Dear families,

Last week we commenced our PEP program and it was great to see so many parents and family members assisting with this program. The children were engaged in a variety of activities such as music, volunteering, woodwork, science, drama, cooking, martial arts and many others. This program will run each Wednesday between 11.30am - 1.00pm for the next five weeks and we would love to have you join us.

In the Church’s calendar May is traditionally the month which we particularly devote to Mary. From the few glimpses we get of Mary in the Gospels, she bears all the marks of a loving and protective mother. It is therefore entirely appropriate that during May we also celebrate Mother’s Day and acknowledge the care and devotion, not only of Mary, but also of our own Mothers. Mothers play a significant role in the lives of our children and families. Be they living or dead, present or absent, a mother profoundly shapes the life of all those she cares for and who they will eventually become. Mothers display many qualities such as loving, nurturing, protecting and providing for their families. This Mother’s Day, I hope we are able to take the time to reflect and give thanks for the gift of motherhood and to honour the place of motherhood in our own families. We hope mums also reflect on the goodness they provide to their families.

This Friday we invite all mothers to join us at school for breakfast, allow us to provide you and your children with breakfast so that you can enjoy this meal together without having to worry about getting it ready!!! Also on Friday we have our Mother’s Day stall for children to purchase gifts to give their mums on Sunday. Thank you to all of the mothers in the Parents and Friends Association who have purchased and wrapped these gifts in preparation for this day.

Best wishes everyone for a great week

Carmel Marantelli
PRINCIPAL

A MOTHER'S DAY CREED

I believe in Jesus Christ, the Son of the living God, who was born of the promise to a virgin named Mary.
I believe in the love Mary gave her Son that caused her to follow Him in His ministry and stand by his cross as He died.
I believe in the love of all mothers, and its importance in the lives of the children they bear.
It is stronger than steel, softer than down, and more resilient than a green sapling on the hillside.
It closes wounds, melts disappointments, and enables the weakest child to stand tall and straight in the fields of adversity.
And I believe that one of the most beautiful sights in the world is a mother who lets this greater love flow through her to her child, blessing the world with the tenderness of her touch and the tears of her joy.
Thank God for mothers, and thank mothers for helping us understand God!

Term 2, Week 4
2012 Motto “Be all that you can be and you will set the world on fire”
St Catherine of Siena

May 8, 2012

Mother’s Day Breakfast — 7:30am Friday 11th May
Mother’s Day Stall — Friday 11th May
Prep 2013 Enrolment Information Evening — Wednesday 16th May
Grade 3/4 Reflection Day

On the excursion day we did lots of things that I liked. Out of all of them I liked meditation the best, it was calm and relaxing for me. All the things it said really made me think and it worked to clear my mind.

Aaron Cimera, 3U

On Friday the grade 3-4 children went to St Anne’s to learn more about Holy Communion. We went there with Mrs Anderson, Miss O’Leary, Miss Litley, Mrs Morrison, Mrs Mullane and Ms Connolly. We went to 5 different workshops to teach us a bit more about Holy Communion. I felt a bit scared before the day and after I went I felt a bit better. Our 5 activities were meditation, writing a prayer, acting out the last supper, learning the order of mass and drawing the symbols from the last supper. On Friday we got to play on their play-ground and their oval some of us saw a donkey. After all that we got on the bus and came back to school on Friday. We had so much fun!

Shaynikah Hickey, 3U

PARISH STEWARDSHIP PROGRAM

As you are aware a new-tiered fee structure will be introduced in 2012. However, in 2011 all families were asked contribute to the Parish Stewardship Program. To those families who have already made the effort to establish their contribution to this program we are very grateful for your support. I would like to remind families who are yet to contribute to ensure this has been addressed as soon as possible. We aim to have everyone on the lower tiered fee option in 2012.

As always any family who is experiencing genuine financial difficulties can discuss suitable arrangements with the Parish at any time. Of course, these payment arrangements and conversations remain confidential at all times.

Father Michael Moody
Parish Priest
On Behalf of St. Dominic’s Parish Finance Committee
**CDF STUDENT BANKING**

Thursday is banking day. Deposit books are to be handed in to class or the Office by 9.00am on banking day. Encourage your child to save by opening up a CDF Student Banking Account. Application forms are available from the Office.

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**PFA MOTHER'S DAY STALL**

The PFA are holding a Mother’s Day Stall on Friday, May 11. Gifts are priced between $1.00 and $5.00. Children will be able to purchase one gift each and then additional gifts if there are any left over.

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**Reminder : Parent Faith Development Evening**

Wednesday, May 23 at St Dominic’s Worship Centre

Please Note : This session is for Parents Only

No Children need to come to this session

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**MOTHER’S DAY BREAKFAST**

All Mums are invited to a Mother’s Day Breakfast commencing at 7.30am on Friday May 11, in the school hall. If you work or have commitments during the day, come along and enjoy a delicious breakfast with your child/ren before school starts.

We look forward to seeing you there.

Cost: Gold coin donation.

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**School Fees**

**Term 1 Fee**

The Term 1 fee of $250 is now overdue, please make arrangements to pay this fee. We have a number of ways in which you can pay, Eftpos, cash, cheque, direct debit, Bpay or Centrepay

**Term 2**

Term 2 fee of $700.00 is due on May 7 (higher school fees) $400.00 is due May 7 (Lower school fees)

As above there are a number of ways in which you can pay

**Parish Stewardship Please note**

All Families will be billed at the higher rate of $1850.00 in Term One. In Term Two the Parish will issue the school with a list of all families who have paid their contribution to St Dominic’s Stewardship Program. Those who have paid will then be given their parish exemption of $800.00 off the family School Fee for 2012 (the lower fee will be $1050.00). This will show up on your Term 2 statement.

Statements will be sent home shortly.

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**CANTEEN ROSTER**

<table>
<thead>
<tr>
<th>Friday May 11</th>
<th>Monday May 14</th>
<th>Tuesday May 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandi Millington</td>
<td>Jamie Turner</td>
<td>Lee Turner</td>
</tr>
<tr>
<td>Gail Lowe</td>
<td>Joanne Bowen</td>
<td>Donna Simpson</td>
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</tbody>
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**Family Challenge**

**Last weeks answers**

Prep—Year 2 = All of the children were boys  
Year 3-6 = The frog will take 28 hours to get out of the hole

**Challenge Prep—Year 2**

In a drawer you have black socks and white socks. They are not stored away in pairs. Without looking, how many times will you have to reach into the drawer to come out with a matching pair?

**Challenge Year 3—6**

Amy, Bob, Cate and David each have a pet. The pets have been mixed up, use the clues to find out who owns which pet.

The pets are a bird, fish, dog and cat.

1. Bob’s pet can’t fly  
2. Cate’s pet and David’s pet both have hair.  
3. David’s pet doesn’t bark

Name: __________________________  
Grade: __________________________

My Answer:

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**Reminder : Parent Faith Development Evening**

Wednesday, May 23 at St Dominic’s Worship Centre

Please Note : This session is for 1 Hour and for Parents Only

No Children need to come to this session
CALENDAR OF EVENTS

MAY

Wednesday May 9  PEP Program
Friday May 11  Mother’s Day Breakfast 7.30am / Mother’s Day Stall
Wednesday May 16  PEP Program
Monday May 21  School Assembly Hosted by 1H—9.00am

COMMUNITY NEWS

Asthma, Coughs and Colds: Information for Parents and Carers

The common cold, caused by an upper respiratory tract infection, is one of the most common illnesses for children and adults in Australia. Colds are more common in winter months as people spend more time indoors, in close contact, and can be more likely to pass on viruses that cause the common cold.

Colds can be a trigger for asthma, and asthma management can become more difficult for children and teenagers attending school if they have a cough or a cold. Ensure your child reduces the risk of passing on coughs and colds by avoiding coughing or sneezing on, or near other people and that they wash their hands appropriately after blowing their nose or handling used tissues. Coughing or sneezing onto the inside of their elbow instead of their hands can also prevent the transmission of infections. If your child is unwell, it is recommended that they stay home and rest to reduce the chance of spreading infections and to give them a better chance to recover quickly.

While there is no known cure for the common cold, symptoms such as headache, cough and runny nose can be managed, and children with asthma are advised to see their doctor before using any medication, or herbal and natural remedies, as these may react with their asthma medications. Many cold and flu medications available over the counter are not suitable for children and teenagers, and some medications may also trigger asthma symptoms, it is best to avoid these unless recommended by your doctor.

People with asthma should avoid the following medications if possible:

- Aspirin
- Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications)
- Beta blockers tablets and eye drops (used for high blood pressure and glaucoma)
- ACE inhibitors (used to control blood pressure)

Saline drops and nasal sprays may help relieve blocked sinuses, and gargling with salty water may help relieve a sore throat.

If cold symptoms become more severe, parents and carers are encouraged to consult their doctor as soon as possible for advice. Nasal sprays should not be shared between people as this may transmit infections and viruses.

It is also highly recommended that in the lead-up to winter, people with asthma ask make use of influenza (flu shot) vaccinations.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and the NPS website - [www.nps.org.au](http://www.nps.org.au).