Dear Parents,

This week we welcomed our new Kinders for 2015. Their fresh, bubbly, bright faces remind us of the joy that going to school can bring for many students and their family. My hope that Prouille school will be for them and all students who attend our school, a safe and nurturing place to be. Thank you to our Kinder teachers and Year Six buddies who have welcomed Kinder parents and their children so warmly and helped them adjust to new routines. Next Monday Kinder will make their debut at the morning assembly as per the usual Prouille custom and with their buddies introduce themselves to the school.

As part of the morning routine (from next week) Kinder will continue to put their bags in their lockers from 8.25am and then may proceed to the playground to play and be part of the morning line up. Year One can also access their lockers before school to put their bags away from 8.25am and then can proceed to the playground to play and be part of the morning line up.

Year 6 have spent the last two days at their Leadership Camp where they have reflected on the strengths they bring to the student leadership of Prouille.

Dismissal Procedures: This week the dismissal procedure changed for Kindergarten to Year Two. The reason for the change was to relieve congestion on the footpath, ensure the safety of the children at that time and to enable parents to spend some time to connect with each other and teachers.

Over the next few weeks we will extend the changes to the dismissal procedure to all classes.

Congratulations to Oliver Wright from Year 6 who will represent Broken Bay in Basketball in the Polding trials in Lismore over the next few days.

Registrations for the Prouille Netball and Soccer Clubs
This Saturday registrations for the Prouille Netball and Soccer Clubs will be held on school grounds. If the weather is fine the Netball registrations will be held in the prayer garden and the Soccer Registrations will be held in the bottom playground. These should be accessed from the gates and driveways. The school is hosting meetings from the Caritas group all weekend and so there will be no access to the admin or library area.

Regards
Julie Caldwell
UPCOMING DIARY DATES

Monday 9 Feb
P & F Class Parents/Co-ordinators Planning Meeting (7pm)
Class parents and those interested in becoming class parents should attend.

Wednesday 11 Feb
Years 5 & 6 Reconciliation Pre Sacramental Liturgy (2pm)

Thursday 12 Feb
K-6 Opening School Mass at Holy Name Church + Commissioning of School Leaders (11am)

Friday 13 Feb
Slushies available for purchase at lower canteen kitchen  $2.00

Friday 13 Feb
Welcome Afternoon Tea for families in playground + Cake Stall hosted by Yr 5& 6 parents. All families and students welcome to stay after school for about an hour for a cuppa and cake to say hello.

Monday 16th Feb
Prouille Swimming Carnival Years 3-6 at Hornsby Pool

Monday 16th Feb
P&F Meeting in school library “All Welcome” (7.30pm)

Wednesday 18th Feb
Meet the Teacher start in the hall then classrooms (6.30pm)

Thursday 19th Feb
Ripples Meet in the hall first (Flyer attached) (9.15am-10.30am)

Saturday 28th Feb
P&F Welcome Function

Tuesday 3rd March
Cluster Swimming Carnival at Hornsby Pool.

RELIGIOUS NEWS

* Next week’s reconciliation liturgy is for Years 5 & 6. Parents are welcome to attend.

* If you would like our community to pray for a sick or troubled loved one please send an email to the school office to request prayers.

OFFICE NEWS

**School Fees:** These will be sent out this week. Anyone who is in arrears will be contacted shortly to arrange a payment schedule. If you have difficulty paying please make an appointment to see the Principal asap.

**Late arrival notes:** these need to be filled out by parents at the office, they can be filled by office staff if parents are not at the office but they will be marked unjustified leave until parents complete a note or the forms late note forms supplied on the school website. This is a government requirement not school. Please note that constant late arrivals may recorded on your child’s report card. If you would like your child to attend a regular appointment in school time you will need to fill out an exemption form and submit it to the office for approval.

**Standard Collection Notice** [Link](#) to notice from Catholic Schools Office Diocese of Broken Bay
P&F Association meeting Monday 16th February at 7.30pm in the school library

Everyone is invited to come along and join us for our first meeting of the year. All the committee positions have been filled so you can meet the new team and find out what’s happening in 2015. This is your opportunity to have your say and let us know what issues are important to you!

Prouille Welcome Event

Welcoming our New Families
&
New School Principal,
Mrs. Julie Caldwell

Date: Saturday, 28th February, 2015
Time: 7.30pm
Venue: Prouille School Hall & Courtyard
Cost: $25 per head, includes food & drinks
Dress code: smart casual black/white
RSVP - Please purchase tickets directly at
www.trybooking.com/120564
by Wednesday 18th February
Contact: Brigid Wright at brigidwright@optusnet.com.au
Margot McGibbon at margot@manakia.com.au
Monday 16\textsuperscript{th} February 2015
Hornsby Pool

Thank you to all parents who have kindly offered to help at this week’s carnival. To ensure we have a happy and safe day, please take time to read the following important information.

All children should have returned permission notes to their class teacher. Link to Permission Note

PARENT HELPERS LIFEGUARDS Please contact the school office if you are able to assist in the pool with 25m races if needed.

Parents should have indicated on permission notes whether or not their child is going by car or bus to and from the carnival.

- Roll class will be taken at the beginning and end of the day at school and at the pool.
- Any parent who has made pervious arrangements to take their child home early (i.e. written note) must see their child’s class teacher or colour house teacher before they leave the pool.
- Girls should wear a one-piece costume and boys should wear racing costumes (e.g. Speedos). No bikinis or board shorts will be allowed.

Child should bring the following:
- Colour house swimming cap (Available to purchase from the School Office $3)
- Goggles (optional)
- Warm jacket
- Rain coat (just in case!!)
- Safety pins for ribbons

Children are welcome to wear house colours to add to the spirit of the day.
Children are to remain in the grandstand with the colour house teachers. They are not allowed to go wandering.
Children are not to go to the marshalling area until called.
No towels are to be taken to the marshalling area.
Children should bring adequate food and drink.
Any child who requires an Asthma Puffer must carry it with them in their bag.
If a child misses a race, they must see the colour house teacher who can send them to the marshalling area.
If possible we will find a spot in another race.
Points will be allocated for 1\textsuperscript{st} (4), 2\textsuperscript{nd} (3), 3\textsuperscript{rd} (2) and 4\textsuperscript{th} (1).
Ribbons will be given for 1\textsuperscript{st}, 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th} in each race.
Trophies will be given to the Girl and Boy Junior and Senior Champions.
Medals will be given for the runners-up in the championships.
Medals will also be presented to the winners of the 50m Invitation races.
Remember to apply and reapply sunscreen.
Ask teachers permission to go to the toilet and go with a buddy.
Wear a hat and a T-shirt when you are not racing.
Canteen and other pools are OUT OF BOUNDS.
There will be a spectator’s fee of $3 per person.
Parking will be available in the basement of the Hornsby Pool Complex. Please take note parking will be free for only 3 hours.

Upcoming Date:
Tuesday 3\textsuperscript{rd} March – Cluster Swimming Carnival at Hornsby Pool.
Sam Carolan & Louise Tamone (PE/Sports Teacher)
**CHOIR NEWS**

Welcome to 2015! This year hopes to be a great one for music at Prouille. One exciting group is our school choir which is, once again, looking to do great things.

There has been a small timetable change this year meaning that choir will now be on a Wednesday morning at 8.15. Our first meeting will be next week the 11th of February.

For all the new families to the school – our school choir is only open to those in Years 3, 4, 5 and 6. If your child would like to join, simply come to our rehearsal and their name will be included on our roll. I am looking forward to seeing some new faces this year!

Kindest Regards,

Dominic Meagher (Music Teacher)

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**BANKING NEWS**


**Wednesday is School Banking Day!**

Welcome back to all our School Bankers! We hope you all enjoyed your holidays and are ready to commence Banking on Wednesday 11th February.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour. Rewards available in Term 1 include: ET DVD, Planet Handball, Sea Streamers, Scented Pencils’ Shark Key Ring.

Children wishing to commence School Banking can start by opening a Commonwealth Bank Youth-saver account at any Commonwealth Bank branch, over the phone on 13 2221 or via NetBank if you are an existing customer with NetBank access.

We have also arranged a special ACCOUNT OPENING DAY AT SCHOOL on Wednesday 18th February when Simone Dimech, CBA School Banking Specialist, will be at Prouille from 8:15 until 9:30 to assist all parents wishing to open a Youthsaver Account for their child/children.

All you need to do is bring along identification such as a drivers licence or passport, your child’s Birth certificate and complete an application form on the day. The CBA will open the account and mail a Dollarmite wallet and deposit book to you. On receipt, your child will then be able to commence school banking on a Wednesday.

Should you require any further information please do not hesitate to contact me.

Happy Banking

Cathy Littleton
School Banking Co-ordinator
Holy Name Playgroup will reconvene Monday 9 February.

Brigidine College Scholarships
Examination for Academic and All-rounder Scholarships for entry into Year 7 in 2016 will be held at the College on Saturday 14 February 2015.
For more details and registration we invite you to visit our website www.brigidine.nsw.edu.au

Water Street Kids Before & After School Care
Reminder to return the 2015 Enrolment Form

Chess Club
Learn to be a chess champion! Coaching for students at Prouille Primary School is held on Thursdays from 12:45pm – 1:45pm in the hall. Term 1 lessons will commence on 12th February, 2015.
Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.
Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.
If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

Prouille Soccer Club News
Registration—Tomorrow 7th February at Prouille in the back playground (9am-12pm)
Please see the Prouille Soccer Club Website for costs/fees/information.
In addition, parents can choose to enrol their kids in the new accelerated skills development programme at an additional $100 for the season. We are looking at adding 10 additional skills focussed training sessions per age group delivered by external professional coaches, resulting in the kids receiving two training sessions a week - in line with current best practice for skills development. Assuming that we have a good level of uptake of this programme, the participants will form a separate squad in each age group - allowing them to grow and develop as a team.
Please do not hesitate to contact myself or Steve (HeadCoach@prouillesoccer.com.au) if you have any questions, and feel free to send this email on to other potential members of our Prouille community.
A quick heads up in terms of rego:
* Registration is at the school this coming Saturday 9am to 12noon;
* Online rego should be up and running shortly - I'll send an email with the link as soon as it is live.
** Don't forget that we are looking to fill an U16's girl team: if you are turning 14, 15, or 16 in 2015 then you are eligible to play - so grab your mates, your sisters, and your neighbours! You can simply sign up or drop me a note.
Thanks
Michael Trinder
President, Prouille FC
Mo: 0406 753 029, President@prouillesoccer.com.au
Proudly sponsored by the Alto Group, NorthPoint Motor Body Repairs, and That Barber Shop In Wahroonga!!
Ripples...Begins Soon!

Ripples is an exciting program for parents which combines exercise and meditation. Ripples will be offered again in Term 1 on Thursday mornings at Prouille. It is a wonderful opportunity to increase your fitness experience some stillness and connect with other great Mums! You are most welcome to come along for a free session to see how it works for you.

Prouille has kindly offered to fund the child-minding component as an initiative to support families. If you have young children at home it is a wonderful way for them to have some fun with other children whilst you have some time to refuel and get fit.

The program at Prouille is a 6 Week Program and will run from Thursday, 19th February to Thursday, 26th March. (9.15am-10.30am). **Includes Child-Minding

Register for the complete series or join the program on a casual basis. To be part of the Ripples program please register by Monday, 16th February by completing the attached registration form (within this newsletter) or email robyn@ripples.net.au for further enquiries.

Cost of Program: $90 for 6 Sessions ($15 per session) OR $20 Casual Rate

Presented by Robyn Gallagher, (Adult Educator & Personal Trainer) Mob, 0418 466 116. www.ripples.net.au

"By participating in the Ripples Program I learned to "enjoy taking time out for myself"...I felt energised after each session and pushed myself a little each week...If I jogged for 3 mins one week, the next week I tried for 5 mins. Relaxing your mind at the end was the icing on the cake." Cassandra Branding (Prouille)

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Ripples
Its Beginnings

So many people these days express a desire to integrate more exercise and stillness into their lives. It is very challenging to do this when we have so many other demands.

In my own experience I have found that both exercise and Christian Meditation have been the two elements that have significantly supported me personally and within my family.

Due to the profound difference that it has made to my life over the last 10 years I am very passionate about creating an integrated opportunity for others to increase their fitness and to experience the value of meditation.

Robyn Gallagher (Presenter)
M.A Theological Studies, BA, Dip.Ed.
Cert III in Fitness Instruction, Cert IV Personal Trainer

The Ripple Effect

The Program has been entitled Ripples due to the far reaching benefits that exercise and meditation can have on our well-being and lives. Some of these benefits include:

- A greater sense of overall balance
- Feeling more energised and centred
- Increasing your physical well-being
- Clearer sense of priorities
- Greater ability to face life’s challenges
- Sense of greater connection to oneself, others and the spirit
- Experience more joy and peace

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Session Outline

Ripples is a program for parents which includes Exercise and Meditation from a Christian perspective. Each session will include three components:

- **FITNESS**: An energetic 20 minute walk or run, dependent on level of fitness, followed by a circuit of strength exercises
- **FAITH**: A time to learn about and experience some stillness and meditation
- **FAMILY**: A cuppa and something inspiring to read at home

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Ripples Program in Term 1

6 WEEK RIPPLES PROGRAM AT PROUILLE

WHEN: Thursday mornings in Term 1

DATES: Thurs, 19th Feb to Thurs, 26th March

TIME: 9.15am – 10.30am

WHERE: We meet in the school hall before the walk/run.

COST: $90 for 6 Sessions OR $20 Casual Rate

**Free Child-Minding** is provided and is funded by Prouille as an initiative to support families.

For more information please contact Robyn Gallagher
Email: robyn@ripples.net.au
Mobile: 0418 466 116
Website: www.ripples.net.au

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Application Form: Due Mon, 16th Feb

* Please detach & return to your School’s Office

Ripples Program in Term 1:

I __________________________

(Print Full Name)

would like to be part of the Term 1 Ripples Program

offered on: (Please tick relevant box)

Thursday mornings at Prouille, Wahroonga

My child is in _________ at _________

(Class) (School)

I have ______ children requiring child-minding.

I would like to register for the Term Program

I would like to register as a casual visitor.

I understand that I will be participating in physical exercise and that my child/children will be minded by an experienced child-minder.

Questionnaire: All participants will complete a Screening Questionnaire prior to the program.

Payment: Details regarding payment will be provided when placement in the program is confirmed.

Phone/Mobile: __________________________

Email: __________________________

Signed: __________________________
• All Ages, from 6 to 60
• Fun, Safe & Friendly
• Equal Playing Time Policy
• Your Local Family Club
• All Welcome!

Den Night (for little and big lions!)
• Welcome to the season social event
• Meet the coaches, other players and families
• When: Friday 13th February 5:00pm till 9:00pm
• Where: Waitara Oval
• Free Sausage sandwich’s, drink and packet of chips for all players

The club prides itself on keeping the fees low for all to play...
• U6 – 7 $90
• U8 – 9 $140
• U10 – 18 $150

Includes: Jersey use for the season, Insurance, Presentation Day Award and Team Photo

www.hornsbyjuniorrugby.com.au

A Joint Holy Name Parish and Prouille School Initiative

Where Do You Belong?
With Hugh Mackay

Coming Soon!
Registrations open next week

Date: WEDNESDAY, MARCH 4
Time: 7:30pm—9:30pm
Location: Prouille Catholic Primary School Hall, Wahroonga
Address: 5 Water St, Wahroonga
Registrations: Limited Numbers. Registration details will be released next week.
Cost: Free Event

Follow Up Session:
WEDNESDAY, MAY 20 2015

Hugh Mackay & “The Art of Belonging”
Social Researcher and Author Hugh Mackay is coming to Wahroonga for a unique and exciting exploration!
His latest book is called “The Art of Belonging”.
Combining his skills as a social researcher and a novelist, Hugh Mackay creates a fictional suburb and fills it with characters who, like most of us, struggle to reconcile their need to belong with their desire to live life on their own terms. Hugh explores what it means to live together in community and how our relationships can help each other grow.
After eleven weeks there will be a follow-up session on 20th May 2015 with Hugh, when he will return to us and explore feedback from the groups.

Hugh Mackay
It's not where you live, it's how you live
Hugh Mackay