From our Principal

Yesterday, we celebrated Shrove Tuesday, the last day of ordinary time of the church calendar, before we enter the liturgical season of Lent, which commences today on Ash Wednesday. For Shrove Tuesday, many classes made pancakes, which is a tradition that is centuries old, originating in Europe. As the day before Lent, Shrove Tuesday is the perfect time to get rid of any last minute indulgences – and use up any fatty foods. In the USA it’s known as Mardi Gras, which is French for ‘Fat Tuesday’. On this day, people traditionally fill themselves with fatty foods before the abstinence of Lent begins.

The word Lent comes from a word meaning “springtime.” It’s a time of new beginnings that come from giving ourselves to God and to one another, and helps us grow into the fullness of life. Once again, another northern hemispheric influence!

Today, we have the opportunity to have ashes placed on our foreheads. This is an external, symbolic act. Throughout Lent, we are called to change internally and find a change in heart. We are often challenged to give something up in Lent. How about these for us all to consider?

- Give up complaining - focus on gratitude.
- Give up pessimism - become an optimist.
- Give up harsh judgments - think kindly thoughts.
Give up worry - trust in the Lord.
Give up discouragement - be full of hope.
Give up bitterness - turn to forgiveness.
Give up hatred - return good for evil.
Give up negativism - be positive.
Give up anger - be more patient.
Give up pettiness - become mature.
Give up gloom - enjoy the beauty that is all around you.
Give up jealousy - pray for confidence.
Give up gossiping - control your tongue.
Give up sin - turn to virtue.
Give up giving up - hang in there!

Author Unknown

Junior Netball Roster
The Circular Head Netball Association are currently taking names for this seasons Grade Six, Seven and Eight junior netball roster starting Tuesday 21st March. If any Grade Six students are interested please contact Amy on 0409138658 by the 13th March.

Pupil Free Day 2017
The Catholic Education Office allocates one Pupil Free Day during the school year for staff professional learning. The North West have been allocated Friday 7th July as our Pupil Free Day. We appreciate that this may impact on childcare for families so we wanted to provide this advanced notice. Friday the 7th July is the final day of Term Two.

Goal Setting Evening
Thank you to all staff, students and their families for participating in our Goal Setting Evening last night. The power of the partnership we have between home and school cannot be underestimated.

Assembly this Week
Our first full Assembly for the year will be held tomorrow afternoon at 1:45pm in the Octagon space. All are invited to attend.
After School Art Tutoring and Lessons
There is an exciting opportunity for creative students who would like to experience after school art tutoring/lessons. These lessons will be run by our former Art teacher Ms Fran Joyce. If you are interested or have any questions please call 0458 594 943.

School Photo Day
Next Thursday is our annual school photo day. All photo forms need to be handed in to the office before next Thursday. If you would like a family photo form, they are available from the office. A reminder for all students to be in their full Summer Uniform for the day.

Emergency Practice
Within the next eight weeks we will hold an unannounced emergency practice with staff & students, to test our response to a potential scenario that staff identify a threat warranting the school go into lockdown (opposite to evacuation). Like for fire evacuation drills, we recognised the worth to test this process. We have plans in place to make this practice as least disruptive as able. If you have queries you are welcome to call our Safety Officer, Simon Natoli on 0400 105 476.

Auskick
Auskick is about to start again for 2017. It is open for boys and girls from age four to twelve. The first session is on March 10th with a sausage sizzle afterwards. The program will run for a total of 17 weeks although there will be two weeks where the program will not run due to Good Friday and Agfest. All registrations are to be online at aflauskick.com.au. Upfront cost is $70 and you will be reimbursed $20. There will be an opportunity for those who are unable to register online at the ground on March 10th.
If any parents/guardians are available to help with coaching or helping out on Friday nights please contact Craig Perry, Smithton’s Auskick Coordinator, on 0407 817 475.
Playground Development Parent Information Session
This Monday 6th March, Miriam from a company called Play Street, will be coming to our school to present an information session regarding our playground development. Miriam is an environmental architect and will be helping with the design of the new playgrounds. While here Miriam will be running three sessions throughout the day, the first being a session for students which will run from 1:30 - 2:30pm. The parent session will run from 2:15 - 3:00pm and a staff session will follow. The parent session will be held in the Octagon.

Parents and Friends
Our first meeting for 2017 will be held on Wednesday March 22nd at 1:30pm. This will be an opportunity to elect office bearers for this group. Please remember that monthly meetings are alternated between evenings and afternoons to allow more members of our community to attend. If you are interested in playing an active role in this group, please contact gregg.sharman@catholic.tas.edu.au for more information, or see a staff member at school.

Swimming Carnival
On Wednesday 15th March we are holding our school Swimming Carnival for students in Grades 3-6. This is part of our Physical Education Program and also assists us to select students to compete at the North West Swimming Carnival on the 30th March. Students will travel to and from the Burnie Pool by bus. The program will run from 10:30am - 1:30pm in the indoor pool.

Please refer to the letter that was sent home today for further information.

After school Mathletics
Mathletics will commence once again tomorrow afternoon. The session will run from 3:00 - 4:00pm. If any new students would like to start Mathletics please see the office.

This Weeks Questions
Luke has two ten dollar notes. His younger sister Lisa has a five dollar note. They combine their money to buy a gift for their father that cost $22. How much change do they receive?

Lee and Jamie have decided to buy their father a card for Father’s Day. The card is going to cost $5.95 Lee puts in 35c more than Jamie. How much does each student contribute to the card?

The answers will be in next fortights issue!
Class Captains and School Leaders

Congratulations to all of our School Leaders and Class Captains that were announced in a brief Assembly last Friday Morning.

Class Captains for the first two terms are:
Prep - Reef Poke and Tayla Ollington
Grade One - Charli Moodie and Jye Cobbing
Grade Two - Libby Buckby and Alex Liang
Grade Three - Brennan Wells and Taya Radford
4/5 VK - Deah Grey and Nathan Turner
4/5 JM - Mason Howard and Tayah Flint

House Captains:
Gibson - Ella Charles and Jack Kay
Hanlon - Willem Dwyer and Rove Lockett
Marian - Mataya Grey and Marty Sheehan

School Captains:
Kaylah Bishop
Leahna McLaren
Leah Odgers
Cody Williams
What’s been happening around our school - Primary

Football Super Clinic
On Tuesday 27th, forty students in Grades Four, Five, and Six took part in a AFL Football Clinic that was held at the Smithton Recreation ground. Students had the opportunity to participate in an hour long session where students developed football skills such as kicking, dodging, bouncing and tackling, which was run by the North Melbourne Football Club. Students were then given the opportunity to engage with the players gaining autographs and asking the players questions.
Pastoral Care and Wellbeing

Our garden is flourishing at the moment with fresh home grown produce. Perfect opportunity to educate and nourish our students. Eating healthy fruit and vegetables can lessen the impact of sensitivity that some children have to additives and preservatives. The food we feed our children can impact behaviour, learning, concentration, hyperactivity, growth and development.

“If you think food maybe affecting your child’s behaviour, then it probably is. If you think you don’t have time to cook from scratch, then ask yourself, how much time am I spending each week arguing and dealing with poor behaviour.

Spend some time on the weekend to plan and do basic preparation, and your week will run more smoothly. You will notice changes in how your household runs, how your children behave. This is true convenience.”

St. Peter Chanel will be taking part in the ‘Looking after ME’ program which is developed by the Hawthorn Football Club for primary school students. It aims to address current issues relating to nutrition and physical activity in a meaningful way that promotes long-lasting behavioural change.


Wellbeing influences learning and learning contributes to wellbeing.
BANANA MUFFINS (MAKES 12)

What you will need:

• Oven
• 12-hole muffin tray
• 2 mixing bowls
• Measuring cups and spoons
• Sifter
• Wooden spoon
• Wire rack
• Muffin cases

Ingredients:

• 4 ripe bananas, mashed
• 2 tbsp butter
• 1 egg, lightly beaten
• 2 tbsp milk
• Oil spray (if not using muffin cases)
• 1 cup wholemeal self-raising flour
• 1 cup white self-raising flour
• ½ cup brown sugar
• Pinch of salt

Method:

• Preheat oven to 180ºC.
• Lightly spray one 12-hole muffin tray with oil or place muffin cases in tray and set aside.
• Combine the bananas, butter, egg and milk in a bowl.
• In a separate bowl, add the sifted flours, sugar and salt.
• Combine wet and dry ingredients and fold gently with wooden spoon.
• Spoon even amounts into muffin tray and bake for 16 minutes.
• Leave on a wire rack cool.
FIVE HEALTHY LUNCHBOXES

Images from www.movewelleatwell.tas.gov.au
### Calendar of Events - February/March

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>Goal setting evening</td>
</tr>
<tr>
<td>28</td>
<td>Ash Wednesday</td>
</tr>
</tbody>
</table>
| 1    | Call for board nominations  
       | Assembly @ 1:45 pm |
| 2    | PLaCE - Grade Six small group  
       | World Day of Peace |
| 3    | Fire Education Week  
       | Miriam from Playstreet |
| 6    | School Photo Day |
| 7    | PLaCE - whole class Grade Six |
| 8    | Swimming Carnival Grade 3-6 |
| 9    | Long Weekend |
| 13   | Catholic Education Week |
| 14   | Mass at Marist Grade Six |
| 15   | Parents and Friends Meeting AGM 1:30pm |
| 16   | Assembly @ 1:45pm |
| 17   | Bullying No Way Day  
       | St Patricks Prayer Service |
| 20   | Catholic Education Week |
| 21   | SPC Feast Day |
| 22   | NW Swimming Carnival |
| 23   | Term Dates for 2017 |

**Term Dates for 2017**

Term One - 9th February to 13th April  
Term Two - 1st May to 7th July  
Term Three - 24th July to 29th October  
Term Four - 16th October to 21st December
BULLYING. NO WAY!
TAKE A STAND TOGETHER

Friday 17 March 2017
www.bullyingnoway.gov.au

National Day of Action against Bullying and Violence

“The greatest gift you can give your child is an excellent education.”

MARIST REGIONAL COLLEGE
2018 Information Evening
Students and families are welcome to attend our Information Evening:
6.00 pm - 8.00 pm
Thursday, 16 March
Chanel Centre
Futuna Ave entrance

• College Tour • Enrolment Packs • Meet Key Staff

For more information phone
(03) 6432 7612 or
email: principal@mrc.tas.edu.au
Application forms & prospectus available at www.mrc.tas.edu.au/enrolment
CRADLE COAST SKILL ACQUISITION PROGRAM

Location: Montello Park, Burnie
Time: Monday & Wednesday 4pm to 5pm
Cost: $80/Cycle (8 Weeks)
Key contact: Darren Purton
Mobil: 0418 531 933
Email: darren.purton@bigpond.com

FIRE EDUCATION WEEK
BEGINNING MARCH 6TH
TUNING INTO KIDS
2017

A parenting program that aims to assist you in developing your child's emotional intelligence. Tuning into Kids is a 4 week program that will teach you about how you, as a parent, can help your child learn to understand and regulate their emotions.

Where: SPC
When: 28/3/17
Time: 9am - 11am

Skills Gained:

- Awareness and regulation of your own emotions
- Awareness of your children's emotions
- Skills in assisting children to verbally label and manage their emotions
- Skills in assisting children in problem solving

Contact Donna Porteus for further Details.
Mobile: 0418 141 320
You’re invited to......

**A Taste of Harmony**

*Where:* Smithton hockey ground, Havelock St.

*When:* Saturday 18th March at 6pm

*A night of Food, song, dance and conversation*

- Non-alcoholic refreshments supplied.
- Bar available (own cost)
- Please bring a plate to share.

RSVP by 13th March 2017 on 6478 9561
FREE BASKETBALL CLINICS

THIS SUNDAY MARCH 5TH | SMITHTON SPORTS CENTRE

WITH THE TALL TIMBERS NW TASMANIA THUNDER

9am–10.30am | 10.30am - 12 noon
U10/12/14 | U16/18 SHOOTING CLINIC

12 NOON FREE SAUSAGE SIZZLE

SMITHTON SAINTS
Tall Timbers
TASMANIAN SEAFOODS
NW TASMANIA THUNDER BASKETBALL