Dear Parents, Staff and Students

At the moment, all teachers are working extremely hard in finalising student assessment data and moderating with their grade colleagues on work to inform their writing of Semester One Student Reports. These will be sent home in week 10 of this term. As we held parent/teacher interviews in Term 1, a formal invitation for parent interviews will not be sent home this term, although parents are very welcome to make an appointment with their child’s teacher if they wish.

Yesterday a number of our teachers were privileged to work with Ron Yoshimoto from Orton Gillingham International. Ron is a renowned educator in the teaching of Multi-Sensory Literacy Learning (MSL) an approach that we are further implementing into the primary here at St Therese’s after great success in K-2. Ron joined us at St Therese’s for the day from his base in Hawaii and we also had a number of teachers from throughout NSW who were keen to learn more about this pedagogy. Ron’s teaching session was action oriented with auditory, visual, and kinaesthetic elements reinforcing each other; helping us to see that spelling is simultaneously taught with reading. Teachers came away eager to try lots of new ideas to maximise learning outcomes for their students.

Enjoy your week,

Sallyanne Stanbridge - Acting Principal

Winter Uniform

With the change in season we have now officially changed to our winter uniform. A number of kindergarten parents have rung to say they cannot buy either the girls or boy’s ties, as Lowes are out of stock. We have had word from Lowes ensuring that the ties will be in within the next two weeks.

Girls Winter Uniform: Navy tartan tunic or navy trousers, navy stockings or white ankle socks, navy pullover or zipped fleece jacket, white long sleeve blouse or skivvy, tab tie and black leather shoes.

Boys Winter Uniform: grey trousers, royal blue long sleeve shirt, school tie, grey pullover or zipped fleece jacket, school socks and black leather shoes.

Winter Sport Uniform: royal blue tracksuit.

Special Assemblies

Tuesday 20 June (Week 9) & Tuesday 27 June (week 10) we will change our assemblies back to 9:30am

- **Tuesday 20 June**: Mr Ward and the School Band put on a short performance following the whole school assembly. Parents are invited to both the assembly and band concert, the first concert being at 10:15am with a repeat performance at approximately 10:45am. We are looking forward to seeing our very talented band who work extremely hard. Thank you to Mr Ward for all the time, energy and enthusiasm you give to our band each and every week.

- **Tuesday 27 June**: NAIDOC Week and Reconciliation Assembly in our school hall from 9:30am. There will be **NO** awards given out at this assembly.
**Friday 30 June**: our last of Term 2 is **Pyjama Day** and we will have a special assembly in the hall where the students who learn piano with Lillian & Kim Brent will put on a short recital from 9:30 - 10am. Joy Loas from the local St Vincent de Paul Society will also join us to receive the food hampers from our Year 5 Mini-Vinnies group.

Kaylene Maretich – Acting Assistant Principal

**RE NEWS**

From Pope Francis

“I thank God for parents who strive to live in love and keep moving forward, even if they fall many times along the way.”

On Sunday, as members of the church, we celebrated Pentecost Sunday, traditionally called the birthday of the church. We are all called to use the gifts given to us by the Holy Spirit to spread the Good News and to love each other. We witness this daily here in our school community, as we uphold our school motto and promote our core values.

Thank you to the families who joined students from Kinder, Year 3, 4C, and Year 5 for Mass last Friday. Special thanks to our Year 5 Altar Servers, our other students who read or carried the gifts forward and to the Year 5 singers who led the singing. We also thank Father Velerian who celebrates Mass for us.

Note: Because of the movie night we will not participate in the School Parish Mass on 18th June.

Religious Literacy Quiz:

1. Which prayer has words that remind us of the need to forgive others?
   A. the Our Father     B. The Hail Mary     C. the Angelus     D. the Glory Be.

2. Who am I? The church celebrates my life with a number of Feast days and honours me with titles and prayer. I am……
   A. St Peter the apostle   B. the angel Gabriel.   C. Mary, the Mother of God.   D. St Mary Mackillop

3. Who am I? I was the first Catholic Bishop in Australia. I am…
   A. John Bed Polding   B John Therry   C William Davis   D Jeremiah Flynn


Vickie Pettett - Religious Education Coordinator

**School Community Notices**

**Mini Vinnies**
Thank you so far for all of the donations that have come in for our Winter Appeal. We are only one week in and already people have been so generous. Remember the Winter Appeal will continue until the last day of Term 2, concluding with our “Pyjama Day". Thank you for your support.

Year 5 Mini Vinnies
Students from the Social Justice Team will sell scarves and beanies for $5

**Fee Statements**
This week we will be trialling sending out Term 2 fee statements via email to your email account. These will be sent to the fee payer’s email. If you would prefer to receive a paper copy, please let the office know.

Vicki McSpadden - School Bursar

**Family Movie Night**
Come and enjoy a fun family movie on Sunday 18th June at 3.30 (pre event activities) for a 4.00pm screening. Cost is $10.00 per head and can be purchased at www.flexischools.com.au. NOTE: Parents need to accompany children to supervise at movies.

**Book Club Issue 4 catalogues from Scholastic are available now.**
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 14th June.
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.

**ICAS Writing & Spelling Assessments - Week 8**

The **ICAS writing** Assessment will be held next **Tuesday 13th June.** The **Spelling** Assessment was scheduled for Wednesday 14th, but has been changed to **Thursday 15th June**, due to a clash with staff PD.

Please meet me at the 5P classroom at 8am.

**Thank you - Mrs Briggs**

**Environment Day**

This Friday we will celebrate World Environment Day at St Therese's to help raise awareness about how we can take better care of God's beautiful creation. Come dressed in green and bring a gold coin donation to raise money for play equipment to be used in our rock garden. Year 6 will be running some fun activities in the playground at lunch - no money is required for these - and canteen will be business as usual.

**The Environment Team**

**Slap cheek and chicken pox**

We have had confirmed cases of both these viruses in the school. Please speak to your Doctor if you have any concerns.

**Canteen News**

<table>
<thead>
<tr>
<th>Wednesday 7/6</th>
<th>Thursday 8/6</th>
<th>Friday 9/6</th>
<th>Monday 12/6</th>
<th>Tuesday 13/6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jess Woolven</td>
<td>Belinda Mortimore</td>
<td>Kristy Lawrence</td>
<td>Kim Leong</td>
<td>Michelle Randall</td>
</tr>
<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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<tr>
<td>Melissa Benedetti</td>
<td></td>
<td>Carol Aslett</td>
<td>Julie Gardner</td>
<td>Blair Brownlee</td>
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<td></td>
<td></td>
<td>Katrina Tonniges</td>
<td>Nicole Mowbray</td>
<td>Amanda Fenwick</td>
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<td></td>
<td></td>
<td></td>
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<td>Katie Boyle</td>
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**Playgroup – 9 June**

Come along and join us at playgroup in the school hall this Friday 9th June 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.

**School Disco 2017**

The school fancy dress disco is being held on Friday 23rd June.

Entry is $8 and includes drink, snack and glowstick.

Tickets must be pre-ordered through flexischools.

Infants 5.30pm - 6.45pm  Primary 7.00pm – 8.30pm

We require parent volunteers to help with duties and supervision. If you can help out with Infants or Primary session. Please contact Belinda Mortimore on 0400931650 or email belinda.mortimore3@gmail.com

**Curriculum Updates**

**PBS**

We continue to focus on developing INTEGRITY by "being responsible". Often we hear adults and children say it is their "right" to speak, act or behave in certain ways to make their world fair and just; this is correct to a certain extent. With every right there is a corresponding responsibility which effects ours and others lives. Some of the responsibilities we need to demonstrate in all areas of our lives are:

Congratulations to the students who received the School Spirit Award for displaying INTEGRITY by being responsible in their grade/stage assemblies last week.

<table>
<thead>
<tr>
<th>School Spirit Award for demonstrating INTEGRITY by being responsible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olivia Laidler, Daniela Paez, Liam Raferty &amp; Anna Van Den Heuvel (KB)</td>
</tr>
<tr>
<td>Emily Cameron &amp; Benjamin Churchward (1C)</td>
</tr>
<tr>
<td>Ayla Duggan &amp; Lachlan Rudd (2A)</td>
</tr>
<tr>
<td>--------------------------------</td>
</tr>
<tr>
<td>Thomas Lawrence &amp; Scarlett Miller (5B)</td>
</tr>
<tr>
<td>Sophia Majdandzic &amp; Oliver Wall (6J)</td>
</tr>
</tbody>
</table>

**WELLBEING**

**Kids Matter - The Importance of SLEEP**

Research says that 35 - 40% of children and adolescents experience some form of sleep problem during their development. Sleep researchers believe there is no one magic number for ‘sleep need’ and there are a lot of individual differences in what children and adolescents need to sleep to be at their best. But for a primary school aged child, it is suggested that 10-12 hours per day is ideal.

Many things can be effected when we do not sleep enough such as:

- **Behaviour** – aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour
- **Emotion** - moody, depressed, anxious, stressed, uneasy, unconfident, irritable
- **Planning** - poorly organised, poor time managers, forgetfulness
- **Concentration** - inattentive, lack of concentration
- **Creativity** - not working at full potential
- **Problem solving** - poor behaviour control and difficulty in social situations
- **Complicated thinking** - struggles with abstract concepts
- **Motor coordination** - less sporty, more accidents, clumsier
- **Weight** - being obese and overweight is more likely with less sleep
- **Health** - poorer immune system - sicker more often
- **Learning** - it is thought that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.

**GOOD SLEEP HYGIENE CAN HELP PROMOTE GOOD SLEEP**

"Sleep hygiene" - this can be defined as habits that can help us to sleep or stop us from sleeping. Things that can improve sleep hygiene include:

- No TV/computer games 1 hour before bed. No TV s in bedrooms
- Monitor mobile phone use in bed
- No coke/caffeine, high sugar or high spicy food 3-4 hours before bed
- Ensure relaxing and regular bed time routine - special time with children, relaxation techniques such as breathing
- No vigorous exercise 1 hour before bed - it raises the body temperature
- Finish eating 2-3 hours before bed - digestion competes with sleeping - hot milk is OK
- Make sure the bedroom is comfortable (temperature, light, noise)
- Set bedtimes and wake times - try and keep these regular
- Learn to relax - deal with worry and stress
- Convince children that it is important to sleep well - Reward them for complying with bedtime rules

*Julia Briggs ~ Primary Coordinator*

**SPORT**

**Independent and Catholic School Cup**

The second round to decide the 2017 Newcastle/ Hunter winner of the Independent and Catholic Cup will be played on Friday 16th June. This game will be played between St Pauls Rutherford and St Therese’s New Lambton and will take place at McKeachies Sportsground at 11.00am.
The winner of this game will play the winner from the Central Coast. Further information will be given to the players this week regarding training and transport.

**Soccer Gala**
A huge thank you to Chris Brain, Ben Cowling and Paul O'Donoghue who ran our school soccer trials last Thursday. By all reports the students showed some great skills and talent. The gala day is a fun day that concentrates on good sportsmanship and team work. Congratulations to those children who will take part in that event. For parents information the gala dates are; **GIRLS Thursday 15th June** and **BOYS Thursday 22nd June**. Both days will be played at Speers Point Park Complex. Further notes and information to follow. Students will be asked to get their own transport to and from the event.

*_Deb Petersen – Primary Coordinator*_

**PASTORAL CARE**

Dear parents

Last Thursday evening Jenni Gilmour ran an evening for parents. The evening focus was on managing difficult and challenging behaviours in children and on a lighter and humorous note how parents can manage their own challenging and difficult behaviours. The evening went very well with lots of time for questions. A big thank you to Jenni and she has agreed to come again in Term 3. Thank you to the parents who could make it and from response received the evening was helpful in forming new and more supportive strategies in parenting. Parents were reassured that they are already doing well.

*_Blessing Cheryl Roberts*_

**News from the Classroom**

**5cent Challenge Update**

After a successful first week the following classes are leading the race to win a class ice cream party:

6M - $73.65  1C - $62.50  4PV - $57.60

With two weeks of the challenge left anyone can win. So ask parents, grandparents etc to donate their 5 cent coins. Thank you to everyone who has donated.

Yr 6 Parents and students

**GENERAL NOTICES**

Dear Parents/Carers,

Last week was National Reconciliation Week so children at the Y participated in a number of activities designed to cultivate their understanding of Indigenous culture and heritage. At the craft corner, children spent the week creating belonging trees, dot paintings and completing other indigenous craft, with staff planning such activities to enhance the children's sense of inclusion, community and reciprocity. Indigenous themed colouring pages and story making stencils were on offer with the colouring pages proving to be a big hit. Five days of sunny weather allowed for great utilisation of the outdoor area. It was another popular week for soccer, which allowed for many opportunities to engage in fairness, cooperation and leadership. Our younger children spent a large proportion of their time expressing themselves through imaginative play, ensuring that all thoughts and views were taken on board and implemented into the game.

**VACATION CARE** - Once again the term is moving quickly and the holidays will soon be upon us. Our vacation care program is now available to view online. Each week we are again offering two fun filled excursions, two quality incursions and a day camp. These holidays will see children taking part in excursions to Treetop Adventure Park, Laser Tag, Supa Putt and the Cinema. On site, children will enjoy Archery, Soccer and Futsal, Mini Olympics, Kids on Conga, Wizards, Witches and Warlocks and a PJ, Pizza and Movie Day. Visit [www.ymcansw.org.au](http://www.ymcansw.org.au) for more information and to secure your days now. Alternatively, please contact Kylie on 0400 10 25 77.

Have a fantastic week!

*Kylie Nadalin - Coordinator*

*YMCA NSW – Newcastle Region | St Theresees Primary School, New Lambton NSW 2305*  
*0402165617 | oshc.newlambton@ymcansw.org.au | w ymcansw.org.au*

Follow us!  [facebook](http://facebook.com)  |  [twitter](http://twitter.com)  |  [youtube](http://youtube.com)  |  [instagram](http://instagram.com)
COMBO DAY
WEDNESDAY 28 June
$5
FRESH BAKED
INDIVIDUAL PIZZA
(Hawaiian or Meatlover)
Freddo Frog
& JUICE or WATER
Gluten Free Also Available
Orders via Flexischools Only
Order Close Monday 26 June 9pm

St Therese's
FAMILY MOVIE NIGHT
YR 6 FUNDRAISER
DESPICABLE ME3
SUNDAY 18TH JUNE · EVENT CINEMAS GLENDALE
3.30PM PRE-EVENT ACTIVITIES · 4.00PM SCREENING
TICKETS $10 EACH · PURCHASE AT WWW.FLEXISCHOOLS.COM.AU

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 STARGATE ROOM
WESTS - NEW LAMBERTON
$120pp including drinks package, 2 course meal and live entertainment
Hosted by Natasha Beyerdruf from MBN
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

WIN AN ICE CREAM PARTY FOR YOUR CLASS
It’s the 5c Challenge

On Monday 29th May, a glass jar will be placed in each of the classrooms. Children are to place their 5c pieces there.
Each Friday afternoon the jars will be collected and coins counted by Year 6 parents until Friday 23rd June.
Each week at assembly Year 6 will update the children on how much each of the classes have raised.
The class that raises the most money will win an Ice Cream Party in the last week of Term 2.
Start collecting your 5c's!
Thank you from Year 6 Fundraising team.