Dear Parents

Technology
While the use of technology has provided us with convenience, entertainment and quick access to information, it does pose some challenges for schools and parents. Often apps/programs recommend age appropriate guidelines and it is important for parents and schools to look at the suitability of these for primary aged children. As TVs, tablets, smart phones and other digital devices become more commonplace, so do the myriad types of content available on them. In the following excerpt from an article Beyond their years by Lakshmi Singh, she discusses the important role parents need to play in monitoring and controlling the exposure of early-primary school children to content beyond their years.

More harm than good?
The brain of a child who’s seven or eight does not have the necessary processes in place to exercise the judgement necessary to make sense of M-rated games, says Brown.

“Again it depends on the emotional maturity of the child and how much the parents have explained to them. I find that a lot of the parents aren’t even aware that the ratings are there for a reason.”

At this age, looking for big banks to loot and zombie monsters to kill will not be something a child can do with the strategic mindset or understanding demanded by these games, she says.

However, they might have a more poignant influence psychologically and result in the child having nightmares.

“These graphics at the moment are so realistic, bloody and gory,” she laments.

Regular exposure to M-rated content where the language might be peppered with profanities and disrespect may also impact an impressionable seven or eight-year-old’s speech, says Jenkins.

“If they are exposed to expletives regularly, whether on a show or in their house, they will absorb them as ‘normal’. This ‘sponge-like’ phenomenon applies more to younger children, but if a seven or eight-year-old has been exposed to such things for most of their life, they will become normal for them. And if they start watching this material at age seven or eight and the adults in their life don’t say that they can’t watch it, or don’t turn it off, or at least don’t comment that it is wrong, then the kids won’t have the understanding that using expletives is not okay.”

Words of wisdom from the experts
1. Set boundaries from early on in children’s lives. Instil the message that we only watch G or PG material in our family.
2. Watch news programs when kids have gone to bed. This is especially
important if a child (of any age) is anxious or has a predisposition to anxiety or worry. If they do come across tragic events, reassure them that even though these events are happened in real life, the child, their family and friends are safe.

3. Be prepared to keep pace with children as they grow older. Assess whether an M-rated show might be appropriate for a particular child's personality, intelligence and maturity by watching it first. Be available for explanations and fast-forward any questionable parts.

4. Always encourage open discussion about content your children interact with, allowing them the confidence to ask questions when confused.

5. Don’t allow TVs and other devices in kids’ bedrooms.

6. Use parental locks and passwords but try to invest more in gaining their trust.

Lynda O’Donnell

Religious Education

Sacrament of First Reconciliation 2016

Dear Parents of 2016 Reconciliation candidates,

Please see below a message from Margaret Pinzone our Parish Associate in relation to the expectations and requirements regarding the Sacrament of Reconciliation.

A reminder that the Communal Rite of Reconciliation for all candidates and their families will be at 7pm on Wednesday, 16th March at St Catherine’s church. All candidates will be expected to attend. The children will take an active role during the Reconciliation (Acting out Gospel, reading prayers and singing).

Carmel Donlon
Religious Education Leader

Dear Parents of Year 3 students,

Some parents, due to various circumstances, haven’t brought their children to the Church to collect their Reconciliation Candles.

These candles are part of the preparation for the Sacrament of Reconciliation and are used on the day the children make their Reconciliation.

I hope you are working through the Reconciliation Booklet with your child and that it is a helpful experience for both of you.

If you have any queries or need some clarification on the booklet, please do not hesitate to contact me on margpinzone@gmail.com or ring 9579 4255 and leave your name and number and I will get back to you as soon as possible.

Kind regards
Marg Pinzone
Pastoral Associate
P & F Report

Thank you so much to the parents that have put their hand up to be on the P & F for 2016, the school community relies on parents input and involvement especially fundraising for the school. We are still looking for a Secretary and Treasurer. If you are interested please email me.

Class Reps for 2016

The first meeting date will be advised shortly along with a list of the events that we will be holding throughout the year. Even if you’re not wanting a role on the P & F but are happy to help during the year, please come along, it is very casual.

Easter: Easter fundraising is underway, so I hope everybody can sell their chocolates as the profit we make is quite substantial ... don’t forget the due date of 11th March.

Raffle tickets will be handed out next week for our Easter Raffle which will be drawn at the last assembly for Term 1 on Monday 21 March at 3pm.

For a Fete to be planned for 2017, we need a Committee. Please contact me if interested.

Kind regards

Kylie Carapeto
P & F President
carapeto@optusnet.com.au

Sports News

Swimming Sports

Great job to our swimming squad. I was very proud of everyone’s efforts. Many 1sts, 2nds, 3rds and 4th placings amongst our group. Rohan Danaher has made it though to Beachside Swimming Carnival representing not only St Catherine’s but the Holt District. Rohan will represent our District in the Under 11’s 50 metre Freestyle and Butterfly events. A brilliant effort. A huge thank you to Elaine Moore for helping with the time keeping on the day. Thank you to Lisa Blitsas for transporting our beautiful tent.

St Catherine’s 2016 Swim Squad:
Peter Kokkalos, Joseph Norohna, Jessica Moore, Sapphire Khodr, David Norohna, Rohan Danaher, Ailsih Smeaton, Georgia Vaughan, Philippa Jones, Ella Susic, Georgia Kontas, Eloise Griffin, Grace Kokkalos, Laura Smeaton and Chelsea Blitsas

Cross Country

Keep training to improve your distances. You are aiming for 2 kilometres 8/9/10 years. 3 kilometres 11/12/13 years. Each week aim for a longer distance. Happy running.

Susan Pattinson
Sports Coordinator
Garden Program

The Year 5/6 classes are involved in the Garden program this term each Wednesday afternoon. Their work rotates around curriculum, hands-on gardening and artistic expression. In our first rotation, the students have been learning about propagation of plants as well as exploring the scientific transportation system of the xylem and phloem cells inside of plants. From an artistic perspective, students will be working to develop a tranquil place to enjoy nature. This work will be showcased in the courtyard when complete.

Sandra Renehan, the Visual Arts teacher has requested old cutlery to be dropped off to her room for this project. If you could assist with this, please drop off cutlery to one of the 5/6 rooms. Many thanks for your help with this.

Sandra Surance and Callum Gestautas
Year 5/6 Classroom Teachers

CARITAS-Project Compassion

Once again during Lent each classroom has a Project Compassion box. The money donated will help particular communities to develop sustainable programs and their improve quality of life. Download the Caritas Lenten App for more information.

Carmel Donlon
REC

www.caritas.org.au/mobile/lent-calendar-app-share

Canteen Roster Term 1

25/2 Tracie Langdon
1/3 Jessica Wilson
3/3 Tracie Langdon
8/3 Kristina Arnaoutis
10/3 Lisa Anstee
15/3 Kristina Arnoutis
17/3 Julie Griffin

Weetbix Slice & Coconut Macaroons

50 cents
Nude Food EVERY Wednesday this TERM

Grade 5/6S led the way last week having only 10 pieces of wrapping in the whole class’ lunch boxes! We are very proud to announce that other classes were very close behind this tally. Each class is trying very hard to reduce the amount of packaging brought in their lunch.

Promoting Nude Food empowers all students to make conscious choices about what they eat and encourages them to think about their impact on the environment, as well as their health. Please support us in this initiative.

Sandra Surace
Sustainability and Wellbeing Leader
# St CATHARINE’S PRIMARY SCHOOL
## CANTEN MENU 2016
### Tuesdays and Thursdays
### [Online lunch orders](www.flexischools.com.au)

### Sandwiches
All sandwiches are made on white bread unless requested (see extras)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham and cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham and salad</td>
<td>$5.00</td>
</tr>
<tr>
<td>Egg and mayonnaise</td>
<td>$2.00</td>
</tr>
<tr>
<td>Egg and lettuce</td>
<td>$2.30</td>
</tr>
<tr>
<td>Curried Egg</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tuna</td>
<td>$4.50</td>
</tr>
<tr>
<td>Tuna and lettuce</td>
<td>$4.80</td>
</tr>
<tr>
<td>Tuna and salad</td>
<td>$6.00</td>
</tr>
<tr>
<td>Chicken</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken and lettuce</td>
<td>$5.00</td>
</tr>
<tr>
<td>Chicken and salad</td>
<td>$6.00</td>
</tr>
<tr>
<td>Salad (with the lot)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tomato</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese and tomato</td>
<td>$2.30</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.50</td>
</tr>
<tr>
<td>Vegemite and Cheese</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

### Extras:
- White bread no extra charge
- Original 9 Grain $0.80
- Gluten Free Bread $1.00
- Wrap $1.00
- Half wrap $0.50
- Roll $1.00
- Additional fillings
  - Grilled ham, tomato, cucumber, grated carrot, beetroot 30¢ each
  - Cheese slice or boiled egg 50¢ each

### Jaffles (toasted sandwiches)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham and Cheese</td>
<td>$4.00</td>
</tr>
<tr>
<td>Ham, Cheese and Tomato</td>
<td>$4.30</td>
</tr>
<tr>
<td>Tuna and Cheese</td>
<td>$4.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese and Tomato</td>
<td>$2.80</td>
</tr>
<tr>
<td>Cheese and Vegemite</td>
<td>$2.50</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg</td>
<td>$2.50</td>
</tr>
<tr>
<td>Apple &amp; Cinnamon</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

### Salad Boxes
- All salads have lettuce, tomato, carrot, cucumber, capsicum, with a French dressing packet

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Egg Salad</td>
<td>$5.00</td>
</tr>
<tr>
<td>Ham Salad</td>
<td>$5.50</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>$6.50</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$6.50</td>
</tr>
</tbody>
</table>

### Hot Foods

- Spinach & Cheese Triangle $3.60
- Chicken Nugget (breast) each $0.75
- Chicken Tenders each $1.50
- Meat Pie $3.60
- Party Pie $1.10
- Sausage Roll $2.60
- Party Sausage Roll $1.20
- Margherita Pizza Slice $3.25
- Chicken Burger $3.50
- Hot Dog $2.50
- Tomato Sauce $0.20
- Fresh Corn Cob (TERM 1 & 4) $2.00
- Hot Potato with either grated cheese or sour cream (TERM 2 & 3) $4.00

### Tuesdays Only
- Lasagne $4.50

### Drinks

- Quench Flavoured Mineral Water - Lime, apple/raspberry, cola, orange $1.50
- Prima Fruit Drink - orange, tropical, apple/blackcurrant, apple $1.30

### Fresh Fruit

- Frozen Pineapple Slice $0.50
- 3 fruits Fresh Fruit Salad $2.50
- Seasonal Fruit: watermelon (TERM 1 & 4), apple (TERM 2 & 3) $0.50

### Bakery Treats

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slice/Biscuit/Muffin</td>
<td>50¢ each</td>
</tr>
<tr>
<td>Gluten Free Biscuit</td>
<td>50¢ each</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Rice Bubble Slice</td>
<td>.20¢</td>
</tr>
<tr>
<td>Apricot Ball</td>
<td>.20¢</td>
</tr>
</tbody>
</table>

### Frozen Treats

- Berri Quench Fruit Stick $0.50
- Smooze Fruit Ice $1.00
- Frozen Pineapple Slice $0.50

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**Frozen Treats will be supplied at lunch time on presentation of lunch order bag**
ANZAC Excursion

On Monday the 22nd of February the 5/6 classes went to the Spirit of ANZAC Centenary at the Melbourne Convention and Exhibition Centre (MCEC). It was an exhibition about Australia from 1901 till the end of the First World War. It told us about how the soldiers died and what they did in the war. We got given an IPod with headphones. There were 12 rooms and in each of them there was an audio guide that told us about the room. Each room focussed on one part of the war. One of the saddest rooms was the Lest We Forget room. It had real photos of soldiers who sacrificed their lives for their countries and it had the death tolls of each country that fought in the war. We all got to write in a book what we thought about the Spirit of Anzac at the end of the exhibit. All of us had fun and learnt a lot. Thank you to Mr Gestautas, Mrs Surace, Miss Jenkins, Liz Delany, Jordy Schellebeck and Claudia Stewart for your help on the excursion.