

Holy Family P&F NEWSLETTER

| Your Community & Parish Update | Term 3 Week 1

PRESIDENT'S MESSAGE

With Ian Seretin

Welcome back to school everyone! Now that we are into Week 1 of Term 3, officially we are half way through the school year! I hope you all enjoyed the July school holidays. The temperature gauge certainly dropped and we had some extremely cold mornings – well into the minuses!

Thinking of those who really do suffer in the cold, we will continue to collect warm items for St Vincent de Paul's Winter appeal so please bring in any warm clothing or blankets you no longer need and/or you can donate tinned food. Each class has a basket for your children to place items in!

For any parents that missed the **Sounds Write** parent training workshops earlier this year, the very passionate James Lyra is coordinating further workshops this term. These workshops are open to any parent wishing to further support their child in reading, writing and spelling. The workshops are really useful and will provide you with a very good understanding of this new phonics program recently introduced to our school.

Sounds Write is a highly structured phonics program that effectively and systemically teaches reading, spelling and writing. Sounds Write provides a clear understanding of how the English alphabet code works and is taught in a carefully structured way. This includes initial code, extended code and polysyllabic words. To sign up to a session, refer to the information featured later in this newsletter.

This will be another busy term for Holy Family where we will celebrate National Science Week with our own Science Fair in Week 5, Book Week in Week 6 and the Father's Day barbeque on Friday 1 September (at the end of Week 7). We will also ramp up our communications in preparation for the School Fete in Term 4. Please set aside Saturday 25 November (10am–2pm). If you would like to volunteer or help contribute in any way towards the fete, please email: holyfamilyfete@gmail.com.

We welcome Michael Cook to our school canteen and look forward to the new 'fresh food' menu on offer for this term!

To get the latest on what's happening this term, take a look at our online [school calendar](#).

Cheers!

Ian Seretin

P&F President: (M) 0403 011 369; (E) ian_seretin@hotmail.com

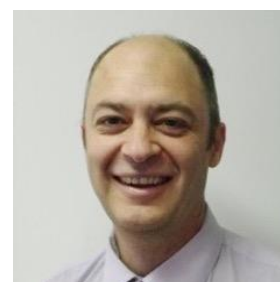
Important Dates

Upcoming...

New building opening
Tues 25 July, 10am

P&F meeting
Wed 26 July, 7.30pm

Board meeting
Wed 2 Aug, 6.30pm



PARENT NETWORK

With Antoinette McBride

Hello families, welcome to term 3! It's going to be a super busy one for us as we get to plan in detail the final touches to the Holy Family fete for 2017.

2017 fete

Many of you will have seen our amazing newsletter introducing this year's Christmas-themed school fete. The committee is a team of five parents but we need so much help from the school community to make it a huge success. It is our main fundraising event for 2017.

Right now we are seeking parents to help with coordinating our raffle. The raffle is a major part of the fete. We are seeking 2–3 parents to help with this. We have done a lot of the groundwork already and you will be fully supported by our fete committee.

Please consider volunteering – we can't do it without you! **The success of our fete lies in your hands!!**

If you can coordinate a stall or are interested in finding out more about helping with a stall, please email us at holyfamilyfete@gmail.com.

A letter will go home this week to each family regarding sponsorship for our raffle. If you have a family business and would like to donate a cash prize, please contact us ASAP. Did you know we have **725 students, 500 families** at the school? This means, for your donation, your business will receive an acknowledgement on each ticket, on our community flyers, our school's website and in our weekly newsletter which is an incredible advertisement for your business within the school community! Please contact us for an amazing opportunity to promote your company whilst also helping your child's school.

Race to Russia

It's your last chance to get your tickets for a fun night out to support Holy Family mum, Tash Taunton raise money for her MS treatment in Russia.

On Sat 29 July at 'Top of the Cross', Canberra Southern Cross Club, Philip, there will be a fundraising night of fun, silent and live auctions, games, raffles and prizes to raise funds for Tash. Maybe we could get a few tables together from Holy Family?! Go here to purchase tickets: <https://www.eventbrite.com.au/e/my-race-to-russia-tickets-34346529394?aff=es2>.

Looking forward to another busy and exciting term ahead!

Antoinette McBride
Parent Ambassador
(M) 0415 457 842
(E) antoinette.mcbride@cg.catholic.edu.au



*Our sincere condolences to the Longmire family following the passing of their much loved Mum and Grandmother, Teresa Butler.
Please keep Monica, John, Sophie and Madison in your prayers.*

EDITOR'S NOTE

With Lee Johnson

In relation to Leah Taylor's write up last term and sneak peek into Holy Family's STEM website – I have to say a big WOW! (Note: STEM is an integration of science, technology, engineering and mathematics.) Congratulations to Holy Family for truly embracing a community partnership with both educational and influential government Science institutions. What a way to pave the path and building blocks for our student's learning and more importantly what an opportunity! Taking a holistic approach, clear vision and understanding the longer term impact on our kids in being marketable for their careers in an ever evolving, technically savvy world is visionary and pragmatic planning for the future. As a parent with no prior knowledge of STEM, I am more than impressed so kudos to the brains behind this work! In today's ever changing society we are faced with solving many community problems. This means we need to come together united as a diverse community to solve in partnership – this includes government, industry and academics. That way, we all take ownership, interest and can influence and shape our world leading to better outcomes for all.

Take a look at Holy Family's STEM website which will be launched in Science Week (Week 5): <http://holyfamilystem.webs.com/>.



In addition, if you have budding scientists in your home, they may want to enter a science project in the ACT Science and Engineering Fair. Check out the Science Investigation booklet (a guide to support students to create their projects) found at <http://seaact.act.edu.au/science-fair/>.

If you would like to contribute to the P&F newsletter (e.g. recipes, achievements, showcase your child's work, have a joke for the week, etc) please send through your content to me by **COB Friday** (exception is **weekend sports results** – please email me by **12noon Sunday**). This ensures your information is published in time for the following week's newsletter.

Lee Johnson
P&F Newsletter Editor
(E) nthcurly@yahoo.com

FUNNY FOR THE WEEK

Knock knock!
Who's there?
Ivan.
Ivan who?
Ivan itchy nose.

SCHOOL NOTICES



Vinnies Winter Appeal

Each class has been provided with a basket (with tinsel) to collect donations for the St Vincent de Paul Winter Appeal. We need you to help donate warm clothing, blankets, jackets and winter warming tins of food – e.g soups, beans, etc. This is your last chance to send in your donations. We would like our community at Holy Family to continue to be a wonderful support for this annual winter appeal.



SOUNDS - WRITE
First Rate Phonics

Sounds-Write Linguistic Phonics Parent Training Workshops Term 3

Option 1

Date: Wednesday 19 July & Wednesday 26 July 2017

Time: 6.30pm to 8.30pm

Link: <https://www.eventbrite.com.au/e/sounds-write-linguistic-phonics-training-for-parents-term-3-opt-1-tickets-35670895609>

Option 2

Date: Saturday 22 July 2017

Time: 12.30pm to 4.30pm

Link: <https://www.eventbrite.com.au/e/sounds-write-linguistic-phonics-training-for-parents-term-3-opt-2-tickets-35670966822>

Option 3

Date: Sunday 30 July 2017

Time: 9.00am to 1.00pm

Link: <https://www.eventbrite.com.au/e/sounds-write-linguistic-phonics-training-for-parents-term-3-opt-3-tickets-35671032017>

SCHOOL NOTICES

Keeping your kids interested in healthy eating

Our children are learning a lot at school about healthy eating; and not just in the classroom. Colourful posters in common spaces, items sold at the canteen and healthy eating weeks all reinforce the curriculum around food and nutrition.

Sounds great but what if you have a child that is yet to really engage with healthy food at home?

Try these simple tips to help your child increase their interest in healthy eating:

1. ask your child to help choose fruit and veg in the supermarket
2. seek your child's ideas on healthy dinners and lunch box additions
3. eat as many meals as possible as a family
4. role model eating and enjoying healthy food – children watch you for 'cues' on what and how to eat
5. for younger children, read children's books on food together
6. get children involved in growing food – e.g. herbs on a windowsill are a great starting point.

The secret behind these tips is that they're all conversation starters around food!

The school holidays are a perfect time to encourage children to try out their culinary skills. Start with simple meals that you know your child will enjoy and praise their efforts. Of course, involve them in the clean-up too!

Need some ideas on easy meals and snacks for your young chef? The ACT Nutrition Support Service has many easy and tasty ideas. My children recommend the [corn fritters](#) – delicious and bursting with corn for a healthy tummy.



Enjoy your break.
Happy eating!
Bec Rees
Mum to Will (2B) and Accredited Practicing
Dietitian
becrees76@hotmail.com

fresh TASTES | healthy food at school

PARISH INFORMATION



Parish Mass Times

Parish weekend masses: Saturdays at 6pm and Sundays at 8pm, 10am and 6pm. All held at Holy Family Church Gowrie <http://www.ccp parish.org.au>

Parish Priest: Fr Warrick Tonkin

Assistant Priest: Fr Jiss Kunnumpurath

First Eucharist

Online Bookings www.ccp parish.org.au

Close Thursday 20 July at 9am

Parent Information Session

Wednesday 19 July at 7.30pm, Holy Family Church

Retreat Days

Wed 26 July – SFA and Marist

Thurs 27 July – HFS

Tues 1 Aug – SCA & PSoR

Back to school

A reminder that school goes back on Monday 17 July so please be mindful of **40km speed zones** and **please** be careful in the carparks. Unfortunately some parents have been entering through the exit to get into the carpark quicker. **THIS IS VERY DANGEROUS! It is your children and your children's friends you are putting at risk.**

Please drive responsibly, obey the traffic signs and set a good example for your children.

Youth Connect Mass: Saturday 5 August at 6pm at Mary Help of Christians Parish, Pearce. All youth from across the Archdiocese are welcome to attend. Please contact Rosen rossenderamos@gmail.com for more information.

COMMUNITY NEWS

KENBUKAN AUSTRALIA

Karate classes at Holy Family

Are you looking for an after school activity that will improve your child's self-confidence, fitness and self-defence skills? Our fully qualified instructors run developmentally tailored children's classes every week during school terms. Classes are held in the school hall at Holy Family Primary – nice and close to home!

Days: Tuesday & Thursday evenings (6–7pm)

Cost: \$120 per school term

Promotion: New students in Term 3 will receive a free karate uniform!

Adult classes are also held on Tuesdays and Thursdays (7–8.30pm). All classes cater for beginners to advanced.

For more information please drop in, or email us at: kenbukanaustralia@gmail.com <<mailto:kenbukanaustralia@gmail.com>>

拳武館



Established in 2005 Aqua Calwell is a locally owned school in a private, indoor, heated pool purpose built for teaching of Swimming and Water Safety.

We believe swimming is the most important life skill you can teach anyone, it's not only a survival skill but you also have fun whilst learning to achieve the strokes and awareness within the water surroundings.

- Registered School with both Swim Australia and AustSwim
- Focusing on learn to swim, water safety and stroke correction from the ages of six months through to adults
- School Holiday Intensive Swim programs held every school holidays.
- Participating in Swim Australia's National Swim Safer Week
- Mature aged, experienced teachers registered with AustSwim and Swim Australia

Enrolling now – Phone: **62924900** or **0404072906** / Email: Aquacalwell@hotmail.com



BASKETBALL FOR JUNIORS

Only \$90 for 6 classes in Term 3 2017

- | | |
|--|---|
| <ul style="list-style-type: none"> • Boys & Girls aged 3 - 8 Years • Skills based intro to Basketball • Indoor sessions • Modified equipment | <ul style="list-style-type: none"> • Ideal for beginners • Age appropriate programs • Parent help for 3 - 4 year olds • BASKETBALL TO KEEP! |
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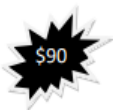
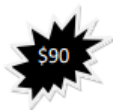
Location:

Wanniassa School - Senior Campus Wheeler Crescent, Wanniassa

Starts

Sunday 6th August

3 and 4 year olds - 9.45am to 10.30am
 5 and 6 year olds - 10.30am to 11.15am
 7 and 8 year olds - 11.15am to 12.00pm



COST: \$90 FOR 6 SESSIONS AND A BASKETBALL FOR YOU TO KEEP!

ENROL + PAY ONLINE AT WWW.GETACTIVESPORTS.COM.AU

Alternatively call the office on **1300 772 106**

Limited Spaces!



One family... an embarrassment of riches

Featuring: Linda Chen, Jess Waterhouse, Alexandra Howard, Victoria Hopkins, John Kelly, Rob Defries, Vivek Sharma, Erin Stiles, Vivien Murray & Martha Russell

16 – 19 August, Belconnen Theatre | 8pm and 2pm matinee

Tickets: www.trybooking.com/QHOF

The following play is recommended for **ages 12 and above** (given some language and adult themes):