REFLECTION

Strength for the week
As the week stretches before me,
I look with wonder into the deep well of
emotions
you have given your children.
I pray that I may withdraw enough
compassion
to heal another’s broken heart;
足够的和平去安抚另一个人的恐惧;
enough joy to celebrate another’s victory;
enough strength to share another’s
burdens,
and enough faith to light a candle in
another’s darkness.
Thank you for the assurance you have
been given us
that our well will never run dry.

PRINCIPAL’S REPORT

Welcome to Week 4 ! We are currently reviewing our
Awards at All Saints’ to come into line with our Positive
Behaviour for Learning policy that is nearing
completion. We have decided not to persist with our
current ‘Student of the Week’ awards but rather begin
to reveal to our students what our new awards will look
like over the coming weeks. Here is a little preview of
our new Award logo. Birthdays will still be
acknowledged at our assemblies.

Staff Leave
Karen Douglas will be taking some Professional and
Long service Leave this term. Karen has been chosen to
represent BCEO at the Los Angeles Prayer Conference
which will be held early next month. Karen will then
take some well earned Long service Leave. Karen will be
on leave from Monday 10 March until Friday 2 May.
Mrs. Lorraine Warland will be taking on Karen’s
teaching load while Mrs. Cathy Rebelo will be acting
APRE while Karen is enjoying a well deserved break !

I will also be taking some Professional Renewal Leave
this term. I will be on leave from Monday 17 March
until Friday 4 April. I will be joining 28 of my colleagues
from BCEO on a Pilgrimage to the Holy Land that is
being lead by Archbishop Mark Coleridge. We will be
travelling through Israel and Jordan for 8 days then
onto Rome for 4 days. I will then be travelling to Sicily
to complete my 3 weeks leave. Mrs Kathy Neuendorf
will be Acting Principal while I am away and Mrs Juleen
Sippel will be teaching Senior N for 3 weeks.

Parent Information
Due to the ever increasing demands on parent’s time
we have decided to trial the following for 2014 :

- There will not be a specific Parent Information
  Night this term.
- There will be a detailed hand out given out by
  each Teacher to parents which will outline
  processes and procedures for their class in
  2014. These will be sent home this week.
- Parents are encouraged to make an
  appointment to see their child’s teacher if they
  require further clarification or if they would like
to discuss any aspect of their child’s schooling.

2014 School Fete News
Last night we held our first Fete Meeting for 2014. Thank you to all who attended and an extra big thank
you to Lailee Smith who has taken on the role of Fete Convener. Our next Fete Meeting will be held on
Tuesday 18 March.

No Hat – No Play
Please be aware of our ’ No Hat – No Play ‘ policy at All
Saints’. If a student does not come to school with their
school hat then they will not be allowed to play
outdoors. While we are blessed by the sunny climate
we have in Queensland, we are cursed by the damage it
can do. We all know that the majority of the damage

Have a great week !!
Phil
that the sun can cause happens when we are young. It is imperative that all students wear our school hats each and every day and come to school with sunscreen applied. Hats will NOT be given out at school to those who forget them. Children who do not have a hat will be directed to stay in the undercover area and in the Fr Ellis Clifford Hall.

Prep 2015 Enrolments
I would just like to remind parents with children eligible for Prep for 2015 that it is very important to confirm that your child’s name is on the waiting list. Spaces are filling fast so if you know of family or friends who may like to send their children to All Saints’ please ask them to contact the office as soon as possible.

Absent from school
Just a reminder to parents that the school needs to be informed if a student is absent from school. Most often when a student is sick or cannot attend school the parent or caregiver makes contact with the school via a phone call. The office records this information and passes it on to the relevant class teacher. When the class teacher marks the roll he or she registers this absence on the class roll. School Rolls are legal documents that are required by law to be accurately maintained on a daily basis. They can be checked at anytime by State Government authorities and are often called upon in matters of family law. I ask that parents be aware of the need to inform the school your child’s absence by phone or written note.

Cowboys Corner
It is back early this year, but do you seriously think I would not comment on the resounding footballing lesson the Mighty Cowboys inflicted on their hapless competition in the Auckland 9’s? Too big, too strong, too good!! What more can I say! A great omen for the 2014 NRL season!!

APRE REPORT
Assembly
Year 4/5 presented the assembly yesterday. Water was their theme and we were reminded as to just how blessed we are to have the gift of clean water here in Australia. We saw how people in other countries are not able to access this gift. Thank you Year 4/5. Next week our Senior classes will lead the assembly.

Opening School Mass
The whole school will gather for Mass on Thursday 27 February at 9:30am with Father Peter. Because of our growth in numbers, Mass will be in the Fr Ellis Clifford hall. At this Mass we will also induct our school leaders for 2014 and officially welcome our new staff and families. Each class will present their class mission statement at the beginning of the Mass.

Sacramental Program
This year Father Peter and I will be preparing children to receive the Sacrament of Confirmation. At this stage the Archbishop has booked the evening of Thursday 31 July to come to Boonah to confirm the children so please note this date and keep it free. This is for Catholic children who have been baptised and made their Reconciliation last year.

Just a thought…Nothing is a waste of time if you use the experience wisely. Auguste Rodin (1840-1917)

God bless,
Karen

P&F NEWS
P&F Meeting - Rescheduled
The first P&F Meeting for 2014 will be now be held Tuesday, 25 February commencing at 7pm. P&F Meetings are held in the school library. Anyone interested in becoming involved is welcome to attend.

Annual General Meeting
The Annual General Meeting will be held Wednesday, 19 March commencing at 7pm.

At the AGM the following positions will become vacant and nominations sought.

President;
Vice-President;
Treasurer;
Secretary;
Tuckshop Convenor/s;
Fundraising Convener;
Fundraising Committee Members; and
Grants Officer.

<table>
<thead>
<tr>
<th>Date Claimers</th>
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<tbody>
<tr>
<td>Feb</td>
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<tr>
<td>27</td>
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<td>Mar</td>
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<td>5</td>
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<td>12</td>
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<td>19</td>
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<tr>
<td>26</td>
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<tr>
<td>Apr</td>
</tr>
<tr>
<td>4</td>
</tr>
</tbody>
</table>

End of Term 1
18 Good Friday
20 Easter Sunday
If you would like to discuss any P&F matters, please do not hesitate to give me a call.

Thank you.

Alan Cant
P&F President
5463 2856

OFFICE NEWS

Newsletter Items
Any notices for our newsletter should be sent to a new email address. It is pbooanahnews@bne.catholic.edu.au

Have You Changed Your Phone Number/s or Moved Address?
Do you have contact details (address, phone, or email) that have changed? Please don’t forget to advise the office.

Please find attached to the newsletter a slip that can be completed and returned advising us of your new contact details.

Thank you!

BIRTHDAYS

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 17</td>
<td>Estelle S</td>
<td>Yr 4</td>
</tr>
<tr>
<td>18</td>
<td>Ethan B</td>
<td>Prep</td>
</tr>
<tr>
<td>19</td>
<td>Ruby S</td>
<td>Prep</td>
</tr>
<tr>
<td>20</td>
<td>Jake G</td>
<td>Yr 6</td>
</tr>
</tbody>
</table>

STUDENT OF THE WEEK
There were no Student of the Week awards handed out this week.

TUCKSHOP NEWS

2014 Tuckshop Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuckshop Volunteers</th>
<th>Baking</th>
<th>Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>24th February, 2014</td>
<td>Linda Faulkner, Julie Hancock, Helen Burke, Nicole Gillett</td>
<td>Liz Zahnow</td>
<td>Trish Bartlett</td>
</tr>
<tr>
<td>3rd March, 2014</td>
<td>Linda Faulkner, Julie Hancock, Peter Edbrooke, Wendy Curr</td>
<td>Melissa Jorgensen</td>
<td>Liz Zahnow</td>
</tr>
<tr>
<td>10th March, 2014</td>
<td>Linda Faulkner, Julie Hancock, Emma Goan, Sarah Goulding</td>
<td>Rachel Burke</td>
<td>Karly Bird</td>
</tr>
<tr>
<td>24th March, 2014</td>
<td>Linda Faulkner, Julie Hancock, Justine Stanton, Reggie Noga</td>
<td>Bernadette Blair</td>
<td>Janet McKenna</td>
</tr>
<tr>
<td>3rd April, 2014</td>
<td>Linda Faulkner, Julie Hancock, Susie Sawatzki, Ann Patten</td>
<td>Karen Schefe</td>
<td>Megan Gilloway</td>
</tr>
</tbody>
</table>

Julie Hancock 0427631817
Linda Faulkner 0417765830

NOTICES

Expressions of Interest for a Bus Route for Mt French?

Fassifern Coaches are seeking expressions of interest for a bus route for Mount French.

Please phone John Musso at Fassifern Coaches on 5463 1407 or 0434 264 380.
Did you make a New Year’s resolution this year? Was it to get fitter, learn self defence, meet new people, or just improve yourself to make a new you. Well Black Dragon Kai Martial Arts offer something for everyone.

A range of martial arts is taught. Training with Black Dragon Kai will give you many benefits including: **Fitness, Self Discipline, Self Control, Self Defence, Balance, Coordinination, Focus and greater Self Confidence.** Martial Arts training gives all students the benefits of being part of a team, whilst remaining an individual pursuit.

The style taught includes Modern Martial Arts (Self Defence), Brazilian Ju Jitsu (Wrestling), Judo (Taking someone to the floor) and Muay Thai (Thai Style Kick boxing). To date we have produced 4 World Titles, 33 International Titles, 30 National Titles and 35 State Titles.

Black Dragon Kai has training centres all over Queensland. Tamrookum, Beaudesert, Boonah Jimboomba, Nerang, Helensvale, Miami, North Lakes, Mackay, Rockhampton, Emerald and Bamaga.

The classes are held in All Saints Primary School’s new hall, **Fr Ellis Clifford Hall**, John Street, Boonah on Tuesday & Thursday 3.30pm – 4.30pm.
Counselling News!

Irregular bedtimes and behaviour problems in children

I think we have all known for a long time that good sleep is important for our health and wellbeing. However, new research suggests that it is not necessarily just how much sleep that makes a difference but having a regular bedtime is important for children as they grow and develop and irregular bedtimes can lead to behaviour difficulties. The study found that irregular bedtimes, so going to bed at different times each night, can disrupt the natural body rhythms and cause sleep deprivation, which can affect the maturing brain and children’s ability regulate certain behaviours. The researchers report that not having a fixed bedtime and a frequently changing routine induces a state of mind and body similar to jet lag.

The study involved 10,000 children in the UK and data on bedtimes was collected when children were three, five and seven. As children moved through childhood without a regular bedtime, behaviours such as hyperactivity, conduct problems, problems with peers and emotional difficulties got worse. The researchers found that the effects build up incrementally over childhood. However, those children who were switched to a more regular bedtime showed clear improvements in their behaviour so the effects are reversible.


Here are some simple tips that will help your child (and you!) settle down to sleep.

1. Have a routine – doesn’t matter what the routine is, just keep is similar each night e.g., clean teeth, read a book, go to bed; or dinner, bath, bed. And as the study suggested, keep bedtime close to the same time every night.

2. Dim the lights as it gets closer to bedtime – our circadian (body) rhythms get set by the amount of light we are exposed to.

3. Don’t use technology within two hours of bedtime. The screens of iPads, phones, laptops emit lights that reduces the production of melatonin, a hormone that helps regulate our sleep cycle. Melatonin should increase as evening progresses to get us ready for sleep. Note: TV does not seem to have the same effect provided we sit further away from it, especially if we dim the lights in the room.

4. Get up at the same time each day and expose yourself to bright light (the sun or artificial lights). This also helps to set the body’s circadian rhythms.

5. Don’t have caffeine-containing foods and drinks in the late afternoon or evening. Cola and chocolate are well known culprits but some other soft drinks also contain caffeine. Sugar can affect some children too.

6. Calming music (gentle instrumental or relaxation music) or meditation can help to settle busy minds at bed time.

Sleep well!

Kristina Holland-Thomson
Guidance Counsellor
## ALL SAINTS' SCHOOL
### TUCKSHOP ROSTER FORM

**Name:**

<table>
<thead>
<tr>
<th>I can volunteer (Please tick option/s)</th>
<th>Tuckshop</th>
<th>Baking</th>
<th>Eggs</th>
</tr>
</thead>
</table>

## ALL SAINTS' SCHOOL
### CHANGE OF CONTACT DETAILS FORM

**Name:**

<table>
<thead>
<tr>
<th>Priority</th>
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<tbody>
<tr>
<td>Home Number</td>
<td></td>
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<tr>
<td>Mobile Number</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Work Number</td>
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<td></td>
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<tr>
<td>Email</td>
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<tr>
<td>Address</td>
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## ALL SAINTS' SCHOOL
### Parent Portal Email Address

<table>
<thead>
<tr>
<th>Name</th>
<th>Email Address</th>
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</table>
REVISION OF FINANCIAL OBLIGATIONS FORM
This form is to be used when Account Holder financial arrangements change.

School fees and charges are set and published by the school/college each year. Statements are sent to the nominated Account Holder(s).

Financial Agreement

By choosing and accepting one of the financial arrangement options below, the account holders:

- agree to be Account Holder(s) and accept financial responsibility for the school fees and charges incurred for the enrolment of ________________________

- agree that this arrangement is to be in place from __ __ / __ __ / __ __ __ __ and will apply to the fees and charges incurred from this date until the conclusion of his/her enrolment at the school/college or until a new financial arrangement is made in writing

- have read and accept the School Fees and Collections Policy

- undertake to pay school fees, levies and charges by the due date and understand that it is the responsibility of each Account Holder to approach the school to discuss payment options should difficulties arise meeting this obligation

- understand that as an Account Holder, additional details or changes to details such as addresses and contact numbers, are to be provided via the Additional Contact Person contact form

- understand that as a new Account Holder, the BCE Information Collection Notice must be signed.

Financial Arrangement Options (Please select one of the following three options)

<table>
<thead>
<tr>
<th>Option 1: JOINT AND SEVERAL FINANCIAL RESPONSIBILITY</th>
<th>% of Fees and Charges</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Both parties, each of whom are nominated as Account Holders, are jointly and severally responsible) Where two parties, e.g. a mother and father, assume joint financial responsibility for 100% of the account</td>
<td>100%</td>
</tr>
<tr>
<td>Account Holder 1 Full Name:</td>
<td></td>
</tr>
<tr>
<td>Acceptance:</td>
<td>Account Holder 1 Signature</td>
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<tr>
<td>Date Signed:</td>
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<tr>
<td>Account Holder 2 Full Name:</td>
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<tr>
<td>Acceptance:</td>
<td>Account Holder 2 Signature</td>
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<td>Date Signed:</td>
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<thead>
<tr>
<th>Option 2: SOLE FINANCIAL RESPONSIBILITY</th>
<th>% of Fees and Charges</th>
</tr>
</thead>
<tbody>
<tr>
<td>(100% responsibility is allocated to one person who is nominated as the Account Holder) Where only one party, e.g. a mother or a father, assumes financial responsibility for 100% of the account</td>
<td>100%</td>
</tr>
<tr>
<td>Account Holder Full Name:</td>
<td></td>
</tr>
<tr>
<td>Acceptance:</td>
<td>Account Holder Signature</td>
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<tr>
<td>Date Signed:</td>
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</table>
### Option 3: SPLIT FINANCIAL RESPONSIBILITY
(Split financial responsibility is allocated to each party. Individual statements are sent to each Account Holder)
Where multiple parties are financially responsible for a portion of the account, e.g. mother - 50%, and father - 40%, and a grandmother - 10%.

<table>
<thead>
<tr>
<th>Account Holder 1 Full Name:</th>
<th>% of Fees and Charges</th>
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</thead>
<tbody>
<tr>
<td>Acceptance:</td>
<td>Account Holder 1 Signature</td>
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<tr>
<td>Date Signed:</td>
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<table>
<thead>
<tr>
<th>Account Holder 2 Full Name:</th>
<th>% of Fees and Charges</th>
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<tbody>
<tr>
<td>Acceptance:</td>
<td>Account Holder 2 Signature</td>
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<tr>
<td>Date Signed:</td>
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<table>
<thead>
<tr>
<th>Account Holder 3 Full Name:</th>
<th>% of Fees and Charges</th>
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</thead>
<tbody>
<tr>
<td>Acceptance:</td>
<td>Account Holder 3 Signature</td>
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<tr>
<td>Date Signed:</td>
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</table>

<table>
<thead>
<tr>
<th>Account Holder 4 Full Name:</th>
<th>% of Fees and Charges</th>
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<tbody>
<tr>
<td>Acceptance:</td>
<td>Account Holder 4 Signature</td>
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<tr>
<td>Date Signed:</td>
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Any changes to existing Account Holder contact details and/or new Account Holder contact details are to be provided on the Additional Contact Person form. New Account Holders should also sign the BCE Information Collection Notice.