



Acting Principal's Message

Dear Students, Parents & Carers,

Welcome to Week 7 and what a glorious start to the week it has been. I spent all weekend in my happiest place – my garden. The warm, sunny weather, together with the smell of jasmine made me realise that “spring has sprung”. Bunnings was packed yesterday, I was very excited to see so many families from school there buying punnets of herbs and vegetables to grow at home. Tomorrow is the official change to summer uniform, but until the end of term the weather can be unpredictable, so parents are asked to ensure their child(ren) are dressed appropriately for the weather each day. Regardless of the uniform worn, we expect all children to wear the correct uniform and to wear it with pride.

Faith Formation Day

Last Friday, Mark Spencer led staff through a professional learning day, focusing on the work of Catherine McAuley and the Sisters of Mercy, which she founded. As a Mercy school, we are steeped in this heritage and the values of compassion, service, courage, justice, respect and hospitality. The new learning area, that is slowly coming to completion, will be known as the Catherine McAuley Centre. It will house the library, podcast room and two learning spaces. At the rear of the centre, there will also be an outside space that can also be used as an additional learning space. The Catherine McAuley Centre will be used by all students and staff through the week and will also be open to our parent community, hopefully in the not too distant future, when restrictions are eased. We are now looking at how we incorporate the history Catherine McAuley and the Sisters of Mercy into our units of work at St Therese's from 2021 onwards. I thank Luke Smith for organising Mark Spencer to work with our staff.

Building Resilience

Last week there was an interesting article by Claire Burke in the flyer *The House of Wellness and Parenting* available at Chemist Warehouse. The article titled “When the Going Gets Tough” discussed the importance of building resilience in children from a young age. Resilience is the ability to “bounce back” after a challenge or difficult situation, so resilience can only be built if children experience the bumps that inevitably occur as we go through life's journey. As parents, we want to protect our children from being hurt and there are times when this is crucial, such as when a child's safety is threatened. We also need to allow our children to feel all the emotions that are part of life; happiness, sadness, excitement, fear, anger, joy, frustration, contentedness, guilt, harmony, boredom and so on.

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

Dates to Remember

**1ST SEPT P & F ZOOM MEETING
7PM**

4TH SEPT 'JERSEY DAY'

**7TH SEPT CHILD PROTECTION
WEEK**

**9TH SEPT BOOK CLUB ORDERS
DUE**

**11TH SEPT WALK SAFELY TO
SCHOOL DAY**

**NATIONAL CHILD
PROTECTION WEEK
WHITE SHIRT DAY**

25TH SEPT LAST DAY OF TERM 3

12TH OCT FIRST DAY OF TERM 4

**PUPIL FREE DAY SET DOWN FOR
FIRST DAY OF TERM 4 CANCELLED**

We also need to realise that children make and lose friends, sometimes fail, sometimes make mistakes and sometimes avoid telling the truth for fear they will be “in trouble”. As parents and teachers, we need to help children see that challenges are great opportunities for growth. We need to ensure children own their behaviours and take responsibility for the consequences of their behaviours, both positive and negative. At St Therese's, we place an emphasis on recognising positive choices, our award system, class-based awards, “name and frame”, stickers, Dojos, prize boxes and visits to the Principal, are some of the positive consequences for positive behaviours. At times, children also need consequences for poor choices such as community service, time off the playground, chronicles in Compass, or more serious consequences when behaviours are well outside expected behaviours.

We can help our children to build their resilience by focusing on gratitude, empathy and mindfulness and help them to “move on”, after a challenging time. Encouraging children to play outside, to explore, climb and engage in some rough and tumble play also helps to build resilience.

A friend, who is also a psychologist, gave me the best advice on being a parent “our role is to walk the journey that is our child's life, not to make the road straight for them”.

Happy Father's Day

I would like to take the opportunity to wish our fathers, step-fathers and grandfathers a very Happy Father's Day for this Sunday. I hope you have a special day, being treated like a king by your beautiful children and grandchildren. Fathers are such an important part in the life of a child, helping to nurture, care for and love their children. A special thought goes to the fathers and grandfathers who are no longer with us, but who will always live in our hearts and memories.

Zoom P&F

We welcome you all to a Zoom P&F on Tuesday 1 September at 7:00pm. Please join us using the following link <https://mncatholic.zoom.us/j/92532631579>, password: 841281

Kaylene Maretich
Acting Principal

Acting Assistant Principal's Message

Child Protection Week.

Week 8 is Child Protection Week and the theme is “Putting Children First”. Over the next couple of weeks I will add some small blurbs that I have found of interest and want to share with our community. Sometimes it can be difficult to really hear what our children are saying to us due to the busyness of our day or the things that are going on in our heads. Keep reading to refresh our minds as to why we should listen carefully to our students and children.

Why listening to children is so important

Making a point of listening to every child you know, is one of the most important things you can do. It shows children you really care and respect that they are worth listening to. This helps them feel they are special and respected. Being listened to also helps children to practice putting ideas into words, explore their feelings, and develop self-confidence. When you listen to your child, you benefit by learning more about how your child thinks and feels, and what they need.

Spring Equals Summer Uniform

Thank you to all the students who came and found their lost property from me and my student helpers last week. Now that the weather is getting warmer and Summer uniforms are being worn, please remember to follow the school guidelines for correct uniform. The two points I would like to mention in this newsletter is about the appropriate wearing of jewellery and hats. For safety reasons students are asked to wear earrings such as small sleepers or studs in their ears. Dangly earrings can be ripped from ears causing an injury and so are not to be worn. Hats need to be labelled with your child's name and worn at all playtimes, including morning arrival. **NEW HATS ARE NOW AVAILABLE AT LOWES.** A reminder of the Summer Uniform for students:

GIRLS SUMMER UNIFORM

Dress: Blue with white check

Blouse: Short Sleeved sky blue blouse with crest

Culottes: Navy



Shorts: Navy
Socks: White ankle style 'Bonds'
Shoes: Black leather

BOYS SUMMER UNIFORM

Shirt: Short Sleeved sky blue shirt with crest
Shorts: Navy 1/2 elastic
Socks: White ankle style 'Bonds'
Shoes: Black leather

Jersey Day on Friday

This Friday is "Jersey Day". Please read the blurb from their website:

*On Friday September 4, 2020 we are asking schools and workplaces across Australia to allow students and employees to wear their favourite sporting jersey to school or work to show their support for the **DONATE LIFE** network and begin the conversation with their friends and families about Organ Donation.*

Last year we joined in on this day and we will again participate. Students can wear a sporting jumper/shirt/jersey with their school sport shorts/skorts/skirts to school this Friday. There is no collection of money but a chance to raise awareness about organ donation. For further information you can visit the website; <https://www.jerseyday.com.au/>

Deb Petersen,
Acting Assistant Principal

RE News

Gospel Reflection – The link below is a beautiful reflection upon last Sunday's scriptures (21st Sunday in Ordinary Time):

https://www.youtube.com/watch?v=_otTk6Rysus

Season of Creation – Tuesday (1st September) marks the beginning of 'Season of Creation'. The Season of Creation is a time to renew our relationship with our Creator and all creation through repenting, repairing, and rejoicing together. During the Season of Creation, we join our sisters and brothers in the ecumenical family in prayer and action for our common home. This season runs until the 4th October. More information, links and resources will follow over the coming weeks.
<https://seasonofcreation.org/>

The online sessions and seminars run by Catholic Earthcare Australia over the coming month are also connected to this topic of becoming better Stewards of Creation. <https://www.eventbrite.com/o/catholic-earthcare-australia-30859548231>

Parish Mass Information – *The following information is taken from the Holy Trinity Parish bulletin:*
Sunday Mass Celebrations At this time bookings are still essential for Lambton (35 capacity) and those wishing to attend need to phone the Parish Office by 3:00PM Thursday, giving your name and contact phone or email. Bookings are no longer essential in order to attend Waratah (75 capacity) or New Lambton (90 capacity), however people will instead sign in as they enter the church. Mass will continue to be streamed from St Therese's New Lambton at 9:15AM Sunday via Facebook. Please stay at home if you are experiencing any flu-like symptoms. Please consider staying at home for your own health and safety if you are 65 years or over, have pre-existing health conditions, or have a compromised immune system.

Luke Smith,
Religious Education Coordinator

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 **displaying Friendship**:

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



| School Spirit Award for demonstrating CARE AND COMPASSION through displaying Friendship. | | | | | |
|--|-------------------------|----|------------------------|----|------------------------|
| KN | Bella A Brittany | KW | Ruby M Maya J | KL | Jackson F Sadie S |
| 1N | Harper S Ben W | 1W | Lucy F Kurt P | 1L | Ayla W Lennox F |
| 2N | Noah J Lucia R | 2W | Tristan H Anna | 2L | Isaac M Jasmyn M |
| 3N | Archie C Mackenzie S | 3W | Casper H Mya T | 3L | Sophie S Ivy M |
| 4N | Laura M Sonny P | 4W | Liliana D Katie C | 4L | Olivia S Edward R |
| 5N | Patrick D Felicity R | 5W | Myles N Charlotte L | 5L | Gabriella B James D |
| 6N | Cooper R Siena S | 6W | Matilda G River S | 6L | Ellie M Sonny E |

Principal Awards

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

KN - Levi M; **KW** - Abbey C; **KL** - Jennifer J, Joshua P, Eloise H, Sidney M; **1N** - Zachery W, Reid M; **1W** - William F, Thomas L, Lee S, Liam E; **1L** - Lucy C, Emilio S; **2N** - Raiki P; **2W** - Koby P; **2L** - Griffin C, Eloise D, Henry G; **3N** - Ada N, Emily F, Aggy M, Isaiah S; **3W** - Eylah W, Kye T, Adriana S; **3L** - Ivy B, Ava G; **4N** - Ava R, Lucas B; **4L** - Emily C; **5L** - Kruz D, Isabella N

Date: Friday 4th September **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

Environmental News

Do a home
energy
audit



Library

BOOK CLUB: Issue 6 Book Club is now available.

Closing date for orders is next week WEDNESDAY 9th September.



There are 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. 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.

Office pick-up is always available for discreet orders such as birthdays, Christmas, 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' which can be picked up from the office.

REMEMBER: All orders earn valuable resources for our school.

Please Note: Issue 5 orders are now closed.

An advertisement for the Book Club LOOP. At the top, it says 'Book Club LOOP' in bold, with 'The EASIEST way for parents to order and pay for Book Club!' underneath. To the right is a small circular logo with a book icon and the text 'It's the way to get the best deals on books'. The main text asks 'Parents: Are you registered for LOOP?' and explains that LOOP is the easiest way to order and pay online for a child's Book Club order, especially if paying by credit card. It lists benefits for registered parents: exclusive sneak peeks, downloads, and offers throughout the school year. A 'BONUS!' graphic with a starburst effect is shown next to this text. At the bottom, it says 'Head to scholastic.com.au/LOOP and register today!' and features the Scholastic logo. An illustration of two children reading books is also present.

OOOH St Nicholas

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.

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



KEEPING CHILDREN SAFE AND WELL IS EVERYBODY'S BUSINESS

**Together we can
help every child thrive**

We can all...

...speak up if we see something that is
not safe for children

...talk respectfully with children and value
and act on their ideas

...help children thrive by supporting
families

...create places where children feel
safe to live, play and learn

For more information about how to play your part, visit www.napcan.org.au

NATIONAL CHILD PROTECTION WEEK
6th-12th September 2020

SUPPORTED BY: DEPARTMENT OF SOCIAL SERVICES

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

