



Assistant Principal's Message

Dear Parents

Week 6 and we see the start of Autumn. While the weather is still very warm, I love the change in seasons and how the environment changes. The early mornings can be quite cool, yet the days are still warm, there are also some subtle changes in the colour of some leaves.

Update on Duilio

Duilio is resting comfortable at home. He greatly appreciates all the thoughts, prayers and messages from the school community. Duilio will return to school in the coming weeks.

Personalised Planning Meetings

Thank you the parents, learning support teachers and classroom teachers for taking the time last week to meet to plan individual learning plans for our students with additional needs. Your time and commitment to work collaboratively, will ensure the best outcomes for your child. This week Kindergarten teachers will hold their parent teacher meetings.

Garden Team

Last week, we had our first Garden Team meeting. Thank you to the parents/guardians that have joined our team: Kristy H, Joel H, Lori N, Christie M, Carla L, Odette T, Jarret C, Jamie G & Catherine D. We discussed some preliminary ideas and dreamed some big dreams for our playground design. We will meet again towards the end of the term to start to plan a way forward, once we have some more information on some of the designs we discussed.

Office of Safeguarding

Keeping our children safe can be achieved by ensuring our children are informed about their rights and participate in decision-making. Adults need to ensure they listen actively to children and engage them in discussions. This will help children feel valued and respected, which will help them to speak up if they feel they are unsafe or have been abused. At St Therese's, the voice of each child is respected and valued, we have many opportunities for children to be involved in teams and activities to build our community. Encourage your child to participate in these activities such as:

- Lunch clubs
- School band for Years 3-6
- Leadership Teams
- Aerobics Teams

Dates to Remember

10 MAR DIO AFL TRIALS

12 MAR DIO CRICKET TRIALS

19 MAR **HARMONY DAY & ANTI BULLYING DAY**

26 MAR MISSION DAY

1 APR **HOLY THURSDAY – LAST DAY OF TERM 1**

19TH APR **FIRST DAY OF TERM 2**



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



We have many wonderful children who come to see me or Mr Rufo, with ideas about school lunch activities such as colouring-in, puzzles etc. These children help to build our school community, so that we continue to keep all our children safe.

Wellbeing Week

Week 6 of each term is Wellbeing Week, where we slow down and take some time to “smell the roses”. We are half way through Term 1, and many children are getting tired, so it is the perfect time to focus on our mental health and wellbeing. There will be no homework this week, instead families are encouraged to spend some time together, and also turn off devices so we engage others in conversation. Try these activities each day:

- Talking Tuesday – at the dinner table, talk about what has happened in the day for each person in the house. It is a great opportunity to encourage each other or help out if a member of our family is having a hard day.
- Wheels Wednesday – get out and about on a bike, scooter, skateboard, roller blades etc.
- Teaching Thursday – ask your child to teach you something they learned at school
- Feeling Friday – use all 5 senses when completing an everyday task e.g. making toast – what does it smell like, feel like, look like, taste like and can you hear the bread toasting. This helps us to more mindful of what we are doing and to live in the moment

Kaylene Maretich
Assistant Principal

RE News

Sacramental Program 2021 – Children from **Year 3, Year 4** and **Year 5** took home a note last week explaining the structure of this year's Sacramental Program. Please return the section of the note, indicating if you wish your child to receive the relevant sacrament, **by Thursday 4th March** (*The note was also sent out via Compass in case the hard copy has been misplaced*). **This notice of intent is extremely important as we will need to ensure there are enough booklets and resources ordered for each child.** Please email me directly, luke.smith@mn.catholic.edu.au or phone the school if you have any questions or concerns.

Making Jesus Real (MJR) at St Therese's – Hopefully your child has begun to speak at home about **MJR Stars**. Hopefully, they have begun to receive some of these in recognition for the little ways in which they are displaying their virtues here at school, whether that be in the classroom or on the playground. *Speaking the Language of Virtues* to ‘acknowledge & thank’ when we see our children display a virtue is the first step. *Speaking the Language of Virtues* to ‘guide’ whenever we want to prompt our children is a means of setting them up for success and positive, pre-emptive behaviour management. Finally, *Speaking the Language of Virtues* to ‘correct’ our children when their behaviour may be less than desirable is a way to address the behaviour not the child. Below is an excerpt from **The Virtues Project – Family & Parenting page**:

Parenting is the most complex and important activity on the planet. Parents are a child's first educator, yet they receive little or no training for this vital role.

The Virtues Project™ helps parents to awaken the qualities of character that exist in potential in their children. By speaking the language of virtues, setting virtues-based boundaries and recognizing teachable moments, we bring out the best in our children -- and ourselves. We become mentors helping our children to become compassionate, courageous, respectful, confident and purposeful. The greatest gift we can give our children is the authentic self-esteem that comes from developing their virtues -- becoming contributors rather than consumers. The world needs people willing to take personal responsibility. Let it be this generation.

Please click on the following link which takes you directly to this page. You may even like to use (daily or weekly) the option to, “**Do a Family Virtues Pick**”: <https://virtuesproject.com/family.html>

Ethically Sourced Easter Chocolate – As we move through the season of Lent and begin to prepare for Easter, please give some consideration to the purchase of chocolate Easter eggs. The following webpage provides some sobering statistics to ponder before we rush out to make our purchases: <https://acrath.org.au/take-action/slavery-free-easter/>

Luke Smith
Religious Coordinator

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



PBS – School Spirit Awards

School Spirit Awards

This term we are focusing on the value of **Respect**. We congratulate the following children for receiving the PBS School Spirit Award for demonstrating **RESPECT** through *obedience*:

School Spirit Award for demonstrating RESPECT through obedience.					
KN	Maggie K	KW	Miller M	KL	Isabel B
	Zoe T		Amelia E		Arnold H
1N	Noah M	1W	Jacob J	1L	Isabella G
	Emily S		Emily S		Santiago P
2N	Alexi A	2W	Amelia H	2L	Eloise C
	Frankie S		Knox R		Andrea P
3N	Eamon D	3W	Hamish M	3L	Oliver K
	Scarlett H		Indigo H		Arabella H
4N	Sage T	4W	Sienna A	4L	Emily F
	Isaiah S		Oscar K		Olivia L
5N	Lukas W	5W	Oliver H	5L	Mollyjane R
	Madelyn O		Isla R		Taiyo P
6N	Jocelyn Y	6W	Zoe L	6L	Lucinda P
	Patrick B		Cooper C		Daniel J

This week we continue with the same focus of showing **Respect** through *obedience*.

Principal Awards

The following students will receive a Principal's Award at this week's Zoom school assembly:
Pippa W (KL) and Gabriel W (6L)

Date: Friday 5th March

Time: 2:40pm

ID: 966 2726 0769

P/W: 520331

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

Janine Schneider
Coordinator

School Community News

School Fees Payment Frequency Form

School fees were sent home last week. Please contact the office if you did not receive yours.

Please be advised that commencing 2021 school fees are invoiced for the full school year. Fee payers are encouraged to arrange for either weekly, fortnightly or monthly payments via Direct Debit by completing the form on the Catholic Development Fund website www.CDFmn.com.au. School fees are to be finalised by 30th November 2021.

Parents are asked to complete the school fees payment frequency form and return it the office as well as commencing their payments prior to 31st March 2021.

If you have any questions or require assistance working out regular payment amounts, please contact the office on 4957 4922.

Vicki McSpadden
Bursar

NAPLAN

Some dates for the calendar...

11th May - Start of NAPLAN Testing

Year 3 and 5 students are involved in NAPLAN. Year 3 students will handwrite their writing test, while the Year 5 writing test will be online. Reading, Conventions of Language and Numeracy will all be online. Students will need earbuds/headphones during this testing time. More information to follow.

Playgroup Update

As per the COVID guidelines discussed in last week's newsletter, playgroup is only open to parents/guardians of children enrolled at St Therese's, and only one parent/guardian per child may attend. Children can bring their own lunchbox and water, and for our first week, parents/guardians can bring their own individual morning tea and beverage - please bring reusable food and drink containers! Each week this year, our playgroup will have a different theme. For the rest of the term, our weekly themes will be:

Week 6 (5th March): Autumn

Week 7 (12th March): St Patrick's Day (Everyone is invited to wear something green)

Week 8 (19th March): Harmony Day (Everyone is invited to wear something orange)

Week 9 (26th March): Easter

If you have any questions or need any more information, don't hesitate to contact me on 0439 435 287. We look forward to seeing everyone on Friday!

Jo Kim

Playgroup Coordinator



Art Centre

Bunyip Bird Competition

Thank you to the students who have handed in some great entries for the Hunter Wetlands Centre. The competition has been in the Catherine McAuley Centre over the past weeks, and I thank our Library staff for helping with this opportunity. I have attached an excellent Entry by Maeve H in Year 2. She decided to enter both the writing section and the drawing competition. I will send these entries in next Friday 5th March. If anyone is still interested in entering.

Art Studio

You may recall last year I spoke about the creation of an Art Studio in the Main Hall. Over the Christmas break and throughout the term, students and parents have worked on this Studio and I am happy to say that it is now being used for lessons by some young and very excited artists.

Their first project is the CSO art competition open to Stages 3, 4, 5, 6 and adults - in June 2021. The artwork needs to reflect the statement "To Live life to the full". The concept is around mental health ... as a group we have taken the statement, found the positive in it and the children are now drafting their major works. Some of their initial ideas are mind blowing. The art studio will also be used by our learning support staff and children to help with anxiety and behaviours. Students will have the opportunity to use art as an avenue to express themselves and their feelings.

Finally, Jan Cristuado (Abstract artist), is conducting our first art workshop next Friday 5th March and the technique that the students will explore is 'abstract art' ... what an amazing opportunity to give our incredibly creative kids! I can't wait to see what they create!



Deb Petersen
Coordinator

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



Sport

Continuing with another busy few weeks in sport!

Congratulations to all our Diocesan swimmers who competed last week. Mr Moore mentioned that you all represented our school in the very best light, both in and out of the pool. It sounded as though the competition was tough! Given that, could you please join me in congratulating Tyler B who has made it through to Polding for breaststroke! What an achievement! We wish him all the very best.



This Friday sees some of our talented Touch Football players heading to our Central Region trial. The girls include: Ella T, Ella C, Evie M and Isla O. Our boys are: Patrick D, Beau P, James D, Xavier G, Callum O and Ryan C. We wish all these competitors the very best in this trial, we know you will represent us well.

Donate Soccer boots

Do you have any soccer boots laying around that are in a decent condition and not getting used? DARA (Development and Relief Agency), a registered charity of the Catholic Diocese of Maitland-Newcastle, operates to support vulnerable people in our local community. Currently, DARA is collecting pre-loved soccer boots to donate to children from refugee backgrounds to encourage them to play soccer, create new friendships and engage community spirit. You can drop your boots into the Admin office and we will pass them on.

Joel Hartcher
Sports Coordinator

SCHOOL FEES PAYMENT FREQUENCY FORM

Parents/carers are asked to complete the School Fee Payment Frequency Form by 31 March, nominating how frequently they will pay school fees during the year.

Payment frequency options are available to suit parents/carers with the aim of having all fees paid by 30 November. Options for payment include BPAY, direct debit and credit card.

If paying via a direct debit arrangement please use the CDF Direct Debit Form – this is available for parents/carers to complete here: http://www.cdfmn.com.au/media/5203/32481-cdf_direct-debit-form_20210108.pdf

STUDENT NAME/S	YEAR GROUP
FEE PAYER NAME	
INTENDED PAYMENT METHOD (please tick one)	
<input type="checkbox"/> Direct debit	
<input type="checkbox"/> BPAY	
<input type="checkbox"/> Other (please specify)	
INTENDED PAYMENT FREQUENCY (please tick one)	
<input type="checkbox"/> Weekly	
<input type="checkbox"/> Fortnightly	
<input type="checkbox"/> Monthly	
<input type="checkbox"/> Other (please specify)	

Bittern birds eat eels not Seals. They
walk in water not sticky icky mortar
They make nests like bowers they probably
Spend hours making bowers. The bittern
birds chicks spend hours in sticks. They
like fishing and love dishing. The
chicks say to Mumma or Dadda or both
I wish I wish for some fish for our
dinner dish. Bittern birds live in a wetland
and love to put there feet in
the sand. They love to ponder when
they have a little wander. Bittern birds
like to freeze in the breeze and
I try not to fall as I
make my eerie call. Even though
I sound like a Bungip I promise
I won't nip. I am a friendly
guy even though I am a little
bit shy. So don't be a stranger
let's protect them from danger



Good for Kids good for life

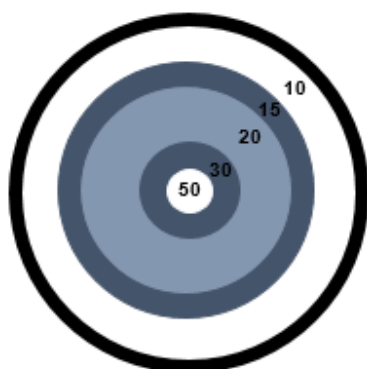
SUMMER FUN

Physical activity makes kids stronger and fitter, they can concentrate and learn better at school, and sleep better at night.

The weather is warm, and it's a great time to get outdoors to get your 60 minutes of activity each day. Just remember to slip, slop, slap!

Some fun ideas to stay active in the summer time are:

- Create a slip and slide in your yard with a tarp, water and detergent.
- Go for a bike or scooter ride.
- Go out for a picnic and pack the soccer ball with you.
- Plan a scavenger hunt.
- Use chalk to draw on the path/driveway and play games like hopscotch, or draw a bullseye and use markers or bean bags to see who can score the most points. On hot days you could use wet sponges or water balloons.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>