Dear Parents, Staff and Students

Last week I attended a lecture on formation of Catholics. I know, ‘boring’ but really it was quite uplifting. The speaker Shane Dwyer Director of a new National Centre for Evangelisation spoke about where Catholics and Christians in general are at in particular with all that is going on in the institutional Church. Shane spoke about what is our response and he made the point that it is up to us, the laity, to take on our baptismal right to move the church forward. Shane quoted from St Francis and I ask you to think on this, “The Gospel should be seen and very seldom spoken”. God bless you all and thank you for your support.

Recently I spoke to some parents who had their children go through St Therese's and are now in High School. They were lamenting that their children, now in their teens were struggling with them, the parents, to gain some independence. Below are some thoughts from an article I read from Print Script.

"It is quite possible that our children, as they get into their mid-teens, don't want to receive a hug or a kiss even at home yet alone in front of their friends. They are expressing a natural desire for maturity and to be independent of us, yet, they do this without being secure within themselves. They still need and want our affection but not in an overt manner, they still want to be loved but not through hugs and kisses."

"Continuous involvement with our children is of paramount importance and the warmth of our relationship is related to positive outcomes for our children, such as good self-esteem and good ongoing open communication."

"If our children feel good about themselves, they will most likely have high aspirations, be more settled in school and associated activities and be able to handle stressful situations more effectively."

I would like to take this opportunity to thank last years P & F committee for all their hard work in supporting our school community. I would like to acknowledge in particular Jo Kim and Natalie Evans who have held their positions for the last three years and worked tirelessly during that time. I now welcome the new committee for 2017 President: Tracey Dwyer, Vice President: Donna Douglas, Fundraising: Belinda Mortimer, Treasurer: Madeline Standing, Secretary: Helen Shah, Caring Group Coordinator: Elizabeth Etheridge and Diocesan P & F Representative: Angela Leung.

Staff In-service Day
Please note that Friday 7th April (last day of Term 1) will be a PUPIL FREE DAY.

Duilio Rufo – Principal
Chess Challenge
Good luck to the following students who will represent St Therese’s at the Interschool Chess Challenge at Bishop Tyrell College on Friday: Jerome Binu, William Hadley, Ben Rowney, Liam Kemp, Archer Lambourne, Kieran Shah, Sullivan O'Sheades, Christian Prince, Austin Harrington, Myles Harrington, Cormac Cairns, Niah Shah, Liam Hughes, Paxton Rasser, Ryder Rasser, Gerald Yap, Liam MacDonald and Elliott Standing.

Newcastle Writers Festival
As part of our school focus on writing, we are taking a group of year 4 - 5 students with talent in the area of creative writing to the Newcastle Writer’s Festival on Thursday 30 March. Students have been selected following discussion between current and previous teachers on creative writing skills. Students in year 4 will join students from other schools at a creative writing workshop with author George Ivanoff to ‘Choose your own Stories’ while year 5 will work with Louise Park in her workshop on ‘Memorable, believable Characters: developing them and showing them to your readers.’ We look forward to the students sharing their learnings upon their return.

Sallyanne Stanbridge - Assistant Principal

<table>
<thead>
<tr>
<th>Working with Children Check for all volunteers: IMPORTANT INFORMATION!</th>
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<tr>
<td>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:</td>
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<tr>
<td>· Fill out an online application form at <a href="http://www.kidsguardian.nsw.gov.au/check">www.kidsguardian.nsw.gov.au/check</a></td>
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<td>· When you have completed the application form, you will receive an Application number (APP) by email.</td>
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<td>· 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.</td>
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<tr>
<td>· 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)</td>
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<tr>
<td>· Bring your Working With Children Check number to the school and fill in the Declaration Form. You 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.</td>
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<tr>
<td>Please see attached Volunteer Induction Handbook. If you are unable to print at home please contact Office for a copy.</td>
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RE News
LENT QUOTE FROM POPE FRANCIS
“…if we’re going to fast from anything this Lent, Pope Francis suggests that even more than candy or alcohol, we fast from indifference towards others.”

PROJECT COMPASSION
How are we going with our Project compassion boxes? We hope that families are considering the plight of others and putting some money aside in the box each day/week. This week’s story is from Martina in Timor-Leste.

Caritas Australia has been working to prevent domestic violence alongside our Partners in places like Timor-Leste. Escaping violence was the first step in Martina’s journey to a new life, both for her, as well as her eight children. Martina bravely approached the Uma PAS organisation, a domestic violence shelter that is a partner of Caritas Australia’s Protection Program, with her eight children in 2008, seeking refuge and help. The holistic approach of Uma PAS, enables women to achieve economic empowerment and lives of safety in a supportive community.

“Uma PAS really helped me [to learn] how to be strong; how to change my life to support myself, and to have some money to support my children. “Education is the most important thing to change my children's lives,” Martina said. When she joined the Caritas Australia supported Protection Program, she received vital training in microfinance, finance management and saving money, and now she has her independence and even her own small business.

St Patrick’s Day
This Friday we celebrate St Patrick’s Day and raise money for Caritas Project compassion. Students are asked to wear green, donate a gold coin and participate in some fun activities. Members of the Social Justice Team will have a few items for sale, including green bracelets for $2.00, tattoos and face painting, nail polish for $1.00. Students will be also asked to “FILL YOUR STAGE SHAMROCK” with coins! Thank you parents for your support of this worthwhile charity.

Long Jump and 200 metre Trials
Thank you to the parents who came along to assist us on Friday for our trials. All went well and we look forward to your further assistance at our Carnival next term. There will be information and a note home next week.

Stage 2 teachers
Vickie Pettet – Religious Coordinator
Positive Behaviour Support
We continue with our focus on “Encouraging Others” as a way to demonstrate RESPECT. Human nature can be very competitive and at times the desire to win or be the best can overshadow being a team player or seeing value in the ideas and/or talents of others. When we encourage others we look for ways to build the confidence and self-worth of others as we all need to remember our skills and talents are very different but equally important and valuable. Encouraging others can take many forms such as:

- a pat on the back
- a smile and saying "great effort" when others have tried their best
- cheering friends on in a social or competitive game
- listening to the ideas of others and pointing out creative or thought provoking ideas

We would like to congratulate the students that received the School Spirit Award in their grade or stage assembly last week for displaying RESPECT by encouraging others.

<table>
<thead>
<tr>
<th>School Spirit Award for demonstrating RESPECT by encouraging others</th>
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<tbody>
<tr>
<td>Samuel Mazun &amp; Amelia O’Hearn (KB)</td>
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<tr>
<td>Luke Majdandzic &amp; Emily Cameron (1C)</td>
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<td>James Mason &amp; Dylan Street (2A)</td>
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<td>Elena MacDonald &amp; Emelia Raymond (3K)</td>
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<td>Daniel Lynch (4C)</td>
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<td>Olivia Harrington &amp; Oliver Lonergan (5B)</td>
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<tr>
<td>Jack Duffield &amp; Yue Han Leong (6J)</td>
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Kaylene Maretich - Primary Coordinator

Kids Matter ~ Friendships

Starting a new school year can bring changes to friends and friendship circles. This can cause conflict and stress for your child, as they learn to adapt to a change in their social climate. Such anxiety can leave them feeling doubtful about their self worth and can also affect their ability to remember some of those basic skills they need to maintain healthy friendships.

Just as you would offer individualized instruction and run though extra practice problems with a child who lagged behind in math, commit to spending extra time offering extra practice with your child on friendship-building skills such as starting a conversation, engaging in back and forth dialogue, finding common interests and even picking healthy friendships.

Friendships need time, attention and trust if they are to survive. Ensure your child has the opportunity to spend time with their friends to maintain their connection. Talk to your child about their friends – what things they like to do with them and the things they appreciate or like about their friends. Talk about ways your child could show their friends how much they mean to them.

Talking with your child regularly about their friendships may also mean that they are more likely to talk to you about any problems that come up. Listen to your child and use open-ended questions. As part of your talks, you could let your child know about your own friendship history. This might help them see other options and help them feel understood. Through your behaviour and the time and effort you put into your own friendships, your child will learn how to be a friend and have friends.

Finally, talk to your child about forgiveness. Sometimes friends do things that upset us. This doesn’t mean the friendship has to end. Understanding that everyone makes mistakes is an important lesson to learn. Remember, conflict is a normal part of growing up. Conflict is not necessarily bullying, even though it may be upsetting and need resolution. Talk to your child about strategies they can use when conflict arises. Sometimes it’s a matter of perspective - encourage your child to use “Supa Thinkin”, not “Stinkin Thinkin” when they encounter difficulties in their friendships. But remember that if a “bump” turns into a “hazard”, then it is definitely time to involve an adult.

Julia Briggs Primary Coordinator
**Touch Football**

Congratulations to the following children who will attend the Regional Touch Football trials on the 24th March.
Boys: Jack Duffield, Lawson Dooley, Darby Hepple, Aiden Booth, Zac Etheridge and Xavier Bertoncello.
Girls: Annabel Thomas, Bridie Allen, Halle Eick, Lacey Sharpe and Eva Hill.

**Good 4 Kids**

Children have started the data collection yesterday for NSW Health and were very excited to wear the accelerators at school. These small watch like devices will be worn all week at school to gather important data regarding student physical activity within school hours. Thank you to the families who consented for their child to be a part of this program.

*Deb Petersen - Primary Coordinator*

**Harmony Day March 21st**

This year we will celebrate Harmony Day on Tuesday, March 21.

The Harmony theme of "Everyone Belongs" is more important for our children than ever before. We are blessed to live in a country that enjoys such rich, yet diverse traditions due to our multicultural heritage. It is a day to celebrate our differences; while also acknowledging that we all seek the same for ourselves and our loved ones. In celebrating this day, children are invited to wear something orange. Please do not feel you must purchase something special - orange socks or an orange hair tie is enough.
During the day the students will be discussing the relevance of Harmony Day for us personally; as well as being involved in a Harmony Assembly at 2:30 pm that afternoon.
We hope you can join us for the assembly.
Yours in Harmony,

*Maree Adams - EAL/D Teacher*

**P & F News**

At the P&F meeting last Tuesday night the association had the pleasure of awarding two of our former members Deanne March and Robert Redpath with Lifetime Membership. Deanne began at the school in 2002 with her son Daniel and then later her daughter Olivia. Robert has had three children attend the school, his daughter Elizabeth started in 2004 followed by Natasha and then Daniel. These two parents were chosen as Lifetime members as a result of the outstanding contributions they have made over their time in P&F. The school and P&F are very thankful for all the time, work and effort they have both contributed to the school. The P&F relies on parents like Deanne and Robert and the school was very lucky that they chose St Therese’s for their children.

We welcome our new Executive for 2017- President: Tracey Dwyer, Vice President: Donna Douglas, Fundraising: Belinda Mortimer, Treasurer: Madeline Standing, Secretary: Helen Shah, Caring Group Coordinator: Elizabeth Etheridge and P & F Representative: Angela Leung.

**BOOK CLUB:** Issue 2 brochures from Scholastic Australia are now available.
There are now 2 ways to order from Scholastic Book Club.
If you wish to make a purchase, simply fill out the order form – place it in an envelope with the CORRECT money, or cheque made out to Scholastic Australia. Please write your child’s name and class on the front of the envelope as well as the order form

**OR** you may order through ‘LOOP’ which is on-line order and payment, with your purchases delivered to the school. Please see ‘flyer’ further on in the newsletter for details.

**Closing date for orders is next week Wednesday 22nd March.**

Please note: Late orders for ‘LOOP’ may incur a delivery fee if order is posted to your home.
Library pick-up is always available for discreet orders such as Christmas, birthdays, rewards etc. Clearly mark the order ‘Library
pick-up’ and add a contact number. ‘LOOP’ also has an option to tick a box for ‘gift orders’.

REMEMBER: All orders earn valuable resources for our school.

Canteen News
Sushi is available at the canteen every Tuesday. Orders need to be placed via Flexischools.
Fridays are online orders only at the canteen. Any paper bag orders will be offered a Vegemite sandwich.
A big thank you to everyone that volunteers. We are very fortunate to have so some many mums, dads and grandparents that are willing to help out. If you would like to help out but not on a regular basis, feel free to touch base with me (Belinda) on 0447 509 968.

Dinner’s Ready
Freshly prepared meals for you to take home when you pick up the kids. Meatballs, slow cooked lasagne, butter chicken to name just a few meals. See www.fourpeppermints.com.au for our menu. Pick up from the YMCA or the canteen. Order via Flexischools or at the canteen. Orders close 1pm the day prior to pickup.

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<tr>
<th></th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<th>Tuesday</th>
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<tr>
<td>15/3/17</td>
<td>Jess Woolven</td>
<td>Belinda Mortimore</td>
<td>Kristy Lawrence</td>
<td>Kim Leong</td>
<td>Michelle Randall</td>
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<td></td>
<td>Nathan Packham</td>
<td>Laura Bennett</td>
<td>Jo Buckingham</td>
<td>Narelle Aston</td>
<td>Lauren Ross</td>
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<td></td>
<td>Melissa Benedetti</td>
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<td>Carol Aslett</td>
<td>Julie Gardner</td>
<td>Blair Brownlee</td>
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<td></td>
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<td>Katrina Tonniges</td>
<td>Nicole Mowbray</td>
<td>Amanda Fenwick</td>
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Playgroup – 17th March
Come along and join us at playgroup in the school hall this Friday 17th March from 9.15am - 11am.
Cost is $3 per family with morning tea provided for parents. Please bring a drink and snack for your children.
Please contact Kate if you have any questions about playgroup on 0414952491.
Look forward to seeing you there.

OOSH
Dear Parents/Carers

Children at the Y had the chance to tap into their crafty side this week during our “Craft Bonanza”. Eylah W and Sam M had a wonderful time creating pictures out of wooden shapes, corkboards and tacks; Ocea B, Marcus C, Dakoda L, Lexi M, Sienna M and Sandy S made good use of old boxes to make fabulous, brightly coloured structures whilst other children including Milla E and Eva C chose more natural media including leaves, sticks, rocks and bark to create some wonder artworks for display. Jack M, Lachlan R, Cooper C, Calum S, Jasper A and Tom P got their hands dirty making their own clay in the rock pit then forming Easter Eggs to be sold at their shop.

Those children who are a little more interested in getting active, continued to enjoy ping pong challenges, pogo stick competitions, obstacle challenges, soccer, our new trapeze and much more. This week we will have children planning and participating in a range of sporting challenges during our “Sports Week”.

Vacation Care – Our program is now available to view on our website and you will soon be able to book your days online. At present the new system is still being tested, so the link for parents is not working properly at present. This should be rectified by Wednesday or Thursday this week, so I ask that families wait until then to attempt to set up accounts and book days. Families will be sent a link with a temporary password once the new system is fully operational. I thank you for your patience with this.

Have a wonderful week.

Kind regards,
Kylie Nadalin - Coordinator
YMCA NSW – Newcastle Region I St Therese’s Primary School,
New Lambton NSW 2305
m 0402165617
e oosh.newlambton@ymcansw.org.au w ymcansw.org.au
Follow us! facebook twitter youtube instagram
Fundraising News
On Friday 31st March, after drop off, Kindy parents who can volunteer on this morning are needed for wrapping the Easter raffle prizes in the Father Walsh room. This is an opportunity to meet other Kindy parents. If you can help out please email or txt Belinda Mortimore (0400 931 650/belinda.mortimer3@gmail.com).

Year 6 Fundraising Event
On Wednesday 5th April there will be a Pizza Combo day to raise funds for the Year 6 Farewell. This combo will be able to be ordered on Flexischools from next week.

Congratulations to BJ Graham - 5B who has been selected for the cast of “Suessical a Broadway Junior Collection”. This musical includes many of Dr Seuss’s favourite characters including Horton the Elephant and The Cat in the Hat who spring to life onstage in a musical extravaganza for the whole family.

BJ is playing Vlad Vladikoff (the vulture from “Horton hears a who”, who is determined to steal the speck from Horton) as well as being part of the encore that includes the Jungle People.

Please come along and watch BJ and the rest of the cast. You will find the particulars in the flyer in this bulletin.
Special Needs Information Days

The Special Needs Working Party in conjunction with the CSO Teaching and Learning Unit is pleased to again be presenting an opportunity for parents and carers who have children enrolled in our schools with additional needs an opportunity to hear about the support available to them and their child in our Catholic schools.

St Joseph’s Primary School, Taree - Tuesday 21st March - 11.00am-1.00pm

St James Primary School, Kotara South - Tuesday 28th March - 11.00am-1.00pm

Please RSVP to ...
Cath Garrett-Jones
P: 4979 1303
E:cath.garrett-jones@mn.catholic.edu.au
FREE & fun program for fitter, healthier, happier kids!

Are you worried about your child’s weight?
Go to www.go4fun.com.au to see if your child could do Go4Fun.

Go4Fun is a FREE healthy lifestyle program for kids over a healthy weight to improve health, fitness, self-esteem and confidence. During Term 2 we will be running a program at Valentine Hydrotherapy Pool and Maryland Neighbourhood Centre.

What is the Go4Fun program?
Go4Fun is a FREE 10 week program which runs over one school term after school hours. During the program children and their families get involved in fun games and activities to get more physically active and they learn about delicious nutritious foods they can eat every day.

Children need to be 7-13 years old and a parent or carer also needs to attend. Younger and/or older siblings are encouraged to attend.

To find out more contact 1800 780 900 or visit www.go4fun.com.au

Cooking with Kids

What are the benefits?
What and where: cooking shows children how different foods go into making a recipe and how mixing them together and cooking change the way they look and feel. It can also be a good opportunity to teach them about different cuisines and cultures.
Encourage an adventurous plate: children are commonly fussy eaters, so bringing them into the kitchen to help can open them up to trying new flavours and textures. Encourage them to try new ingredients, talk about what they like and how healthy food is important for their growth.
Explore the senses: kids learn through their senses, therefore the kitchen is perfect. Invite them to listen to the sounds of the mixer and foods popping in the pan, watching baking rise and smelling it cooking in the oven. If it smells good, looks good and they have seen how it is made they are more likely to try it.
Boost confidence: children love to show what they can do and letting them help in the kitchen gives them an opportunity to show you what they can do. If they help mix the batter for a cake or vegetables for a salad let them know that their help was very important and even name the meal after them ‘Sophie’s Salad’. Even if it doesn’t turn out as expected, praise their efforts.
Build basic skills: cooking can help build basic maths skills such as counting the eggs or pouring water into a measuring jug. When you follow a recipe together, you are introducing new words into their vocabulary (e.g. whisk, peel, grate), promoting literacy, as well as listening skills.

Tips to make it a Pleasant experience
1. Take your time: expect everything to take a bit longer than usual
2. Expect a lot of mess: try putting a plastic matt on the floor or a tray underneath where they are working
3. Plan ahead: choose a recipe that they will enjoy and has activities to fit their age level.
4. Get them ready: put them in clothes that are allowed to get dirty, tie back long hair and if you have a child’s apron see if they want to wear it.
5. Highlight the importance of hygiene: make sure they wash their hands before starting and in between touching raw and ready-to-eat foods.
6. Go through the recipe beforehand: with older children, they may want to read out the steps of the recipe before starting, get out what is needed and talk through where to start. With younger children, explain what you are doing and guide them with pictures to help them understand.
7. Treat it like a learning opportunity: talk them through the ingredients, techniques and utensils you’re using
8. Engage their senses: this will enhance their enjoyment, more adventurous eating and is a good opportunity to teach them which foods are safe to eat (raw vs cooked)
9. Most of all MAKE IT FUN!

If there are any specific nutrition topics you want to know more about, please either contact me on 0447438736 or at pendulumdietetics@gmail.com or mention your suggestions to your principal. Check out www.pendulumdietetics.com for more information!

Healthy Regards
Hannah Sweetnam (Dietitian Pendulum Dietetics)