Dear Parents & Carers

**Sabbath Rest**

Loving Creator
We seek Sabbath rest.

Our lives are so busy, so crowded.
Life's riches sometimes give us indigestion.

Teach us how to find some stillness even in the busiest day, how to stop and catch our breath, how to rest and refresh our spirits.

Teach us when to lay our tools down, to take the time to breathe and be.

Show us how to bring our souls back to a place of rest within your sheltering wings.
Amen

**FAMILY WEEK**

I hope you are all enjoying Family Week – a time to stop, refresh and rejuvenate by spending time with family and friends without the added commitment of home learning or meetings!

**SOLVING YOUR OWN PROBLEMS**

How do we find a middle ground between intruding too much on our children’s lives and denying them the chance to solve their own problems and resilience and holding back for fear of being seen as interfering or bothering already busy teachers. Some ideas from parents who have been there, done that, and survived the school years!

- Encourage your children to take the lead in sorting out problems. This helps children develop confidence and their own voice. Show them how you deal with your problems. Let them hear how you make a complaint or raise a question. Discuss how to be assertive without becoming unpleasant.

- Discuss with them how to use email and text messages only to convey simple information like appointments or scheduled absences or factual questions. For anything more significant, especially if they are annoyed or angry, it’s better to take a deep breath and speak in person. Conflicts can escalate in social messaging exchanges in ways that would never happen speaking face to face.

- Teach your children to immediately apologise if they are in the wrong. Many people don’t learn this simple lesson even into their adult life yet it is disarming and prevents further conflict.
The heart of God.

- When there are real conflicts, discuss desired outcomes and how your child can achieve them. Sometimes too, they have to learn that even the best-presented case may not get the outcome they are seeking.

- Step in if your child is struggling to be heard or becoming frustrated. Talk to your teacher and see if they can help. Teachers want their students to be happy learners too.

- Sometimes parents - and teachers - need to take with a grain of salt occasional complaining and whinging, especially by children or teenagers, working through issues with authority. The teenager, being a teenager, may not rank parenting skills much higher than teaching skills!


WORKING WITH VULNERABLE PEOPLE

Urgent - The Working with Vulnerable People Approval Date is Fast Approaching: As mentioned earlier, from November 8 2013 no staff or volunteers can work with children unless they have the new ‘Working With Vulnerable People Card’ (WWVPC). APPLICATIONS FOR VOLUNTEERS ARE FREE AND VALID FOR 3 YEARS. There is already a backlog of about 8 weeks in processing applications and this will get worse closer to the November deadline. If you are one of our valued volunteers please register as soon as possible to ensure you receive your card before the deadline. Application forms are available from the school office or online at www.ons.act.gov.au.

Once you have received your card, please provide us with a photocopy of your card for our records.

STANGER DANGER

Police have advised us to remind parents to discuss stranger danger with your child. Ensure that your child knows what to do if confronted by a situation in which they do not feel safe. Remind them that they should never go with someone they do not know, no matter what story that is being told, to scream loudly, tell an adult and report the incident with the police.

COMMUNITY COUNCIL MEETING

The Community Council meeting scheduled for Tuesday 18 June has been postponed until Tuesday 25 June.

Cheers

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

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>17th June</td>
<td>18th June</td>
<td>19th June Year 6 Excursion to National Museum</td>
<td>20th June</td>
<td>21st June</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18th June</td>
<td></td>
<td></td>
<td>School Photos Day 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>18th June UNSW Spelling Competition</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>First Eucharist &amp; Reconciliation Info Night</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24th June</td>
<td>25th June</td>
<td>26th June</td>
<td>27th June</td>
<td>28th June</td>
</tr>
<tr>
<td></td>
<td>School Photos Day 2</td>
<td>7:00pm Community Council Meeting</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Week 9:

- 24 June: School Photos Day 2
- 25 June: 7:00pm Community Council Meeting
- 26 June: 7:00pm Community Council Meeting
- 27 June: 7:00pm Community Council Meeting
- 28 June: Showcase Assembly Year 6
- Reports go home
OUR FOCUS
In 2013 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’.

Our next Prayer Celebration is on **tomorrow** Friday 14 June and will be lead by 4 Whackett and 3 Zaja. They will be sharing the gospel reading, ‘The Good Samaritan’.

Our Prayer Focus will begin at 9:15am after morning assembly. We warmly invite all parents, family and community members to join us on Friday.

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).

TERM 2 PRAYER CELEBRATIONS

**Week 7** - The Good Samaritan - 4 Whackett and 3 Zaja
**Week 10** - End of Term Prayer Celebration - Faith and Justice Crew

FIRST EUCHARIST AND FIRST RECONCILIATION 2013
If your child is a baptised Catholic in Year 3 or older and you wish him/her to receive First Eucharist and Reconciliation this year the Parent Information Meetings will be held next Tuesday June 18 at 1pm or 7pm at Holy Spirit Church, Amaroo. If you would like any more information please call Luke Maher (REC).

The Commitment and Enrolment Mass will be held on Saturday 29 June at 6:00pm and Sunday 30 June at 9:30am and 5:30pm.

WINTER WOOLIES APPEAL IS TOMORROW
Friday 14 June will be a uniform free day. We are asking for a gold coin donation and/or adult size scarves, gloves, warm socks, beanies and blankets and in return children can rug up in their own winter woolies for the day as we are helping the St Vincent de Paul Night Patrol Van helping others.

WOOLWORTHS EARN AND LEARN
Thank you to all the families who supported our Woolworth’s Earn and Learn Program. We are now in our final stage of collecting all the stickers and cards and then tallying our total number. Please send in any loose cards and stickers you have as soon as possible. The cards may be sent even if they are incomplete. Do not stick extra stickers out of the spaces allocated on the card. The cards and stickers need to be in by **FRIDAY 6TH JUNE** (end of term). Many Thanks Sally Taurasi and Christine Donnelly
CANBERRA REGION

1923 Canberra's first school, Telopea Park School opened.
1925 Public transport became available in July, and two shopping areas were established at Manuka and Kingston.
1926 The Canberra Times was issued for the first time. It was initially a weekly paper.
1927 Saw the opening of a cinema at Manuka and an Australian Capital Territory police force. The opening of Parliament in Canberra's provisional Parliament House. The Lodge and Government House were completed. East and West Blocks were built for public service offices. The Prime Minister, Stanley Bruce, officially opened Canberra's city centre, 'Civic' is commonly adopted by Canberrans.
1928 The Albert Hall on Commonwealth Avenue is opened. It was named after the Duke of York and was designed to provide a civic and cultural heart to the nation. http://earlycanberra.webs.com/index.htm#437467877

GUNGHALIN AREA

Horse Park
John Gillespie and his wife Mary Ann and children George and Elizabeth Jane arrived in 1841. John worked in Canberra for two years before settling at Ginninderra where their son James was born in 1844. In 1852 John purchased a 30 acre block at Dead Horse Gully. He named the property ‘Horse Park’ and built a home in 1853. The original separate slab kitchen survives as the oldest occupied homestead in the district. Horse Park has been added to over the years.
The Horse Park wetland is under several treaties with China and Japan to protect a migratory wren. There is also abundant evidence of Aboriginal use of the banks of the swamp which would have been a lake at times. The first domestic wagon in Ginninderra was introduced by John Gillespie in the late 1850s. Before this substantial loads were moved around properties and neighbourhoods on rough slides and sledges.

WHAT'S ON IN TOWN?

Deep Oceans - 12/11/2012 to 10/11/2013. Enter the dark and dangerous world of giant sea creatures and bizarre fish when you visit Questacon's newest exhibition, Deep Oceans. The exhibition will take you on a journey through the secrets of the deep.
Discovery Winter Film Program - 01/06/2013 to 27/07/2013. Come and join in at CSIRO Discovery for a season of free science films each Saturday at 1pm in June and July. This family-friendly season of films explores Australia and its place in the universe - from a historical look at Australia's agricultural past to its place in the race for space. Free entry.
Old Bus Depot Markets - Kids in the Shed - 16/06/2013. Find your inner child or just enjoy this family day out for children, parents and grandparents. Why visit? For the markets' lively atmosphere and the buzzing energy levels of all the kids alone!
11th June 1913. A Sunday to remember.

Dear diary,
I haven't had time to write since the weekend. Saturday was a great day as usual. Sunday was peculiar. It started off just like any other Sunday when we go to Mass, but it didn't stay that way. There were rescues, mud, broken carriages and a story to remember!

We arrived at Saint Francis Xavier Church in Hall in time for Sunday Mass. Father O'Brien was due to celebrate with us this week. It was fairly cold inside the church and I found it hard to sit still and wait for Mass to begin. Ma made us kneel down and Henry rocked from knee to knee until Pa clamped his hand on Henry's shoulder.

After about fifteen minutes a quiet muttering started amongst the congregation. I looked up to see people turning around to talk to each other, then looking over at the vestry hoping to see Father walk through the door. Mr Matthews, our Deacon, came over to ask Mrs Matthews to begin playing the organ. We sang a few hymns, which warmed us up, but still no Father O'Brien. Then Mr Matthews went to speak to Mrs Donaldson. That had me worried, as we didn't do Sunday school until after Mass.

Mrs Donaldson called for the Sunday school class to assemble at the alter rails. She said that we wished to share our knowledge with them. I felt my stomach sink towards my toes. I knew she was going to question us on our Catechism in front of everyone. My brain felt as if it was emptying. My heart beat rapidly, my breathing increased and despite the cold, my skin started to feel hot and sweaty. I hate standing up in front of other people and speaking. I know the answers were in my brain last week, but I couldn't find the drawer I'd put them in this week.

Mrs Donaldson turned to us and smiled. I just knew she would start with me. I closed my eyes, hoping that if I didn't make eye contact with her she wouldn't ask me. I couldn't have been more wrong if I tried. She asked me to recite the gifts of the Holy Spirit. I got the first five easily enough, but I was having difficulty remembering the last two. I glanced over at Amelia and she mouthed them. Thank goodness! I finished the list and Mrs Donaldson moved on. We must have taken up another 20 minutes, but still no Father O'Brien.

Mr Matthews began a prayer service in the hope that Father O'Brien was nearby. After another 20 minutes there was a commotion at the back of the church. In stumbled Father O'Brien and he collapsed onto the last pew. The prayer service stopped as everyone turned and took in his dishevelled state. There was mud all over him. It was caked into his hair and smeared all over his clothing. The stunned silence broke when some of the older ladies rushed to offer their help.

After a hot cup of tea, a bowl of hot water to wash up in and a change of clothes Father O'Brien was able to tell us about his adventurous morning.

He was about half way through his journey when he went over rut in the road and heard a crack come from the right hand wheel. He stopped to have a look, but didn't see anything out of the ordinary. About 15 minutes later the buggy creaked loudly and listed to the right and Father O'Brien was tossed out. The wheel had broken and the axle dropped to the ground just missing Father's legs. He rolled away, landing in some mud.

The horse began to panic and tried to run away. It reared up as Father O'Brien grabbed the harness to try and calm it. After the horse settled, Father detached it from the buggy and he tried to pull the buggy out of the middle of the road. Luckily for him a local farmer had been working nearby and had heard the commotion. Between the two of them they shifted the buggy to the side. The farmer arranged to go to the wheelwright and get him to come out and look at the damage. Father O'Brien then continued on his way to us on the back of the buggy horse.

What a strange Sunday. I was panicking about answering some questions while Father O'Brien was in the middle of something really worth panicking about.

Mary
NETBALL NEWS

A long weekend meant not all Good Shepherd Netball Club teams had a game to play in Week 6. However, here is what the coaches had to say about the games.

Yr 4 STORMS: A challenging game but that didn’t deter the Year 4 Storms. They are really playing well as a team - making some great passes, doing well in defence and getting those goals in. Fabulous enthusiasm was shown by the girls and their coaches, Georgia and Jess. Well done Storms.

Gungahlin Lakes Golf Club Family Golf Day

2.00pm on Sunday 16th June 2013

Get your team together for a family fun day at the Lakes - teams of two comprising one adult and one junior (under 18 yo). No previous golfing experience is necessary. Nine holes played in the foursomes format (four people in a group) from special yellow tees that take out most of the water - each team plays one ball with each person playing alternate shots.

Special rules apply to maximise fun and limit the ugly shots. Golf clubs and some golf balls will be available for those who need them. The entry fee of $12 per team includes snack foods (pizza etc) provided at after game presentations and prizes for good scores.

Register at the Pro Shop:

tel 6242 4662; email mblair@igolfallday.com or golf@gungahlinlakes.com. before 16th June.

Grandads and Grandma’s bring your Grandkids, Nieces or Nephews. Mums and Dads bring your Sons and/or Daughters. A fun day on the fairways!

Lady Gala School Holiday Program

For Girls aged 5-12 Years Old

Looking for a fun, new and exciting way to play cricket with your friends? Are you sick of lighting the boys for a bat and a bowl? Then the Lady Gala school holiday program is just for you!

The Lady Gala School Holiday Program aims to engage girls from ages 5-12 in cricket, providing a range of fun activities and games to develop their skills and more importantly to let the girls have fun playing cricket!

Date: 8th – 12th July (ex 10th July)
Time: 10:00am - 12:00pm
Cost: $10 per participant
Location: Monday 8th Caldeigh Indoor Sports Centre, 4 Railway Ave. Caldeigh
Tuesday 9th Craigieburn Indoor Sports Centre, Gable Road, Beverley North
Thursday 11th Werribee Indoor Sports Centre, 31 Riverside Avenue Werribee
Friday 12th Northcote Indoor Sports Centre, 398 Mandurah Street Thornbury
Contact: Di Day, Female Youth Program Officer on 0427 314 369 or dday@cricketvictoria.com.au

Further cricket opportunities for girls can be found on the ‘Born To Play’ Facebook page: http://www.facebook.com/bornstoplaycricket
To be together....

Netball ACT are conducting a ANZ NetSetGO! Holiday Clinic at the ACT Netball Centre in Lyneham during the JULY school holidays.

ANZ NetSetGO! incorporates skill activities, minor games and modified matches in a FUN and SAFE environment.

The structured program will provide every participant with the opportunity to develop netball skills, physical fitness, social skills, sportsmanship and an understanding of the game of netball.

**Dates:** 17th and 18th JULY

**Time:** 9am - 12.30pm

**Cost:** $80 which includes a participation pack and morning tea!!

To obtain a registration form head to [www.act.netball.asn.au](http://www.act.netball.asn.au) - ‘Community Netball’

Please return all forms to development@netballact.com.au or fax on 62412434
The heart of God.