Dear Parents,

This week has seen the beginning of the interviews. These mandatory interviews are designed to give parents and teachers an opportunity to come together early in the year to discuss the children’s needs and as well as giving teachers a better insight into the children entrusted in their care.

I’d like to thank the parents who used the online booking system this has helped with the smooth running of the interviews. A reminder that at the end of the interview period I will send home a short survey, your response would be greatly appreciated.

Easter Celebrations

Next week we will be holding an Easter Liturgy (run by Year 6), and a school wide Hat Parade. Hats will be made at school during craft time, or at home as part of homework. Please don’t go to any expense.

**Date:** Thursday 24th March

**Easter Liturgy:**
- **Venue:** Main Hall
- **Time:** 9.30am to 10.00am
- Morning Tea for Parents while children go to classes for fruit break and to get dressed.

**Hat Parade:**
- **Venue:** Main Hall
- **Time:** 10.15am to 11.00am

Lynette Barker representing Microsoft Australia at the recent World Conference in Budapest

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**Term 1**

**Week 8**

**14 March 2016**

<table>
<thead>
<tr>
<th>Dates to Remember</th>
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<tr>
<td>15th: DIO Winter Trials</td>
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<td>17th: Social Justice Team Host Healing Mass</td>
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<td>18th: “Green Day” Mission Day Stage 2 Mass 9.30am</td>
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<td>20th: Palm Sunday</td>
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<td>21st: Penitential Rite Corpus Christi</td>
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<td>22nd: Assembly 4C Liturgy</td>
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<td>24th: Easter Liturgy</td>
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<td>25th: Good Friday</td>
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<td>27th: Easter Sunday</td>
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<td>28th: Easter Monday</td>
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<td>29th: Assembly 3K Liturgy Harmony Day</td>
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<th>April</th>
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<tr>
<td>1st: Athletics Carnival</td>
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<td>7th: Alternate Athletics Carnival Date</td>
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<td>8th: Last Day of Term 1</td>
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<td>26th: First Day of Term 2</td>
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<th>May</th>
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<td>4th: Parent Meeting Waratah Eucharist</td>
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<td>5th: Feast of the Ascension</td>
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<td>6th: Mothers Day Breakfast</td>
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**ST THERESE’S PRIMARY SCHOOL, NEW LAMBTON**

Burke Street
PO Box 321
New Lambton NSW 2305
Phone: 4957 4922 or 4956 2156
Fax: 4952 1637
W: http://newlambton.catholic.edu.au
E: admin@newlambton.catholic.edu.au
Principal: Mr Duilio Rufo

*Our Vision: To Bring Christ and His message, in all its richness, into the hearts and lives of all*
For the next week we will continue to focus on the aspect of respect; encouraging others. When we encourage others we are showing them that we care for them and we want the best for them. It also shows that we see the value in what others do. Sometimes children (and adults!) gain pride in being recognised by others, but encouraging others goes further than this. It helps to build confidence in our peers by showing that we recognise that we all have unique gifts and talents. Encouraging others can be shown in many simple ways: a smile, a pat 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.

Toys at School
An increasing number of students are bringing in inappropriate toys such as plastic & foam swords, light sabers and plastic nun chucks. These are causing fights in the playground; additionally they are not suitable as they go against our safe play at St Therese’s. We have also seen students bringing in iPods and electronic devices; again these do not encourage socialisation and are too expensive. When students lose their toys or have their toys damaged, they become quite upset. We have a large selection of appropriate toys that students can borrow to use at lunch and recess. If they do bring in their own soccer balls, skipping ropes etc. then the school accepts no responsibility for their loss or damage. Thank you in advance for your support with this.

K Maretich—Primary Coordinator

Stage 2 Mass
This Friday 18th March students from stage 2 will attend Mass at 9:30. Parents, grandparents and friends please join us for this Mass—our first as a stage group for 2016.

Sacramental News
Congratulations to our children and their families who attended Mass on Sunday, when the children were presented with a copy of the Bible. We continue to pray for the children and their families as they continue on their journey of preparation to receive the final two Sacraments of Initiation in May. Parents please look for the coloured information note in your child’s bag today.

Mass of Healing
This week the students in the Social Justice group will be busy preparing to host the Healing Mass and luncheon on Thursday 17th. Parents and grandparents are very welcome to come along at 10:30 for Mass then join the students for luncheon in the Father Walsh Hall. On Friday members of the team will assist at the “Project Compassion Green Day”.

Vickie Pettett—RE Coordinator

Athletics Trials
Thank you to the parents who came along to assist us with the 200 metre and Long Jump trials on Friday. After some hiccups with a key that didn’t fit and a shortage of tools, we got underway and had a successful day. Students will be notified of selection for the finals of these events in the coming weeks. It’s not too late for parents to nominate to assist at our Carnival on April 1st. Please let us know by email / note etc of your availability.

Stage 2 Teachers

ICAS
Just a reminder that all registration forms are due in to the office by this Friday 18 March.

Environmental News - Earth Hour
Earth Hour 2016 will be held on Saturday 19 March between 8.30pm and 9.30pm in your local time zone. The event is held worldwide towards the end of March annually, encouraging individuals, communities households and businesses to turn off their non-essential lights for one hour as a symbol for their commitment to the planet. Earth Hour aims to encourage our global world community to come together to support the strategies we need to create a sustainable world.

It’s easy to participate in Earth hour — simply turn off all your lights this Saturday night between 8.30pm and 9.30pm to show your support for a low pollution, clean energy future, one in which we can continue to enjoy the best of nature and our great Aussie outdoor lifestyle.

Kris Kendros & Nicholas Moylan

Kidsmatter — Sleep!
Sleep is one of the most critical factors in psychological and physical wellbeing. Having enough sleep radically alters: mood, coping, resilience, healing, growing and appetite. To thrive academically, kids of all ages, need to have energy, the ability to focus, concentrate, retain information, and be creative problem solvers. Success at school also requires kids to control impulses and manage emotions and behaviour to keep on track. All of these skills depend heavily on healthy, consistent sleep. Children aged five to twelve need 10-11 hours of sleep. Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Below are some tips for improving your child’s sleep. Though these tips seem like common sense, ask yourself if you really practice these simple things?

• Teach your child about healthy sleep habits and their benefits.
• Encourage a soothing night time ritual. We are creatures of habit. Habitual activity during the 30 minute bedtime wind-down signals the body to anticipate rest. Avoid eating, triggering discussions, and intense exercise. Sticking to a consistent bedtime schedule is so important.
• Make child’s bedroom conducive to sleep – dark, cool and quiet. Keep TV and computers out of the bedroom.
• Avoid caffeine - sound logical, but foods like chocolate and cola drinks have caffeine in them and can increase arousal.
• No screens in the bedroom. Screens wake up our brain. Screen media stimulates the photo sensors in the retina that signal the brain to suppress melatonin production (our sleep-
regulating hormone). Less melatonin disrupts our natural circadian rhythms.

*Screens off 30 minutes before lights out - I know it’s a lot to say no TV, no video games, no tablets or phones for half an hour before bed; but the blue light from electronic screens train us to be awake. Limiting screen media activities at night, and giving your children time to soothe prior to bedtime, will likely result in better quality sleep overall.

If you have all these strategies in place and are still having trouble perhaps some more sophisticated tools are needed eg: meditation, melatonin (see your GP), mindfulness, imagery, herbal remedies (Valerian), or progressive muscle relation techniques. There is a huge amount of information about these tools on the Internet. If you are not sure about what approach to take, you should go see your doctor.

**Julia Briggs – Primary Coordinator**

**Mrs Kepreotes/Mrs Murdoch confirmation- Holy Communion group**
This group will meet again after the holidays: Tuesday 26th April and 3rd May

**Canteen News**
YogoStix are selling well and are now at a regular price of 20c each. ChocoStix will remain at the introductory price of 15c each.

**OSHC**
Dear Families,

I hope you all had a fabulous weekend! This week will see our YMCA children putting their thinking caps on and getting involved in a range of fun science experiments. We encourage children to bring in their ideas to share with the group and help make our Science Week a success.

I would like to say a big thank you to those families who have been bringing in games, craft and resources that they are no longer using at home. Both the children and staff greatly appreciate the additions to our resource pool and for your ongoing support.

Vacation Care booking forms are now available. I have emailed these out to those families who are on my mailing list. If you haven’t received a copy of the form, please let me know and I will email a copy to you. Please note that Tuesday, 26th April is listed as a Vacation Care day. This is for the benefit of public school students who attend the service. St. Therese’s children are back at school on this date, as such we will be operating both OSHC and Vacation Care. Those children attending before and after school care will only be charged their usual OSHC fees. There is also an error with the fee for the Crazy Sock, Hair and Hat Day (Day Camp). The cost for this day is $49.

If your children are not currently enrolled with the YMCA, but are looking to be involved in some fun activities these holidays, please feel free to contact me on 0402 165 617 or drop into the service for details.

**Kylie Nadulin**

**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 5pm Wed 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 still 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 few Year 6 parents to cook the sausages. If you are able to help out please send a message to Ingrid 0418 291 842 (Ingrid.laycock@gmail.com).

**Helpers Required**
On Monday 21st March, after drop off, kindy parents, as well as 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 (0414 429807 / n.m.evans@bigpond.com).

**Bookclub**
It’s Book Club Time!
Issue 2 brochures from Scholastic Australia are now available.

If you wish to make a purchase, simply fill out the order form
- Place order in an envelope with the CORRECT money, credit card details or cheque made out to Scholastic Australia. If paying by credit, receipts need to be fully filled out including receipt number and name.
- Please write your child’s name and class on the front of the envelope as well as the order form.

Closing date for orders is next week Wednesday 23rd March.
All orders need to be in by this date to ensure delivery before school holidays. There is no guarantee for late orders. Library pick-up is always available for discreet orders such as birthdays, Christmas, rewards etc. Clearly mark the order ‘Library pick-up’ and add a contact number.

**Tap Dance Classes**
Drew Kaluski from the Original company of Tap Dogs, also having a starring role as "COLIN" in the movie "BOOTMEN" is commencing Tap classes next term.

Initially commencing with one class only, in the 6 to 7yr age students with more classes following with interest. (limited spots)
The class will be held on a Monday afternoon in the Father Walsh Room on school grounds at St Therese’s straight after school from 3.30 to 4.30pm.
Cost $15
For more info Please call Drew, 0414 487 434
Playgroup
Friday 18th March 2016.
Please come along and join us this week for a special Easter Celebration and egg hunt at LAMBTON PARK from 9:30-11:15.
Cost is $3 per family which includes morning tea for parents.
Please pack a snack and drink for your children.
We look forward to seeing you all.
Contact Amy if you have any questions about playgroup on 0407 899 144.

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

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:____________________________________________

Canteen Roster

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<tr>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Monday</th>
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<tr>
<td>Margo Hepple</td>
<td>Louise Boyle</td>
<td>Liz Etheridge</td>
<td>Cathy Hughes</td>
<td>Michelle Gallagher</td>
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<tr>
<td>Renee Walker</td>
<td>Nadine Ptolemy</td>
<td>Natalie Rayner</td>
<td>Natalie Prince</td>
<td>Priscilla Mahony</td>
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<tr>
<td>Kristy Goodbun</td>
<td>Julie O’Conner</td>
<td>Vanessa McCormack</td>
<td>Jo Kim</td>
<td>Angela Moyley</td>
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<tr>
<td>Jess Boyson</td>
<td>Kate Catzeddu</td>
<td>Rachael Hill</td>
<td>Michelle Manditch</td>
<td>Sonya Hawes</td>
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<tr>
<td></td>
<td></td>
<td>Regina Steep</td>
<td>Simone Nolan</td>
<td>Michelle Randall</td>
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