



St Ambrose Parish School

Centred by Faith, In Partnership with Community
We Provide Excellence in Learning

🐝 Respectful 🐝 Responsible 🐝 Resilient 🐝 Kind



St. Ambrose School

Acknowledgment of Country

We acknowledge the Dja Dja Wurrung peoples of the Kulin Nation as the traditional custodians of the land we learn, play, meet and live on. We pay our respects to elders past, present, and emerging and say thank you for sharing this beautiful country.



Bless me, Lord, in this Holy Week, and give me the grace to know your loving presence more intimately. Amen.

CONGRATULATIONS Amity!



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Palm Sunday marks the beginning of Holy Week. Our students re-enacted this day when Jesus (played by Ryder) entered Jerusalem.

Message from the Principal

Dear families, parishioners, and friends,



Indeed it has been a week of vigour, vitality, variety, and entertainment! Pictured above are our fete committee members at one of their many preparation meetings held over five months to plan and prepare for what was a beautiful celebration of community and a wonderful day to be enjoyed by all who took part and attended. It was a brave and colossal undertaking by our generous and dedicated parents who did an outstanding job so capably led by Sophie L and Amanda L. The day was thoroughly organised and well run taking into consideration all in our community. Numerous stalls, including activity options, baked goods, fairy floss, ice cream, plants, preserves, honey, BBQ, clothing, trash and treasure, an obstacle course, games, prizes, coffee, a silent auction, the SHC band, and a sensational DJ and MC all added to the positive and relaxed vibe and fun. THANK YOU...everyone who collectively made this day possible. Our main aim was to bring our school and local community together to connect, have fun, reinforce friendships, and celebrate our local town and wonderful school by hosting a "good old-fashioned fete". The goodwill and generosity of our community was both heartwarming and inspiring and very much alive on this day.

What a privilege it is to work with you all!

Hats off to our amazing fete committee who worked tirelessly to ensure the event was both successful and enjoyable for everyone involved. Indeed it is a day that will be remembered.

We still have some money and expenses coming in. At this point, our profits rest around \$14,750.00 which is FANTASTIC! We are looking at using the money to purchase a PA system that is effective outside. We hoped to do this as part of our building project however the funds didn't stretch that far. Any leftover money will be used to buy board games and additional books for our children's pleasure.

We will keep you informed.

Sacrament of Reconciliation



We congratulate all of our students and parishioners who made their sacrament of reconciliation last week. Thank you to Jocelyn Devlin, parents, Fr. Martin, Fr. Brian, and their teachers for supporting them in preparing for this sacrament.

School Athletic Sports Congratulations!



The weather was kind to us again on Tuesday being just the right temperature to enjoy our whole school athletic sports day. The children participated throughout the varied events with a 'give it all a go and I'll do my best' attitude which we commend them for. As always, it was a joy to work in partnership with you, our families and we thank all who assisted and supported us on this day. We congratulate our sports captains on their leadership and Carmel House who scored the trophy again this year.

Austin and Arlia the team captains are pictured with the shield. Thank you to our staff, especially Kristy Cavric who did another super job organising a successful day and always ensuring there are new events for the children to experience.



ANZAC March-Save the Date

St Ambrose is represented each year in our local ANZAC march. We encourage students and families to attend. Our school captains Ava and Elijah will lead the march carrying our school banner. You can assemble on the High St slip road outside Bradley's Blinds at 11.30 am where we will begin marching. We ask that our students wear their school uniform (summer or winter depending on the weather). The Service - will commence at the RSL at 12pm noon.

Our Canteen is Opening with your Help!

We are re-opening on April 24th! That's if we have enough volunteers for the roster. Please read through the information later in this newsletter and put your name down if you can assist. Even one two-hour shift for the term makes a difference. Note that if you can't make it to your shift you will need to arrange a swap. Check out our great menu designed to keep costs and preparation time down all while giving our students appealing choices. We are very happy that Katie Desira is taking on the job of canteen co-ordinator.

Katie has qualifications and experience and has cooked canteen meals as a volunteer for the last couple of years. It is our aim to bring in enough income from our canteen to cover the cost of running it which will include paying Katie for the hours she cooks.

MACS Vision for Instruction: Flourishing Learners

Our school leadership team recently attended PD about the MACS school's vision for instruction which they have recently launched.

Optimal learning outcomes require integrating insights from several perspectives, including the cognitive sciences, philosophy, and pedagogy, and that is why the MACS Vision for Instruction has been formulated. It combines what we know about how learning takes place, and the distinctive pedagogical approaches that are needed for effective teaching of literacy and numeracy, with a focus on the development of the whole child. Perhaps more importantly, it provides a clear focus for all teachers working in MACS schools to support each other in ensuring that every child thrives at school and leads a flourishing, fulfilled life.

MACS have set out an explicit instruction sequence which we already follow at St Ambrose along with researched high-impact teaching strategies: The sequence is:

- Explicit instruction.
- Modelling.
- Guided practice.
- Independent practice.



This cycle is informed by regular formative and summative assessments and regular reviews.

If you would like to read the Vision for Instruction document you can via this link: <https://www.macs.vic.edu.au/Our-Schools/Curriculum-Learning-Programs/Vision-for-Instruction.aspx>

Teaching Reading at St Ambrose

“Reading is the gateway to meaning and knowledge. Yet, teaching children to read is complex. Fortunately, reading instruction is one of the most widely researched topics in education, and hundreds of studies have refined and consolidated a strong evidence base for reading instruction” (Moats 2020).

The MACS vision for reading instruction is for every student to commence school with access to a high-quality, evidence-based literacy program, made up of the following core areas which we teach here at St Ambrose:

- **Phonemic awareness:** This is when students understand that speech is made up of words, and words are made up of distinct sounds. It requires being able to identify the phonemes in a word.
- **Phonics:** Phonics is knowledge of the relationships between letters and sounds, and the ability to use letter-sound relationships to decode words. Students need explicit and systematic instruction in how to decode words using their knowledge of letter-sound relationships.
- **Fluency:** Fluent readers can read accurately, quickly, and expressively. Fluency is critical for deriving meaning from texts. Evidence-based practices for fluency include modelling fluent reading for students and providing students with repeated practice of reading written passages.

- **Vocabulary:** Vocabulary is knowledge of the meaning of words, both in isolation and in context. Vocabulary is essential for understanding texts but there are often wide disparities in student vocabulary when students enter school. Many studies point to rich, explicit vocabulary instruction as the most effective approach to supporting students from disadvantaged backgrounds.
- **Comprehension:** The ability to understand and construct meaning from a text is the ultimate goal in literacy instruction. Comprehension relies on strong decoding skills and fluency, but also on the general background knowledge students have about the various subjects they are reading about. This is why a knowledge-rich curriculum is important for student learning.

We have always explicitly taught phonics at our school however we have made the shift over the past couple of years to starting our preps on decodable readers that support them to apply the phonics explicitly taught successively to their reading. They move through the sequence of letters and then blends and once they know these they go on to levelled readers.

Over the past few years, a number of our staff have trained in MSL and last year we adopted a science of reading approach to teaching spelling. Staff undertook the PLD spelling training. This means that our spelling program is sequential from prep to year six and aligns with our reading program.

Students need to read regularly and we hope you can set aside some time at least four times a week to read with your children and listen to their reading.

Listening to Your Child Read Parent Information Session

It was great to meet with our prep parents at our information session on How to Listen to and Support your Child's Reading Development. We went in to more detail about how we teach phonics and how the decodable readers support the learning.

We look forward to journeying with you as your children develop as readers and writers. We encourage our parents to attend information sessions offered to keep informed and to strengthen our partnership and ability to support your children's learning.

School Signage & Naming of Rooms

You will notice next time that you are in the foyer and corridors that we have had our school vision and expectations added to the walls and that our rooms have been numbered or named. We chose the names of our sports teams Lourdes, Mercy, Fatima, and Carmel. We have also named the library Gumbuya and the art room Bunjil with permission from DJAARA (Dja Dja Wurrung Clans Aboriginal Corporation) based in Bendigo.



Naplan

We once again participated in Naplan testing in years three and five. Like last year, most of this was conducted online except for Year 3 writing. Parents of Year 3 and 5 pupils should read the information sent home a few weeks ago. The Naplan testing is one way we assess our students. We use many other forms of assessment as one type of test doesn't give a full picture of where students are at.



National Ride to School Day

Today was National Ride, Walk, Scoot to School Day which this year had extra special significance given our student Asher's poster was chosen to advertise this event across the state!

Thank you Del L and all who contributed to making the ride to school safe for our children. It was great to see so many taking part on this lovely morning.



Building Connection with our St Ambrose Parish Community

One of our school improvement goals is to strengthen our connection with our parish. Parish lay team member Maurice F visited our school on Wednesday and this is what he had to say!

"Thanks for the very warm welcome and a full tour of the School today!

I met many staff, saw the school classes in action, and Bronwyn explained all the rooms' purposes and history, with much of it being new buildings, and upgraded facilities!

There was a real air of industry and calm in the School! There are so many of the students' projects on orderly display boards, as well as many images and emblems of St Ambrose and Jesus in prominent places.

Today's School Advisory Council's meeting was deferred due to Saturday's fete and today's class photos activities, but Bronwyn will send to our Parish Lay Team, notices of the 2 meetings to be held next term.

We agreed that our Lay Team attendee(s) can swap news items with the School Advisory Council at these next Meetings, and also establish a dialogue and conduit between the two for further communications and representation. My visit was a very rewarding insight!

We are fortunate to have such a positive and welcoming learning institution for the families in our community."

School Advisory Council Members



RILLA

ELLEN

JODIE

MIKE

MICHELLE

Pictured above are our school advisory council members who offer another point of contact for you to communicate with us on school matters. Our next meeting will be on Wednesday 17th April.

Year 5-6 Camp

Last week, our 5-6 students departed for Camp at Phillip Island. The students spent time enjoying beach activities and boogie boarding as well as seeing the penguins at the Penguin Parade in the evening. They used the dispositions of risk-taking, collaboration, persistence, creativeness, inquisitiveness, and reflectiveness throughout the camp. We hope they had a wonderful time as they got to know their teachers and each other further. We congratulate the students on their accomplishments. Special thanks to Jon Bartlett and the awesome staff who guided and looked after our students so well.



Next Newsletter

Our next newsletter will be published on Friday, 19th April.



"I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practicing gratitude."



Bronwyn Phillips
Principal



Canteen News

Starting next term, Wednesday 24 April 2024, we are excited to have our canteen back in operation!

A lot of work has been done behind the scenes on a fresh new menu with a variety of choices we hope the children will love. We have fresh food items, hot food, homemade treats and allergy friendly choices.

Some other changes to look out for and familiarise yourself with is the delivery of items to the classrooms. We have now separated the menu into Recess and Lunch deliveries. Recess items are only available for delivery to class at morning recess and lunch items only available for delivery at lunch. This will allow those children who may otherwise miss out on ordering a treat to get something small at recess whilst still being able to eat all of their lunch.

We also hope this will help our parents, carers and lunch makers when the 'snack drawer' supplies at home are depleted, it happens even in my own home!

← Check out our new menu.

As always Super Sushi is available to order on canteen days, see Flexischools for their menu range and pricing. Subway is available to order every Friday.

Without dedicated volunteers it is hard to operate our canteen. I have been cooking homemade items every Tuesday in the St Ambrose Canteen for the past few years, however, I have not been able to meet many of you who volunteer on a Wednesday.

Starting next term I will also be in the canteen on Wednesdays, if you have a free couple of hours to assist even if only once a term I would love to meet you. There are 2 shifts available each Wednesday 9am - 11am and 12 noon - 2pm. The duties are not hard and you don't need food handling experience. If this is something you can help with please keep an eye out and select a time on Oprooo. I would be so grateful.

Looking forward to being back.

Katie (Canteen Co-ordinator)

ST AMBROSE CANTEEN MENU

RECESS

Fresh Fruit of the Day*	\$1.50
Popcorn	\$1.50
Plain Rice Crackers with Cheese	\$2.00
Greek Yoghurt with Homemade Berry Compote	\$3.00
Variety of Homemade Treats, Muffins, Cookies & Slices*	\$2 - \$2.50
Allergy Friendly Options Available	
*See Flexischools for this weeks opinions	

LUNCH TIME

Sandwiches, Wraps and Toasties

Cheese Sandwich	From \$2.50
Cheese & Tomato Sandwich	From \$3.00
Ham & Cheese Sandwich	From \$3.50
Salad & Mayo Wrap	\$3.50
Ham, Salad & Mayo Wrap	\$4.00
Chicken, Lettuce & Mayo Wrap	\$4.50

Hot Food

Steamed Dim Sim	\$1.20
Party Pie	\$1.20
Mini Spinach, Ricotta and Fetta Roll	\$1.50
Chicken Nuggets	\$3.50
Hot Dog	\$4.00
Meat Pie	\$4.00
Pasta Bolognaise - Homemade	\$6.00
Pasta Napolitana - Homemade	\$6.00

Super Sushi - See Flexischools for their available options and pricing.

GLUTEN & DAIRY FREE

Fresh and Toasted Sandwiches	From \$3.80
Gluten Free Chicken Nuggets	\$4.50
Gluten Free Meat Pie	\$6.00
Pasta Bolognaise (GF/DF) - Homemade	\$6.50
Pasta Napolitana (GF/DF) - Homemade	\$6.50
Cookie and Muffin of the Day*	\$2 - \$2.50
*Available for ordering at recess only	

DRINKS

Apple and Blackcurrant Fruit Drink	\$1.50
Orange Burst Fruit Drink	\$1.50
Chocolate Milk	\$2.50

Orders are placed online through [Flexischools](https://flexischools.com.au).



Student Awards

- Prep K Leo H for being a fantastic listener at learning times!
- Prep K Emilia T for starting each day with a more positive attitude - keep it up Emilia!
- Prep K Ava T for being polite and respectful by saying "Good morning" as she enters the classroom.
- Prep T Atticus L for playing safely with friends and being a responsible learner.
- Prep T Renzo L for always bringing a positive attitude to class and helping others.
- 1/2CM Scarlett AG for always trying so hard in all her work. Excellent.
- 1/2CM Jack J for working so hard to improve his writing. Fantastic!
- 1/2O Sailor C for consistently showing all of our Positive Behaviours for Learning.
- 1/2O Oscar D for his creative writing. Fabulous use of adjectives.
- 1/2S Lizzy R for being a resilient learner who always tries her best! Well done.
- 1/2S Henry B for his creative and thoughtful ideas in his narrative writing! Well done!
- 3/4M Annie D for attempting all tasks, even with her sore wrist.
- 3/4M Orlando L for extending himself during all maths tasks.
- 3/4M Jethro F for sensational focus during class transitions.
- 3/4R Joe O for being an inclusive class mate!
- 3/4R Rose AG for working responsibly on class activities!
- 3/4R Oliver J for always being such a respectful and kind member of the class!
- 3/4TW Eire B for always engaging in guided reading and making thoughtful contributions.
- 3/4TW Sebastian C for challenging himself in maths and trying harder problems.
- 5/6M Oskar J for being a wonderful and informative "Tour Guide" whilst on camp.
- 5/6M Cosette D for her resilience and "Have-a-go" attitude whilst on camp.
- 5/6P Audrey C for her willingness to share her knowledge of times tables facts.
- 5/6P Hayden L for excellent recognition of times tables patterns.



Bronze award (20 Bee Gotcha Tickets)

Ryder M, Jacques B, Leah W, Lucy S, Mateo S, Ben Y, Elise M

Sports Star of the Week - Violet D for excellent commitment and skills in Cobaw volleyball competition.

Lost Property

Do you recognise any of these items?



- | | | | | | |
|----------|---------------------|----------|------------------|----------|----------------------------|
| 12 March | George L | 26 March | Hunter R | 10 April | Grace H |
| 13 March | Dominic O, Hamish M | 28 March | Dash B, Skylar C | 11 April | Elle S |
| 14 March | Harry O, Lizzy R | 29 March | Reuben T | 12 April | Jorel L |
| 17 March | Tyler T | 1 April | Emily B | 14 April | Aston M, Jett M, Madison M |
| 20 March | Felix D | 6 April | Catalina B | 15 April | Philippa F, Ben H, Isla M |
| 24 March | Alani F | 8 April | Audrey C | 18 April | Asher J |
| 25 March | Angus N | 9 April | Holly M | | |



Congratulations Amity

Congratulations to Amity in Grade 5 for winning the Best in Show award at the recent Woodend Lions Club art show. Amity's watercolour titled 'Memorial Cross' was judged the best out of all the amazing artwork entered and she won the \$500 award.

Congratulations Bailey

Bailey recently competed in the inter-school tennis event where he wasn't only acknowledged for his tennis prowess but also for fine sportsmanship and good manners. Well done Bailey!



CONVEYANCE ALLOWANCE PROGRAM

The conveyance allowance is a form of financial assistance to help families in rural and regional Victoria with the cost of transporting their children to their nearest appropriate school/campus. The conveyance allowance is available to eligible students travelling by public transport, private car and private bus. The conveyance allowance is also available to eligible students whose nearest school is not serviced by a free school bus.

Eligibility criteria

The eligibility criteria varies depending on the type of school attended and where it is located.

Students attending a government or non-government school must:

- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

If you believe you are eligible, please collect a form from the school office.

If you completed a form in a previous year, you do NOT need to fill in another one. Any questions, please ask Karen at the school office.



5-6M Classroom Feature



5/6M NEWS

Dear Families,
Can you believe we are almost at the end of the term and Easter is just around the corner? What a busy term we have had, beginning with Cobaw Sports (Tennis, Swimming and Summer Sports), Phillip Island Camp, Naplan, the Fete and School Sports. Phew..... How did we fit it all into a 9 week term?

Amongst all this lots of learning has taken place. Our provocation for Religion is 'The Liturgical Calendar'. Students have investigated the development of signs, symbols, prayers and practises associated with the Church liturgical calendar. They have interpreted key scripture texts, making connections to the liturgical year and how it helps us to celebrate the life, death and resurrection of Jesus, it is known as the Paschal mystery.

Our Inquiry Unit this Term was a Well Being Unit called 'All About Me!' My crew have developed the knowledge, skills and behaviours that will enable them to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health and wellbeing. They investigated issues ranging from lifestyle choices to how social and environmental influences play a crucial role in the lives of individuals and groups in the community.

Our major focus for Maths this term has been Data Representation and Interpretation, Prime and Composite Numbers as well as factors and multiples. Over the past week, we have begun exploring Multiplication.

During writing, we learned about 'What makes a great sentence?' Students explored simple, compound and complex sentences, as well as, 'What makes a great paragraph?' This second half of the Term we have been learning about the genre 'Narrative Text.' We have explored text structure and language features including adjectives, nouns, past tense verbs, adverbs, onomatopoeia, saying verbs and direct speech.

Stay tuned families, hopefully, you will see some of this learning through the newsletter articles our students write throughout the year!

I'm sure most of you would have noticed how quiet the senior area was last week. This is because we were on camp! We spent 2 nights and 3 days on Phillip Island. Please read on as a couple of students have shared some of their highlights.



Finally, congratulations firstly to the fete committee for a fantastic community event on Saturday. It was great to see so many families and friends having so much fun. Secondly, congratulations Kristy Cavric for running a well organised school carnival on Tuesday, even though Lourdes didn't come away with the aggregate trophy!

If you are heading away over the Easter break, travel safe and take care.
Brenda



5/6 Phillip Island Camp

On Tuesday 12th of March 7:30 am, we had left school and were on our way to Phillip Island. When we arrived at our first stop Maru Koala and Animal Park we had our snack then we split into class groups and looked at Australian animals and fed Kangaroos. Next, we played Mini Golf and drove to the Churchill Heritage Farm.

At the farm, we ate lunch and watched cows being milked, and sheep being sheared and learnt lots about shearing and watched a working dog display.

At 3:30 we arrived at camp and set up our rooms, not long after we went on a boardwalk and saw some penguins. We drove to the Penguin Parade and ate dinner there and finally watched the Parade. We drove back to camp and went to bed.

On Wednesday 13th of March 7:30 am, we had breakfast and at 9:30 we went to A Maze N Things. We went into the illusion rooms and played Mini Golf. After we ate lunch, we walked across the road and went to the Koala conservation reserve and spotted 8 Koalas eating or sleeping in the trees.



At 2 pm we went to the beach and went boogie boarding and had lots of fun. Then at 5:30 pm we had showers, ate a roast for dinner and had a trivia night.

On Thursday 14th of March, we had breakfast and at 10 am we went to the Chocolate factory and saw how chocolate is made. At 11:45 am we drove to San Remo and saw pelicans being fed and we then drove home and we got back to school at 3:15 pm.



By Sid 5/6M

5/6 Phillip Island Camp

Day 1

After saying our goodbyes to all our parents, we all piled onto the bus and set off for camp. Unfortunately, we hit a bit of traffic, but eventually made it to the Maru Koala and Animal Park where we were able to complete all of the activities [mini golf] and [animal tour].

Next, we headed to the Churchill Heritage Farm and arrived at 1:00 pm. We ate lunch and watched the wildlife and ocean that seemed to stretch for miles. After lunch we began to wander around the farm, half of the group milked the cows whilst others watched a shearer shear sheep. Finally, we watched a working dog and his owner do tricks.

We then departed the farm at 3:45 pm and went to the resort to set up our rooms. Twenty minutes later we left camp and went to Nobbies Boardwalk where we slowly walked around the wildlife watching wallabies and penguins nesting for the night.

We then departed for the penguin parade, where we ate dinner [fish, chips and burgers]. After watching the penguins for a couple of hours, we departed the parade and arrived back at camp at 9:30 pm for a good night's rest.

Day 2

After a long night's sleep, we woke up at 6:45 am for a long hot shower and breakfast at 7:30 am.

We then departed the resort and went to A Maze n Things. We explored the 3D room, the Magic Room, and the Maze and played mini golf. After completing all of the activities we sat down for lunch where we enjoyed delicious salad rolls. We then crossed the road and went to the koala and conservation reserve. We saw many koalas sleeping or grazing on leaves in the gum trees. Our final activity before heading back to camp was spending some time at Smith's Beach, where we enjoyed the beach and boogie boarded some waves. This was one of the highlights of our trip.

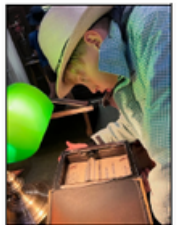
We then cleaned up and headed home for hot showers and dinner.

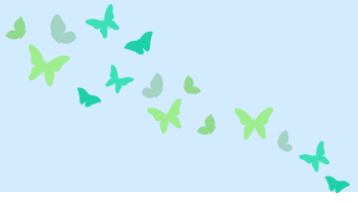
Our evening activity was a trivia night and some singing some favourite tunes.

Day 3

After a good night's sleep and another delicious brekkie, we packed our bags and headed off to the Chocolate Factory. We discovered how chocolate was made and even had an opportunity for a taste test. Before heading home, we stopped at San Remo for lunch and watched the pelicans and sting rays being fed. We soon departed Phillip Island for our long trip home.

By Ava 5/6M





AROUND THE SCHOOL



MR. ANTS RECYCLE SHOW





NATIONAL RIDE, WALK, SCOOT TO SCHOOL



Thank you to Liz,
John, Del and
Carolyn and all who
supported us to
ride, walk or scoot
to school safely!



SCHOOL EVENTS



St Ambrose Parish School Fete

SATURDAY 16 MARCH 2024 9AM-1PM

FETE FUN!







Understanding Children's Wearable Technology

Article written by Safe on Social on 10.1.24

<https://www.safeonsocial.com/>

In the age where the online world is just a wrist away, wearable tech for kids like smartwatches and fitness trackers is becoming the norm. These devices offer a plethora of functionalities, from fitness tracking to real-time communication and GPS location sharing. However, with great technology comes great responsibility, especially for the young minds eager to explore these online extensions of themselves.

Wearable technology for children, including smartwatches and fitness trackers, has become increasingly common. These gadgets offer a range of functionalities such as GPS tracking, communication options, and monitoring health metrics.

While they provide significant convenience, they also bring cybersecurity risks that parents must be aware of. For instance, a smartwatch can allow parents to stay in touch with their children, providing comfort and peace of mind. However, the associated security risks cannot be ignored. There are concerns about the standardisation of security features across these devices, making them potentially vulnerable to cyber threats.

A key challenge with children's wearable tech is the lack of consistent security protocols and defence mechanisms. The absence of standardised security across various devices poses a risk to children's privacy and personal data. For instance, a University of Washington study found security flaws in certain children's smartwatches, potentially allowing hackers to track the wearer's location and access sensitive information. Children are also susceptible to privacy violations and cyberattacks. They might unknowingly share personal information or engage in unsafe digital practices. Educating children about online safety and responsible device usage is vital to mitigating these risks.

Another concern is the lack of robust encryption and authentication protocols in many devices, increasing the risk of unauthorised access or data breaches. Parents should opt for devices from trusted manufacturers that prioritise security and regularly update their systems to fix vulnerabilities.

Active parental involvement is fundamental in enhancing cybersecurity for children using wearable tech. It is important to educate children about the importance of online safety. Parents should stress strong passwords and regular software updates. Incorporating security software adds another layer of protection. Teaching children to be cautious about sharing personal information online and to be sceptical of suspicious messages is also crucial. Parental control features on wearable devices can significantly enhance children's cybersecurity. These can include screen time limits, restricted access to certain apps, and monitoring of online interactions. Location tracking features, for example, allow parents to monitor their children's whereabouts, balancing safety with a degree of independence.

Setting boundaries and monitoring children's wearable tech usage is key to mitigating potential risks. Parental control features like PIN codes or fingerprint authentication help secure the device. Monitoring features such as real-time GPS tracking can be beneficial, especially for children engaging in outdoor activities. However, it is also important to balance monitoring with respecting children's privacy and independence. This balance can foster responsibility and safe navigation in the online world. Securing Wearable Devices When selecting wearable tech for children, parents should prioritise devices from reputable manufacturers that emphasise security. Regular software updates and multi-factor authentication methods are essential for enhancing device security.

Wearable devices often collect and store personal data. Parents should be aware of how this data is managed and ensure it is protected through secure storage and encryption. Understanding the privacy policies of wearable devices and associated applications is critical for making informed decisions.

In addition to the considerations mentioned above, parents can take specific steps to further ensure their children's safety in our increasingly digital world. Here are some practical tips for parents to enhance online safety for their children, especially when using wearable technology:

Educate Yourself and Your Children - Stay informed about the latest trends in wearable technology and the associated risks. Discuss these topics openly with your children, emphasising the importance of online safety and personal privacy.

Regularly Review Device Settings - Make it a habit to periodically check the security settings on your child's wearable devices. Ensure that any privacy settings are correctly configured to prevent unauthorised data sharing.

Create a Tech-Free Zone - Establish certain areas in your home, like the dining room or bedrooms, as tech-free zones. This encourages family interaction and sets boundaries for tech usage.

Monitor Online Interactions - Keep an eye on who your children are interacting with through their wearable devices. Teach them about the dangers of communicating with strangers and sharing personal information.

Check your school policy - Make sure they are allowed to be worn to school.

Use Secure Wi-Fi Networks - Educate your children about the risks of public Wi-Fi networks. Encourage them to use secure, password-protected networks, especially when transmitting sensitive information.

Encourage Offline Activities - Balance your child's screen time with offline activities. Promote hobbies and physical activities that don't involve wearable tech or screens.

Stay Engaged - Show interest in your child's online activities. Ask them about the games they play and the apps they use. This not only keeps you informed but also helps build trust and open communication.

Teach Responsible Device Usage - Explain the importance of responsible device usage, such as not sharing the device, keeping it out of the bedroom and taking care of it to prevent damage or loss.

Utilise Educational Resources - Leverage resources offered by organisations like Safe on Social to stay updated on best practices for online safety. These resources can provide valuable insights and strategies for managing your child's online presence.



Term 2, 2024

Loddon Mallee Regional Parenting

What's On: Term 2

All programs are delivered by our qualified and passionate facilitators.

Multi-Session Programs

Tuning in to Teens | 6 Sessions, Mondays

For parents and carers with teens aged 12 and over
The teenage years are among the most challenging for parents to navigate. This program helps parents and carers to build strong relationships and ensure positive interactions with their teens - even in difficult times.

FREE | Mondays, 22 April - 27 May | 10:00am - 12:00pm
Online, via Zoom



Tuning in to Kids | 6 Sessions, Tuesdays

For parents and carers with kids aged under 12
Kids with emotional intelligence have better concentration, make friends more easily, and are better able to regulate emotions. In this program you'll learn to help your child understand and manage their feelings.

FREE | Tuesdays, 23 April - 28 May | 10:30am - 12:30pm
In-person, CatholicCare Victoria Bendigo



Single-Session Workshops

Knowing your Teen

For parents and carers with kids aged 10+
This workshop aims to provide information, improve understanding, and explore strategies that focus on the strengths and challenges of this stage of development. Look at the latest research around teenage brain development and discuss peer relationships and tips for building and maintaining a positive relationship with your teenager.

Thursday, 18 April | 5:30pm - 7:00pm
Bendigo Library
FREE | Registrations not necessary



Term 2, 2024

Loddon Mallee Regional Parenting

Single-Session Workshops

Tech Strategies for Families

For parents and carers with kids aged 0-10
Technology is a part of our reality, but setting boundaries around its use is not always easy. This workshop presents current research, helps you reflect on tech use in your family; considering both its challenges and opportunities and explores strategies that focus on creating a safe and healthy tech environment for your family.

Wednesday, 22 May | 1:00pm - 2:30pm
Gisborne Library
FREE | Registrations not necessary



Building Resilience with Kids

For parents and carers with kids aged under 12
Resilience is the ability to cope with the ups and downs of life. Resilience is not just about managing current stresses, but also developing skills for dealing with challenges throughout life and enhancing mental health.

Learn to help kids develop skills, habits and attitudes for building resilience, including how to:

- build good relationships
- develop independence
- build confidence to face challenges
- manage strong emotions

Wednesday, 1 May
9:00am - 11:00am
Quarry Hill Primary School, Bendigo
FREE | Register below

Tuesday, 21 May
1:00pm - 2:30pm
Bendigo Library
FREE | Registrations not necessary

Thursday, 23 May
10:30am - 11:30am
Boort Library
FREE | Registrations not necessary



Register online:
www.catholiccarevic.org.au/register

Keep informed on our programs across regional Victoria at www.catholiccarevic.org.au
(03) 5438 1300 | 176 - 178 McCrae Street, Bendigo VIC 3550

Keep informed on what we offer across regional Victoria at www.catholiccarevic.org.au
(03) 5438 1300 | 176 - 178 McCrae Street, Bendigo VIC 3550



JOIN THE CELEBRATION OF ALL THINGS

Faith & Family

Prayer for the Fifth Week of Lent

Continue your friendship with us, Lord.
Lift us up and keep us faithful in friendship to one another, that your healing purposes may shine through this broken, beloved world.
In your holy name, we pray.
AMEN.



Gospel Reflection: John 12:20-33

In the gospel for the 5th Sunday of Lent Year B, Jesus speaks of his upcoming death and the necessity of it. He tells his followers that unless a grain of wheat falls to the ground and dies, it remains just a single grain. But if it dies, it produces much fruit. Jesus is using this analogy to explain that his death will bear much fruit. His death will bring salvation to all who believe in him. But he is also telling his followers that following him requires sacrifice. We must be willing to let go of our own desires and wills and follow the will of God.

This can be a difficult and painful process, just as it was for Jesus on the cross. Jesus himself had to surrender his own will and desires to the will of the Father. He had to endure the pain and suffering of the cross to accomplish the Father's plan of salvation. But through this sacrifice, Jesus brought great glory to God. His death and resurrection brought salvation to all who believe in him. And his life and teachings continue to inspire and transform countless lives.

Through our own sacrifices, we too can bear much fruit and bring glory to God. Our sacrifice may not be as dramatic as that of Jesus, but it is still important. It may involve giving up our time, talents, or resources to serve others. It may involve forgiving someone who has hurt us. It may involve putting the needs of others before our own.

Whatever form our sacrifice takes, we can be assured that it will bear fruit. It will bring glory to God and help to build his kingdom on earth. So let us be willing to follow Jesus, even when it requires sacrifice. Let us be willing to let go of our own desires and wills, and follow the will of God.

Taken from "Young Catholics: Producing Fruit"

Congratulations to the following children who received the Sacrament of Reconciliation on 14th March, 2024:

Jacob W, Matilda C, Alice C, Sebastian C, Felix D, Alice L, Deon S, James B, Remy B.
Rose A.G, Myles L, Augie L, Sofia, Holly M, Evelyn C and George L.

RELIGIOUS CALENDAR OF EVENTS THIS TERM

Date	Details	Time
24th March	Palm Sunday	11:00 am
25th March	Good Friday Liturgy (Grades 5 & 6)	2:45 pm
26th March	Easter Sunday Liturgy (Preps)	2:45 pm



JOIN THE CELEBRATION OF ALL THINGS

Faith & Family

ST AMBROSE PARISH - EASTER SERVICES

PARISH PENITENTIAL SERVICE - WEDNESDAY MARCH 27TH, 7.30PM

HOLY THURSDAY MASS - THURSDAY MARCH 28TH, 7.30PM

GOOD FRIDAY SERVICES

FRIDAY MARCH 29TH, 10.00AM STATIONS OF THE CROSS

FRIDAY MARCH 29TH, 3.00PM CELEBRATION OF THE LORD'S PASSION

HOLY SATURDAY - SATURDAY MARCH 30TH, 7.30PM EASTER VIGIL MASS

EASTER SUNDAY - SUNDAY MARCH 31ST, 9.00AM MASS. RENEWAL OF BAPTISMAL PROMISES.

We have begun our prayer services in which we remember the events of Holy Week.

Next week, on Monday afternoon at 2:45 pm, the 5/6 classes are presenting a small service on Good Friday, followed on Tuesday afternoon by the Preps who are showing us the events of Easter Sunday, again at 2:45 pm.

Please note that the End of Term Mass has been cancelled.

WONDERINGS

Sacrifice and Fruitfulness:
Jesus' analogy of the grain of wheat highlights the necessity of sacrifice for fruitfulness. Reflect on the sacrifices you are called to make in following Jesus. How do these sacrifices contribute to producing fruit in your life and in the lives of others?

Service and Sacrifice:
In what ways are you called to serve others and make sacrifices for the sake of the Kingdom of God? How can your sacrifices, even if they seem small, bring glory to God and build His kingdom

[Woodend Parish Newsletter](#)
[Children's Liturgy.](#)



LENTEN REFLECTION—GRAIN OF WHEAT

Today's Gospel reading for the fifth Sunday of Lent is from the Gospel of John. For myself, it took a long time for me to come to negotiate an agreement with this parable. What I kept as a secret from myself, I have come to see as the secret to life, one of the most important parables for me. This is one person's journey (I suspect there are many others like it) and I will explain further later.

We all know the parable - unless a grain of wheat falls to the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest. So, here it is, the secret of life, the pattern of loss and renewal that runs through each of our lives, our families, communities, societies, and the world. Without even thinking about it, we have all lived and experienced it, sometimes by choice and sometimes not. Sometimes in suffering, sometimes as a sacrifice, sometimes as a challenge. We are one of the few species to make sacrifices (That is, forgo something) now in the hope of a better future. The results of this can be seen all around us.

What parts of our lives have we given up so that another may live with dignity, compassion, and love? What are the costs, and losses we paid, for an education or a career? The same pattern exists in nature - the changing of the seasons, falling leaves and new blooms, the rising and the setting of the sun, and the transformation of a caterpillar into a butterfly.

Jesus Christ personally demonstrated this secret to life by allowing himself to experience and demonstrate, as a human, the transformative nature of life - He offered himself as the seed, as the innocent lamb and suffering servant for our sins. He also did something else. He did not take away our need to be continually transformed throughout our lives. He reflected a core condition of our lives, free will, the responsibility that comes with it, and demonstrated to us what it means to take up our cross and follow him. That is the way to see Jesus, it is the letting go, the emptying, the leaving behind, the dying of one's past that allows a new life to arise. All this is what I needed to learn. And learn I did the hard way. Similarly, you may also be thinking about those times in your life that reflect what I have been saying.

I spent a long part of my life completely immersed in the secular world and was occasionally hit by what felt like a piece of four-by-four timber - I was not accepting this parable's condition for life. God was telling me to improve my act, which I just ignored and got on with my secular life.

In 2007, Wendy, my wife, persuaded me to attend a Catholic Mass at St Patrick's Cathedral in Melbourne. I was immediately blown away stating that if I were to convert it would be to become a Catholic. Well, it took until 2016 when I made the call to Father Martin and said I wanted to be a Catholic and where do I sign up, right there and then, that very day! Father's response was "be patient, all in the Holy Spirit's good time." Well, it must have been a hard job for the Holy Spirit. Because the process took until eight months later, lots of coffee meetings with Father Martin learning about what Catholics believe, and lots of guidance and patience from parishioners, when at the Easter Vigil I was converted in a ceremony with Father eagerly applying Chrism, going back to the jar for more several times and rubbing it in hard.

I was clearly a hard case and Father knew it! I have learned the hard way that there can be no greater relevance than to pick up your cross and follow Jesus and even though I still often fail, the four-by-four has become gentler and less frequent.

How is this reflection on the Parable of the Grain of Wheat relevant to us, today, here, in the Woodend Parish given that we are changing, even transformative change? From selected words of Pope Benedict XVI:

"Only in a process of suffering transformation does the fruit mature and the solution, [to our problems] become clear. We must take these difficulties of our time [here in Woodend] to heart and transform them, suffering with Christ, and thereby transforming ourselves. and to the extent to which we are transformed, the parish, and broader community will also be transformed." That is, if we Focus on the Liturgy of the Eucharist and Focus on parishioners the rest will follow.

And why have I said all this about this Parable? Because a carpenter once took a piece of four-by-four with which he regularly touched me, as I am sure he does all of us, eventually convincing me that striving to focus on God, Jesus Christ, changes our lives and, while making everything else easier and better, it also becomes marvelously different.

David Millward, St Ambrose Parishioner



WOULD YOU LIKE TO JOIN THE PARISH LAY TEAM?

SERVING OUR ST AMBROSE PARISH COMMUNITY

What keeps our Parish community alive and what do we need to continue?



An Invitation from the Parish Lay Team

As part of our recent calling to assist more in the running of the parish, we invite interested parish members to join us by sharing your gifts and talents, to ensure our parish remains alive, active, welcoming and growing, especially in the following ministries:



Baptism preparation

Welcome + Hospitality
Cuppa after mass once a month

Engage with School and Families—assist with Sacraments OF HOLY COMMUNION + Confirmation

Outreach
Ambrose Care, Parish School families
Home bound people + those in care homes

Welcoming and assisting supply priests

Liturgy and Music support, season planning e.g. Easter, Christmas, Parish School requirements, special Masses etc.
Readers

Wedding preparation

Assist with logistics for Funeral Ceremonies

Maintenance + upkeep of parish buildings



Bronwyn



Chris



David



Lucia



Sharon



Maurice



Margaret



Phil

* Would you like to learn more about how you can help or are you able to offer your time and share your gift and talent? *

Please provide your details below and leave in collection baskets at the back of the church and a member of the parish team will get in contact with you. If you have any questions, please talk to one of the Team above or get in touch via the Woodend Parish office email: woodend@cam.org.au Training and assistance with regulatory requirements will be provided.

Name _____ Email _____

Phone Number _____

What I would like to do _____

Initial enquiries to Parish office email: woodend@cam.org.au



COMMUNITY NEWS

HELD ON THE LAND OF THE WOI WURRUNG, DJAARA & TAUNGURUNG PEOPLE.

MACEDON RANGES
MUSIC FESTIVAL 2024

AT HANGING ROCK

MAHALIA BARNES & THE SOUL MATES

- IMMY OWUSU
- ALANA WILKINSON
- TAYLOR SHERIDAN

- DOC HALIBUT GRIM FAWKNER
- AUNTY BLUE MRMF YOUTH STAGE WINNER

SATURDAY 23RD MARCH 2024

ALL PROFITS DONATED TO THE CAMBODIAN KIDS FOUNDATION
TICKETS: WWW.MACEDONRANGESMUSICFESTIVAL.ORG

AFL PLAY

FOR THE KICKS

come find your awesome

WOODEND AUSKICK CENTRE

Buffalo Sports Stadium Oval

Saturdays 9.30am

Beginning 20/04/2024

nab AFL Auskick

play.afl/auskick

Scan QR code to register!

Contact damon.guy@afl.com.au for more information

SCHOOL HOLIDAYS FUN AT WNH
APRIL 2024

DRAMA WORKSHOPS

Join the crew at Storyboard Drama for a fun and energetic performance workshop

- Wednesday 3rd April • 9.30am-12.30pm or 1pm - 4pm

Prep to Grade 6 \$35 pp

STORY BOARD DRAMA STUDIOS

COMMUNITY LUNCH

Bring the whole family and enjoy a two-course meal amongst friends, old and new!

- Tuesday 9th April • 12noon - 1.30pm

All ages! \$5.00 pp donation (if it's affordable)

PAPER MAKING WORKSHOP

Make handmade paper from scraps in this fun, eco-friendly workshop

- Wednesday 10th April • 10am - 12noon

Prep to Grade 6 \$5 pp

For more information or to make a booking, visit:
www.woodendnh.org.au or call 5427 1845

EASTER SCHOOL HOLIDAY ACTING AND MUSICAL THEATRE WORKSHOPS

*** Back for 2024 ***

... with professional actor and experienced teacher, ANGELA KENNEDY.

Come join me for a FULL DAY OF FUN 'Being an Actor' and/or 'Being a Musical Theatre Performer' in an inspiring and safe environment.

Thursday 11/4 ACTING 10am - 4pm Age: 9+	Friday 12/4 MUSICAL THEATRE 10am - 4pm Age: 9+
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COST: \$85 for one day.
(Limited class size - bookings essential)

Please bring your own lunch, snacks and water bottle.
FRESH FRUIT PROVIDED

VENUE: St Mary's Church Hall 85 Main St, Romsey.

ANGELA 0419 617 736
performersbusiness@gmail.com
<https://www.facebook.com/youthcocreate/>

(Some credits include : MAMMA MIA!, ANNIE, STRICTLY BALLROOM THE MUSICAL, COME FROM AWAY, SONS AND DAUGHTERS, HOME AND AWAY, ALL SAINTS, PACKED TO THE RAFTERS, DR BLAKE)

Cert IV in Training and Assessment Current Working With Children Check



COMMUNITY NEWS



Discover, Create
Learn

Open Evening

Monday 22 April, 4:00pm - 8:00pm

Book online: shckyneton.catholic.edu.au

Hands on activities, information sessions and displays
- lots to see and do.

SACRED HEART COLLEGE KYNETON

T: 5421 1238 E: d.lawrence@shckyneton.catholic.edu.au
A Ministry of Mercy Education Limited - ABN 69 154 531 870

STEPS
PERFORMING
ARTS

SCHOOL HOLIDAY WORKSHOPS

Stellarbeam Studios, 1/118 Payne Road, New Gisborne.

Our school holiday workshops are perfect for kids aged 5+

Full day sessions: 9:30am-3:30pm \$95 (BYO lunch and snacks)

Morning sessions: 9:30am-12:00pm \$48 Afternoon Sessions 1:00pm-3:30pm \$48

MONDAY April 8th

AM: Mindful Movement

Come and try meditation, yoga, creative movement, mindful music and more.

PM: Arty Crafty Afternoon

Choose from 6+ awesome art and craft activities, do one, or do them all!

TUESDAY April 9th

FULL DAY: Tay Tay Day!

Calling all Taylor Swift fans! Come along for a full day of Tay Tay themed activities including crafts, make-overs, a dance party, & learning & performing a dance!

WEDNESDAY April 10th

FULL DAY: Barbie Day!

Bring your favourite Barbie doll along for a full day of Barbie themed activities including crafts, a Barbie fashion parade, dancing and fun!

THURSDAY April 11th

AM: Dance

Try some hip hop & contemporary classes - fun for all ages & levels!

PM: Musical Theatre

Play some games & learn a fun Disney themed musical theatre song and dance.

FRIDAY April 12th

Mini Movers Day! 45 minute sessions \$22.

Bring your 2-5 year olds along and try a fun dance or music class.

No dance shoes or uniform required, simply dress your child in clothes they can move in. Parents/caregivers are encouraged to stay & watch or join in!

9:30 Pre-Primary Ballet

Try a beginner ballet class!

10:30 Music and Movement

Join our parent & child music & movement session.

11:30 Dress Up & Dance

Choose from our range of costumes & accessories and join in with fun, freestyle movement & dance activities.

For more information and to book use the QR code to visit our website
<https://www.stepsperformingarts.com.au/holiday-workshops>



Hip Hop, Acting, Acro

Cost: \$119 for 3 days

Time: 9am-12pm

Ages: 6-12 years

Dates:

- Monday 8 April
- Tuesday 9 April
- Wednesday 10 April

Buffalo Sports Stadium Woodend

1-27 Forest Street Woodend

Book now

Email studio2tinytackers@mrcs.vic.gov.au

Phone 5427 3411



WJENC



SEASON 2024

SHOUT OUT TO ANY INTERESTED PLAYERS

U9 - U11 - U13 - U15 - U17

FOOTBALL



PLEASE CONTACT SALLY ON

REGISTRAR@WOODENDHAWKS.COM.AU

