



St. Brendan's Catholic Primary School  
Lake Munmorah

# St Brendan's NETMA

Week 2, Term 1  
Monday 5 February 2018

## 3 Minute Breathing Space

*This short practice is intended to help bring formal mindfulness practice into moments of everyday life.*

*Teachers are encouraged to use this technique in the classroom. I would also encourage parents and carers to try this with your children everyday.*

*Each step takes about 1 minute; begin by adopting an erect and dignified sitting or standing pose.*

### 1. **Becoming Aware:**

*Bring your awareness to your inner experience, ask: How am I feeling right now? What thoughts are going through my mind? Acknowledge these thoughts. What feelings am I feeling right now? What body sensations do I have right now? Complete a quick body scan and notice any tension.*

### 2. **Gathering:**

*Direct your attention to your breath and feel it in your abdomen. If your mind wanders bring it back to focusing on the breath.*

### 3. **Expanding:**

*Focus on breathing calmness through your whole body. Name each body part as you breathe into and out of it.*

### Some points to note:

- ◆ As you are aware, our carpark is very busy and can become extremely dangerous for children during 'drop off' and 'pick up' times. I strongly urge you to remember **carpark etiquette and abide by the legal road rules** at all times to ensure the safety of our students, their younger siblings and family members.
- ◆ Please talk to your children regarding their behaviour when travelling to and from school, via public transport. We expect all students to represent St Brendan's with pride by their appearance and especially their behaviour when wearing the school uniform. The school is informed of any **unacceptable behaviour on buses** and parents will be contacted.
- ◆ **Do not approach another parent/carers or their child to discuss any issues.** Please speak with your child's classroom teacher or a member of the Leadership Team.
- ◆ I look forward to seeing all students participating in the **Swimming Carnival** this Thursday. It is always a fun day for both students and staff.
- ◆ Please remember to return the **Infants Meal Deal** form by Wednesday. There will be no other lunch orders.
- ◆ We are currently reviewing our **Homework Guidelines** and will keep you updated.
- ◆ Please complete the **Parent Sharing Survey**. Students are invited to attend the interview with their parents/carers on Tuesday, 20 February.
- ◆ Our **Opening School Mass** is being held this Friday at 9:00am. All family members are welcome to attend.
- ◆ Please join me for a **Coffee & Chat** on Monday, 26 February at 8:20am. This is an opportunity for a casual chat regarding any general issues or questions you may have.
- ◆ I hope to see lots of parents and new faces at the next **PAG Meeting** on Monday, 5 March. All parents and carers are warmly welcome to come along and/or take up an active position on the PAG. It is a great opportunity to be involved in the school community and find out what is happening.

Have a wonderful week and enjoy the simple miracle of your breath.

*Luanna Fletcher*  
Principal



Next **Tuesday, 6 February** marks Safer Internet Day across the globe and we are proud to be taking part!

This year's theme is  
**“Create, connect and share respect:  
 A better internet starts with you.”**

Grades 4, 5, and 6 will participate in an interactive webinar that will encourage our students to engage with others in a respectful way and promote positive online experiences.

**Safer Internet Day Information:**  
<https://www.saferinternetday.org/>

**Cyberbullying Parent Resources:**  
<https://goo.gl/Rmp6pA>



**IMPORTANT DATES FOR YOUR CALENDAR:**

- Thu 8 Feb:** Swimming Carnival at Wyong Pool  
Infants Meal Deal
- Fri 9 Feb:** Opening School Mass (9:00am)
- Wed 14 Feb:** Ash Wednesday Liturgies
- Fri 16 Feb:** Yrs 3-6 Assembly (8:20am)
- 19 - 23 Feb:** Parent Sharing Week
- Tue 20 Feb:** Parent/Teacher/Student Interview (evening)
- Wed 21 Feb:** Year 6 Mass (9:00am)
- Thu 22 Feb:** Yrs 5 & 6 Overnight 'Camp' on the Oval
- Fri 23 Feb:** K-2 Assembly
- Mon 26 Feb:** Principal's Coffee & Chat (8:20am)
- Tue 27 Mar:** St Brendan's Open Day for Kinder 2019 (9am - 10:15am)  
St Brendan's Information Session for Kinder 2019 (6pm - 7pm)



**We are seeking volunteers to help in the Canteen.**

**If you are able to help, please contact the School Office.**

[sblm@dbb.catholic.edu.au](mailto:sblm@dbb.catholic.edu.au)

