Dear Parents,

What beautiful weather we are having but we could really do with a touch of Autumn rain.

This week is Catholic Schools Week and we celebrate the legacy that has been left to us from over one hundred years of Catholic Education in the Maitland/Newcastle Diocese. We remember and give thanks to the Sisters of Mercy for their dedication and love of bringing education and the Gospel to countless generations.

Today there are no more Nuns at St Therese’s but the traditions and passion are still found in the lay teaching staff as they strive to bring the Gospel message to the world and to today’s generation.

I would like to thank staff and children for the beautiful Liturgy today and in particular I thank the parents and grandparents who came to support the children. You can be proud of what your children are doing.

Interviews

As you are aware mandatory interviews are held twice a year and last year as a school, it was decided that we would shift these interviews from Terms 2 & 4 to Terms 1 & 3. This shift in interviews was so that parents and teachers could come together to discuss more appropriately how their children are going focussing on the children’s needs rather than just on reports.

You are reminded that the online booking system for interviews will close at 3PM on Thursday. Please go to www.schoolinterviews.com.au and use the code ke7ac. Interviews are strictly 15 mins. If for some reason you cannot book online or you are running late with your booking please contact the Office.

As this is our first time holding these Interviews, a small survey will be sent home to gauge how it went and to get feedback from you.

Cyber safety

A reminder to parents that Facebook is not the best place to place all your information about yourself or your family. Make sure that you are sensible and don’t give away your children’s names and addresses. If you want to do this then go on Private mode not Public.

Duilio Rufo—Principal

St Therese’s Caring Group Volunteers

St Therese’s Caring Group is run by parents from our school community. It offers temporary assistance to families in our school who are in need-for example as a result of illness, crisis or personal issues. This help is often in the form of cooked meals or perhaps assistance in transport etc. When helpers are needed it is coordinated by the school so that confidentiality for those needing help is always maintained. If you would like to add your name to the list of helpers please email Liz Etheridge on elizabeth.etheridge@dywidag.com.au or call the school office on 49574922 (or email: admin@newlambton.catholic.edu.au). If you or a family you know is in need please do not hesitate to contact me so we are able to offer the assistance of our community.

Interschool Chess Challenge

Students in Year 4-6 are invited to participate in the Chess Challenge at Bishop Tyrrell Anglican College on Friday 18 March 2016. If your child would like to participate and did not take a note home, please collect one from the office. Notes and money must be returned by Friday 11 March.

NAPLAN 2016:

Please note these important dates for students in Years 3 and 5.
Lucy went to the beach in the hot summer. First they played cricket on the sand. Next they had a swim. After that they built a sand castle. Then they had a birthday party and had cake. They got to go on the paddleboard and fell asleep on the back and encouraging word. So talk to your child about how they can encourage others, and make sure you encourage the efforts of your child.

Green Day Mission Day
On Friday 18 March the infant students are having a mission day to raise money for Caritas. Children in the Infants grades have been asked to bring in the following food to sell at the stalls at lunchtime:

Kindergarten: Bags of small chips or corn chips (you can buy these in bags of 12-15 at most supermarkets)
Year 1: Poppas or fruit kebabs
Year 2: Cupcakes or pre-cut cakes and slices

All food will be on sale for 20c-50c, additionally there will be beaded bracelets for $2. Children are invited to wear green clothing for the day and to donate a gold coin for being out of uniform, please remember NO coloured hair or make up.

Year 2 Writing
Year 2 have been talking, reading and writing about informative texts especially RECOUNTS. The students have been working in groups, pairs and individually to construct recounts, and the Year 2 teachers are very proud of their work. We’d like to showcase two groups of students;

The Dog Beach by Isaac Warner and Ethan Osborn. Isaac and Ethan built a sand castle. Then they had a birthday party and had cake. They got to go on the paddleboard and fell asleep on the sand. They had so much fun and were excited.

The Fun Beach Day by Lucy Dein and Bella Murdoch. Bella and Lucy went to the beach in the hot summer. First they played cricket on the sand. Next they had a swim. After that they built a big sand castle and had ice cream. They had a fun day at the beach.

K Maretich—Primary Coordinator
Lent
As we begin the 4th Sunday of Lent we can consider again the work of Caritas –Project Compassion here in Australia. First Australians are being supported in a number of ways through our donations. One example is Evangeline, who is an Arts worker at the Djilpin Arts G Gumnarn Culture Centre, where she is learning new skills and a passion for preservation and promotion of her Aboriginal culture. Please support our coming green day on March 18th, when all funds raised will support people just like Evangeline.

School/Family Mass
Thank you to the families who supported the Sunday 9.15 Mass and assisted in so many ways. To our greeters, readers, offertory children, altar servers and singers-Thank you. Also to the families who provided morning tea. Thank you to Sister Janice who gave her time to practise the hymns on Friday with our Year 3 children.

Vickie Pettett—RE Coordinator
Athletics Trials
This Friday 11 March we will be undertaking our trials for Long Jump and 200metres for those students who nominated for these events. Students will walk to the venue at Alder Park. They will need to wear sport uniform including their school hat. They will need to carry their fruit and a container of bottled water to the venue. We are still keen to have parental assistance, at present we have three volunteers please let us know ASAP if you can help us.

Sport News
Two weeks ago notes were sent home regarding our upcoming Athletics Carnival. We have many outstanding notes even though they were due Friday 4th. The trials are on Friday 11th March at Alder Park oval. If you can assist us on that day/or April 1st we would be grateful.

Wellbeing Week
Student resilience and wellbeing are essential for both academic and social development. Whilst wellbeing is a constant focus for our school, this week we emphasize a whole-school approach in collaboration with family to establish a supportive environment that promotes good mental health. As such, there will no homework, no teacher or parent meetings and a focus on strengthening those factors that develop resilience and well being in our school community. We suggest that during this week you spend some time with your children to help develop some of the core ingredients to improving wellbeing; and remember to power down and enjoy the outdoors.

Keeping Fit: the benefits of leading an active lifestyle and participating in physical exercise is well documented. This week,
get outside and kick a soccer ball with your child, ride your bike, throw a frisbee or fly a kite.

**Healthy Eating:** talk to your kids about the importance of a healthy diet. Review what is in their lunch boxes; consider some healthier snacks; trial going one or two days a week without a sweet snack.

**Healthy Minds** – Take time to let your children have “down time” with you read them a story, play a board game or card game together, try some yoga/meditation, talk about what was good about their day – focus on the positive!

**Problem Solve** - Children need to experience disappointment, challenge, failure and boundaries to fully develop the interpersonal and personal skills that allow people to live in society. Discuss your child’s challenges with them, use your own examples to show them how you have overcome adversity; reframe problems and break them into smaller chunks.

Research shows that children who have a feeling of connectedness with parents, family and school have lower levels of negative behaviours later in life (e.g: smoking, drinking, other drug use etc). Both school and home play an important role in enhancing resilience and providing opportunities for children to manage their own health. Through the opportunities we provide for them, our students will develop better personal coping strategies for everyday life.

Have a great week – enjoy!!

*Julia Briggs – Primary Coordinator*

**Environmental News** - Did you know we are a ‘Nude Food’ school? What is Nude Food?

Nude Food is food without excess packaging. This reduces the amount of ‘stuff’ that needs to go in bins. For a Nude Food Lunchbox, try to pack ... Snacks in reusable containers Drinks in a reusable container Reusable utensils when needed A reusable lunchbox or backpack

**Avoid**
Lunches packed in plastic bags or wrap, foil, wax paper Single use drink boxes, pouches, cans, cartons, and bottles Single use plastic forks and spoons Pre-packaged single-serve snack items

You can help to reduce the amount of material sent to landfill to benefit the environment. It saves time and money for our school with reduced demand for disposal. Reducing the cost for disposal of food packaging at school means more money to spend on learning resources and teaching support. It also encourages better food and drink choices, as many healthy food options come with their own packaging.

*Nude your Food!!*

*The Environmental Team*

**Netball**

Congratulations to Ashlee Kelly who was chosen to go to the Regional Netball trials as part of our school team. Well done Ashlee.

**Diocesan Swimming Carnival**

Last week I took 23 students from our school to be a part of the Diocesan Swimming Carnival at Lambton Pool. The children showed great sportsmanship and skill in the pool. Congratulations to all the children who participated. As a result of the carnival Noah Giles, Mostyn Bowen, Sullivan O’Sheades, Mikayla Stojkovski and our Junior Boys Relay team (Sullivan O’Sheades, Mostyn Bown, Connor Chapman, William Hadley) will be heading to Homebush at the end of the month to compete at the Polding Swimming Championships. We wish them success and hope they all enjoy the experience.

*Deb Petersen – Primary Coordinator*

**Canteen News**

Canteen News - Flexischools just got even better! There is now no 20c bag fee for orders placed through Flexischools. And a reminder that you can avoid further fees by topping up your account by direct deposit rather than with a credit card.

**New Products** - we have 2 new products that have been rated Amber by the NSW Healthy School Canteen Association. YogoStix - an ice block - and ChocoStix - a snack product. They are only 15c each. If you require additional information, please contact the canteen.

**OSHC**

Dear Parents/Carers,

Children are continuing to enjoy their time at the YMCA. Last week we had several volunteer “Environmental Warriors” taking care of their environment by participating in their own “Clean Up Australia Week” activities. It’s amazing how much rubbish a small group of children can manage to collect. They all returned from their “trash hunt” with full bags and smiles on their faces, displaying a great sense of pride at their achievement. They had their playground looking fabulous!

This week will see our children using their imagination and skill to design and create structures out of various materials in our “Construction Week” challenges and activities. This morning Emily set the bar by constructing a small bridge out of straws, cardboard and tape that was strong enough to carry the weight of a matchbox car. Her design was quite impressive! I look forward to seeing some more fantastic creations from our very clever OSHC kids.

Don’t forget to keep an eye out for our Vacation Care...
Kylie Nadalin
YMCA New Lambton OSHC Coordinator

Athletics Carnival Canteen – Friday 1st April

Pre Order Sausage Combo $4
Includes sausage on bun, can of drink or bottled water. Orders must be placed via FlexiSchools-Online. If you have not registered for FlexiSchools yet please visit http://www.flexischools.com.au/ Orders will close Wednesday 30th March. Online pre-orders are for students only. There will be extra sausages available for parents to purchase on the day.

Cake Stall Donations Needed
A general call out to all the school to please help with providing baked items (cakes/slices/biscuits) for the sports carnival canteen. The cake stall is always hugely popular with the proceeds going toward the Year 6 gift to the school. Donations of baked items can be taken straight to the canteen at Harker Oval from 9am or left at the school canteen between 8.45am – 9.15am on the morning of Friday 1st April.

Year 6 Parents Roster
Year 6 parents are needed to run the canteen and cake stall in 60 min shifts from 9am to 2pm. We also need a couple of extra portable BBQs and Year 6 parents to cook the sausages. If you are able to do a shift or provide an extra BBQ please send a message to Ingrid lngrid.laycock@gmail.com.

Year 6 Parents Meeting – Monday 14th March 7pm
The next fundraising and end of year activities meeting for Year 6 parents will be held in the Staffroom at the school on Monday 14th March at 7pm. If you are unable to attend the meeting and have any suggestions or ideas please put them in an email to ingrid.laycock@gmail.com. If you haven’t provided an email address yet to keep updated with Year 6 fundraising and end of year activities please drop an email to the above address.

Helpers Required
On Monday 21st March, after drop off, kindy parents, as well as any other parents who can volunteer on the morning, are needed for wrapping the Easter raffle prizes. If you can help out, please email or text Natalie Evans (0414429807 / n.m.evans@bigpond.com).

Lions Club International
Sincere thanks to Lions Club International, Mayfield/ Waratah Branch and in particular to David and Noelene Heggart for their support of Harry Sharp. The Lions Club helped raise funds for Harry. A reading machine was purchased on his behalf. Harry’s parents greatly appreciate the support of the Lions Club

Harry Sharp being presented with his magnifier to assist him with his reading.

Harmony Day
Harmony Day is a special day when we celebrate the diverse backgrounds that make up our school, local and Australian communities. We are blessed to have students and families from many different countries and cultures here at St Therese’s, and Harmony Day allows us to acknowledge and celebrate their rich and unique contributions.

This year’s theme is "Our Diversity is our Strength." In considering this theme, we would like to invite parents, grandparents, siblings or community members to visit our classrooms on Tuesday March 29 after the morning assembly to share a cultural, language or migration story with a class. You may choose to read a story from your cultural background, or select a story from a different culture if you do not have your own ‘Harmony Story.’ It could be just recounting a journey, or teaching a class how to count to 10 in another language. It can be anything that assists our students’ in appreciating the diversity that exists within our school community. This will be followed up by a morning tea to thank volunteers for their time and efforts.

If you are able to offer your time for 20 minutes or a few hours, please complete the form at the bottom of the newsletter and return to your child’s teacher as soon as possible. Thank you sincerely for your continued support, and I look forward to hearing your stories on Harmony Day.

Regards,

Maree Adams
EAL/D Teacher

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**CAINTEEN ROSTER**

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Happy International Women’s Day!!

March 8th 2016 sees us celebrate International Women’s day with the theme – Pledge for parity. This day has been celebrated since the early 1900s and is a day where we recognise the social, economic, cultural and political achievements of women.

Last year’s theme was “#make it happen” and the question I always ask myself at this time of year, like I have every other year, is what did we change and how much closer are we to parity?

Here’s what I do know:

The pay gap here in Australia is at its widest sitting at just under 19%

This disparity in the pay gap impacts a woman’s ability to obtain a home loan or save a deposit for a home/investment

I woman a week is killed by her partner or someone known to her

Domestic violence is the main cause of homelessness for women and children in Australia

Diversity of women in the workplace is not currently representative of our communities

Women retire on 1/3 less superannuation than their male counterparts

40% of women who retire claim their main source of income as the government pension and they make up 55.7% of the age pension recipients

Women are still sexualised in advertising, by men the men she works with and business leaders

The issue of gender equality is not unique to Australia, it is a global issue which, according to The World Economic Forum, will take until 2133 to entirely close the economic gender gap and gain gender parity in areas such as economics, politics, education and health.

March 8th, International Women’s Day, provides a global opportunity for everyone (men and women) to pledge support to help accelerate gender parity.

For those of us who are business leaders and managers across the globe, it is our responsibility to ensure that we have balanced leadership structures and boards, not just in regards to gender but ethnic diversity as well. We must be focused on creating environments where women will thrive, be ambitious, gain success and not have the concerns of being labelled, bullied or have workplace bias, colour, cultural background and pregnancy impact their career progression.

If we were to achieve this imagine the limitless potential our businesses would have, not to mention the impact on the bottom line of not just the business but the economies we operate in. We have a large pool of female talent available to us that many are simply not tapping into.

This form of leadership, however, needs to be thought out, focused and produce decisions that are deliberate. We need leaders who will be brave, who will take the lead, who will speak up and speak out and who will commit to taking actions. Leaders like the former army Chief David Morrison, AO, named the Australian of the Year 2016, his commitment to gender equality, diversity and inclusion is a beacon for other leaders.

Australia is a melting pot of people from all ethnic backgrounds, they in turn have cultural influences in our communities and businesses. Yet in many of our business we are often surrounded by white male baby boomers. Taking into account past migration trends and the current global climate of influences out of China, the next wave perhaps being India and then Indonesia we need to ensure that our businesses are a reflection of the communities we live in.

A lack of diversity in gender and/or race means that we are stifling our innovation, creativity and thinking as well as the important cultural nuances of doing business offshore. Consider what impact will this have on business long term?

If you are a male reading this article, understand that you have a role to play in how the issue of gender balance is resolved. It’s simple really, there are more men in leadership roles than women and you have the power to make decisions that will drive change in your business. We need you to become our champions, our ambassadors.

We need to tackle this issue together, side-by-side as partners working together to create better businesses, workplaces, products, cultures and future leaders. However, most importantly, we need to leave behind a legacy we can be proud of for our sons and daughters.

How many men reading this today will take on the role of changing perceptions and behaviours of other men they work with? How many leaders will make a conscious decision to change how their business recruits and supports women through various stages of their careers creating a ripple effect that will eventually become a tsunami of change?

I believe the future is one where we do have gender balance, where our businesses are as diverse as the communities we work in and that businesses leaders who don’t embrace this will run the risk of their business becoming obsolete. However I do not want to wait until 2133 to achieve this. The world is getting smaller, we are more connected than ever before, individual influence and reach is greater, all of this enables rapid change. If we don’t pledge for parity now and make deliberate necessary changes, when will we? If we don’t take responsibility for equality why will future generations?

Let’s not wait until governments start to legislate for quotas and targets, deep down we all know this is not the right option. We don’t want to operate in a world where equality and diversity is forced upon us, where we will have to tick boxes on who we hire and therefore possibly allowing merit to become secondary as gender becomes the priority to meet a required number.

How will you pledge for parity in 2016? What conversations will you start, who you will influence, what changes will you make in your organisations, who will you mentor and elevate? How will you consciously make decisions this year that will be great for business, remarkable for humanity, memorable for future generations and simply good for your soul? (Sadhana Smiles; Women’s Agenda, 22/02/2016)
Harmony Day

Where: St Therese’s, New Lambton
When: Tuesday March 29

9:15-10am
Whole School Assembly with Guest Speaker from Newcastle Ethnic Communities Council.

10-11:15
Parents, friends, grandparents welcomed into classrooms to share diversity story.
(eg: share picture books, personal stories of migration or resettling, teach a song or some basic greetings or counting in another language.)

11:15 -12
Volunteers invited to share morning tea in school hall.

Remember:

- Staff and children invited to wear something orange.
  (Please do not purchase new clothing - orange accessories are enough!)
- Sharing ideas - many books and resources available in the library or online if parents wish to participate but do not have their own ‘Harmony story.’

I, __________________________________________(name) would like to assist in celebrating Harmony Day on Tuesday March 29th after the morning assembly.

I would be willing to share a story / read a book / teach some basic language skills (please circle) in Class: ___________.

My name is: ______________________________
My children/child __________________________________________

My contact phone number is: ______________________________________