Principal’s Message

Dear Parents, Staff and Students

The drought is affecting our farmers who we know are doing it tough. Due to lack of water, livestock are being lost and this greatly affects the social and emotional wellbeing of our farming community. As a school we would like to raise the awareness of the farmer’s plight in our students and also to reach out and support our farmers by organising an out of uniform day to raise money. On Friday the 10th August, we are inviting the children to come dressed as farmers. We are asking for a $2 donation from each child, which will go directly to the ‘Buy a Bale’ campaign. If families would like to make a further donation please follow the link http://www.buyabale.com.au.

COMPASS Up-date

My thanks to parents for your quick response to my request to have your children turn up on time for school. There has been a 60% increase in arrivals so that means that some children are still arriving late for class. Again if your child is late for class you must go to the front office and sign your child in. Over the coming weeks the staff will be working on implementing two new areas Events and Chronical. These two areas will greatly assist staff in better tracking what is happening for the children at school as well as once parents go live in the system they will be able to check notes and see how their child is going at school.

To ensure children’s safety parents are expected to sign children out at the front office where they will be given a yellow slip that they then take to the classroom so the teacher can release the child. Failure to present the yellow slip will result in the teacher requesting the parent to return to the office and collect same. This is to ensure that your children are safe at all times.

Children arriving early

A reminder that there is no supervision for children before 8.45am in the morning. If for some reason a child arrives early then it is expected that they sit under the cola and wait for staff to come on duty. Please speak to your child and tell them that they are not to run around or play handball etc.

Afternoon pick-up – Burke Street

Soon we will trial a system whereby teachers will call students to cars. Please ensure that you have your surname clearly displayed on the windscreen to assist with smooth pick-up procedures.

A School Community Code of Conduct, which applies to students, parents/carers and volunteers, has been developed by the Catholic Schools Office to provide guidelines for expected behaviour of all individuals in our school communities.

In Term 1, 2019, all existing families will be required to sign a declaration that they have read all enrolment documents, and agree to abide by the School Community Code of Conduct and the Conditions of Enrolment. Over the coming weeks these documents will be made available to parents for their perusal and signature. The CSO has asked all schools to ensure that this process is completed by the end of Term 1, 2019.
Domestic Violence
Violence is never OK and with this in mind I encourage you to view the information contained in the Got Your Back Sista video link below:

Duilio Rufo – Principal

RE News
From Pope Francis @pontifex
“Charity is the most effective form of witness, because in it people see the love of God”
As our farmers struggle with the statewide drought we are being asked to help in some way. Many families have probably already offered assistance through one of the many organisations collecting to give help. Here at St Therese’s students in some classes are wanting to help too and members of the Social Justice Team also have some ideas. Please watch for information on how you might assist those who need our help and thus demonstrate witness.

Sacramental News
As we draw closer to our scheduled First Communion Sunday Parish Mass celebrations, we trust that your child/children have already completed or have nearly completed the workbook. Thank you for your responses to the green note. There have been a few changes and the majority of responses indicate a liking for the idea of celebrating as a whole group at Mass on Sunday 16th September, then joining together at a celebration in the Parish Hall. Please look for the note which will come home with final details about the Sunday Masses.

Vickie Pettett - Religious Education Coordinator

Library
BOOK CLUB: The Issue 5 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 8th August.

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.

School Community Notices
P & F Meeting
The P & F Meeting will be held TONIGHT in the staff room. Doors open at 6.30pm for a 7.00pm start. Everyone welcome to attend.

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<td>Rachael Hill</td>
<td>Mad Standing</td>
<td>Connie Martinelli</td>
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Canteen News
Many children have been asking the canteen for spoons and forks to eat the lunch they bring from home. If your child needs a spoon or fork to eat the lunch you pack them could they please bring this from home. The canteen has only a limited supply of plastic cutlery and reusable cutlery from home is also much better for the environment.

Belinda Palmer – Canteen Supervisor

Playgroup 10th August
Playgroup will be in the school hall this week, so come along and join us for some fun this Friday 10th August 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.
Chess boards WANTED
If you have any unwanted chess boards and chess pieces at home please consider donating them to grade 5 (Mrs Petersen). You can leave this at the front office.

Entertainment Books
We have 8 entertainment books still available in the front office. Last chance to grab one this week. $65 each – get in quick!

Lotus Art Exhibition
The Lotus Art Exhibition Show is on again this year. The Theme for Lotus this year is “Faith in Action”.

Date: Thursday 20th and Friday 21st September. Term 3
The Art show will be held on the Thursday afternoon from 3:30pm - 7pm. Classes will then have time to view the exhibition in the Main Hall on the Friday and to purchase any items that are still available.

A few things to consider;
1. Individual artworks will be created by grades 5 and 6.
2. Classes K - 4 will complete a canvas artwork and parents will have an opportunity to purchase the canvas. There is only 1 canvas per class.
3. The exhibition will have a number of items for sale, including bunting, gift tags, key rings, small woven baskets, lotus flowers and more.
4. Raffles and silent auctions will also be held.

News from the Classroom

Pivotal Cup
On Saturday night our Pivotal Cup Team competed at Newcastle Basketball Stadium. The team included: Max B, Riley C, Chelsea H, Sienna C, Claudia D, Jonah Q, Harry R, Brendan M, Georgia S and Tom L. The team competed in the final against two teams from St Phillips and Nulkuba Primary School. The players were amazing and worked hard, rising to the challenge. We came second on the night, just two points behind first place. The team should be congratulated, they did our school proud. A HUGE thank you needs to go to Sally Cashman, who shared her time and skills to train the team each week. She has done a fantastic job and we are truly appreciative.

Julia Briggs - Coordinator

Environment News
This Wednesday we will hold another Waste Free Wednesday this week. Please try and reduce the amount of packaging you send in your child’s lunch box, as any rubbish will sent back home in your child's bag. Please support our school in this environmental initiative.

ICAS Mathematics
A reminder that the Maths Assessment will be held next Tuesday 14th August at 8.00am in Ms Mortimer's Year 6 classroom.

Gifted Education introduces the Virtual Academy
The Virtual Academy has begun at St Therese’s, with 6 students in stage 3 involved. Liam H, Geordie O, Christian P, Sienna C, Aidan P and Phoebe C, have been preparing for this program since the end of Term 2. All students are excited about this opportunity and will be engaged in a program that will look closely at Patterns in the world and through all Key Learning Areas.

Word Mania
This is the second week of competition for Word Mania, an English and Spelling based competition for Australian and New Zealand schools. If your child is in this competition, good luck for the final week!! If we are successful as a school we will end the finals in week 4, watch this space!

Deb Petersen – Coordinator
Kindergarten 100 Day Party

Last Friday Kindergarten celebrated completing 100 days of school. Congratulations to all our wonderful students - it has been 100 days of fun!! Thank you for all the treats that were sent in, to the parents who could make it and also for the support of all the parents that couldn’t make it! It was a lovely day and the kids were SUPER excited. We are looking forward to many more wonderful days in kinder this year.

The Kindergarten Teachers

Gardening Club

On Friday afternoon, Primary enjoyed relaxing planting time in the sunshine adding succulents to our new planter boxes near the sand pit. We had such a lovely time together. Have a lovely week!

Mrs Lunn
Wellbeing

Kids Matter – Everybody’s life has ups and downs

Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Feeling good protects mental health and wellbeing. Did you know that experiencing positive emotions such as joy, pleasure and having fun are essential experiences for building and maintaining a healthy mind across our whole lives? Skills and qualities that help children cope with life’s ups and downs are:

- **Trust** - that the world is safe and that there are caring people to help them.
- **Belief** - in their ability to do things for themselves and achieve their goals.
- **Feeling good** - about themselves and feeling valued for who they are by their parents and carers.
- **Optimism** - that things generally turn out well.
- **Regulation** - Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

Resilience is the ability to cope with life’s ups and downs. Children’s resilience is enhanced when they:

- are loved by someone unconditionally
- have an older person outside the home they can talk to about problems and feelings
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- have a sense of a power greater than themselves
- are willing to try new things
- feel that what they do makes a difference in how things turn out
- like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

Feeling optimistic and hopeful are key parts of mental health and wellbeing. Model these attributes for your children to help develop their resilience.

*Julia Briggs - Coordinator*

**PBS**

Virtue Focus - Being Welcoming. To be welcoming is an important part of our St Therese community. We always welcome new students and families and we always welcome parents, grandparents and other family members to join in and be a part of our community. When we welcome others, it is a way to show them that we care. It is a way to look out for others and to include them in our lives and everyday activities. When we welcome others, it makes them feel connected and gives them a sense of belonging. As humans, we are social beings and these connections are part of our deepest needs and desires. So let’s make sure we are always looking out for others and to welcome them into our lives.

| School Spirit Award for demonstrating CARE & COMPASSION through displaying Cooperation. |
|---------------------------------|---------------------------------|---------------------------------|
| **KN** | Lily P. & Charlie L. | **KW** | Bruno R. & Beau R. | **KL** | Harry G. & Annabel J. |
| **1N** | | **1W** | Nina D. & Sophie G. | **1L** | Ava B. & Isaac N. |
| **2N** | Baxter L. & Evie M. | **2W** | Oliver H. & Chloe M. | **2L** | Toby E. & Erin T. |
| **3N** | Philippa A. & Quinn T. | **3W** | Sean D. & Sophie K. | **3L** | Tobi B. & Lucinda P. |
| **4N** | Ocea B. & Kayna T. | **4W** | Arielle R. & Macey W. | **4L** | Gabriel T. & Liam W. |
| **5N** | | **5W** | Aiden B. & Candice E. | | |
| **6N** | Marcus K. & Dominic M. | **6W** | | **6L** | Toby G. |
**Principal Award recipients for this week:**

**Luke Smith – Coordinator**

**Workshops with Cheryl Roberts**
Following the positive feedback from last terms parent information evenings, I am offering another 4 sessions for parents this term.

My area of interest has for a long time been Anxiety. It is my belief that it is underlying all challenging behaviour in children even when a condition has been diagnosed. This is so for adults as well. I have worked with anxiety for many years and have had instant and lasting change in the areas of: Panic attacks, Night terrors, school refusal, separation attachment anxiety, sleeping disorders and more, all limiting challenges that prevent a child/adult accessing and realising their potential. I have witnessed paralysing fear turn around and drop away.

Parenting today is more stressful with social expectations and demands. Children are exposed to so much more via media, technology, peer pressure and the need to fit-in and belong. Many parents mention that they seem to have lost the title of leader. That their children are defying parent direction. Frustration and stress in the family unit is present daily.

The intention of these sessions is to give you, the parent, awareness and understanding of what drives the behaviour and how you can lead your children in a peer orientated and technological world.

The sessions will help you to understand the challenges the child faces in his/her world. How you as a parent can relate to them with respect and understanding and still be the Captain

Challenges parents face with children and anxiety. behaviours, meltdowns, opposition, lack of resilience and esteem. ADHD and related conditions and how to build esteem through relationship.

How can you be the change in the chaos? You can’t know until you know!!!

I am attending a two day seminar/workshop this week with Renown Author, Physician and speaker, Dr Gabor Mate

(How to create an environment that promotes health and healing with children/families where chaos prevails)

**August**

Week 4, Friday 17th August 9.30 to 11.30 Father Walsh
Week 6, Tuesday 28th August 9.30 to 11.30 Father Walsh

**September**

Week 8, Thursday 13th September 6.00-8.00pm Library

Please provide your expression of interest for organisation purposes. All parents are welcome to attend. Other interested parents welcome.

Yours sincerely

Duilio Rufo Chandler Roberts
Principal Pastoral Care Worker

We/I ____________________________________ am interested in attending the following sessions:

☐ August, Fri 17th 9.30-11.30- Father Walsh
☐ August Tues 28th 9.30-11.30-Father Walsh
☐ September Thurs 13th 6-8pm Library
Sport

Dio Athletics
Best of luck to the squad of 17 students who will attend the Diocesan Athletics Carnival this Wednesday, at Glendale. We look forward to hearing about your events.

Soccer Gala Days
All notes have been sent home and several meetings have been held with the students involved in this event. This Thursday the junior and senior boys will compete. Travel has been organised and teams complete with a parent manager. Thank you in advance for all the help from many parents who have volunteered. Juniors please meet Mr Rouse no later than 9am at Speers Point Park and seniors meet Mrs Griffiths no later than 9am at Speers Point Park. Students also need to mark off with these teachers when leaving the gala day.

Polding Golf Tournament
Congratulations to Oliver (Ollie) D in grade 5 who participated in the 2018 NSW Catholic Cup Golf Tournament in Mudgee yesterday. It was a great day enjoyed by many talented golfers.

Deb Petersen – Coordinator

General notices

OOSH
Hi from the Y,
What a great Week 2 we had here at the Y. Our focus for the week was KINDNESS and the children came up with some great suggestions on what kindness looks like at OSHC – Kindness to others by sharing and using gentle hands, kindness to the environment by picking up rubbish, kindness to animals by not chasing the birds and kindness to all cultures by listening and being respectful were just a few of the wonderful ideas. This discussion helps to give the children a sense of belonging and an opportunity to reflect on their own behaviours and better themselves in our community.
Outdoors there has been a lot of extra activity due to our new sport equipment purchase. Frisby throwing has been very popular and our new Comet Ball throwers have got us all running around with staff getting in on the fun too. Soccer of course is still trending as well as rock pit play, hide and go seek and our old favourites, handball and equipment tips keeping everyone active outdoors.
Indoors the children have helped to create a large Pokemon display on one of the windows which they have worked hard on and are very proud of so please take a look next time you are here. Because of the ongoing interest we will be having a Pokemon hunt this week. Board games and card games are popular and we have seen some great architecture and building designs with our new wooden blocks.
Quality Area 1.2.3 Each child’s agency is promoted, enabling them to make choices and decisions that influence events and their world. We like the children to have a major input in to our program and this is some of the ideas they came up with – Afternoon tea ideas: fried rice, sushi, pancakes: Craft ideas: playdough, slime, clay; making stress balls and doing some beading, a plane making competition, a stress tent and Friday afternoon chill day.
REMINDER – we still have two tubs full of lost property just from the Vacation Care period so if your child is missing clothing, hats, drink bottles or lunch boxes please come and take a look, there is also a pair of reading glasses.
Have a great week everyone….

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

School Band
The school band is playing very well and it is not too late for any new players to join. You can call Allan Ward Music on 40237674 for all the information on the “Try Before You Buy” rental system available at school. Saxophones, Clarinets and Flutes are required. Ask about our special deals. Allan Ward, Allan Ward Music,Ph: 02 4023 7674, Fax: 02 4023 7673
Dear Parents & Guardians,

St Therese’s Primary School is holding a Tea Towel fundraiser which is to raise money towards the Year 6 Farewell at the end of this year.

Students from Kindy to Year 6 have drawn a “self-portrait” onto a tea towel – one tea-towel for each Year. (see sample below)

The tea towels are made from 100% white cotton (50cm x 70cm) and are fully washable. These would make great gifts for Father’s Day, Christmas, Birthdays, Grandparents etc. or just a keep-sake for home.

Tea-towels cost $10.00 each and will be available to order via Flexischools from week 1 in term 3.

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**Fun and Educational Before School Creative Writing Workshops at St Therese’s, New Lambton. Term 3 starts Thurs 2 August, 8am-9am, Years 2-6**

Write stories with fantastic characters and wild plots.
Flex your creative muscles and vocabulary.
Explore different writing forms and genres.
Improve your powers of written expression.

$120 per term (8 lessons)
Earlybird by 24 July: $110
with Ed Wright and Jess Black
For information and enrolments
www.creativewordshop.com.au
info@creativewordshop.com.au
or phone Ed 0408788765

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**PIZZA COMBO DAY**
**WEDNESDAY 22nd August**
**$5.50**

FRESHLY BAKED PIZZA
(Hawaiian, Meatlover or CHEESE!)
Freddo Frog & JUICE or WATER

Gluten Free Available (+$1.00)
Orders via Flexischools Only
Orders Close Monday 20th August 9pm

*Orders are Non-transferable

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**Anita’s Cleaning Service**
Is house work getting you down??
No time during the week or the weekend??
Would you like to come home to a clean house??
Or do you just need your oven cleaned??

If the answer is “YES”
Call Anita on 0405 445957

ABN 19 906 504 817 *References Available
Lowes

Exclusive offer to ZERO & REWARDS CARD HOLDERS

20%* OFF EVERYTHING
INCLUDING SCHOOLWEAR

SHOP NOW

Instore & Online - Thursday 9th August

* Excludes gift cards & all suit packages. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store.
No rain checks. Please choose carefully, exchange and refunds only with docket. Includes existing 5% discount. Offer ends midnight (AEDT) 09/08/18. Must use Zero or Rewards card to receive discount.

Singing brings out the best in your child!

The Australian Youth Choir benefits boys and girls from 7 years of age upwards to discover their vocal talent, learn to sing, develop their musicianship and performance skills, and make new friends.

Singing in a choir stimulates the mind and imagination, with research showing it has a profound effect on a child's general learning of literacy and numeracy as well as health and wellbeing.

Our programme consists of weekly rehearsals in school term, workshops and 2 concerts a year.

Call us 1300 761 039
Or visit our website www.nyyc.com.au
to talk about joining now
NEWSLETTER SNIPPETS TERM 3 2018

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 3 school newsletters.

The below newsletter snippets are easy to copy and paste and provide information to families on healthy eating, physical activity and limiting screen time.

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