



Acting Principal's Message

Dear Parents & Carers

Welcome Back!

I hope that all our students and families had a restful holiday period and are feeling rejuvenated for the new school year. I always love the start of the school year, as we can reset, plan new goals and the year ahead is full of exciting new possibilities. For some students, the start of the year may also be a bit overwhelming, as they familiarise themselves with a new class, teacher and routines. It can take some children a little longer to settle into the new year, so be patient and positive, and talk to their class teacher if you have any concerns.

New Beginnings

Yesterday we welcomed 91 new kindergarten children to the school. Welcome also to 14 new children across the school and our new staff: Mr Mark Konik (Acting Assistant Principal), Mrs Carly Kelly, Mr Jye Bowen, Mrs Tegan Jones, Mrs Belinda Palmer and Mr Jacob Adams. We are looking forward to an exciting year ahead.

Parent Engagement Group (PEG)

We will hold our first PEG meeting on **Wednesday 28 February** at 2pm and 6pm. We hold two PEG meetings to allow as many parents as possible to attend. The focus of the PEGs are to engage parents/carers by sharing the school's focus for the year ahead in all areas and identifying projects and/or events for the year ahead at St Therese's. I encourage all parents/carers to attend these meetings. We will hold one general PEG each term, if any subcommittees or project teams are planned from this PEG, additional meetings may be organised. At this first PEG we will be discussing the following:

- The focus for St Therese's in 2024
- Possible projects and fundraising
- Wellbeing focus – The Resilience Project and Sport

Dates to Remember

8 FEB – KINDER PHOTOS

13TH FEB – PANCAKE TUESDAY

**14TH FEB – ASH WEDNESDAY MASS
MAIN HALL 9.30AM**

**28TH FEB – PEG MEETING 2PM & 6PM
MCAULEY CENTRE**

22ND MAR – YEAR 6 RETREAT

28TH MAR – HOLY THURSDAY

29TH MAR – GOOD FRIDAY

11TH APR – LAST DAY OF TERM 1

12TH APR – PUPIL FREE DAY

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



School Expectations

As we start a new school year, it is timely to remind students and families of our school expectations, especially regarding uniform. All students are expected to wear their uniform correctly and with pride. Students are to wear their formal uniform each day, and their sport uniform only on sport days. School hats are to be worn each day, including in the morning. When wearing the school uniform on the way to and from school, including when catching the bus, students are representing our school, so are expected to conduct themselves respectfully and uphold our school values. Please also be aware of the following uniform expectations:

- No nail polish, including clear varnish or French tips
- No make up
- No hair colour or coloured ribbons braided into hair
- Minimal jewellery – single stud earrings are allowed, a wrist watch and a necklace with a cross are all acceptable and optional
 - Smart watches are not encouraged, as they are expensive and can be easily damaged. If students wear these to school, they are to be set to “school mode” and children are not permitted to text their parent/carer during the day. All communication is to occur via the school office
- Hair that is below shoulder length is to be neat and tied back – this applied to all students

Occasionally, due to unplanned situations, children may not be able to wear their correct uniform for a short period of time. If this occurs, please communicate this with your child's teacher.

Afternoon Dismissal

If you pick up your child at Royal St or Burke St, please ensure your surname is written in large black letters on paper or cardboard and attached to the passenger visor, so it can easily be seen by staff.

Staff remain on afternoon duty until **3:45pm**. Sometimes due to unforeseen circumstances, you may be running a little late, if this occurs children will be brought to the office at 3:45pm until you are able to pick them up.

Student Safety

To ensure the safety of all our students, the school gates are opened each morning at **8:45am** when playground supervision commences. The gates are locked each morning at **9:10am**, when the first bells rings. Gates are re-opened at **3:15pm** by staff at the commencement of afternoon dismissal. The Burke St carpark gates and unlocked all day, should you need to access the school during school hours. Parents/carers you must sign into the office, if you are on the school grounds during school hours e.g. canteen duty.

Supervision commences each day at 8:45am, so children should not be dropped off at school prior to this time. There may be some occasions where you need to drop your child at school a few minutes early, children then need to sit in the shade outside the Catherine McAuley Centre. The St Nicholas OOSH is available for parents/carers that need to drop children at school earlier than the school's official start.

Kaylene Maretich
Acting Principal

Acting Assistant Principal's Message

I would like to thank the students, family community and staff for their warm welcome to St Therese's. I'm looking forward to being part of the school for 2024 and being part of the vibrant community that it is.

With Kindergarten starting this week, all grades are now back at school and working hard. It has been terrific to go into classrooms and see the great learning that is already happening throughout all the Key Learning Areas.

Mark Konik
Acting Assistant Principal

School Community News

School Medication

Please ensure that any changes to your child's medication is notified in writing and that you receive a reply from the office within 48 hours. If you don't hear from us please contact us immediately. We are in the process of updating our Administration of Medication procedures and this will be communicated to the school community in due course.

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.

Compass attendance notes

Please be aware that adding attendance notes in Compass is for WHOLE DAY absences. If you are bringing your child to school late due to an appointment etc, you will receive the text message. Please disregard this if the child is with you. Then upon bringing them into the admin office, you will sign them in through the kiosk. This then adjusts the class roll in real time.

Also, if you are collecting your child early for some reason, please DO NOT add a note in advance, just call into the office and sign them out through the kiosk.

Your help with this matter would be greatly appreciated.

Canteen

Mon 12/2	Tues 13/2	Wed 14/2	Thurs 15/2	Fri 16/2
Pia C F	Kylie Marten	Cath Oakley	Anthony Hawes	Kristin Searl

From the Performing Arts Classroom

Happy new year and a big welcome back to the students and families of St Therese's. We are looking forward to another exciting year in the Performing Arts space.

Term 1 KLA: We begin the year with DANCE - all classes across the school will be exploring this very fun and creative art form.

Lunch Clubs: Lunch clubs will be offered to students to attend throughout the year. The recess activity will be held in the Father Walsh Room and is an opportunity for students to enjoy fun dance-inspired activities. Dance clubs will commence in Week 3 and times are as follows:

Infants Dance Club - Tuesday Recess

Primary Dance Club - Wednesday Recess

Aspire Song Writing Competition: Aspire are holding a Song Writing Competition, with the winning song to be performed as part of the yearly Aspire production at Civic Theatre. We would like to offer interested students from Years 5 and 6 an opportunity to be a part of a song writing workshop. Please speak to your children about this opportunity and register their interest with Mrs Brymora (either through email or during class time). **Workshops will be held every Thursday recess in the Father Walsh Room.** Please see the attached flyer with further information regarding the competition.

 [Aspire Song Competition 2024.pdf](#)

Alina Brymora

Performing Arts Teacher

Social and Emotional Wellbeing- The Resilience Project K-6

We are thrilled to announce that in 2024, St Therese's will deliver a whole school wellbeing program named 'The Resilience Project' to all students K-6. Please take the time to read all about it below and access the QR code to our Parent Portal. We look forward to this exciting journey as we work together in partnership to teach positive mental health strategies and build our students capacity to navigate challenges in their everyday world.

Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



ABOUT THE PROGRAM

The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy** and **Mindfulness (GEM)** to life on [TRP@HOME](#).

The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



(03) 9113 9302 | theresilienceproject.com.au

THE
**RESILIENCE
PROJECT™**

Melissa Pyers, Primary Coordinator

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





The Poetry Club is for enthusiastic, imaginative writers across our school and is facilitated by Susan Sheridan, a parent volunteer and Mrs McNeil. We have loads of fun and celebrate the power of words! We meet each odd week on Wednesday mornings from 8:00am to 8:45 in the library and will resume in **Week 5 on Wednesday 28th February 2024.**

We will be holding a space for those students who were part of the Poetry Club last year and we can offer limited spaces for those that are interested in 2024. Stay tuned for more information about joining the Poetry Club in the following weeks.



The Song Competition will be broken into 4 categories - Primary School (Individual), Primary (class), Years 7-9 and Years 10-12. Using the story for the production, the themes below will be the songwriting focus for these allocated year groups.

This year we will be introducing a new category, Primary (Class). Primary school teachers are encouraged to create a song with their classes or part of their class. This could be part of programming or a co-curricular project.

PRIMARY SCHOOL (INDIVIDUAL AND WHOLE CLASS CATEGORIES):

COMMUNICATION

What is communication?
What makes good or bad communication?
Different ways of communicating
What can be communicated?

YEARS 7, 8 OR 9: QUIET

Using 'quiet' as a theme for lyrics and/or music
What does 'quiet' mean to you?
What is the impact of being 'quiet'?

YEARS 10, 11 OR 12: LOUD

Using 'loud' as a theme for lyrics and/or music
What does 'loud' mean to you?
What is the impact of being 'loud'?

THURSDAY 28TH MARCH 2024
ASPIRE Song Competition Closing Date

THURSDAY 16 MAY 2024
ASPIRE Song Competition Finalist Concert

HOW TO ENTER

1. Video or record yourself singing or playing your song.
File formats: MP3, MP4 or MOV
2. A copy of your lyrics File format: Word document (NOT PDF or a photo)
3. If you can, include the chords or notation.
This is not compulsory.
4. Your song must be no longer than 3 minutes 30 seconds.
5. You will be able to upload via the ASPIRE website from Week 1, Term 1 2024.

ASPIRE SONG COMPETITION 2024 ENTRY FORM

The ASPIRE Song Competition Entry is an online process, upload via the ASPIRE website from.



1. Follow the link or scan the QR code: <http://mn.catholic.edu.au/ASPIRESongCompetition>
2. FILL IN THE FORM TO ENTER AND UPLOAD YOUR FILE

Criteria: Lyrics and/or music reflect the category theme. Quality and creative use of musical concepts e.g. melody, chords, structure, rhythm and dynamics. Interesting and engaging song.

Once entries close, shortlisted finalists will have the opportunity to workshop their song with professional musicians and ASPIRE Musical Director. The winner for each category will be decided at a live concert where a guest panel will judge the songs. This year there will be 4 winners, one for each category (Primary - Individual, Primary - Class, Years 7-9 and Years 10-12). The prize is a \$300 Musos Corner voucher and have their song professionally recorded.

Conditions: Music and lyrics must be created by the nominated students. Some students, particularly classes and younger students, may use backing tracks, or samples they have arranged themselves, but must create the lyrics themselves. Some students may seek feedback from their teachers or tutors, but the final product must be the student's own work. Submissions may be lyrics and music, or music only. Artificial intelligence is not to be used in any aspect of the work submitted. The quality of the performance/recording will not impact selection.

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



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 a 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 will be part of.

WHEN ARE REHEARSALS?

There will be 3 rehearsal per term (total of 11 hours per term):

- 2 regional rehearsals - (Central and Upper Hunter)
- 1 whole day rehearsal at St Pius X High School Adamstown

These rehearsals will be after school hours, 4.00 pm - 6.00 pm and will only involve the students from that area.

Please see the ASPIRE website for the rehearsal dates.

WHOLE DAY REHEARSAL:

There will be one full day rehearsal each term held at St Pius X High School, Adamstown. All students are to attend this rehearsal.

REGIONAL REHEARSAL:

You will be able to attend rehearsals at your closest school:

- St Pius X High School Adamstown
- St Catherine's Catholic College Singleton

HOW MUCH DOES IT COST?

There is no cost to be involved in the Concert Band. 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.jopez@mn.catholic.edu.au for more information.



ASPIRE CREATE CHOREOGRAPHIC PROJECT

MUSIC.DANCE.DRAMA

ASPIRE invites interested students to participate in the Create Choreographic Project which offers Stage 2 and 3 students the opportunity to participate in a 2 day intensive contemporary dance and collaborative choreographic program.

Students will be provided with a dance and performance art experience that is inclusive, non-competitive, creative and collaborative, and that reflects the working processes of the professional industry. Students will be encouraged to have a voice as they create an original dance work which will be presented in a studio setting at the end of the project.

The program will be delivered by Aspire Dance Director, Lauren Harvey and will take place at Top Rock Studios, 29 Beresford St, Newcastle West.

This opportunity is open to students in Stage 2 (year 3-4) and Stage 3 (year 5-6). Students must have a genuine interest in and flair for dance, but don't necessarily have to attend dance lessons outside of school.

Students can register for the program by filling out an application form [here](#).

Please note places are limited and will be given on a first come first served basis.

Scholarship places are available for students in genuine need of financial assistance. Please contact Anne Atkins for further information via anne.atkins@mn.catholic.edu.au or 02 4979 1331

PROJECT DATES

COST

Stage 2	Thursday 28 February 2024 – Thursday 29 February 2024	9.00 am – 3.00 pm	\$100.00
Stage 3	Wednesday 6 March 2024 – Thursday 7 March 2024	9.00 am – 3.00 pm	\$100.00

<https://aspire.mn.catholic.edu.au>

Please refer to the ASPIRE website for all ASPIRE information, forms, updates and photos.

ASPIRE

ASPIRE VOICEWORX

VOICEWORX 2024

ASPIRE presents the new diocesan vocal program "VoiceWorx". This is open to any diocesan student who wants to join a vocal group or choral ensemble and learn more about singing with like-minded students.

ABOUT VOICEWORX

The focus will be on vocal ensemble music, particularly choral repertoire of all styles including traditional, popular and contemporary music that is interesting and challenging. There will be 6 choirs total - 5 Primary choirs that will be based in regions, and 1 Secondary choir - Years 7-12. The program will be run by a team of experienced Vocal Directors and Assistants under the direction of the Aspire Musical Director. The choirs will perform at various diocesan and community events and concerts.

WHAT WILL YOU LEARN?

- Vocal technique
- Vocal warmups, exercises for correct voice production and vocal hygiene
- Ensemble skills and learning about the roles of each part of a choir
- Dynamics, phrasing and expression
- Reading traditional notation
- Listening skills
- Following a conductor

REHEARSALS: PRIMARY CHOIRS

These Rehearsals will be in Regions- Upper Hunter, Lower Hunter, Manning, Lakes, Central/Northern. You will only need to attend the rehearsal closest to you.

Upper Hunter: St James' Primary School MUSWELLBROOK
Lower Hunter: St Aloysius Catholic Primary School CHISHOLM
Manning: St Clare's High School TAREE
Lakes: St Paul's Catholic College BOORAGUL
Central/Northern: San Clemente High School MAYFIELD

REHEARSALS: SECONDARY CHOIR

Rehearsal venues will be split between All Saints' College Maitland and St Francis Xavier's College Hamilton (1 rehearsal at each school, per term). Students are expected to attend both rehearsals. There will also be a whole-day workshop at St Francis Xavier's College early in Term 1.

HOW TO REGISTER FOR VOICEWORX 2024

Registration is an online process via the ASPIRE website. The following QR code will direct you to the:

2024 VOICEWORX REGISTRATION FORM

1. Follow the link or scan the QR code: <http://mn.shoe.aspirevoiceworx>
*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).
2. FILL IN THE FORM TO APPLY

The cost will be \$100 per year (can be paid \$25 per term). A VoiceWorx polo shirt, sheet music, rehearsal, and/or backing track will be supplied. *Financial support is available if needed.

ASPIRE Catholic Schools Office
DIOCESE OF Maitland-Newcastle
This is an initiative of the Diocese of Maitland-Newcastle Catholic Schools



NEWCASTLE BODY SCULPTING

\$50 OFF ALL SERVICES

Providing a holistic approach to all your Skin, Body and hair regrowth concerns.

New Location, Now Located in Regent Street

Services

- ✓ HIFU Advanced treatment
- ✓ Fat Reduction
- ✓ Skin rejuvenation
- ✓ Hair re growth
- ✓ Anti ageing solutions

Scan QR code for more info



Kids are back to school, so it's time to pamper yourself

Michael Nolan
VOCAL STUDIO

LEARNING - SINGING - CONFIDENCE

St Therese's New Lambton

Every individual voice is as unique as their fingerprints and for the past 11 years the Michael Nolan Vocal Studio has been helping vocalists get the most out of their natural ability, building their confidence along the way.

- Convenience of learning singing from an award winning studio on site and within school hours.
- Access to exclusive performance opportunities, unique workshops and events.
- Be a part of a studio that prides itself on skills taught, confidence built and connections made.

Limited lessons available...

Contact Us

- ☎ 0412 464 565
- 🌐 www.michaelnolanvocalstudio.com
- ✉ michael.j.nolan@outlook.com




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



RICKYS
MUSIC TUITION

GUITAR LESSONS

NOW AVAILABLE!

Giving Primary School students the confidence & experience to be real musicians with skills that will last a lifetime.

WHY LEARN GUITAR?
It is the backbone of nearly all music genres; pop, rock, alternative, jazz, blues, classical & more!

CONTACT RICKY TO BOOK YOUR SPOT NOW
E enrol@rickysmusic tuition.com.au 0431 524 870

STUDENTS OF ALL AGES



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

