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

The following article is taken from St Pius X High School and written by Mr Bob Emery (Principal). This article is worth taking note of, especially if you have senior students.

13 Reasons Why

I draw parents and carers’ attention to an article written by Jaelea Skehan in the Newcastle Herald on Wednesday 26 April. Jaelea is the Director of the Hunter Institute of Mental Health.

In the article, Jaelea warns parents, teachers and other adults to be aware of the content and possible dangerous effects of the Netflix drama series titled “13 Reasons Why”. The series examines in graphic detail the reasons behind a teenage girl’s suicide. Jaelea’s article and several others you can find on the internet warn that the TV series could have very dangerous effects on young people. It does not encourage young people to talk about suicide with adults or to seek help. In some ways the show could be accused of glorifying suicide.

Jaelea warns that parents need to ask their children if they have watched the show and if so to have a conversation about the messages they have taken from it. Please read Jaelea’s full article at: http://www.theherald.com.au/story/4619721/a-few-reasons-why-i-find-this-tv-series-concerning/

Several other articles cast doubt on the wisdom of letting young people watch the show without parental guidance and conversation around the messages it promotes. For example, in one article, Principal of St Leonard’s College in Brighton East, Victoria, Mr Stuart Davis said in an email to parents he was aware “a number” of students had watched the series over the school holidays.

“If (your children) have, please discuss with them what messages they took from the series. If they have not, we strongly counsel against it, especially if they are under 16 years of age and not in your company.” Mr Davis went on to say: “13 Reasons Why has the potential to distort young people’s understanding of this tragic action and does not promote help-seeking behaviour which we know is so effective.”


For support: Lifeline 13 11 14, Kids Helpline 1800 55 1800 or e-headspace 1800 650 890

Change to Uniform – Formation of Uniform Committee

At the last P&F Meeting, I was asked by the P&F to form a committee to look at the possibility of changing some aspects of our school uniform. The items to be looked at are:

1. Sport Shirt (ie White Tshirt)
2. Introduction of an optional skort and shirt for girls summer uniform
3. One colour jumper for boys and girls

If you would like to be part of the committee to look at these possible changes, please fill in the form below and return it to me no later than next Tuesday 16 May.

Duilio Rufo – Principal
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 $17.00. We will also invite any Year 5-6 students who would like to attend Diosounds at the Civic Theatre on Thursday 8th June at 10:30. Diosounds is a fabulous showcase of the musical talents of our High School students. Cost of Diosounds is $13.00 and on 87 tickets are available – first in basis. Permission notes were sent home last week.

Interschool Chess Challenge
Congratulations to the following students who represented St Therese’s yesterday at the Interschool Chess Challenge at Hunter School of Performing Arts at Broadmeadow yesterday: James Collins, Aidan Prior, Archer Lambourne, Liam Hughes, Jerome Binu, Eve Petrohelos, Myles Latham, Phoenix James, Liam McDonald, Gerald Yap, Aurora Beveridge, Sullivan O’Sheades, Spencer Milligan, Myles Harrington, Olivia Harrington, Austin Harrington, Christian Prince and Kieran Shah.

Interrelate 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.

$30.00 for 1 session, $35.00 for 2 sessions per family.

Sallyanne Stanbridge - Assistant Principal/Literacy Coordinator

RE NEWS
We have now commenced “A decade a day in May” in our classrooms, with all children receiving a blessed set of rosary beads to pray with. We thank Father Valerian for coming to the school to say a beautiful blessing on the beads and on all who will use them. Families might like to follow this up at home. If you need some rosary beads to do this, we do have a few spare sets. (The students need to keep their set at school)

For parents who have been concerned regarding the Sacramental program, we have some news! I have met with Father Dom Carrigan who is advising us on future directions and Mrs Briggs and I will attend a Sacramental Team meeting at Waratah next Monday to plan a way forward. There will definitely be something happening this year and you will receive notification as soon as decisions have been made.

Year 6 students will be undertaking the Religious Education Religious Literacy test in mid June and so each week we will publish a few questions with answers somewhere in the bulletin!

1. How many commandments were given to Moses? a. 12  b. 10  c. 7  d. 3
2. Immediately after He was baptised, Jesus spent 40 days in a. the desert b. the fields  c. Jerusalem  d. Nazareth
3. The leader of the Catholic church throughout the world is Pope. a. Benedict XVI,  b. Paul VI  c. John Paul II  d. Francis

Answers: 1) 10  2) The desert  3) Francis

From Pope Francis
“One each of us longs for love, for truth, for life-and Jesus is all of these things in abundance!”

Vickie Pettett - Religious Education Coordinator
**School Community Notices**

**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).

**Year 6 Fundraiser**
Don’t feel guilty about buying the kids Maccas for dinner because this time it is for a good cause!!! 10% of all purchases on Wednesday 24 May at Broadmeadow McDonalds between 6pm - 7pm will be donated back to St Therese’s to support the Year 6 end of year fundraising efforts. Drive - thru, walk in and make your own creations menu are all included in this. So have a night off and get into Broadmeadow McDonalds between 6-7pm on Wednesday 24 May and support Year 6. Hope to see you there.
Lisa Bechly

**Walk Safely to School Day**
Next Friday 19th May is Walk safely to School Day, please join us at the Adamstown Train Station for a brisk walk to school. We will meet at 8am. Parents please feel free to join us on the day, the extra supervision is appreciated.

**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 were sent home last 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**
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.

Closing date for orders from Scholastic Australia – Issue 3 is tomorrow, Wednesday 10th May. 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**
Freshly baked choc chip cookies are now available from the canteen - Only 60c. As the days start to get cooler we’ll also have hot chocolate available for $1.20.

Four Peppermints - Dinner's ready and waiting for you to take home when you pick up the kids. Available for pick up from the canteen or YMCA. Choose from seven different meals including butter chicken, meatballs and classic meat pie.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Monday</th>
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<tbody>
<tr>
<td>Jess Woolven</td>
<td>Belinda Mortimore</td>
<td>Kristy Lawrence</td>
<td>Kim Leong</td>
<td>Michelle Randall</td>
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<tr>
<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>Melissa Benedetti</td>
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<td>Carol Aslett</td>
<td>Julie Gardner</td>
<td>Blair Brownlee</td>
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<td>Katrina Tonniges</td>
<td>Nicole Mowbray</td>
<td>Amanda Fenwick</td>
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<td>Katie Boyle</td>
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**Playgroup**
Playgroup will be returning Friday 12th May (the Mother’s Day Breakfast is 7.00am-8.45am). Please contact Kate if you have any questions about playgroup on 0414952491.
Curriculum Updates

WELLBEING

ICAS REMINDER

Just a reminder that the ICAS Digital Technologies assessment will be held next Tuesday 23rd May. Please meet me in the 5P classroom at 8.00am, the assessment will begin at 8.10am. I will not be sending out individual reminders this year, as I have done previously. I will, however, send out an alert on the Skoolbag App the day before.

Kids Matter ~ Highway Heroes

Last term all classes K-6, completed a module of Highway Heroes that involved helping them regulate their emotions. Highway Heroes is based on a metaphor that we are all travelling along the Highway of Life where difficult situations and challenges are met. Part of this metaphor is the concept of “bumps”. Bumps are difficulties that we encounter in everyday life and they are a normal part of life. Ongoing big bumps can turn into “hazards”. The children learnt to distinguish the difference between big bumps and little bumps. The program went on to provide them with “Tools” and problem solving techniques to deal with life’s bumps and build resilience. The guiding structure of Highway Heroes is the use of experiential learning – role plays, direct instruction, observation and modelling. Providing children with a range of skills and strategies, or tools, assists the development of active problem solving behaviours leading to a solution and positive outcome. The Highway Heroes metaphor is the underlying basis of the other modules that students will be completing throughout the year on Friendship Resilience. The language of Highway heroes should not be contained or just specific to lesson time, it is a language we are hoping to immerse in students’ everyday lives. Ask your children about “bumps” they may have encountered and what “tools” they did or could have used. If you would like further information about the modules please ask your child’s teacher.

Julia Briggs - Primary Coordinator

PBS

In Term 2 our focus value is INTEGRITY which means “Being True” to ourselves; this is especially important to us at St Therese’s as it is our school motto. Throughout the term we will look at different behaviours that develop integrity, starting with honesty. We often hear the saying that honesty is the best policy, but this is often easier said than done. Being honest can be very difficult especially if we have to stand up to a friend, voice an opinion that may not be popular or own up to something we have done wrong, especially if it means we may have a consequence for our actions. At school we will be working with our students to develop their honesty, as all behaviours have a consequence and being honest results in gaining trust and respect from others and building our own integrity.

Congratulations to the students who received the School Spirit Award for displaying honesty over the past week.

<table>
<thead>
<tr>
<th>School Spirit Award for demonstrating INTEGRITY by being honest</th>
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<tbody>
<tr>
<td>Hope Bailey &amp; Isaiah Stolk (KB)</td>
<td>Ava Bennett &amp; Niah Northcote (KHD)</td>
</tr>
<tr>
<td>Chloe Mitchell &amp; Robbie Searl (1C)</td>
<td>Charlie Kim &amp; Shelby Casolari (1CH)</td>
</tr>
<tr>
<td>Kaleb Pallas &amp; Ella Tighe (2A)</td>
<td>Cooper Coulthard &amp; Isabella Hadley (2M)</td>
</tr>
<tr>
<td>Hayley Schneider &amp; Liam Woolven (3K)</td>
<td>Matilda Campbell &amp; Noah Campbell (3SJ)</td>
</tr>
<tr>
<td>Annie Eggleton &amp; Eli Pollard (4C)</td>
<td>Mostyn Bowen &amp; Aidan Prior (4N)</td>
</tr>
<tr>
<td>James Collins &amp; Candice Elliott (5B)</td>
<td>Ruby Hawker &amp; Jack Price (5GS)</td>
</tr>
<tr>
<td>Isaac Chester &amp; Clarissa Paine (6J)</td>
<td>(6M)</td>
</tr>
</tbody>
</table>

Kaylene Maretich - Primary Coordinator

SPORT

Athletics Carnival

What a beautiful day we were blessed with on Friday for our Carnival at Newcastle Athletics Field. Thank you to the many helpers who willingly gave their assistance in order for the Carnival to run smoothly. The enthusiasm of all students was outstanding and there was a real sense of sportsmanship shown, with much cheering and encouraging. We would appreciate any feedback from parents and ideas for improvement. We felt that we did not lose the “community” day feeling of the day by going to this new venue, rather than Harker Oval, but would like to hear your thoughts. Please fill out the ‘tear off’ slip at the end of this newsletter. Again thank you to all who helped and the mums and dads of year 6 who provided all the food and drink on the day.

Stage 2 Teachers
Rugby League
Congratulations to the Open's Rugby League team who participated in the Newcastle Knights All Schools Competition last Tuesday at Waratah Oval. The boys played extremely well all day and were unlucky in the Grand Final and came away as the runners up. Thank you to all the parents and grandparents who supported the children on the day.

Cross Country
Diocesan Cross Country Championships will be held on the 16th May at Tarro. Mrs Niland will meet the children there on the day. If any parents could volunteer to help on a checkpoint please let me know.

*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.

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.

Jenni Gilmour is generously offering this evening as a FREE presentation to parents of St Therese’s.

The evening will be held on **Thursday 1st June 6.30 – 8.00pm in the Library.** Jenni will give a short presentation leaving a generous amount of time for questions. Your interest in this event is important so please RSVP via the ‘tear off’ slip on the last page.

*Blessing Cheryl Roberts*

**GENERAL NOTICES**
Dear Parents/Carers,
Children have continued to settle nicely in to Term 2. Last week they participated in a range of sports challenges both indoors and out. Soccer is always a hot favourite so we saw plenty this. Group games at the hall were also a hit with lots of Dodge Ball, Golden River, Ship Deck Shore, indoor soccer and much more. It was nice to see children having a go at something different inside the centre as well. Alex J and Amber worked on their juggling skills whilst Cormac, Harrison and Archer used their imaginations to make golf putters out of pipes and created their own mini putt putt course to compete on.

This week children will be getting crafty making loads of Mother’s Day art and craft. Children will have the option to create craft for special guardians as well.

**Reminders:**
We still have places available for before and after school care. If you require care for your children or would simply like them to have the opportunity engage in active play or arts and crafts after school, please contact Kylie for more information.

Enrolments and casual bookings can now be made online using our “My Family Lounge” app. For more information please speak to Kylie.

Absences – Please remember to advise staff when children will not be attending OSHC. This is especially important in the afternoon, as it can be quite hectic, so trying to ascertain the whereabouts of children can be a challenge.

**Children’s thoughts:**
"We like the variety of games such as Uno, Cluedo etc. We also love the Batman and Troll colourings displayed on the wall. OSHC is filled with colour and creativity. I highly recommend coming to OSHC. It’s heaps of fun!” Oliver D.

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 oshc.newlambton@ymcansw.org.au w ymcansw.org.au
Follow us! **facebook | twitter | youtube | instagram**
St Therese's FAMILY MOVIE NIGHT  
YR 6 FUNDRAISER  
DESPICABLE ME 3  
SUNDAY 18TH JUNE - EVENT CINEMAS GLENDALE  
3.30PM PRE-EVENT ACTIVITIES - 4.00PM SCREENING  
TICKETS $10 EACH • PURCHASE AT WWW.FLEXISCHOOLS.COM.AU

A Night to Remember  
Raising Money for Alzheimer's Australia  
Saturday 27th May  
7pm - 11.30pm  
Queens Wharf Hotel  
150 Wharf Road Newcastle  

Tickets $100  
includes finger food and 3 hour wine, beer and soft drink package  

Dress in something that you will remember  

Funds raised will go to the Newcastle/Hunter Unit of Alzheimer's Australia  

or contact Tracey Scarpin on 0411 105 589

PLEASE JOIN US TO CELEBRATE 100 YEARS OF THE NLFC AT THE  
Blue Ice Ball  
SATURDAY, JULY 22nd  
7:00 PM (Doors open at 6.45pm)  
THE STARLIGHT ROOM  
WESTS - NEW LAMBTON  

$120pp including drinks package, 2 course meal and live entertainment  

Hosted by  
Natasha Beyersdorf from NBN  

Black Tie - Ladies formal dress in NLFC colours blue, white or black  

Tickets to be purchased from the help desk at Wests New Lambton, Wests Newcastle or Wests Mayfield  

Dietary requirements to be specified when purchasing tickets

RHEE TAEKWONDO  
The Original Traditional Martial Art  
Celebrating 47 years in 2017  

INQUIRIES - 49 544 522  
twingears@optusnet.com.au  

NEW LAMBTON SCOUT HALL  
Cnr Queens Rd & Fleet St  
MONDAY / WEDNESDAY  
6.00 pm to 7.30 pm  
(Young children 6.00 pm—7.00 pm)  

Respect, Confidence, Fun and Fitness  
No Contracts - No Direct Debit -  
No Pressure—Complimentary Beginner Lessons.
Tuning in to Kids

Building Emotional Intelligence through Conscious Parenting

A six session parenting program for parents of children aged 2-12

Facilitated by Jenni Gilmour, Child and Family Psychologist

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: The Family Health and Wellness Centre, OTP House, Kotara
When: Tuesdays 6.30-8.30pm
Starts May 16th, 2017
Cost: $360 (Rebates available)
An Evening with Jenni Gilmour discussing “Support for Parents in dealing with challenging behaviour”
When: Thursday 1st June
Where: Library
Time: 6.30pm – 8.00pm

Parents Name:_________________________________   Number Attending: ____________________

RSVP is important – or email admin@newlambton.com.edu.au

Expression of Interest to join the Uniform Committee

I .......................................................... would like to submit my interest in joining the Uniform Committee being established to review our school uniforms.

Contact details: Mobil: ................................ Email: .................................................................

Athletics Carnival Feedback

I/we thought the Newcastle Athletics Venue was: .................................................................
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Ideas for improvements: ........................................................................................................
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