### Our Vision:
*To Bring Christ and His message, in all its richness, into the hearts and lives of all*

**Term 1**

<table>
<thead>
<tr>
<th><strong>21st March</strong></th>
<th><strong>22nd March</strong></th>
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<tbody>
<tr>
<td>2.30pm Harmony Day Assembly</td>
<td>Book Club Orders Due</td>
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</tbody>
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<tr>
<th><strong>24th March</strong></th>
<th><strong>25th April</strong></th>
<th><strong>28th April</strong></th>
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<tbody>
<tr>
<td>Class Mass K, Yr2, Yr4, Yr6</td>
<td>ANZAC SERVICE 2.30</td>
<td>Easter Liturgy 9.30</td>
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<tr>
<td>Cross Country Regent Park</td>
<td>ANZAC DAY Public Holiday</td>
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**DATES TO REMEMBER**

Dear Parents, Staff and Students

**ALERT from St Pius** – We have been informed that earlier today two men approached a young female student asking to get into their car. Can I remind parents to please talk to your children about the importance of not accepting lifts from strangers and to report any such incidences to either you or the school.

Today was Harmony Day at St Therese’s and I would like to thank Maree Adams for her organisation of our guest speakers and different activities throughout the day.

**Enrolments**

The enrolment period has begun and I ask any parent who has a child or knows of a child who would like to enrol at St Therese’s to contact the school ASAP and ask for an enrolment pack. We would appreciate all enrolment forms to be returned soon rather than later to allow the admin staff to process these.

**Parking/Road Safety**

I once again ask parents to ensure you obey the traffic rules as well as parking signage. The parking infringement officers have visited the school and have left a number of parents with a costly reminder of parking correctly. Can parents also ensure that you slow down and be vigilant especially around the crossing areas as young children tend to just run out onto the road.

**Staff In-service Day**

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

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**Inter School Chess Challenge**

St Therese’s team attended last Friday at Bishop Tyrell and achieved 2nd place on the day. Liam Hughes from Year 5 was placed 3rd overall. We will now participate in the finals in Term 3. Congratulations to all of our 18 participants. Please look for the Chess Tournament flyer set out further in the newsletter.

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**Duilio Rufo – Principal**
On Monday 22nd May St Therese’s will again host the Interrelate Family Evening Program. Students in Years 4-6 are invited to attend the evening with their parents.

Session 1: 6pm ‘Where do I come from?’

Session 2: 7:15pm: ‘Preparing for Puberty’

Whilst session 2 is aimed at Year 5-6, Year 4 students can stay for this session- parents’ discretion.

Interrelate is a not-for-profit organisation and receives no government funding for our school education work. Admission charge of $30 per family for one session and $35 per family to attend both sessions.

Thank you to our P and F who have kindly agreed to fund a trial program for our year 6 students this year, called ‘Moving into the Teen Years.’ “Moving into the Teen Years” is a program designed to enhance self-esteem, consolidate previous sexuality and relationship education and help develop communication and decision making skills. Exploring a range of adolescent issues, this comprehensive program is designed for this important time in the lives of senior primary school students.

This program will be run by an Interrelate consultant at school during school hours over 4 sessions. Parents are not required to attend. Further information will be given to Year 6 parents once a date is confirmed.

Sallyanne Stanbridge - Assistant Principal

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**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.

Please see attached Volunteer Induction Handbook. If you are unable to print at home please contact Office for a copy.

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**RE News**

To experience the real value of lent, we have to learn how to pray amidst the difficult circumstances.

"In the face of so many wounds that hurt us and could lead to a hardness of heart, we are called to dive into the sea of prayer, which is the sea of the boundless love of God, in order to experience his tenderness."

Pope Francis

**GREEN DAY**

Thank you to all families who supported our Caritas Green day on Friday. Special thanks to students of the Social Justice team who painted nails and faces and stuck tattoos on hands, arms and faces! In spite of the rainy weather, a successful day! The children enjoyed watching the shamrock fill with their “left over” coins and notes. Thank you for your generosity parents. A total of $935.00 was raised. Project compassion boxes can be sent in any time up to Easter or straight after the holidays.

**SCHOOL/PURE FLAME PARISH MASS**

Thank you to the families who supported the 5:45 Mass on Sunday. Again a large number of students offered to assist in the liturgy in many ways. Thank you again as we work together to build our links between the school and the wider parish community.

**Athletics Carnival**

The Athletics carnival will be held on Friday May 5th at the new Newcastle Athletics Field. Please look for the note which will come home this week.

_Vickie Pettet – Religious Coordinator_
Positive Behaviour Support
For the next two weeks we will be focussing on displaying RESPECT by "being forgiving". This is possibly the most difficult behaviour to master as it means we need to let go of any negative emotions towards others when we have conflicts. In the Highway Heroes Program we talk about the "emotional loop" that keeps us going over negativity and hurt and the only way to get out of the loop is to develop resilience to "bounce back". Forgiveness is essential to developing resilience and it takes great strength to truly forgive someone and move on. We should also remember that all of us, at times, can cause hurt to others purposely or unconsciously and then expect forgiveness. So in the same way we need to be ready to forgive others when they apologise.

Congratulations to the students that received the School Spirit Award in their grade or stage assemblies 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>Vivienne Botha (KB)</td>
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<tr>
<td>Ayanna Fenech &amp; Isla-Grace Burke (1C)</td>
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<tr>
<td>Lucas Abrahams &amp; James Delaney (2A)</td>
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<tr>
<td>Archie Brideson &amp; Bella Murdoch (3K)</td>
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<tr>
<td>Bonnie Andrews &amp; Jack Crotty (4C)</td>
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<td>Ayden Carpenter &amp; Scarlett Miller (5B)</td>
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<td>Sophie Aslett &amp; Lucan Evans (6J)</td>
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Mathletics registrations have now closed and all students should have received their Mathletics logon by now. The Mathletics website was have some issues around logging on which I have been assured are now fixed. If your child has not received their logon details or they are having difficulty accessing the website please contact the school. Maths Olympiad is ONLY for students in Years 5-6 and registrations have now closed. Students in these grades that have chosen to register, will be given an information note about the Olympiad by the end of the term. The first Olympiad is in May, and will be done in class time.

Kaylene Maretich - Primary Coordinator

Highway Heroes – Calming Down
Calming down is a fundamental TOOL of emotional self-regulation and management. It is defined as a TOOL that everyone can – and needs - to learn, to help them deal with BUMPS and HAZARDS. The TOOL of calming down comprises of a set of steps to manage emotional arousal in a healthy way. Patterns of breathing and Supa Thinkin empowers children to be 'the boss' of their emotions. Calm Down Bubble Breathing is a TOOL your children have been learning. This TOOL helps your child to slow down his/her breathing when s/he is feeling stressed or anxious. When we are anxious, we may find we take short, quick, shallow breaths leading to over-breathing, also known as hyperventilating. Over-breathing can increase physical symptoms associated with a panic attack, which in turn can lead to elevated anxiety and fear. Calm Down Bubble Breathing, on the other hand, can decrease physical symptoms, and reduce anxious feelings and worry thoughts. As the pace of breathing slows, this allows your child to feel better able to cope with what is happening. Since we always carry our lungs with us, calm breathing is a quick and easy TOOL your child can use anytime, anywhere. Research has shown that practicing controlled breathing at least once a day enhances the neural pathway that evokes this calming response, therefore making it a more automatic and effective self-regulation technique. Remind kids to use the TOOL of Calm Down Bubble Breathing to help them manage their feelings.

Earth Hour
This week the world will participate in Earth Hour. Earth hour is held on the 23rd March at exactly 8:30pm. At this time people are asked to turn off all their lights for one hour. They do this to raise awareness about the effect of using too much of our precious fossil fuels; you could also save some money! In fact, if everyone does this, we could save quite a lot of electricity. We encourage everyone to participate. Earth hour can be a lot of fun if you play games around a torch or candle, without using electronic devices, you can spend some quality time with your family.

Niamh McCormack & Sophie Dein – The Environmental Team

Julia Briggs Primary Coordinator
Swimming
Polding swimming is on at Homebush this Wednesday 22nd March. We wish all our swimmers the best of luck! Congratulations for representing our school, region and diocese at such a high level.

Deb Petersen - Primary Coordinator

Harmony Day March 21st
Today we celebrated Harmony Day at St Therese’s. We welcomed Julie Fall from Melbourne’s Asylum Seeker Resource Centre who spoke to the children about welcoming people from other countries. The ASRC is the only organisation in Australia that provides educational incursions around asylum seeker and refugee issues. We are very grateful for her joining us today and getting the conversation started with our students. We also raised around $600.00 that will be donated to the ASRC in supporting their initiatives in aiding vulnerable new arrivals to our country. The children appreciated Julie’s time and will hopefully use the knowledge and their voices to speak out against discrimination within our community.

Maree Adams - EAL/D Teacher

P & F News
The ‘How to P & F’ event is happening this Wednesday at the Victor Peters Suite from 6.30 – 8.00pm.

Kind regards,
Cath

Catherine Garrett-Jones
Professional Officer (Parent Liaison & Resources), Catholic Schools Office
P 4979 1303 F 4979 1208 M 0409 791 303
Email cath.garrett-jones@mn.catholic.edu.au Visit us online http://www.mn.catholic.edu.au

BOOK CLUB: Issue 2 brochures from Scholastic Australia are now available.
Closing date for orders from Scholastic Australia – Issue 2 is tomorrow, Wednesday 22nd March. 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.
OR you may order through ‘LOOP’ which is on-line order and payment, with your purchases delivered to the school.
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
For a limited time the chocolate milk at the canteen is Milo Milk. Grab one soon because once they're gone, they're gone.
Pizza Combo Day - Wednesday 5 April will be a pizza day. It's a Year 6 fundraiser so make sure you order on Flexischools. Details are in the newsletter.

Four Peppermints - Run out of time, inspiration or inclination? Maybe Dinner's Ready can help - pick up dinner when you pick up the kids. Check out what's on the menu at www.fourpeppermints.com.au.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Renee Walker</td>
<td>Kristy Goodbun</td>
<td>Jenny MacDonald</td>
<td>Mad Standing</td>
<td>Connie Martinelli</td>
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<tr>
<td>Louisa Boyle</td>
<td>Nadine Ptolemy</td>
<td>Kate Catzeddu</td>
<td>Natalie Prince</td>
<td>Sally O'Dell</td>
</tr>
<tr>
<td>Liz Etheridge</td>
<td>Natalie Rayner</td>
<td>Vanessa McCormack</td>
<td>Rachael Hill</td>
<td>Amanda Walton</td>
</tr>
<tr>
<td>Regina Steep</td>
<td>Mad Standing</td>
<td>Natalie Prince</td>
<td>Jo Kim</td>
<td>Magda Ramsay</td>
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Playgroup – 24th March
Come along and join us at playgroup in the school hall this Friday 24th 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
Last week was another fabulous week for children at the YMCA. Sports Week created ample opportunity for children to get active. Due to wet weather a lot of our more physical activities were conducted at the hall and the cola. Children thoroughly enjoyed games of basketball, handball, dodgeball, soccer and Red Rover.

Indoors, children continued with Lego and Klikko construction … it amazes me how much patience some of our kids have when creating their amazing structures. Cooper, Spencer and Xavier created some fabulous robots. Isaac, Cohen and Josh made a wonderful, very large, aircraft carrier whilst Jayden, Ashton and Lexi worked with Michelle to create a fantastic carnival ride. Other children indulged in loads of craft, Beyblade battles, board games and imaginative play.

Children’s thoughts on the Y:
"I love that we have lots of new toys to play with. I especially love playing with the new cars and car mat." Ashton H
"I liked shooting hoops with Kylie and beating her." Josh S
"I enjoy playing on the trapeze and playing dolls with Amber." Dylan S
"I love the staff. The place is wonderful. I like my friends Isaac, Lara and more. I like that I can make new friends from different schools." Amber.

VACATION CARE – Existing families should now have received their username and passwords for the "My Family Lounge" app. This now makes booking for vacation care so much simpler. I encourage families to register now and place bookings to secure places. New families can now enroll and book online using the My Family Lounge program. Simply visit our website to register and enroll today.

Have a fabulous week!

Kind regards,
Kylie Nadalin - Coordinator
YMCA NSW – Newcastle Region
1 St Thereses Primary School,
New Lambton NSW 2305
m 0402165617
e oshc.newlambton@ymcansw.org.au w ymcansw.org.au
Follow us!  facebook  twitter  youtube  instagram
For sale:
Wilson Pro Staff 26 Tennis Racquet including case, Roger Federer edition $85.00 – Brand new, never been used. Call Trish Hibbert: 0424 048 335

Fundraising Pocket Rocket!
In January this year, Nina Diaz (from KB) gave her hair the big chop!! But this was not just any haircut. She cut off 35 cm of her hair and in the process raised $1200 for Allergy and Anaphylaxis Australia to increase allergy awareness. Not only did she raise this huge amount of money, in an extra special effort, she also donated her hair to the Wigs for Kids program through Alopecia Areata Foundation Australia.

For her efforts she recently received a gift pack with a “Being a MATE” certificate and some books aimed at increasing allergy awareness for children. Her family are super proud of her, as are we. Well done Nina!

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.

YOUR SPECIAL INVITATION
St Therese’s, in conjunction with local aged care provider Novacare, cordially invite you to this grand finale performance, our ‘Sing Out Loud Together’ Concert

Come along and see Mrs Sturt’s Year 6 class, together with their beautiful elder buddies give an inspirational performance that has been eight weeks in the making!

When: Monday 3rd April, 10:30am – 11:15am
Where: St Therese’s New Lambton, in the Main Hall.
Why: Quite simply, it’s an unforgettable experience seeing some of the youngest and eldest in our community coming together to connect through fun, stories, friendship and song.
COMBO DAY
WEDNESDAY 5 APRIL
$5
FRESH BAKED INDIVIDUAL PIZZA
(Hawaiian or Meatlover)
Freddo Frog
& JUICE or WATER

Gluten Free Also Available
Orders via Flexischools Only
Order Close Monday 3 APRIL 9pm
SYDNEY ACADEMY OF CHESS
PRESENTS
NEWCASTLE SATURDAY FUN TOURNAMENTS 2017
CHESS IN THE CASTLE

THESE REGULAR TOURNAMENTS GIVE PLAYERS A CHANCE TO PLAY COMPETITIVELY AND IMPROVE THEIR RATING

DATES:  22 APRIL, 22 JULY, 21 OCTOBER

VENUE:  ULINGA PARK COMMUNITY HALL
        1A LODWICH LAND, CARDIFF SOUTH

COST:  $25.00 per TOURNAMENT
        ($35.00 if paid after 5.00pm Friday before Tournament)

TIME:  1.00PM  REGISTRATION
        1.10PM  ROUND 1 BEGINS
        3.50PM  PRIZE-GIVING

        THERE ARE SHORT BREAKS BETWEEN ROUNDS

FORMAT:  EACH TOURNAMENT IS A ‘SWISS’ COMPETITION (APPROX. 6 – 7 ROUNDS).  THIS MEANS THAT ALL PLAYERS PLAY ALL GAMES AND NO-ONE IS “KNOCKED OUT” OF THE TOURNAMENT.  THE TOURNAMENT IS RESTRICTED TO PLAYERS UNDER 18 YEARS OF AGE.

        THE TIME LIMIT IS 15 MINUTES PER PLAYER PER GAME.

        THIS TIME WILL BE NSWJCL RATED.

TO ENROL PLEASE PAY ONLINE WITH YOUR CREDIT CARD OR DEBIT CARD AT www.sydneyacademyofchess.com.au/payment

Enter the code U763YAA NZB and fill in the electronic form, with your child’s details.

TROPHIES WILL BE GIVEN FOR:  1ST PLACE, 2ND PLACE 7 3RD PLACE

OTHER PRIZES FOR AGE & RATING  ALL PARTICIPANTS RECEIVE A CERTIFICATE OF PARTICIPATION

Players are eligible for only one prize.