Dear Parents,

Many thanks to all the parents, grandparents and teachers who helped out at our swimming sports last Friday, whether it was marshaling, supporting, encouraging, keeping children calm or just seeing a need and doing something about it. The Carstein family is extremely grateful for the quick thinking and responsiveness of all involved and would like to pass on their gratitude. It was wonderful how everyone worked together and such a positive outcome occurred. We really do have an amazing staff and community at St Michael’s.

Tomorrow is Ash Wednesday which marks the beginning of Lent, a time of prayer, a time to step out of our comfort zone and do more for others and a time to share in Project Compassion and other works of charity.

Looking for something worthwhile to do for you during the coming season of Lent? How about having a look at how you participate as a member of our single human family that is equally marvellous, fascinating and perhaps threatening in its diversity. Lent is often a time given over to “holy” words of repentance and promises of self-reform but: “However many words you speak, what good will they do if you do not act on them?”

Buddha.

The challenges of our times are not only political and social, they are spiritual: “The modern world is ‘desacralised’, that is why it is in crisis. The modern person must rediscover a deeper source of personal spiritual life.” Carl Jung. It is difficult to grow spiritually, morally or ethically, if we fail to give due recognition that all people are equally valuable and important. We can’t grow spiritually, morally or ethically if we belittle people different to us in their appearance, manner and customs in order to make us feel more important as human beings. We will begin to grow spiritually, morally and ethically, when we are ready to sincerely embrace the truth and fascination of our differences and welcome the common yearnings we have about life.

Stephanie Dowrick expresses this sentiment beautifully when she writes: “Seeing life itself as sacred -yours, mine, all of life- makes our differences far less frightening. More importantly, it makes sense of how like one another we are in our simplest and most profound longings.

Whatever our culture, religion or language, we want food, shelter and good health. We want to be able to get up in the morning, enthusiastically, and sleep safely at night. We want health, safety and happiness for our loved ones. We want to know that our lives are purposeful and sometimes gracious. We want to feel part of something greater than ourselves. We want and need inspiration and meaning.” Extract. Seeking the Sacred.

St Paul in his inspiring letter to the people of Philippi encouraged them to, “Show an agreeable attitude to everyone”. He suggested how they might be able to do this: “All that is true, all that is worthy of reverence, all that is holy and good, all that is lovely to look at and beautiful to hear, all that has virtue and all that deserves praise, let that be the content of your thinking.”

Phil. 4: 5,8,9.

Our spirituality is as personal as our breath or our fingerprint, but, as we move through the forty days of Lent, we might on occasion, surrender freely to the quiet within us, to rediscover the resources and strengths that are there. We might begin to see better and appreciate more, the value of our existence, to see ourselves with more gratitude and respect and to see others in a like manner.

Grant me, O Lord my God, a mind to know you, A heart to seek you, Wisdom to find you, Conduct pleasing to you, Faithful perseverance in waiting for you, And a hope of finally embracing you.

—-Prayer of St. Thomas Aquinas

Keep smiling,

Cathy Blackford
Principal
STUDENT OF THE WEEK
Each week students from each class are awarded Student of the Week certificates. These children are nominated for the example they have been within the school. The award winners for Week 3 / Term 1 will be given out at Assembly next week.

Working with Children Check

All volunteer helpers in our school are required to have a current Working with Children Check (WWCC).

Australia Post has kindly offered to attend our school on Friday, 27th February 2015 from 8.30am to approximately 9.30am to process WWCC (volunteer only) applications for our school community. They will be set up in the Staffroom. Please advise family members who would like to help at our school.

For the application you must have a passport quality photo not more than 12 months old. Australia Post representatives will have a camera with them to take passport photos on the day at a cost of $16.95, payment is to be cash or cheque only.

The Online Application: [www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au)
Information Line: 1300 652 879 (8.30am-5.00pm Monday-Friday except Public Holidays)

The Application Summary and Receipt must be printed on separate pages of A4 paper (i.e. single-sided) without any scaling or cropping.

Do not sign the Application Summary before lodgment.

When you have successfully lodged your application at Australia Post (or at School on Friday, 27th February 2015), with a passport photo and identity documents, your receipt will be stamped and returned to you. You can use this receipt to prove to organisations that you have applied for a WWCC.

If you have an existing WWCC
By law, you must notify the Department of Justice & Regulation within 21 days of any changes to your personal and contact details, and the details of existing, and new organisations that engage you in child-related work or volunteering. Update the following details online using MyCheck:
- your address
- your phone numbers (work, home or mobile)
- your email address
- organisation details (please list St Michael's School)
- occupational category codes.


Sports News

SWIMMING CARNIVAL – Thank you!
Congratulations to all the students in Grades 3 – 6 for the way they participated in the swimming sports last Friday. They were all so encouraging of each other and showed that they were great sports.

The age level champions are as follows:

- Grade 3 girl - Sienna Affleck
- Grade 3 boy - Lucas Furlan
- Grade 4 girl - Eliza Watts
- Grade 4 boy - Josh Hamilton
- Grade 5 girl - Niamh Curry
- Grade 5 boy - Riley Hughes
- Grade 6 girl - Ruby Storm
- Grade 6 boy - Tom Hamilton

Winners of the Molly Dunlop Award
Ruby Storm and Tom Hamilton

Special thank you to all the parents who helped in any way to make the swimming carnival such a success with transporting equipment to and from the pool, setting and packing up, assisting with swimming events, encouraging and supporting the children. Your continued help in our school community is always appreciated.

A big thank you to St Michael's staff for all the work prior to and on the day of swimming carnival. Especially Sharon Scholtes and the sports team for the preparation to ensure the smooth running of the program.
50 days after consuming the berries
Consumers are advised to discard any of these products and to be aware of the symptoms of hepatitis A infection in the 15-50 days after consuming the berries.

Information about Hepatitis A contamination of frozen berries

As you may be aware, links were found over the weekend between 1kg bags of Nanna’s frozen mixed berries and at least five cases of Hepatitis A, including three in Victoria.

As a precaution and on advice from Dr Rosemary Lester, Victoria’s Chief Health Officer, the company has recalled this product on 14 February and two further products on 15 February due to concerns about potential for contamination with hepatitis A virus. The products recalled as at 9 am Monday 16 February are:

- Nanna’s Mixed Berries 1kg; All batches up to and including Best Before Date 22/11/16
- Creative Gourmet Mixed Berries 300g; All batches up to and including Best Before Date 10/12/17
- Creative Gourmet Mixed Berries 500g; All batches up to and including Best Before Date 06/10/17

Consumers are advised to discard any of these products and to be aware of the symptoms of hepatitis A infection in the 15-50 days after consuming the berries.
The Annual General Meeting for the Parents and Friends Committee will be held on Monday, 16th March 2015 at 2.00pm. Note change of date and time.

The P&F are largely responsible for organising fundraising and social events within the school. It is a great way to meet other parents, contribute to the wellbeing of the school and to give feedback. You will also hear about new developments first hand.

Nomination forms are available from the office. We are particularly in need of a new president and treasurer and also general committee members. If you would like to take on these rewarding roles please nominate.

**Crafty people**

The P&F run a Mother’s Day Stall every year to enable the children to purchase a special gift for their mums and other special women in their lives. This year we would like to run a craft morning once a week for an hour or two to make gifts and allow people to meet. We are looking for crafty people to run these sessions and to research items that could be made by people of all crafting abilities. If you or a group of friends would like to coordinate these craft mornings please contact Nicole Dunbar on 0417 105 859.

**Save the date!**

St Michael's School "Conquest Trivia Night" will be held on Friday 17 April in the school hall. More details to follow.

**ICY POLES** (Zooper Dooper) will be sold for 50cents each from the sports storeroom by the Grade 5/6s at lunchtimes.

The Parents and Friends Association also run a second hand uniform shop located in the meeting room at the end of the corridor next to the Deputy Principal’s office. Please enquire at the office. We are currently looking for volunteers to help with the secondhand uniforms.

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**from the Community**

**MARRIAGE ENCOUNTER WEEKEND**

Invest in your most precious asset…..Your Marriage!

Forget life’s tensions and interruptions and rekindle the closeness, intimacy, love and romance that brought you together. Recharge your relationship batteries and explore the precious nature of your marriage, allowing you both to share your feelings, hopes and dreams with each other in ways that normal, daily living tends to inhibit.

There is no group sharing. Couples and a priest present the weekend. It is based around Catholic values but couples of all faiths are welcome. 2015 Melbourne weekend dates : 17-19 Apr, 19-21 June, 21-23 August and 23-25 Oct

Starts 7pm on Friday. Ends 5pm Sunday. Accommodation and all meals provided.

Information/Bookings:
PH: Marianne & Marcel (03) 9733 0997 Email: vicbookings@wwme.org.au
www.wwme.org.au
**Musical Tuition – 2015**

**Piano Lessons:** will be available during school hours in the coming year with Alison Darling. Practical and theory work is covered in the weekly lessons. As vacancies are very limited, please contact Alison as soon as possible on 5134 4518 for further details.

**Guitar Lessons:** Lessons are one to one and are conducted weekly at the school during school hours. A limited number of places are available. Existing guitar students do not need to re-enrol. For more information or to enrol please call Leigh Thomas on 0438 741 641

**CLARINET LESSONS**

Clarinet lessons are now available at St Michael’s through a professional instrumental and primary school music educator. Lessons are 30 minutes each. Two types of lessons are offered.

- **Group lessons** – 2 to 5 students - $20 each lesson
- **Individual lessons** - $30 each lesson

**Don’t own an instrument?**

Rent a clarinet from as little as $4.62 a week, with the option of either buying it anytime after 6 months or returning it. For more information contact Joel Dickason. 0434018543 - joeldickason@gmail.com

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**Table Tennis in Traralgon**

Did you know that Traralgon has a wonderful Table Tennis Stadium located in Davidson Street? Traralgon Table Tennis is inviting juniors to come and try Table Tennis. WWC and ATTA accredited free training. Bats and balls can be provided. No experience necessary. Please wear ‘non marking’ shoes with rubber soles.

**Why play Table Tennis?**

- It is a fun sport to play.
- Very cheap sport in cost.
- Meet lots of other nice kids in friendly environment.
- Free coaching by friendly professional coaches.
- Learn great reflex and co-ordination skills.
- Learn to be a part of a team.
- Win medals and trophies.
- Have fun every week.

To find out more - ring Rob and Kerri Thompson at Traralgon Table Tennis on 5174 5678 or visit the website at [www.ttta.com.au](http://www.ttta.com.au).

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**St Michael’s Parish - Children’s Liturgy**

The Children’s Liturgy group are looking for more help at the Sunday, 9.30am Mass. It is not difficult work sharing the gospel with the children at their level. There are resources to access and use with stories, activities and printed sheets relevant to the gospel.

If you are interested, you are welcome to come out of Mass with the children to observe. For more information please contact Carol on 5174 7712.

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**OSHCare 4 KIDS**

**OSHCare 4 KIDS- Grey St OSHC Program**

Program Number: 0437 009 155

BSC operates from 7am to 9am each morning and ASC from 3pm till 6pm each weeknight.

**What's On This Week**

It’s all about creepy, crawly critters this week. Participate in a bug eating contest, learn to make a origami frog and make some wax butterflies and paper chain Caterpillars to take home. Our program offers a yummy weekly menu for BSC and ASC. Fresh fruit and vegetables are always a healthy choice at OSHC and some of our other snacks include Dried biscuits & frog milk shakes, Edible dirt buckets and create Fruit Caterpillars or Butterflies to eat, BSC enjoy toast, cereal or pancakes.

Just remember BSC/ASC can cost you as little as $ 7.50 per session/ per child

WOW what great value!

Please feel free to contact Head Office. 
P.O. BOX7082 Upper Ferntree Gully Victoria, 3156 
Phone: (03) 9758 6744   Email: admin@oshcare4kids.com.au