



Principal's Message

Dear Parents/Carers,

Grandparents Day

Last Friday we celebrated Grandparents Day at St Therese's. What a wonderful atmosphere to be able to welcome all the visitors back on site and to open our classrooms to them. My thanks to Mrs Janine Schneider and all the teachers who prepared the children to offer such a meaningful presentation. My thanks also to the Hospitality Team who provided a lovely morning tea.

Fathers' Day Breakfast

Just a reminder to all those dads & father figures in our school community that you are welcome to attend our Fathers' Day breakfast this Friday.

Year 6 Fundraiser

Today Year 6 held a sausage sizzle and cake stall to raise funds for their end of year celebrations. It was a huge success and my thanks to Adam from Adams Meats, New Lambton for donating and cooking all those sausages. Thanks also to those who were able to attend and supervise, serve and donated baked goods.

Lotus Educational Fund

The latest edition of the Lotus newsletter is attached for your information. Lotus is a locally run charity with Cathy Hart (speech therapist) and Dianne Gamage (ex teacher at St Therese's based in Bangkok) as Australian Directors.

Lotus helps support young girls in rural Laos to complete their schooling. St Therese's have been a proud sponsor of these young girls for over 12 years.

Later in the term Year 5 & 6 will be holding a fundraiser to raise money for these girls and we urge your support.

Further information can be found at <https://lotuseducationalfund.com/>

Staff Development Day – PUPIL FREE DAY

I draw your attention to the date set down for the Staff Development day 9th September – this will be a PUPIL FREE DAY. Our onsite OOSH will be available and the contact details are 0455 099 594.

Duilio Rufo
Principal

Dates to Remember

**31 AUG – TOTAL EXCURSION
YEAR 2**

1 SEPT – NETBALL GALA

**2 SEPT – FATHERS DAY
BREAKFAST 7.30AM**

**5 SEPT – WHITE DAY – CHILD
PROTECTION**

**7 SEPT – INDIGENOUS
LITERACY DAY
DRESS UP PARADE
2.30PM – FAMILIES
WELCOME**

**9 SEPT – PUPIL FREE DAY
STAFF DEVELOPMENT**

**11 SEPT – FIRST HOLY
COMMUNION**

13 SEPT – DIO NETBALL GALA

**15 & 16 SEPT – LOTUS
FUNDRAISER**

18 SEPT- COMMUNION

**21 SEPT – YEAR 6 SPORTS DAY
AT ST PIUS X**

23 SEPT – LAST DAY TERM 3

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



Assistant Principal's Message

Faith Community Week

What a glorious start to Faith Community Week – I hope you all enjoyed the beautiful weather we had over the weekend; Spring is certainly in the air!

Tell Them From Me (TTFM) Survey

The Tell Them From Me (TTFM) Survey will open on Monday 5 September for parents/carers to complete. I encourage all families to complete the survey, as it allows us to set goals and targets for the 2023 school year in the areas of: academic growth, social and emotional learning, student/staff/community wellbeing and faith formation. The survey will remain open until 7 October and can be found via the link below:

<http://tellthemfromme.com/sttheresenw/>

Uniform

The weather is quite variable now, so children can wear a mix of winter and summer uniform according to the weather. Please ensure your child wears correct uniform, as we have seen children in branded hoodies and skate shoes. On sport day, children are to wear appropriate joggers or runner, no spikes shoes are to be worn. When wearing the formal uniform, children need to wear black shoes that are predominantly leather. Children should not have dyed hair or be wearing any makeup to school and jewellery is to be kept to a minimum, such as small sleepers or studs, a watch and a small necklace.

Playground Changes

There have been several minor accidents on the back field, due to the number of different games happening at the one time. To alleviate this, we will trial splitting the use of the field each day as follows:

- Primary grades (Years 3-6) will use the field at lunch time
- Infant grades (K-Year 2) will use the field at recess time

This change will take effect from **Wednesday 31 August**.

Kaylene Maretich
Assistant Principal

RE News

Catholic Community Week – This week is Catholic Community Week. The week is an amalgamation of, what used to be known as Wellbeing Week, with the faith and spiritual aspect of being a Catholic community. The purpose of Catholic Community Week is to recognise that our faith and spiritual journey is central to wellbeing – both as individuals and as a community. As a Catholic school community, we profess to offer a holistic education for our children which covers the domains of: spiritual, physical, academic and emotional growth and wellbeing. Therefore, as we move through this week, let's remember that we cannot remove ourselves, as teachers and parents, from this important equilibrium as we strive to be balanced individuals. Take time to intentionally reflect and act upon each of these domains in your own life and the life of your family. This has also been a week traditionally marked by giving students a week away from homework where, instead, families are encouraged to spend time and engage in activities together. Here at school, we will celebrate through the Yr 6 Sausage Sizzle fundraiser, along with the Father's Day breakfast and the Infants Mass.

Stage Masses Term 3 – Just a continued reminder of the upcoming Stage Mass dates:

Infants (K, 1 & 2) Mass – 9:30am, Friday 2nd September (this follows Friday's, Father's Day breakfast)

Stage 2 (Yr 3 & 4) Mass – 9:30am, Friday 16th September

First Holy Communion – First Holy Communion will take place during the regular Parish Mass at 9:15am on both Sunday 11th & 18th September. As always, please don't hesitate to contact me directly should you have any questions or concerns: luke.smith@mn.catholic.edu.au

St Vincent de Paul Mass – We invite you to come along to a special Mass in St Therese's Church, **Thursday 22nd September at 7pm**. It would be particularly great to see some of our senior students there who lead and contribute so much to Mini Vinnies and other social justice initiatives within the school.

School led Parish Mass – Thank you to those families that brought their children along to participate and undertake special roles in the Parish Mass on Sunday. Fr Camillus was very pleased to see them there and many parishioners commented on what an excellent job they did of their readings.



Luke Smith, RE Coordinator
RE Coordinator

School Community News

VOLUNTEERING

The Catholic Schools Office (CSO) has created an online application for the volunteering process. On the volunteer site, you can find the Volunteer Handbook, and coming soon are videos that go through the Volunteers Induction. Applying through the volunteer site, results in your application going straight to the CSO, then the school gets updates once these are cleared. If you already have your WWCC and completed a paper volunteer application, there is **NO** need for you to reapply. If you would like to volunteer, and have not yet completed an application, please follow the link to do this online <https://www.mn.catholic.org.au/people/volunteer/>.

When you apply online, you will be notified whether you require a WWCC and/or police check. Please note: it can take up to 6 weeks for your application to be approved. You now only need to apply once, further applications are only required if your circumstances change e.g. change in name etc WWCC expires.

Please advise the school via email when you register online, and we will contact you when the clearance is received.

Belinda Palmer
Bursar

PBS

PBS and Principal Awards

This term we are focusing on the value of **Hospitality**. We congratulate the following children for receiving the PBS School Spirit Award for demonstrating **HOSPITALITY** by being welcoming to others:

School Spirit Award for demonstrating HOSPITALITY by being welcoming to others.					
KN	Mila M	KW	Evelyn V	KL	Frankie C
	Bexley G		Laila N		Harry O
1N	Amelia E			1L	Roman H
	Joseph M				Mia S
2N	Talulah A	2W	Harry D	2L	Olivia M
	Ruby M		Slade M		Ruby J
3N	Tayla A	3W	Kurt P	3L	Violet H
	Leo G		Emilio S		Grace S
4N	Brock H	4W	Lachlan F	4L	Bluey M
	Vienne T		Tomas V		Sophie L
5N	Daniela P	5W	Sophie M	5L	Felix M
	Oliver B		Nicholas B		Isaac N
6N	Olivia M	6W	Chloe S	6L	Audrey B
	Lucy A		Liliana D		Madelyn O

Principal Awards

The following students will receive a Principal's Award at next week's School Assembly:

KN – Samuel C, Noah D, Harry T & Bexley G; **1N** – Kurt B & Levi H; **1L** – Darcy B, Zali C, Leo G, Madeleine H, Ryan H, Amelia M, Chelsea S & Vann R; **2W** – Jackson F & Oliver F; **2L** – Emily S & Maya C; **3N** – Brodie L, Liam E & Amelia W; **3W** – Zachery W; **3L** – Grace S, Chase M, Reid M & Dolcie D; **4N** – Vienne T; **4L** – Oliver S & Anna O; **5N** – Josie W, Blythe P, Sophie G & Daniela P; **5L** – Anna V & Brody B; **6N** – Chloe B.

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

Date: Monday 5th September

Time: 2:30pm

Venue: School Hall

Janine Schneider
Primary Coordinator

Other Teacher News

Year 3 Students Perform in "Grease"

On the weekend, Mrs Brymora and I, had the absolute pleasure of attending "Hive Creative Studios" production of "Grease" the musical. Two of our Year 3 students played significant roles in the showcase. Jerome Gavin (3W) played the role of 'Johnny Casino' and Amelia Weldon (3N) played the role of 'Miss Lynch'. To say that we were extremely impressed would be an understatement. The whole show was amazing, and we are super proud of Jerome and Amelia. Jerome's little brother Saul even had some rockin moves! Make sure you congratulate these two students if see them!

Mrs Briggs



St Therese's Entertainment Book Fundraiser 2022

Great gift idea for that hard to buy for Dad or significant person you may be celebrating this Sunday. Say goodbye to socks and jocks this year and hello to the gift of fun ways to play, dine and save all year round. This Father's Day you can make sure dad or your significant person, gets it all with an Entertainment Membership!

Why wait, purchase your Membership today, and not only will you be supporting St Therese's, but you have a chance to win up to \$30,000 in prizes! Entertainment is giving one lucky winner the chance to WIN \$10,000 in CASH! Or 1 of 20 \$1000 eGift Cards to spend at an Entertainment provider of your choice. To enter the competition, all you have to do is purchase a 12+ month Entertainment Membership and you'll automatically receive 50 entries into the draw!

To order a membership follow this link: <https://subscribe.entertainment.com.au/fundraiser/340x66>

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



Sport

Coach's Corner

NSWPSSA Primary Boys Football State Championship:

As you may remember Rhys B recently made our Polding Football team. This month the Polding team recently attended the NSW State Championships in Griffith and although they won many games, only missed making the semi-finals by one point - an outstanding effort from our Diocesan team and a memorable experience for Rhys. We are very proud of his efforts.

Cricket Polding Trials:

Olivia M has shown herself to be a very talented cricketer. She recently attended trials in Tamworth to potentially make our Diocesan Polding team. I hear that competition was tough, and although Olivia gave it her all, was not successful this time. We congratulate Olivia in her outstanding efforts in cricket this year.

Coach Hartcher **Sports Coordinator**

NRL Gala Day

Last Thursday (25th August) I was fortunate enough to take two teams to compete in the NRL Rebels Gala Day at Raymond Terrace. Both teams played extremely well and should be very proud of how they performed on the day. All students displayed great sportsmanship and were very gracious in victory and defeat. I would like to thank all the parents and carers who came to support both teams and those who helped on the day.

Liam Ireson **(Coach in training)**



Blue Team



White Team

Best & Fairest Award

Max T from Year 4 was awarded the Best & Fairest player on the day – congratulations Max!



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



"Both Year 5 and Year 6 students joined me to paint and build ceramic dishes to sell for our fundraiser LOTUS.

The children loved getting creative by painting the dishes in bright colours to reflect the LOTUS flower and the amazing work the foundation does. These dishes will be sold in Week 8 from prices between \$3-\$10 by the Year 5 students. Thank you for all involved.





Lost Property

This camera stand left at school some time ago. If this belongs to you, call at the front office to collect.



PLAYGROUP UPDATE

This week at playgroup, we will be celebrating Father's Day, with some lovely Father's Day craft. Dads are very welcome to stay and join in after the Fathers Day breakfast! Playgroup runs in the hall from 9:30-10:30am every Friday, and is limited to siblings on current St Therese's students, and/or children enrolled for Kindergarten in 2023. Please bring your own lunchbox and drink bottle, and you are welcome to wear a mask. If you would like any more information, please join our St Therese's Playgroup Facebook group, or contact Jo on [0439 435 287](tel:0439435287) or jo.kim@outlook.com. Here are some photos of what our Playgroupers have been up to over the last few weeks.

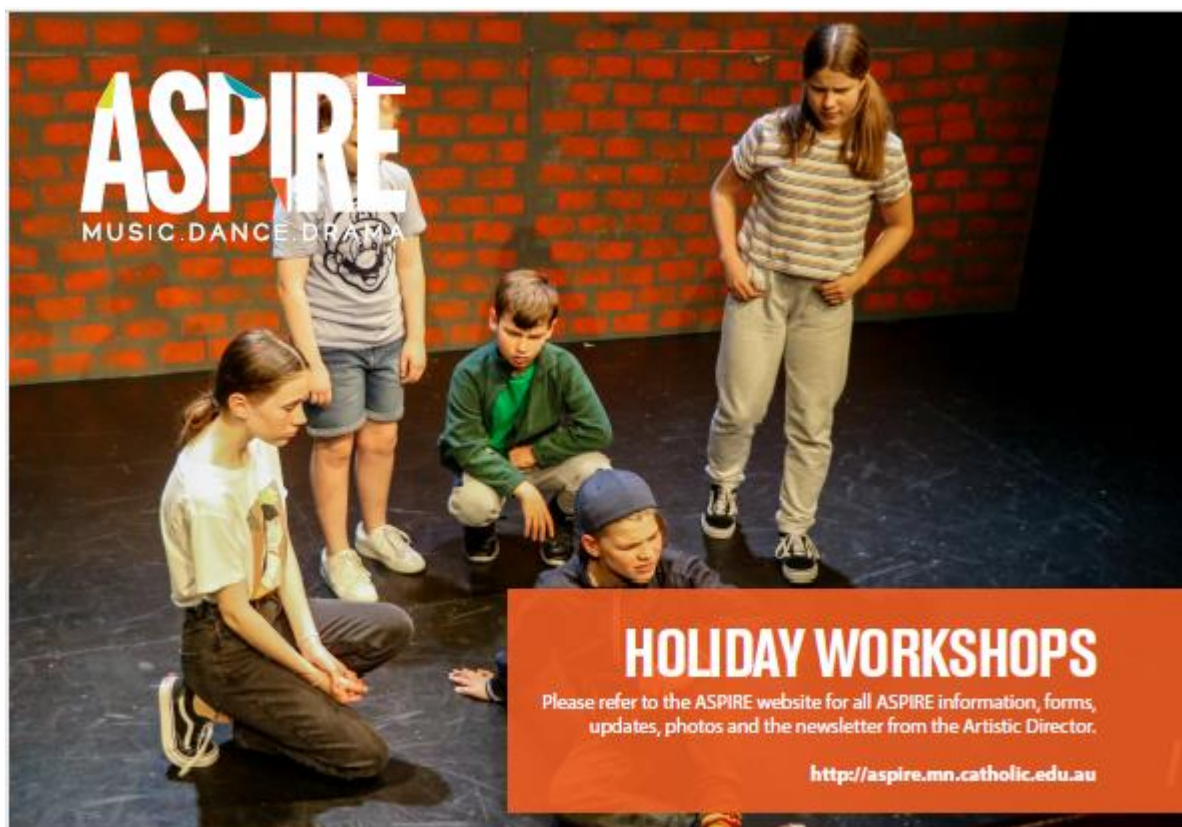




CONGRATULATIONS

to the following children who have successfully completed the 2022 Premier's Reading Challenge:

Paddy Eccleston	Andrea Pilley
Miriam Gibu	Blythe Potts-Mouret
Anna Gibu	Erin Shah
Harry Greene	Grace Sharman
Rose Hartcher	Violette Sheridan-Galloway
Brianna Hawes	Charlie Tribe
Maeve Healey	Egan Valler
Indigo Houston	Bellamy Wallace
Audrey James	Ben White
Trevina Meleka	Martin Wroblewski
Phoebe Milligan	
Harry Nancarrow	
Grace O'Neill	



CREATIVE CHOREOGRAPHY

DATE:	Tuesday 27 September 2022
LOCATION:	To Be Confirmed
TIME:	9.00 am – 3.00 pm
COST:	\$80.00

Join ASPIRE's Assistant Choreographer for this fun day of dance as you look at creating your own choreography and developing your skills in creating work. Whatever style of dance you enjoy this is a great opportunity to work with like minded young performers and pick up some new moves!

This workshop is open to students who are in Year 4 to Year 7.

PLAY IN A DAY

DATE:	Wednesday 28 September 2022
LOCATION:	Catholic Schools Office, Newcastle
TIME:	9.00 am – 3.00 pm
COST:	\$80.00

Get ready to create an original piece of theatre in just a day!! Working with ASPIRE's Assistant Drama Director you will be challenged to work together to create a completely original story to be performed at the end of the day. Participants will develop skills in voice and character as well as learning about devising a piece of theatre.

This workshop is open to students who are in Year 4 to Year 7.

To reserve your place please complete the online registration form below or call Anne Atkins on 02 4979 1331 for more information.
<https://aspire.mn.catholic.edu.au/join-us/holiday-workshops/>

ASPIRE
MUSIC.DANCE.DRAMA



Term 3 Newsletter Snippets 2022

Please see below a suggested fortnightly schedule that may assist you in planning your Term 3 school newsletters.

Snippets may also be used to post on your schools Facebook page.

The below newsletter snippets are easy to copy and paste, and provide information to families on aspects of student wellbeing including healthy eating, physical activity and limiting screen time.

Term 3 Newsletter topics
Screen time and physical play
Start your day with breakfast
Drink water for healthy teeth
Active indoor play
Serving up veggies!



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

Developed by Hunter New England LHD





GET RESULTS

This program is based on a decade of research from Macquarie University, Royal North Shore Hospital and the University of Queensland.

Results show that 80% of children who complete the program have great improvements in their levels of anxiety, which are maintained for up to 6 years. The program has also been found to be successful overseas.

Results are better when parents are included in the program, rather than just the child receiving treatment alone.

PSYCHOLOGY CLINIC

Cool Kids® program

Psychology Clinic
The School of Psychology
University of Newcastle
Callaghan NSW 2308

T 02 4921 5075
F 02 4921 7749

The University of Newcastle Psychology Clinic runs this group treatment program Cool Kids® group for children with anxiety.

CONTACT

Psychology Clinic
The University of Newcastle
Callaghan NSW 2308 Australia
T 02 4921 5075
F 02 4921 7749
E psychology-clinic@newcastle.edu.au
W www.newcastle.edu.au

CRICOS Provider 00109J



ASSESSMENT

Is this program suitable for my child?

An initial individual assessment is required to determine whether your child is suitable for the group. This assessment takes 60 – 90 minutes and costs \$25 (or \$15 for those with a concession or health care card).

SESSIONS

Children and parents attend the groups and spend some of the session time together and some separately.

The program consists of ten 90-minutes sessions:

- Session 1:** What, why and how?
An overview of the program
- Session 2:** Learning to think realistically.
- Session 3:** Parenting an anxious child
- Session 4:** Fighting fear by facing fear
- Session 5:** Creative exposure
- Session 6:** Identifying problems and difficulties
- Session 7:** Social skills and assertiveness
- Session 8:** Sustaining progress
- Session 9:** Reviewing goals and the final push
- Session 10:** Maintaining gains and coping with setbacks

THE PROGRAM

Our groups are for primary school-age children in years 3, 4, 5 and 6. The program is most suitable for children with separation anxiety, specific phobias, social phobia and generalized anxiety. Children do not have to be diagnosed with an anxiety disorder to be included in the group. Children diagnosed with Post-Traumatic Stress Disorder (PTSD) or Obsessive-Compulsive Disorder (OCD) would benefit more from individual counselling, which can be arranged at the Psychology Clinic.

The group program costs \$100 and includes a workbook for the child and their parent for \$25 each (\$150 in total).

Some parents and children may be hesitant to join a group and talk about their worries with others, but it is important to remember that all members of the group come from a wide range of backgrounds, but have similar concerns. Groups have a maximum of 6 children, and we require a minimum of 4 to run a group.