



Acting Principal's Message

Dear Students, Parents & Carers,

Wellbeing Week

Next week is Wellbeing Week, so teachers will not set homework. We encourage all families to spend time together, the days are getting longer and the weather a bit warmer, so take the time to do some family activities together such as:

- Music Monday – play some music and dance together
- Take a walk Tuesday
- Wake up early Wednesday and have breakfast together
- Think about the past Thursday – call an elderly relative to see what life was like in the olden days
- "Food Glorious Food" Friday – get the kids to help you cook dinner

Pupil Free Day

Next Friday 28 August is a pupil free day. Staff will be working with Mark Spencer from the Catholic Schools Office, to build our staff in our Mercy Traditions. Please contact St Nicholas OOSH if you require care for your child on this day.

Grandparent's Day

Each year we have a special celebration for all our grandparents and special elder friends. Due to current restrictions, we cannot have the same celebration as we have done in the past. Instead, we would like to send a special letter by post to all our wonderful grandparents. So this year, no matter where your child's grandparents live, they will receive a special surprise in the mail. We ask that you send in a stamped, addressed envelope, to your child's teacher by **Friday 4 September**. All children in K-6 will be writing a letter, writing a poem or drawing a picture, so if your children are fortunate to have two sets of grandparents, they can focus on one set of grandparents each, or do two each. Please send in enough envelopes for each of your children.

Kaylene Maretich
Acting Principal

Dates to Remember

WEEK 5 PARENT/TEACHER INTERVIEWS FOR TERM 3

19 TH AUG	NEWCASTLE PERM MATHS COMPETITION
24 TH AUG	ICAS DIGITAL
25 TH AUG	ICAS ENGLISH
28 TH AUG	PUPIL FREE DAY STAFF DEVELOPMENT
31 ST AUG	ICAS MATHS
1 ST SEPT	ICAS SPELLING
7 TH SEPT	CHILD PROTECTION WEEK
11 TH SEPT	WALK SAFELY TO SCHOOL DAY
25 TH SEPT	LAST DAY OF TERM 3
12 TH OCT	STAFF RETREAT PUPIL FREE DAY
13 TH OCT	FIRST DAY OF TERM 4

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



Acting Assistant Principal's Message

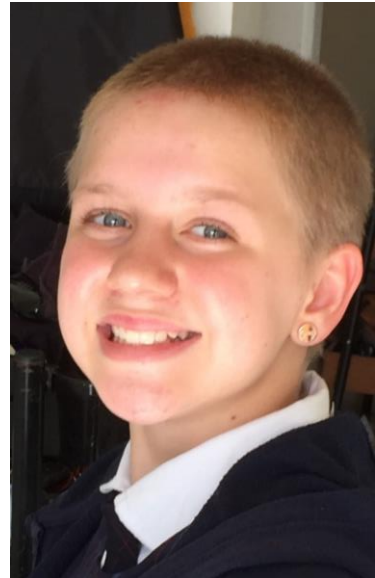
National Walk Safely to School Day

At the beginning of the year the National Walk Safely to School Day was cancelled but it has now been rescheduled for the 11th September. National Walk Safely to School Day (WSTSD) is an annual event whereby all Primary School children are encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment. St Therese's will again be a part of this day and any student who would like to join us would be warmly welcomed. We will meet at Adamstown Train Station at 8:10 and the Active Lifestyle team will be there to help the younger children walk safely to school. No scooters or bikes please as it is about 'walking'. Please note: due to restrictions, parents/carers will not be able to walk with us.



World's Greatest Shave

Last week the school got watched a wonderful video that showed our brave Marni B in Year 5 having her head shaved. Marni said "it was weird to have all my hair shaved off but I wanted to do something for the friends and families who suffer with cancer." Marni raised \$983.00 for this great cause. Well done Marni on raising money for the World's Greatest Shave, we think your new hairstyle looks beautiful.



Deb Petersen,
Acting Assistant Principal

RE News

Catholic = Universal = God's Love for All – Sunday's Readings, in particular the Gospel, reveal an important message to us all and an essential truth about God. God's plan of salvation is for all people. The loving Spirit of God is poured into the whole of creation and rests within everyone. This truth is revealed throughout Scripture and is a message of hope for all times. In the Gospel, we witness what at first seems an uncharacteristically harsh response from Jesus to a desperately worried mother. In this exchange, a foreign pagan woman with a daughter troubled by an evil spirit approaches him directly for help. She has so much faith in Jesus that she even reveals a truth about him that his own disciples have yet to recognise. Jesus's initial rebuff to her cry for help, and her unwavering faith in him, offers an opportunity for him to teach his disciples that God's healing love is available for all people, no matter what their race or religion may be.

Let us, too, pray for an outpouring of the kind of faith the woman reveals to us. May we be able to recognise the spirit of God in all people, and may we unite in living out God's covenant of love and justice in all that we do.

(taken from the source: <https://www.australiancatholics.com.au>)

Luke Smith,
Religious Education Coordinator



School Community News

NRMA ROAD SAFETY PROGRAM

The students are continuing to complete the road safety program. This week the students have been discussing the safe way to travel in a car.

Some important points:

- correctly fitting a seat belt
- the dangers of distracting the driver
- exiting the car safely
- crossing the road

A flyer is attached to this newsletter on 'Child road safety tips'. I have also attached a flyer on the importance of calcium and healthy canteen choices. These are taken from Cancer Council and Good for Kids.

Newcastle Permanent Primary Schools Maths Competition

Year 5 and 6 students will participate in the Newcastle Permanent Primary Mathematics Competition on **Wednesday 19th August**. This will occur during their regular Mathematics lesson.

Leanne Kepreotes
Coordinator

Second Hand Clothing Pool

Thank you parents for your kind donations to the clothing pool. At present we are at maximum capacity. As such we are unable to accept any more donations. If you would like to purchase an item, please send an email to the admin@newlambton.catholic.edu.au and we will check if we have the size you desire and send home with your child.

Vicki McSpadden, Bursar

PBS

School Spirit Awards

This term we are focusing on the values of **Care and Compassion**. We congratulate the following students who received the School Spirit Award last week for demonstrating this value by **being Welcoming**:

School Spirit Award for demonstrating CARE AND COMPASSION by being Welcoming.					
KN	Talulah A	KW	Vanessa C	KL	Tabitha M
	Levi M		Oliver W		Isaac S
1N	Lilly C	1W	Liam E	1L	Frankie H
	Christian B		Lachlan S		Jerome G
2N	Thomas T	2W	Luke R	2L	Bluey M
	Trevina M		Hamish L		Phoebe M
3N	Gracie B	3W	Sunny A	3L	Oscar K
	Lachlan M		Eylah W		Sophie M
4N	Ruby D	4W	Amelia G	4L	Audrey B
	Mae P		Isla-Grace B		Nicholas B
5N	Quinn T	5W	Knox M	5L	Gabriella B
	Max T		Tavian Q		Isaac S
6N	Mitchell G	6W	Elliot S	6L	Joshua M
	Hayley S		Sarah D		Ocea B

Principal Awards

The following students will receive a Principal's Award at this week's Zoom school assembly:

KN - Ben C, Joanna C, Bella A; **KW** - Abbey L, Archer R; **KL** - Mason O; **1N** - Francesca R; **1W** - Brooklyn L, Declan O; **1L** - Dominic S, Georgie A; **2W** - Esmeralda H, Tristan H, Arabella H, Oliver K, Malia W, Alexander J; **2L** - Queenie C, Jasmyrn M, Phoebe M, Jack T; **3N** - Sofia D, Eliza A, Mikayla F, Aleks S; **3W** - Lola C, Jacob L; **3L** - Maiya A, Bodhi M; **4N** - Callum O, Ella F; **5N** - Xavier S, Buster F; **5L** - Zoe L, Chloe D.

Date: Friday 21st August **Time:** 2:40pm **ID:** 965 9284 7849 **P/W:** 133626

Congratulations and thank you children, for upholding the values and principles of St Therese's.

Janine Schneider, Primary Coordinator

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



ICAS Test Dates:

Digital Technology: Monday 24th August (Week 6)

English: Tuesday 25th August (Week 6)

Mathematics: Monday 31st August (Week 7)

Spelling: Tuesday 1st September (Week 7)

On the morning of their test, students are to go to:

Where: 4N Classroom (Ms Jackman's room)

Time: 8.10am.

Years 5 & 6 students are to bring their own devices. Years 3 & 4 students will have a device provided for them.

All students doing the Spelling Assessment need to bring their own head phones.

If for some reason a student is unable to attend their test, please see Ms Jackman ASAP as make up times are limited.

Therese Jackman
Primary Coordinator

Environmental News



OOSH St Nicholas

Hello from St Nicholas OOSH New Lambton. A huge thank you to all of our parents and caregivers for their cooperation and patience with the change over from Qkids to Xplor. While we did hit a few bumps in the road it has mostly been a successful change over.

Please keep an eye out for the upcoming Vacation Care program. The program will run between Monday 28th September to Friday 9th October with the exception of Monday 5th October when we are close due to the public holiday.

IMPORTANT – St Nicholas OOSH will be operating from 7am to 6pm on Friday 28th September as this is a pupil free day. Please book for this via the Xplor app using the vacation care option.

CHRISTINE MORGAN

NOMINATED SUPERVISOR - OOSH | ST NICHOLAS OOSH

Phone: 0455 099 594

Email christine.morgan@stnicholasoosh.org.au Visit us online www.stnicholasoosh.org.au



Child road safety tips



Travelling by car

1. Ensure your child is using the correct child restraint for their age on every trip.
2. Teach your child to enter and exit using the rear door nearest the footpath called the "safety" door.
3. Never call your child across the road, instead meet them at the school gate.

Choose the right child restraint

All children up to seven years of age must be in the right restraint for their age. Penalties apply. Delay your child's move from their current restraint if they are small in stature for their age. For children over 7 years, check that the adult seatbelt does NOT rest on their neck before you allow them to move from their booster seat.

- For maximum protection, teach your child that their seatbelt must sit on their collarbone and across their hip bones.
- Remove all blankets before you strap your infant into their child restraint.



0 – 6 months:
Rearward-facing restraint



6 months – 4 years:
Child restraint



4 – 7 years:
Child restraint/booster seat

School pick up and drop off zone

1. Be patient, be alert to children around your car and follow the school rules.
2. Double check before reversing.
3. Never double park or make illegal U-turns.

Catching the bus

1. Take and pick your child up from the bus stop.
2. Help your child get on and off the bus.
3. Wait for the bus to move on before crossing the road.

Walking to school

1. Model how to STOP, LOOK, LISTEN and THINK when crossing the road.
2. Hold hands with your child when crossing the road, on a footpath or in a car park.
3. Teach your child the safest places to cross the road and explain to them the dangers of crossing the road between parked cars.



Nutrition Snippet

KIDS AND CALCIUM.



Calcium is important for growing healthy bones and teeth.

Our calcium-rich custard pudding makes a delicious lunch box treat, snack or dessert.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box