Dear Parents / Guardians,

Second Sunday of Lent.

If we get confused sometimes about what God wants, we’re in good company. In next Sundays Gospel, Peter, James and John join Jesus on a mountain, where he is transfigured. That is, Jesus is transformed so they see who he really is. They hear God’s voice telling them to listen to Jesus’ words.

Like the Apostles we must kept trying. They prayed and read Scripture together. They prayed before making decisions. We too can ask God for guidance, strength or clarity and trust that the Holy Spirit would work within us.

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iPad Rollout—GRADE 5 PARENTS AND STUDENTS:

Tuesday, 3rd, Wednesday, 4th and Thursday, 5th March as per note that went home yesterday. **Please note:** The upfront fee of $250 was due by/on last Friday, 20th February. The $250 will come directly off the $375 ipad payment total on your account not the student levy (which is also $250). Those who are bringing their own device will be rebated accordingly upon written request/email informing the school of your choice.

PARENTS AND FRIENDS FIRST MEETING: TONIGHT 7pm in the staffroom. Everyone most welcome to come along and see what it is all about and if you are keen to be part of the P & F we would love to have you in our team.

RELAY FOR LIFE FUNDRAISER - PURPLE THE COLOUR OF HOPE: Thank you to everyone who supported this fantastic cause. Together we raised $130-50.

God of Love, through this Lenten journey, purify my desires to serve you. Free me from any temptations to judge others, to place myself above others. Please let me surrender even my impatience with others, that with your love and your grace, I might be less and less absorbed with myself, and more and more full of the desire to follow you, in laying down my life according to your example.
The newsletter can be accessed via tiqbiz and the website only. From March fortnightly newsletters begin 11th March. To view it online go to www.sttleongatha.catholic.edu.au under “News & Events” along the top on the right hand side OR via email. If you would like to have newsletters via email please forward an email to principal@sttleongatha.catholic.edu.au and we will add you

SUNHATS
In Term 1 & 4, St. Laurence’s **blue school sunhats** are to be worn. Hats are available from the school office.

*No hat, No play*

Cricket Style $10-00

Please note that it is not acceptable to have a frayed hat or have graffiti on hats.

ICY POLES
FRIDAY LUNCH TIMES
TERM 1

-50cents

To be sold at the kitchen window

To support those in need the Social Justice Team are supplying icy poles. Proceeds will go towards Caritas.

NO DOGS ON SCHOOL GROUNDS

It is policy of St Laurence’s that there are to be **NO dogs** in/on the school grounds even if on a lead. Assistance dogs accepted.

ASSEMBLY

Friday assembly is at 9:00am in the Big Shed. All parents welcome.

P & F

Tuesday Ice-creams/Slushies

| SLUSHIES $1 |
| CHOC COATED ICE-CREAMS $1 |
| YOGHURT ICE-CREAMS $1 |
| ZOOPER DOOPERS – 50c |
| ICYPOLES—50c |

2nd HAND UNIFORM SHOP

We have a selection of 2nd hand uniforms for sale at school. Please call Krista on 0409 585 080

BUS PASSES

**WILL NOT** BE ISSUED FOR LEISURE/SPORTING ACTIVITIES, MUSIC LESSONS, PARTIES OR SLEEPOVERS. EXCEPTIONS MAY BE MADE FOR EMERGENCIES ONLY AND WILL BE DECIDED BY THE SECONDARY COLLEGE BUS CO-ORDINATOR. 24 HOURS NOTICE IS NEEDED.

PARISH NEWS

Are you interested in learning more about the Catholic faith? Maybe you have been baptised but haven’t been much more churched than that? If so RCIA could help answer some of your questions then **RCIA (Rite of Christian Initiation of Adults)** may be for you. For those who are interested to then go further, the RCIA process continues to prepare them for entering the Catholic Church when ready. Contact Anne Vaughan 5662 2880 for more information.

BOOK CLUB

With all your orders the school earned $238 in Scholastic rewards. Thanks Tamara.

PROJECT COMPASSION - 2015

SECOND SUNDAY OF LENT

Mark 9:2-10 The Transfiguration

The Transfiguration is quite a unique event in the life of Jesus. One evening Jesus took three disciples up a mountain to pray - probably not the first time Jesus had done this. They thought they knew what they were in for - when suddenly they were knocked to the ground by a blinding light. Jesus was transformed, his face and clothes dazzling like the sun – something of the divinity of Jesus had broken through.

There is a parallel in our own lives. Long hum-drum days can be pierced by a momentary insight of eternity. We realise with a new certainty that we are loved by God, that we have an eternal destiny, and that life is of immense value. This is true for every human being. Hence arises our duty to show respect for others and to support them in securing the basic needs of life.

In Nigeria, West Africa, almost 3 million people are living on the brink of survival, unable to access the food they need for themselves and their children. This is the reality faced daily by Mariama, a 29-year-old single mother, struggling to find food for her 2½ -year-old daughter, Fati, suffering from malnutrition.

Fortunately Mariama has been able to take Fati to a Nutrition Centre, supported by Caritas Australia, which daily provides undernourished children with medical care, nutritional supplements and food so they can recover and gain weight. Around 509 malnourished children are admitted to the centre each week, 15 of them severely underweight.

As Fati recovers, Mariama attends daily classes at the Nutrition Centre learning about nutrition, feeding and hygiene and she is taking a sewing course with a view towards earning an income, so that she and Fati can look forward to a more secure, hopeful future. Life for them has been transformed!

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DISTRICT SWIMMING SPORTS

Last Friday, 20th February our school competed in the District Swimming Sports held at the Korumburra Pool against other schools in the immediate area. Great weather conditions provided the back drop for an excellent day of competition.

Our students from St Laurence’s were most competitive and finished second in the handicap shield and third in the aggregate shield which was a most praiseworthy effort. Quite a few of the team will now progress to Friday’s (27th Feb) Division Swimming which will also be held at Korumburra. Students who are involved in these sports should have received information about the day.

Many thanks to all the parents who same along to support the team—we had a really big turnout. Also, congratulations to Sharna Fitzpatrick who is the new district secretary and who organized the day’s events...well done Sharna!

Finally a special mention to Taite Cumming and Merrin Giles efforts’ in the individual medley. Both swimmers had already swam wholeheartedly in many events, but still competed strongly in this demanding event to finish first and third respectively.

1st
Matt Fowkes 12/13yrs 50m breaststroke
Taite Cumming 11yrs 50m freestyle, butterfly & individual medley
U10 boys freestyle relay team (Robbie Reardon, Will Croatto, Seb Lamers, Alex OBrien)

2nd
Robbie Reardorn 100m freestyle
Taite Cumming 100m freestyle
Aimee LePage 10 yrs 50m butterfly
Will Croatto 10yrs 50m butterfly & backstroke
Matt Fowkes 12/13yrs 50m butterfly
Merrin Giles 12/13yrs 50m backstroke, 100m freestyle
Phoebe Hinds 10yrs 50m breaststroke, 100m freestyle
U10 Mixed medley relay team (Will Croatto, Phoebe Hinds, Aimee LePage, Robbie Reardon)
U12/13 girls Freestyle relay team (Merrin Giles, Jessie Fowkes, Emily Clarke, Rachel Ramsay)
U10 girls freestyle relay team (Phoebe Hinds, Grace Berryman, Aimee LePage, Ashlin Guymer)

3rd
Merrin Giles individual medley
Phoebe Hinds 10yrs 50m freestyle
Robbie Reardon 10 yrs 50m freestyle
Jessie Fowkes 12/13 yrs 50m freestyle
Darcy Berryman 11 yrs 50m backstroke
Seb Lamers 10yrs 50m breaststroke
Oscar Murdoch 9yrs 50m freestyle
U12/13 girls medley relay team (Jessie Fowkes, Jess Stephens, Merrin Giles, Emily Clarke)
U12/13 boys medley relay team (Tom Fitzgerald, Cambell Riseley, Matt Fowkes, Alex Battersby)
U12/13 boys freestyle relay team (Matt Fowkes, Tom Fitzgerald, Alex Battersby, Sullie Herbert)

Well done to everyone and good luck to our team heading off to Korumburra on Friday. Please note that the cost for this is $9.50 and permission forms and money need to be in to the office as soon as possible.

AWARDS WEEK 4

It is always a hectic start to the year with the senior swimming program taking place in the first three weeks of school. The school always appreciates the support of the parent body in ensuring that forms are returned on time and the correct clothing is at school on the appropriate day. Many thanks.

St Laurence’s is very lucky to have such a generous and committed group of swim teachers most of whom are parents and who have undertaken training to be able to assist in the program. Our children benefit greatly from their input. Small group sizes and a familiar face give all children the best opportunity to develop their skills to become water safe. The confidence that the students have gained was evident in the house swimming sports where most students were confident enough to choose mainstream events as opposed to novelty events.

We are very much indebted to Phil Smith, Angela Croatto, Sharron Stephens, Cindy Borg, Geraldine Power, Sam Warne, Juliette Kohlman, Sharna Fitzpatrick, Sarah Bamford, Teagan Bray, Bec Kranen, Karen Ginnane, Claire Aeschlimann, Alex Lamers and Marlene Dyke who helped out on our testing day. On behalf of the school we would like to thank you very much for your efforts. A special mention to Sharron Stephens for the many years of service that she has given to the program. Sharron’s youngest daughter is in Grade 6 and thus this was her last involvement. Your contribution will be sadly missed Shaz. Children will receive a swimming certificate based on their testing results in their reports at the end of the year.

COMMUNITY NEWS

Junior Golf Clinic: Woorayl Golf Club Leongatha will be running a junior golf clinic Commencing 19th March for 6 weeks. 1hr lessons every Thursday starting at 5pm. $10.00 per lesson. For children aged between 5yrs to 16yrs old. Please call Dee Walters 0407 433 797 or Michael Grist 0428 822 490 for more information.

Stay Creative for kids: Stay Creative is a club focused on helping kids to be socially active whilst enjoying hands on activities. For children in grades 2-6. Tues, Wed or Thurs afternoons 3:15-4:30. Conference room at Leongatha Primary School. Call Lucy on 0408 408 099 or email staycreative@mail.com
The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritarian parenting? These are parenting styles most parents use at some point.
If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

**Family dinners matter**

Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

**Fun matters**

Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

**Helping others matters**

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

**Emotional Intelligence matters**

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.