St Therese’s Newsletter
8th May 2018   Term 2   Week 2
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
This week Year 6 will be going to camp at Collaroy. This is a great opportunity for Year 6 to experience outdoor activities and at the same time spend some time away from their family. I’d like to thank the Year 6 teachers for organising the camp and for giving up their time with their families to be with the children. I will be attending the camp and therefore will be away from school, however Kaylene Marettich, Deputy Principal will be available to be contacted.

Next week Years 3 & 5 will be undertaking the NAPLAN test. We wish the children all the best.

Mother’s Day Activities
I’d like to firstly wish all mother, grandmothers and carers a Happy Mother’s Day for this weekend. All students were able to attend the Mother’s Day stall run by our P & F and I’m sure have bought some lovely gifts for you. My thanks to Belinda M and her team who ran a very successful day.

Once again the Mother’s Day breakfast is on next Monday, 14th May in our Main Hall starting at 7.30am – please come along and enjoy the children’s hospitality.

ANZAC Day Liturgy
Here are some photos of our ANZAC Day service held last week at Assembly.
Assistant Principal’s Message

School Focus Posters
Last week 4 posters were erected on the Burke St side of the school to communicate our focus at St Therese's. We want all our students to THINK for themselves using creative ideas and linking their learning and experiences. GROW to be the best person they can be and SHINE in all their endeavours spiritual, academic and social. We focus on four aspects at St Therese's:

- Core Curriculum where we strive for success for all of our students
- Spirituality faith are the core of all we do
- Wellbeing where acceptance and resilience build the foundation
- Thinking where expression and curiosity are nurtured

After the new school buildings are completed, these four posters will be placed on the Royal St side of the school as well. I encourage you to stop to look at the posters which are beautiful depictions of what we are all about.

ANZAC Commemorative Medallions
Last week the school was presented with a Commemorative Medallion to mark the 100 years of ANZAC 2014-2018. This medallion was presented in recognition of our school's strong connection with the Lambton-New Lambton sub-branch over the years and our commitment to the ANZAC Day services. The medallion has been placed in the display cabinet in the front foyer. I again thank all those students and their families, past and present, who have represented our school on ANZAC day.

Mathematics

Many parents and grandparents may remember their math classroom as boring and repetitive, where they spent time completing exercises in silence using formulas they did not really understand. Mathematics education has thankfully changed over the years, and students are now being encouraged to find and understand patterns and apply this understanding to solve real-world problems. Over this term teachers are working on creative and innovative teaching ideas using student-centred learning opportunities. Take the time to ask your child to explain how they add, subtract, multiply and divide - you may learn something new too! If your child has a problem-solving task and they do not know where to start try the BUCK strategy:

B = Box the question
U = underline the important words
C = circle any numbers they will need
K = Knock out (or cross out) everything else as it is not needed

Fun Math Trivia: FOUR if the only number that has the same number of letters as its meaning

Kaylene Maretich - Assistant Principal

RE News
From Pope Francis @ pontifex.
“Joyfully performing works of charity for those who are suffering in mind and body, is the most authentic way to live the Gospel.”

SACRAMENTAL NEWS
A reminder please return forms for Confirmation. The Wednesday night is filling up but there are many spaces on Thursday night. Thank you to the parents who have offered to bring along something to share for morning tea after the Commitment Mass on May 20. It is the Feast of Pentecost, which is the birthday of the Church and, as such, you and your child may like to wear something red to celebrate this great feast day.
Tuesday Mass
Thank you to those who came along to join our Year 4 students as they celebrated a quiet Mass with Father Stephen. He will visit 4 L and 4 N this week for a friendly chat and we thank him for this opportunity.

Infants LITURGY of the WORD
Father Stephen will lead our Infant Grade children in a Liturgy on Tuesday 15 at 9:30 am in the Church. Families are very welcome to come along for this joyful celebration.

Vickie Pettett - Religious Education Coordinator

Library News
Book Fair – Earth Day Plans
This year’s Book Week theme is FIND YOUR TREASURE. There is no greater treasure than our earth so Book Fair and Earth Day will be celebrated together this week in Week 6.

Classes will be reading and exploring books with an environmental theme throughout the week. Whole school activities include:
- Tuesday 5 June: The environmental team plan and organise fun lunchtime activities with an environmental theme.
- Tuesday 5 June: Book Fair viewing
- Wednesday 6 June: Book Fair buying and parade. Students are encouraged to dress up in a costume they already have or create something from recycled items. The Book Parade will be after recess. A flyer will be sent home next week.

Lynette Barker - Teacher Librarian

BOOK CLUB: The Issue 3 catalogue from Scholastic is now available. 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 16th May.

Please note: Late orders for ‘LOOP’ may incur a delivery fee if order is posted to your home. Do not miss out! 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’ which can be picked up from the library.

REMEMBER: All orders earn valuable resources for our school.

News from the Classroom

Poets
Congratulations to Aurora B & Liam B who were recently awarded 1st Place and a Special Commendation respectively, in the Lambton & New Lambton Local Poetry Section.

Lovely Lambton
Cycling round Lambton Park
in the dark having a lark
People round the pool having a
barbie dipping into cool.

Sights to be seen
on a summer’s eve.
Cockies screeching over
head blood moon red
as its name says.

Cycling past the tennis courts
ball flying over my head
lifted on a summer’s breath.
Gentle winds whistle past
lovely Lambton in the dark.

Aurora B

The Moon across Lambton
Across the park
in Lambton
with a big big blood moon
It looks as big as its moonly name
and then it’s all a ZZZZZZZZZZZZZ!

Liam B
Fundraising for Autism

My congratulations to Fox U, Year 5, for his efforts in bringing attention to and support of the journey of Autism. He raised over $600 for this organisation by walking 10,000 steps per day over 7 days.

“I did it because I have autism. I want a world where all autistics get proper treatment and don’t feel ashamed about their autism and where they don’t feel like they are the only one with it.”

Fox U

Winter Uniform

Winter uniform change over officially starts on 1st June, however parents are asked to use their own judgement in relation to dressing to suit the weather. Also boys can now wear navy jumpers since our uniform amendment from next year.

School Community Notices

McDonalds Fundraiser - 16 May

Please support the Year 6 fundraising effort by purchasing a meal at McDonalds Broadmeadow on Wednesday 16th May between 6-7pm. 10% of drive thru and in store purchases will be donated to the Year 6 fundraising during that time.

School Athletics Carnival- 25 May

Year 6 parents are running the canteen at the athletics carnival. They need 12 more helpers to help pack the students sausage sizzle lunch on the day. Please contact Gemma Thorpe to put your name down to help on 0419 230 572. If you would like to order lunch on the day you will be able to order through Flexi schools from the 14 May. If parents would like lunch as well, please place an extra order using your child’s name on Flexi Schools. Lunch is a sausage on a bread roll, juice and freddo for $5.

All families are asked to bring in a donation of cakes/slices on the day. Please drop your cake directly to athletics canteen if you are attending, alternatively please drop into front office on the day. Many thanks in anticipation. There will also be a coffee van at the carnival for your enjoyment.

Pizza Combo Day – 30 May

Wednesday 30 May is Pizza Combo day at the canteen. Please purchase through Flexischool from 14 May. Your choice of Hawaiian or meatlovers pizza with a Freddo Frog and choice of juice or water. Gluten Free available (+$1.00) Orders close Monday 28 May at 9pm and orders are not transferrable.

Movie Night- 17 June

Year 6 are also organising a movie night at Events Kotata- Sunday 17 June at 6pm to see Incredibles 2- Tickets can be purchased through Flexischools after 14 May. Tickets are $12 each and children must be accompanied by an adult.

Thanks Year 6 Fundraising Committee

Environmental Education

Eco Warrior Challenge - Refuse plastic straws that are offered to you and carry your own reusable straw (bamboo, glass, stainless steel)

Environment Week - During Week 5 we will be celebrating both Environment Week and Book Week - the theme is “Find Your Treasure”. All week, teachers and students will be focusing on activities and projects that promote environmental awareness. On Tuesday 5th June, students are asked to bring an old book to school to donate to a less fortunate child in remote communities. On this day the environmental team will be running fun activities in the playground at lunch to help celebrate and appreciate the beautiful earth we live in. On Wednesday 6th June, students are asked to dress up using items they already have at home as a favourite book character; or if they are feeling creative, design a costume using recycled materials. Students can purchase books from the fair on this day. These costumes will be on display at parade at the end of the day. More information will follow in upcoming newsletters.

Julia Briggs – Coordinator
Entertainment Books
We have 10 hardcopy entertainment books left for sale at the office. However there is no limit on the digital copies available which can be used on more than one device.

Walk Safely to School
The school will again take part in the Walk Safely to School Initiative. Please join us at the Adamstown Train Station at 8am on Friday the 18th May, Week 3. The more the merrier. Parents, prams and all school children are welcome to come and start the day off in a positive and fun manner. Promoting a healthy and active lifestyle.

Deb Petersen – Coordinator

School Photos
For those of you who wish to order specialty photos (eg, school captains, sport captains, band etc) you will need to go online at Newcastle School Portraits and quote the specialty code- 47616CM

Vicki McSpadden

Mother’s Day Stall, Raffle & Breakfast
Mother’s Day breakfast RSVPs and Raffle tickets due to office by Thursday 10th May.

Playgroup – 11 May
This week at Playgroup the children will be making some Mother’s Day craft so come along and join us in the school hall this Friday 11th May from 9.15am - 11.15am. 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.

Canteen News
With the cooler weather here why not order a toasted sandwich - Ham, Ham & Cheese or Baked Beans. Just a reminder that every Friday we do online orders only. No paper bag orders please.

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<tr>
<th>Wednesday 9/5</th>
<th>Thursday 10/5</th>
<th>Friday 11/5</th>
<th>Monday 14/5</th>
<th>Tuesday 15/5</th>
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<tr>
<td>Karen Bodel</td>
<td>Bianca Trounson Tanya Grogan</td>
<td>Kristy Lawrence Jo Buckingham Megan Collins</td>
<td>Narelle Aston Nicole Mowbray Magda Ramsay Leone Nancarrow</td>
<td>Michelle Randall Lauren Ross Amanda Fenwick Katie Boyle</td>
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Belinda Palmer – Canteen Supervisor

Federation P & F AGM
Following the recent postponement of the AGM due to forecast bad weather, a new date has been allocated for the AGM and General Meeting.
DATE: 9 May, 2018
TIME: 6.30pm
PLACE: Victor Peters Suite, 841 Hunter Street Newcastle (CSO Offices)

Wellbeing

Kids Matter ~ Gut Health
Studies have shown that digestive health plays a role beyond its basic functions of digesting and absorbing nutrients from the foods we eat. Gut health is important for brain health and directly affects mood and emotions. Microbes not only impact our brain and mind, but are a large part of why we feel and act the way we do. We also know that a good healthy gut can contribute to a healthy immune system. Why a digestive health matters:

1. **Maintaining the immune system** - My clients are shocked when I tell them that around 70% of the immune system is located in our gut. It's no wonder that when digestive health is compromised, the immune system is depressed and one may get sick more often.

2. **Supporting learning and development** - Poor gut health is associated with many unwanted symptoms such as gas, bloating, constipation, diarrhoea, abdominal pain and poor appetite. When children have these symptoms, they can negatively affect their concentration, learning capabilities as well as mental health.
3. **Healthy brain function related to mood and cognitive function** - Improving gut health may have a dramatic effect in children with ADD, ADHD, and other mood and anxiety disorders. Children who suffer from these conditions have shown remarkable improvement and overall symptom reversal by using food-healing protocols that increase health gut microbes.

Here are four tips for keeping your child’s microbiome—and behaviour—in tip-top shape:

1. **Eat fermented foods and prebiotics** - We all know that kids can have picky palates, but the sooner you start introducing interesting new foods to your child, the more likely they are to be willing to try—and enjoy—more exotic tastes.

2. **Avoid unnecessary medications and antibacterial cleansers** - Unfortunately, certain medications, antibiotics and some foods can indiscriminately wipe out good bacteria in the gut, leaving both your and your child’s microbiomes depleted and out of balance.

3. **Give probiotics** - A daily probiotic supplement can work to continually replenish essential beneficial flora to help your kids feel and function at their best.

4. **Let them play!** With today’s overscheduled and harried lifestyles, kids often miss out on one of the most important rites of childhood: unstructured playtime. Not only does plenty of time playing help to alleviate stress—a well-known microbiome diminisher—but studies show that increased physical activity can also lead to a more balanced microbiome.

**Julia Briggs – Coordinator**

**PBS**

This term our School Spirit Awards will focus upon the virtue of **INTEGRITY**. Integrity is about wholeness. When we find wholeness within ourselves we can live out of that sense of completeness to display honesty, consistency and a strong sense of moral purpose to our actions. The virtues that we will explore throughout this term in order to build Integrity are; Honesty, Trustworthiness, Responsibility and Perseverance.

We begin today, and for the next two weeks, exploring the virtue of **Honesty**. Honesty is being truthful and sincere. It is important because it build trust. When people are honest they can be relied upon. Being honest means you accept yourself as you are. When you are open and trustworthy, others can believe in you.

**Principal Award recipients for this week:**

Aria H. (KN), Indigo H. (KN), Jake M. (KN), Isaac M. (KN), Lily P. (KN), Henry G. (KW), Hudson G. (KW), Kayleigh G. (KW), Harry H. (KW), Coco F. (1N), Blythe P. (1N), Anna V. (1N), Hugh B. (1L), Toby E. (2L), Marcus P. (2L), Kai H. (3L), Zoe L. (3L), Taylah Y. (3L), Macey W. (4W), Lucas M. (4L), Jayden S (4L), Eli P. (5L), Oliver L. (6L) and Charlotte R. (6L)


Monique R for displaying community involvement by participating in the ANZAC Day Marching Band.

**Luke Smith - Coordinator**

**Sport**

**Junior Rugby League**

Last Thursday a team of 16 Stage 2 students played in the Newcastle Knights All Schools Competition. Congratulations to all the players who were very well behaved and showed great sportsmanship throughout the entire day. I was very proud of all of them and our school. After 6 excellent games of football the boys were closely beaten in the semi-final. Thank you to their coach Glenn Petersen and Byron Huff for your time and commitment, as well as a huge thank you to all the parents and grandparents who came to support the students during the games.

**Polding Rugby League**

Cooper M and Jacob M spent last Friday at the Polding Rugby league trials trying out for the State team. This is a huge effort and they need to be congratulated on their great sportsmanship and excellent talents in the field of sport. A special congratulations to Cooper M who has made the NSW State Rugby League team. He will now compete in a State competition in June at Kingscliff. Well done Boys.
Congratulations to Cooper M in 5N who again impressed the selectors at the Dio Touch Trials last Wednesday. Cooper has been selected to compete at the Polding trials later in the year.

Deb Petersen Primary Coordinator

General notices

OOSH
Hello again from everyone at the Y.
We have had a fantastic start back for the beginning of Term 2 and a great deal has been happening. The staff have worked really hard to make some changes to the setup of our room to make it more welcoming for children and their families. Hopefully this means that parents/caregivers have easier access to the Kiosk to sign children in and out and that children have a more open and inviting space to play and create.

Indoors last week the children have been making fairy houses and heads out of plastic containers to put plants in. It’s amazing what wonderful creations can be made from a simple plastic bottle when children use their imagination and creativity. Our construction area has also seen some great building skills with children showing their knowledge of planning, designing and building all through play. Last week the children have enjoyed some yummy afternoon teas including pasta with sauce, make your own sandwich, spring rolls and the always popular fried rice.

With the new rule of no personal devices being brought to OOSH we have been very fortunate to purchase four new tablets for the children to be able to use. This means the children have access to play some games on a device for a short period of time, taking turns and learning new skills just as they would if they were at home.

Thanks to the great weather we have been experiencing there has been a lot of outdoor play too. Soccer is very popular at the moment and it’s great to see the children organising their own game and getting lots of fun exercise. As always equipment tips is popular as well as riding scooters and handball.

**Just a reminder that we have asked parents/caregivers not to access the staff carpark in their cars when dropping off and picking up. This is to help keep all of our children safe. If you see the gate has been left open it would be very helpful if you could close it for us. Thank you. **

Kind regards,

Christine Morgan
YMCA NSW – Newcastle Region I St Therese’s Primary School, New Lambton NSW 2305
m 0402 165 617
e oshc.newlambton@ymcansw.org.au w ymcansw.org.au

Boys winter uniform for sale
3 x size 4 grey pants
3 x size 6 brushed cotton long sleeve shirts
1 x size 4 navy micro fibre jacket
All in great condition - $50 for the lot.
Please contact Michelle on 0410 315 955.
PIZZA COMBO DAY

WEDNESDAY 30th May

$5.50

FRESHLY BAKED INDIVIDUAL PIZZA
(Hawaiian or Meatlover)
Freddo Frog & JUICE or WATER

Gluten Free Available (+$1.00)
Orders via Flexischools Only
Orders Close Monday 28 May 9pm

*Orders are non-transferable.