Principals Message
Dear Parents & Carers
Last Sunday we had children from Year 3 attend Mass to start their Sacramental journey with Reconciliation. I would like to thank Vickie Pettett for all her hard work in organising the Sacramental programmes. If there are any parents who would like their children to be involved in the Sacramental programme please contact the school.

P & F News
At the recent AGM of our P & F a new committee was elected. I would like to acknowledge and thank the previous committee for all their hard work and support of the school. In particular, Jo Kim, Belinda Mortimore and Helen Shah who will be leaving the committee. Congratulations to the following parents and I look forward to working with them over the coming year: President – Natalie Evans, Vice President – Donna Douglass, Secretary – Camilla Meleka, Treasurer – Maree Abson, P & F Federation representative Angela Leung.

Kinder Orientation
It will be an exciting day this Thursday when we formally welcome the new Kindergarten children and their families for Orientation. Last week’s Open Classrooms was a huge success and I thank all the teachers for their efforts in ensuring its smooth running.

Supercars 2018
Mr Brett Lavaring has arranged for some of our Year 6 students to travel by bus to Newcastle on Thursday to take part in a photo opportunity with Craig Lowndes. This is fabulous opportunity for the children and I thank Brett for thinking of us.

Compass
Thank you to the office staff and to Kaylene Maretich and Luke Smith for the smooth implementation of the new Compass programme. As I told you earlier in the year the yearly reports will now be sent out directly to you via Compass. If you have not done or if you are having difficulty logging on to Compass please address this ASAP. A reminder that at the end of this year the Skoolbag app will be obsolete.

Stop it at the Start
At the recent P & F meeting there was discussion around the issue of domestic violence. Here at St Thereses’s we support working with our boys and girls to stamp out domestic violence. You might like to go to this government website “Stop it at the Start”.

Duilio Rufo  Principal

Dates to Remember
20 NOVEMBER
BAND PERFORMANCE UNITING CHURCH

22 NOVEMBER
KINDER ORIENTATION 9.30-11AM

23 NOVEMBER
YR 5 LEADERSHIP DAY
YR 6 CRICKET GALA

26 NOVEMBER
SPORTS CAPTAINS SPEECHES

27 NOVEMBER
PRIMARY POOL DAY

30 NOVEMBER
KINDER 2019 PLAYGROUP DAY

4 DECEMBER
SCHOOL LEADERS ANNOUNCED

5 DECEMBER
YR 6 GRADUATION MASS (EVENING)

7 DECEMBER
KINDER TRANSITION

9 DECEMBER
YR 6 FAREWELL FAMILY PARTY

14 DECEMBER
SCHOOL CHRISTMAS CAROLS
Message from the Assistant Principal

**Wellbeing Week**

A reminder that this week is "Wellbeing Week", so students will not have any homework. Take time this week to spend more time together as a family going for a walk in the park or along the beach, lie on the grass and find animals in the clouds, take a bat and ball out in the backyard or go out for afternoon tea. Try to have an electronic free week, including no TV!

**End of Year "Activity Days"**

In Week 9, we have organised two activity days on Tuesday 11 December and Wednesday 12 December. Students will stay in their class until lunchtime, then from 12:30 - 1:30pm students will participate in an activity of their choice. We will have a whole school recess from 1:30 - 2:00pm, then from 2:00 - 3:00pm students will participate in a second activity of their choice. So across the two days students get to do **four** activities of their choice. Years 5 & 6 will only participate in this on Tuesday 11 December, as they have dancing practice on Wednesday.

A detailed note will be sent home this week for your child to elect the activities they would like to do. This note is to be returned by **Thursday 29 November** in order for the activity groups to be organised. Any students that do not return their form or return their forms late will be allocated to an activity that still has spaces available. Please assist your child to chose activities that they are interested in, some activities may not be suitable for your child. Each activity has 31 spaces available, so whilst we will endeavour to place your child in their chosen activities, there may be times we need to give your child an alternate. All the activities are designed to be fun and engaging, so encourage your child to "have a go"!

**St Therese's Christmas Carols**

We will have our annual Christmas Carols evening on Friday 14 December in the back playground, starting at 6:00pm. Please bring along a picnic dinner, rugs, chairs and Aeroguard! Please ensure you do not bring any glass, plastic only. The theme this year is "Motown" and all children will perform some songs for you. In between each performance we will have some favourite carols to sing-along to. This year there is a special performance from the St Therese's Staff Choir. We thank Mrs Alina Brymora for all the work she has done throughout the year with the children. The children love choir each week and you are in for a treat on carols evening.

**End of Year Reports**

Teachers are busy assessing students and preparing final reports. These will be sent home through Compass on **Friday 14 December**. If you have not created your Compass account or do not have access to the internet, please contact the Office as soon as possible so alternate arrangements can be made.

**Safety for Children**

I have put a few items into the bulletin over the past weeks about Cyber Safety for children. Each Tuesday I will upload short video links created by the Australian Government "eSafety Office". They go through many aspects of cyber safety and are appropriate for children to watch as well. You might like to discuss these with your child.

**Kaylene Maretich Assistant Principal**

**RE News**

Pope Francis @ pontifex

“Nobody can delude themselves by thinking, “I’m fine because I’m not doing anything wrong”. To be a follower of Jesus it is not enough not to do wrong, because there is good that we must do!”

**SACRAMENTAL NEWS**

Thank you to the many families who came together for the Commitment Mass for all families preparing their children for the Sacrament of Penance - **Reconciliation**. Thank you to the children who took on assistance within the Liturgy by reading, greeting, offering the gifts and Altar serving. Also thanks to our “iceblock” handlers and those families who provided goodies to share. Thank you also to the parents who have collected the necessary booklet to assist them in preparation for Reconciliation.

To bring Christ and His message, in all its richness, into the hearts and lives of all.
FOUND in the church yesterday a silver dress ring—please contact admin/ 49574922

Vicki Pettett Religious Coordinator

School Community News

Canteen

Good News! The cookies & sushi are back on the menu. Garlic bread & cheesy garlic bread are also on offer for a limited time. This is a hot dog roll spread with home-made garlic butter and then warmed until the butter is all melty. Yum.

Pizza Combo Day is Wednesday 28 November. A flyer will go out this week and Flexischools is open for your orders. $5.50 buys you a slice of freshly made pizza, a Freddo Frog & a juice. GF is available.

2019 Roster - I’m starting to work on the canteen roster for 2019. The canteen heavily relies on volunteers and your kids love seeing you help out in the school. If you would like to help out in the canteen 2019 that would be super - it’s only one morning every 4 weeks from 9:15 to 12:30. Just email admin@newlambton.catholic.edu.au with your name, mobile number, preferred day of the week and if there is anyone you would like to be rostered on with or fill in the slip at the back of the newsletter and return to school before Friday 30 November.

If you are on the 2018 roster I assume you are OK to also be on the 2019 roster. If you this not the case can you please let me know before Friday 30 November. No need to let me know if you are happy to stay on the roster (same day & crew).

<table>
<thead>
<tr>
<th>Wed 21/11</th>
<th>Thurs 22/11</th>
<th>Fri 23/11</th>
<th>Mon 26/11</th>
<th>Tues 27/11</th>
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<tbody>
<tr>
<td>Karen Bodel</td>
<td>Tanya Grogan</td>
<td>Kristy Lawrence</td>
<td>Narelle Aston</td>
<td>Michelle Randall</td>
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<td>Sam Bowen</td>
<td>Jo Marshall</td>
<td>Jo Buckingham</td>
<td>Nicole Mowbray</td>
<td>Lauren Ross</td>
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<td>Melena Locking</td>
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<td>Megan Collins</td>
<td>Magda Ramsay</td>
<td>Amanda Fenwick</td>
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<td>Leone Nancarrow</td>
<td>Katie Boyle</td>
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Belinda Palmer Supervisor

School Fees

Statements have been sent home with your child in regard to school fees. Thank you to all who are up to date. For those with fees outstanding your prompt attention to these would be appreciated. If you are having difficulties please contact the office to speak or make an appointment with Mr Rufo on 4957 4922.

Kind Regards

Vicki McSpadden Bursar

P & F Meeting December

The P & F are having the final meeting of the year at Asian Delight, Merewether on Tuesday 11 December. If you would like to attend please RSVP to helenlmshah@gmail.com by 27/11/18 Families welcome.

News from the Classroom

Earlier this term we celebrated Harmony Day. On this day the students observed art work created by Syrian children, collected and curated by the Australian artist Ben Quilty.

Every art work depicted the Syrian children's perceptions, memories or images of HOME. It prompted discussion around what home means to each of us, and why it is important that all children have a safe place to call home.

Students were invited to draw their own pictures of what HOME means to them. These pictures have been on display in the hall, and winning pictures were judged by Mr Rufo and Mrs Maretich. I am very excited to announce that the winners selected were: (see next page).

Congratulations to all students who participated. It was very hard I am sure to judge winners as there were so many thoughtful and creative pictures to consider.

Yours in Harmony  Maree Adams EAL/D Teacher
Infants: 1. Eden Henshaw (1L) 2. Indigo Houston (KN)

Stage 2: 1. Kayna Teoh 4N 2. Will Gent 4N

Stage 3: 1. Thomas Merrill 5N 2. Esther Leung 5L

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Playgroup 23 November
Playgroup will be on in the school hall this Friday 23rd 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.

Buy a Diary and help support our school

The P & F Committee in conjunction with Breast Cancer Trials are selling the 2019 Australian Women’s Health Diary. For every diary we sell through the school, we will receive funds towards our new building. With the balance of funds raised supporting a cause close to many of us – breast cancer research. We encourage you to get behind this dual fundraiser – you’ll be helping our school AND the women in our lives. At just $18.95, it really is the perfect Christmas gift, stocking filler or secret Santa.

Library News

BOOK CLUB: Only 38 days until Christmas!!!
Closing date for orders is next week WEDNESDAY 21ST NOVEMBER
Books make wonderful stocking fillers and gifts for nieces, nephews and friends.
The Issue 8 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.
As Issue 8 is the last Book Club for the year, no late orders can be accepted through the school.
Please note: Parents who order online from Friday 23rd November will be offered a home delivery option for a fee.
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.

Wellbeing

Kids Matter – Well Being
These days ‘wellbeing’ is a bit of a buzz word, but it’s not one that should be taken lightly. Endeavouring to improve your own wellbeing and that of your family is a worthwhile pursuit, as positive wellbeing can affect every aspect of your life. Wellbeing is a slippery concept, in that a sense of wellbeing for one person may look completely different for another. It is a combination of all aspects of health; physical health, mental, social and emotional health. It is also strongly linked to overall satisfaction with life. There are numerous factors that influence feelings of wellbeing and there are things that you can do, both on an individual level and in an effort to improve your family’s wellbeing.

One of the key factors in increased feelings of wellbeing is rest; getting enough good quality sleep is essential to all aspects of health and it can positively impact physical and mental health in profound ways. While we sleep a growth hormone is released – so for children, this is when they grow. For adults, this growth hormone is what’s behind your body’s repair work – it heals the day-to-day damage of cells and tissue. Enough sleep will also improve your overall health by strengthening your immune system, so you’ll be less likely to catch a cold, or other virus that’s in the air. Quality sleep also improves learning and memory. Enough sleep will also help regulate your hormones, which in turn contributes to weight-management and appetite control. Moods are also positively affected by getting enough sleep.

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Research has also found six other key themes that influence family wellbeing. These key areas are: 1) Food and eating; 2) Social and familial connection; 3) Physical activity; 4) Play; 5) Learning; and 6) Giving: not just financial giving, but giving of time and energy.

Julia Briggs - Coordinator

Gifted Education
Gifted Education Showcase Day
St. Therese's works closely with the other central primary schools and St Pius to cater for the needs of our Gifted Students. On Thursday, the 22nd November I will attend a showcase day at which I will talk to other schools in our diocese about identifying Gifted students and various projects that all central schools have been working on. We will share resources and student work samples to ensure a common language and approach spreads across the diocese.

Myth 3: Gifted students will succeed regardless – they're gifted
Fact: While gifted students can have an extraordinary level of potential and ability, their high aptitude for learning can easily go to waste if it is not fostered properly. Gifted students have learning needs that require a special education program. Characteristics such as a passion for areas of interest, intense curiosity, and the ability to manipulate abstract ideas all point to the need for a responsive school environment. An extensive research study found that between 18% and 25% of gifted and talented students dropped out of school. Gifted students need teachers who will challenge them. (Renzulli, 1991).

Deb Petersen

PBS
Reaching Out To Others – When we reach out to others we are being inclusive. Others feel welcomed and cared for. This is also an important part of building relationships and widening our own friendship circle. As we reach out to others, we may find that we begin to grow in our ability to empathise with them and become a more compassionate person. Reaching out to others also includes building relationships with those outside of our own immediate friendship group and including those we may not always mix with. Jesus reached out to everyone, especially those who were judged and rejected by the rest of society. Our challenge is to do the same!

Luke Smith Coordinator

School Spirit Award for demonstrating INCLUSIVITY by Reaching Out To Others.

<table>
<thead>
<tr>
<th>KN</th>
<th>Eden H. &amp; Jake M.</th>
<th>KW</th>
<th>Cedella B. &amp; Eamon D.</th>
<th>KL</th>
<th>Lachlan C. &amp; Harry N.</th>
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<tbody>
<tr>
<td>1N</td>
<td>Jorja G. &amp; Amelia O.</td>
<td>1W</td>
<td>Ivy B. &amp; Chandler D.</td>
<td>1L</td>
<td>Hope B. &amp; Hamish L.</td>
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<tr>
<td>2N</td>
<td>Ella K. &amp; Edward R.</td>
<td>2W</td>
<td>Taiyo P. &amp; Santino P.</td>
<td>2L</td>
<td>Neelke B. &amp; Grace H.</td>
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<tr>
<td>4N</td>
<td>Mitchell G. &amp; Ava R.</td>
<td>4W</td>
<td>Riley C. &amp; Macey W.</td>
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<tr>
<td>5N</td>
<td>Mostyn B. &amp; Aisling M.</td>
<td>5W</td>
<td></td>
<td>5L</td>
<td>Patrick A. &amp; Rhys F.</td>
</tr>
<tr>
<td>6N</td>
<td>Zahra B. &amp; Eve S.</td>
<td>6W</td>
<td></td>
<td>6L</td>
<td>Charles A. &amp; Toby G.</td>
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</tbody>
</table>

Principal Award recipients for this week:

Luke Smith Coordinator

To bring Christ and His message, in all its richness, into the hearts and lives of all.
Hi from all at YMCA Out of School Hours Care,

Our room is starting to come to life with Christmas decorations and we are all starting to get excited. We have made glittery snowflakes, mini Santa’s, angels, bells and snow men. This week outdoors we will be playing cricket, soccer, baseball and wall-ball as well as enjoying the rock pit and sandpit. 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.

Don’t forget to go online and book your children in for Vacation Care. Once again with have a fabulous program packed full of incursions, excursions and a lot of fun. Go to www.ymcansw.org.au/newlambton and take a look at the program and book in fast.

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 ENROLMENT 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.

CANTEEN VOLUNTEERING 2019

Please return to the office before Friday 30 November

I am able to volunteer in the canteen once every 4 weeks.

Name: ____________________________

Mobile No: ____________________________

Preferred Day: Monday   Tuesday   Wednesday   Thursday   Friday
(Please circle)

I would like to be rostered on with: ____________________________

I am no longer able to volunteer in the canteen and would like to be taken off the roster.

Name: ____________________________

Mobile No: ____________________________
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