



"Pursuing fullness of life for all by inspiring faith, lifelong learning and community engagement."



We acknowledge the traditional owner groups of this land. We learn, work and live and recognise their connection to land, water and community. We pay respect to elders past, present and emerging, believing we can walk together for a better future.

## SCHOOL ADVISORY COUNCIL:

President: Chris White Vice-President: Elise Coxon Secretary: Gabi Chadwick Parent Rep: Leanne Dillon  
Maintenance Representative: Mark McClure School Uniform Representative: Beck Merrett  
Staff Representative: Gabi Chadwick Ex Officio Members: John O'Sullivan and Barb Ryan

## PRINCIPAL'S REPORT

Dear Parents,

We are pleased to report that John's operation went very well and he has begun his journey to recovery. We continue to wish him well.

Towards the end of last year members of the senior class proposed the idea of integrating a customised year six shirt into our school uniform. This proposal has followed due process through discussion at the last School Advisory Council meeting. The proposal was discussed at length and was decided against due to a number of reasons, including the cost associated and the large variation we already offer in our school uniform.

This week we celebrated Shrove Tuesday and Ash Wednesday at school, it's been a fun introduction to the Lenten season where we begin our preparation of Easter. Students thoroughly enjoyed the chance to venture out into the community, including the Harrow Bush Nursing Centre.

Unfortunately the Mini Vinnies stall has been cancelled due to the hot weather. Students are now looking forward to the March stall.

Thank you to the families who booked in and came along to Parent-Teacher Interviews. Given how far many of our families travel to attend these, we are always seeking feedback. Please don't hesitate to discuss any suggestions with School Advisory Council members or any staff members.

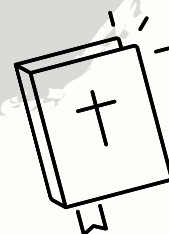
Finally, you will notice a new date added to the calendar this term. On Saturday the 25th of March our staff will be taking up the volunteer roles at the Lake Wallace Parkrun. We would love our whole community to come along and join in the fun. Come for a run, walk, ride or scoot around the lake.

Gabi



## PRAYER

Lent is a time to take a breath, stop our striving and reach out for the God who is our refuge and our strength. To remember God loves us even in our dustiness.



## MASS TIMES

1st Sunday 9am  
2nd Sunday 9am  
3rd Sunday 11 am  
4th Sunday Lay Led  
5th Sunday 4pm



## FOR MORE INFORMATION

Address: 34 Lake Street, Edenhope, 3318  
Phone: (03) 5585 1396 Mobile: 0428 913777  
Web: [admin@smedenhope.catholic.edu.au](mailto:admin@smedenhope.catholic.edu.au)  
Principal: John O'Sullivan





## PARENT RESOURCE

Big Life Journal has a range of colourful journals to help children of all ages find gratitude in every situation. By allowing children to experience challenges we can nurture them to feel empowered to take on bigger challenges as they grow. Check out their website for more information and resources.



## GASTRO REMINDER

We are aware there has been an outbreak of gastro in our wider community. While we have not yet had any notified cases at school, please remember the quarantine time is 48 hours after last episode if your child comes down with it.



# Student PROFILE OF THE WEEK

*Fletcher Oliver*

If I had any super power: It would be to be able to fly!

Favourite food: Chicken pesto pasta

Favourite subject: PE

If I was Prime Minister:  
I would raise the Victorian speed limit to 110 and fix the roads.

When I grow up:  
I want to be a professional dirt bike rider

**Mrs Chadwick says...**  
"Fletcher is an amazing story teller and has a terrific sense of humour. He will always offer to help someone in need"

## SO WHAT IS LENT?

Lent is the period of 40 days which comes before Easter in the Christian calendar. Lent begins on Ash Wednesday and is a time of reflection and preparation before the celebrations of Easter. It is a time for us to challenge ourselves in becoming better versions of ourselves by abstaining from something, or taking up something new. It is a time to carefully consider our actions and how they impact us and others.



## Fees

It is that time of year again when school accounts are out. If you have any concerns please reach out to Gabi and/or Barb - there is always something we can do to help.

The new fee breakdown is below:

- Annual tuition (family) \$1380 in total. \$32.86 weekly \$345 per term (4)
- Capital fee \$160
- Operational fee \$50 \*capped at \$150 per family
- Levies, books and stationery \$260
- Excursion fee \$40
- Foundation Camp \$100
- 1/2 Camp \$150
- 3/4 Camp \$200
- 5/6 Camp \$250

### Family Fee Assistance Scheme

Families who qualify (if you hold a health care card or pension card) will pay \$520 annually. This discounted fee is for tuition and capital fees only. It does not include fees such as camps, excursions or stationary. Forms are attached to accounts. Please return before the end of term - April 6th.

### Camps, Sport and Excursions Fund (CSEF)

This fund is provided by the Victorian Government to assist eligible families cover these costs and pays up to \$125. If your family holds a valid health care card or concession card you may be eligible. Please contact Barb to obtain the necessary forms before the end of term - April 6th.

# Is Your Child Getting Enough Sleep?

Newborn 0-3 months	Infant 4-12 months	Toddler 1-2 years	Preschooler 3-5 years	School-Aged 6-12 years	Adolescent 13-18 years
14-17 hours	12-16 hours	11-14 hours	10-13 hours	9-12 hours	8-10 hours

## 6 TIPS TO HELP KIDS SLEEP

- HAVE AN EVENING ROUTINE
- NO LATE DINNER OR SNACKS
- TURN OFF ALL ELECTRONICS
- PLAY BEFORE BEDTIME
- KEEP THE ROOM DARK AND COOL
- READ OR LISTEN TO A STORY



## Leadership Committees

The Year 5/6 students met for their first leadership meeting this week. They have brainstormed carefully, and are pleased to announce their 2023 Student Leadership Committees:

**House Committee:** Brianna, Grace, Max, and Hudson.

**Social Justice Committee:** Taewyn, Maddie, and Scarlett.

**Maintenance Committee:** Joe and Fletcher (Digital Manager).

**Sustainability Committee:** Airlie and Gabi.

**School Assistants Committee:** Nyima (Library Assistant), Sam and Eddie.

Stay tuned for upcoming plans from these teams!

## Week 4 at a Glance



Even Ringo is getting into the Lenten spirit- Sprouts not grasshoppers today






































## Are you Cinderella?

Is this your size  
5 boot?

If so, please be  
in touch. Found  
at the front of  
the school



Term 1	Monday	Tuesday	Wednesday Foundation Rest Day all Term 1	Thursday	Friday	Sat/Sun
Week 1 Swimming 	30/1 No Students Staff PD 	31/1 Students return 	1/2 	2/2 	3/2 	
Week 2 Swimming 	6/2 	7/2 School Photos 	8/2 	9/2 	10/2 Leadership Speeches 	11/2 HENLEY 
Week 3	13/2 *Opening Liturgy *St Malachy's Swimming Carnival 	14/2 WT Swimming Carnival - Casterton 	15/2 	16/2 	17/2 	
Week 4	20/2 	21/2 Shrove Tuesday 	22/2 Ash Wednesday 9:15 mass 	23/2 Parent Teacher Interviews 	24/2 Mini Vinnies Stall Cancelled due to heat. 	
Week 5	27/2	28/2	1/3	2/3 Little Desert Swimming 	3/3 Clean up Australia Day	
Week 6	6/3	7/3 3/4 Camp - Dunkeld  Little Athletics Meeting!	8/3 *3/4 Camp - Dunkeld *Kowree Swimming  	9/3	10/3 School Closure Day 	
Week 7	13/3 Labour Day Holiday	14/3 Greater W Swimming 	15/3 NAPLAN begins	16/3	17/3 St Patrick's Day 	
Week 8	20/3	21/3	22/3	23/3	24/3	25/3 Park Run
Week 9	27/3 NAPLAN ends	28/3	29/3	30/3 The Alphabet of Awesome Science- F-6 excursion to Horsham	31/3 Mini Vinnies Stall 	2/4 Palm Sunday 
Week 10	3/4	4/4	5/4	6/4 Last Day of Term 1 Easter theme dress up 	7/4 Good Friday 	9/4 Easter Sunday 