



Quote of the Week

"The Lord is my shepherd, I lack nothing"

Psalm 23:1



Our Jubilee and grandparents day



Dear Parents/Caregivers

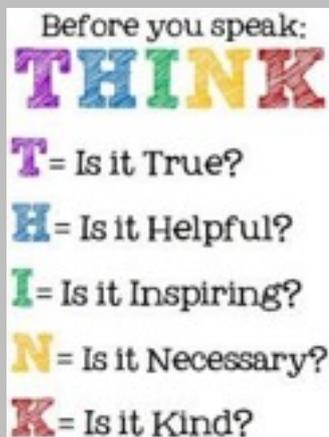
Last week's Jubilee was a wonderful event.

It was a real privilege to be part of the celebration and to see so many people attending who have been part of this blessed journey - some from the very first day. Even the weather played its part during the procession.

A huge thank you to the organising committee of Jo Gichard, Norma O'Connor, Josh Chandulal-Mackay, Jenny Jury, Liz Hickey and Karl Zimmerman, who spent many months preparing all the events, making contacts with important people to ensure the day was a success. Thank you also to the school PTA who catered and served for morning tea and to Nikki and Joanne who took photos of the day.

Mayor Hamish McDoull spoke about how important it was to portray kindness. I had been thinking about exactly the same virtue all last week, and had already decided that this would be my theme for today's newsletter. Isn't it great when things come together so neatly.

In our classrooms we have a poster 'Before you speak: THINK'. It is such good advice that we try to remind the children of when they are trying to sort out a problem with each other. Asking ourselves all the questions, and focussing on delivering what we say with kindness, would help us all go a long way.



Elizabeth Schaw
Relieving Principal

Room 7
lunchtime fun



Cullinane College Enrolments

Enrolments for 2018 at Cullinane College are progressing well and we have had wonderful feedback and response to our Roadshow presentations and Open Evening. If you are intending to enrol your child at Cullinane College for 2018 this is a reminder to touch base with the College Office to collect an enrolment pack or see your Year 8 teacher.

If your child is enrolled at Cullinane College they are eligible to apply for five scholarships being offered and we would like to encourage students enrolled in 2018 to apply. Information around the scholarships will be posted out to parents of students enrolled at the College closer to the time. We will be running our Year 9 Orientation Day late in Term 4 for enrolled students.

We are already accepting enrolments for 2019 and beyond and would encourage parents to start the enrolment process to ensure placement. We look forward to meeting you and your family in the future.

M A Bullock, Acting Principal





Representative Sport - Halim Sheridan

Making a representative team is a massive achievement. We have a large number of students at St Anne's who have been selected for Whanganui representative teams in 2017. Congratulations on your selection. We would love you to tell us how you get on in your representative competitions. We would also love to receive any photos of you in action. So parents if you take some photos of your child in action at training or matches please email them to the office so we can put some of them in the newsletter.

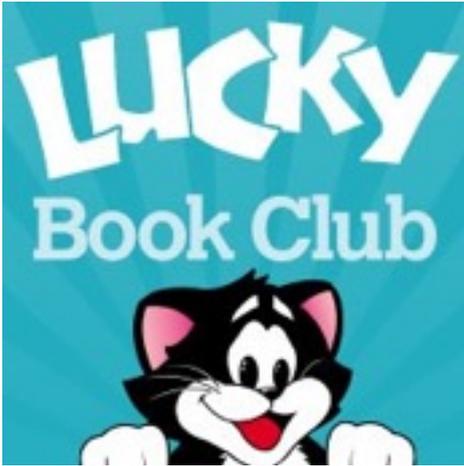
From left to right we have

Back Row

- Kendra Taylor - Selected for the Under 11 Whanganui Girls Football Team
- Jacob King - Selected for the Under 11 Whanganui Boys Football Team and the Whanganui Boys Hockey Team
- Deniz Turia - Selected for Under 12 Whanganui Touch Team
- Oliver Hutchins - Selected for the Under 11 Whanganui Boys Football Team
- Kieran Hogan - Selected for the Under 11 Whanganui Boys Football Team

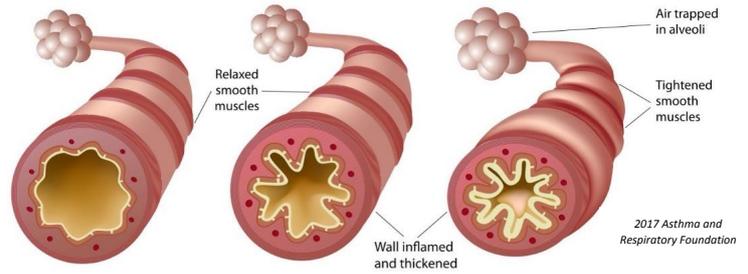
Front Row

- Hannah James - Selected for the Under 11 Whanganui Girls Football Team
- Lauren King - Selected for the Under 11 Whanganui Girls Football Team
- Amelia Couper - Selected for the Under 11 Whanganui Girls Football Team
- Sophie King - Selected for the Under 11 Whanganui Girls Football Team
- Isaiah Ross - Selected for the Under 11 Whanganui Boys Football Team
- Damian Hodgson - Selected for the Under 11 Whanganui Boys Football Team
- Madi Doble - Selected for the Under 13 Whanganui Girls Hockey Team
- Ethan Linklater - Selected for the Under 10 Whanganui Boys Football Team
- Mollie King - Selected for the Under 11 Whanganui Girls Football Team and the Team Gym team who compete against other gym clubs from around New Zealand.
- Sophie Frericks - Selected for the Under 11 Whanganui Girls Football Team
- Luca Sheridan - Selected for the Under 10 Whanganui Boys Football Team



Asthma and Asthma Triggers

When you breathe, air travels into your lungs through your breathing tubes (airways). People with asthma have sensitive breathing tubes that react to “triggers” that do not affect other people. A trigger is something that makes asthma worse or brings on an attack. A trigger can cause the breathing tubes to tighten, partially close up, swell inside and make more mucus. This makes it hard to breathe in and even harder to breathe out.



Normal breathing tube Breathing tube of someone with asthma Breathing tube of someone with asthma during an attack

Triggers are different for everyone; most people with asthma have several triggers. Knowing what triggers your asthma means you can try to avoid the trigger or take extra care before contact with your trigger. The most common triggers are colds and flu viruses, cigarette smoke, exercise, allergies, chemicals, dust, mould, changes in the temperature and weather, emotions, sprays and fumes. Do you know what triggers your child’s asthma? Talk to your asthma nurse or doctor to find out more about asthma triggers.

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DUE FRIDAY 11TH AUGUST 2017

Gospel: Matthew 17:1-9

After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. Just then there appeared before them Moses and Elijah, talking with Jesus. Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah.” While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!” When the disciples heard this, they fell facedown to the ground, terrified. But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” When they looked up, they saw no one except Jesus. As they were coming down the mountain, Jesus instructed them, “Don’t tell anyone what you have seen, until the Son of Man has been raised from the dead.”



Reflection

Today’s mountain walk was a huge experience for the three who would always be with him. They saw Jesus in his glory. Somehow they knew the real identity of Jesus – beloved son of the Father: more to him than meets the eye. We climb a mountain and we see new views. We see the city from a new vantage point. Beauty we never saw before.

We need times to climb mountains and get away from the ordinary. Lent is a time like that – as we give something up, we take something on.

Like Jesus, we need places where we hear the words – you are my son, daughter, and the beloved. We know too that if we believe that, our lives will be challenged. Whenever we climb the mountain of the Lord – make any journey with him, we are changed. As every mountain is different, every moment with the Lord is well worthwhile! Someone said, ‘Every time I pray I think of ... and I know I must be kinder!