

# NEWSLETTER

*"TO LIVE, TO LOVE, TO GROW IN CHRIST"*



## **A Prayer for the Season of Lent**

*The Fast Life  
Fast from judging others;  
Feast on Christ dwelling in them.*

*Fast from fear of illness;  
Feast on the healing power of God.*

*Fast from words that pollute;  
Feast on speech that purifies.*

*Fast from discontent;  
Feast on gratitude.*

*Fast from anger;  
Feast on patience.*

*Fast from pessimism;  
Feast on hope.*

*Fast from negatives;  
Feast on encouragement.*

*Fast from bitterness;  
Feast on forgiveness.*

*Fast from self-concern;  
Feast on compassion.*

*Fast from suspicion;  
Feast on truth.*

*Fast from gossip;  
Feast on purposeful silence.*

*Fast from problems that overwhelm;  
Feast on prayer that sustains.*

*Fast from anxiety;  
Feast on faith.*

## **A Message from the Principal**

Lent invites us into a different kind of rhythm. In a world that feels constantly busy and noisy, this sacred season gently calls us to pause, to reflect, and to realign our hearts with what truly matters. The prayer *The Fast Life* beautifully captures the spirit of Lent — not simply as a time of giving something up, but as a time of becoming something more.

Traditionally, Lent is associated with fasting. Yet this prayer expands our understanding of what that can mean. To fast from judging others and feast on Christ dwelling in them challenges us to see each person, other parents, staff, and even those with whom we disagree through the eyes of compassion. In a community, this shift can be transformative.

To fast from discontent and feast on gratitude speaks directly to the culture in which our young people are growing up. Comparison can so easily steal joy. Lent reminds us to notice the quiet

blessings: growth in confidence, small academic improvements, restored friendships, courage after disappointment. Gratitude grounds us in hope.

The call to fast from anger and feast on patience and to fast from negatives and feast on encouragement offers a powerful model for our homes. Our students are watching how we respond to stress, to setbacks, and to one another. Lent gives us the opportunity to model calm strength, thoughtful speech, and forgivenessfasting from bitterness and feasting on mercy.

Perhaps most poignantly, the prayer invites us to fast from anxiety and feast on faith. As parents, worry can feel like part of your role. Yet Lent gently asks us to place our trust back in God to remember that our children's journeys are unfolding in God's time as well as ours. Faith does not eliminate uncertainty, but it sustains us within it.

This Lenten season, may we consider not only what we might give up, but what we might take on. What attitudes might we release? What virtues might we intentionally practise? When we fast from what diminishes love and feast on what strengthens it, we create homes and a school community shaped by hope, compassion, and deep trust in God's presence.

May this Lent continue to be a time of quiet transformation for us all



### **Open Communication: Stronger Together**

At Holy Spirit, we know that education works best when it is a genuine partnership between school and home. When we work together openly, respectfully and with shared purpose our young students thrive.

One of the greatest strengths of a Catholic community is relationships. Our faith reminds us that we belong to one another, that we are called to walk alongside each other, and that honest conversation builds trust. In busy school communities, however, small worries can sometimes grow quietly in the background. A minor concern left unspoken can, over time, feel much larger than it needs to be.

We warmly encourage families to reach out early, before concerns become overwhelming. Whether it is a friendship issue, a learning question, a wellbeing matter or something that "just doesn't feel quite right," early communication allows us to respond thoughtfully and proactively. Most matters can be resolved quickly when they are addressed at the beginning.

Our approach is simple:

- Start with the person closest to the situation, usually your child's classroom teacher.
- If further support is needed, our Leadership team is always available.
- Keep the focus on shared goals: your child's growth, wellbeing and learning.

We also ask our students to develop the confidence to advocate for themselves. Encouraging your child to respectfully approach their teacher, seek clarification, or express a concern is an important life skill. When families and school reinforce this together, it builds resilience, independence and confidence.

Open communication works both ways. We are committed to contacting families when we see changes in learning, wellbeing or engagement, and we deeply value the insight parents provide. You know your child in ways we never can; we see them in the learning environment each day. Together, that shared understanding forms a complete picture.

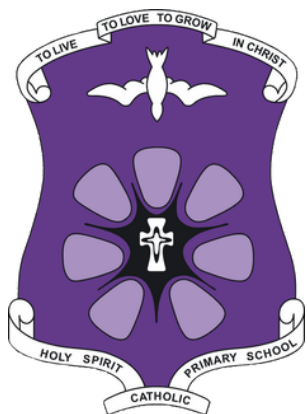
Partnership does not mean we will always agree on every detail, but it does mean we commit to listening, seeking understanding and working toward solutions grounded in care and respect.

As we continue to build our community piece by piece this year, thank you for the trust you place in us. When we communicate early, honestly and with goodwill, we strengthen not only individual outcomes, but the culture of the entire school.

If something is on your mind, please reach out. We are here to walk alongside you.

As our final newsletter for the term, wishing you and your families a joyful and safe Easter holiday filled with peace and happiness. Please note that I will be on leave for the next two weeks and will return to school at the beginning of Term 2. Should you need any assistance before then, feel free to contact our front office.

Blessings,



*Paula Sellars*

Paula Sellars

**Principal**

Holy Spirit Catholic Primary School

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**Kindness is Key**

**PAUSE**  
PAUSE BEFORE YOU ACT

**EMPATHISE**  
THINK ABOUT HOW OTHERS WOULD FEEL

**PLAY**  
ACT IN KINDNESS  
PLAY IN PEACE

**Holy Spirit is Bully-Free!**

As we move towards the end of the term and begin planning for next term, we have a few important updates to share.



### Toddle update

We are continuing our transition to Toddle as our main communication and reporting platform. Families will continue to see more information shared through Toddle, with the goal of providing clear and timely updates about your child's learning. There will be announcements in each class profile, portfolios and older grades will have seen the inclusion of class drive and class flow.

### Consent2Go action required

Our school is now using Consent2Go for all permission forms and medical information, replacing Operoo.

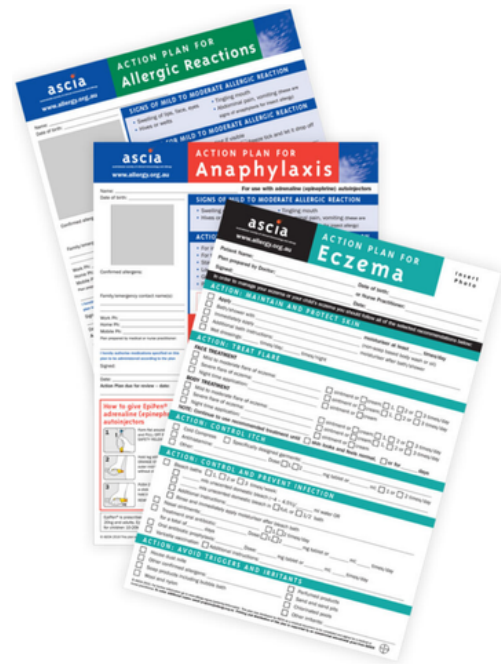
We ask all families to please complete their child's profile as soon as possible to ensure we have accurate and up to date information. This information is vital to have accurate and timely updates. Once you have set your profile and the student's information is completed, each excursion/incursion you simply need to accept or update the relevant changes.



Media permissions have been unlocked and you are easily able to agree or decline photos per excursion, or area of posting.

### Medical information updates

If there have been any changes to your child's medical needs, allergies or emergency contacts, please update these details in Consent2Go promptly. This is essential for student safety.



## ICT cyber safety

We continue to prioritise safe and responsible use of technology at school. Families are encouraged to speak with their children about cyber safety and appropriate online behaviour.



## Specialist timetable changes next term

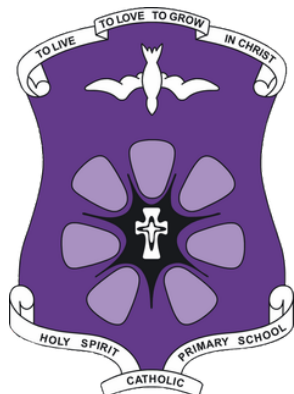
There will be some adjustments to the specialist timetable next term. Updated schedules will be shared with families shortly.

If your child attends internal or external appointments such as Occupational Therapy, Speech, other medical appointments or music tutoring, we recommend considering these times once the new timetable is released.

## Semester 1 reports

Report cards will again be issued at the end of Semester 1 then Semester 2 via Toddle. This will provide a comprehensive overview of your child's progress and achievement.

The parent/teacher meetings in Terms 1 and 3 serve as a check in and update. Our teachers welcome a catch up during these times and if they do not fit, please get in touch with the class teacher directly.



Heidi van Bodegraven

**Deputy Principal**

Holy Spirit Catholic Primary School

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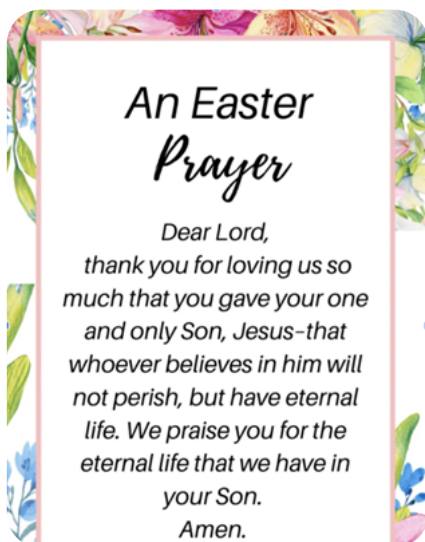
## Journey of Easter

Over the past few weeks, our students have been learning about Lent, a special time of prayer, reflection and preparing our hearts for Easter. As Easter progresses, students are now focusing more on Holy Week, exploring Jesus' journey to Jerusalem through Scripture, class discussions and creative activities.



Through this learning, students are developing an understanding that Easter is not just one day, but a journey of faith, including Palm Sunday, Holy Thursday, Good Friday and Easter Sunday. They have been exploring how Jesus teaches us to live with love, courage, forgiveness and hope, and how these values can be lived out in everyday life.

Each class is also preparing a display for our Journey of Easter Wall, which we look forward to sharing with families soon



### Where We Are in the Easter Journey

As a Catholic community, we are currently in the final weeks of Lent, preparing for Holy Week, the most significant time in our Church year. This is a time where we remember Jesus' final journey, His sacrifice on the Cross and the joy of His Resurrection.

The Vatican reminds us that “the journey of Lent leads us to the joy of Easter, where hope is renewed and love is victorious.” This message encourages us to slow down, reflect and prepare our hearts for the celebration of new life in Christ.

## Recent Celebrations in Our School Community

Over the past few weeks, our students have participated in several meaningful events that have strengthened their understanding of faith, community and belonging.

### St Patrick's Day Celebration – Tuesday 17th March

Our school community celebrated St Patrick's Day, remembering St Patrick, the patron saint of Ireland, who helped spread Christianity and shared the message of God's love. He is well known for teaching people about the Holy Trinity and reminding us to live with faith, courage and kindness.

On the day the students:

- Wore their school uniform with a touch of green. We also saw some great leprechauns!

- Began the day with a St Patrick's prayer and blessing, led by Year 5 student leaders
- Enjoyed bringing a green-themed lunchbox item
- Shared green cordial and a treat together

This celebration helped students connect faith with tradition in a joyful and engaging way.

## **Harmony Day – Friday 20th March**

We also celebrated Harmony Day with the message "Everyone Belongs."

Students took part in many related activities:

- Fun team based lunchtime games
- Shared Whole School Scripture Readings and Prayer
- Cultural drawing activities



We supported Caritas Australia Project Compassion through coin donations, helping those in need.

Families also joined us for a shared lunch, strengthening our school community.

## **Mini Vinnies – Welcoming Event**

Our newly appointed Mini Vinnies members recently attended a special welcoming and information day at St Paul's Catholic Primary School, joining students from other Catholic schools as they began their journey as young leaders in faith and service. The day included a shared Mass, opportunities to connect with others, and engaging activities focused on teamwork, leadership and social justice. Students also heard from a guest speaker from the St Vincent de Paul Society, learning about how they support people in need within our community. This experience helped students understand that being a Mini Vinnies member is about showing compassion, helping others and making Jesus real in everyday life.

## **NET Ministries Visit**

We were fortunate to welcome NET Ministries Australia to our school, where students participated in engaging and interactive sessions focused on friendship, kindness and faith. Through games, discussions and reflection, students explored what it means to be a good friend and how to live out the message of the Gospel in their everyday lives. These sessions provided a meaningful opportunity for students to grow in confidence, connection and their relationship with God.

## **Sacramental Program 2026**

We invite families to consider enrolling their child in the 2026 Sacramental Program at Holy Spirit Parish Casuarina. This is a special opportunity for children to continue their faith journey through the Sacraments of Confirmation (May 31st) and First Holy Communion (September 13th). These important milestones support children in deepening their relationship with God and understanding their place within the Church community.

Families are encouraged to attend the parent information session and register typing the [link](#) or QR code provided.



## *Ignite Conference 2026 – Darwin*

We are excited to share that the Ignite Conference will be held in Darwin in 2026. Learn more: <https://igniteconference.com.au>

This is a wonderful opportunity for families and older students to experience faith, worship and community.

## *Final Reflection*

As we continue our journey through Lent towards Easter, we are reminded to live with faith, kindness and hope. Thank you for your ongoing support in nurturing the faith life of our students and strengthening our school community.

## *Save the Date*

### **Stations of the Cross Liturgy**

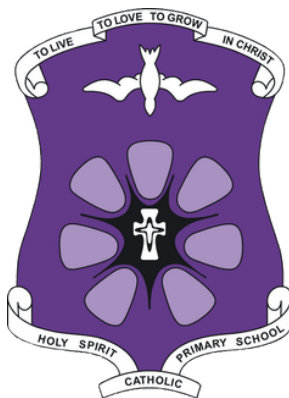
Date: Thursday 2 April 2026, 9.30am

Location: Holy Spirit Catholic Church

Families are warmly invited to attend this special reflection.

### **Journey of Easter Display Walkthrough**

Following the Stations of the Cross liturgy, families are invited to visit the Multipurpose Room to view the Journey of Easter Wall Displays created by each class.



*Maria La Rocca*

Maria La Rocca

**APRE**

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w. [www.holyspiritnt.catholic.edu.au](http://www.holyspiritnt.catholic.edu.au)



# School Calendar

Term 1	Monday	Tuesday	Wednesday	Thursday	Friday	Assembly
<u>Week 9</u> March  5 <sup>th</sup> Sunday in Lent	23-Mar-26  Last day of NAPLAN Testing	24-Mar-26	25-Mar-26  Newsletter	26-Mar-26  Cricket Gala Day	27-Mar-26  Casual Clothes Day - World's Greatest Shave (Gold coin)	No Assembly
<u>Week 10</u> March/April  Palm Sunday	30-Mar-26	31-Mar-26	01-Apr-26	02-Apr-26 Awards Assembly World Autism Awareness day Reward Afternoon	03-Apr-26 <b>Good Friday Public Holiday</b>	Transition Room 8 & 9

Term 2	Monday	Tuesday	Wednesday	Thursday	Friday	Assembly
<u>Week 1</u> April  2nd Sunday of Easter	13-Apr-26	14-Apr-26	15-Apr-26	16-Apr-26	17-Apr-26 <b>Whole School Closure</b>	No Assembly
<u>Week 2</u> April  3rd Sunday of Easter	20-Apr-26	21-Apr-26	22-Apr-26	23-Apr-26  Year 5 Camp - Territory Wildlife Park	24-Apr-26 Awards Assembly Anzac Ceremony @ 1:45 - MPR	<b>Year 1 &amp; 2</b> Room 2,4 & 6
<u>Week 3</u> April / May 4th Sunday of Easter	27-Apr-26	28-Apr-26	29-Apr-26 Newsletter O'Loughlin Open Day	30-Apr-26	01-May-26  Hockey Gala Day	No Assembly
<u>Week 4</u> May 5th Sunday of Easter	04-May-26 <b>May Day Public Holiday</b>	05-May-26 Talent Show Auditions	06-May-26	07-May-26 Awards Assembly P&F Meeting @2pm	08-May-26  Mother's Day Breakfast & Liturgy	<b>Year 6</b> Room 10 & 12
<u>Week 5</u> May 6th Sunday of Easter	11-May-26	12-May-26	13-May-26  School Board Meeting	14-May-26	15-May-26 Golf Gala Day Reward Afternoon	No Assembly
<u>Week 6</u> May Ascension of the Lord	18-May-26	19-May-26	20-May-26  Newsletter	21-May-26  Awards Assembly	22-May-26 Holy Spirit Feast Day Mass Talent Show & basketball game	<b>Year 5</b> Room 11 & 13
<u>Week 7</u> May/June  Pentecost Sunday	25-May-26	26-May-26 National Sorry Day	27-May-26 National Simultaneous Story time @10:30am - MPR	28-May-26	29-May-26 Soccer Gala Day Defence Gathering @ 1:30pm	No Assembly
<u>Week 8</u> June 7th Sunday Easter	01-Jun-26	02-Jun-26	03-Jun-26  School Photos	04-Jun-26	05-Jun-26  Awards Assembly	Transition Room 8 & 9
<u>Week 9</u> June The Most Holy Body and Blood of Christ	08-Jun-26 <b>King's Birthday Public Holiday</b>	09-Jun-26	10-Jun-26 Newsletter	11-Jun-26  Year 6 Camp - Katherine	12-Jun-26	No Assembly
<u>Week 10</u> June  11th Sunday in Ordinary Time	15-Jun-26	16-Jun-26 St Johns Open Day (Yr.6)	17-Jun-26	18-Jun-26  Athletics Darwin Region	19-Jun-26 Awards Assembly Reward Afternoon	<b>Year 3 &amp; 4</b> Room 14, 15 & 17

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together

# School Attendance

Regular school attendance is very important for all our children.

**Every day at school counts!**

Please refer to the table below as an indicator of how repeated absences can have an impact on student learning.

	<p><b>Your child's attendance is above 95%</b></p> <p>They are likely to be a 'Star Performer' as well as an excellent attendee. They will almost certainly achieve the best grades for their ability and have real opportunity in further education, or in the world of work.</p>
	<p><b>Your child's attendance is 90 – 94%</b></p> <p>'GREEN for Go' for good attendance, they are likely to achieve grades that will give them real opportunities to continue their studies, or in the world of work.</p>
10 days missed = 2 weeks absence	
	<p><b>Your child's attendance is 85 – 89%</b></p> <p>'AMBER – Take care' as students will be missing up to 20 days each year and this will make it very difficult for them to achieve their best.</p>
	<p><b>Your child's attendance is 80 – 84%</b></p> <p>'RED light – Be alert' as students are missing so much school that it will be very difficult for them to keep in touch with lessons or with work.</p>
	<p><b>Your child's attendance is below 80%</b></p> <p>'AT RISK – Immediate Action Needed' as students are missing so much time from school that it will be almost impossible for them to keep in touch with lessons or work.</p>

# School Staff - Contact

## Executive staff:

Principal - [Paula Sellars](#)

Deputy Principal - [Heidi van Bodegraven](#)

APRE - [Maria La Rocca](#)

## Classroom teachers:

Transition Room 8 – [Marina Gomez](#)

Transition, Room 9 – [Georgia Tsikouris](#)

Year 1/2, Room 2 – [Maria La Rocca](#) and [Chloe Ting](#)

Year 1/2, Room 4 – [Sinead McDonnell](#)

Year 1/2, Room 6 – [Valerie Roussos](#)

Year 3/4, Room 14 – [Heather Thompson](#)

Year 3/4, Room 15 – [Kimberley Justice](#)

Year 3/4, Room 17 – [Natalie Baker](#)

Year 5, Room 11 - [Heath Baker](#)

Year 5, Room 13 – [Joshua Hodgson](#)

Year 6, Room 10 – [Nikita Jason](#)

Year 6, Room 12 – [Siobhan Webb](#)

## Specialist Teachers:

Indonesian – [Jo Masters](#) and [Putu Warti](#)

The Arts – [Leah Ergos](#)

Physical Education – [Abby Caldwell](#)

Digital Technologies - [Heidi van Bodegraven](#)

## Inclusion Support

Coordinator - TBA

Practitioner - [Shinobu Hirahara-Henley](#)

## ELC and OSHC

COL Director - [Tanya Dukes](#)

OSHC Coordinator - [Michelle Donnelly](#)

## Administration and Finance

Administration - [Yola Gray](#)

Finance Officer - [Tammy Richards](#)

Finance Officer - [Lee Chong](#)

# Easter Raffle

## We Need Your Donations!

We are kindly asking for donations to help fill our Easter hampers. If you can contribute, we are looking for:

- Chocolate eggs and bunnies
- Easter baskets or themed treats
- Easter "paraphernalia" (plushies, craft kits, decorations, etc.)



## Ticket Sales & Pricing

- 3 Tickets for \$5
- 8 Tickets for \$10
- **Deadline:** Ticket sales cease on *Wednesday, 1st of April at 3:00 PM sharp!*

## How to Pay

Choose the method that works best for you:

1. **At the Front Office** We accept Cash, EFTPOS, or payments over the phone.

### 2. Internet Banking Transfer

Account Name: Holy Spirit School | BSB: 085933 | Account No: 398951673

Reference: Child's First Initial. Child's Surname ER (e.g., J SMITH ER)

**Note for Bank Transfers:** If you pay via the internet, you must send a copy of your transaction (remittance advice) to [admin.holyspirit@nt.catholic.edu.au](mailto:admin.holyspirit@nt.catholic.edu.au) This ensures your tickets are recorded immediately!

Thank you for your continued support and generosity. Good luck to everyone!

# School Holiday - Front Office Hours

As there will be only be a small number of staff at the school during the break, we ask that you please call the office before coming in to ensure we are open for your visit.

**Office hours will be 9:00am - 3:00pm.**

# School Holiday - Vacation Care

If you require care for your child during the school holidays, please complete the Vacation Care Request Form ([PDF](#)).

Please note that the submission deadline was Week 8. Submitted forms can still be processed; however, a late submission fee will apply.

Completed forms should be emailed to [oshc.hs@nt.catholic.edu.au](mailto:oshc.hs@nt.catholic.edu.au).

# Drop & Go - Parent Pick Up

Current arrangements in place:

- For everyone's safety, the Gsell Street school gates open at 7:45am.



Drop & Go and Parent Pick Up Zones

- To improve traffic flow, the Drop & Go and Parent Pick Up area was extended last year with an additional eight bays.

Please remember:

- These bays are strictly Drop & Go and Parent Pick Up only.
- Do not park, wait, or leave your vehicle in these bays at any time.
- If your child requires assistance getting in or out of the vehicle, please use the visitor car park to avoid congestion and reduce the risk of accidents in the Drop & Go and Parent Pick Up zone.

There are two designated Drop & Go and Parent Pick Up areas for afternoon collection:

- Driveway Drop & Go and Parent Pick Up (Blue Zone) – for students with surnames A–L
- Carpark Drop & Go and Parent Pick Up (Green Zone) – for students with surnames M–Z

We appreciate your patience and cooperation as we settle into these updated procedures and thank you for helping us maintain a safe environment for all members of our school community.

# Back to School Voucher

Have you used your child's Back to School Voucher? It is worth \$200 and can be used against the School Fees, Regional Sport Gala Days or uniforms (@CSF Gear)

The Back to School Voucher is valid till the end of Term 3, 18th September, 2026

## YOUNG TERRITORY AUTHOR AWARDS



### Write and create a book and you could be the 2026 Young Territory Author of the Year!

The competition is open to all Territorians 18 years and under  
residing in the Territory at the time of submitting an entry.

First prize - \$500

Variety NT Runner-up Award - \$250

School Entry prize - \$500

CBCA NT Wow Award - \$200

Enter online, by mail, at any City of Darwin Library  
or your local library. **Entries close 27 August 2026.**

To find out more, go to: [darwin.nt.gov.au/ytaa](http://darwin.nt.gov.au/ytaa)  
or scan the QR code.



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# DO YOU WANT TO PLAY HOCKEY?



## PLAYERS WANTED!

JOIN THE NIGHTCLIFF TIGERS HOCKEY CLUB  
2026 SEASON APRIL-SEPTEMBER



**TURF TRAINING DAY**  
**SENIOR + JUNIOR - TUESDAYS**

**FIT, FUN, BLACK + YELLOW**

**GAME DAYS**  
**SENIORS SAT + SUN**  
**JUNIORS SAT MORNING**  
**V16 FRIDAY NIGHTS**

EMAIL US FOR MORE DETAILS:  
[TIGERSHCD@GMAIL.COM](mailto:TIGERSHCD@GMAIL.COM)

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