



# Shepherd Spy

WEEK 4 TERM

1 MARCH 2018

Dear Parents,

I am currently away with all Principals from our Archdiocesan schools on our annual Principal's retreat at Bowral, NSW. We are joined with Catholic Education staff and Principals from our Archdiocese. This retreat will give us all an opportunity to be present with God and spend time touching base with all Principals from our Archdiocese. Thank you for allowing me time away from school and I look forward to reporting back next week.

Isn't the Term flying past!?! It has been wonderful to see our children settle so well to school routines and happy in school activities. Thank you for helping to make the new year run so smoothly! Parents' attitudes and comments can have a very positive impact on how children enjoy their time at school. Please don't forget to speak with your child(ren) about the important time of Lent – again, your attitudes can make a huge difference to how children respond to the season.

There are 40 days of Lent (*not counting Sundays: always days of celebrating the Resurrection*), from Ash Wednesday until Easter morning. There are many references to *forty* in the scriptures: Jesus' days of fasting in the wilderness; Jesus' hours in the tomb; the days Moses fasted before he received the Ten Commandments; the years the Israelites wandered the desert before reaching the Promised Land. The early Church Fathers believed that forty represented the necessary period of cleansing, or testing and strengthening, which allows spiritual wisdom to mature. Perhaps you could spend time with your children looking up these stories in the Bible and then discussing them.

## Swimming Carnival

What a downpour on Sunday! Unfortunately, Dickson Pool copped the brunt of it and was closed for our carnival. An enormous amount of work went into this carnival by staff and I understand that many parents took the day off work as well. We were extremely disappointed it couldn't go ahead.

We have been able to book Queanbeyan Pool for next Tuesday 6<sup>th</sup> March. Due to the size of the facilities available for us to use at Queanbeyan this carnival will only be for Years 2-6.

We aim to have a full school carnival in 2019

Thank you so much for your understanding!

Good Shepherd Catholic School Amaroo is a companion school to Holy Spirit School Nicholls, Mother Teresa School Harrison and St John Paul II College Nicholls. Together we serve and are served by Holy Spirit Parish Gungahlin.

Parish Mass is held every Saturday 6.00pm Sunday 8am; 9.30am and 5.30pm All are welcome to join us.

School website  
[www.goodshepherd.cg.catholic.edu.au](http://www.goodshepherd.cg.catholic.edu.au)

Email  
[office.goodshepherd@cg.catholic.edu.au](mailto:office.goodshepherd@cg.catholic.edu.au)

Phone  
6255 7888

Fax  
6255 7999  
Parish Home  
(Fr Mark Croker and Fiona Wilkinson)  
6242 9622

# To be together ...

## Michael Mangan Concert

Michael Mangan will be visiting our school next Thursday 8 March. Michael is a composer, teacher and music liturgist and has composed over 250 pieces which are widely used in all Catholic Schools. Many of the hymns we use are a Michael Mangan production. It will be a great workshop and you are most welcome to join us at anytime. If you would like to come for your child's class session, you can follow the timetable below.

First session: 9.45 – 10.50

Kinder Tokich, Kinder Kouparitsas, 1Rous, 2Moore, 2Callaghan/Thompson, 4Payne, 5Ross, 6Thornton, 6Brotchie

Second session: 11:45 – 12:55

Kinder Macmahon, 1Manenica, 1Huleatt, 2Fitzpatrick, 2Kenna, 3Donnelly, 3Welsh, 4Freeman, 6McMinn

Third session: 1:55 – 3:05

Kinder Eglington, 1Coghlan, 3 Thewlis, 3Whackett, 4Jones, 4 Zaja, 5Holland, 5Dunstan/De Boni, 6Abbott

## **Grandparent's/Grandfriend's Day**

Please claim the date: Grandparents/Grandfriends Day Tuesday 13 March.

We are looking forward to hosting our grandparents/grandfriends on this morning. Time will be from 9:30am to 11am and will include classroom visits and morning tea with grandchildren. More information next week.

Wishing God's blessing on you and your families,



David Austin

Principal

# The Stars of the week are:



Hayley (KE)	Ivy(1C)	Amelia(2C/T)	Grace(3D)	Ainsley(4F)	Harry (5D/D)	Ashleigh(6B)
Samuel (KK)	Tayla(1H)	Chloe(2F)	Angelina (3T)	Shivane(4J)	Puatonga(5H)	Anakin (6M)
Harry (KM/S)	Liam(1M)	Mia(2K)	Zach (3Welsh)	Ryley(4P)	Haiden(5R/T)	Nicole (6T)
Havana(KT)	Angelique(1R)	Brody (2M)	Daniel(3Wh)	Jeremy(4Z)	Victoria(6A)	



NAPLAN will be online from **15-25 May 2018.**



**NAPLAN Online:**

- Is more engaging and adjusts questions to meet your child's achievement level.
- delivers more precise literacy and numeracy achievement results to schools and parents more quickly.
- supports school improvement by enabling teachers to monitor student progress over time and to identify areas of strength and development.

**Our school encourages all eligible students to participate in NAPLAN. Visit [www.nap.edu.au](http://www.nap.edu.au) to see how the test works and for more information.**

## To be together ...

On Wednesday the 28<sup>th</sup> of February, a group of Good Shepherd students attended the Laurie Daley/Mel Meninga Touch Footy Gala Day. All students played exceptionally well and displayed remarkable sportsmanship towards the other schools in attendance. Our students played with enthusiasm against tough competition throughout the day and exhibited great teamwork and cooperation. All students who attended should be proud of the way they conducted themselves on and off the field. It was great to hear the positive comments from teachers, parents and organisers about the students who represented Good Shepherd Primary School.

Special mention to the following parents who were of invaluable assistance and support on the day -

Sarah Higginbotham

Shane Leslie

Matthew Cousins

Sue Carey

Corinne Kelly

A big thank you to Jason McMinn and Maria Goleby for coaching/managing and first aid support.



## KIDS MINDFULNESS YOGA PROGRAM



Welcome to Nurturing Within Yoga – Kids Mindfulness and Yoga Program Term 1. Mindfulness and yoga can support so much for our little ones, ♥ support an understanding of feelings, emotions, moods, friendships, and our relationships with our peers, and ourselves.

Program Mindfulness /yoga program  
Dates Tuesdays starting March 6<sup>th</sup> –April 10<sup>th</sup> (5 weeks)

Age/time 5-15yrs 4:15pm-5:15pm  
Venue Burdekin Ave Amaroo- Amaroo  
School lower dance studio  
Cost \$60 (5 weeks)

Michelle Langshaw  
Email: [michjono@bigpond.com](mailto:michjono@bigpond.com)  
Mobile: 0417288460  
Nurturing Within Yoga Face book Page

## ABOUT THE PROGRAM

The Mindfulness component of the program is a structured in a way that the children learn the basics of mindfulness meditations, EG: What is mindfulness? mindful bodies, mindful listening, mindful movement, breath meditations and much more.... This will support understanding for the children to learn invaluable tools to navigate intense emotions, how they are able to bring the practice of mindfulness to their daily experiences and practices that cultivate positive states of mind. The yoga supports a gentle practice for the children and teaches yoga postures that help to relax mind / body, stretch and strengthen growing bodies and provides simple practices that teaches and supports emotional life skills for life.

I have extensive experience teaching children yoga/ mindfulness and look forward to sharing simple and affective practices in a relaxed and fun way.

An information pack will be emailed once you message your interest and email address. To provide a quality program for the students, class numbers are limited. It is essential that I have enrolments and payments completed by Friday 2<sup>nd</sup> March

