Principals Message
Dear Parents and Carers

Last week I had the privilege of attending a two day workshop with a futurist, Mark Treadwell, from New Zealand. He spoke about the changing landscape in education. In particular, he focused on the important of teaching children “competencies” which is broad understanding of self, and your role in the world and how we interact with others. He made the point that to memorise and regurgitate facts is no longer and will no longer be considered learning. Mark has been working with over 1,000 schools in New Zealand, Norway and South Australia changing how the curriculum is delivered. I spoke to Mark about St Therese’s push in the area of thinking skills and he reaffirmed the importance of focusing on this rather than rote learning. Mark also spoke about the importance of music and the creative arts and I give you this little bit of research to highlight the importance of these two areas. The research comes from the following site: http://ri.search.yahoo.com/_ylt=AOS08wVMVHIWcxQAyTIXNyoA

The following is taken from an article written by Lillian Brent, one of our music contract teachers.

“The research shows “learning an instrument by 12 years of age makes the left side of the brain bigger, which has been linked to improved vocal, vocabulary and memory skills by the time kids become adults”. “Worldwide, the research is unmistakable and unrelenting that participation in music education improves outcomes in all sorts of other areas of schooling,” former Dean of Education at Melbourne University Professor Brian Caldwell said.”

“Professor Caldwell’s research involved some of the most disadvantaged schools in Australia in western Sydney, finding students studying in the arts, particularly music, gained a year in literacy scores, compared to students who were not studying music of the arts.

Experts say that when we play music, both sides of the brain light up simultaneously, creating neural pathways for learning.”

From the research that has been published in the last few years we are committed to the music and creative arts and therefore have taken the step of employing a music teacher for 2019.

Sad news re our Bishop

The school was informed yesterday that Bishop Bill was hospitalised following a heart attack. We ask that you keep him in your prayers.

P & F General Meeting

A reminder that the AGM will be held this evening at 7pm in the staff room – all welcome.

Duilio Rufo Principal
Important Dates
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
18 Nov  Commitment Mass
22 Nov  Kinder Orientation 9.30am-11am
23 Nov  Yr 5 Leadership Day

Assistant Principal
Inquisitive Minds
This Wednesday 7 November, all students in Years 5 & 6 will be involved in an "Out of the Box" workshop being run as a joint venture between the Mathematics Association of NSW (MANSW) and Inquisitive Minds. This session involves in students working in teams of 3 to solve some hands on and creative problem-solving tasks. Thank you to the parents that have volunteered to assist on this day, a note was sent home last week to the volunteers informing them of the organisation for the day. If you are a parent in Years 5 or 6 and would like to assist the times are as follows:

- Year 6: 9:30 - 11:10am
- Year 5: 11:50 - 1:40pm

Please email kaylene.maretich@mn.catholic.edu.au if you would like to assist, you must have a current WWCC number.

Musical Concert
Our very talented musicians will entertain us with a performance on Tuesday 11 December 2018. The times below are approximate;

- 10:00am Mr Ward and the School Band
- 10:30am piano recital from Lillian's Piano Studio
- 11:00am soloists from Piano for Schools

Please join us to celebrate the very talented musicians of St Therese's.

Compass Help Desk
There are still a few families who have not activated their Compass accounts and are still using Skoolbag to notify us of their child's absences. Please activate your accounts as soon as possible using the information sheet sent home last term. If you have misplaced the instruction guide please let us know so we can send home another copy. The Semester 2 Reports will be done using Compass and sent out through the Compass app. Hardcopy reports will not be printed. The benefit of the online report is that they are always accessible to parents through your child's Compass profile, as well as being easy to forward to grandparents etc. via email. If you do not have any internet access please notify me ASAP so alternate arrangements can be made.

Kaylene Maretich  Assistant Principal

RE News
From Pope Francis @ pontifex
We need Christians who are smiling, not because they take things lightly, but because they are filled with the joy of God, because they believe in love and live to serve."

SACRAMENTAL NEWS
Parents are reminded that the meeting at 6:00 pm on Tuesday 6th in the Hall is very important as you will receive necessary information to assist you in preparing your child for the Sacraments. Please bring along $10:00 for the booklet and candle. Hall open from 5:30- a welcoming cuppa available!

Vickie Pettett – Religious Education Coordinator
School Community Notices

St Therese’s Community Day 2018

What a wonderful day we had last Tuesday, celebrating St Therese, Harmony Day and Community Day all in one. The weather was brilliant and there was a happy vibe around the school. It was great to start the day in a prayerful way and acknowledge the significance of our patron Saint, and also celebrate the diversity in our community. A big thank you needs to go to Belinda Palmer and all the parent volunteers for cooking and serving 1200 sausages on bread rolls for everyone. It was so lovely to see so many families join us for lunch – the children were delighted! The Year 6 Environment Team members did an excellent job running Indigenous games on the back playground. Overall, the feedback has been that both students and teachers had a relaxing and happy day.

The Kids Matter Team

2019 Family Discount Form

All families at St Therese’s are required to complete the 2019 Family Discount Form and return to the office. A copy is included in this newsletter, and a hardcopy was sent home with your eldest child. Please ensure you return your Family Discount Form by Friday 16th November to ensure the correct discount is applied to your school fees.

Vicki McSpadden - Bursar

Breeds Piano Recital


Canteen News

I will be away from the canteen Friday 2 November through to Friday 16 November inclusive. My husband is running the New York Marathon and so we are taking the opportunity to have a family holiday. During this time there will be no cookies and no sushi but everything else will be as usual. Whilst I am away the canteen will be run 100% by volunteers so I ask you to be understanding. These are parents and grandparents doing their very best and helping the school in a much needed way. If your child has a problem with their lunch order, make sure they know to return to the canteen and let the volunteers know. We can't fix a problem if we don't know there is a problem. Thanks Belinda

<table>
<thead>
<tr>
<th>Wednesday 7/11</th>
<th>Thursday 8/11</th>
<th>Friday 9/11</th>
<th>Monday 12/11</th>
<th>Tuesday 13/11</th>
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<tr>
<td>Cath Oakley</td>
<td>Katrina Brideson</td>
<td>Mary-Jane Bottom</td>
<td>Amy Hilton</td>
<td>Connie Martinelli</td>
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<td>Maree Abson</td>
<td>Tonya Lunn</td>
<td>Charlene Prince</td>
<td>Jenni Trummel</td>
<td>Katrina Duggan</td>
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<td>Sam Bowen</td>
<td>Samantha</td>
<td>Jo Buckley</td>
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<td>Roxby</td>
<td>Megan Storey</td>
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<td>Tanya Grogan</td>
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Playgroup 9th November

Playgroup will be on in the school hall this Friday 9th November. 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.

Last Friday the children had great fun making smoothies with a great selection of fresh fruit.

To bring Christ and His message, in all its richness, into the hearts and lives of all.
**Book Donations**
I have to express a HUGE thank you to all the families who have donated books for Family Care Unit. We were overwhelmed by the volume of donations that were made - the quality and variety of books was outstanding. I know that the staff at the John Hunter Hospital and the families involved are most appreciative.

*Julia Briggs - Coordinator*

**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.

**P & F Fundraising**
The P & F Committee in conjunction with Breast Cancer Trials are selling the 2019 Women’s Health Diary as a fundraiser. October in Australia is Breast Cancer Awareness Month. In the school community we have teachers, grandmothers, mothers and love ones diagnosed or who have overcome breast cancer. This A5 Diary does more than help organise our lives everyday – it’s packed with health issues important to every woman – like breast, heart, family and mental health, along with diet, exercise, skincare, menu planners and lots more. Diaries can be purchased at $18.95 each online [www.womenshealthdiary.com.au](http://www.womenshealthdiary.com.au) PLEASE USE CODE: STNL2019 or at the school office (cash only sales). Online diary orders will be sent home each Friday with your child or you can collect at the office. The diaries will be on sale for 4 weeks and at the kinder orientation day. Buy the 2019 Australian Women’s Health Diary for yourself or as a gift for that special someone and help save lives today, tomorrow and forever. Any questions please contact Donna Douglass on 0425 342 924

**News from the Classroom**

**GE Student Courses**
We are pleased to confirm the following details for the January 2019 GERRIC Student Programs.

**Dates:** Monday 21st - Wednesday 23rd January, 2019  
**Daily times:** 8:45am - 3:30pm  
**Venue:** Various rooms at UNSW Kensington Campus  
**Cost:** $365 - $385 per child

The GERRIC Student Programs provides students in years 3-10 at school with the opportunity to explore an interest for 3 days during the school holidays at the beautiful UNSW Kensington campus. We offer workshops in a huge range of topics, from art to engineering, with everything in between! Giving gifted students an avenue to explore their passions helps extend their thinking and reignite a passion for learning in a supportive environment. Program details and available workshops for January can be found here for Junior Scientia (3-6) and Scientia Challenge (7-10).

More information can be found at gerric@unsw.edu.au

*Deb Petersen Primary Coordinator*

**Environment News – Every Drop Counts!**
Australia’s unforgiving climate means we all need to be conscious of how much water we use. No need to break a sweat trying to save water though – here are some easy conservation tips you can use.

- Take a shorter shower.
- Install low-flow showerheads.
- Place a cistern-displacement device in your toilet tank.
- Check your toilet for leaks.
- Wash your clothes in cold water.
- Don’t leave the water running when rinsing dishes by hand.
- Always fill up your dishwasher.

We couldn’t survive without water – quite literally. Using these tips in your home will help make you more efficient, and using less hot water will help you save on your energy bills too.

*Remember that EVERY Wednesday is Waste Free Wednesday!!

*Julia Briggs - Coordinator*
Gifted Education
I recently read an interesting article on the Myths of Gifted Education and I thought I would share one a week with you over the next few.

Myth 1: All students are gifted in some way
Fact: Everyone has a personal strength, something we do better than we do other things. Equally, we all have a personal weakness, something in which we do not excel. We don’t confuse personal weaknesses with disabilities. Equally, we should not confuse personal strengths with gifts.

The essence of giftedness is advanced development. Students who are gifted have the potential to perform at levels significantly beyond what might be expected for their age. A student can be intellectually or creatively gifted. He or she might be physically gifted or gifted in some area of social-emotional development. But giftedness in any area means ability well beyond the average.

This ability requires modifications to the regular curriculum to ensure these students are challenged and learn new material. ‘Gifted’ does not mean ‘good’ or ‘better’; it is a term that allows students to be identified for services that meet their unique learning needs.

Newcastle Permanent Maths Test
Congratulations to all students who participated in the Maths Test for the Newcastle Permanent Bank. The results are in and St Therese's has performed extremely well. In the Year 5 test Aidan P received a High Distinction and the following students received a Distinction, Sienna C, Paxton R, Lewis O, Phoebe C, Subanu T, Jack C, Benedict S, Wilson T, Jonah Q, Josh T, Harrison C, Jude S and Jack M.

In the Year 6 test, 5 students were given a High Distinction, well done to Christian P, William H, Tallan C, Liam H and Geordie O. Distinctions were given to Fox U, Keira C, Taj J, Edward J, Elliott D, Sullivan O, Candice E, Marcus K and Dom M.

Wellbeing
Kids Matter - Outdoor Play
Recent studies have exposed the benefit—even necessity—of spending time outdoors, both for kids and adults. Most of the studies agree that kids who play outside are smarter, happier, more attentive, and less anxious than kids who spend more time indoors. While it’s unclear how exactly the cognitive functioning and mood improvements occur, there are a few things we do know about why nature is good for kids’ minds:

- It builds confidence. The way that kids play in nature has a lot less structure than most types of indoor play. There are infinite ways to interact with outdoor environments, from the backyard to the park to the local hiking trail or lake, and letting your child choose how he treats nature means he has the power to control his own actions.
- It promotes creativity and imagination. This unstructured style of play also allows kids to interact meaningfully with their surroundings. They can think more freely, design their own activities, and approach the world in inventive ways.
- It teaches responsibility. Living things die if mistreated or not taken care of properly, and entrusting a child to take care of the living parts of their environment means they’ll learn what happens when they forget to water a plant, or pull a flower out by its roots.
- It provides different stimulation. Nature may seem less stimulating than your son’s violent video game, but in reality, it activates more senses—you can see, hear, smell, and touch outdoor environments.
- It gets kids moving. Most ways of interacting with nature involve more exercise than sitting on the couch. Not only is exercise good for kids’ bodies, but it seems to make them more focused, which is especially beneficial for kids with ADHD.
- It makes them think. Nature creates a unique sense of wonder for kids that no other environment can provide. The phenomena that occur naturally in backyards and parks everyday make kids ask questions about the earth and the life that it supports.
- It reduces stress and fatigue. According to the Attention Restoration Theory, urban environments require what’s called directed attention, which forces us to ignore distractions.
and exhausts our brains. In natural environments, we practice an effortless type of attention known as soft fascination that creates feelings of pleasure, not fatigue.

So while screen time is the easier, more popular choice, it’s important to set aside time for outdoor play.

**Julia Briggs - Coordinator**

**PBS**

**Accepting Differences** – A big part of becoming a more inclusive person is to accept differences. Differences are a part of life. When we accept this reality we stop comparing and stop trying to conform others to the ways we want. We can accept differences and therefore allow ourselves and others the freedom to be who we are. We can then learn from each other and grow to become better people. After all, imagine how boring the world would be if everyone was the same!

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**School Spirit Award for demonstrating INCLUSIVITY through Celebrating Our Unique Gifts.**

<table>
<thead>
<tr>
<th>KN</th>
<th>Ly M. &amp; Orson M.</th>
<th>KW</th>
<th>Trevina M. &amp; Mia S.</th>
<th>KL</th>
<th>Noah K. &amp; Anna P.</th>
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<td>1N</td>
<td>Maiya A. &amp; Sienna W.</td>
<td>1W</td>
<td>Ruby M. &amp; Isaiah S.</td>
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<td>Eli H. &amp; Darin R.</td>
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<td>3W</td>
<td>Isaac B. &amp; Valentino F.</td>
<td>3L</td>
<td>Zoe L. &amp; Aidyn M.</td>
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<tr>
<td>5N</td>
<td>Phoebe C. &amp; Eve M.</td>
<td>5W</td>
<td>Olivia M. &amp; Thomas S.</td>
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</tr>
<tr>
<td>6N</td>
<td>William H. &amp; Eve S.</td>
<td>6W</td>
<td></td>
<td>6L</td>
<td>Mason H. &amp; Oliver T.</td>
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**Principal Award recipients for this week:**

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**Luke Smith Coordinator**

**Sport**

**Swimming Carnival**
Thank you to those students who have already sent in their permission notes and program entries. If you have not yet done so please ensure the forms are given to your child’s classroom teacher by Friday the 9th November.
Summer Trials
Congratulations to the following students who attended the summer trials last week.
Cricket - Mostyn B, Cooper M, Isaac P, Eli P, Jack C
Basketball - Cooper B, Jonah Q, Hayden M
Tennis - Archer L, William O, Jack P, Matthew A, Tommy O,
All students performed well at their chosen sport and the following children will participate at the Diocesan Trials later in the month. Well done to Anika B, William O, Jonah Q and Cooper B.

Lambton Pool Party
A note will go home later in the week about the Lambton Pool Party that the school won. This is only for students in Years 3 - 6 and it will be held on the 27th November 2018.

Year 4 Milo Cricket Day Reminder
This Friday 9th November Year 4 will attend the Milo Cricket Day at Harker Oval. Students will depart the school at 9am walking down to the oval for a 9.30 start.
Children are to wear full sports uniform with hat. Children must bring all their food for the day and water bottles. Sunscreen is a must. Thank you to the 13 parents who offered to manage teams on the day.

Year 4 Teachers

Basketball
St Therese’s Thunder Basketball team, back left to right… Tom P, Gus F, Riley C, Gabe T, Tom S, front left to right- Sonny E, Lachlan S, Cooper S.

These year 4 boys are playing in a Year 3/4 mixed School Basketball competition during term 4 at Broadmeadow basketball stadium. It’s the first time that the majority of these boys have actually played a full game of basketball.
The boys started the competition with a fantastic win, which was followed by two tough games against experienced teams in the heat on Friday afternoon. The boys have enjoyed the games and displayed excellent sportsmanship on the court. They have worn the new school basketball singlets proudly and we’d like to thank Mr Rufo for purchasing two sets of new singlets for the school students to use. Go the Thunder!

Motiv8 Sports After School Program
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
If students cannot sign up for all of the 8 weeks, they are welcome to participate for a 4 week period at a discounted price. If any students K - 6 would like to still join in this awesome activity they still can. Please see the registration details in today's bulletin or contact Aaron on 0412872396.
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:
12th November 2018  Monday 19th November 2018  Monday 26th November 2018  Monday 3rd December 2018 Monday 10th December 2018
OOSH
Hello from YMCA.
This week the children will start to make some Christmas decorations and we will start decorating our room. We have already started with some glittery, blue snow flakes and we have a lot of Christmas craft ideas to make throughout the remainder of Term 4. This week outdoors we will be playing cricket, soccer and having some epic Frisbee throwing competitions, the children will be enjoying some messy play in the rock pit as well as in the sand pit. On some afternoons the children will also have the option of going to the large hall for some fun large group games. Indoors we will start making Christmas cards as well as some painting and other crafts, creative constructions with wood and foam blocks, board games, card games and dancing too. Yummy afternoon tea this week is: pasta and sauce, soft wraps with spreads, pita chips & dip, spring rolls and Sorbet cones.

2019 NEWS –
• All siblings of existing Oshc children have now been enrolled and have their days secured.
• All new families who have enrolled and made a booking request have been made offers of days.
REMINDER
* We will be operating Vacation Care on Thursday 20th December this will be an excursion to Ice Skating, and Friday 21st December where will be having a Christmas party and colour run at the service.
* Vacation Care bookings will be open in week 5.
IMPORTANT – IF YOU ARE NOT MAKING CHANGES TO YOUR 2019 BOOKING YOU STILL NEED TO GO TO YOUR MY FAMILY LOUNGE, OPEN YOUR CHILD’S ENROLMENT AND SUBMIT THE ENROLLMENT FOR 2019.

Christine Morgan | Childcare Coordinator
YMCA New Lambton OSHC | Burke Street, New Lambton, NSW, 2305
p 0402 165 617
e Christine.Morgan@ymcansw.org.au w https://www.ymcansw.org.au/childrens-services/
Follow us! facebook | twitter | youtube | instagram

YMCA NSW acknowledges the Traditional Owners of the lands we work upon and we pay our respects to Elders past, present and emerging.
St Therese’s Day, Harmony Day & Community Day

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Tickets for sale at St Therese’s Primary School Office

The former Australian Surf Lifesaving Representative and ex-student of St Francis Xavier’s College, Jessica Collins, broke her neck while falling from a stand-up paddleboard on the Gold Coast on May 31, fracturing her C5 vertebrae. Jess has been warned she may never walk again.

The College hosted a Trivia Night on Thursday, 6 September and all funds raised were given to the Collins family for the future care needs of Jess. At this time, the family is undertaking extensive and costly modifications to their home to enable Jess to return to her family home.

There is an additional way in which all members of the College community, and the wider community can be of support. A Monster Raffle has been coordinated to conclude on Friday, 30 November. Tickets may be purchased at the College Finance Office, or on-line by using the College site on the QRK app that you can download free of charge onto your device.

There is over $10,000 worth of prizes and 25 prizes overall – with something for everyone in the prize pool. Please refer to the next page for the complete list of prizes.

In addition, if you have the capacity to sell 10 tickets in your workplace, business or community please contact the College Finance Office to make arrangements to do so.

Thank you to everyone who has been very supportive for Jess and her family.

To bring Christ and His message, in all its richness, into the hearts and lives of all.
1st Prize: THERMOMIX [bundle includes: extra bowl and blades, Cook Key, Cook Book and Recipe Chip of all recipes in the Basic Cook Book]. The winner of this prize will also be eligible for a Cooking Experience Demonstration and orientation to Thermomix cooking and a delivery briefing by a Thermomix Consultant.
Retail Value: approx. $2900

2nd Prize: F45 FITNESS MEMBERSHIP [12 months] valid at either Wollondilly, Warners Bay or Toronto
Value: $1800

3rd Prize: $500 Prize Bundle - 6 vouchers [each worth $100] for Bunnings, V Centre, Lizottes, Wests Group, Red Balloon and The Junction Hotel

4th Prize: F45 10 pass fitness membership [valid at either Newcastle, Warners Bay or Toronto]
Value: $250

5th Prize: Fratelli Roma Restaurant Voucher - Maitland
Value: $200

6th Prize: Car Service to the value of $200

7th Prize: 18 Holes of golf for two people plus complimentary buggy hire [Belmont Golf Course]

8th Prize: Lizottes Theatre / Dining Voucher [$100]

9th Prize: Kokum Hair and Beauty Voucher [$100]

10th Prize: Lizottes Theatre / Dining Voucher [$100]

11th Prize: Sublime Hair Studio Voucher [$100]

12th Prize: Kokum Hair and Beauty Voucher [$100]

13th Prize: Salon de Capo Hair Salon Voucher [$100]

14th Prize: Red Balloon Voucher [$100]

15th Prize: Junction Hotel Voucher [$100]

16th Prize: Bunnings Vouchers [$100]

17th Prize: Bunnings Vouchers [$100]

18th Prize: Bunnings Vouchers [$100]

19th Prize: Bunnings Vouchers [$100]

20th Prize: Nine Ways Chiropractic 1 hour massage [$100]

21st Prize: Westfield Voucher $100

22nd Prize: Westfield Voucher $100

23rd Prize: Westfield Voucher $100

24th Prize: Terry White Hamilton Beauty Bundle + bottle of wine

25th Prize: Maitland & Port Stephens Toyota promotional products

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Tickets $10 each
Available for sale:
- Online via QKR app at SFX
- SFX Hamilton Finance Office
- Year 12 Graduation Evening
Friday, 16 November 2018

Drawn:
Friday 30th November 2018
at
St Francis Xavier’s College
Parkway Avenue
Hamilton NSW 2303

All winners will be notified personally and published on the SFX College website
www.hamilton.catholic.edu.au
Dear Parents/Carers

**RE: School Community Code of Conduct and Conditions of Enrolment**

During 2018, the Catholic Schools Office has updated and revised the Enrolment Policy, Enrolment Procedure and Conditions of Enrolment for all students attending schools within the Diocese of Maitland-Newcastle.

A School Community Code of Conduct has been developed to reinforce rights and responsibilities for students, parents and volunteers within our school communities. (Staff are bound by the CSO Code of Conduct available at [www.mn.catholic.edu.au/about/policies](http://www.mn.catholic.edu.au/about/policies).) A copy will be on display in the school’s reception area.

In **Term 1, 2019**, all existing families enrolled in diocesan schools will be asked to sign the declaration that they have read the documents and agree to abide by the Code of Conduct and the Conditions of Enrolment; parents/carers will be asked to discuss student responsibilities with their children.

If you would like to view the updated documents, please go to [https://www.mn.catholic.edu.au/parents-community/how-to-enrol-in-a-catholic-school/](https://www.mn.catholic.edu.au/parents-community/how-to-enrol-in-a-catholic-school/) and follow the links to the following documents:

- School Community Code of Conduct
- Conditions of Enrolment
- (Privacy) Standard Collection Notice
- Enrolment Policy and Procedure
- School Fees Policy and Procedure

If you have any questions regarding the above documents, please email them to brid.corrigan@mn.catholic.edu.au.
Good for kids
good for life

Newsletter for Families
The Healthy Lunchbox Issue

Healthy lunchbox ideas and a shopping list to match!

Sandwiches are quick and tasty, and give children lasting energy to play!

Tinned fruit is just as nutritious as fresh!

Yoghurt and plain custard are great for strong bones and teeth.

Meat, eggs and beans are good choices for iron and protein for healthy brains and bodies.

Remember to keep the lunchbox cool in the fridge or by including a frozen water bottle.

Healthy Lunchbox Shopping List

Vegetables:
- Cherry tomatoes
- Cucumber
- Carrots

Bread, cereals, rice, pasta:
- Bread
- Grain crackers

Fruit:
- Mandarin
- Grapes

Dairy:
- Yoghurt
- Block of cheese
- Cream cheese

Meat, eggs, beans:
- Roast beef

www.goodforkids.nsw.gov.au

Issue 1. 2014
2019 Family Discount & Diocesan Pastoral
Contribution Form

FAMILY DISCOUNT: This form is required for ALL your children enrolled in the Maitland / Newcastle Diocese, issued per school. The family discount is applicable to Tuition Fees, please be aware the family discount will not be processed on the school account until this form is returned. Students listed on this application must have the same residential address to qualify for the family discount.

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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<tr>
<td>Family discount rate per student</td>
<td>0%</td>
<td>10%</td>
<td>20%</td>
<td>30%</td>
<td>50%</td>
</tr>
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Office Use Only

No of Students in Family:
Family Code:
DFSBL applicable for billing? Y / N

Name of Fee payer for students listed below:
(Please clearly write the Full Name of Person Responsible for Fees)

Fee payer’s Signature:

Please list ALL children attending Maitland/ Newcastle Diocesan Schools in 2019, who reside at the same address and the person (as above) is responsible for the payment of fees.

Residential Address for ALL Students listed:

<table>
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<tr>
<th>Student Name/s</th>
<th>Name of School, Student is attending in 2019</th>
<th>2019 Year/Class</th>
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HEALTH CARE CARD: Eligibility for reduction off Tuition Fees for “means tested” low income Health Care / Pension holders. This discount is up to 50% off the Diocesan Tuition Fee full rate, percentage granted is determined by family discount applied. In order to receive this discount, you are required to complete paperwork and provide a copy of your Health Care Card to the School at the commencement of each school year. NB: Student HCC are not accepted.

FEE ASSISTANCE: Any family experiencing financial difficulties can seek fee assistance, please contact the School Office to arrange an interview and complete the necessary paperwork with the Principal at the beginning of each year.

Family Diocesan Pastoral Contribution will be notarized on the school fee account for the eldest child in the Diocese. As this contribution is voluntary, please tick your preference below. This contribution will help support the initiatives of the Pastoral Ministries within the Diocese.

- I elect to pay the Diocesan Pastoral Contribution.
- I elect NOT to pay the Diocesan Pastoral Contribution.
- I will contact the school to arrange a nominated amount to contribute to the Diocesan Pastoral Contribution.

This form is to be returned, to this school by Friday 16th November 2018
BUY THE DIARY THAT SAVES LIVES

The P & F Committee in conjunction with Breast Cancer Trials are selling the 2019 Women’s Health Diary as a fundraiser for the school and for breast cancer research.

This A5 Diary does more than help organise our lives everyday – it’s packed with health issues important to every woman – like breast, heart, family and mental health, along with diet, exercise, skincare, menu planners and lots more.

Plus every dollar raised from this diary goes to clinical trials research that saves and improves the lives of people with breast cancer, every day.

$18.95 ORDER FROM womenshealthdiary.com.au

PLEASE USE CODE: STNL2019. CASH SALES AVAILABLE FROM SCHOOL OFFICE. DIARIES WILL BE SENT HOME WITH YOUR CHILD UNLESS STIPULATED THAT YOU WOULD LIKE TO ORGANISE PICK UP.

Any questions contact Donna Douglass on donnadouglass@gmail.com

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Open for inspection:
Saturday 10 November 2.00-3.00pm

HOUSE FOR SALE
$1.3 - $1.4M
PRICE GUIDE

ABOUT THE PROPERTY
This beautifully renovated home is set in one of New Lambton’s most sought after streets, having only two owners, the renovation has captured the history of the home whilst adding some newer features.

PROPERTY FEATURES
- 3x bedroom
- 1x office
- 1x sunroom
- 2x bathrooms
- 1x Carport
- 2x Car internal garage
- 2x living areas
- 1x enclosed deck
- 1x storage attic
- 1x mud room
- Utility room

0425 352 985
PAUL & JULIE GARDNER