



Vision Holy Family Catholic Primary School is a diverse, inclusive, learning community committed to the gospel values of mercy, respect and courage.

Mission At Holy Family Catholic Primary School, we:

- Provide a welcoming environment where partnerships between the school, families, parish and wider community are valued and promoted
- Work collaboratively, using evidence-based practices to deliver quality education that supports the holistic needs of all students
- To live as stewards of God's creation, being the difference we want to see in the world

A Message From The Principal...

Holy Family Values

As a community centred on the example of Christ, the following core values guide all our interactions.

Mercy

We always include others and treat them with kindness.

Respect

We support everyone.

Courage

We make good choices, and we bounce back when things don't go our way.

It is joyous to be part of the Holy Family School Community and I thank our families, staff and students for making it the family that it is. During my walks around the school and classroom visits, I am buoyed by the friendly and kind nature of our students who greet everyone with a smile, our motivated team of staff who are always so positive and our families who actively take part in our school. We are blessed to have such a great school.

Holy Family School Advisory Board

Our school advisory board is a friendly parent and staff group who meet twice each term, collaborating to work towards building our positive school community and striving to build a place where all people feel supported and valued. If you are thinking of joining this great group, we invite you to attend our upcoming AGM. Please contact the office if you would like to chat about this further with me or be put in contact with current board members to have a conversation. Thank you to those who have expressed an interest in being a part of the school advisory board in 2024. We welcome existing and new families.

AGM Advisory School Board Meetings

Week 9 Monday 25th March School Advisory Board AGM.

Disco

The disco was such a fun night even though the weather was a little warm. DJ Sonix once again put on a great show, news on the street was, 'It was the best disco ever!' Everyone was in great spirits, and it was great to see both kids and adults get their groove on and show their moves on the dance floor. Thank you to Ellie Lothian and Sophie Chow for their organisation of the event, their staff support squad and to our Transition families for their assistance.



Naplan

The National Assessment Program – Literacy and Numeracy (NAPLAN) 2024 for students in Years 3 and 5 will be held in Weeks 7 and 8 of Term One (13 – 29 March).

Please see the link below for further information or to investigate the test experience and functionality

<https://www.nap.edu.au/online-assessment/public-demonstration-site>.

If you have any questions about your child's participation in NAPLAN, please contact our NAPLAN coordinator, Ms Deb Twartz on debra.twartz@nt.catholic.edu.au.

Sickness

We have had illness across our school with students and staff coming down with the flu and other bugs. To keep everyone healthy and prevent illness spreading we appreciate your assistance by keeping sick children home. Thank you for being so mindful and looking out for those in our community.

Facebook

Have you liked our Facebook page?

Please click on the link below

[@holyfamilycpskarama](https://www.facebook.com/holyfamilycpskarama)



Netball Gala Day

On Friday 1st March Holy Family entered 3 teams into the Interschool Netball Competition. Each team played to an exceptional standard, coming away with many wins. Congratulations to Holy Family Team 1 for winning Pool B. It was fantastic to see our humble champions display great sportsmanship and support to their teammates, opponents and referees. Well done to the following students who put their hand up to ref in between their own games. Steffi, Valentina, Samirah, Rhykia, Demi, Zoe, Torrae, Lily.H, Yvette and Lily.C. Thanks to Miss Emma, Miss Espinoza and Mr Tom for taking our students and encouraging them all day.



Catholic Identity Sacramental Program 2024

Penance (Reconciliation) classes, for students Year 3 and above, who have been baptised into the Catholic Church, are continuing. Please keep our candidates in your thoughts and prayers. Any queries please contact Mr Walter at andrew.walter@nt.catholic.edu.au or ring the school.

2024 Reconciliation Candidates

Dakota Crowe, Maili Baksh, Scarlett Stanley, Ignatius Vallejo, Tyra Walsh, Jolas Lam and Geoffrey Anstess.

Liturgies and Masses

We are now in the Lenten period. A time for reflection, prayer and fasting as we prepare to mark the final days of Jesus' life and the joy of Easter and the Resurrection.

Here are our liturgies, masses and sacraments for Term 1;

Term 1 Week	Date	Time	Event/location	Class and Teacher
9 Holy Week	25 March Monday	8:25-9:00am	Palm Sunday Prayer Liturgy at assembly area (Sun 24 March)	Rm 8 (Yr 1/2) Mrs Brennan/Miss
9 Holy Week	27 March Wednesday	8:25-9:00am	Holy Thursday (Last Supper) Prayer Liturgy 8:25am Assembly Area	GailRoom 5 (T) Miss Chow
10 Holy Week	28 March Wednesday	8:25-9:00am	Good Friday (Stations) Prayer Liturgy at Assembly Area (Stations)	Room 6 (T) Miss Lothian
10	2 April Thursday	9:30-10:30am	Easter Mass at HF Church with Fr Gusty	Room 9 (Yr 1/2) Mr M.

Project Compassion

Our school is currently fundraising for Project Compassion, 'For All Future Generations', with our Funky Fridays. So far we have raised over \$400 for Caritas Australia. This Friday is crazy hair day! Our support will help to create a better world for all future generations. Thanks to our junior hub Transition classes and Miss Chow and Miss Lothian for leading this mercy project.

Holy Family Catholic Primary School Term 1

**EVERY FRIDAY!
GOLD COIN DONATION FOR
PROJECT COMPASSION!**

Week 4: Funky Shorts

Week 5: Funky Shoes

Week 6: Funky Hair

Week 7: Something Green

Week 8: A Touch of Orange

Week 9: Sports Team Colours

Week 10: Cowboys and Cowgirls

FUNKY FRIDAYS



Student Awards

Congratulations to the following students who received an award at Assembly on 23rd February 2024.

Rm 19-5/6	Joann Gexon Lois Vallejo
Rm 18-5/6	Tiani Jones Stephen Gordon
Rm 17-5/6	Catherine Anstess Sebastian Williams
Rm 12-4	Kaarlo Wilde Perala
Rm 11-4	Madison McArthur
Rm 10-3	No awards
Rm 9 - 1/2	Amelie Trenfield Owen Schultz
Rm 8 - 1/2	Kyree Maclachlan Mihalis Kazouris
Rm 7 - 1/2	Khyden Rioli Matthew Scriven
Rm 6 - T	Jaxxton Bond
Rm 5 - T	Ahaan Prasanth
Preschool	Ayana Duenas Nicholas Melas
PE	Kylah Constantine
Performing Arts	Caleb Ashford
Japanese	No award
ASC Award	No award
BOBS Award	Leon James



Student Awards

Congratulations to the following students who received an award at Assembly on 1st March 2024.

Rm 19-5/6	Estelle Ashford Noah Mansell
Rm 18-5/6	Daisy Watkins Benjamin Motlop
Rm 17-5/6	Ellie Reyes Preston May
Rm 12-4	Tommy Harte
Rm 11-4	Emmanuel Arok
Rm 10-3	Scarlett Stanley Ignatius Vallejo
Rm 9 - 1/2	Remi Motlop Michael Estoy
Rm 8 - 1/2	Charlie Norris Nya Hucks
Rm 7 - 1/2	Louis Blake Abigail Macul
Rm 6 - T	Elijah Aquilina
Rm 5 - T	Charlotte Schultz
Preschool	Alfred Corpus Peyton Mansell
PE	Fikayomi Oni
Performing Arts	No award
Japanese Award	Elijah Arthur
ASC Award	Estelle Ashford
BOBS Award	Jace Pratt



Happy Birthday!

Happy Birthday to the following students that celebrate their birthday in Week 5 & 6

- | | |
|---|--------------------------|
| <i>Jayden Kickett</i> | <i>Henley Smith</i> |
| <i>Amelie Trenfield</i> | <i>Brandan Motlop</i> |
| <i>Dimitris Spyropoulos</i> | <i>Valentina May</i> |
| <i>Lillee Cheater</i> | <i>Samirah Jenkinson</i> |
| <i>Isabella Bonnici Da Silva Oliveira</i> | |

Back to School Vouchers

Have you used your child's "Back to school" voucher?

It is worth \$200 and can be used against the Book and Service Levy within the fees or uniforms. Vouchers are available at the Front Office valid until the end of Term 1, 5th of April, 2024.

Reminder Lunches are stored in the cool room



Please minimise insulated lunch bags as they take up a lot of room.

TOO SICK FOR SCHOOL?

4 QUESTIONS TO CONSIDER:

IS YOUR CHILD RUNNING A FEVER?

If so, he or she should stay home from school. A good rule of thumb is that a child should not return to school until at least the day after his or her temperature is normal without medication.



CAN YOUR CHILD PARTICIPATE IN CLASS?

If your child seems too sluggish and lethargic to pay attention to his or her lessons, he or she should be kept home.

ARE THE SYMPTOMS DISRUPTIVE?

Loud, frequent coughing and frequent bathroom breaks can make it difficult for everyone to concentrate on their lessons. Keep your child home until disruptive symptoms have subsided.



IS YOUR CHILD CONTAGIOUS?

Ask the doctor if your child is sick with an illness that is contagious. The doctor will tell you when your child is not contagious.

Patient First

IDEAS IN NUTRITION

Pack a Healthier Lunch Box

Children need fuel to help them learn. Packing a healthy lunchbox is like sending a bundle of energy and brainpower with your child to school. Here are some tips for you;

5 food groups: Include foods from the 5 food groups in your child's lunch, like fruits, vegetables, whole grains, dairy and proteins. Foods from these food groups provide essential nutrients for growth and keeps them full of energy.

Limit Processed Foods: Minimise packaged snacks and sugary drinks. Whole, unprocessed foods can help avoid energy crashes.

Hydration: Don't forget a water bottle! Staying hydrated is crucial for concentration and overall health.

A healthy lunch box not only fuels your child's body but also supports their focus and learning. By packing a nutritious meal, you're helping them succeed in and out of the classroom.



Spotlight On Staff



Position
5/6 Classroom Teacher

How long they have been at Holy Family?

18 years

What is something people may not know about you?

When I was 11 (many, many, moons ago!) I dislocated and fractured my right elbow as I was doing cartwheels across my backyard. As a result, I am unable to straighten my right arm.

Libby Routledge



Position
Teachers Assistant/ Librarian

How long they have been at Holy Family?

13 years

What is something people may not know about you?

I recently painted a huge mural in my laundry.

Olivia MacDonald

Spotlight On Learning

My Emergency Services Poster (for the fridge)



My Emergency Services Poster (for the fridge)



Room 7 Year 1/2

In Room 7, our Term 1 HASS unit focus is on health and community. We began the term learning about bacteria and the importance of washing our hands, covering our coughs and sneezes and becoming aware of all the health and safety messages around us. These include sun safety and being croc wise. We've also been identifying different emotions and learning about the Zones of Regulation. When we are ready to learn, we are in the green zone. We may be feeling calm, content and happy. If we are tired, a little unwell or sad, we are in the blue zone and we need to work out what we can do to move back into the green zone. The yellow zone means we are getting a bit silly, frustrated or cross and we discussed strategies such as deep breathing, going for a walk or a brain break to help us move back to the green zone. Fortunately, no one has been in the red zone yet but if we do feel angry or emotionally overwhelmed, we know to lay down in a quiet place or talk it over with a grown up so that everyone stays safe.

From week 5 we began learning about community such as our class, our school, our town etc. We talked about all the different services we have available to us including, libraries, schools, supermarkets and doctors. We even looked at the three emergency services that are there to help us when we are in need. Check out a couple of our poster designs!

Term One Calendar – 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Assembly
WEEK 6 MARCH 4TH	4 School Board Meeting 6pm	5	6	7	8 Assembly 8:25am	ROOM 12– YEAR 4
WEEK 7 MARCH 11TH	11	12	13	14	15 Assembly 8:25am	ROOM 9– YEAR 1/2
WEEK 8 MARCH 18TH	18	19 Reconciliation Holy Family Church 6:45pm	20	21	22 Assembly 8:25am	ROOM 5&6 – TR
WEEK 9 MARCH 25TH	25	26	27	28 Assembly 8:25am P&F Easter Raffle draw -2:30pm assembly area	29 Good Friday	ROOM 11– YEAR 4
WEEK 10 APRIL 1ST	1 Easter Monday	2 Easter Mass 9:30am Church	3	4	5 Last Day of Term 1 Assembly 8:25am	

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



Funky Fridays



P&F Welcome Disco









5:30pm 18 MARCH 2024



Là Fhéile Pádraig Mass

CELEBRATED BY FR JIMMY O'GARA
AT ST PAULS CHURCH, FRANCIS ST, RAPID CREEK



Hockey NT

Hockey Club Sign On Day

Marrara Indoor Stadium

Saturday 9th March
8:30am - 1:00pm

Come down to Marrara Indoor Stadium to sign up for your club for the 2024 season. From 8:30am there will be a Come & Try session for players 8 and under. All gear will be supplied, no need to register just arrive and join in the fun.

There will be drinks, a breakfast BBQ, as well as a cake stand to help fundraise for the upcoming Under 16 National Championships.

SHOW US YOUR
TEAM SPIRIT

TIO FOOTY FANATICS

Is your home or classroom covered in your NTFL club colours during the finals series?
...Maybe you're a painted mascot for your club?
...Or do you dress yourself from top to bottom in club merch?

AFLNT and TIO are calling on footy fanatics to show their support throughout the TIO NTFL Finals Series. With a range of awesome prizes up for grabs including the opportunity to take your entire class to the AFL Game!

You don't want to miss this opportunity to be discovered as a TIO Footy Fanatic!