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

Welcome back to what promises to be an exciting but chilly term. As you know recently I went overseas on long service leave. My time there was taken up enjoying the sights of Switzerland, Austria and Italy (and the culinary cuisine). I have to say however that the old saying “that there’s no place like home” rings true. Newcastle and Australia in general is one of the most beautiful and welcoming places in the world.

In my absence I had asked that all the children undertake the CogAT testing which was all but finished. This term those children who did not take the test will be given the opportunity. The CogAT is designed to identify the gifts and talents of our students so that we are able to better tailor their learning. The test is marked away from the school and results are sent to us. We do not have a timeframe of when the results will be received. If it's like the NAPLAN we could be waiting months.

Last term I put together a Gifted Education Team in the school to be led by Lynette Barker. This Friday, Saturday and Sunday Mrs Petersen and myself will be attending a major conference in Gifted Education. My goal is that by term 4 we will have in place structures to facilitate the implementation of our Gifted programmes for 2018 and beyond.

I would like to take this opportunity to thank Sallyanne Stanbridge for her excellent work as Acting Principal in my absence, and also Kaylene Maretich and Leanne Kepreotes who also stepped up into Executive roles. I also thank Luke Smith who is currently filling in for Vickie Pettett in the position of Religious Education Coordinator.

I was unable to attend the assembly on the last day of term 2 but by all accounts the piano recital by students from the Brent’s piano school was outstanding and showcased the musical talents of our children.

I also missed out on “Pyjama Day” which was a great way to finish a busy term for staff and students. On a serious note the ‘gold coin’ donations amounted to $450.00 which was forwarded to Hunter Medical Research Institute for diabetes research.

At the same assembly Joy Loas from St Vincent de Paul accepted a cheque for $311.65 which was raised from the sale of scarves (knitted by Mrs Pettett) and other miscellaneous activities.

Duilio Rufo
Principal
Assistant Principal’s Message

We welcome the following students to St Therese’s who are completing university practicums at the moment:
- Jessica Haworth from Newcastle University who is completing her internship (all of term 3) with Mrs Petersen, Mrs Griffiths and 5P
- Rebecca Murphy from Newcastle University who is completing a 25 day prac with Mrs Duffy, Mrs Healey and KHD.

Sallyanne Standbridge – Assistant Principal

RE NEWS

Contemplation
I would like to take the focus of this week’s reflection from one of my favourite spiritual authors, Fr. Richard Rohr. Father Richard is the founder and director of the Center for Action & Contemplation. Many of his teachings and daily meditations can be found at the website: https://cac.org/

As the name of his school suggests, contemplation forms the foundation of daily living of all those involved with the school and to quote Fr. Richard, “The ego gets what it wants with words. The soul finds what it needs in silence.”

Centering Silence
Choose a word or phrase (Love, Just Be, etc.) as an expression of intent. Sit comfortably and upright, eyes closed, breathing naturally, and begin to silently repeat this sacred word. As your attention is focused on the desire behind the word, gradually let the word slip away. Rest in silence. When thoughts, images or sensations arise, gently return to the word, a symbol of your consent to God’s presence and action within you.

Luke Smith – (Acting) Religious Education Coordinator

School Community Notices

Family School Photos
If you wish to order a family photo pack online you will need to select ‘multi’ children and this will bring up the option to order family photos. Sibling photos can only be ordered up to the evening of 17 July, the day prior to school photos. The code is the same as on the envelopes 175835.

St Therese’s Photos 2017

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<thead>
<tr>
<th>Wednesday 19 July</th>
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<tbody>
<tr>
<td>KB – 9:20</td>
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<td>2A – 10:30</td>
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<td>2M – 10:40</td>
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<td>2WM – 11:00</td>
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<td>Family Photos – 11:15</td>
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Vicki McSpadden – School Bursar

ICAS Reminder

The ICAS English Assessment will be held Tuesday 1st August at 8.00am in the 5P classroom.

Mrs Briggs

Canteen News
Canteen News - Just a reminder that toasted sandwiches are available from the canteen while the weather is cool. Cheese $2 and Ham & Cheese $3.50.

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<thead>
<tr>
<th>Wednesday 19/7</th>
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<th>Friday 21/7</th>
<th>Monday 24/7</th>
<th>Tuesday 25/7</th>
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<tbody>
<tr>
<td>Hollie Boland</td>
<td>Katrina Brideson</td>
<td>Mary-Jane Bottom</td>
<td>Stephanie Kon</td>
<td>Lisa Bechly</td>
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<td>Cath Oakley</td>
<td>Laura Mahon</td>
<td>Natasha Lavaring</td>
<td>Stan Kon</td>
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<td>Jess Barwick</td>
<td>Renae Flood</td>
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<td>Simone Nolan</td>
<td>Katrina Duggan</td>
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**Playgroup – 21st July**
Come along and join us at playgroup in the school hall this Friday 21st July 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.

**WELLBEING**

**Kids Matter ~ 5 Anxiety Busting Self Care Techniques**

It comes to us all. That panicky sense that all is not well. The world feels wrong. You feel wrong. It’s called stress. If left untreated the feeling builds and momentum gathers. What started as a storm in a tea cup builds to a towering tornado and suddenly you’re officially having a bad day. Here are 5 ways that you can help reduce your stress – teach these to your children as well - they’re easy to learn and can be done anywhere:

1. **Deep Breathing**
This is breathing from your diaphragm—not your chest—so make sure the belly rises on your inhale. This is because inhalation provokes the sympathetic nervous system while exhalation provokes the parasympathetic nervous system. Practicing this technique will tip the body toward relaxation rather than stress.

2. **Yessing**
This is a technique of Eastern religions that is colloquially called “yessing.” The idea is to become aware of whatever thought, emotion, or situation is present and also notice the panicky feelings present. Those panicky feelings represent half of the problem—we are trying to escape the unpleasant situation and realize we can’t. That causes stress. What if we just stay with the original feeling and don’t try to escape from it? We say, "Yes, I accept/welcome this feeling. It can do me no harm.” Once we acknowledge this we can deal with the next moment and so on until we feel calm again.

3. **The counting game**
Counting is a classic mindfulness technique. Sit somewhere comfortable. Focus fully on the number one. Hold it in your mind for a full breath in and out. Now focus on the number two with your next breath in and out. Focus fully on the number two, then three and so on. If you find for even a nano second that you are focused on a thought and not a number, return to zero and start again. You “win” when you get to ten without focusing on anything other than the number you are counting. By doing this you are achieving the state of being present and not fixated on the problem that causes your discomfort.

4. **Gratitude list**
Gratitude has been known to improve mental strength and well-being. One way to practice gratitude is to pick a free five minutes, find a sheet of paper and pen and start writing down all the things in your life you are grateful for. After a while, you’ll feel very grateful for your life with its myriad of splendidours and stress will be a fading memory.

Build all of these into daily practices and see how your previous world of stress changes. Timing is everything. Try to act when that first bit of unhappiness appears. Regular practice of these techniques not only helps to reduce stress, it also represents a big step on the road to self-mastery.

*Julia Briggs ~ Primary Coordinator*

**News from the Classroom**

Stage 1 students and teachers are looking forward to an excursion to the Wetlands Centre at Shortland on:

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<tr>
<th>Year 2 - Friday 4 August</th>
<th>Year 1 - Friday 11 August</th>
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Children are to wear their sports uniform, including their hat. They must bring a packed recess and lunch and a bottle of water. They need a non-aerosol insect repellent and sunscreen.

*Year 1 & 2 Teachers*

**ASPIRE**

Have you got your ticket to ASPIRE’s upcoming show, The Hoarders Next Door? The evening shows are selling fast so don’t miss out! Friday, August 4 & 5 – 7pm Get your tickets through Ticketek today.
SPORT

Congratulations to all those students who participated at the Regional Athletics Carnival and best wishes to those who have progressed to the next level. All those present displayed great sportsmanship and represented our school with pride.

GENERAL NOTICES

CHESS!!
Learn to be a chess champion! Coaching for students at St Therese’s Primary School (New Lambton) is held on Mondays from 8:10am to 9:10am, starting on 24 July 2017.
Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment.
Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.
Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.
If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

OOSH

Dear Parents/Carers,

Welcome back to Term 3!
I hope you all had a safe and wonderful school holiday period. Children and staff at the YMCA certainly did, enjoying loads of fabulous activities. Soccer and Futsal Fun was by far the most popular and successful incursion with 81 children coming along to enjoy games of soccer and futsal and work on some skill development. TreeTops Adventure Park was another very popular activity, booking out weeks in advance.
Children absolutely loved conquering their fears and taking on the challenge of the high ropes and flying foxes. It was fantastic to see children support and encourage each other whilst taking on the course. Putt putt golf provided fun in the sun with children cooperating well, demonstrating patience and determination as they moved around the course. For a more relaxed excursion we made our way to Lakes Cinema Boolaroo to view Despicable Me 3. It was evident that children thoroughly enjoyed the movie with laughter echoing throughout the cinema.
With the holidays now over, it’s time to settle back in to before and after school care. We still have places available for families looking for care. Don’t forget to book in advance for casual days. Whilst we do offer last minute care, we can’t always guarantee a place. Bookings can now be placed using our online system. Please speak with Kylie if you are unsure of how to register for your online account.

Have a fantastic week!

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
Music Lessons with Ben

Individual Guitar, Keyboard or Piano lessons for your child at just $20 for 30 minutes!

Now taking enrolments for Term 3 with lessons available on Tuesday, Wednesday or Friday. Lessons are available before or after school if required.

Please enquire with Ben on 0408 504 882.

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20th Annual
SPECIAL NEEDS MASS

On the Feast of
St Mary of the Cross MacKillop

Bishop Bill Wright, the communities of St Joseph’s Primary School Merewether and Holy Family Primary School Merewether Beach, together with the Federation of P&F Associations and The Special Needs Working Party, warmly welcome all to join with Principals, teachers, school staff, families and parishioners for this special celebration.

Tuesday 8 August at 7pm | St Joseph’s Catholic Church
Cnr Kennick and Farquhar Streets, Merewether

“Let us love and praise God in all”
BOOK LAUNCH

Bring the kiddies along to celebrate the launch of ‘Ollie’s Treasure’ There will be a book reading, a treasure hunt, craft, nibbles and lots of fun! Adults can enjoy a glass of wine and nibbles too!

Wallsend Library 30 Bunn St Wallsend
Friday the 21st of July 6:00pm - 7:30pm
