A Different Approach to Fasting
Fast from anger and hatred: Give your family a dose of love each day.
Fast from making judgements: Before making judgements, recall how Jesus overlooks our faults.
Fast from discouragement: Hold on to Jesus’ promise that he has the perfect plan for your life.
Fast from complaining: When you find yourself about to complain, close your eyes and recall some of the little moments of joy that Jesus has given you.
Fast from resentment or bitterness: Work on forgiving those who may have hurt you.
Fast from spending too much money: Try to reduce your spending by ten percent and give that money to the poor.

Dear Parents and Guardians,

The Season of Lent began with Ash Wednesday and all our children from Pre-primary to Year 6 received the ashes at our school mass this week. The words spoken as the ashes are placed on the child’s forehead are ‘Turn away from sin and be faithful to the Gospel.’ Father Andrew explained the significance of the ASH(ES): A for Almsgiving; S for Sacrifice; H for Holy. We are all asked to take the time during Lent to do something for others, not just to give something up ourselves.

Australian Curriculum / Quality Catholic Schools: On Tuesday of this week, the staff spent time familiarising themselves with the Australian Curriculum (English and Mathematics), as this nationally based curriculum is introduced to our schools, and correlating it our current Curriculum Framework document. They also viewed and discussed four of the five Quality Catholic School components that our school community will be assessing this year. Parents and students will also be involved in this process as we review the effectiveness of our school under the following headings:

- Vision and Mission
- Learning Environment
- Students with Special Learning Needs
- Finances and facilities
- Engagement with Families

Constable Care: Today, all children from Pre-primary to Year 6 were involved in the Constable Care presentation about keeping themselves SAFE. The ‘HELPING HAND’ message was reinforced as was the message about the keeping of secrets. A police officer from the Clarkson Police Station was also in attendance.

God bless you
Eileen Climo  
Principal

NOTES SENT HOME THIS WEEK
School Hats
Menu for Ash Wednesday

VISION STATEMENT
St Andrew’s CPS offers an education that acknowledges, respects and nurtures the uniqueness of each person. Within a framework of Catholic values and teamwork, the students will be challenged and supported to recognise their gifts and develop their potential as they learn and contribute to their community.
DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 11 March</td>
<td>Uniform Shop Open 8.15am – 9.00am</td>
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<tr>
<td>Monday 14 March</td>
<td>School Banking&lt;br&gt;Netball Registration Outside Office at 2.30pm-3.30pm</td>
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<tr>
<td>Tuesday 15 March</td>
<td>Board Meeting – 6.30pm (Staffroom)&lt;br&gt;Uniform Shop Open 2.30pm – 3.30pm</td>
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<tr>
<td>Wednesday 16 March</td>
<td>Year 2W Liturgy&lt;br&gt;P &amp; F Meeting – Library 7.00pm</td>
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<td>Thursday 17 March</td>
<td>Assembly 4W&lt;br&gt;Year 6B Zoo Camp</td>
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<tr>
<td>Friday 18 March</td>
<td>Uniform Shop Open 8.15am – 9.00am&lt;br&gt;World of Maths Yr 1, 2, 3</td>
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SCHOOL MATTERS

Congratulations to those children who have celebrated their birthdays recently.

Bella Peut, Phoebe Staff, Ryan Boulbee, Claudia Arto, Murray Robinson, Dylan Wilburn, Jessica Jeffery-Forward, Lachlan Saunders, Krystel Gapuzan, Joyce Wang, Nikita Francis

P & F Meeting – Library 7.00pm
Wednesday 16 March

COMMUNITY NEWS

WANNEROO GIANTS BASEBALL CLUB
During the baseball off-season, our ‘North Metro Charter’, made up of Wanneroo Giants Baseball Club, Carine Cats Ball Club and North Coast Baseball Club, will be hosting a ‘winter transition camp’. All interested teeballers wanting to ‘have a go’ should definitely attend this camp, designed to teach you the skills of pitching, batting, base running (and stealing!) and catching. This ‘camp’ will run over six weeks, giving players the chance to learn how to play baseball, as well as play some games, giving them the skills to start the baseball season with confidence.

DOUBLE BONUS!! Parents interested in COACHING baseball but are concerned that they don’t have the skills, feel free to stay for the sessions and be ‘coached by the coaches’! Learn simple drills, the correct techniques, and have all your questions answered!

When: Saturday afternoons, commencing 14/5 then 21/5, 28/5, 11/6, 18/6, finishing 25/6.
Where: Wanneroo Baseball Grounds, Mateljan Park, Cnr Hepburn Ave and Hartman Drive Madeley
Who? This clinic will be coached and coordinated by Steve Fish, from the Wanneroo Giants Baseball Club, and his team of coaches including Ryan Shurman, from Carine Cats.
Time: 1pm - 3pm  Cost: FREE!!

To register, send your details to: giantsregistrar@bmail.com.au. This is a joint project of the North Metro Charter Clubs, hosted by the Wanneroo Giants Baseball Club. All children currently registered with one of the charter clubs will be invited to re-register with their current club at the end of the clinic.

RIVERSIDE MULTI SPORTS
Riverside Multi Sports are hosting a sports programme for children aged 6-14 designed to offer the chance to experience a wide range of sporting activities in a fun, yet safe environment. Participants will be grouped according to age and ability. Trinity College, East Perth. Wednesday 27th April – Friday 29th April, 9am – 12:30pm daily.
COST: $45 per day or $110 when you enrol in all 3 days. For all general enquiries, please call Jonika on 0433540465 or email riversidesports@live.com.au.
This term Five White is learning about living a healthy and balanced life. Take a look at our tips to keep yourself physically, socially, mentally and emotionally well.

Always be positive! (Ryan)
Remember don’t doubt yourself. (Caitlin)
Brush your teeth at least twice a day. (Mary)
Eat healthy foods like pineapple and bananas. (Garth)
Say goodbye to the sweets and hello to fruit and veg! (Hannah)
Primary school children need at least 10 hours of sleep each night. (Elaina)
Take care of your skin. (Ashlynn)
Say no to smoking and drugs. (Lochie)
Try to always get along with your friends. (Phoebe)
Keep those teeth strong and healthy by brushing. (Aiden)
Remember to relax. (Jessica D)
Say no, no, no to peer pressure. (Leisel)
Take care of your skin and drink lots of water. (Jessica S)
Say goodbye to the sweets and hello to the peach! (Jayden)
Be positive and kind to family and friends. (Jessica J)
Get off that couch and be active! (Shalese)
Drink at least 2 litres of water each day. (Emily)
Remember to get out and have fun with friends and family. (Marianne)
Say goodbye to video games and hello to sporting games. (Millie)
Include healthy foods in your lunch box like fruit and vegetables. (Chloe)
Join a sports club today and get fit. (Victoria)
Eat fruit like apples and peaches. (Sam)
Get outside and play with your friends. (Troy)
Drink 2 litres of water a day and even more if you are exercising. (Makur)
Everyone needs to exercise for at least 30 minutes a day. (Anita)
When you’re out in the sun remember to wear sunscreen, a hat and sunglasses. (Sophie)