Dear Families

Bullying is unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance. The behaviour is repeated, or has the potential to be repeated, over time. Both children who are bullied and who bully others may have serious, lasting problems.

**In order to be considered bullying, the behaviour must be aggressive and include:**

**An Imbalance of Power:** Children who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

**Repetition:** Bullying behaviours happen more than once or have the potential to happen more than once. Bullying includes actions such as making threats, spreading rumours, attacking someone physically or verbally, and excluding someone from a group on purpose.

**Types of Bullying**

**Verbal bullying is saying or writing mean things.** Verbal bullying includes:
- Teasing;
- Name-calling;
- Inappropriate sexual comments;
- Taunting;
- Threatening to cause harm.

**Social bullying,** sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships. Social bullying includes:
- Leaving someone out on purpose;
- Telling other children not to be friends with someone;
- Spreading rumours about someone;
- Embarrassing someone in public.

**Physical bullying involves hurting a person’s body or possessions.** Physical bullying includes:
- Hitting/kicking/pinching;
- Spitting;
- Tripping/pushing;
- Taking or breaking someone’s things;
- Making mean or rude hand gestures.

It is important that as a school community and as families we support children who experience at any time behaviour that encompasses bullying. Ways to do this include open and honest communication about what is happening, where, when and if known why. Also having good structures in place such as our Positive Behaviour Support program that have clear expectations for our community are essential. I cannot say that bullying does not exist in our community but what I can assure you is that children are listened to and their concerns are acted upon. Friday is National Action Day against Bullying and during circle time and as part of social learning this week classes will discuss both appropriate and inappropriate behaviours toward and about others.

Michelle Wootton
Principal

**PBS Focus this week:**
Cyber safety – appropriate messages, photos and information
RE News

Project Compassion - Walk for Water
We had a fantastic day last Friday for our Walk for Water fundraiser. We managed to raise $458.00 and everyone who participated had a great time! We are well on our way to achieving our $1000 goal. In order to reach our goal we only need $3 per family Project Box! This is a very achievable goal and I would encourage all families to participate in this worthwhile cause.

A reminder that Project Compassion boxes need to be returned to school by next Thursday the 24th of March.

Sacramental Program
It is not to later for children in grades 3-6 to sign up for the Sacramental Program this year. Please contact the Mersey Leven Parish or Mrs Cruse for more information.

Holy Week Celebration
Next Thursday morning (24th March) we will gather in the MPR at 8.45am for our Holy Week reflection. This will be followed at 10.00am by hot cross buns in the classroom for students and the link area for families. All are warmly invited to join us for this celebration.

Palm Sunday Mass
This Sunday is Palm Sunday. The Mersey Leven parish is asking for children to participate in the waving of Palms at the beginning of masses across the parish in celebration of Palm Sunday. If your child wishes to participate they should gather outside the church prior to mass. Mass times are 9.00am Sacred Heart, 10.30am Devonport.

Errin Cruse
(APRE)

MERSEY LEVEN CATHOLIC PARISH
Holy Week & Easter Ceremonies 2016

Devonport: Our Lady of Lourdes Church
Good Friday: Commemoration of the Passion 3pm
Holy Saturday: EASTER VIGIL 7pm
Easter Sunday: Easter Mass 11am

Ulverstone: Sacred Heart Church
Holy Thursday: Mass of the Lord’s Supper 7.30pm
(Adoration til 9pm followed by Evening Prayer of the Church)
Good Friday: Commemoration of the Passion 3pm
Easter Sunday: Easter Mass 9.30am

Penguin: St Mary’s Church
Good Friday: Stations of the Cross 11am
Easter Sunday: Easter Mass 8am

Our Great Achievers
Congratulations to the following boys and girls whose efforts were recognised at our assembly on Tuesday morning.
Alyssa and Oliver from Prep N;
Toby and Charlotte from Prep/1CL;
Keenan and Logan from 1/2RB;
Miah and Jayden from 1/2Z;
Owen, Tadhg, Ella and Imogen from 3/4KM;
Charlotte and Oscar from 3/4PM;
Anna and Latarna from 3/4R;
Hayley, Harry, Kiah and Amity from 5/6S; and
Bellah, Chloe, Matthew and Dominic from 5/6BB.
Congratulations to all of you.

North West Catholic Schools Swimming Carnival
Best of luck to all of our swimmers who are attending the Carnival this Friday at the Devonport Splash Aquatic Centre. A reminder to return all outstanding swimming permission forms tomorrow.

No PE lessons this Friday

Happy St Patrick’s Day to you all tomorrow

Be Your Best, Be Safe, Be Respectful

Before enrolling in a Community Health Program young midwife Sreymom lacked experience. Now, she is a trusted midwife, helping to improve the health of indigenous women and children in her region in Cambodia.

Please donate to Project Compassion 2016 and help healthcare workers in isolated areas of Cambodia gain vital training to improve the health and wellbeing of the region’s indigenous women and children.

www.caritas.org.au/projectcompassion 1800 024 413
Staff Whereabouts
During this week staff who have release include ….
- Thursday 17 March – Mrs Baker away – Mrs Mansfield relieving
- Friday 18 and Monday 21 March – Mrs Rodman away – Mrs Willoughby relieving
- Friday 18 March – IEP Meetings – Mrs Broad relieving class teachers
- Friday 18 March – No PE Lessons – Mr Butcher attending Swimming Carnival
- Tuesday 22 March – IEP Meetings – Jess Jordan relieving class teachers.

ICT Agreements
If you are still to return your child’s form, please discuss with your child, complete both sides, sign and return to school as soon as possible. Any queries with regard to our ICT policy, please contact the school office. Students who have not returned their signed policy may be limited in their use of technology until such time as the Agreement is returned.

Easter Egg Raffle
Sacred Heart Parents & Friends Association is conducting an Easter raffle. The raffle prizes will be various sized Easter baskets.

We are asking each family to donate (if possible) at least one Easter Egg or Easter related item (eg chocolates, baskets, toy bunnies, Easter mugs, egg cups etc.) We need lots more goodies to package up for prizes. We hope to have approximately 40 prize packs to give away.

These baskets have always been extremely worthy prizes and your support would be greatly appreciated. Raffle items can be brought to school up until Thursday 17 March. If you would like another book of tickets to sell, spares are available from the school office. The raffle will be drawn on Thursday 24 March.

Network Meetings
Last week teaching staff attended network meetings with colleagues from Catholic Schools from the North West. These meetings happen three times per year and focus on moderation, digital technologies, curriculum planning and social and emotional learning.

Congratulations
Congratulations to the Willoughby family on the recent arrival of baby James, a little brother for Lucas in Kinder.

Lost
A size 12 Softshell jacket belonging to Will Clayton has been lost. It is named. Could the finder please return to Will in 3/4KM or to the school office.

Student Information Sheets
A reminder that parents are asked to complete and sign the second page, make any necessary alterations to the first page and return both of these sheets as soon as possible.

Kitchen Garden
The kitchen and garden has been very busy this term. We have harvested buckets and buckets of tomatoes, zucchini and pumpkin from our garden and have put this lovely produce to good use in the kitchen. Some recipes the children have enjoyed so far are: Tomato pasta sauce with zucchini noodles, apple and rhubarb crumble, salsa dip and zucchini and potato soup.

School Fees
Fee accounts for the entire year have been sent out. If you wish to pay fees and building levy for the whole year before the end of March, a 5% discount will apply. Families with three or more children enrolled in Catholic schools may be entitled to further discounts. Families who do not wish to take advantage of the early payment discount, are welcome to make regular payments off this yearly fee.

School fees and levies may be paid by direct debit from your savings account, weekly, fortnightly or monthly, or through a regular monthly credit card payment. Forms for both these options are available from the School Office. Full EFTPOS facilities are available.

If anyone has difficulty with the payment of their fees, we ask that you call to make an appointment to see Mrs Michelle Wootton to discuss same. No child will be denied an education at our school because parents are unable to pay full fees.

Little Joeys:
Hop in to learning

Sacred Heart Catholic School
Birth to 4 program
has recommenced on Tuesday mornings in the Kinder Room.

9.00 – 10.30am

Run by
Keiran Hofer (Kinder Teacher)
and Melissa Mudford (Teachers Aide)

Come along and join in the fun
Cost $2.00 per family
### Important Dates

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Friday 18 March</td>
<td>Inter school Swimming Carnival</td>
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<td>No PE lessons</td>
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<td>Monday 21 March</td>
<td>P&amp;F Meeting</td>
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<td>Wednesday 23 Mar</td>
<td>Board Meeting</td>
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<td>Thursday 24 March</td>
<td>1.30pm Holy Week Celebration</td>
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<td>Friday 25 March</td>
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<td>Tuesday 29 March</td>
<td>Easter break</td>
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<td>Wednesday 30 March</td>
<td>First day back after Easter break</td>
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<td>Friday 8 April</td>
<td>End of Term 1</td>
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<td>Monday 25 April</td>
<td>ANZAC day</td>
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<td>Tuesday 26 April</td>
<td>Start of Term 2</td>
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<td>Friday 20 May</td>
<td>Student Free Day</td>
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<td>Friday 1 July</td>
<td>End of Term 2</td>
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<td>Monday 18 July</td>
<td>Start of Term 3</td>
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<td>Friday 23 September</td>
<td>End of Term 3</td>
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<td>Monday 10 October</td>
<td>Start of Term 4</td>
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<td>Thursday 15 December</td>
<td>End of Term 4</td>
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### Ulverstone Robins Auskick

Registration is all online this year and is now open. Go to Auskick website and register. Season will start on Friday 1st April at Ulverstone football Ground. Cost is $80 per player. First week will be 4pm Grade 3-6 West Ulverstone v Ulverstone primary. 5pm Kinder to Grade 2 Auskick 6pm Grade 3-6 Sacred Heart v East Ulverstone. Any questions please call Richard on 0438878983

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**St Brendan-Shaw College**

**Building Resilient Adults**

**Year 7 (2017) Open Information Night**

Wednesday 16 March 2016

Genesis Centre - James Street

Start 7pm

Excellent education and integrated values with personalised pastoral care.

Modern Year 7 facility

High standard IT services

Extra-curricular activities

Learning support team

We focus on your child and their future!

www.sbsc.tas.edu.au

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**Ulverstone Baptist Church**

60 Alexandria Road, Ulverstone (next to the Clerk)

6425 6306

**energise**

KIDS 1-6

(Grades 1 - 6)

**Starts**

25 Feb

**Thursdays (fortnightly)**

4.30pm - 6pm

**Cost:** $3 child / $5 family

(unless otherwise advised)

For further info contact: Nerrelie 0411 342 142

* Children are to be signed in & out by a Parent/Guardian inside the Church Hall. Thank you.*