Acting Principals Message

Welcome Back to Term 4!
Wow! Look at our new format for the Newsletter – we hope you all enjoy reading it.

I hope everyone had a relaxing holiday, it was great to see so much rain - hopefully the rain reached those that needed it most. I have had a few messages from Duilio, who has been to Ireland with a group of teachers and staff from the Catholic Schools Office. They have been on a two-week pilgrimage in the footsteps of Catherine McAuley, an Irish nun that founded the Sisters of Mercy. Duilio and his wife Doris are now on holiday through Scotland. He sent through a message to wish everyone a wonderful Term 4.

Building Works
At this stage we are on track for the planned Building Works to start in January 2019. This will mean some preparation from this term.

1. Week 5: removalists will pack up books in the current library for storage off site. Teachers resources will continue to be held at school.
2. Week 8: Kindergarten will move to the library, Year 1 will move to the kindergarten rooms and Year 2 will move to the Father Walsh and Mother Cyril Halls
3. Week 9: all Year 1 and Year 2 classrooms will be emptied ready for demolition.
4. January 2019: Year 1 and year 2 classrooms demolished and Stage 1 begins.

Stage 1: Building of Kindergarten, Year 1 and Year 2 classrooms - expected completion July 2019
Stage 2: relocation of canteen and building of new learning hub - expected completion December 2019
The newest plans are available for viewing in the office.

The Importance of Sleep for Children
I recently read an article in The Guardian about the importance of children getting enough sleep. According to the article, there has been a sharp rise in hospital admissions for sleep disorders as well as an increase in anxiety disorders over the past 6 years. The article states that blue light from screens suppresses sleep hormones being produced leading to difficulty falling asleep, many parents now work longer hours so bedtime routines can be rushed or abandoned and children are now consuming more sugar and energy drinks to help them to stay awake during the day, which then makes it difficult to fall asleep at night. The biggest concern of lack of sleep is that it also leads to reduced ability to function effectively. There are some simple strategies to help your child to get a better night’s sleep:

- consistent routine that encourages “winding-down” at the end of the day e.g. reading a book together
- shut down devices at least 1 hour before bed
- eat a balanced diet

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Compass Help Desk
Some parents have noted that when they try to open Compass a message saying “Failed to Authenticate - the account is closed” comes up. The best option is to close down the app and reopen it, as Compass locks out as a security feature. Another option is to open Compass on another device and see if this resets the account.

At the parent training sessions I recommended that using Compass on a mobile device is effective only for adding an attendance note. For all other features of Compass, it is recommended you download it onto an iPad or PC for full functionality - there is no limit as to the number of devices Compass can be used on. When using a Smart Phone you need to go up to the top left where you will see an icon of 3 horizontal lines, click on this then go to “open in browser” - if you need to do this you will have a “cut down” version on your phone.

Kaylene Maretich - Acting Principal

Important Dates
23 Oct  St Pius Orientation Yr 6
26 Oct  Grandparents Day
30 Oct  St Thereses’ Feast Day, HARMONY DAY & COMMUNITY DAY

2 Nov  Summer Regional Trials
6 Nov  P & F Annual General Meeting
      Reconciliation Meeting 6-8pm
7 Nov  Stage 3 Inquisitive Minds
8 Nov  Yr 5 Leadership speeches
14 Nov  School Captain speeches
15 Nov  Kinder Open morning 9.30am-11am
16 Nov  Kinder Mass 9.30am
22 Nov  Kinder Orientation 9.30am-11am
23 Nov  Yr 5 Leadership Day

RE News
From Pope Francis @ pontifex
“Let us defend ourselves from the risk of being actors rather than witnesses. We are called to be living memory of the Lord.”

SACRAMENTAL NEWS
Thank you to all families who have returned the note regarding Reconciliation. There are still a number of notes missing and more were given out at the end of the Term, so it would be appreciated if we could have those returned by the end of this week, so material can be ordered.

MISSION MASS
Year 6 Social Justice members will be attending the annual Mission Mass at St Pius X college next Tuesday. Later in the term all year six students will be responsible for organising a fun-filled Mission day to raise funds for “Children’s Catholic Mission” on 7th December.

Vickie Pettett – Religious Education Coordinator
School Community Notices

Canteen News

Ice Monys will be available again from Term 4. Still 50c and we have Lemonade, Chocolate & Caramel.

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<tr>
<th>Wednesday 17/10</th>
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<tr>
<td>Lisa Daly</td>
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<td>Jacqui Osborn</td>
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Belinda Palmer – Canteen Supervisor

P&F AGM November 6 2018

The P&F Annual General Meeting will be held on Tuesday 6 November 2018 in the St Therese’s staff room from 7pm and all parents and friends are invited to attend. All Executive Positions (President, Vice President, Treasurer, Secretary,) will be declared vacant and positions will be re-filled following an election process.

Playgroup 19th October

Playgroup is back for Term 4 in the school hall this Friday 19th October. So come along and join us 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.

Small Children’s Books Wanted for Family Care

We have a mum in our school who manages a team of midwives at JHH called ‘Family Care’. They work with some of the most vulnerable women and families in Newcastle throughout the childbearing period. She was on a home visit recently and was speaking to a family about talking, singing and reading to children. This family only had one book and sadly had to think on the spot when I asked if they remember any nursery rhymes. It got her thinking that it would be a great idea to collect second hand toddler/children books to give to vulnerable families to encourage interaction, bonding, closeness and of course the foundations of speech and literacy. As such, if you have any books, in good condition, appropriate for children aged 5 and under, that you no longer need, we’d love you to donate to this cause. There will be a box in the office foyer, for you to place your donation. We will be collecting these for the next four weeks. Thank you in advance for your generosity.

Julia Briggs - Coordinator

News from the Classroom

Community Day

With the busyness of Term 4 – we have decided to combine St Therese’s Day, Harmony Day & Community Day this Term. The day will be held on Tuesday 30th October (Week 3) and will be about inclusiveness, respect, well-being and a sense of belonging for everyone. We will begin the day with a whole school liturgy in the main hall. (Please note, there will be no afternoon assembly this week and no awards will be given out at the morning assembly). Following the liturgy, family members are invited to share some of their culture in our classrooms. A note will go out later this week, asking parents if they are able to visit. Students will complete some ‘St Therese’, ‘Harmony Day’ and ‘Well Being’ activities in the classroom throughout the day.

There will be a shared lunch from 11.30am to 12.30pm - we invite families to come to school and have a picnic lunch with your children. The P & F have very generously offered to fund a sausage sizzle again for all people attending, i.e., there will be no cost involved for anyone on the day. A sausage on a bread roll will be automatically ordered for all students. There will be no other lunch orders on this day, but the canteen will be open to sell ice blocks, slushies, chips etc. During lunchtime, the environmental team will be running some Indigenous Sporting Games for everyone to enjoy. A note will be sent out later this week inviting all along and asking for volunteer helpers and RSVPs for catering purposes.

The Kids Matter Team

To bring Christ and His message, in all its richness, into the hearts and lives of all.
MANGOES MANGOES MANGOES
Yr 5 are kicking off their fundraising for next year by selling trays of Mangoes. A tray of mangoes will only cost $25. Tray size may vary from 12 large mangoes per tray to 23 small mangoes by tray. Orders with money are due back by Tuesday 30th October 2018. Flyers should have reached home by now. If not the flyer and order form are attached to this week’s newsletter.

Environmental News

Remember that EVERY Wednesday is Waste Free Wednesday!!

Julia Briggs – Coordinator

Gardening Club
What a lovely way to finish the term, by spending time with friends in our school garden. We enjoyed the sunshine and planted lovely native Australian Kangaroo Paws. Primary had a great time! I would like to take this opportunity to thank all of the Infants and Primary Gardeners for making such a big effort in our school garden.
Well done!

From Mrs Lunn

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Learning through play and exploration!
Over the past few weeks the Tinkering Team have worked with Kindergarten & the Bee-Bots to learn more about positional language, shapes and of course, coding!!

After reading picture books related to each topic, students were encouraged to explore, imagine, design and create – and we were amazed by their innovative ideas!

Last week they used classroom materials to build a city for Bee-Bot to travel through, then this week we attached a texta to Bee-Bot to create shapes. Kindergarten astounded us with their creations – coding their robots to create snowmen, bubble baths, lollipops and even a ferris wheel!
Wellbeing
Kids Matter – Worries

Kids have worries – from monsters to natural disasters. They can appear at random or may be triggered by everyday events. Their increasing awareness of the world, who is in it, and being able to anticipate bad things happening, can all increase their alarm. Many of children’s fears can be existential, meaning they are indicative of a child’s growth and development as a separate being. Separation is the most impactful of all experiences and stirs up the emotional center of the brain and can create feelings of fear. As a child becomes increasingly independent, they are less dependent upon their caretakers, which may foster some worry. As a child ages, this fear is often transformed into different themes but shares this common root issue.

Worries and fears that ebb and flow are part of the human condition, in fact, a lot of the brain’s energy is spent on evaluating incoming information for threats and sending out signals to the body. We don’t always know when we are afraid and have an emotional unconscious that operates outside of our conscious awareness. Joseph LeDoux, one of the world’s leading neuroscientists who studies anxiety, has shown that it is possible to be full of fear yet rendered speechless.

The following list contains some of the common fears and worries children may express at different ages. Many of these things are related to developmental changes and immaturity. Sometimes children may not able to articulate what their fears.

5 to 6 years – At this age a child may voice fears of being hurt physically as well as of ‘bad people’. Their play may reflect these themes as they start to imagine bad things happening that are not based in reality. They may voice concerns over ghosts and witches or other supernatural beings. Thunder and lightning may also stir them up too. Sleeping or staying on their own can still be provocative as they are just coming to the end of their development as a separate self.

7 to 8 years – Common fears include being left alone and can lead to wanting company, even if they are playing by themselves. They may talk about death and worry about things that could harm them, for example, car accidents to plane crashes. They may still struggle with fears of the dark, as an extension of their growth as a separate being.

9 to 12 years – The ‘tween’ they may express worries related to school performance including a fear of tests and exams. They may have concerns with their physical appearance as well as being injured, and death. As they become more of a separate and social being, they can consider and compare who they are against others which can create some alarm. They may state their discomfort that they are growing up and don’t want to while other kids seem eager to leave childhood behind. It is important to note that the more peer oriented a child is, the more anxiety they may experience at this age as they turn to their peers for understanding who they are.

For the young child their fear is often alleviated through connection with caring adults who provide safety and reassurance. As a child ages, their increasing maturity will mean they will need to find both courage and tears to face their fears. This growth can be cultivated with the help of adults they trust and can count on.

Julia Briggs – Coordinator

PBS
Inclusivity – This term, our major virtue focus will be upon Inclusivity. What does it truly mean to be inclusive? What does this look and sound like in our daily interactions with others? Across the term will explore with our students what this means in real and practical ways through our weekly focus areas of; Celebrating our Unique Gifts, Accepting Differences and Reaching Out to Others.

This week we begin by focusing upon Celebrating our Unique Gifts. When we can teach our children to recognise and accept the great paradox that exists across all human beings, that; ‘we are all the same yet all different’: we will have set them on the path to celebrate their own unique gifts along with being able to recognise and celebrate the unique gifts in others. Celebrating our own and others Unique Gifts in this way helps us to become more inclusive people because we are less likely to feel threatened, defensive or jealous of the differences between ourselves and others. We remove the need for comparison or competition as we learn to accept ourselves and others just as we all are. We celebrate
who we are as individuals and learn to love our unique and special gifts that we can offer to those around us. So, let us support our children by loving them just as they are and by teaching them to do the same.

_Luke Smith_ Coordinator

**Sport**

**Grade Sport Days**

Term 4 sport days for all grades are listed below. Students wear full sports uniform on these days to school.

- Kindergarten = Friday
- Yr 1 = Friday
- Yr 2 = Friday
- Yr 3 = Wednesday
- Yr 4 = Wednesday
- Yr 5 = Wednesday
- Yr 6 = Wednesday

**Little A's Incursion**

Alvin from Little Athletics will come and talk to students this Thursday about the benefits of a healthy lifestyle and the sport of Athletics.

**Motiv8 Sports**

Motiv8sports Newcastle is providing an after school sports clinic aimed exclusively at children attending St Therese's Catholic Primary School. Motiv8sports Newcastle will provide an environment all about fun, friends, fitness, participation and teamwork. The Multi Sports Clinic is an 8-week event that will commence weekly at 3:25pm

The program will operate every Monday commencing Week 2 Term 4. Each child will receive a Motiv8sports Jersey for FREE as part of their Motiv8sports registration. Children who attend will be experiencing sports at its best participating in a variety of team sports over the 8 weeks.

8 week sports clinic cost: $90 (Includes $25 Jersey)

8 week sports clinic session time: 3:25pm - 4:45pm

Our professional staff will sign in at the school office 30 minutes prior to school concluding to set up and meet the children that are enrolled in the event. This event will go ahead rain, hail or shine for the 8 consecutive weeks on Monday of each week. In the event of rain children will be supervised in an undercover area participating in fun modified activities. At 4:45pm the Multi Sports Clinic concludes. Parents are to collect their children from the designated area supervised by our staff members.

The set dates the program will operate are as follows:

- Monday 22nd October 2018
- Monday 29th October 2018
- Monday 5th November 2018
- Monday 12th November 2018
- Monday 19th November 2018
- Monday 26th November 2018
- Monday 3rd December 2018
- Monday 10th December 2018

Register at:
Hello to everyone from The Y

As predicted our Vacation Care was packed full of fun with the children and staff having a terrific time. Here are some highlights -

- The excursion to Tree Tops where children were physically and mentally challenged navigating ropes, walking wiggling bridges, climbing ladders and soaring through the air on flying foxes.
- Fantastic tie dying with fabulous results and a massive colour run with both children and Educators getting involved.
- Ninja Park was another physically challenging day that the children really enjoyed.
- Lego constructions to work the mind and the fingers with the children getting to take home their own lego kit.
- The gymnastics incursion was certainly a favourite with the children learning new skills.
- Kiddie Kartz was amazing with children testing their driving skills and concentration.
- Sadly we missed out on going to Speers Point Park due to the rainy weather but we did enjoy a great time at the movies watching Smallfoot which was cute and funny.

Overall, the Vacation Care program ran well and the children were generally well behaved and kept busy having a lot of fun.

*Just a reminder to parents to please send drink bottles with your children to Vacation Care particularly on our Excursion days. We had a lot of children coming without drink bottles which causes concern for the children and difficulty for Educators.

IMPORTANT – ENROLMENTS FOR 2019

- IF YOU ARE NOT MAKING ANY CHANGES TO YOUR EXISTING BOOKING YOU DO NOT NEED TO DO ANYTHING, YOUR CHILD/CHILDREN’S ENROLMENT WILL ROLL OVER TO 2019.
- IF YOU WISH TO MAKE CHANGES TO YOUR EXISTING BOOKING PLEASE GO TO YOUR MY FAMILY LOUNGE AND MAKE A BOOKING REQUEST BEFORE 19TH OCTOBER 2018. You will then be made an offer of days and you need to accept that offer via email.
- IF YOU NEED A BOOKING FOR A 2019 KINDERGARTEN CHILD PLEASE GO TO YOUR MY FAMILY LOUNGE, DO AN ADDITIONAL CHILD ENROLMENT AND MAKE A BOOKING REQUEST. You will then be made an offer of days and you need to accept that offer via email.
- OFFERS OF CARE WILL BE MADE TO SYBLINGS OF CHILDREN ALREADY ATTENDING OSHC BETWEEN 20TH OCTOBER AND 4TH NOVEMBER 2018.
- FROM 5TH NOVEMBER 2018 BOOKINGS WILL BE OPEN FOR NEW FAMILIES.

If you have any questions regarding booking for 2019 please do not hesitate to call Christine on 0402165617 Monday to Friday between 10.30am and 2pm OR call The Child Care Team on 1300009679 Monday to Friday 6am to 6.30pm.

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e Christine.Morgan@ymcansw.org.au w https://www.ymcansw.org.au/childrens-services/
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YMCA NSW acknowledges the Traditional Owners of the lands we work upon and we pay our respects to Elders past, present and emerging.
The Fun Run was held on the 27th Sept and judging by the smiles on the kids as they ran around the school and obstacle course, it was a huge success. The kids had a really fun morning and did super well to get around as many times as they did, many children did at least 5 laps taking in some tricky obstacles which included getting down low and crawling under an intricate web of wool, climbing the tower of tyres, dodging the super soakers manned by many of our volunteers, balancing through the playground and running through the curtain of blue and white. Money that was raised is due this week and needs to be returned to the school as soon as possible last date being the 26th Oct as this is the day when prizes will be ordered as well as which class raised the most money and who raised the most individually. Many thanks to Mrs Maretich and Mrs Peterson for their support, time and advice to P&F and also to the volunteers who happily stepped up to help. The event would not have ran as smoothly, without any of you.

Final amount raised and class/individual winners due to be advised in the Week 3 Newsletter.