Dear Parents & Carers

In our new Homework Matrix, there is usually a section asking children to help around the house. Sharing the jobs teaches your children that the family household depends on everyone, not just mum and dad. Children learn responsibility and pride in a job well done. Even the youngest child can be allocated a job and be expected to carry it out reliably and well. Good habits learnt early make life better for children at home, at school and in life.

Some tips

1. **Start early.** The easiest way is to encourage children’s participation early. As soon as they are able to walk, they can begin to help you with small chores, like putting their toys away or tossing laundry into a basket.

2. **Offer choices.** Allow your children to have a say in the tasks they will be responsible for. One way is to make a list all of the jobs that need to be completed, and allow each child to choose two or three. Or make a game out of completing chores. For example, with young children, you can create job cards, such as ‘dust’, ‘vacuum’, ‘bathroom basin’, ‘empty the rubbish bins’ and ‘take out the recycling’. Then, on ‘chore day’ you can each pick one or two cards and complete those jobs. The job card can include the expectation (eg ‘room cleaned’ means the bed is made, all clean clothing is put away, all dirty clothing is in a hamper, and the only things on the floor are furniture) as well as a list of needed supplies, where they are found, and where they should be put away. If the work does not meet your expectations, you can just point to the card.

3. **Demonstrate.** Show children how to do chores properly. From making their own beds to starting the dishwasher, demonstrate the skills you want your children to learn so that they learn from the outset how to do their jobs efficiently. Teach them that a slack job is not good enough for the comfort and health of the family.

4. **Set reasonable expectations.** The most important goal is learning to work together as a family. It does not matter if the results are not perfect. Children do get better at the skills you are teaching them, especially if they understand doing it right the first time is faster and frees them to do other things.

5. **Gradually increase your children’s responsibilities.** As your children become more skilled in completing chores around the house, introduce new tasks. Once your child has mastered the task of sorting laundry, teach him how to load and start the machine, and then hang out the clothes. Learning to do the laundry, including hanging out and bringing in and folding, ironing and putting away, is a great way to teach children to take better care of their own clothes.

6. **Make some cleaning kits.** Purchase plastic carrying cases with compartments in them or use buckets. Put in some cleaning rags, a liquid cleanser, any equipment needed for a particular job like a scrubbing brush or polishing cloth. Keep the kits coded for toilets, surfaces and the kitchen so there is no cross-contamination.

7. **Have reward systems.** You do not need to bribe children to get chores done but there should be some reward structure to help motivate them. After all, when they get older and get a job in the real world, they will have a pay cheque for motivation. A family outing is a good way to reward work done to improve family life.
8. Set the example. Make sure the adults in the house tidy up after themselves and do their share of chores on time and efficiently. Adults need to agree on standards, be consistent and not be tempted to do jobs for the children.

9 Accept it takes time. Adults can get things done much faster than children but it is a worthwhile investment of your time to teach children how to carry out their tasks properly and let them do them at their own speed.

10. Don’t let chores become fights. Chores are essential contributions to the family. They may not be fun, but they help teach that running a household involves effort and teamwork. To minimise disputes, try to allocate jobs according to preferences and after consultation. Then, doing jobs becomes non-negotiable.

SCHOOL UNIFORM SURVEY
The Community Council has organised a survey to gain community feedback on our school uniform and Savvy, our current preferred supplier. Special thanks to Deb McCarthy who has coordinated the survey. Please go to https://www.surveymonkey.com/s/CTV88HK

PROUD MOMENT
I had a proud Principal moment yesterday when a prospective parent, who was struggling to locate the Front Office was helped by one of our Year 6 students. The parent commented on the beautiful manners and how proud the student was of his school. The parent said it cemented her plans to send to her child to Good Shepherd. Thanks Oliver!

STUDENT ABSENCES/EARLY DEPARTURES
Teachers are required by law to account for all student absences, late arrivals and early departures from school during the day. Where parents are aware of impending absences, late arrival or early departure of their children, please provide a note to your child’s teacher advising of the matter in advance, particularly for extended absences. This helps the teacher be prepared if there is information or events that you or your child need to be aware of prior to the absence or departure and eases the number of messages needing to be passed on to teachers by Front Office staff. Please also remember that if dropping off or collecting your child, they must be signed in/out at the Front Office. Your assistance with this matter is greatly appreciated.

Have a good week.

Brad Gaynor
Principal
brad.gaynor@cg.catholic.edu.au

Appointments
If you would like to discuss any concerns with your child’s teacher, we encourage you to contact the teacher by email eg. joan.jones@cg.catholic.edu.au or ring the front office to arrange a convenient time for both you and the teacher.

Approaching the teacher at assembly in the morning or straight after school can be very disruptive and not at all conducive to effective discussion! Please choose to go through the appropriate channels to organise suitable meeting times.

School Fees
Term 1 Fees are now overdue. Thank you to the families who have paid their fees or have made other arrangements.

Reminders will be sent home
School fees may be paid by cash, cheque, Eftpos or BPay

If you are having difficulty meeting your financial commitment please contact the front office 6255 7888 to arrange a meeting with Brad.
...the heart of God.

Netball Club News
A huge thanks to all of the umpires, coaches and managers who attended the information night on Tuesday. The excitement is building for the season to begin, with most teams training from next week. Thanks must be extended to our fearless committee who have given so much of their own time to turn this dream into reality.

House Colours
Noolup - Yellow or Orange
Cavanagh - Green or White
Patterson - Red or Black
Brescia - Purple or Blue

Athletics Carnival Update
A reminder our Athletics will be held tomorrow, Friday 15th March. Thanks to the parents who have volunteered to assist on the day. If you are one of these wonderful people could you please meet Mr Hart at 8.45 am on the athletics oval.
An approximate timeline for the day is attached to this newsletter.
Please ensure that your child has the following on the day
- Two drink bottles
- Sunscreen
- School Hat
- A house coloured or Good Shepherd sports shirt.
- Recess and lunch in their school bag or a smaller backpack.
Please remember that the canteen will not be operating tomorrow.
We are looking forward to an exciting day.

Uniform Super Sale
The uniform shop is cleaning out the cupboard and having a sale on all 2nd hand and some new school uniforms.
This sale will be held next Wednesday, 20th March from 2.30pm to 5.30 pm outside the school canteen.
Every 2nd hand item - $5 each. All new uniforms - $15 each.
Cash only
We would like some helpers to collate the uniforms next Wednesday afternoon between 1-3pm so if you can assist please contact Joan at the front office 6255 7888 or Leanne Watt.

Sports Shorts
Gungahlin Lakes Golf Club are holding a family Gold Day on Sunday 17th March.
For more information please contact the Pro Shop 6242 4662 or mblair@igolfallday.com
On Monday 18th March from 8:30 – 9:00am, Gungahlin Community Services will have a stall set up at the front of the school with information on services they offer.
Please come along and have a chat with the ladies.

I wanted to bring to your attention an offer available in the Sunday Telegraph.
For the next several weeks the Sunday Telegraph is giving away a free picture story book with each newspaper.
The offer is available only at newsagencies, not at supermarkets.
If you have the paper delivered, you simply have to go to the newsagency and ask for your free book.
The books are by well-known authors and would make a great addition to your home library. If you get the Sunday Telegraph but your children are too old for these books, I would love it if you could collect them each week and bring them in to school.
We could make some wonderful resource packs with them.
This is a lovely way to celebrate the joys of reading with your child.
Happy reading!
Penny Vanzwol
Religious Education Term 1

On the Road to the Heart of God

In 2015 our theme for the year is “On the Road to the Heart of God”. In every aspect of our lives at Good Shepherd we aim, ‘to be together the Heart of God’.

Thank you to the students and teachers of 6Kelly and 20ldfield for the beautiful and thoughtful way they presented the Prayer Celebration on the gospel of ‘The Baptism of Jesus’.

Our next Prayer Celebration will be on Friday 22 March and will be lead by 4Corkhill and 3Tokich/ Dunstan. They will be sharing the gospel reading, ‘Jesus Calls the First Disciples’.

Mini Vinnies

Every week, we are asking each family to bring just one item of non-perishable food to school to distribute to the needy people in our Gungahlin Community. For example

• Pasta and Pasta Sauce:  • Noodles:  • Soup:  • Tinned Food:  • Rice:  • Crackers:  • Tuna:  • Long Life Milk:  • Cereal:  • Pet Food:  • Beans:  • Sugar:  • Flour:  • Dried Fruit:  • Dried Biscuits:  • Muesli Bars (In a box and not from their lunch box).

When you sit down to your dinner at night, you will know that you have helped others in our community to be able to do the same.

Confirmation

The final Commitment and Enrolment Mass is this weekend, on Sunday, 17th March at 5:30pm.

Please remember to bring your enrolment pack, including prayer card to the Mass.

Celebration of Confirmation Masses will be held on Tuesday 28th, Wednesday 29th and Thursday 30th May.

Understanding Change, Loss and Grief

This three hour seminar is an education program which aims to build resilience in adults who are also seeking to deepen their general understanding of the nature and impact of change, loss and grief in their lives.

When: Sunday 24 March, 2013
Time: 2.00pm – 5.00pm
Venue & Registration: Holy Spirit Parish Centre, Burdick Avenue, Amaroo
To register contact: Anne Gillet
Email: A.Gillet@gc.acts.catholic.edu.au or Phone: 0408 767 181
Tuggeranong Community and Function Centre
245 Cowlishaw Street, Greenway, Balcony Room
To register contact: Nathan Wood
Email: nathan.wood@mskigroup.act.edu.au or Phone: 6209 5297
Cost: $15
Years 2 - 6 Athletics Carnival

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Kinder and Year 1 Athletics Carnival

Morning: Usual classroom activities
Recess: Commence rotations
11:40 am: K/1 come across for some races
2:00pm: Staff v parent v kids race
2:30pm: Back to School