



Principal's Message

Dear Parents/Carers,

Child Protection Week

This week sees us acknowledging Child Protection Week in New South Wales. Staff and children wore white and classes discussed the significance of this week. The Newcastle Herald visited our school yesterday to take some photos to include in an article highlighting the need for child protection in our community. The theme of this year's week is "Every child in every community needs a fair go". To bring that theme home to the students we have focused on the message we are all responsible for each other. The week is also designed to shine a light into the dark corners of child abuse in its many forms.



First Holy Communion

This coming Sunday children from Year 4 will finalise their initiation into the Catholic faith by receiving their First Holy Communion. We congratulate the children and their families and welcome them into commune with the whole Catholic community.

Fathers Day

Last Friday we welcomed dads, grandads & father figures to our school for our traditional Fathers Day breakfast. It was such a pleasure to have families return to the playground – with some children challenging their dads to a handball game. My thanks to all those staff who cooked, served and cleaned up and generally made the morning one to remember.

New Play Equipment

The play equipment that was ordered in Term 1 has finally arrived and is being installed this week. There was great excitement with the children watching the preparatory earth works and construction. My thanks to the P & F who last year raised funds to go towards this equipment.

Duilio Rufo
Principal

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



Dates to Remember

**7 SEPT – INDIGENOUS
LITERACY DAY**

**DRESS UP PARADE
2.30PM – FAMILIES
WELCOME**

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

**11 SEPT – FIRST HOLY
COMMUNION**

**15 & 16 SEPT – LOTUS
FUNDRAISER**

**18 SEPT- FIRST HOLY
COMMUNION**

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

23 SEPT – LAST DAY TERM 3

10 OCT – FIRST OF TERM 4

Assistant Principal's Message

Baby News – School Band Conductor

Congratulations to Mr Ward and his wife Sue, on the safe arrival of heir first grandchild, Betty Mardi Ward. Mr Ward is absolutely loving being a grand-dad and I'm sure giving Betty lots of cuddles and kisses.



Child Protection Week “every child in every community deserves a fair go”

It was wonderful seeing so many children wearing white clothing yesterday to launch Child Protection Week. We have many activities planned in the classroom, to help students develop strategies to keep them safe. Over the week, we encourage you to discuss how to keep children safe at home including:

- Cyber Safety
- Stanger Danger

Please see the link for useful resources to keep your child safe

https://padlet.com/childprotection/parents_carers_teachers_resources.

Thank you to all classes that developed artworks to decorate our gates for Child Protection Week.



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Indigenous Literacy Week

Thank you to Sage T and Anna VdH for organising the second handbook stall this week, books will be on sale on Wednesday and Thursday in the hall, at lunch and recess, with all money going to the Indigenous Literacy Fund. Please encourage your child to visit the book stall, this week, as there are beautiful books for sale. Thank you to Odette Tonkin and Magda Van den Heuvel for sorting the books today.

Kaylene Maretich
Assistant Principal



RE News

First Holy Communion – First Holy Communion will begin this weekend with many of our Year 4 students receiving the blessed sacrament for the first time during the regular Parish Mass at 9:15am, Sunday 11th September. The second group of students will make their First Holy Communion the following Sunday, 18th September. Please keep these students in your prayers as they complete their full initiation into the Catholic faith. As always, parents, please don't hesitate to contact me directly should you have any last-minute questions or concerns: luke.smith@mn.catholic.edu.au

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

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

Infants – *due to last week's cancellation this is still to be confirmed (at this stage - most likely the last day of term, Friday 23rd Sept.)*

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.

Religious Literacy Test – Please also keep our Yr 6 students in your prayers as next Tuesday (13th September) they complete the diocesan-wide Religious Literacy Test.

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 changes 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	Lachlan A	KW	Oscar M	KL	Logan O
	Amelia M		Elanore M		Maia L
1N	Mateo V			1L	Lewis P
	Evie G				Amelia M
2N	Maddisia C	2W	Alexander P	2L	Gabriella S
	Amelia M		Oliver W		Roman A
3N	Tighe C	3W	Maria B	3L	Jasper W
	Liam E		Julien C		Grace O

4N	Brock H Annabel S	4W	Annabel R Harry G	4L	Anna O Orson M
5N	Mackenzie P Hunter C	5W	Oscar K Mya T	5L	Molly B Ada N
6N	Ben C Athena W	6W		6L	Evie M Ella F

Principal Awards

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

KN – Ruby N; **KL** – Xavier L & Harry O; **1N** – Wren D & Bonnie B; **1L** – Michael M, Archie S, Henry W & Billie H; **2W** – Mason O & Mabel C; **2L** Bastian T & Levi M; **3L** – Aart M; **4L** – Isaac M, Cong Jun P & Rosie W; **5N** – Lola C, Hamish L & Daniela P; **5W** – Eliza A, Chandler D & Nicholas B; **5L** – Alyssa H, Casper H & Felix M; **6N** – Eddie R.

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

Date: Monday 12th September

Time: 2:30pm

Venue: School Hall

Janine Schneider
Primary Coordinator

Sport

Coach's Corner

Correction

Last week the photo at right was incorrectly labelled as Max T when in fact it is Jack T shown. My apologies for the error.

Best & Fairest Award – Football Gala

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



REGISTRATIONS ARE NOW OPEN!

<https://reqform.mygameday.app/#/YvTkoqh8D6JpUJKeF/iISBRiWPc2YdiPMcpI>

Adamstown New Lambton Athletics Club

Season starts 14th October 2022

Adler Park from 5:15pm every Friday night

Want more information, jump on to our FaceBook page (ANLAC) or email anlacpos@anlac.org.au

info@anlac.org.au

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



FATHERS DAY AT ST THERESE'S



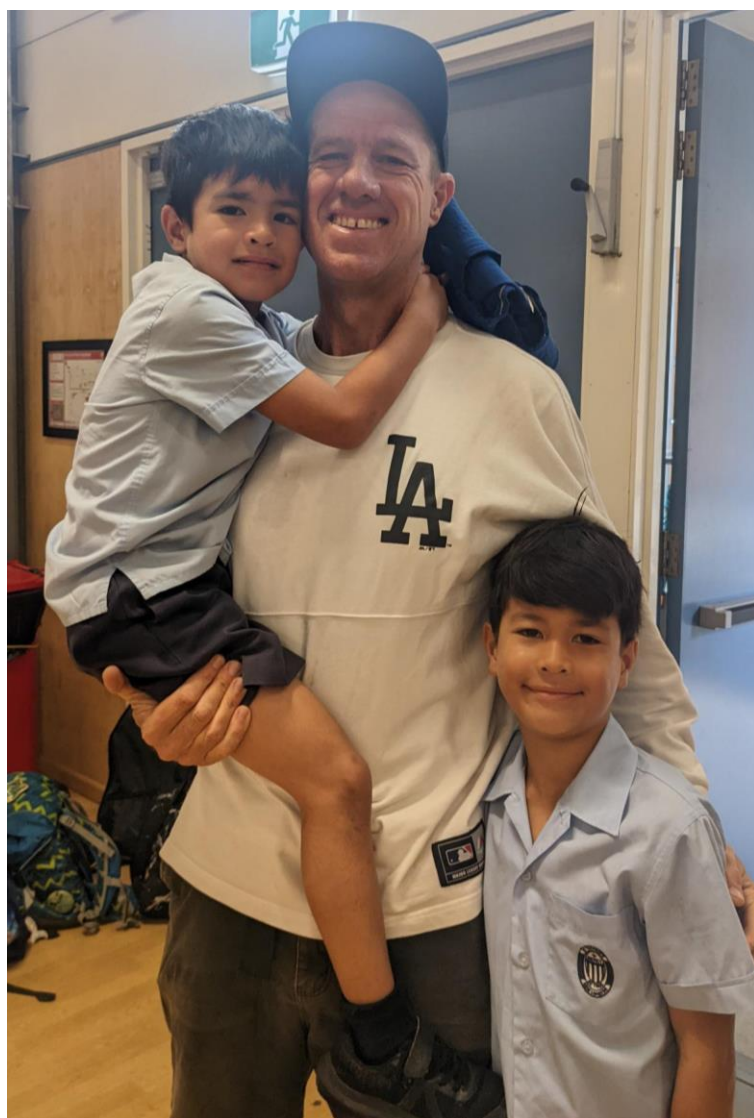
Think, Grow, Shine.



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



Think, Grow, Shine.



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



TOTAL EXCURSION FOR YEAR 1 & 2

Years 1 & 2 visited Tocal for an experience of life “in the olden days”.





NETBALL GALA DAY



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





ASPIRE
MUSIC.DANCE.DRAMA

INFORMATION SHEET 2023

ASPIRE is the Diocese of Maitland-Newcastle Catholic Schools Office's Creative and Performing Arts program.

ABOUT ASPIRE

With an emphasis on fostering creativity, ASPIRE has a large number of programs on offer including in school workshops and production support, professional development for staff as well as special projects in areas such as song writing, scriptwriting, devising theatre and choreography, ASPIRE also produces an original theatrical performance annually where students audition to be part of either the design, vocal, dance, instrumental and production ensembles.

SAVE THE DATE 2023

ASPIRE @ THE CIVIC THEATRE NEWCASTLE

WEDNESDAY 26 JULY 2023 - 11.00 AM

THURSDAY 27 JULY 2023 - 11.00 AM

FRIDAY 28 JULY 2023 - 11.00 AM

FRIDAY 28 JULY 2023 - 7.00 PM

SATURDAY 29 JULY 2023 - 7.00 PM

\$13.50 PER STUDENTS

Accompanying teachers free.

Tickets through Civic Theatre Box Office in Term 2 2023

HOW TO AUDITION FOR ASPIRE 2023

The ASPIRE Audition Application is an online process. The following instructions will direct you to the online audition form.

1. Go to the ASPIRE website: aspire.mn.catholic.edu.au
2. Click on JOIN US
3. Click on 2023 AUDITIONS
4. Then click on the link: [CLICK HERE TO APPLY ONLINE FOR ASPIRE 2023](#)

AUDITION DATES

Auditions for ASPIRE 2023 are now open for students from Year 4 to Year 12. The auditions will be held at the Newcastle Convention and Exhibition Centre NEX, King St Newcastle. (Wests Newcastle).

DANCE

Monday 24
October 2022

JUNIOR DRAMA

Instrumental
Tuesday 25
October 2022

JUNIOR DRAMA

Senior Drama
Wednesday 26
October 2022

VOCAL

Thursday 27
October 2022

Please contact Anne Atkins, ASPIRE admin, if you have any queries regarding auditions: anne.atkins@mn.catholic.edu.au or by phone (02) 4979 1331

For more details go to aspire.mn.catholic.edu.au

ASPIRE CONCERT BAND

WHO IS IT FOR?

The Aspire Concert Band is a Diocesan ensemble for students in Years 5-12. It is suitable for students who can at least play at a 1st grade (AMEB) level as well students of more advanced ability, 4th grade (AMEB) and above. The ensemble is not suitable for beginner students.

Instruments include: Flute, clarinet, oboe, bassoon, bass clarinet, saxophone, trumpet, trombone, french horn, euphonium, tuba, mallet/auxiliary percussion and drum kit. The band is not suitable for string or piano players.

Students must know how to read traditional music notation.

The concert band will be playing a variety of repertoire including traditional concert band music, music from television and film, rock and pop music and music specifically composed for concert bands. There will be performances and events the concert band be part of.

WHEN ARE REHEARSALS?

There will be 3 rehearsal per term (total of 11 hours per term):
2 regional rehearsals - (Central, Lakes, Upper Hunter or Manning)
1 whole day rehearsal at St Pius X High School Adamstown

REGIONAL REHEARSAL:

You will be able to attend rehearsals at your closest school

- St Pius X High School Adamstown
- St Paul's Catholic College Booragul
- St Catherine's Catholic College Singleton or
- St Clare's High School Taree

These rehearsals will be after school hours, 4-6.30pm and will only involve the students from that area.

WHOLE DAY REHEARSAL:

Once per term, held at St Pius X High School Adamstown.
All students are to attend this rehearsal.

REHEARSAL DETAILS

TERM 3

DATE	REGION/TIMES
WEEK 9 Monday 12th September	WHOLE DAY REHEARSAL: 9.30am-3.30pm St Pius X High School, Adamstown

TERM 4

DATE	REGION/TIMES
WEEK 1 Monday 10th October	CENTRAL: 4pm-6.30pm St Pius X High School, Adamstown
WEEK 2 Wednesday 19th October	MANNING: 4pm-6.30pm St Clare's High School, Taree
WEEK 3 Monday 24th October	LAKES: 4pm-6.30pm St Paul's Catholic College, Booragul
WEEK 4 Wednesday 2nd November	UPPER HUNTER: 4pm-6.30pm St Catherine's Catholic College, Singleton
WEEK 5 Monday 7th November	CENTRAL: 4pm-6.30pm St Pius X High School, Adamstown
WEEK 6 Wednesday 16th November	MANNING: 4pm-6.30pm St Clare's High School, Taree
WEEK 7	LAKES: Monday 21st November, 4pm-6.30pm St Paul's Catholic College, Booragul UPPER HUNTER: Wednesday 23rd November, 4pm-6.30pm St Catherine's Catholic College, Singleton
WEEK 8 Wednesday 28th November	WHOLE DAY REHEARSAL: 9.30am-3.30pm St Pius X High School, Adamstown

HOW MUCH DOES IT COST?

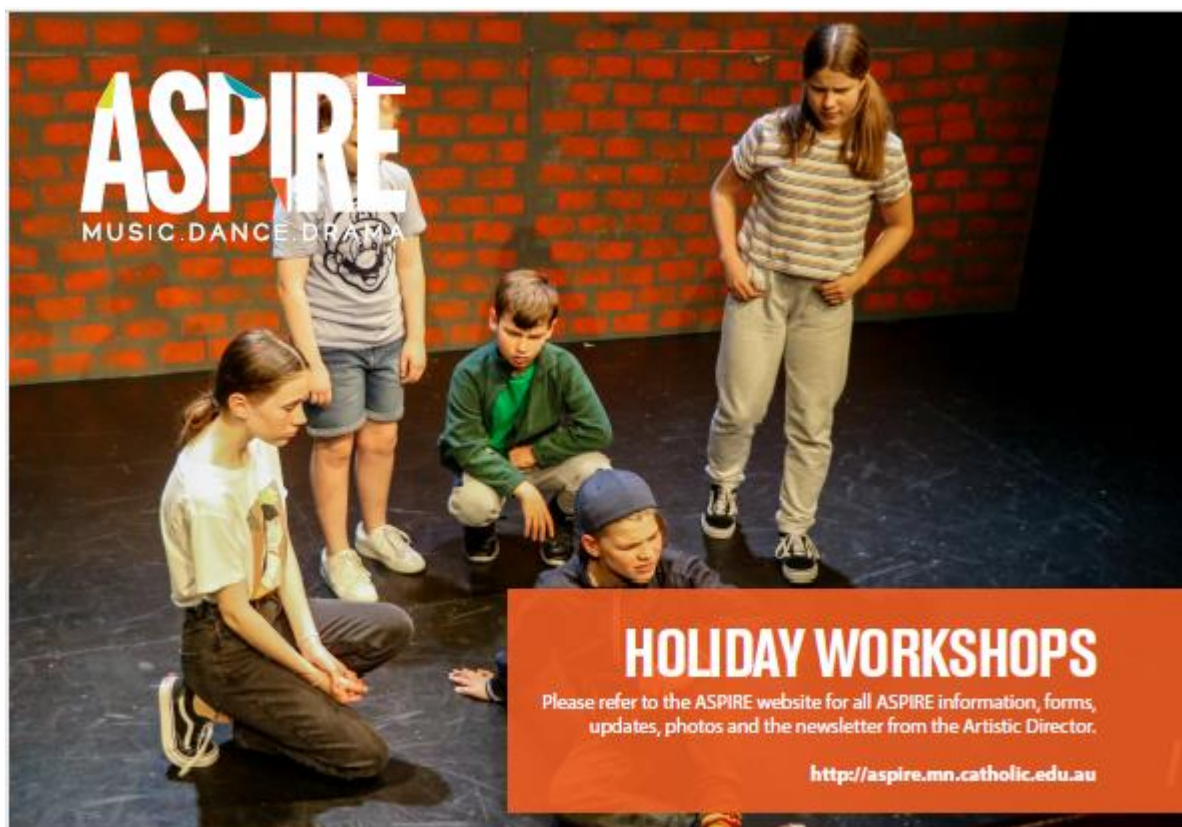
The fee will be \$50 for 2022 (financial support available).
Students will receive a Aspire T-shirt. Sheet music will be provided.

REGISTRATION

GO TO THE ASPIRE WEBSITE TO REGISTER FOR THE ASPIRE CONCERT BAND: <https://aspire.mn.catholic.edu.au/>

*You will have to use your student login details (the details you use for school) when submitting your registration.
Other email addresses will not work.

Contact jessica.lopez@mn.catholic.edu.au for more information.



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
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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.



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

CHOCOLATE PHOTOS © 2010

