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
Last Sunday we saw the last group of children receive their First Holy Communion and this Sunday all the children are once again invited to come to the 9.15am Mass to celebrate together followed by a morning tea in the Main Hall. Congratulations to all the students, teachers and parents who made this sacrament a meaningful experience for all involved.

Uniform
With the weather warming up I would ask that parents use their best judgement in sending the children to school to be comfortable. The official date for summer uniform is later but we are dressing for the weather.

Staff Leave
Firstly, congratulations to Mr Tim Breen (Year 5) on the safe arrival of his son last Monday. Tim will be on leave until week 2 of Term 4. Phoebe Parker will be replacing Tim during this time.

Mrs Leanne Kepreotes (Year 3) will be taking LSL for the last 2 weeks of term. She will be travelling overseas for a family holiday – we wish her safe travels. Mr Joel Hartcher will be replacing Leanne during this time.

Mrs Teresa Pearce (Year 1) will be on LSL for the first two weeks of Term 4 and will be replaced by Gabby Dawson for this time.

LOTUS
As you know St Therese’s has long supported the Lotus Foundation which was started by teachers and parents of St Therese’s approximately ten years ago. The Foundation focuses on currently supporting the education of 80 young girls from a village in Laos. This year is our major fundraising year for the girls. I would like to invite parents to visit and support the Art Exhibition which is being held in the Main Hall on Thursday 20 September and Friday 21 September. This will give you an opportunity to view your children’s artworks and purchase same. There will be a raffle held and I would ask any family who could donate goods or services to the raffle to contact the Main Office.

Obstacle Fun Run
The date is drawing near and I encourage all parents and children to get behind this important fundraiser for the school. All funds raised by the P & F will go directly towards providing those things that will be necessary once our renovations are completed.

Duilio Rufo – Principal
Assistant Principals Message

Chess
On Thursday 6 September, William H, Elliott D, Archer L, Christian P, and Liam H all took part in the Wirreanda Public School Chess Semi-Final. The boys did exceptionally well, including Christian P who managed to win six out of seven games! Christian P came second overall which greatly contributed to the school’s score! At the end of the day, our school received 20 points which put us into third position. Thanks to all the boys, our great score let us slide into the finals. (by William H and Elliott D)

Our team will travel to Burwood (Sydney) on Friday 21 September for the NSW Final. Permission notes will be sent this week for the team. Congratulations boys we are very proud of you!

Compass
This Friday all parents/guardians will receive their individual username and password to access the Compass Parent Portal. Each family will also receive a parent information booklet explaining the features of Compass. There will be three information sessions as follows:

- Tuesday 18 September - 9:30am in the staffroom
- Tuesday 18 September - 1:30pm in the library
- Wednesday 19 September - 5:30pm in the Father Walsh Hall

We understand that many families are very busy and find it difficult to attend an information session. We also appreciate your understanding in the logistics involved in providing this information to over 400 families in our community. It is hoped the information pack provides the majority of information required for those families unable to attend the information sessions.

Our Fun Run is fast approaching - Thursday 27 September 2018 in the school grounds. We will start at 9:30am with the following timetable:

- Kindergarten - 9:30 to 10am
- Years 1 & 2 - 10:00 to 10:30am
- Years 3 & 4 - 10:30 to 11:00am
- Years 5 & 6 - 11:00 to 11:30am

Students are invited to wear bright colours as well as their joggers and friends and relatives are invited to join in the run - bright colours or 80s themed clothing are encouraged! There will be a whole school lunch at 11:30 am following the Fun Run. Parents are invited to bring along a picnic lunch to enjoy with your children.

All students received their sponsorship forms in Term 2. These can be used for your child to find sponsors and collect money. Alternatively your child can register themselves online using the unique code in the sponsorship booklet, which allows them to create a profile page and set goals that friends and relatives can easily access. If your child has misplaced their sponsorship form please contact the office. There are great prizes to be won depending on the amount of money raised by your child. Additionally the class that raises the most money will receive 15 minutes extra playtime as well as an ice-block for each child in the class. In each grade, the child that raises the most money will also receive “Canteen Bucks” to the value of $10.

Money raised in the Fun Run will be used to air-condition the new infant classes when building works conclude in 2019.

Grandparents Day
A note was sent home last week, to all students in K-2, about Grandparents Day on Friday 26th October 2018. There will be a short liturgy from 9:30 am followed by morning tea and open classrooms in K-2. Please return the RSVP forms as soon as possible in order to assist with catering for the day.

Kaylene Maretich - Assistant Principal
RE News
FIRST COMMUNION
School Mass this Sunday, followed by celebration in the Hall. Parents of first communicants please bring food to share.

Pope Francis @pontifex
“Jesus came down on earth so that we could go up to heaven: this is the mystery of the Cross.”

Vickie Pettett - Religious Education Coordinator

School Community Notices
Canteen News

<table>
<thead>
<tr>
<th>Wednesday 12/9</th>
<th>Thursday 13/9</th>
<th>Friday 14/9</th>
<th>Monday 17/9</th>
<th>Tuesday 18/9</th>
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<tbody>
<tr>
<td>Cath Oakley</td>
<td>Katrina Brideson</td>
<td>Mary-Jane Bottom</td>
<td>Amy Hilton</td>
<td>Renae Campbell</td>
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<tr>
<td>Maree Abson</td>
<td>Tonya Lunn</td>
<td>Kim Jordan</td>
<td>Jenni Trummel</td>
<td>Katrina Duggan</td>
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<td></td>
<td>Samantha Roxby</td>
<td></td>
<td>Camelia Meleka</td>
<td>Donna Carters</td>
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</tbody>
</table>

Belinda Palmer – Canteen Supervisor

Entertainment Membership:
A big thank you to everyone who purchase an Entertainment Membership this year, we raised $1782 which will be added to the new school equipment fund.

Thanks Donna

Playgroup 14th September
Playgroup will be in the school hall this week, so come along and join us for some fun this Friday 14th September 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.

Book Sale
Thank you so much to everyone who has donated books for our cause. We are trying to raise the funds required by council to have a bench placed in our local park in memory of Bella Rose Buckingham, a little girl from our neighbourhood who sadly passed away far too early. If you still have books to donate, please drop them in at the office before 20th September.

And now, we would like to invite you to the Book sale:

SPRING BOOK FAIR (fundraiser)
From 9am, 22nd September
Aldyth St Park,
New Lambton (where Woodlands Ave meets Aldyth St)

PLENTY OF BOOKS for everyone
(novels, educational, teens, children's, cookbooks and more)
please call sam 0421785090 for more details.

Thank you from Zander S, Zahli S and Lilah A
Lotus Art Show Raffle Donations
We are looking for donations to support the Lotus Art Show held in week 9, this term. If you are a business or know of someone who would like to have their business promoted at this important event could you please bring in prizes, vouchers or other gifts for Stage 3 to raffle. Tickets will be sold at the Art Show on Thursday 20th September. Thank you in advance for your kind contribution.

Deb Petersen Coordinator

WE WELCOME ALL ST THERESE’S FAMILIES TO OUR

ART EXHIBITION & MARKET STALL

FUNDRAISING EVENT

in support of

THE LOTUS FOUNDATION

Thursday 20th September
3:30pm – 7:00pm

WINE & CHEESE evening
Official opening of the exhibition
All families welcome
Gold Coin donation entry

Friday 21st September
9:30am – 3:15pm

Classes to view the exhibition
Gold coin donation entry
Send along pocket money for purchases from the stalls
All families welcome throughout the day

SUPPORTING THE EDUCATION OF GIRLS IN LAOS
News from the Classroom

Environmental News
Congratulations to our school community, who have responded with enthusiasm to the introduction of our Waste Free Wednesdays. We have been spacing the waste free days 3 weeks apart, in an attempt to gradually get our community used to the practice. We were worried that having no bins out would increase levels of rubbish in our playground, but we've been pleasantly surprised with the effort that has been made! As such, we will now make EVERY WEDNESDAY, a WASTE FREE DAY. Waste free means only packing items that can be composted or recycled and that won't end up in the garbage bin. That means, no plastic wrap, no foil, no zip lock bags and no packaged foods. Following these rules can be tricky, but it’s not impossible. First, you'll need some containers – a lunch box with a variety of compartments works well or purchase a few smaller containers to hold different snacks. If you can't avoid packaging all together, your child will be encouraged to take their rubbish home with them!

Mrs Briggs – Coordinator

STEM

Last week on Wednesday 5th, Thursday 6th and Friday 7th each of the Year 6 classes participated in a STEM (Science Technology Engineering and Maths) Challenge day, with various other schools. Throughout the days the children had to complete two different activities with their colour group, which consisted of three to four people. The activities ranged from building catapults and bridges to connecting electrical circuits to coding and many more complex and difficult tasks. They learned about scientific principals such as, physics, chemistry and design. The students did very well overall and worked very hard throughout the day. The students achieved great scores with 6N class coming 2nd, 6W class coming 2nd as well and 6L class coming 8th.

by Madi L and Will.S

Gifted Education
If you are talented in Creative and Performing Arts and in Stage 3, audition applications are now open for the ASPIRE 2019 performance. The closing date for applications is the 28th September, 2018 (last day of Term 3, 2018). Please go to https://aspire.mn.catholic.edu.au/

Deb Petersen – Coordinator

Chess at Lunch
The Grade 5 students have been teaching, helping and playing chess with other students during lunchtimes on a Tuesday. Thank you to Archer L, Samuel L and Aidan P for helping to run this activity in their own lunchtimes. Students can find the chess boards set up on the tables outside Mrs Mortimer’s classroom.

Deb Petersen – Coordinator

WANTED – DUPLO AND LEGO DONATIONS!!
If there are any families with any Duplo or Lego blocks they are no longer using, please consider donating them to St Therese’s. Over the coming weeks we will be using the blocks to assist us with our STEM lessons and would LOVE to receive any items your children are no longer using at home.

Many thanks, Mrs Gleeson and Mrs Barker.
Gardening Club

Primary was lucky enough to get gloves on and shovels out for gardening on Friday, before the afternoon storm came. We all had a lovely time planting some beautiful smelling lavender into our garden beds. We were also very lucky to harvest some yummy fresh potatoes. Have a wonderful week!

Mrs Lunn

Wellbeing

Kids Matter - What self-regulation is ..... and isn't

Self-regulation is not simply self-control. It is the ability to manage our energy states, emotions, behaviour and attention: the ability to return to a balanced, calm and constant state of being. Lack of sleep, noise, flashing lights, an argument, certain foods, stress and trauma can all throw us off balance. Our energy depletes and managing our feelings, behaviour and attention becomes more difficult. Self-regulation is vital for children to manage life’s normal ups-and-downs: for concentration, social relationships and learning. It is a major task for a young child to regulate their feelings and behaviour consistently.

Key factors assisting children to develop their capacity to self regulate

- being with calm adults who provide safety and security
- having predictable routines and clear boundaries
- being listened to and acknowledged
- watching the adults in their life manage their own feelings and behaviour
- knowing the names of feelings and being able to identify their feelings by name
- having adult support when they are upset, tired or angry having unstructured time to play and learn at their own pace

When self-regulation difficulties occur - Reasons difficulties with self-regulation arise can include lack of adult attachment figures, sensitivities in the child’s body, stress and trauma. These difficulties can look like tantrums, fighting with peers, not following adult direction, worry, anxiety, withdrawing from social situations and turning away from parent, carer or educator.

What children need - We can support children finding the task of self-regulation too difficult by:

- showing empathy and care
- being close by until strong emotions pass
- teaching children calming strategies
- increasing ‘feel good’ hormones through exercise, healthy diet and plenty of rest


creating environments that support children’s developing capacity to self regulate.

Julia Briggs - Coordinator

PBS
Virtue – Being Thankful & Giving
This week we begin our final focus upon Care & Compassion for the term by looking at what it means to be Thankful & Giving. Firstly, when we are Thankful we are aware and grateful for what we have. We can be grateful for many different things in our lives; grateful to have a home to keep us safe and sheltered, grateful for food, clean water, education, our family, friends, for the sun, the rain, nature, our health, a warm cup of tea, someone’s kind words and we can even be grateful for life itself. The more we practice being grateful, for the big things and even the smallest of things in life the more our sense of gratitude grows! Secondly, Giving is all about what we are prepared to do for others. To follow in the footsteps of Jesus, we should always aim to seek out those in need. We can give of our money and resources to help people who are in financial difficulty. We can give our time and energy to help family and friends. We can offer our friendship to those who may be lonely or isolated.

These two virtues go so beautifully together because, when we are aware of and grateful for our many blessings, it becomes easier to see just how much we have to give and offer to those around us. So let’s practice the art of being Thankful & Giving to one another today!

| School Spirit Award for demonstrating CARE & COMPASSION through Being Welcoming. |
|---|---|---|---|
| **KN** | Eden H. & Mackenzie R. | **KW** | Harry H. & Erin S. | **KL** | Sophie L. & Ethan L. |
| 1N | Vivienne B. & Patrick I. | 1W | Sienna A. & Francesca J. | 1L |  |
| 2N | Nixin J. & Isla R. | 2W | Maya F. & Matisse M. | 2L | Benjamin C. & Ruby D. |
| 3N | Elijah M. & Claire O. | 3W | Jenna C. & Tayla G. | 3L | Chloe D. & Beau P. |
| 5N | William O. & Andie W. | 5W | Julia D. & Angus H. | 5L | Justin A. & Harrison C. |
| 6N | Kaiser D. & Brayden R. | 6W | Hugh B. & Emily M. | 6L | Noah S. & Celise W. |

Principal Award recipients for this week:
Louie B. (KN), Olivia L. (1N), Miles T. (1N), Sage T. (1N), Sophie G. (1W), Oscar K. (1W), Felix M. (1W), Ivy M. (1W), Poppy W. (1W), Eylah W. (1W), Gracie B. (1L), Hope B. (1L), Margaret B. (1L), Ava B. (1L), Liam B. (1L), Hunter C. (1L), Emily F. (1L), Eden H. (1L), Hamish L. (1L), Sophie S. (1L), Jordy T. (1L), Josie W. (1L), Isabelle A. (2N), Ayanna F. (2N), Sophie G. (2N), Matilda K. (2N), Nicholas B. (2W), Katie C. (2W), Myles H. (2W), Dominic P. (2W), Grace H. (2L), Patrick B. (3N), Patrick D. (3N), James M. (3N), Max T. (3N), Archie W. (3N), James D. (3L), Zoe L. (3L), Taylah Y. (3L), Samiara A. (4N), Jack P. (4N), Keeley B. (4W), Noah G. (4W), Austin H. (4W), Joshua M. (4W), Hayden M. (4W), Ethan O. (4W), Cooper R. (4W), Elliot S. (4W), Roan I. (4L), Angelina M. (4L), Ava C. (5N), Patrick A. (5L) and Addison T. (5L)

Tully H. (1N), Patrick I. (1N), Samuel M. (1N), Maiya A. (1N), Vincent C. (1N), Jacob L. (1W), Bodhi M. (1W), Aleksander S. (1W), Sienna S. (1W), Archie D. (1L), Ryan C. (2N), Robbie S. (2N), Sasa W. (2L), Lucas A. (3N), Patrick B. (3N), Nicholas B. (3N), Patrick D. (3N), Oskar M. (3N), Xavier S. (3N), Sophie K. (3W), Ruby S. (4L), Molly B. (5W), Harry M. (5W), Byron S. (5W), Emily G. (5L), Monique R. (5L), Blake W. (5L), Nicholas B. (6L) and Luka L. (6L)

Luke Smith – Coordinator
Workshops with Cheryl Roberts
Dear parents
Just a reminder that the parent information evenings are continuing and will also run next term.

Recently I attended the childhood trauma Conference/workshop in Melbourne 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) and look forward to sharing the information.

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. How to build a relationship that makes them want to look to you for leadership, instead of peers/society.

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

<table>
<thead>
<tr>
<th>September</th>
<th>Week 8, Thursday 13th</th>
<th>6pm to 8pm</th>
<th>Library</th>
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<td></td>
<td>Week 10, Tuesday 25th</td>
<td>6pm to 8pm</td>
<td>Library</td>
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</table>

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

Yours sincerely
Duilio Rufo
Principal
Cheryl Roberts
Pastoral Care Worker

Sport
Polding Athletics Carnival
Best of luck to those children attending the Polding Athletics Carnival this Friday at Glendale. Whatever the outcome this is a fantastic effort and a great achievement for those involved.

Deb Petersen – Coordinator

General notices
OOSH
Hello to everyone from YMCA Out of School Hours Care,

What a great day we had on Monday for the Pupil Free Day! The children enjoyed doing some creative cooking making tiny Tea Cups and rainbow cupcakes which we all enjoyed for afternoon tea. Our room is looking even brighter now with some Spring crafts that we did including paper flowers and cute caterpillars. We all enjoyed the beautiful sunshine and made the most of it by getting outside several times throughout the day, climbing, running, playing soccer and some huge games of hide and go seek. The remainder of the week we have planned some large group activities including handball competitions, rope skipping, colour corners and silent ball. There will also be more colourful Spring crafts involving cutting, pasting and painting. Afternoon tea will include colourful fruit and vegie platters followed by mixed sandwiches, rice crackers, dips and vegie sticks, apple and cinnamon/chocolate scrolls and pancakes.

IMPORTANT – As you know Vacation Care bookings opened early for the Spring holiday period and places are filling up quickly. Once again we have a fantastic program packed full of fun. If you will need care for your child in the holidays please go online and book now. Some days only have seven and sixteen places left so get in quick. Please see the attached program.

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

Please go to our website to book online now at www.ymcansw.org.au/newlambton for Spring Vacation Care
For Sale
Size 5 summer dresses x2 $10 each, Size 8 summer dress $10, Size 5 winter tunics x2 $5 each, size 5 navy jackets x2 $5 each, Size 6 royal blue jumper $5, Size 8 royal blue short $2, Size 4 royal blue Skort $5, Size 5 navy jumper $5, Size 5 sport pant $5

My number is 0450574786 (Veronica)

TUTING

My name is Heidi and I am a university student studying Law at Newcastle University. I have 2 years of experience tutoring children ages 5-16, and I received an ATAR of 90+.

I tutor primary aged children and secondary aged children (up to year 10 level) in Maths, English and Science.

I work with children to reach their goals, working at a pace they are comfortable with. I can assist with homework and assignments, and can help kids to fully grasp concepts that they struggle with.

My rate is $40 per hour, and I can travel to your home. Call me on 0466573486 for more information!

Music Lessons with Ben!

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

Some spaces are still available for this Term. Lessons available on Tuesday or Thursday.

Please enquire with Ben Pettett on 0452 320 342

St Therese’s OBSTACLE FUN RUN

****Thursday 27th September 2018****

**@ St Therese’s school ground**

Uniform FREE day

- Spare Sponsorship booklets can be collected from the front office. The booklet will have a unique code for your child.
- Create an online Student profile - www.myprofilepage.com.au and share your page and start fundraising
- Enjoy a Picnic lunch with your children

We NEED your help please! Email: admin@newlambton.catholic.edu.au with the header “Fun Run Volunteer” with your WCCC number if you are able to help. 20 volunteers needed.

***The colour run has changed to a fun run due to the large number of children that may have an allergic or other reaction ***
We are fortunate to welcome Mr Brett Lee to our Diocese and share his knowledge with parents and carers of children in Catholic Schools.

Our aim is to leave the audience feeling empowered to take control of technology, set rules and boundaries in their home and work hand in hand with teachers and educators. Every audience member, regardless of technological experience, will walk away with simple, powerful and effective messages.

Our Messages:
- The internet is a safe and valuable place
- Our children need to be part of that world
- As parents we already possess the skills
- We have to be a part of that process

DATE  19 September, 2018
TIME  7.00pm for a 7.15pm start
VENUE  St Pius X "The Factory" Enter off Park Avenue near the roundabout.
RSVP  Essential by 17 September 2018
  https://mnccp.news/eventcybersafety

Topics Include:
- Protective and Preventative Measures
- The Law and the Internet
- Social Networking
- Instant Messaging and Communication
- Online Gaming
- Cyberbullying
- Sexting

Brett Lee
ISE creator, Brett Lee, worked as a Queensland Police Officer for 22 years, 16 of those as a Detective predominantly in the field of Child Exploitation. In his last five years of service, he was a specialist in the field of undercover internet child exploitation investigations.

www.mn.catholic.org.au
Could you become a foster carer?

‘We believe that we can offer a safe and loving home as a family’

‘I feel it is my life’s purpose to care for children’

‘I want to be instrumental in giving children hope’

We’d love to talk to you... call 1800 WE CARE

keyassets
THE CHILDREN’S SERVICES PROVIDER

iwanttofoster.com.au