From the Principal

Merciful Father/ Loving Mother,
I know that the tiny sacrifices I make this Lent can never serve as a real penance in my life.
But help me to make my whole life one of following your Son.
I am filled with your love.
Let your love shine out from within me and guide my life in this sacred journey toward the Easter joy you offer me.
Amen.

Week 7
Welcome Candles
It was a tradition at the school that students who arrived to the school in Years other than Kindergarten and Year 7 received a welcome candle when they were in Year 6 or Year 10. We decided that we would like to catch up all the students so that they have their School Candle whilst they are at the school.

I have presented all the students this applied to with their welcome candle at the weekly assemblies and explained the importance of ensuring they feel they belong to our school.

From this point forward we will present all students who arrive mid-way through a year with their candle at the Opening Mass each year.

If we have missed your child, please let us know and we will ensure they are presented with their candle. Despite our best efforts to check these lists we realise we may have missed one or two and would like your assistance to be able to provide welcome candles to all our students.

Western Region Mass
We congratulate Mrs Katie Thompson and Sr Kathy for their preparation for one of our very successful Western Region Catholic Schools Week Masses that was held this week on Tuesday 8 March at Sacred Heart, Cootamundra.

We were very grateful to Fr Tom, Fr Joshy and Fr Maher for celebrating the mass for us. It was wonderful to come together with children and teachers from Catholic Schools in Cootamundra Young, Murrumburrah, Boorowa, Tumut, and Gundagai to celebrate the wonderful teaching and learning that takes place in Catholic schools in our region. This was the first time we have come together in this way and the feedback has been exceptionally positive with many expressing that they hope we continue the ‘tradition’.

We offer our sincere thanks to Peter Beath for his Welcome to Country. Peter spoke beautifully at the beginning of the mass and all were moved by his welcome.

Students from each school contributed to the ministries and came together seamlessly. We prayed for those at West Wyalong who were also holding a similar mass and for those in the Western Region unable to join us on the day.

It was a delight to have the whole of the Sacred Heart church filled to capacity and the singing was very moving. Three of the Year 10 girls from Sacred Heart sang ‘Blessed are the Merciful’ (Jakub Blycharz) and you could have heard a pin drop. When we said the “Our Father” together it was a moment of pure joy!

After mass, children from visiting schools joined our students on the playground. Cootamundra students invited others to play, chatted and helped them if they needed to find the canteen, etc. There was a fantastic
positive energy in the playground and when it was time to finish up the “biggest game of touch ever”, the students shook hands and were very happy to have shared this time.

We were very proud of all the children and it was a real credit to the caliber of students who attend Catholic Schools and the staff who nurture and guide them.

As I went to farewell one school, one of our Year 3 students was saying goodbye to one of their girls and wishing her a great afternoon, thanking her for the wonderful time they had. I asked the girl from Gundagai how she knew our student – she replied “We are friends.” I asked if she knew her before. “No. She came and asked me to play today and now we are friends.” This demonstrates what happened all through lunch with many of our students extending the hand of friendship and welcome and it was truly wonderful. There really was a great sense of belonging for all. I thank our students for making our visitors so welcome and congratulate them on their ability to invite others to join them. I also congratulate all the visiting students for being able to feel that they could join in and belong to the larger Western Region Catholic community.

Open Day
Thank you to the students and staff who organised sessions and stayed at school until 6pm last night for our Open Day. We had many new parents come and look through the school but it was also wonderful to see many current parents take the opportunity to look through the classrooms, particularly in areas they haven’t been involved with yet. Thanks to our Year 10 students who acted so capably as guides and cooked up a delicious dinner for all. It was a terrific to have an evening to come together as a community.

Congratulations to these parents who won the Lucky Prize Draw: 1. Kirsty Lonergan, 2. Belinda Walker, 3. Kerrie Murphy. Prizes can be claimed from the front office.

Catholic Schools Week
The theme for 2016 is ‘I Belong. You Belong. We Belong.’ which aligns with the Catholic Church’s strong focus on supporting refugees and asylum seekers and the need for a compassionate global community.

The theme also ties in with the Catholic Church’s celebration of the Extraordinary Jubilee of Mercy, which centres on pardon, strength and love.

In this Year of Mercy, Pope Francis is calling on all Catholic communities to extend mercy to those in need, particularly refugees fleeing hunger and war.

We hope those who were able to make it enjoyed seeing what we offer at Sacred Heart.

With blessings,

Mrs Janet Cartwright
Principal
2 Weeks ahead!

| Fri 11 Mar | All day | Catholic Schools Week |
| Sat 12 Mar | All day | Forecast for Coolamon, NSW (30° | 18°) |
| Sun 13 Mar | All day | Forecast for Coolamon, NSW (30° | 18°) |
| Mon 14 Mar | All day | WEEK 8 |
| Wed 16 Mar | All day | Year 2 Reflection Day |
| Thu 17 Mar | 19:00 – 20:00 | 7pm Reconciliation Liturgy for Sacrament of Reconciliation |
| Fri 18 Mar | All day | National Day of Action against Bullying and Violence |
| | | 09:00 – 14:30 |
| | | 10:00 – 21:00 |
| Sun 20 Mar | All day | Palm Sunday |
| Mon 21 Mar | All day | Harmony Day |
| Wed 23 Mar | All day | ASPIRATIONS #1 - Young |
| Thu 24 Mar | All day | Holy Thursday |
| Fri 25 Mar | All day | Good Friday |
| Sat 26 Mar | All day | Easter Saturday |
| Sun 27 Mar | All day | Easter Sunday |

*Calendar dates are subject to change.

Class Awards – Primary Term 1 Week 6

1C Paige Emery
   Liam Drum

1D Eliza Tozer
   John McGuinness

1MA Emily Fry
   Xavier Jones

2N April Dickson
   Charlotte Campbell
   Willem Offermeier

2W Daniel Nalder
   Oliver Pardy

Bridget Sharman

3GH Lachlan Smirl
   Ethan Shepherd

3M Ted Caldwell
   Jay Mugridge

Star of the Week
Nicola Gale

Congratulations!

Altar Serving Roster

**Group One – Saturday 12th March**
Tyson Smith

**GROUP Two – Sunday 13th March**
Lauren Mays, Cassie Mays

If any students would like to be put on the Altar Serving Roster please contact Sr Kathy on 0400 307 58

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School Based Immunisation Program for 2016
Nurses from the local HealthOne-Community Health Centre will visit the school on three occasions and provide the following vaccines during 2016.

**Wednesday 18th May 2016**
Year 7 students
Dose 2 HPV

**Wednesday 7th September 2016**
Year 7 students
Dose 3 HPV

If you have any queries, please contact Fiona Grogan on 69401111 at HealthOne- Community Health
A Reminder to Parents

The 2016 General Consent Form and the Student Information Check List must be returned tomorrow Friday. If forms are not returned your child will not be able to leave the school grounds for excursion, sporting activities etc.

Curriculum

Competitions

A reminder that the competitions for 2016 have been advertised. All these competitions are not compulsory.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Year</th>
<th>Cost</th>
<th>Sitting date</th>
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<tr>
<td>Digital Technologies</td>
<td>3–10</td>
<td>$9.00</td>
<td>Tuesday 17th May 2016</td>
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<tr>
<td>Science</td>
<td>3–10</td>
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<td>Tuesday 31st May 2016</td>
</tr>
<tr>
<td>Writing</td>
<td>3–10</td>
<td>$19.00</td>
<td>Friday 17th June 2016</td>
</tr>
<tr>
<td>Spelling (Yrs 3-7 only)</td>
<td>3–7</td>
<td>$12.00</td>
<td>Wednesday 15th June 2016</td>
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<tr>
<td>English</td>
<td>3–10</td>
<td>$9.00</td>
<td>Tuesday 2nd August 2016</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3–10</td>
<td>$9.00</td>
<td>Tuesday 16th August 2016</td>
</tr>
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Please respond to the letter sent home and have entry fees paid by Friday 23 March.

Australian Geography Competition

Students from Year 7 to Year 10 may nominate in this competition or choose not to participate (this competition is not compulsory). The competition will be held on Monday 16th May 2016 at the school. The cost for entry in this competition is $4.00 per student. Details for registering are in the letter sent home. Entries are to be finalised by Monday 4th April.

Study

Study has begun for years 7 to 9 on a Thursday afternoon at 3:30-5pm in the Library. Students must have returned a permission slip to be able to take an advantage of this time.

Year 10 students have study on Monday evenings
Pastoral Care Corner
Thank you to all who contributed to the February Uniform Free day which raised $350.00 for Caritas. Uniform free day are held on the last Thursday of the month and also advertised on the school calendar. The next uniform free day will be 31st March and money raised will go to our sponsor children.

Next Friday 18th March is a National Day of Action against Bullying and Violence. Students are permitted to wear a splash of orange on their uniform.
Library News

Sacred Heart Library

Book Club needs to be returned by Monday 14th March.
Please note there is now only one booklet for every child. Scholastic has combined all levels into one booklet.
Please return money or credit details with the order form in a school envelope.

Thank you
Pam Oehrig
Sacred Heart Central School Librarian
From the Sport’s Desk

Archdiocesan Swimming Carnivals
Secondary: Zoe Guthrie, Abbey Guthrie, Lauren Mays, Laura Miller, Joe ward, Max Tiernan, Darcy Maher and Jim Hogan.

Results
Abbey Guthrie

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<tr>
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<th>Place</th>
<th>Time</th>
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<tr>
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Zoe Guthrie

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<td>46:25</td>
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<tr>
<td>45 Girls 13yr 50 Breast</td>
<td>6</td>
<td>48:12</td>
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<tr>
<td>57 Girls 13yr 100 Free</td>
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<tr>
<td>48 Boys 14yr 50 Breast</td>
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</tr>
<tr>
<td>72 Boys 14yr 50 Back</td>
<td>9</td>
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</table>
Great work by the Secondary Sydney Triathlon Teams. Over 200 teams from across NSW and from all schools competed in this event and it is a wonderful opportunity for our students.

Abbey Guthrie, Laura Miller, Lauren Connell 24th in Catholic division
Ky White, Aiden Maxwell, Sam Sheahan 33rd in Catholic Division
Lachlan Giddings, James Howse, Tom Drew 34th in Catholic Division

Well done to the Stage 3 students who attended Winter Sports trials in Queanbeyan on Monday.

Toby Rumble - Rugby League
James Paterson Rugby League
Oliver Baker Rugby League
Will English Soccer
Jack Murphy Soccer
Kaleb Johnson Soccer
Lachlan Smirl Soccer
Zara English Soccer
India Bodycott Soccer
Emily Bodycott Soccer
Piper Scott Soccer
Frankie Scott Soccer
Claudia McLeod Soccer
Ethan Shepherd Soccer

Congratulations to on being selected in their elected sports.
Toby Rumble - Rugby League
Will English Soccer
Kaleb Johnson Soccer
Zara English Soccer
India Bodycott Soccer
Emily Bodycott Soccer
Piper Scott Soccer
Frankie Scott Soccer
Claudia McLeod Soccer
Primary Dates:
Rugby Union Gala Day 18/3/16 Young
Sacred Heart Cross Country 1/4/16 Cootamundra
Western Region Cross Country 5/4/16 Adelong

Secondary Dates:
Rugby League 15’s and Open trials 30/3/16 Forbes
Sacred Heart Cross Country 1/4/16 Cootamundra

Permission notes that are sent home for sporting events have a return date stated on them. This date helps the organiser arrange the correct number of teams and travel arrangements. Please ensure permission slips are returned by this date or your child may miss out on the event.

VERY IMPORTANT NOTICE:
Some CCC Individual sport nominations will be completed on line. Parents interested in nominating their child for particular sports need to visit the website to nominate their child. www.csss.nsw.edu.au.

Canteen News

Canteen Roster

Friday 11th Mar
J Harris, K Filmer
T Cooper-Duck

Monday 14th Mar
N Holihan, J Sheahan

Tuesday 15th Mar
J Roberts, L Polsen

Wednesday 16th Mar
S Williams, K Guthrie
S Hazlett

Thursday 17th Mar
K Winsor, K Clark

Thank You

A Quick Bite Recipe...

Roasted Eggplant, Zucchini and Capsicum Salad
Great recipe for all those zucchinis and eggplants at this time of year.
- 2 eggplant, quartered and sliced
- 2 zucchini, sliced
- 1 red capsicum, finely sliced
- 1 red chilli, finely sliced (as tolerated)
- spray oil
- 1 tspn baby capers, rinsed and drained
- handful of basil leaves
- drizzle of olive oil
- drizzle of balsamic vinegar

Preheat the oven to 200C. Combine eggplant, zucchini, chilli and capsicum. Spread over two baking trays. Spray with oil and roast for 30-40 minutes or until golden, shaking the trays once or twice. Allow to cool slightly. Arrange the roasted vegetables on a serving platter. Scatter over capers and basil. Season with salt. Drizzle olive oil and balsamic vinegar and serve.

For more information visit
Live Life Well @ School
NSW Health
Murrumbidgee Local Health District
FREE phone coaching service to help parents and carers Get Healthy in 2016


For Sale
P & F Cookbooks
$15.00 each
Purchase from the School Canteen

P & F AGM
Wednesday 30th March
@ 5.30pm

In the school Library
Everyone welcome to attend.

P & F Meet and Greet Social Night
Friday 1st April @ 6.30pm
Central Hotel

Everyone welcome to attend
Purchase your own food and drink
Other Events

Parenting Skills for Resolving Teenage Behavioural Problems

FREE Engaging Adolescents™

3 session program:
Monday 7 March 2016
Monday 14 March 2016
Monday 21 March 2016

6.00pm to 8.30pm

Steven Ward Rooms
Cootamundra Library

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

A free program for parents and carer’s of adolescents. Learn:

• Common ground shared by parents & reasonable expectations to hold about adolescents;
• New understandings of adolescence;
• Building relationship with your teenager and making the best of your non-crisis conversations with them; and
• Skills for tough conversations to handle those problems you just can’t ignore.

Bookings are essential please contact your
Case Manager or RSVP by emailing
ParentingRiverina@missionaustralia.com.au
or contact Stacey on 6942 8001

Open to the community

Tea, Coffee and a light supper will be provided
(please advise of any special dietary requirements at time of RSVP)
Please note child care is not being provided

This course is being run by a Parenting® licensed practitioner.
www.parenting.com.au
BRINGING UP GREAT KIDS
A PARENTING PROGRAM FOR BUILDING GOOD RELATIONSHIPS WITH CHILDREN

‘All parents want to raise happy and confident children’
The ‘Bringing Up Great Kids’ Program has been especially designed for busy parents.

The Bringing Up Great Kids parent program is an interesting and interactive parenting program that focuses on how parents communicate with their children.

This FREE 6 session course is designed to:

- Reflect on parents own parenting experiences, and how parents communicate with children
- Understand how children see messages from their parents in their development
- It is especially suitable with parents/carers with children aged 0-12 years

Cootamundra Community Hub
24 Bourke St, Cootamundra

Thursdays 18th February, 25th February, 3rd March, 10th March, 17th March, 24th March
12.30pm—3.00pm
Light refreshments provided

Parents will receive:
- Accompanying resources for the program
- Light refreshments
- Certificate of Attendance

For further information or to register your interest please contact the Cootamundra Hub on 0269428800
Drop into the Cootamundra Community Hub, 24 Bourke St, Cootamundra
Email manningm@centacareswsw.org.au or phone 0438502554
IT’S NEVER TOO LATE TO LEARN A MUSICAL INSTRUMENT!!

Ages 8-108!
Venue Cootamundra Public School (Cooper Street entrance)
Time “Try-out Session” Tuesday March 15, 2016 5-6pm

**Instruments:** flute, clarinet, saxophone, trumpet, trombone, tuba, glockenspiel and percussion (including concert snare & bass drum). Try them all!!

**Cost**
- Instrument hire $30/Term
- Rehearsal fee $2/hour each week.

Most instruments have a small additional maintenance cost. eg. reeds, valve oil, internal cleaning cloth

We welcome musicians in hiding to join one of our existing groups!
CCB II (Intermediate group) 6-7pm
CCB I 7-8:30pm

Come and try! Have a blow and a tap and unleash those musical talents!!

For more information, contact
Alison Patterson 0427 422 544

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CJRLC – Registrations Now Open

Wanting to play this year, GREAT!!

Go to the Cootamundra Junior Rugby League Club – In the Kennels webpage and follow the links to register.
Cost of Registration - $65.00 and includes jumper laundering and team photo.

All new registrations receive a FREE Club Polo.

Merchandise ordering is scheduled to take place between 4.15pm and 5.30pm at Nicholson Park Canteen on Thursday afternoons during March, (10th, 17th, 24th and 31st ONLY). Payment will be required at the time of ordering.

If you have any further questions, please contact
Lisa Crick – 0400 191 377

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Find us on Facebook
AUDITIONS

DAVID WILLIAMSON’S "LET THE SUNSHINE"

VENUE: TIN SHED THEATRE - The Arts Centre Cootamundra

DATES: Monday 14 & Tuesday 15 March

TIME: 7 to 8.30pm

PLOT: 3 couples with ideological and personal differences along with a touch of Romeo and Juliet creates this story that takes aim at greed, prejudice and personal change with Williamson's gusto and distinctively biting humour. ALL WELCOME

Actual production dates “Let the Sunshine” May 27 - June 4 2016

An Arts Centre production

THE ARTS CENTRE
COOTAMUNDRA NSW
31st March 2016
at 7:30pm

MAKE THIS HAPPEN!

FAIR-FORCE SCREENINGS ARE RUN BY REAL FANS THEY ONLY HAPPEN IF ENOUGH TICKETS ARE SOLD DON’T WORRY - WE ONLY CHARGE YOU IF IT GOES AHEAD
Weekly Classes Tuesday
March 8, 15, 22 & 29
6pm-9pm
Learn and develop skills that will set you on the wonderful art path of drawing.
These classes will cater for all levels of ability; beginners will have fun while building a base of drawing skills, more experienced artists will be challenged.
The main criteria will be enjoying yourself while indulging in the drawing process.
COST $130
Materials required: A3 100gsm drawing pad, 4B graphite pencil, Vinyl eraser, Water colour brush round size 10 or 12. (buy inexpensive at the base store). All other materials will be supplied.
Register by Friday 26 February

Sunday April 17th
9.30am - 4:30pm
This workshop will focus on larger formats (A1) developing your expressive potential based on observations from life. Participants will be challenged according to their experience. Beginners catered for and welcomed.
All will have fun. The program is based on experience from New York Studio School’s drawing programs.
Cost: $120
Materials required: 4B Graphite pencils, compressed charcoal (pencils or sticks). Paper and any additional materials will be supplied.
Register by Friday 8 April

Master of Art Practice (visual art), Charles Sturt University 2010.
BA (fine art), Charles Sturt University (2006).
Director Blackfriars Drawing Aquaticlive.

18 – 20 Wallendoo Street
Cootamundra NSW 2590
www.theartscentrecootamundra.org.au
info@theartscentrecootamundra.org.au
(02) 6942 4773

the arts centre
cootamundra
"an artist’s playing field"
Drawing and Painting Techniques

Tutor: Karen Walsh

Series of four sessions – 10am – 3pm
1st Tuesday of each month. Every other Tuesday - Artlark days. Practise days with friends and mentors for further improvement

Dates: Tuesday 8 March, 5 April, 3 May, 7 June
Venue: Visual Arts Studio, The Arts Centre Cootamundra
Cost: $310 upfront for four 5hr sessions
Registrations: The Arts Centre Box Office by Tuesday 26 February

18 – 20 Wallandoon Street
Cootamundra NSW 2560
www.theartcentrecootamundra.org.au
info@theartcentrecootamundra.org.au
(02) 6942 4773