FASTING AND FEASTING DURING LENT
Lent should be more than a time of fasting
It should also be a joyous season of feasting
It is a season in which we can:
Fast from emphasis on differences ....feast on the unity of all life
Fast from thoughts of illness .....feast on healing power of God
Fast from words that pollute ....feast on words that clean
Fast from discontent ...feast on gratitude
Fast from anger .... Feast on patience
Fast from pessimism .... Feast on optimism
Fast from worry....Feast on trust
Fast from complaining.... Feast on appreciation
Fast from hostility.... Feast on friendliness
Fast from bitterness.... Feast on forgiveness
Fast from discouragement..... Feast on hope
Fast from suspicion .... Feast on charitableness
Fast from idle gossip .... Feast on silence or find a word of praise.
Fast from self-concern .... Feast on care for others
Fast from personal anxiety .... Feast on the power of God

From the Principal .......

Year 5 Assembly
Tomorrow, Friday, 4 March please join us promptly at 2.30pm in our Multi-purpose Hall for the Year 5 class assembly.

Participation Mass & Prayer Service
Next Friday 11 March, the Year 3B and the Year 3G classes will attend the 9am Parish Mass in the Church just to be in the congregation without leading the singing or doing the readings. In this way the students fully realise that Mass can also be participated in by simply saying the responses and giving their mind and body in quiet prayer. We encourage and welcome our families to also join us to participate in this short 30 minute Eucharistic service in the Church. Also next Friday 11 March Year 1B will be having their class Prayer Service at 11.10am in their classroom to which all their family is invited. We also have traditionally had a morning tea after this service which we would like to continue keeping in mind our healthy eating policy and encouraging healthy options for food and drinks.

School Fee Accounts
We have had some changes in our administration office staff and the accounting package we use which has meant some delays in getting your School Fee accounts to you. Your 2016 accounts will NOT be posted as in the past due to the increase in costs and delays in postage. Instead we will be sending your statement home next week in a sealed envelope with your eldest child in our school. Please note also that the school cannot claim the entitlement on your HCC if you have not presented your current eligible Health Care Card (HCC) that had to have been presented to the school office by TOMORROW in order to obtain the Health Care Card Discount on tuition fees. If you think you have an eligible HCC YOU are responsible for ensuring we have a current copy. If you have any queries or concerns about school fees please see Tommy in the school office.

NO SCHOOL DAYS THIS TERM
Public Holiday = THIS MONDAY 7 March = NO SCHOOL and NO OSCH.
Pupil Free Day = Monday 21 March = NO SCHOOL with OSHC OPEN 7am to 6pm.
Easter Break = FOUR DAYS OFF = Friday 25 March to Tuesday 29 March = NO SCHOOL & NO OSHC.
School Holidays = Monday 11 April to Friday 22 April = NO SCHOOL with OSHC open 7am to 6pm.
Public Holiday = Monday 25 April = No SCHOOL & NO OSHC.
School starts Tuesday 26 April.

CALENDAR OF DATES

Friday 4 March
2.30pm Assembly

Monday 7 March
Labour Day Holiday

Tuesday 8 March
3-4pm After School Sports

Wednesday 9 March
Year Six School Camp

Thursday 10 March
Year Six School Camp
3-4pm Dance Troupe

Friday 11 March
9am Participation Mass
3 B & G
11.10am 1B Prayer Service
Year Six School Camp

Monday 14 March
3-4pm After School Sports
3-4pm Netball Training

Tuesday 15 March
9am P&F Meeting
3-4pm After School Sports

Wednesday 16 March
6pm School Board Meeting

Thursday 17 March
3-4pm Dance Troupe

Friday 18 March
2pm—3G Harmony Day
Assembly & Merit Awards

Monday 21 March
PUPIL FREE DAY

Tuesday 22 March
11.10am - Year 6 Reconciliation
**Year 6 Camp**

Next week, our Yr 6 students are on camp from Wednesday 9 to Friday 11 March. The Yr 6 class are being accompanied by their teachers Miss Hind, Mr Italiano, Mr Hamersley and Sr Sandra at Dwellingup Bunkhouses for an exciting adventure camp providing the students with excellent opportunities to develop their leadership and team-building skills. We will also be focusing on developing greater independence and further enhancing the spirituality of our school leaders. Fr Kaz will join the students on their first day to begin with Mass and blessings for an enjoyable and fun-filled camp.

**Management of Student Behaviour**

Everyone has the right to feel safe and teachers have right to teach – students have responsibility to follow school rules & class rules — as adults we need to allow our children to be responsible for their own actions and show respect for themselves, others and the environment. We need to work together to foster a climate of safety.

Parents justifiably want their kids to be safe and to look after them, but often they end up wrapping them in cotton wool when in fact they should be able to fall over, get up and continue on again. It’s easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. You just want to take away their pain! When you focus solely on making the situation better you miss some massive opportunities to help your kids learn and grow. The big learning opportunities are usually hidden as problems. Most commonly they are: change, loss, rejection, failure, disappointment and conflict. I am not suggesting we want bad things to happen but, developmentally life throws up these types of curve balls all the time for kids. How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS. A teachable moment is usually disguised as a problem and is easily missed when you fail to focus on what can be learnt by getting too caught up in the problem and missing the learning. The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about ‘stuff’ and help them to work out how they may cope or manage different situations they meet. First we need to be on the lookout for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face. Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future. It’s worth remembering that children who experience some form of conflict often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them. TEACH your kids to bounce back – DON’T wrap them up!

*Cathie Bauer, Principal*
FULL OF FAITH

TEACHING & LEARNING AT XAVIER

LIBRARY & HISTORY
WITH MRS WELLS & MRS KELLY

The Kindy children have enjoyed their first time in the Library, by reading books and playing with lego.

Billy - “I like Angry Birds books”
Chase - “I like Captain America books”.

The Pre-Primary children read the book, “10 Hooting Owls” and made their own owl, using their painted handprint and collage materials.

Flynn - “I like cutting out the beak”.

The Year 3 children compared what Cottesloe beach was like in the 1900s to today.
Louisa - “Girls used to wear long bathers and now they have bikinis”.
Brodie - “Today there are lots of flags on the beach to tell you where you can swim and surf”.
Cassandra - “There was a jetty there in the 1900s but it’s not there now”.

PROJECT COMPASSION 2016
Well done to the students at Xavier who have donated to Project Compassion 2016!
Your generosity is appreciated!

Our total amount raised so far is $223.85

How is your money raising going at home?
Are you filling your family Project Compassion boxes?
Please put your compassion into action this Lent by supporting the Project Compassion 2016 appeal.

LEARNING MORE
CREATING CHANGE
St. Francis Xavier, Armadale - MASS TIMES

Saturday: 8.00am, Vigil Mass 6.30pm
Sunday: 7.30am, 9.30am & 6.00pm
Monday: 8.00am
Tuesday: 7.00pm
Wednesday: 9.00am
Thursday: 8.00am
Friday: 9.00am

St. Kevin’s, Serpentine
Sunday: 9.00am (Note: there will be no Mass at St. Kevin’s on the fourth Sunday of the month.)

St. Maria Goretti Church in Jarrahdale on the 4th Sunday of every month.

Mass at Schoenstatt Shrine every Friday at 10.00am followed by morning tea.

FAMILY DETAILS UPDATE
Just a reminder to return your Family Details Update Sheet. Please note that in the absence of these we are unable to update your current records. So please return these to the school office as soon as possible. Thank you.

ST BRIGID’S COLLEGE, Lesmurdie
OPEN DAY FRIDAY 18 MARCH. Touts at 9.30am and 1.00pm. Call 92904205 to register your attendance or email cream.annamaria@stbrigidswa.edu.au
Scholarship examinations for 2017 will also be held on March 19, 2016; for an information pack, call Pauline Guerinoni on 9290 4202.

SAVE THE DATE
ST EMILIES SCHOOL FETE, 151 AMHERST ROAD, CANNINGVALE
SUNDAY 20TH MARCH
FROM 10AM TO 3PM.

UNIFORM SHOP NEWS
Library Bags and Xavier White Socks are now in stock.

CANTEEN SALES DURING LENT
Please note that Canteen will not sell meat items on Fridays during Lent until the 18th March. Students ordering meat items will be given an alternative.

ST FRANCIS XAVIER, ARMADALE - MASS TIMES
Saturday: 8.00am, Vigil Mass 6.30pm
Sunday: 7.30am, 9.30am & 6.00pm
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