Dear Parents,

What glorious weather between the rain and the sunshine. I take this opportunity to once again invite you all to come on Thursday to our Easter Liturgy commencing at 9:30 am followed by the Hat parade at 10:15 am.

A reminder that you are all welcome to celebrate with the Parish on Holy Thursday at St Therese’s at 7pm, on Good Friday at 3pm and then to celebrate the resurrection of Christ at 7pm at Corpus Christi and normal Sunday Masses at 9:15 am and 5:45 pm at St Therese’s.

I wish you all a most Holy, safe and restful Easter and look forward to your return to school on Tuesday 29 March.

2017 Kinder Enrolments

The enrolment period for next year is now open. I ask any parents who have a child who will be enrolling or know of a child who is to be enrolled in 2017 to please contact the school ASAP to get enrolment forms.

Child Protection

Over the last two weeks, all classes from Kinder to Year 6 have been reading the book ‘My Underpants Rule’, by Kate and Rod Power. This book is bright, fun and interactive and it teaches our children ‘The Underpants Rule’ and what they need to do if they find themselves in a dangerous situation. Throughout the discussion of the book, the children have been learning the correct anatomical names for their private parts. A recent study has found that some sexual offenders avoid children who know the correct names for their genitals. It suggests these children have been educated about sexuality and safety. ‘My Underpants Rule’ is a fun book that deals with a very serious subject in a child friendly way. Our aim at St Therese’s is to read the book repetitively throughout the year to empower our children and keep them safe! Does your child know ‘The Underpants Rule’?

Sara Murdoch – Year 4 Teacher

Working with Children Check for all volunteers: IMPORTANT INFORMATION!

Due to changes in legislation and the implementation of the New Working With Children Check Clearance across NSW, all school volunteers are required to obtain a Working with Children Check Clearance Number from the Office of the Children’s Guardian (OCG). This includes those volunteering in the canteen, helpers with reading, art, sport, transporting children or in any other capacity where they have direct contact with children. Even those who have completed previous Child Protection Declarations and are on the Register of Volunteers will need to obtain a Working with Children Check Clearance Number.

The steps to obtain a Working with Children Check Clearance Number are as follows:

- Fill out an online application form at www.kidsguardian.nsw.gov.au/check
- When you have completed the application form, you will receive an Application number (APP) by email.
- Take this Application number and proof of your identity to a NSW motor registry or Service NSW Office. As it is not paid work the $80 fee will be waived.
- Once your application has been processed and you are cleared, you will receive your Working With Children Check number (WWC) by email (or post if you do not have an email address).
- Bring your Working With Children Check number to the school and fill in the Declaration Form. You will need to bring proof of identity documents with you for a 100 point check. Your WWC number and form will then be sent to our Diocesan Child Protection Unit (Zimmerman Services) to be put on the new Register of Volunteers.
St Pius X Year 7 Enrolments

St Pius X Year 7 enrolment forms were sent home on Friday last week. If you wish to enrol your child at St Pius X next year, please return the enrolment form and provide a copy of your child’s birth certificate and baptismal certificate to the office by Friday 1st April.

Dulio Rufo—Principal

Congratulations to William Hadley, Sullivan O’Sheades, Christian Prince, Lachlan Bryde, Toby Brent, Sam Lanzendoerfer, Elliott Dagg, and Myles Latham who came 3rd in the Interschool Chess challenge held at Bishop Tyrell College last Friday. Members of this team will now proceed to the semi finals in term 3, venue to be confirmed.

Sallyanne Stanbridge—Assistant Principal

PBS

Congratulations to the students who received the School Spirit Award for encouraging others

KBR Allegra Michelin KHD Audrey Barwick and Justin Piper

IC Oliver Packham ICH Maria Wijekoon IW James Mason 2A

Ava Ramien and Tom Sanson 2MS Gus Fitzgibbon and Alirah Naisby 3K Blake Scarpin 3R Rafe Harris and Zara Collins 3SJ

Katarina Stiess and Andie Widseth 4C Brendan McDonald and Eve Stanton 4M Oliver Tobin and Madeline Lawrence 4PV Emily Malcolm and Tom Lawrence 5B Abigail Semple: for demonstrating and encouraging positive behaviours in her peers 5J Ashlee Kelly and Thomas Mortimore: for demonstrating and encouraging positive behaviours in their peers SPD Sophia Majdandzic and Alice Meers 6NG Ziggy Fletcher and Mia Pollard 6M Jaz Lawes and Brigitte Davis 6S Oliver Rasser and Macie Ellen

Our focus behaviour for the remainder of the term is forgiveness. Holy Week began on Palm Sunday and we now focus on the lead up to Good Friday and Easter Sunday, so it is the most appropriate time to focus on forgiveness. Jesus gave us the most incredible example of forgiveness and when we find ourselves at odds with others, we need to turn to His example for guidance. It can be very difficult to forgive especially when we are hurt by the actions or words of others. But forgiving and moving on is the greatest way we can show respect and love for others and ourselves. So when you talk to your child when things have gone wrong in their friendships assist them to seek ways to forgive others and to seek forgiveness when they themselves have been the cause of hurt.

Green Day Mission Day

Thank you to our wonderful infant families who supplied the treats for our stalls last Friday, and to Mrs Pettett who organised beautiful beads and plants. Thank you also to our Year 6 students and teachers who served at the stalls - our students displayed great initiative and leadership skills. We raised $1800.40 for Caritas.

We know all the students had a wonderful day, even though there were a few sore tummies from too many treats!

Asthma

Jody Pavlou from Asthma Australia presented a student workshop to all classes yesterday on how to manage asthma. The sessions were very informative and gave students the skills needed to manage their asthma as well as helping peers who may be experiencing an asthma attack. Asthma season is upon us with the cooler weather approaching so please see your child’s GP if you are at all concerned they may have asthma. For students with asthma we also recommend a check up with your GP to check how well their asthma is currently being managed.

Mathletics

All students that have returned their notes to access Mathletics have now been added and given their logon information. If you have not received your child’s Mathletics information please see their class teacher.

K Marettich—Primary Coordinator

Sacramental News

Thank you to those children who assisted in the Palm Sunday Procession at 9:15am Mass.

Thank you also to the families who came along to the Reconciliation Liturgy at Corpus Christi last night. It was a beautiful way for our children preparing for Confirmation and First Eucharist to experience the Sacrament of Penance. Most groups have now completed or have nearly completed the Confirmation preparation. Material for the preparation for Eucharist is now ready. Please let us know how you wish to collect your material. Phone Vickie 4957 4922 or email admin@newlambton.catholic.edu.au

Cross Country

Thank you to all our competitors who participated in our trials today. Fastest three in each age group will represent at the Diocesan Trials.

8/9 years, 10 years, 11 years and 12 years

Healing Mass

Students from the Social Justice Team hosted a beautiful Healing Mass and luncheon for Senior members of the Parish last Thursday. It was a great opportunity for our students to develop ties to older members of the community as they welcomed, waited on and chatted with about 60 parishioners. Thank you Helene O’Neill and Cheryl Roberts for helping.

Vickie Pettett—RE Coordinator

Help for Fiji

Students in Year 5 have expressed a wish to raise money for the people of Fiji who are still severely affected by the hurricane early this term. On Tuesday 29 March—Harmony Day they will be having a Fund raiser. They will sell orange iced cakes ($5) and orange bead bracelets ($2). They are also having a raffle for an original painting donated by Connor Chapman’s grandfather or a keyboard. Tickets are $50 or 3 for $1. There will be a “Guess how many jellybeans”, $50 a guess.

Children are invited to wear orange and donate a coin for the privilege.

Thank you for your support.

Connor, Hannah, Sam and Ollie

Kids Matter - Breathing

The advice to “just breathe” when you’re stressed may be a huge cliché, but that doesn’t make it untrue. The substance behind the saying is research-tested. Controlled breathing, also known as “paced respiration,” “diaphragmatic breathing” and “deep breathing,” has long been a feature of Eastern health practices. The basic mechanics of controlled breathing differ a bit depending on who is describing them, but they usually include three parts:

1. Inhaling deeply through the nose for a count of five or so, making sure that the abdomen expands,
2. Holding the breath for a moment, and
3. Exhaling completely through the mouth for a count longer than the inhalation.

Controlling breathing in this way triggers the parasympathetic nervous system to come online and counter our sympathetic nervous system’s ‘fight or flight’ response to daily stresses. Below are three science-based reasons for paying more attention to an ability most of us aren’t maximizing.

1. Managing Stress - Controlled breathing may be the most potent tool we have to prevent our brains from keeping us in a
Changes in the neural pathway that evokes this calming response, therefore making it a more automatic and effective self-regulation technique. Remind kids to use conscious breathing to help them manage their feelings and shift their own mind-body state, the same way you would other healthy habits such as teeth brushing, saying “please” and “thank you,” cleaning up after themselves, etc.

Julia Briggs – Primary Coordinator

Diocesan Winter Sport

Congratulations to all the children who attended the Winter Trials last Tuesday on the 15th March. The following students will be heading to the Polding Winter Trials on the 29th April.

Hockey – Dimitra Anastasi, Joshua Porter-Kay
Soccer – Jerick Loachaivaj, Alice Meers, Ellen Hughes
Rugby League – Lawson Dooley, Jack Duffield

Shot Put

Thank you to Justin Bryde for your help with the Athletics carnival shot put event. All teachers and students appreciated your expertise and assistance.

Athletics

Jacob Cook attended the State Athletics carnival on March 19/20th. He came first in the 100m, 1st in the 70m and 2nd in the 200m. Congratulations Jacob on these results. Well done!

All the best to Sarah Dal Molin who is heading to Albury this week to compete in the U14 National Waterpolo tournament.

Deb Peterson—Sports Coordinator

Canteen News

To help wash down all that Easter chocolate we’re having a Pop-Up Milk Bar Wednesday 6 April. For just $1 get a Sipahh straw with a glass of milk. Sipahh straw are milk flavouring straws that come in Vanilla, Mango, Raspberry, Choc-Mint, Strawberry, Banana, Cookies & Cream and of course Chocolate. Way cool. They have less than 1/2 teaspoon of sugar and have no artificial colouring or flavouring. If your child can’t have dairy, let me know (0447 509 968) and I can have a milk substitute available.

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

Cake Stall Donations Needed - please help with providing baked items (cakes/slices/biscuits) for the sports carnival cake stall. 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

A few extra Year 6 parent helpers are needed to cover the canteen during the busy lunch time period (11.30-12.30). If you are able to help please let Ingrid know 0418 291842 or ingrid.laycock@gmail.com.

Canteen

There will a coffee van on site from 8.30am.

The following items will be available for purchase from the canteen:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Bottled Water</td>
<td>$1.50</td>
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<tr>
<td>Cans of Drink</td>
<td>$2.00</td>
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<tr>
<td>Cola Fizz Ice block</td>
<td>$0.60</td>
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<tr>
<td>BBQ Sausage on roll</td>
<td>$2.50</td>
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Cakes, biscuits and slices will be available from the cake stall. Prices will range from 20c to $1.00.

Bookclub—Issue 2

Closing date for orders from Scholastic Australia – Issue 2 is today Wednesday 23rd March. All orders need to be in by today to ensure delivery before school holidays. There is no guarantee for late orders.

Please ensure that your order form has been filled in and placed in an envelope with your child’s name and class on the front.

Remember to enclose the CORRECT money or cheque made payable to Scholastic Australia. Discreet orders may be picked up from the library by clearly marking orders ‘Library Pick-up.’

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

Piano Lessons

In school private piano lesson $30 for half hour
Keyboard group lesson $20 for 45 mins
Phone Kim 0401 787 997 or 4023 3212
Neil Owens Football Academy
Learn new skills, techniques and develop as a player with
our exciting new coaching curriculum for 2016.
The Player Pathway provides guidance for players and
parents who wish to progress from grassroots through to
excellence!
Each school term Neil conducts:
Academy Coaching
School Holiday Clinics
One on one coaching
Fantastic birthdays in our inflatable fields
Live in Football camps

Please visit the website www.nswfootballacademy.com.au

Soccer
New Lambton Football Club has 4 vacancies for Girls
turning 9 this calendar year who would like to try soccer in
an all girl mini roo team.
Please contact NLFC Registrar John Gow 0419 716 616
or JGow@jacksonteece.com for details.

New Lambton Football Club has 2 vacancies for Girls
turning 11 or 12 this calendar year who would like to try
soccer in an all girl Sunday Competition team. Please
contact Mandy Mills 0402781388
or mandymills@optusnet.com.au for details

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:__________________________________________

St Therese’s Interschool Chess Challenge Team

Harmony Day

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<th>CANTEEN ROSTER</th>
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<tr>
<td><strong>Wednesday</strong></td>
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<td>23/03/16</td>
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<td>Hollie Boland</td>
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