From the Principal...........

Dear Parents/ Caregivers

On Sunday I was fortunate enough to attend the Riverland Assembly in Berri with over 80 parishioners from the Riverland and Bishop Greg. At the Assembly there were six main issues discussed for the future of the Riverland Parishes.

The six topics were:

- The Sunday Mass
- Re-engaging with young people and their families
- Pastoral care in the Riverland
- Parish Administration
- Nurturing and strengthening the Parish-School relationship
- Relevance of the Riverland Catholic Community in the wider community.

Our aim as a Riverland Catholic School is to invite, include, and encourage our students to be actively involved in St Albert’s Catholic Church. This is a challenge but something we need to address and work on over the coming years.

School Counsellor

We are very fortunate at our school to have a school counselor who assists children and is there to listen to their needs and offer advice. Below is a letter for your reference in relation to procedures with counselling.

My name is Sharlene Bevington. I am the Children’s Counsellor at St Albert’s, Loxton. I am employed by Centacare to undertake this role. As most of you are aware I took over from Mick Scordo last September. I am at the school every second Wednesday (the odd weeks of term eg week 1, 3 etc). I am a Social Worker and have a post graduate Diploma in Child Psychotherapy, which is basically additional knowledge in working in Counselling roles with children. I have worked as a Social Worker for many years mostly in roles with children and parenting.
Counselling is part of the school program for children, the same as for children who may need extra help with maths or reading. Children from Reception to Year 7 can self-refer to counselling. Children can also be referred by teachers, Principals and of course parents. In this process I explain to children about confidentiality and how this is maintained unless their safety or another person’s safety is a concern. If you would like to know more about the Children’s Counseling Service please don’t hesitate to call me at the school.

Sharlene

Flood victims

On Thursday we are having a ‘casuals’ day to raise money for the Queensland flood victims as there is still so much work and support needed one year on. Children may wear casual clothes and bring a gold coin donation for this excellent cause.

Canteen

At the last Parents & Friends meeting the school canteen was on the agenda and a fruitful discussion was had by all who attended. The canteen is a service the school provides and our aim is to break even. As a result of this meeting, a survey has been put together for you to complete and then we will collate the information and report back to you. Please take your time to complete the survey and return it by Friday 16th March. The survey is attached at the back of the newsletter.

AGM

Thank you to the parents who attended the AGM last week to hear about the 2011 school year and what lies ahead for 2012.

We have one Board member standing down as they have completed their two year tenure. I would like to thank Kerrie-Anne Hughes for her commitment to the School Board over the last two years and for her efforts on the Education Committee and attendance at all meetings. Thanks Kerrie-Anne.

PRINCIPAL AWARDS:

Last week I was please to distribute two more Principal awards for outstanding efforts in and around the school.

Thomas Alm received an award for his recognition as Junior Ambassador for the Mardi Gras and for the way in which he conducted himself in the public spotlight. Thomas displayed great qualities and made St Albert’s proud.

Ryan Bertram: Ryan has grown into his position as SRC rep and has taken on the responsibility well and is leading by example. Well done Ryan.
Sports day approaching

Sports day is rapidly approaching on Friday 30th March. Brad will have more details in the newsletter re teams and procedures.

AWAD

The date has been set for the Auction with A Difference for Saturday 8th September. This is a highlight of the year on the Loxton calendar so please lock in the date now. The theme is Beauty and the Geek!!!

Jenny Hicks

Please keep Jenny Hicks in your prayers for the passing of her father in law in New Zealand last week. Jenny is expected to return to work next Tuesday.

Have a great week
Jason Mittiga
Principal

SSF news......

FIRST RECONCILIATION
Tonight 6th March 6pm

Please support our students from Mrs Mittiga’s Year 3 class who will be making their First Reconciliation tonight. Everyone is welcome to come to church and join in the celebration! The candidates from St Albert’s are:
Laura Alm
Ehi Oyugbo
Caleb Benn
Seth Fitzpatrick
Brodie Milich
Bailey Dawson & (Rebecca Dawson from Year 6)
Sophie Lipman from LPS will also be joining us.

CARITAS AUSTRALIA
PROJECT COMPASSION

This year, Project Compassion focuses on helping families in Timor Leste who have suffered terribly since the 1999 conflicts following their independence. Caritas Australia is teaching the people of this country about techniques for fast growing crops, processing food, traditional medicines and breeding animals.

Thank you for your generosity and solidarity with the poor of Timor Leste. I especially thank the children who have left ‘full’ Project Compassion boxes in my Office. At the end of Lent, we will send all donations to Project Compassion. Please be generous! Every class has a Project Compassion box and I am very happy to replace the full ones!!

RIVERLAND FORUM

On Sunday, over 80 parishioners, priests, religious sisters, the Directors of Catholic Education and Bishop Greg O’Kelly met at ‘Our Lady of the River’ for the Riverland Forum Assembly.

As parishes, we were being encouraged to reflect wisely on the needs of our Church as it is called to renewal. In planning for our ‘preferred future’, we used the process called ‘See, Judge, Act’; a way of reading and responding to the signs of the time. We looked at the strengths and weaknesses of our parishes, and after much discussion and reflection, we made recommendations for the future.

During the afternoon’s discussion, we focused on ways we could re-engage with our young people and their families in our parishes. Despite the fact that church attendance is low in this age group, there are many encouraging signs of hope for the future.
There was a collective consensus that in order to re-engage with our young people, we need to listen to their stories and try to appreciate the pressures and challenges they face.

We also saw a great need to re-connect with the young parents, while appreciating the demands of parenting in the modern world, the stress of work and the complexity of modern day living. We recognised a need to encourage young parents to open their hearts and find some time for God amongst the persistent chaos of family life.

As a faith community we must explore ways we can communicate the wonder and richness of our faith in a meaningful and supportive way.

We investigated the many challenges associated with pastoral care in the Riverland; faith formation, supporting those in need, visiting the sick and much more.

We explored ways we could strengthen and nurture the parish-school partnership; sharing facilities and resources. We also recognised that our faith life cannot simply exist within our Parishes but it must exist within our wider community and the Riverland region. Are we paying attention to the pain and suffering of those in our communities and Riverland region?

May God bless you and your family.

Raelene Edwards
(Assistant Principal in Religious Identity & Mission)

Physical Education......

SAPSASA Swimming

Last Friday Melody Pfeiler, Kaylee Vowles and Riley Stasinowsky represented St. Albert’s at the Riverland SAPSASA Swimming carnival. All three swam particularly well in very cold conditions. Well done to Melody, who has gained selection in the Riverland team to compete in Adelaide.

SAPSASA Athletics

Selection trials continue to go well for the upcoming SAPSASA Athletics carnival. Trials have been held during lunch times, with the team being finalised in the next day or so. The carnival is next Thursday at Glossop, with permission slips and further information being sent home with selected students on Wednesday.

Sports Committee

There will be a short Sports Committee meeting next Wednesday 14th March at 3:25pm in the library. If anyone is interested in joining the Sports Committee for 2012, you are more than welcome to attend.

Sports Day

The teams for Sports Day have been included this week’s newsletter. The teams are Specht, Horan, Caffrey and Murphy. Next week we will be selecting Sports Day captains.

Brad Williams
Physical Education Coordinator.

Camp news......

4-6 Camp

Thank you to all parents for the speedy return of the notes for the 4-6 camp to Lake Cullulleraine. The camp will be a lot of fun!

Brad Williams
Coordinator.

Photo from the 2011 Camp.
**Playgroup – Little Albees**

**Term 1 • Week 6 – 6 March 2012**

**Thursdays 9am-10:30am**

For more information contact Claire Dalzell on 0407716105

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**News from the Pastoral Support Worker**

**FUNDRAISING FOR THE QUEENSLAND FLOOD VICTIMS**

Don’t forget the Mini Vinnies have organized a ‘Casual Day’ on Thursday, 8th March, 2012. The cost will be $1.00, but if you cannot afford this, any donation will be appreciated. The money raised is going to St Philomena’s Catholic School in Moree which has been affected by the floods. I have contacted St Philomena’s Principal and she is thrilled that St Albert’s students are assisting her students to get their school life back to normal.

**PROFILES**

Each fortnight there will be two profiles of students who are involved in the Mini Vinnies. I hope you enjoy reading them.

**Name:** ALIZAH FOGDEN  
**Age:** 12  
**Why have you joined Mini Vinnies?** Because I love working with Mrs Page.  
**My role with Mini Vinnies:** Vice Chairperson  
**Favourite subject:** English  
**Favourite Food:** Home made bacon  
**Favourite TV show:** Home and Away  
**Likes:** Coming to school to see my friends  
**Dislikes:** Nothing  
**If you could have two people in the world for tea, who would you invite and why?** The homeless people because they are less fortunate.

**Name:** CHARLIE STIVAHTARIS  
**Age:** 12  
**Why have you joined Mini Vinnies?** To help the less fortunate people and raise money for them.  
**My role with Mini Vinnies:** Publicity officer  
**Favourite subject:** Science  
**Favourite Food:** Ice Cream  
**Favourite TV show:** Total Drama  
**Likes:** Hockey, swimming and animals.  
**Dislikes:** Spiders  
**If you could have two people in the world for tea, who would you invite and why?** Obama and a homeless person, because Obama is a leader and I could learn from him, and I would like to give a homeless person a good meal.

**GAIL PAGE**  
Pastoral Support Worker.

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**Health Spot**

**This edition's website:** [www.kidspot.com.au](http://www.kidspot.com.au)

As always, parents should visit the site prior to their children for appropriateness of articles and activities for their family. There are a lot of recipes for families including children’s recipes and nutrition articles. There are also some interesting Easter recipes and Easter activities including a cardboard bunny mask and an Easter handprint card which look great.

**Below is an extract from the site**...

**Breakfast basics**

Yes, it’s true - breakfast is the most important meal of the day and yet too many adults and children leave the house each day with little, or nothing, in their stomachs. Not only does breakfast kick-start our metabolism, it feeds the body and brain and provides the energy and stamina your child needs to pay attention in class, get schoolwork done and participate in physical activities. Children who miss breakfast are often tired, irritable, restless and less focussed than their full-bellied classmates.
Breakfast suggestions:

We all know the benefits of a healthy breakfast, but how do we get our kids to eat if they’re ‘not hungry’, ‘running late’ or ‘can’t make up their mind’? Try some of these suggestions:

- A smoothie. Blended fruit, milk (and perhaps a dollop of yoghurt) and ice make a great breakfast.
- A toasted sandwich. Instead of boring old toast, make a cheese and tomato, or banana, toasted sandwich.
- Offer toppings for cereal. Cereal out of the box day in and day out, can get really boring, so try adding fresh or tinned fruit slices, dried fruit, nuts, honey or golden syrup to spice things up.
- Go the savoury route. Anything can be breakfast - last night’s leftover pasta, a toasted bagel with baked beans, toast with roast chicken on top. Don’t get locked into offering only cereal, eggs or toast.
- Breakfast on the run. If your child really does have to leave the house four minutes after they have rolled out of bed, try a cereal bar, a banana, or a bag of cereal mixed with trail mix and still arrive at school fuelled up.

If you would like to share your healthy living ideas or websites, please email to: info@stalbert.catholic.edu.au.

Birthdays in MARCH….

10th – Stephen Adams - 11
11th – Isaac Edwards – 8
14th – Thomas Alm – 10
14th – Zara Nicholson – 12
16th – Melody Pfeiler - 12
21st – Declan Morgan - 8
22nd – Arron Nitschke - 10
24th – Jenna Vowles – 6
28th – Riley Stasinowksy - 10

Uniform Shop……..

SHOP OPENING TIMES (FROM WEEK 7)
Friday 2:45 – 3:15 pm
Jenny Hicks
Uniform Coordinator; (After Hours 85845898)