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

Principal’s Message

Dear Parents, Staff and Students

Last week our students held two beautiful liturgies. Our Year 5 students celebrated ANZAC Day and our Year 6 students celebrated the Resurrection Story. I spoke to the children about the importance of Easter and in particular the Resurrection of Jesus Christ. It is important that in this Easter time in the Church’s year that we keep Christ’s resurrection central to our thinking.

As Christmas is celebrating Jesus’ birth, Easter is celebrating Jesus’ victory over death and humankind’s hope for eternal life.

The highlights behind the Easter story include Jesus’ execution, His burial and, most importantly, His rising from death.

The account of Jesus’ rising from death was recorded in the most authoritative historical records, the Gospel books: Three days after His death, a few women first found His tomb empty. Then Jesus appeared in front of these women and His disciples, talking and eating with them. Out of doubts still, one disciple did not believe Jesus was alive again until he actually touched Jesus’ fatal wounds. In the following forty days, hundreds of people witnessed the Jesus who had returned from death until He ascended to Heaven.

Before His death, Jesus had promised eternal life to those who followed Him. If the story ended at His death, Jesus would have been no more than a religious figure with a finite life span. However, the fact the Jesus rose from death demonstrated He has the power over death, and only through Him can people have hope for eternal life. Jesus said, “For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life” (John 3:16) (extract from Jesuscentral.com)
Assistant Principal’s Message

Aspire
This year’s Diocesan Aspire production is called ‘The Hoarders Next Door’ and features several St Therese’s students- Bella Crouch (dance), Chiara Martinelli (dance), Sophie Aslett (dance), Laila Fitzgibbon (singing), Emelia Gardner (singing), Isaac Hill (drama), and Kate Morrissey (drama).

All of year 5 and 6 will attend the show at the Civic Theatre on Wednesday 2nd August at a cost of approximately $17.00.

Aspinall Family Program
See further details later in the bulletin. This night will be held from 6pm on Monday 22nd May and is open to year 4-6 students and their families. Please note that while this program has normally been held every 2 years, we will run these same sessions again next year.

Next week Students in year 3 and 5 will complete NAPLAN. The timetable is:

**Tuesday 9 May 2017:** Language Conventions and Writing
**Wednesday 10 May:** Reading
**Thursday 11 May:** Numeracy

**Sallyanne Stanbridge** - Assistant Principal/Literacy Coordinator

**RE NEWS**

**FAMILY/PARISH MASS**
Many thanks to the families who came along to Mass on Sunday evening, particularly those who took on the various ministries. We enjoy the music provided by “Pure flame” youth group and thank Father Valerian for his pastoral care.

**MAY – THE MONTH OF THE ROSARY**
This week each family will receive a brochure regarding May – the month of the Holy Rosary- a decade a day for the month of May. Every child in every class will receive a pair of rosary beads to use at school. Teachers will be praying the Rosary- a decade each day during May. This year is the 100th Anniversary of the apparition of Mary to the children at Fatima, so it is appropriate that we pray for world peace as Mary asked the children at Fatima to pray for world peace.

Words from **POPE FRANCIS**

**MOTHERS’ DAY**
After the success and positive feedback from last year’s mothers’ breakfast, we have decided to hold this year’s celebration again as "Breakfast with Mum". Primary school (5-13 year olds St Therese’s children) are invited to bring Mum in for breakfast on Friday 12th May from 6:45- 8:45. There will be delicious goodies for mums to enjoy, while children are invited to have toast with spreads. More information on your Invitation, coming home on Tuesday.

**Vickie Pettett** - Religious Education Coordinator

**School Community Notices**

**Athletics Carnival**
Our carnival is set down for this Friday at Newcastle Athletic’s Venue entry via Smith Street (near No.2 Sports Ground and Life Without Barriers). The track is an “all weather track” so the carnival will go ahead unless we have storms. In the event of a “very rainy day” we may leave our 5 -7 year olds at school. If the forecast is for showers students should bring wet weather clothing, a towel, jacket etc.

P & F
Meeting will be held in staff room at 7.00pm tonight. Everyone welcome.

**Mothers Day Stall** will be held on Thursday 11th May from 9.30am in the Main Hall. We need parents to help out on the day between 9.30 – 12.00. If you can spare 30 minutes or more it would be greatly appreciated, please contact Belinda Mortimer (0400 931 650 or Belinda.mortimer3@gamail.com).
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 ring the school ASAP and ask for an enrolment pack. We would appreciate all enrolments forms to be submitted by the end of May.

School Fees
Term 2 fees statements will be sent home this week. Your prompt attention to these is appreciated. If for some reason you are experiencing difficulty with payment you are asked to contact the school and make a time to speak to Mr Rufo about the matter.

Uniforms
Please note: In relation to winter uniforms in Term 2 parents are asked to use their discretion depending on the weather. Full winter uniform from 1st June.

Staff In-service Day
Monday May 15th will be a PUPIL FREE DAY.

Book Club Issue 3 catalogues from Scholastic are available now and are bursting with over 350 items!
• 173 new releases
• 206 titles $10 and under
• Over 70 titles $5 and under
• Feature more than 50 Australian authors.

May is National Family Reading Month and is the year’s biggest celebration of reading. This May, the focus is on families reading aloud together.

There are now two ways to order from Scholastic Book Club.
If you wish to make a purchase through the school, 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.
ALTERNATIVELY, you may order through ‘LOOP’ which is on-line order and payment, with your purchases delivered to the school.

Closing date for orders is next week Wednesday 3rd May.
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.

Athletics Carnival – Year 6 Fundraiser
• Orders for the Athletics Carnival Sausage combo to be ordered by 9pm Wednesday 3 May 2017 -Please order through Flexischools. We will have a few extra sausages and rolls on the day for hungry parents.
• Any cake and other goodie donations for the Cake and Goodies Stall can be brought to the carnival or left at the school canteen by 8:45am. Thank you so much.

Canteen News
Freshly baked choc chip cookies are now available from the canteen each day. Only 60c each.
The canteen will be closed this Friday due to the athletics carnival. Volunteers are off the hook!!

Four Peppermints - Dinner's Ready has 7 meals available every day - slow cooked lasagne, butter chicken and cottage pie to name just a few. Order for tonight's dinner or place one in the freezer for another night. We've also got dessert covered with a 4 pack of chocolate muffins. Yum.

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<td>Athletics Carnival</td>
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Playgroup
There will be NO playgroup on Friday 5th May; – due to Athletics Carnival. Playgroup will be back in the school hall in term 2, week 3, 12th May. Please contact Kate if you have any questions about playgroup on 0414952491.
Curriculum Updates

LITERACY
We thank our P & F for their valuable donation for the purchase of a new home reading scheme for Kindergarten. This has now arrived and is being accessioned in our Library.

WELLBEING
Kids Matter – Gut Health
Our children are growing up in a world where supermarket shelves are bursting with processed food that is full of sugar, trans fats and ingredients that we can’t even pronounce! These foods are presented to us and our kids as ‘healthy’, with various selling points such as gluten free, sugar free, fat free… but what most of these foods are also free from is nutrient density that we can only really obtain from what we like to call ‘whole foods’. Processed food and our current lifestyle are disrupting the function of the gut and repairing the gut health of our kids may be the key to improving their overall well being!

Why is a Healthy Gut Important?
Our gastrointestinal system is the CENTRE OF EVERYTHING. It is where we digest and absorb the nutrients we ingest. If this is functioning at its best, we effectively utilise all the nutrients we put into our body. This can improve brain function and energy levels.

- IMMUNITY– 70 per cent of our immune system surrounds our gastrointestinal tract. The healthy flora (or bacteria) in our digestive tract act as a first line of defence against pathogens that we may ingest and act as a barrier between our internal environment and external environment. Healthy microflora can also reduce the incidence of allergies with their immune-regulating action. Thus a healthy balance of ‘good’ bacteria is integral to the immune system.

- Healthy gut flora will ensure healthy regulation of GALT (gut-associated lymphoid tissue). The GALT system helps to regulate the immune system and without healthy gut flora, it will not operate at full capacity.

- A healthy gut will produce necessary ENZYMES to assist with the breakdown of our food and nutrients such as B vitamins.

- Gut microflora also play an important role in BEHAVIOURAL DISORDERS such as in children with Autistic Spectrum Disorders. Children with these behavioural disorders tend to have some form of gastrointestinal upset and it is thought that these symptoms may be caused by the disruption of healthy microflora in the gastrointestinal tract. This disruption can interfere with the central nervous system (CNS) and thus play a role in influencing behaviour.

- An imbalance in our microflora can cause INFLAMMATION and go on to have an influence on our nervous system, interrupting the production of important brain chemicals (neurotransmitters.) These brain chemicals play an important role in our children’s behaviours, moods, sleep patterns and energy.

What Can We Do To Improve The Gut Health Of Our Children?

- EAT WHOLEFOODS – enjoy a wide variety of foods including meat, vegetables, fruit, nuts, seeds, good fats and whole grains. A colourful diet is a nutritious diet.

- FIBRE – fibre will nourish our gastrointestinal tract and feed the healthy microflora. Fibre is also useful in reducing constipation. Try new recipes that incorporate whole foods to keep meal times interesting for your kids

- ELIMINATE UNNECESSARY SUGAR AND ‘LIQUID’– one small juice box can contain up to seven teaspoons of sugar. Try smoothies instead. They are an easy way to obtain stacks of nutrition.

- SNACKS – try making healthy snacks that contain no refined sugar.

BE AWARE OF THE MESSAGES ON PACKAGING – companies use words such as vitamins, antioxidants and fibre to draw us in (they are extremely clever), but just be aware that if it’s in a packet, there is almost always a catch!

Julia Briggs - Primary Coordinator
SPORT
ATHLETICS CARNIVAL
Thank you those who already returned notes and paid for the Carnival. To make it clear: the $6:00 fee is for the use of the Venue as well as the bus, so we expect all students to contribute please, even if your child is being dropped at the venue for the 800metre race earlier in the day. If you have a problem, please contact us. We have had a tour of the venue and it is looking excellent. Students aged 5-7 years will have all their activities on the grass and track area closest to Newcastle High school. There is a 50 metre track and an 80 metre track for them to run on. The teachers will need the assistance of parents for their activities and there will be plenty of room for parents to watch the “little people”. Students aged 8-13 year will be seated in the Grandstand and will be supervised by stage 3 teachers. There is concrete space under the grandstand for parents. Please bring along your fold up chair if you want to sit. There is grass on the hill, but some is quite new, so you might need a rug. All students must remain in the Grandstand, but will be free to join parents for lunch. Students may be signed out when they have completed their events, but must at that time leave the venue. Students who are in the 5-7 year age group will return to school by bus after lunch with the teachers.
Thank you to those who already offered to help us on the day….we still need helpers, particularly for Long jump and 100metre/200metre races.

Stage 2 Teachers

Winter Trials
Last week the Winter Trials for Hockey, Rugby League, Soccer and Netball were held. Congratulations to Jack Duffield and Lawson Dooley who went to the Polding Trials last week for Rugby League. Lawson was fortunate enough to make it into the Polding Team and will play against the rest of NSW’s school teams at Salamander Bay in June.

Soccer - Zac Etheridge, Jerick Loachvajai, Billy Eick, Halle Eick and Alice Meers represented our school at Polding level also and showed some great talent. Congratulations to Zac and Jerick who were successful at the trial and are now a part of the Polding Soccer Team.

Hockey - Well done Josh Porter -Kay for his participation in the Hockey Trials.

Cross Country
The cross country championships will be held on the 16th May in Tarro. Mrs Danielle Niland will accompany the children to this day. Parents are to arrange their child's transport to and from the event.

Diocesan Touch Football Trials
Zac Etheridge, Lawson Dooley and Jack Duffield attended the trials at the Newcastle trotting track. Well done boys and congratulations to Lawson and Jack who were selected on the day to be a part of the Polding trials later in the year.

Deb Petersen - Primary Coordinator/Sport Coordinator

PASTORAL CARE
In Term 4, 2016 we brought together a team of presenters to support parents of children with ADHD and relating behaviours- Dr Michael Lonergan, Steve Zolezzi and Jenni Gilmour. The evening was very well received and we realised at the time that parents wanted more support in dealing with challenging behaviours.

Jenni has offered an evening in the third week of this term, just on parenting. Challenging behaviours are manifested through the frustrations of low esteem, self-doubt and insecurity sometimes because of an underlying condition, sometimes anxiety, and sometimes because of relationship difficulties between parents and children. The main thing to know is the behaviour is not the child and when we separate our personal self we can see that more clearly.

The evening will be held on Tuesday 9th May, Week 3, Term 2. 6.30 – 8.00pm. Jenni will give a short presentation leaving a generous amount of time for questions. Your interest in this event is important so please fill in the form below.

Blessing Cheryl Roberts

An Evening with Jenni Gilmour discussing “Support for Parents in dealing with challenging behaviour”
When: Tuesday 9th May
Where: Fr Walsh Hall
Time: 6.30pm – 8.00pm
Parents Name: ____________________________ Number Attending: __________________
TECHNOLOGY
During recess time in the Library students have been using block based programming to make Sphero move around a maze. The students have to think carefully about speed, distance and direction to ensure Sphero stays on track. They write their code, test it and make alterations as required. The collaboration and communication involved in the process, along with the development of coding skills, makes Sphero ‘play’ both fun and educational.
I thought today’s maze was tricky – how quickly they proved me wrong. This group of students worked together to code 90% of the maze in 20 minutes. We mustn’t underestimate the creativity of our children. To learn more about Sphero and coding visit [http://www.sphero.com/education](http://www.sphero.com/education)

**Lynette Barker** - Learning Technology Co-ordinator/Teacher Librarian

GENERAL NOTICES

**OOSH:**

Dear Parents/Carers,
Welcome back to Term 2. I hope you all had a wonderful Easter and holiday period. Our Autumn vacation care program was very successful with record numbers coming through the door. Children thoroughly enjoyed the opportunity to attend two excursions weekly with Oakvale Farm and the Newcastle Museum being hot favorites. They also enjoyed a fantastic disco, gardening, face painting, hair feathers, tattoos and much more.

Children have now settled back in to OSCH nicely. The term will once again be filled with lots of craft, sports, challenges, games and leisure activities of choice. In the past, children have shown a keen interest in organising their own fundraising activities for various community organisations so we will
again support them in their endeavours. You will, at times, see pop up fundraising stores run by some of our charitable children so I encourage you to get behind them. It’s wonderful to see so many show such compassion, community spirit and leadership.

If you have any ideas for this term’s program or if you have a skill or passion that you would like to share with our children, please speak to one of our friendly staff members. We would love your feedback and support.

**Children’s thoughts** – “I like every activity, especially drawing and craft. All of the staff are very nice to me especially Kylie, Alana and Michelle. I love OSHC!” Samirah.

Have a fabulous week!

Kind regards,
**Kylie Nadalin - Coordinator**
YMCA NSW – Newcastle Region I 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

Are you 8yrs old or turning 8?
We are looking for another boy or girl to play in our u8s New Lambton soccer team “Eagles”. If you are interested please contact Kylie Andrews 0403683450.
Our Mob, Our Journey, Our future, NDIS

Monday, 22 May 2017 at Muswellbrook RSL. 113 Bridge St, Muswellbrook

Tuesday, 23 May 2017 at Muree Golf Club. 7 Walker Cres, Raymond Terrace

Wednesday, 25 May 2017 at Club Macquarie. 458 Lake rd. Argenton

Morning tea is available from 9.30am for a 10am Start. A FREE lunch will be provided, with a 3pm finish.

These gatherings offer Aboriginal and Torres Strait Islander individuals and carers a better understanding of the NDIS.

Learn about the NDIS
Come and find out the answers to:
• What is the NDIS?
• What do they do?
• Who is it for?

KIDS CLUB AND CHILD MINDING AVAILABLE.
(please complete a Kids club registration form).

We will have speakers from NDIS, people sharing their experiences of the NDIS, Yarning circles and a Question and Answer session for mob to ask questions. If you already have an NDIS plan find out tips, what to do next for you plan.

TO REGISTER CALL ANNA
PH: 4321 7216 or 0476 820 932.
PLEASE MENTION IF YOU HAVE ACCESSIBILITY OR DIETARY REQUIREMENTS OR NEED TRANSPORT (FOR PEOPLE WITH A DISABILITY, FAMILIES & THEIR CARER/S).