



Principal's Message

Dear Parents and Carers

Prayers for the Middle East

As you would all be aware the Middle East is in turmoil. We here at school are offering prayers on a regular basis for those who are affected both here and overseas. Having recently returned from what was a significant experience it was sad to see on the television reports places that I had just visited being bombed. We are very fortunate to live in a free country.

St Therese's Feast Day

This coming Friday we will celebrate the Feast of St Therese, our school patron Saint. The children will be learning the story of St Therese and her life as a young woman and Carmelite nun. It will be an "out of uniform" day with a gold coin donation being forwarded to Catholic Missions.

Grandparents Day 27th October

Just a further invitation to all the grandparents and significant elders in the school community to join us for a short Liturgy, morning tea and classroom visit on 27th October. This is usually a highlight in the school year for the children and all are very welcome. For those grandparents who are unable to attend personally and want to experience the activities please logon with the following Zoom code

<https://mncatholic.zoom.us/j/67772701641> Password: 157840 at 9.30am.

Bishop Michael Kennedy Pastoral Visit

On the same day as Grandparents Day we will be welcoming our Bishop, Michael Kennedy to St Therese's for the first time. This is a Parish Pastoral visit which includes the three communities of Corpus Christi, St John's and St Therese's. You are invited to come along on Sunday 29th October for Mass at 9.15am at St Therese's to be celebrated by the Bishop, and there will be light refreshments in the Main Hall afterwards.

Save the Date – Christmas Carols

Wednesday 22nd November will be a highlight of the school year with the return of the very popular Christmas Carols. The children are busy learning their pieces with Mrs Alina Brymora and we look forward to having all the children and their families here on the night.

Duilio Rufo
Principal

Dates to Remember

**17 OCT - SCARAMENTAL PROGRAM
MEETING, YR 3
RECONCILIATION 6.30PM**

**20 OCT – ST THERESE'S FEAST DAY
OUT OF UNIFORM GOLD
COIN DONATION**

25 OCT – SPORT FACE

**27th OCT – GRANDPARENTS DAY
BISHOPS VISIT**

**6 NOV – COLOUR FUN RUN
SCHOOL ASSEMBLY**

9 NOV – KINDER ORIENTATION

15 NOV – RECONCILIATION 6.30PM

16 NOV – RECONCILIATION 6.30PM

17 NOV – KINDER TRANSITION

**22 NOV – CHRISTMAS CAROLS
CONCERT 6 – 8PM**

26 NOV – SCHOOL YOUTH MASS 9.15AM

27 NOV – SCHOOL ASSEMBLY

7 DEC – YR 6 GRADUATION MASS 6PM

11 DEC – SWIMMING CARNIVAL

15 DEC – LAST DAY OF SCHOOL

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



Assistant Principal's Message

JDRF One Walk

The Juvenile Diabetes Research Foundation (JDRF), now known as the Diabetes Youth Foundation, is a leading supporter of Type 1 Diabetes Research in the world. During October, JDRF organise "One Walk" towards a world without Type 1 Diabetes. Participants walk 8000 steps per day, and set a fundraising goal, where all funds raised go towards research to cure Type 1 diabetes and improve the lives of those that live with Type 1 Diabetes. William M (KL) was diagnosed with Type 1 diabetes a year ago, and his dad Jared and grandma Lucia have joined the "One Walk" this year. If you would like to support Jared and Lucia, please follow the links below, you can pledge a donation to either link, as the money goes to the same cause.

Jared - https://walk.jdrf.org.au/fundraisers/jarradmonk/walk-23?fbclid=IwAR2hm7sqylKiXTsER4fKPHAtJt3_hPLbE-NTJD6n_AtRYkqfT4Fu8LgGMow_aem_AfO6n-KxPuEEzSsQ0HpDlcmf00uEbVZNHwufR2mBSlr8kD5FMuYxD7i14MlduuUEcQyicrb-nMxjJWflnrMsk5g4&mibextid=Zxz2cZ

Lucia - https://walk.jdrf.org.au/fundraisers/luciaparente/walk-23?fbclid=IwAR0Wk_zO9GASXI2crU_rJW2p75pnZ_0LGEsZTMycYTdiYYJwUvTbuMmgF8E_aem_AfOTxkcCCGJQK_MvJfdUC7NjKifiwMk1AiVWq1aUt2aV0pkC0WqOXPBlzzABnVz5OL5pML2pwRUyk8tjnN43ixTS&mibextid=Zxz2cZ

Year 6 FACE – (Family & Community Engagement)

All Year 6 parents/carers are invited to the Year 6 FACE meeting this **Thursday 19 October** from 5-6pm in the staffroom. We hope to finalise all arrangements the graduation arrangements for Year 6 students at this meeting.

2024 Class Lists

Teachers will begin to formulate class lists for 2024 classes in the coming weeks. Many factors are considered, and teachers engage in collaborative conversations with other grade colleagues, learning support teachers and assistants and members of the executive when placing children in classes. If you have factors that you would like us to be aware of when placing your child in their 2024 class, please email Duilio (duilio.rufo@mn.catholic.edu.au) or myself (kaylene.maretich@mn.catholic.edu.au) directly. Please do not request teachers for 2024, as all teachers at St Therese's are professional are focused on ensuring all children achieve to their best. Additionally, classes for 2024 have not been finalised.

Kaylene Maretich
Assistant Principal

Religious Education

Sacramental Program 2023/2024 (Year 3) – A new Sacramental Program will commence with an information & registration evening for our Year 3 parents this evening, **Tuesday 17th October at 6:30pm**. All those parents who wish to enrol their children in the program are invited to come along to the school hall. If you are unable to attend this evening though still wish for your child to complete the Sacramental Program, please email me directly: luke.smith@mn.catholic.edu.au

St Therese's Feast Day & Mission Day – This **Friday, 20th October**, we will celebrate our patron saint's feast day with a Mission Day. Children are asked to **bring in a gold coin donation and come out of uniform**. There will also be a second hand book stall and Socktober bracelets for sale at lunch and recess (cost will be between 20c to \$1/item). During class time, there will be a range of activities for students to learn more about the life of St Therese and to engage in our own school Socktober shootout. All money raised on the day will go towards the Socktober, Catholic Mission fund.

Totem Pole Project & ATSI Family Day – Tomorrow, Wednesday, 18th October, Mr Evis Heath will once again be back at our school to lead our Aboriginal and Torres Strait Islander families in a community day around the Totem Pole Project. As many of you may have observed, the totem poles outside the administration office have faded over time and Mr Heath has accepted our invitation not only to redesign these but connect each pole to an important local indigenous story. More will be shared about this as the project continues.

Luke Smith, RE Coordinator

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



School Community News

Volunteering

Throughout the year, we welcome all parents/carers to volunteer at the school. To volunteer, you must complete the volunteer's induction via the link <https://www.mn.catholic.edu.au/families-communities/volunteers/>. This process can take up to 6 weeks, so you are encouraged to complete this early.

School Fees

The annual school fee statements are emailed at the beginning of each month and payments should have commenced. When you receive your statement, please arrange for a regular Bpay, Direct Debit or an annual payment. Cash payments can be accepted at the administration office between 8.00am-3.30pm Monday to Friday or credit card payments can be taken over the phone on 4957 4922. If you have a health care card (HCC), contact admin@newlambton.catholic.edu.au. Please avoid using the Compass pay option.

Additionally, any family experiencing financial difficulty is entitled to fee assistance and will be appropriately and confidentially supported to assess what is affordable for their family. Please email the Principal, Mr Duilio Rufo directly at duilio.rufo@mn.catholic.edu.au

Year 6 parents are reminded to check their fees are up to date to ensure a fee clearance for their new high school.

Jenny Hurst
Acting Bursar

Canteen

Mon 16/10	Tues 17/10	Wed 18/10	Thurs 19/10	Fri 20/10
Elesha Finlay	Kylie Marten	Connie Martinellia		Anna Perkins
Catherine Devine	Odette Tonkin			Kareena Gupta
	Sue Jones			Sally Curzi

SAVE THE DATE!

**Grandparents of all our students are warmly invited to our:
Grandparents Day Celebration!**

Date: Friday 27th October

Time: 9:30-Welcome in the School Hall K- 2

10-10:15am – Morning Tea

10:30-11.15am – Open Classrooms



Sport

Sports FACE Meeting

We will be holding the next Sports FACE meeting on Wednesday 25th October in the McAuley Centre at 4pm. All parents are welcome to discuss the feedback from the Swimming Carnival survey and other sport related matters. A specific agenda will be sent to parents prior to the meeting.

Ben McCarthy
Assistant Principal

Carols By Candlelight returns to St Therese's

After a lengthy hiatus due to the school rebuild, Covid and back field renovations, we are proud to announce the return of Carols by Candlelight to St Therese's in 2023. This year's theme is "British Pop Christmas". All students across the school will be part of this performance. They will entertain us with songs from some of Britain's greatest bands and artists.

Please pop the following details into your calendars:

Date - Wednesday 22nd November (Week 7)

Time - 6pm - 8pm.

Where - St Therese's Primary School (outside the Catherine McAuley Centre).

What to wear - students are invited to wear a Christmas themed t-shirt or costume.

What to bring - families can bring picnic rugs and chairs, picnic food.

We are very excited to host the return of another whole school community event. Not only will you be entertained by the wonderful voices of your children, you will also be accompanied by the talents of our teachers as we sing communal Christmas carols and songs. Please join us for this wonderful community event.



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Staff Spiritual Development

Last week, Miss Jess Le Compte and I had the privilege of participating in the Doorways Phase 1 program/retreat at River Woods Down, organized by Catholic Schools for Early Career teachers. This retreat provided a unique space for us to connect with fellow educators, have a great time, and deepen our faith, making it a highly significant and rejuvenating experience.

The retreat offered an inspiring journey filled with moments for introspection, spiritual growth, and a more profound understanding of our roles as Catholic educators within the educational system.

Among the retreat's highlights, the labyrinth experience stands out as an unforgettable and transformative activity. This profound endeavour allowed us to address and let go of long-held concerns and anxieties, enabling us to embrace personal growth and renewal.



The impact of this retreat has truly been enduring, leaving an indelible mark on both of us.

We extend our deepest gratitude to Duilio Rufo and Luke Smith for making this exceptional opportunity possible. Their support has not only enriched our personal and professional development but has also reignited our commitment to the values we hold as Catholic educators.





Fresh North Queensland Mangoes

Direct from the farm to you!

Support Our Mango Fundraiser

If you *love mangoes*, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

We are selling trays of mangoes picked and packed during the premium harvest.

Cost per Tray is: \$25

Place your order by: Friday 27th of October

Order via: Flexischools only.
www.flexischools.com.au

Money raised will be used to:
Support Year 6 2024 fundraising.



Multicultural Men's Support Group

Providing a safe and welcoming space for men from all backgrounds, where everyone is treated with respect and dignity.



Activities include:

English conversation

Gardening

Games

Networking

Fishing

Excursions

Surveys

Driver training

Service provider talks (Centrelink, NSW Police, Relationship Australia, etc)

Community engagement and education around beach safety, domestic violence, drug and alcohol support

Support with employment

When: Every Thursday from 3.30pm to 5.30pm

Where: CatholicCare Refugee Hub (50 Church Street, Mayfield)

Contacts: John – 0428 822 526 and Homaira – 0458 487 623



NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors



catholiccare.org.au

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Professional Piano Lessons at School

If you would like to give your child the opportunity to learn music from professional music teachers that have specialised in piano for the last 16 years then give us a call and we will take care of the rest.

Lillian's Piano Studio is back in St Therese after time off due to COVID and are ready to do what we do best. Limited spots available so please get in early.

\$25 lessons

Contact via email : lillianspianostudio@hotmail.com

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- ✉ michael.j.nolan@outlook.com



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

Kindergarten participated in the Aussie Bird Count on Monday. The Aussie Bird Count aims to engage school communities in the natural world while getting to know the birds in their local schoolyard. The children got to visit different areas of the school to tally our local birdlife. By taking part in the Aussie Bird Count the students will become citizen scientists. Citizen science creates opportunities for students to connect with the natural world, gain scientific skills, and learn about topics such as life cycles, habitats, adaptations, and interrelationships. We head such a fun day with the children, whilst learning about birds and contributing to this day of data collection. For more information, please visit: <https://aussiebirdcount.org.au/>

Kind regards,
The Kinder Teachers





Good for kids

good for life



Is healthy eating really more expensive?

Packing healthy everyday snacks doesn't need to be expensive. In fact, everyday foods can often be a lot cheaper.

Here are some tips to help choose healthy snacks at the supermarket:

- **Shop the seasons:** choose fruit and vegetables that are in season
- **Buy in bulk:** pack into smaller portions at the start of the week
- **Make your own:** popcorn, pikelets, muffins, scrolls
- **Choose frozen, dried or canned:** berries, beans, corn, fruit
- **Use leftovers:** fried rice, pasta, salad
- **Shop the specials**
- **Look for 3.5 health star ratings or higher**

See lots of ideas on our Tips To Save Money | Good for Kids, Good for Life (nsw.gov.au):
www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-money/



Developed by Hunter New England LHD

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



Nutrition Snippet

WHAT'S IN SEASON FOR SPRING?

Buying seasonal fruit and veg is cheaper, tastier and better quality.



The change in seasons brings a plentiful supply of vegies such as zucchini, spinach and tomatoes. Give these recipes a go:

- Zucchini and corn fritters
- Homemade tomato pasta sauce

Find these recipes and more on our seasonal blog at healthylunchbox.com.au/blog/whats-in-season-for-spring/



Cancer Council
Healthy Lunch Box