Dear Parents,

I hope all families had a peaceful and restful Easter break with family and friends. This Wednesday afternoon our 3/4 Team has prepared a short prayer service to celebrate Easter Sunday. Thank you to the other teams for their efforts in preparing the prayer gatherings we had during Holy Week. Our Grade 1/2 Team is organising our next Parish Mass next Friday the 27th April at 12.00 noon.

For the past two days I have been with the members of our school leadership team at training sessions as part of our commitment to be a ‘Positive Behaviour School’. We are reflecting all on the programs and procedures that we have that improve the social and emotional well-being of all students. After these two days we will be really starting to focus on this and there will be regular correspondence to members of community.

The school leadership team is also starting the School Improvement process again. Our previous plan was a great success, which saw us being the first Catholic school/college in the state to be commissioned by Archbishop Adrian as an Institute of Catholic Education. Our plan assisted many other schools in the state with their school improvement journey. We will be organising a session to celebrate the achievements of our previous plan (2008 – 2011) and will then start looking at gathering data from our families in regards to our current strengths and areas we need to improve. A really exciting process!

Prayers
Please keep Mrs Mary Faulkner in your thoughts and prayers. Mary’s mother passed away in Brisbane just before the Easter break. Also our Board Chairman, Mr Tony Bradley is recovering at home after recent surgery.

Welcome
This week we welcomed Aston Fletcher and his family to SHCS. Aston is joining our Prep Team. I was very proud of our Prep team when Aston visited before the Easter break. It was beautiful to see our Preps very excited about having a new student in the class, particularly Jacob Phillips who excitedly ran up to Aston and hugged him. Well done Jacob!

Congratulations!
Congratulations to Mr Stuart Grey who was welcomed in to the Church family at the local Easter Vigil Mass last Saturday evening and to Mrs Sarah Dance (Miss Hinchen) who has returned from a short break after she was married before the Easter Break.

Dates for your diaries

23rd April - Playgroup 9.30am - 11.00am
25th April - ANZAC Day
27th April - Parish Mass 12pm
Parent/Teacher Interviews
Thank you to the families that returned their forms before the Easter break about the upcoming interviews next week. The teachers would like to see all families to inform them of their children’s progress. Parents will be notified in writing about their appointment times. Please contact the office asap to organise a suitable time if you have not done so already. Thank you to the teaching staff for the huge amount of time and effort preparing the interviews. When you think about it – who else has a full days work (with children) and then has fifteen appointments in a row!!

ANZAC
Mrs Barratt sent a form home today informing families about the upcoming ANZAC events in the Huon Valley. It is a great tradition at our school to support these special occasions. Please return the slip to your child's teacher if your children are able to participate in one of the gatherings (Huonville, Dover & Geeveston).

Lego Robotics
I am very excited about our Grade 5/6 Lego Robotic Club that is commencing next week. Thank you to Mr & Mrs Riley (Justen’s Ashworth’s grandparents) for volunteering to run this group, which will see about 12 students learning to plan, build and program their own lego robot. The group will be meeting every Monday after school for 90 minutes. We are hoping to start next week. Parents will be informed in writing by the end of this week.

Kinder Interviews
All families that have returned their application forms for Kinder in 2013 should have received a letter over the Easter break about contacting the school office to book an appointment time for a Kinder Interview. It is important that I meet as many children and their families in the next couple of weeks, so we can commence planning for pre-kinder sessions and also for 2013 (in regards to staffing and budgets).

P&F Association
A big thank you to our P&F group for organising the recent Easter raffle, which was once again well supported by the community. Congratulations to the many winners. It was great to hear that we had a large number of parents turn up to the first FAIR meeting before the break. Thank you to all those families that have already committed to assisting.

NAPLAN Testing
Our Grade 3 & 5 students will participate in the National Literacy and Numeracy testing towards the end of May. I will have more information to send home to the Grade 3 & 5 parents over the next few weeks.

Looking forward to catching up with everyone on Wednesday!

Stuart Kelly
Principal

Kinder would like your junk
If you have any of the following items please bring them into the Kinder class or drop them off at the front office.

- cds or dvds
- shoe boxes
- small cardboard boxes
- buttons, ribbons
**CAR WASH**

Sunday, 22 April 2012, 10am – 2pm $5 per car

BP Service Station
Huon Hwy, Geeveston
RAISING MONEY FOR THE 2013 JAMBOREE

**CCT ANNUAL FOOTY POINTS TICKETS**

Round Two winner was Mandy, Chris, Emily + Josh Coad with number 91
Round 3 Winner was Mrs Riley at Dover EMPHC with number 60

Tickets will come home for 2 weeks.

I would like to purchase a ticket in these games:

**Round Four** - St Kilda V Fremantle Friday 20th April

........................@ $1 each ......................

**Round Five** – Collingwood V Essendon – Anzac Day 25th April

........................@ $1 each ........................

Please send into school office by Thursday 19th April.
If you have any questions please ring.

Fiona and Trish
0427 560 151 (Fiona)

**Huon Valley Anzac Day Sports**

Wednesday 25th April
Sports ground behind Woolworths
Registrations from 11am - Events start at noon
Events are for Age 5 to 105 - Toddler races for under 5.
Win medals and ribbons
Free for all.
Bbq and canteen available for purchases

Kermandie AUSKICK
Friday 20th April 4-5pm. Kermandie Oval
$50 registration (includes backpack of goodies)
Hope to see you there!
Contact; Sammy 0407 808 012

Juey Bazaar Inc
Recycled Fashion
Supporting CCT - Cambodian Childrens Trust

50% off
All mens Women's + Kids
Clothes + Shoes

16th April to 30th April
Southern Design Centre
School Rd GEEVESTON

Juey Bazaar Inc
Recycled Fashion
Supporting CCT - Cambodian Childrens Trust

Geeveston Girl Guides

Huon Highway, Geeveston, Tas, 7116, Ph 62971313, Fax 62971990
shg@catholic.tas.edu.au
Lose The Biggest Loser from kids’ TV screens

There’s little to gain – and a lot to be lost – when children watch shows like The Biggest Loser, writes Karen Fontaine.

Article contributed by Karen Fontaine

As brash and as hard to ignore as the militant trainers who whip its obese contestants into shape, Channel Ten’s The Biggest Loser has pervaded Australian television screens since its debut in 2006.

With a 7pm timeslot, it’s aired well before children have gone to bed, and experts say it’s doing their self-esteem and body image no favours. Contestants are screamed at, tempted with fatty food and secretly filmed in their most intimate moments.

Experts say watching this is not only unsuitable for children, it contributes towards shaping damaging perceptions of a disease for which rates in Australia have doubled over the past 20 years.

What children see when they watch The Biggest Loser

Professor John Dixon, head of the Obesity Research Unit at Monash University, who has devoted his career to understanding and treating the “serious, relapsing disease” of obesity, says children form pejorative views against obesity from a very early age. They think children who are obese are silly, dirty and lazy, he says.

“These shows might be entertaining for some mums and dads but the message is wrong and children will carry those perceptions about obese people and their issues throughout life,” he warns. “Of course if you have a weight problem as a young child, it will be doing horrendous damage to your body image and self-esteem with the whole feeling that you brought this on yourself. And nothing could be further from the truth.”

Margarita Tartakovsky, associate editor at www.PsychCentral.com and writer of the body image blog Weightless, says the danger of shows like The Biggest Loser is that children learn to associate their worth with their weight.

“They learn the only way to be attractive, happy and healthy is by losing weight and conforming to society’s thin ideal,” she says.

From these shows, kids learn to watch their food intake like a hawk, Tartakovsky says. “They learn that you’re bad if you eat junk food or other foods, and you’re good if you watch your portions and count your calories. And even worse, they learn that if they’re overweight, too, they’re undesirable, unattractive and unworthy and they must do everything in their power, including dramatically cutting their food intake and exercising until they’re ready to collapse, to correct their supposedly wrong selves. These are very dangerous messages.”

Is there anything to gain by watching?

Some TV critics have suggested that the enduring appeal of The Biggest Loser is because the contestants are wrestling their own demons as much as they are dealing with their obesity. “The message we are given,” one reviewer wrote, “is that you don’t get to be this massive just because you like cakes and pies... This allows viewers to empathise.”

“Rubbish”, says Professor Dixon. “You could get any group of 20 people and put them in a room and you would have a lot of demons. These people have a serious medical condition. It’s not their fault; they didn’t bring it upon themselves, and it’s not due to a lack of willpower or compliance. Try as they might, at least 90 per cent of these people will gain all of their weight back within four to five years, most of it within 12 months. I mean, have you ever seen a follow-up show?”

For parents of children who are curious about The Biggest Loser, Margarita Tartakovsky suggest asking their kids the following questions to kick-start a discussion:

- Do they like these shows?
- What do they think these shows teach?
- How do they feel when they watch these shows?
- How do they feel about themselves?
- Do they agree or disagree with their messages?

It’s important, she says, for parents to figure out what their children are taking away from these programs. “When talking to their kids, it’s also important for parents to emphasise that people can be healthy and beautiful in all shapes and sizes,” she says. “They can even use a flower analogy. There are tons of flowers; one flower isn’t more beautiful than another. They’re all beautiful in their own ways.”

Parents can also underscore that genetics play a prominent role in how we look – that is, some of us are short, others tall, some are thin, others are bigger; it’s not natural or healthy for everyone to be skinny. “And that the key to true health is engaging in healthy habits – not in losing weight,” she says.

Karen Fontaine is a Sydney-based journalist.