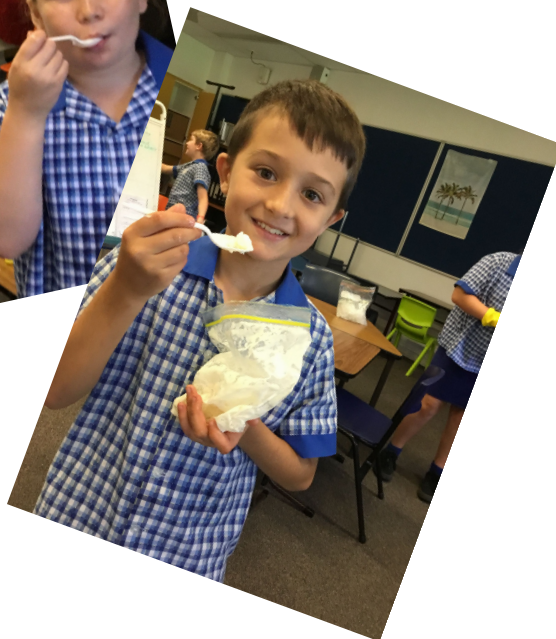
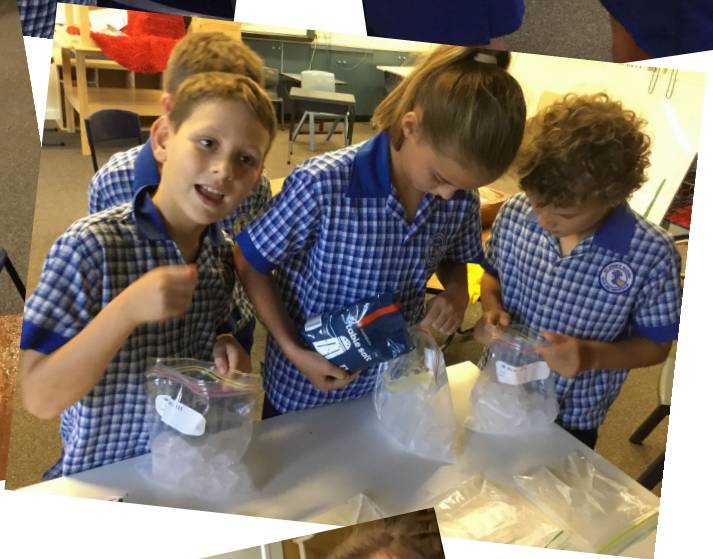
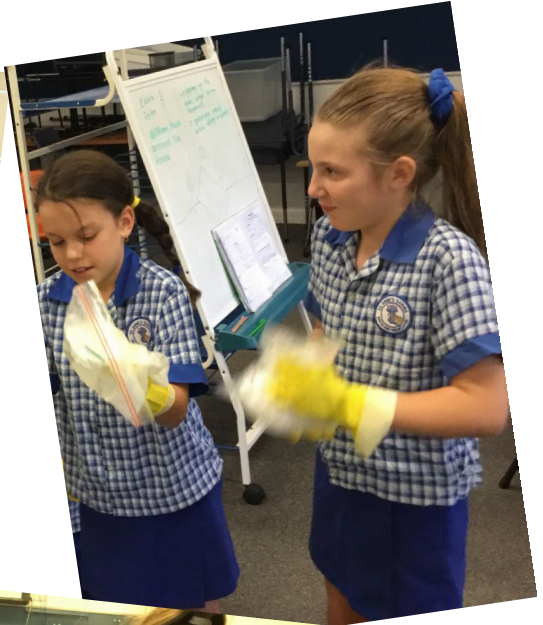
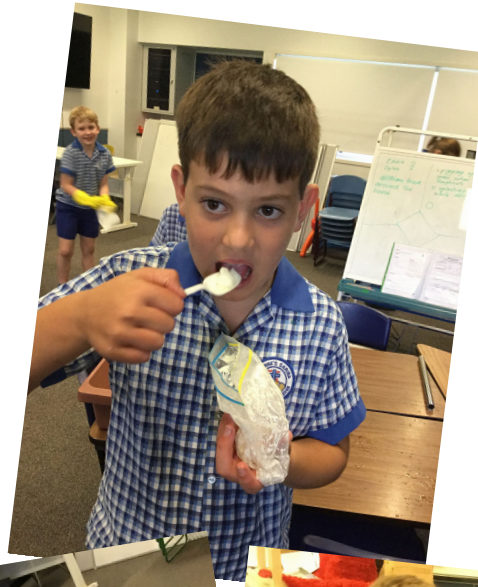
3 Range Rd,
Sarina, 4737



www.sasrok.catholic.edu.au

<https://313sas.rok.catholic.edu.au/parentlounge/>

4HC Ice Cream Parlour



FROM THE Principal



Quite often throughout the Bible, reference is made to the image of the shepherd:

“The Lord is my shepherd, there is nothing I shall want.” Ps 23
“I am the good shepherd ... I know my sheep, they know me.” John 10:14-15

There are certain similarities between the role of the shepherd and that of parent and teacher who are entrusted with the care of children. The demands placed on parents and teachers, because of the nature of the society in which we live make it imperative that we give serious consideration to the responsibilities of our roles. To tend his flock the shepherd needs to be strong, aware and caring; by his steady presence he gives a certain unity to the flock.

Perhaps this steady presence can be understood as **TIME** given to our children, we all know how much sacrifice is sometimes entailed for this to happen. To make ourselves available is a sure way that words cannot express. Our steady presence to children is a sense of great encouragement to them and can do much more than money or material wealth can ever hope to achieve.

In us are the values, attitudes, behaviours and dreams that we hold dear and would wish our children to have. There is no way children will be part of these, unless we are very present in their lives. There is no doubt that if we are not dedicated to instilling Christian values into our children, the void will soon be filled by the shallow values that are pumped out daily through many videos and television shows.

It takes time for a loving relationship to grow and deepen. It might even be said that the love that develops between parents and children develops and matures to the degree to which they can reach out to each other and discover each other as fellow human beings. Fellow human beings who have much to share and whose difference in age, talents, interests are much less important than their common humanity.

“Lord God, thank you for allowing me to share in Your creation through my parenthood. As we continue our Lenten journey, please enlighten me as to how I can share the Christian values of my life with my children. Amen.”

A B Cs Of Student Success

B is for BEDTIME.

Awwwww, Mom! Already? Sound familiar? On average, children need 8 to 10 hours of sleep each night. Sleep is important for many reasons. Lack of sleep can cause kids to be hypersensitive, impatient, or cranky. It is more difficult for children to concentrate and learn when they are tired. (Some doctors even believe that during sleep the brain "files away" what is learned during the day.) Encouraging quiet activities -- such as reading -- just prior to bedtime offers a transition that helps children relax. *Sweet dreams!*

©Copyright EducationWorld.com

Walk on footpaths.


Queensland Government
Queensland Transport

www.transport.qld.gov.au

HEALTHY EATING TIPS | Food Labels Explained

Label reading is an important skill that can help you choose “healthy” foods. Knowing what is in a food can help you make a healthy choice.

In general, a healthy food is one that is:

- Low in fat
- Low in sugar
- Low in salt (sodium)
- High in fibre

Sometimes it is difficult to select a food that has all of the above “healthy” characteristics. You may need to choose food that is best suited to your priorities.

How do I choose a healthy food?

The key things to look at are

- The ingredients list
- The nutrition information panel

The ingredients list:

Ingredients are listed on labels from greatest to smallest by weight. This means that the ingredient used in the largest amount appears first on the list and the one used in the smallest amount is last.

If fats or sugars appears early in the ingredients list, the product is likely to contain a large amount of it and would not be a healthy choice.

The Nutrition Information Panel:

Nutrition information panels provide information on how much energy (kilojoules or calories), protein, total fat, saturated fat, carbohydrate, sugars and sodium there is in a product as well as many other nutrient about which claim is made on the label.

The nutrition information panel may be useful when comparing products. For example, you can compare the amount of fat in one cheese with another or the amount of sugar in one breakfast cereal compared to another.

When comparing products:

- Look for the “per 100g” column (not the “per serve” column)
- Look for Fat, Sugars, Fibre, Sodium and Total Energy

As a general guide look for foods that contain:

- Less than 10g fat per 100g
- Less than 3g saturated fat per 100g or lowest possible
- Less than 10g sugar per 100g
- Less than 120 milligrams sodium per 100g
- 2-3 grams fibre per serve or the highest possible

Energy:

Some products may be reduced fat or even low fat, but still be very high in energy. Remember to look at the total energy column when comparing products as well as each individual nutrient.

When deciding if a product is a healthy choice or not, also consider the amount of the food you plan to eat eg a food that has 9g of fat per 100g of the food is not that all that “healthy” if you eat 200g per serve regularly. Or, a food with 10g of fat per 100g can be included in a “healthy” diet if you only have 5g of it.

General INFORMATION

NO HAT
NO PLAY



NOTES			
Date	To	Topic	Author
25/02	All Parents	Newsletter T1 W5	Admin
25/02	Selected Students	Mercy College ELD	Mr Frost
02/03	Yr. 3 & 5	Naplan Information	Mrs H



BIRTHDAYS			
02/03	Wyatt Dobie	03/03	Jasmine Cotter
05/03	Monica Zvirikuzhe	06/03	Mitchell Adams

Tuckshop Helpers

Day	Helpers (please contact office if you can fill a spot)
Thursday 5th March	Sonja Renehan, One More Needed
Friday 6th March	Cassie Walsh, Angela Squillari, One More needed
Thursday 12th March	Jill Cotter, One More Needed
Friday 13th March	Sandra-Ann Galea, Angela Squillari, One More Needed

STUDENTS OF THE *Week*



Congratulations to our Students of the Week | Katelyn Borg, Payton Hills, Rylan Buchanan, Taysha McDonald, Addison Whitaker, Brendan Bannan, Dustan Grech, Eddie Ross, Dylan Gill, Khai Triffett, Lilly Hazel, Ronan Miosge, Zach Grech, Jett Davis, Brianna Renehan, Aidan Carey, Jasmine Cotter, Clare Borg, Makinley Musson

FRONT OFFICE DISPLAY



Please drop in to have a look at the Prep front office display.

"Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself" - (Luke 10:27)



Making Jesus Real @ St Anne's

- Donate small items such as pencils, pens, school supplies, food, clothing to our giving box
- Donate money to the Mission Box located in the office
- Prepare a cooked meal to be frozen and passed on to individuals and families in our community
- Support our school recycling program by collecting cans, bottles, plastic lids

Our efforts go a long way to improving the lives of people in our school, local and wider community. Thank you for your ongoing support of this important work.



Student Protection Contacts



Mr John Ballinger-Oches
Principal



Mr Stuart Presley
APRE



Mrs Linda Holmes
APC



Mrs Dee Trannore
School Counsellor

PROJECT COMPASSION

GO FURTHER TOGETHER



Shirley, 36, is an indigenous Manide woman living in a remote province of the Philippines. She is a mother of four and the sole breadwinner of the family, as her husband is sick. But Shirley was struggling to support the whole family and keep her children in school.

Indigenous minorities in the Philippines face regular discrimination and disadvantage, limiting their access to education, employment and healthcare. But thanks to Caritas Australia's Supporters, Shirley's life has transformed. She is now leading her community to take a stand against discrimination, improve health and education, and pave the way for a better future.

Unequal access to health services means that many indigenous children and families cannot access basic medical care. Preventable diseases, such as tuberculosis, dengue fever and measles are common among their community, and there is a high maternal and new-born mortality rate.

With Caritas Australia's support, Shirley trained to become an indigenous health worker and a leader in her community. She has learnt to supplement her income so she is able to feed her family. The program has also helped Shirley's children with school fees, uniforms and supplies.

Shirley says there's still a long way to go to fight for better employment opportunities for the Manide tribe and to reduce discrimination, but together they'll get there.

Your support is life saving for people experiencing poverty and oppression. Please help more people like Shirley gain confidence and respect within their community and help improve the conditions of indigenous people's around the world. Let's Go Further, Together.



Our MJR focus for this week focuses on the theme of 'Be a Giver'.

There are so many opportunities each day to give to others. It is important to not confuse being a giver with giving a gift. Being a giver need not cost anything at all - except for your time.

Giving a smile, lending a hand, having a conversation with someone are small ways in which we can give humbly and generously to others. Giving connects us to others and helps us to build stronger communities.

It is said that it is better to give than it is to receive and this is because to give is good for the soul. Giving enables us to receive because every good thing comes from God.

Look for the opportunities to be a giver today!



Sunday's Gospel Reflection
Matthew 4:1-11
Jesus is tempted by the devil in the desert

SCRIPTURAL
CONTEXT

Trusting God

The testing and temptation of Jesus echoes the plight of the people of Israel as they wandered in the desert for forty years. They relied on God to provide them with food and protection and ultimately lead them into the land that was promised to them. They had to trust that God would deliver these things in God's own time and way. Jesus is tempted to ignore God's time and ways by seizing for himself food, protection and ownership of the land. The temptations of Jesus and the people of Israel are all about trusting God.

HISTORICAL
CONTEXT

Sin

The Greek word translated as 'sin' in the New Testament literally means 'miss the mark'. Its origin may lie in archery where the object was always to hit the mark; to miss the mark was to not achieve at one's best. Jesus set about trying to redefine the Jewish notion of sin from being a transgression against God that deserves punishment to the more compassionate idea that sin is a wandering off course that can be rectified – a missing of the mark. When he encountered someone who was missing the mark, Jesus called them back into right relationship.

Lent is a season of invitation. It is an invitation to step into the desert with Jesus; to confront our own purpose and ministry and to renew our trust in God's vision for the world and for us individually. Seen in this light, Lent is so much more than fasting from meat and giving up ice cream for a few weeks.

The whole idea of fasting and sacrifice is an attempt to simplify our lives. Through simplifying our life and removing some of the daily distractions, we can share in the desert experience of Jesus and then truly celebrate the hope reborn in the Easter season.





Creative and simple things to make the best of Lent



Quit taking
selfies (More
God, less me)



Delete one app
from your phone
that distracts you



If you buy a snack,
get one for
someone else



Fast from water
(In the shower)



Use words to
express how you feel
instead of emojis



Take out the trash
without being asked

ACROSS THE Curriculum



NAPLAN 2020

NAPLAN tests are a routine part of the school calendar for our Year 3 and Year 5 students. This year, day one of NAPLAN testing begins on the 12th May and concludes on 22nd May, 2020. Whilst the writing test is to be sat on a particular day, the remaining assessments are scheduled across a window of time.

A compulsory, nationwide practice test is part of the routines of NAPLAN administration. The St Anne's practice test has been scheduled for 23rd March, 2020. This practice test is simply to check the school's internet capacity, and student data is not collected at this time.

While participation by all Saint Anne's students in Year 3 and Year 5 is expected, there are some instances where students may be withdrawn from one or more of the NAPLAN tests. This is a matter for consideration by individual parents and carers. Withdrawals are intended to address issues such as philosophical objections to testing.

Should you wish to withdraw your child from the NAPLAN testing process, the principal, prior to the testing period, must receive a formal application. This paperwork is available from the front office if withdrawal is being considered for your child/ren. It is possible for students to sit the practice test, but be withdrawn from the official testing process.

National Day of Action Against Bullying, 2020

**National Day
of Action against
Bullying and Violence**

**TAKE A STAND
TOGETHER**

Friday 20 March 2020
www.bullyingnoway.gov.au



If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

St Anne's proudly supports the annual National Day Against Bullying campaign, taking a stand with the nation against bullying in schools. Details of how we are marking this day will be in a newsletter over the coming weeks!

Sports News

Mrs Place



St Anne's Netball Team | Sign on for the netball season will be starting soon, Netball is played on Thursday at either 4pm or 5pm.

Cost is \$200 per player and season runs till September. Net set go \$120 per player and runs for 10 weeks.

Training day TBC. IF you would like more information to play please contact Justeen McDonald 0418474560

8 players are needed to enter a ST ANNES team.

Finance NEWS

Term One Fees | Term 1 Fees are now overdue. If you have not already paid in full or have a payment plan in place, please urgently see Mrs Barnard in the office Monday to Thursday 9:30am to 3:30pm.


Concession Cards | If you have an income tested Pension or Concession card you may be eligible for a discount on your school fees. Please bring your current card in to Helen Barnard if you think you may be eligible.

STUDENT LEADERSHIP | Leadership is a quality that all students at St Anne's Catholic Primary School are encouraged and supported to develop. These experiences ensure that students perceive themselves as leaders and have the opportunity and confidence to take on leadership roles and find their voice.

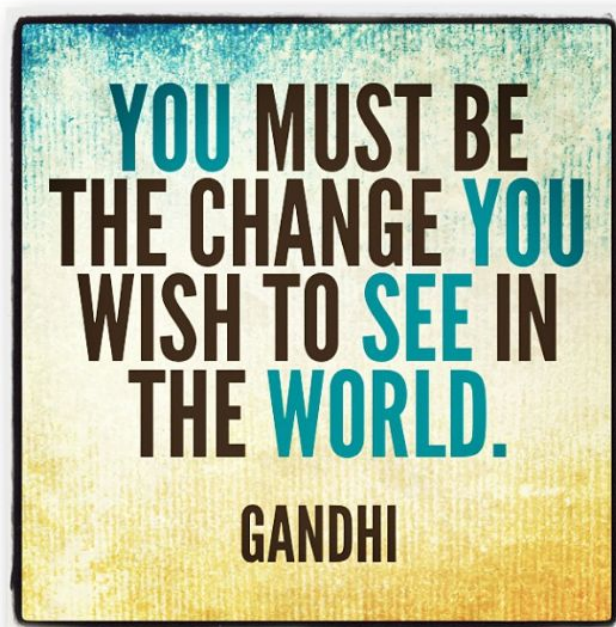


Newsletter Report	Welcomers	Assembly Leaders	Assembly Report
Week 6 - Wyatt	Tobias, Aidan, Axl	Poppy, Wyatt	Charlise
Week 7- Charlise	Thomas, Tyler, Zoey	Aidan, Tobias	Jack

NEWSLETTER REPORT BY Wyatt | A message from our school captain. I hope term one is going great for you all. Just a quick note to say I have recently noticed that before school starts, students on the grid area are not abiding by the hands-off rule. This is against the school policy, please keep this in mind when you are dropped off.

Again this week, students have been playing in and around the toilet blocks. We have designated playgrounds within the school and toilets are not in it! THIS NEEDS TO 

On a good note I have noticed students in the playground interacting well. Have a great week and learn lots.



General NEWS



We would like to extend an invitation for your son to attend our 2020 Discovery Day so that he may experience a day in the life of a St Brendan's College student.

The day will encompass activities in:

Science

Visual Arts

Manual Arts

PE



Throughout the day he will be accompanied by staff and Year 11 students. He is to wear his normal school uniform and bring a water bottle. All other requirements will be provided by the College, including morning tea and lunch. Please tell him to leave his school bag at home for the day.

Transport for students attending primary schools on the Capricorn Coast will be provided by St Brendan's College. Students will be collected from their schools and returned in time to be picked up or to catch their normal buses. Students may choose to make their own way to the College and we ask that they be at the Chapel & Performing Arts Centre before 9.00am.

A School Tour is offered for all interested parents at 9.30am and a Boarding Tour at 2.30pm.

R.S.V.P. 5th March 2020 for catering purposes is essential. Also a completed consent form must be returned.

If you have any further enquiries, please do not hesitate to contact Enrolments Officer Kylie Hedges on 49399485 or by email hedgesk@sbc.qld.edu.au



Community NEWS

WOMEN'S TEAM SUNS

FREE ENTRY

SUNS V CATS

FRI 6 MAR

GREAT BARRIER REEF ARENA

MINI EAT STREET

AFL ACTIVITIES & ACTIVATIONS

kick 2 kick
AFL

MACCAS KICK 2 KICK POST-GAME

SUMMO

MARKET VILLAGE

MARKET BRIDGE

Getfith UNIVERSITY

H HARBOUR TOWN
HARBOUR TOWN

AFLW © MAJOR PARTNERS

OFFICIAL PARTNERS



Sarina Beach Fun Run 19 April 2020

Enjoy beach views and fresh sea air at our annual CRUISIN' THE COAST Fun Run. Bring your friends, your workmates, your family, sunscreen, sandals, and join in with a walk or run along Sarina's beautiful beaches.

REGISTER TODAY

- Beach Run 3KM
- Beach Run 5KM
- Beach Run 10KM
- Team Challenge Run 5KM
- Community Walk 5KM

Meet at: Sarina Surf Life Saving Club, Sarina Beach
Entry:

- \$25 Adult (16yrs & over) – 3KM | 5KM | 10KM walk/run
 - \$15 Child (15yrs & under) – 3KM | 5KM | 10KM walk/run
 - \$80 Family (5: 2 adults & 3 children or 1 adult & 4 children) – 3KM | 5KM | 10KM walk/run
 - \$100 5km Team Challenge – up to 5 people per entry fee
- Optional: add a commemorative event singlet, polo or fishing shirt!

Registrations Close:

Early bird Friday 14 February 2020
Final registrations Saturday 18 April 2020 (12 noon)

Event Start: 7AM

REGISTER AT: WWW.SARINAFUNRUN.COM.AU

Follow **SARINA SURF LIFE SAVING CLUB** on Facebook for Event Updates

POWERED BY:

Sarina Community Bank®
Branch

Bendigo Bank

HOSTED BY:



Trivia Night at Sarina Surf Life Saving Club

Come down to Sarina Beach on Friday 13th of March, to support the state team heading to Alexandra Headland.

Doors open at 6pm.

\$15 per head.

Six to a table.

Lucky door prizes and lots of raffles.

Drinks and food available

Bar Open



Contact Information

Kristeen Tyson 0413 594 029

Email: kristeentyson@hotmail.com



PLAY AFL

SIGN-ON DAY
SUNDAY 08 MARCH 2020
9am-12 noon



Etwell Park
Pattinsons Lane
Bakers Creek

FACEBOOK | [BakersCreek.TigersAFL](#)
INSTAGRAM | [BakersCreekTigers](#)
EMAIL | bakerscreektigers@live.com.au
TELEPHONE | 0447 059 900

Photo by Phil Nashem

We love it!



ALL AGES

Superstars, U8, U10, U12 ½, U14 ½,
U17 ½ through to Senior Men,
Reserve Grade & Women's.



2020 Age Group Allocations

Kids Competitions

- * Fastest Hands * Longest Kick * Fastest Kid
 - * The Junior winner of our Instagram competition
- "We pay your rego" announced**

Can't Make it on the Day?

To Register or find out more

Call 0447 059 900

or email bakerscreektigers@live.com.au

AFL Mackay

AGE GROUP	DATE RANGE
Under 8.5	1st July 2011 to 31st December 2013
Under 10.5	1st July 2009 to 30th June 2011
Under 12.5	1st July 2007 to 30th June 2009
Under 14.5	1st July 2005 to 30th June 2007
Under 17.5	1st July 2002 to 30th June 2005