



Acting Principals Message

Dear Students, Parents & Carers,

Welcome back to staff and students - what a wonderful way to start Wellbeing Week! The school has been buzzing with excited chatter as children and staff see each other for the first time in up to 8 weeks. All the children also look wonderful in their winter uniforms, parents, please ensure all items of your children's clothing are labelled.

We would also like to congratulate Daniel and Stephanie Rufo on the safe arrival of a bouncing baby boy – Theodore Duilio Rufo. Theo's arrival is the fourth grandchild for Duilio and Doris. We also welcome Mr Lucas Northcott to the position of groundsman for the remainder of the school year.

Wellbeing Week

In Week 6 we focus on our mental health and wellbeing. Children will not have any homework to complete this week, so we encourage families to spend some quality time together each week. During distance learning, families were spending much more time online, so this Wellbeing Week let's "turn off" all devices in the evening. I challenge all families to complete the following activities this week:

- Moongazing Monday – what constellations can you see in the night sky?
- Teatime Tuesday – enjoy an afternoon treat together after school/work
- Walking Wednesday – how far can you walk in 30 minutes and what interesting things do you see on your walk?
- Thoughtful Thursday – over dinner, discuss the things we have to be grateful for, this mind shift can work wonders for reducing anxiety and boosting our positive thoughts
- Freestyle Friday – pick a favourite family activity that does not involve technology

Walk-to-School Wednesday

Each Wednesday we encourage all children to walk/ride/catch public transport to school, to reduce pollution. Thank you to the families that have also begun to car pool in an effort to further reduce traffic pollution. Walking and riding have the added benefit of increasing our fitness.

Dates to Remember

**8TH JUN QUEENS BIRTHDAY
LONG WEEKEND – PUPIL
FREE DAY**

**26TH JUN MISSION DAY – PYJAMA
DAY FOR VINNIES WINTER
APPEAL**

3RD JUL LAST DAY OF TERM 2

20TH JUL FIRST DAY OF TERM 3

To bring Christ and His message, in all its richness, into the hearts and lives of all.



Good News Story

German company *Sinn Power* has stationed an energy generator off the coast of Greece. The generator uses force of waves, as well as solar and wind power to create energy. The design is lightweight and durable and is able to increase its height depending on the height of the waves around it. The generator can create 26 kilowatts of energy – an average American household uses 8 kilowatts of energy per day. *Sinn Power* is hoping to install these generators as offshore energy farms to power islands across the world. Another example of companies working to look after our environment.

Communication

As all students are back at school full-time, and routines should not change too much from day to day, we will alter the Communication procedures slightly. Each Tuesday, the newsletter will continue to be sent home, with information for the coming week, as well as important events that are coming up. Each Friday, a Compass push will be sent out with a weekly update and any new information for the following week. If we have any urgent information from the CSO, a separate Compass push will be sent out as needed.

Celebrating Birthdays

We love celebrating birthdays at St Therese's, we have needed to alter some of our procedures with COVID. We ask that you send in packaged "treats" such as Freddos, lollipops, fun sized chip packets etc., rather than cupcakes or cakes. These treats ensure the risk of contamination is minimised, while still allowing children to celebrate birthdays with their friends.

Kaylene Maretich
Acting Principal

Acting Assistant Principal's Message

Places to Visit on our School Website

Our school website at www.newlambton.catholic.edu.au will keep you informed with the most recent policies and procedures. One of the most important parts of our school is to ensure the safety and happiness of our students, their families and our staff. When you visit our website go to About Us, then Policies and there you will find a link to a number of CSO policies and a further list of school policies and procedures that may be of interest to you. I have included in this week's newsletter a copy of the 'Complaints Resolution Pathway for Parents and Carers' flowchart. St Therese's endeavours to act in the best interests of all with confidentiality and privacy. Other CSO key policies can be found at: <https://www.mn.catholic.edu.au/about/policies/>.

Student Welfare

This week I thought I would include some Safety tips for the students in K - 2, although any student can do this activity and the following can be shared with all. During Health lessons at St Therese's we often ask the infant children to name 5 people that they can 'talk to if they don't feel safe'. They use a cut out of their hand and write a single person in each digit of their hand. Having a visual like a hand helps and having people to talk to when you don't feel safe is very important. But it is important to have more than 1 option. Some examples might be: Mum or Dad, Grandparents, a neighbour you trust, a doctor, a policeman, or an older sibling. All students should also know what the Emergency number 000 is for and why they would call this number. In week 8 of this term all classes will continue to teach across a number of themes from the "Protective Behaviour" program. Keeping our students safe is a priority and responsibility of our whole school community.

Winter Appeal - Mini- Vinnies

This year more than ever we need to take care of each other and our community. The Winter Appeal starts this week and we ask all families to have a look at the list below of food items that we are collecting. The appeal will go until week 10 of this term, concluding on Friday, the 3rd July. Thank you for your generous support of those who are doing it tough and need a helping hand.

- K = Soup
- 1 = pasta
- 2 = cereal
- 3 = biscuits (savoury or sweet)
- 4 = can food
- 5 = pasta sauce
- 6 = long milk

To bring Christ and His message, in all its richness, into the hearts and lives of all.



Well-being Week

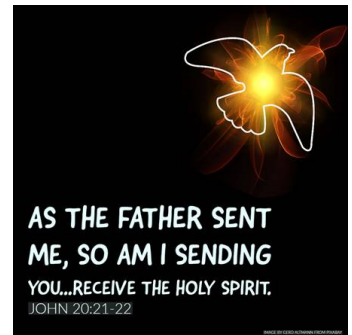
Week 6 of the school term has been traditionally known as well-being week. Having all students back this week is a bonus and brings the school alive. Take time this week to check in on your child's week and how they have adjusted back to 'normal' school life. I am sure there will be some tired children who have worked hard at school and need a good rest by Friday. Take care.

Deb Petersen
Acting Assistant Principal

RE News

Pentecost – Sunday was the celebration of Pentecost, or what many refer to as the birth of our Church. At the time, the first disciples were locked away, full of doubts and fear about what to do and what their future may hold. By the power of The Holy Spirit, they became empowered with courage and passion to spread the good news and thus the mission of the Church began in earnest and has continued unto this present day. The link below provides a reflection from John McGrath upon Pentecost and the beginnings of this mission. He makes a simple but important distinction that, God's mission comes first. He points out rightly, the Church has a mission. Yet importantly, he makes the statement, "it could also be said that God's mission has a Church." This subtle shift, reminds us all that God's mission not only has a church, but that God's mission also has You! Each one of us, therefore, are required to dedicate our life in service to God's mission. This is to be done in whatever sphere we find ourselves in; within our families, our friendship groups, our workplaces and the community in general. We can no longer sit back and believe that God's mission is the responsibility of a few ordained religious ministers. It is our mission as well. We only need to look around the world and see that in so many ways, she and her people are crying out for more of God's love, mercy, justice and peace. May each one of us be empowered in courage and strength by that same Holy Spirit to play our part in fulfilling God's mission and bringing about the Kingdom of God.

<https://www.youtube.com/watch?v=JKZaHOYXMAY&feature=youtu.be>



Blessings,
Luke Smith, Religious Education Coordinator

School Community News

Canteen News

With school now back to normal the canteen is aiming to operate with minimal volunteers so as to allow some social distancing. I will be in touch with each group individually to discuss with them. Thank you for your understanding and patience. Belinda (Ph. 0447 059 968)

Traffic Issues

Dear Parents

On Friday afternoon there was a near miss with children crossing at the Burke Street traffic lights due to the cars protruding from Burke Street and an impatient driver nearly hit children crossing the road. It is everybody's responsibility to drive safely especially around schools. If you can see the traffic is backed up in Burke Street, do not queue across the intersection in your car- keep driving and go around the block or alternatively find a park in Victoria street and walk to collect your child. Even leave it ten minutes later and pick your child up at 3.30pm. By that time most of the traffic has gone. Parents think about your actions and the safety of each and every child at St Therese's. Could the parent who reported the incident please contact the office on 49 575 922 to offer further information.

The school has contacted Police Highway Patrol and they will be patrolling the area. We have also contacted Newcastle City Council for their help in reviewing the situation.

Kiss and Ride Zone

In Royal Street in particular, parents are asked not to walk more than 3 metres from their car. Students will need to walk to you, please read the following blurb from the RMS website.



To bring Christ and His message, in all its richness, into the hearts and lives of all.



"Kiss and Ride Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers. These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of, your vehicle. Days and hours of operation may apply to some zones."

Vicki McSpadden Bursar

Entertainment Memberships

Thank you to everyone who has purchase an Entertainment Membership so far. Old memberships run out today 1st June to purchase a new membership please click on the following link:

[Support St Therese's Primary School Entertainment Book now!](#)

There are no Hardcopy books this year only electronic!!!

Library

BOOK CLUB – Issue 4

Closing date for orders from Scholastic Australia – Issue 4 is tomorrow, **Wednesday 3rd June**. Please ensure that your order form has been filled in and placed in an envelope with your child's name and class on the front. Remember to enclose the **CORRECT** money or cheque made payable to Scholastic Australia.

OR you may order through 'LOOP' which is on-line order and payment, with your purchases delivered to the school. Please note: Late orders for 'LOOP' may incur a delivery fee if order is posted to your home.

Office pick-up is always available for discreet orders such as Christmas, birthdays, rewards etc. Clearly mark the order 'Office pick-up' and add a contact number. 'LOOP' also has an option to tick a box for 'gift orders'.

REMEMBER: All orders earn valuable resources for our school.

**BOOK CLUB
ISSUE 4 IS Running!**

TAKE A LOOK
scholastic.com.au/book-club/book-club-parents

45 titles @ \$5 or UNDER

BOOK CLUB CATALOGUES ARE BACK!

The graphic features a cartoon girl with orange hair holding a book, with various book covers from the Scholastic Book Club displayed behind her. The text is in a playful, colorful font.

Environmental News

Turn off light and water when not in use





Calling all inspired

ART STUDENTS!

This year's ASPIRE production is called *The Pecking Order* and some of the main characters are birds.

In honour of our feathered friends, we would like to invite students, of any age, from our diocesan schools to create a model bird that will be displayed in the foyer during production week. Our aim is to create a wonderful art exhibition at the Civic Theatre for the duration of the production to showcase the work of our talented Visual Arts students.

The bird sculpture can be as realistic or as imaginary as you desire. Our only stipulation is that it be made from found objects e.g. recyclable and/or natural materials. Create your own special bird or work together as a class to create one large bird! Teachers might like to make it a class project.

A team from the ASPIRE committee will select the winners. There will be two categories:

- Individual student sculpture
- Class/group sculpture

The winner in the class category will receive free transport and tickets to the Friday matinee of *The Pecking Order* and the individual student will receive a double pass to the Friday night performance plus an exclusive look behind the scenes at the Civic Theatre.

ALL ENTRIES MUST BE RECEIVED AT THE CATHOLIC SCHOOLS OFFICE
BY MONDAY 13TH JULY 2020



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- [Primary Schools](#)
- [Nutrition](#)

Healthy Eating

Children spend a large proportion of their time at school. Therefore, schools provide the perfect environment for children to develop healthy eating habits which will then continue on into adulthood.

The Good for Kids team are here to support your school implement these healthy eating programs and we have developed a range of resources that can help promote healthy eating in schools.

View the pages below to learn more:

- [Nutrition Guidelines](#)
- [Crunch&Sip®](#)
- [Teaching Resources & Links](#)
- [Case Studies](#)

IN NUTRITION

- [GUIDELINES](#)
- [TEACHING RESOURCES & LINKS](#)
- [CASE STUDIES](#)

Artwork: 'Heart of a child' by Lara Went Worimi Artist.



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