Dear Families,

Thank you to all the parents who organised their commitments to attend the Information Session with their child’s teacher and the parent sessions on assisting children to build resilience and cyber safety.

Last week I read a quote from a student who was the Dux of her school. This quote reinforced Georgina’s message about controlling our thinking.

“Your mind is the generator of your success.”

After the insightful presentations, Sarah, who is a parent and member of the PFA and PAC, sent through the following article by Michael Grose for the school community.

Who empties your dishwasher?

The answer to this question tells a great deal about your parenting philosophy.

If you or your partner usually empty your dishwasher then I humbly suggest that you may be working too hard.

If one or all your kids (over the age of three) have this job then congratulations, you’re travelling down the road toward redundancy, and your children are heading toward independence.

Many parents would love their kids to do this task but pragmatism (“It’s easier to do it myself.”); lack of faith (“They’re sure to break something!”) and unwillingness to let go (“It’s my job after all.”) get in the way.

Why the dishwasher?

Good question. Here are seven good reasons:

1. These days almost every house has one, and it’s a job that just has to be done!
2. It’s fiddly & tedious; and it needs to be done right, which is a great lesson for kids to learn.
3. Kids also learn everything has a place in the kitchen, which is a great lesson for those who are organisationally-challenged. Knowing your way around the kitchen is also an important first step toward children making their own snacks and preparing meals. That’s also a worthy aim!
4. It’s emptied every morning/day, second morning/day so kids learn about the value of routine.
5. As it needs to be emptied whether they feel like it or not kids learn about grit (the ability to stick at a task even though it’s boring) and self-control (through delaying gratification) - two important character strengths that contribute to kids’ success.
6. If they don’t do it then who will? It teaches kids that others rely on them. Believe me, I see many young people who’ve never learned this lesson at home!!

7. Kids are hard-wired to help but they need the opportunity to do their bit at home. And the great opportunity that is the dishwasher is always there!!

There are plenty of other reasons for putting the dishwasher on the kids’ chores list, but that should be enough to get you thinking.

Okay, it doesn’t have to be the dishwasher!

Smart parents put important principles into practice to suit their circumstances.

So, if you buy into the notion that kids should routinely help at home without being paid and that your aim is to make yourself redundant BUT…..

……getting them to empty the dishwasher just doesn’t cut it in your world, make sure they do other laborious tasks, that are regular and that benefit others.

National School Chaplaincy and Student Welfare Program:
St Martin’s school receives an annual grant from the Australian Government to provide school programs to assist students with their Social Emotional Learning (SEL). Funds cannot be used for religious education or to provide professional counselling services.

Our school Chaplain/welfare worker, Bev, provides sessions to help children with resilience, self-esteem, self-organisation, self-care, goal setting, study habits and coping skills. Bev is available on Monday and Tuesdays from 7am. Any parent who wishes to make an appointment is asked to complete a slip at the office. Bev does NOT see any child without parent/carer permission. She makes a phone call to discuss initial concerns with the parent. There is no charge for this service.

Parents who have used this service have found it to be a valuable support for their child.

School Swimming Team
Congratulations to the students who have been selected to represent St Martin’s at the District Swimming Competition on Thursday.

On Monday at assembly each child was presented with a swimming cap.

Special thanks to Sue, James’ mum for organising the swimming caps for the school. The caps are red with our school logo and name in blue. They will look like champions! Thanks to the parents for getting their child/children to swimming trials after school at Northcote Pool and to Mr W and Miss V for organising the trials.
Air-conditioners
Last Tuesday at 7am the electricians commenced work to complete the final connection of power to the new air-conditioning units. Unfortunately, inspection of the switchboard in the Junior Building showed that an upgrade is needed. This up-grade will be undertaken during the first term holidays.

Because school power is drawing its total capacity from the street, it is being closely monitored to keep to our limits. Air-conditioners are being set for 24 degrees, which we have been advised is ideal room temperature.

Margaret, Deputy Principal, is currently investigating and designing a plan to draw less power by changing school lighting to LED.

A recent communication from the Catholic Education Office alerted us to the Victorian Government Energy Efficient Grants for schools. Hopefully St Martin’s is eligible to apply for this grant.

Parent/Student/Teacher Interviews
This year, the initial Parent/student/teacher get to know your child and student goal setting interview has been set for Tuesday, 25\textsuperscript{th} March. This is later in the Term and came in response to parents stating that they wanted more input from teachers at the initial interviews. Suitable time has been set for teachers to complete assessment in Maths and English and to get to see the student’s work performance and social interactions at school. At these interviews, students and teachers can refer to each student’s Learning Journals to support goal setting.

The SMART acronym; specific, measureable, achievable, realistic and timely will be used for goal setting. Be aware that information from the school about making booking time for Parent/Student/Teacher interviews on Tuesday 25\textsuperscript{th} March from 1pm, will be sent out soon.

Home Practice Tasks
Congratulations to the parents who are following the suggestions for the Role of Parents outlined in the Draft Homework Practices Policy. Extract from doc:

The aim of the parent is to support each child in their endeavour to:

- Be an independent learner
- Encourage homework completion and performance
- Enhance a positive attitude towards homework
- Engage in positive communication
- Provision of social support.
To ensure all parents are aware of the process involved in determining the compilation of the Draft homework Policy, hard copy material was sent home last week. The Research Paper, which underpins the formation of the Draft Homework Policy, has been placed on the School Website for your consideration.

**School Uniform**
Thanks to the parents who support school policy and encourage pride in the school by ensuring their child wears correct school uniform. White over the ankle socks are required for sport; black is not correct sport uniform.

**Head Lice**
Thank you to the parents who keep regular watch of their child’s hair and take time to inform the school should head lice be spotted in their child’s hair. Notes are sent home to respective classes to advise parents that a case of Head Lice has been recorded for that particular class.

**Hospitality**
Sr Joan Chittister reflects that “Hospitality is the basic theme in the rule of Saint Benedict.”

She describes ‘Hospitality’ as a lifeline that is part of the fibre of life and that there must always be someone there to care for anyone and everyone in need.

There are numerous ways families can extend hospitality to others. As Sr Joan says, “We need to keep our hearts open because someone is waiting to get in”.

Thank you to the many parents who have opened their hearts to enhance the social capital of our school community. It’s because of you that St Martin’s continues to be famous for the wonderful school community. Shrove Tuesday Picnic, Tuesday 4th March from 5pm on Bottom Yard is an ideal way to demonstrate hospitality to others. Please make an effort to come along and join in with other families.

**Ash Wednesday 5th March, the beginning of Lent, our journey to Easter.**
Lent is a chance to encounter Jesus, to remember again his invitation to chat, to come and see who he really is. It is a rich season for schools to look into the face of Jesus, not merely in our chapels and classrooms with crucifixes and other images. Every encounter we have with a student, colleague or staff member can lead to a more profound realisation about our lives in Christ. Joe Doolan, CEOM.

These questions help us to ponder our actions in relation to our gift of Hospitality to others.

What suffering in our world are we blind to?
What personal failings or prejudices do we always excuse or fail to see?
Which people in our lives need healing love?
For whom shall we pray to the Father?

Looking forward to seeing many families at the Shrove Tuesday Picnic.

Regards,
Trish Stewart
Principal