Quote of the Week
Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts. Paramahansa Yogananda

Mass Parts and Rituals (Continued)
Ritualistic Action
In some parishes people genuflect (go down on one knee) before they take their place in the pews, as a sign to express their reverence and to honour the altar and the presence of Christ in the tabernacle.

REMEMBER - The Health Care Card Tuition Fee Discount Scheme
Families who hold a valid means-tested Health Care Card or Pensioner Concession Card can access a discount on Tuition Fees on presentation of their card and completion of a simple application form. This application form is available through the front office. If you are eligible, please complete the form as soon as possible and bring in your valid card so we can photocopy it.

Reports & Parent Interviews
This year staff have been given the option of using portfolios or the child’s workbooks as a means of assisting with reporting to parents. A reminder that parent/carer interviews will occur on Tuesday, 30 June and that school will be closed at 11.30am on this day. If you have not already done so, please nominate your interview time on the appointment sheet displayed in the front office.

Healthy Breakfast
A while ago I published an extract from Dr Rosemary Stanton, one of Australia’s best known nutritionist in regards to eating a healthy breakfast. Her key points are worth sharing again and are listed below:

- Good nutrition is essential for good health
- Breakfast gets the metabolism going and helps prevent a slump in concentration during the day
- Some examples of good breakfast choices includes fresh fruit, toast with either egg, cheese or peanut butter, smoothie comprised of fat reduced milk, yoghurt, fresh fruit and a little honey
- Some examples of poor breakfast choices include, breakfast bars (too much sugar), sugary cereals, chips, soft drinks, juice drinks

REMEMBER – No Holy Rosary Bus Service
There will be no Holy Rosary School Bus Service or Kindy Bus Run on 22nd, 23rd and 24th of June due to the bus being used for the Year 5 camp.

A Daily Prayer for the Dysfunctional
Lord, help me to be less independent, but let me do it my way.

Enjoy the coming weekend.

Rob Palladino
Principal
Assembly
Due to the Athletics Carnival there is no Assembly this week.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Friday 19&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Athletics Carnival – no Assembly</td>
</tr>
<tr>
<td>Mon 22&lt;sup&gt;nd&lt;/sup&gt; to Wed 24&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>No Holy Rosary School Bus run or Kindy bus</td>
</tr>
<tr>
<td>Friday 26&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Pre Primary, Year 1 and Year 3 Assembly Item</td>
</tr>
<tr>
<td>Tuesday 30&lt;sup&gt;th&lt;/sup&gt; June</td>
<td>Half day closure at 11:30am for Parent interviews</td>
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Holy Rosary School 2015 Athletics Carnival

Our School Athletics Carnival is tomorrow Friday 19<sup>th</sup> June. Events are programmed to begin at 8.30am and to conclude with presentations by 1pm. There will be a recess break during the Carnival from 10.15am to 10.35am. Parents and friends are welcome to attend, support and join in the festivities of the day.

Program of Events being run include:

- Individual Short Distance Run (8.30 Start).
- Team Factions Passball, Leaderball and Tunnelball.
- Recess Break (10.15 – 10.35) - There will be a short and long distance race for 4 year old Kindy Kids before and after our recess break. Parents are welcome to bring their children down for this.
- Individual Long Distance Run.
- Team Factions Flag Races and Relays.
- Presentations (1.00 Finish)
- Lunch

(All times given are an approximation and events may run shorter or longer than indicated above).

Leading up to the carnival, classes will be competing in Individual Long Jump (All Year levels) and Triple Jump (Year 5 & 6) events. These will be taking place at the school jump pits on the below timetable and parents and friends are welcome to attend:

<table>
<thead>
<tr>
<th>Class - Year Level</th>
<th>Date and Time of Jump Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Primary</td>
<td>Friday 12&lt;sup&gt;th&lt;/sup&gt; – 11.40 to 12.40</td>
</tr>
<tr>
<td>Year One</td>
<td>Tuesday 16&lt;sup&gt;th&lt;/sup&gt; – 11.40 to 12.40</td>
</tr>
<tr>
<td>Year Two</td>
<td>Wednesday 17&lt;sup&gt;th&lt;/sup&gt; – 11.40 to 12.40</td>
</tr>
<tr>
<td>Year Three</td>
<td>Thursday 18&lt;sup&gt;th&lt;/sup&gt; – 11.40 to 12.40</td>
</tr>
<tr>
<td>Year Four</td>
<td>Monday 15&lt;sup&gt;th&lt;/sup&gt; – 11.40 to 12.40</td>
</tr>
<tr>
<td>Year Five</td>
<td>Tuesday 16&lt;sup&gt;th&lt;/sup&gt; – 1.10 – 2.20</td>
</tr>
<tr>
<td>Year Six</td>
<td>Monday 15&lt;sup&gt;th&lt;/sup&gt; – 1.10 – 2.20</td>
</tr>
</tbody>
</table>

The school welcomes all members to attend our Athletics Carnival. Any parent who is able to assist, please see Mr Matt – Thank you.
P&F News
Tomorrow at the Athletics Carnival we will be running a stall selling baked goods for morning tea, and a sausage sizzle and fruit boxes for lunch.

Baked goods $1-$2
Fruit boxes $2
Sausage sizzle $3

Please support our school by bringing a plate of baked goods to sell and let us know if you can help on the day. Thank you!

In term 3 we will be running the Holy Rosary School Bush Dance again! If you would like to be involved organising the Bush Dance, or in the band please see Miss Caroline.

Year 3 News
The Year 3 class is looking for magazines that are appropriate and could be used to cut out images in lessons. If you have any that you would like to donate, it would be greatly appreciated. They would also appreciate donations of empty clear plastic bottles such as dishwashing liquid containers.

Newsletter Incentive
Please ask your child to return the Newsletter Incentive acknowledgement slip as it gives them an opportunity to win a prize.

X......................................................................................................................................................

I have received and read my child _____________________________ newsletter.

Parent / Caregiver signature: _______________________________