



St Martin's Davidson

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4th April 2018
No. 10

NEWSLETTER

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Dear Parents,

Happy Easter! After 40 days of lent we now enter into 50 days of Easter in the church liturgical calendar. This time between Easter and Pentecost is a special and joyful time in the church. During this time we are called to be "Easter People" who celebrate the resurrection of Jesus and our fresh start.

As the believers gave testimony to the resurrection of Jesus, "great grace was upon them all" (Acts 4:33).

Working Bee

This Sunday, 8 April, we will have our first grounds working bee for the year. We hope to achieve quite a few jobs to tidy up the school during the morning, starting after the 8:30 am Mass (i.e., 9:30 am – 12:00 noon). This short working bee will have something to cater for everyone's talents - line marking the handball courts, pruning the shrubs, carrying the branches to the bin, tidying up the gardening store room, oiling the picnic tables and weeding. All materials will be supplied but if you have your own equipment (e.g., your favourite leaf blower, hedge trimmer, gardening gloves) then please bring them.

Athletics Carnival

Unfortunately the Narrabeen Athletics Centre is still under renovation. They are still completing refurbishment of the running track.

We now have a new date and venue for our school Athletics Carnival – now at Bannockburn Oval on Tuesday 1 May, which is the first Tuesday in term 2.

Thank you to all families for your patience with these changes and I hope with this forward notice that you will be able to join us on our new date for the Athletics Carnival.

Easter Blessings,

Helen Leigh
Principal

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CURRICULUM NEWS

On Monday next week, K-6 will be having a Sustainability incursion provided by Northern Beaches Council during class time.

Waste Free Wednesday: A huge thank you to all the families who are trying so hard to be waste-free each Wednesday. Each class is reducing the amount of plastic they bring in each week.

Congratulations to the students of Year 4! They achieved a score of 0.33 per person.

Please try to pack food for recess and lunches without using soft plastic every day, but especially on Wednesday.

Marley, Natasha, Xavier and Chris from the Environment Ministry

Christopher Biefeld
Assistant Principal

CONGRATULATIONS

Congratulations to Janice and the Catholic care OSHC team, who recently passed their audit.

SCHOOL ZONES

A reminder to all our parents ahead of the Term 1 break that school zones remain in place for the safety of our children and families.

School zones operate on all gazetted schools days, which are all days the school is open, even pupil free days.

SCHOOL PHOTOGRAPHS Wednesday 2nd May – Winter Uniform

Photo envelopes have been sent home, please return these as soon as possible please, to the Office.

If you have ordered on-line, you do not need to return an envelope (as stated on the envelope).

If you require a sibling order envelope, please collect one from the Office or at Pick Up (in the leaflet holders).

If you need winter uniform for school photo day (first week of term 2) please order from Pickles now!

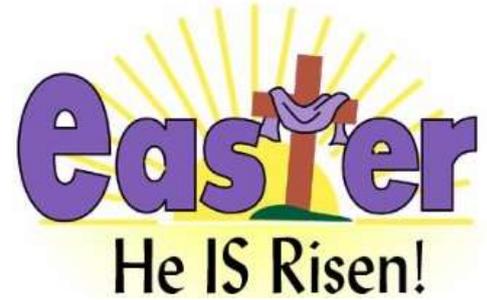
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Four Ways to Help Children Understand Easter, the Feast of Feasts

Easter is central to Christian faith. We are, as St. Augustine pointed out, an Easter people. How do we help children identify themselves as Easter people and claim *Alleluia!* as their song?

First, make sure they know the story of Easter. Easter is the “Feast of feasts,” the moment when the Kingdom of God enters into our time (*Catechism of the Catholic Church*, 1168–1169). Jesus’ Death on the Cross and his Resurrection after three days shows us that death is not the end of our story. Use the Gospel accounts of the Resurrection, or clips from age-appropriate movies (for older students), to share the details of this historical event, which was evidenced by the empty tomb and the Disciples’ encounter with the risen Christ.



Second, help children to know how Easter shapes the Church and Catholic life. Share with children the customs surrounding Easter. Explain that the 50 days between Easter and Pentecost is a special and joyful time. Churches are adorned with banners and flowers, the paschal candle burns brightly, we sing joyful music, and we hear readings at Mass from the Acts of the Apostles. Explain how every Sunday is a “little Easter.” At Mass, we experience the Risen Christ in the Liturgy of the Word and the Liturgy of the Eucharist. We watch as the Body is broken and the Blood is poured for us just as it was on the Cross. We then receive the living Christ in the Eucharist.

Third, connect Easter to our home life. Have a special family candle that can be lit at every meal during the Easter season. Show how common ways of celebrating Easter—wearing a special Easter outfit, colouring Easter eggs, and enjoying a special family meal—reflect the meaning of the Feast of feasts. New clothes help us remember our baptismal garments, coloured eggs represent the end of Lent and beginning of new life, and a special Easter meal symbolizes both great celebration and the banquet in heaven.

Finally, help children know where they fit into the Easter story. Jesus showed us that by surrendering to God’s will, new life can come from suffering and death. Use stories from real life to explain that each of us encounters times when people, things, or circumstances we care about may die or are lost. Christian hope, born of Jesus’ Paschal Mystery, means that if we focus on Jesus Christ and offer our suffering to God, we will change, grow, and rise up to new ways of living as God intends.

How do you help your children understand that they are Easter people? How will you help them claim *Alleluia!* as their song?

Adapted from: <https://catechistsjourney.loyolapress.com/2016/03/four-ways-to-help-children-understand-easter/>

Project Compassion

Please give generously to Project Compassion. Every cent will help to create ‘A Just Future’ and work towards eradicating poverty. Take a look at these staggering statistics...

- Nearly 1/2 of the world’s population — more than 3 billion people are living in poverty
- 1 billion children worldwide are living in poverty.
- According to UNICEF, 22,000 children die each day due to poverty. That is the seating capacity of Brookvale Oval!

Please visit the Caritas / Project Compassion website to learn more about how our donations can help create ‘A Just Future’. <http://www.caritas.org.au/projectcompassion>

It is time to return your Project Compassion Boxes with your donations. Please drop them at the School Office by Friday 13th April (Last Day of Term 1)

Mrs Kate Adamo
Religious Education Coordinator

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POSITIVE BEHAVIOUR FOR LEARNING



As a continuation from last week we can take a look at ways to assist children with their behaviours.

Kidsmatter have some great articles and tips for all of us to assist children with behaviours.

Strategies for decreasing undesired behaviours

Children can behave in undesired ways for many reasons. They may not have learned what the appropriate behaviour is, they may not have learned how to manage feelings such as frustration or anger, or they may feel confused or insecure in an unfamiliar situation. Parents and carers may unintentionally contribute to the pattern of undesired behaviours by giving children attention when they occur. The most effective way to reduce undesired behaviour is to help your child learn an appropriate behaviour to replace it with. Teach children what it is you want them to do and provide them with rewards and positive attention for doing it. Shift your focus to the positive behaviour and avoid giving attention to the undesired behaviour. If necessary, apply logical consequences when undesired behaviour occurs. Maintain your calm when following through with consequences to ensure the child understands your intention.

Quiet time

When undesired behaviour is serious or repeated, you may find it helpful to remove the child from the situation for a period to calm down. In addition to making it clear to children when their behaviour is unsafe or not appropriate, this helps to teach them how to manage emotions that may be running high. To use quiet time effectively it is necessary to have a designated space where children can sit quietly, without distractions, for a brief period.

It is best to take firm charge in this situation. Calmly describe the undesired behaviour and the consequence, for example: "You hit your brother. You need to go to quiet time." It is important not to get into a debate or argument but to follow through directly. When children go to quiet time, let them know that they can come back after they have been quiet for a specified time – usually one or two minutes for younger children or up to five minutes for older children. After the time is up, let them go back to the activity and follow up with praise for appropriate behaviour as soon as possible.

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Some children behave in ways that are persistently defiant and aggressive. When this pattern occurs often and is more extreme than for other children their age, they may need help for a serious behaviour problem.

Keys to promoting positive behaviours

Prevention is better than cure

Make sure your expectations are clear and well matched to the child's age and capacity. Keep the emphasis positive, try to catch them being good (link to "Catch them being good") and be sure to show you appreciate when children do what you ask.

Be firm but fair

Making rules and setting limits (link to "Making rules and setting limits") helps children understand what is expected of them. Set reasonable and enforceable limits and follow through consistently. Being consistent is easier when you focus on the things you think are most important.

Keep cool

Avoid getting into power struggles that inflame emotions. Recognise your own triggers and use strategies for cooling down, such as walking away and discussing the issue later when you are calm. 'Time out' for parents and carers, when you take time to relax, can be a very important strategy for managing your responses to cope with and build positive family relationships and discipline issues.

Teach rather than punish

When promoting positive behaviour it is important to teach the behaviour you would like to see rather than punish the child. Punishment focuses on showing the child what not to do rather than helping him or her learn what to do. The emphasis is often solely on the problem rather than on supporting the child to find more effective and appropriate behaviours. When punishment is blaming or hostile it can cause resentment and damage relationships.

More information can be found at <https://www.kidsmatter.edu.au/>

Have a lovely week.

Mrs Susanne Bragge
Wellbeing Leader

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Entertainment Book

Support St Martin's Primary School and you'll be rewarded!

We are raising funds for our fundraising and you can help. Order the NEW 2018 | 2019 Entertainment Book or Entertainment Digital Membership and you will receive hundreds of valuable offers for everything you love to do, and you will also be supporting our fundraising. PLUS, order now to receive **over \$165** of bonus Early Bird Offers (hurry, these sell out quickly).

[CLICK HERE.](#)

St Martin's Order Page: <http://www.entbook.com.au/9n28263>

INVITATION TO ROBO BRICKS PRESENTATION 10th APRIL 3.45pm

The Robo Bricks class (years 4-6) have been working hard on a presentation reflecting this term's learnings and would like to present this to any parents and teachers who might be interested to attend. The presentation will take place on Tuesday 10 April 2018. Any parents who think their children might like to join next term are also warmly invited to come along.

The class starts at 3:15pm and presentations should start around 3:45pm.

Term 2 flyers are attached at the end of this newsletter.

BIRTHDAYS

The following children have their birthdays in the coming week:

April	6	Grace I	Year 6
	8	Amelia G	Year 6



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ASSEMBLY AWARDS 2.40PM THURSDAY 5TH APRIL

Amelia H
Ben C
Ben R
Chloe F
Emilie H
Eva Y
Hayden M
Jack A
Jeremy L

Joseph B
Joshua B
Kalan M
Kiah P-P
Liam M
Marcus C
Mylo S
Olivia H
Rose H

Sam K
Sam McG
Siena D
Sophia C
Sophie H
Xavier C
Xavier W

LEARN TO PLAY GUITAR

Hi all! My name is Mitch McDonough and I am a local musician and guitar teacher in the area. I have recently started here at St Martin's and wanted to extend an invitation of my services to you all as parents!

I studied at the Australian Institute of Music for 3 years, earned my bachelor degree in music and you'll find me most weekends playing somewhere in Sydney. I live in Davidson and love to teach guitar and open the doorway for people to learn and grow through the context of a musical instrument.

I focus my lessons on fun and easy to learn principles and songs. We also use the Rockschool Curriculum which gives the students the opportunity to work towards doing an examination with a Rockschool marker and progress through grades.

I am doing 30 min lessons at the school on Tuesdays. If this is something you're interested in I would love to hear from you. It is not required to be in the band program to learn guitar or bass guitar with me, however you will need your own instrument.

Trial lessons on offer – give me a call to discuss!

Mitch 0450554149

mitchmcdonough1@gmail.com



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Diary Dates

April	4	2.40pm Easter Liturgy (K-6) Basketball K-6
	5	9.15am Mass (Year 2) 2.40pm Assembly
	6	ISDA Debating (Stella) 3.15-4.30pm Stay & Play
	9	K-6 Sustainability Incursion Lunch: Jazz Band
	10	All Bands on Soccer Gala Day (Years 3 & 4) Robotics presentation afternoon – all welcome (Library)
	11	CBA Start Smart (Years 1-6) Basketball K-6
	12	9.15am Mass (K/1) 2pm Reconciliation (Yrs 3 & 4) Soccer Gala Day (Years 5 & 6)
	13	Last Day of Term 1 Last day to hand in Coles vouchers please
	30	Monday 30th April – School Returns – No Pupil Free Day Bookings open on QKR for Mothers' Day Brekfast



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- Open 8.30am to 4.00pm Monday to Friday

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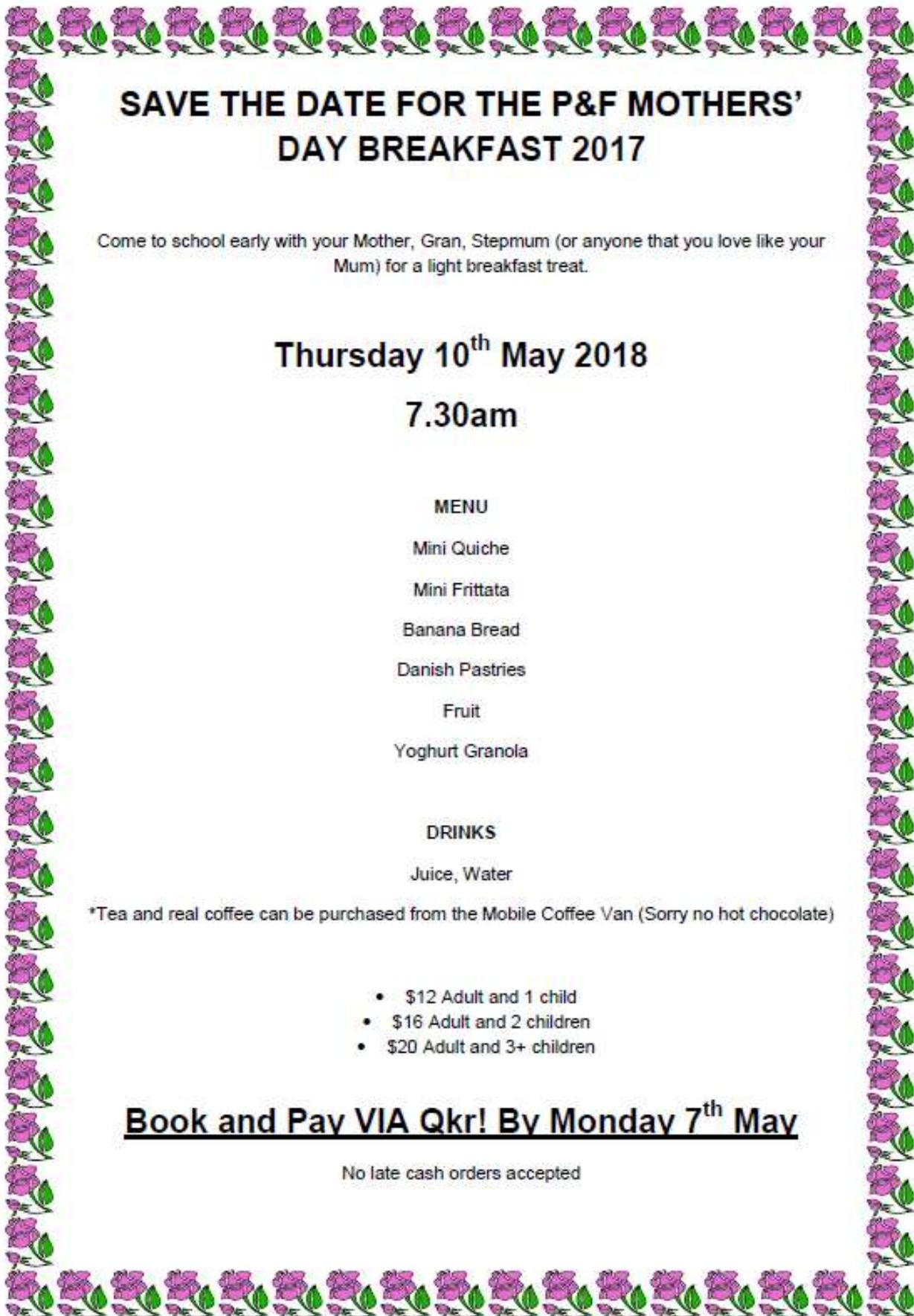
2 Morgan Road
Belrose NSW 2085
9452 2510
forestps@uniting.org
uniting.org/earlylearning



Uniting

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SAVE THE DATE FOR THE P&F MOTHERS' DAY BREAKFAST 2017

Come to school early with your Mother, Gran, Stepnum (or anyone that you love like your Mum) for a light breakfast treat.

Thursday 10th May 2018

7.30am

MENU

Mini Quiche

Mini Frittata

Banana Bread

Danish Pastries

Fruit

Yoghurt Granola

DRINKS

Juice, Water

*Tea and real coffee can be purchased from the Mobile Coffee Van (Sorry no hot chocolate)

- \$12 Adult and 1 child
- \$16 Adult and 2 children
- \$20 Adult and 3+ children

Book and Pay VIA Qkr! By Monday 7th May

No late cash orders accepted

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The simplest way

...to make rainbow and chickpea salad.

Ingredients

- 4 tbsp of reduced-fat Greek yoghurt
- 1 tbsp honey
- 1 tbsp lemon juice
- ¼ tsp ground cumin
- Freshly cracked pepper to taste
- 1 400g can chickpeas, drained & rinsed
- 1 large beetroot, peeled & grated
- 2 large carrots, peeled & grated
- ½ small green or red cabbage, finely sliced
- 1 bunch kale washed, stem removed & leaves torn



Method

In a small bowl whisk yoghurt, honey, lemon juice, cumin and a pinch of salt. Add pepper to taste.
In a large salad bowl toss all the chickpeas and vegetables together. Drizzle with the yoghurt dressing.

Tip: This is the perfect accompaniment to a grilled lamb or chicken kebab marinated with lemon and garlic. Try wrapping everything in a wrap with a little hummus and crumbled feta.

Visit healthylunchbox.com.au for recipes & information you can trust.

www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

A TICKET TO EXPLORE THE INNOVATIVE WORLD OF ROBOTICS!



ROBOTICS & STEM for years 4-6
at St Martin's – Davidson
on Tuesdays from 3:15-4:30pm
Enrolling **now for Term 2, 2018**

nssydney.young-engineers.com.au/enrolment/



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e : northshore.info@young-engineers.com.au

f : [Young Engineers North Shore Sydney](#)

w: www.nssydney.young-engineers.com.au

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