



Acting Principal's Message

Dear Parents & Carers

This week we celebrated our Opening School Mass and presented our Year 6 leadership team with their badges. I would like to congratulate our Year 6 leaders and look forward to working with them throughout the year.

School Captains: Spencer Price and Claire Abrahams

Social Justice Leaders: Vienne Tilahun, Claire Abrahams and Lachlan Ford

PBS Leaders: Alexander Johnson and Bailey Brooks

Environmental Leaders: Mackenzie Hill and Brock Holmes

Active Lifestyle Leaders: Spencer Price and Jasmyrn Majurovski

Wright (Red) Sport Captains: Indigo Houston and Jack Trevitt

Casey (Blue) Sport Captains: Hudson Gray and Evie Collins

Walsh (Green) Sport Captains: Jake Marten and Miah Forster

Cyril (Gold) Sport Captains: Lucia Rae and John Devine

I would also like to congratulate our Year 6 students on the outstanding leadership they have demonstrated towards their Kindergarten buddies. It has been so wonderful to watch the kind and caring interaction between the Year 6 and Kindergarten children.

Dates to Remember

**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.

Burke Street, New Lambton NSW 2305 | PO Box 321 | Phone 4957 4922 or 4956 2156 | Fax 4952 1637
admin@newlambton.catholic.edu.au | www.newlambton.catholic.edu.au



Welcome

I would like to welcome back Mr Smith, who has been on leave visiting family overseas for the past three weeks. Ms Jackman is on leave for the remainder of Term 1, so we welcome Miss Elise Kellaway, who will be on 4N Monday, Tuesday and Wednesday. Miss Kellaway will also be the executive release teacher once the Acting Primary Coordinator position is finalised.

Enrolments

A reminder to all families that it is enrolment time for Kindergarten 2025. If you have a child that is starting school next year, please go onto our website to download the enrolment forms or contact the clerical staff. Kindergarten enrolments close on **Friday 24 May**.

Uniforms

I would like to congratulate most of our students for always wearing their correct uniform with pride. A reminder that the sport uniform is worn ONE day a week on sport day and the formal uniform is to be worn all other days. On sport days, children are to wear joggers (any colour), while on formal days leather shoes are expected. Black leather joggers are not to be worn with the formal uniform. Please also be aware that hair dye and make up is not permitted at school.

Kaylene Maretich
Acting Principal

Acting Assistant Principal's Message

Opening School Mass

It was wonderful to celebrate our Opening School Mass and present Leadership badges to our Year 6 School Leaders. It was a great morning to see the Year 6 leaders presented with their badges and for Fr Valerian to bless the prayer mats that were made and decorated by each class. Thank you to Fr Valerian for celebrating the Mass and to Mr Smith for organising such a lovely Mass to begin our new school year.

Kindergarten Information Evening

We will hold an information evening for our Kindergarten parents/carers on Wednesday 21 at 6:00pm in the Catherine McAuley Centre. This will be a great opportunity to meet the kindergarten teaching team and school leadership team. We will go through the routines of kindergarten, school life at St Therese's and navigate through Compass. Thank you to our wonderful Kindergarten teachers, (Miss Graham, Miss LeCompte and Mrs Lunn) for their diligent work into putting together the information for the evening.

Flexible Groups in Maths

Next week, flexible groups in Maths will start in Years 1-6. All the teachers are looking forward to the groups, as it allows us to cater to the specific needs of students, both support and extension. To ensure all children are placed in the group that is most appropriate to ensure they are both supported and challenged, all teachers in Years 1-6 were released for ½ a day last week, to analyse PAT data, classroom assessments and teacher observations. Teachers continually assess and discuss the achievement and growth of students, to ensure students are placed in the group that is most suitable for them.

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.



TEACHING YOUNG AUSTRALIANS TO BE
mentally healthy



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.

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

Check out their website for more information:

[The Resilience Project](#)

And check out TRP@HOME; a place filled with inspiration and activities for the whole family, to help improve your wellbeing and build resilience.

[TRP@HOME](#)



Why is resilience and wellbeing important?

1. Children who are not healthy emotionally will have difficulty learning. When we are stressed, the part of our brain responsible for learning does not function effectively.
2. Calm children can focus and retain more information.
3. Resilience enables children to take safe risks without fear of failure.
4. The statistics indicate that the number of adults struggling with mental ill health has increased over the years.
5. Statistics also tell us that mental ill health is affecting young people at alarming rates and the onset is getting earlier. Prevention is the key to seeing these figures improve.

Why and how is this relevant to curriculum?

1. The Resilience Project curriculum has been produced to align with New South Wales Curriculum standards and frameworks.
2. The Resilience Project curriculum addresses aspects of achievement standards in the Personal and Social Capabilities learning area, the Health and Physical Education learning area and the Personal Development area.

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



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.



Prayer Mats



Sport

On 12th February we had 42 students compete at our Regional Swimming Carnival with a lucky few heading away to the next level and competing against the Diocese.

We would like to congratulate St Therese's Students who participated, as they showed great sportsmanship on the day.

Jye Bowen
Year 4 Teacher

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



Canteen

| Mon 26/2 | Tues 27/2 | Wed 28/2 | Thurs 29/2 | Fri 1/3 |
|-------------|-----------------|---------------|---------------|------------------|
| Amy Staikos | Alison Sharman | Jacqui Osborn | Sarah Bagnall | Michelle Randall |
| | Annabel O'Neill | | | |
| | Sarah White | | | |
| | | | | |

Playgroup

Playgroup is on Friday from 9.30 in the school hall. All families welcome! Please bring a gold coin donation and snacks for your little ones. For more information or any questions contact Simone on 0402305446

Here's a few pics of last week's fun:



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





ASPIRE MUSIC.DANCE.DRAMA

CREATE CHOREOGRAPHIC PROJECT

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 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 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 Plus X High School Adamstown

REGIONAL REHEARSAL:

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

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

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 Plus X High School, Adamstown. All students are to attend this rehearsal.

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.
info@mn.catholic.edu.au will not work

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 Alkydus Catholic Primary School CHISHOLM

Manning: St Clare's High School TAREE

Lakes: St Paul's Catholic College BOORAGUIL

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.catholic.edu.au/aspire/voiceworx>
*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 tracks will be supplied. *Financial support is available if needed.

ASPIRE

Catholic Schools Office
DIOCESE OF MANINGLAMPARNA

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

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

Scan QR code for more info



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



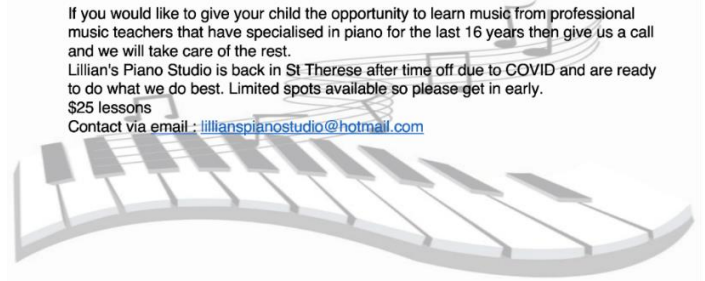
Professional Piano Lessons at School

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



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

WHY LEARN GUITAR?

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STUDENTS OF ALL AGES

St Therese's Primary School Canteen Roster 2024

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---------------------------------------|-----------------|---------------------------------------------------------------------------------------------------------------------|------------------|-----------|------------------|----------|--------------------|----------|------------------------|
| Dates | Names | Dates | Names | Dates | Names | Dates | Names | Dates | Names |
| 29/01/24 | Amy Stakos | 30/01/24 | Allison Shamman | 31/01/24 | Jacqui Osborn | 01/02/24 | Sarah Bagnall | 02/02/24 | Michelle Randall |
| 26/02/24 | | 27/02/24 | Annabel Onnell | 28/02/24 | | 29/02/24 | | 01/03/24 | Nicole Green |
| 25/03/24 | | 23/03/24 | Sarah White | 27/03/24 | | 28/03/24 | | 29/03/24 | |
| 22/04/24 | | 26/04/24 | | 24/04/24 | | 25/04/24 | | 26/04/24 | |
| 20/05/24 | | 21/05/24 | | 22/05/24 | | 23/05/24 | | 24/05/24 | |
| 17/06/24 | | 18/06/24 | | 19/06/24 | | 20/06/24 | | 21/06/24 | |
| 15/07/24 | | 16/07/24 | | 17/07/24 | | 18/07/24 | | 19/07/24 | |
| 12/08/24 | | 13/08/24 | | 14/08/24 | | 15/08/24 | | 16/08/24 | |
| 09/09/24 | | 10/09/24 | | 11/09/24 | | 12/09/24 | | 13/09/24 | |
| 07/10/24 | | 08/10/24 | | 09/10/24 | | 10/10/24 | | 11/10/24 | |
| 04/11/24 | | 05/11/24 | | 06/11/24 | | 07/11/24 | | 08/11/24 | |
| 02/12/24 | | 03/12/24 | | 04/12/24 | | 05/12/24 | | 06/12/24 | |
| 05/02/24 | Leone Nancarrow | 06/02/24 | Simone Slater | 07/02/24 | Erin Kenneally | 08/02/24 | Luke Wilson | 09/02/24 | Sarah Hughes |
| 04/03/24 | Neroli Moran | 05/03/24 | Teigan Jobbin | 06/03/24 | | 07/03/24 | | 08/03/24 | Sara Lee |
| 01/04/24 | | 02/04/24 | Jo Lowndes | 03/04/24 | | 04/04/24 | | 05/04/24 | |
| 29/04/24 | | 30/04/24 | | 01/05/24 | | 02/05/24 | | 03/05/24 | |
| 27/05/24 | | 28/05/24 | | 29/05/24 | | 30/05/24 | | 31/05/24 | |
| 24/06/24 | | 25/06/24 | | 26/06/24 | | 27/06/24 | | 28/06/24 | Kim Jordan odds |
| 22/07/24 | | 23/07/24 | | 24/07/24 | | 25/07/24 | | 26/07/24 | Michelle Dickson evens |
| 19/08/24 | | 20/08/24 | | 21/08/24 | | 22/08/24 | | 23/08/24 | |
| 16/09/24 | | 17/09/24 | | 18/09/24 | | 19/09/24 | | 20/09/24 | |
| 14/10/24 | | 15/10/24 | | 16/10/24 | | 17/10/24 | | 18/10/24 | |
| 11/11/24 | | 12/11/24 | | 13/11/24 | | 14/11/24 | | 15/11/24 | |
| 09/12/24 | | 10/12/24 | | 11/12/24 | | 12/12/24 | | 13/12/24 | |
| 12/02/24 | Diane Coyle | 13/02/24 | Kylie Marten | 14/02/24 | Cath Oakley | 15/02/24 | Anthony Hawes | 16/02/24 | Kristin Searl |
| 11/03/24 | | 12/03/24 | Odette Tonkins | 13/03/24 | | 14/03/24 | | 15/03/24 | Holly Van Schakowsky |
| 08/04/24 | | 09/04/24 | Catherine Devine | 10/04/24 | | 11/04/24 | | 12/04/24 | |
| 06/05/24 | | 07/05/24 | | 08/05/24 | | 09/05/24 | | 10/05/24 | |
| 03/06/24 | | 04/06/24 | | 05/06/24 | | 06/06/24 | | 07/06/24 | |
| 01/07/24 | | 02/07/24 | | 03/07/24 | | 04/07/24 | | 05/07/24 | |
| 29/07/24 | | 30/07/24 | | 31/07/24 | | 01/08/24 | | 02/08/24 | |
| 26/08/24 | | 27/08/24 | | 28/08/24 | | 29/08/24 | | 30/08/24 | |
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| 21/10/24 | | 22/10/24 | | 23/10/24 | | 24/10/24 | | 25/10/24 | |
| 18/11/24 | | 19/11/24 | | 20/11/24 | | 21/11/24 | | 22/11/24 | |
| 16/12/24 | | 17/12/24 | | 18/12/24 | | 19/12/24 | | 20/12/24 | |
| 19/02/24 | Elesha Finlay | 20/02/24 | Lauren Ross | 21/02/24 | Connie Martineil | 22/02/24 | Brittany Boutilier | 23/02/24 | Anna Perkins |
| 18/03/24 | | 19/03/24 | Marissa Harvey | 20/03/24 | | 21/03/24 | | 22/03/24 | Kareena Gupta |
| 15/04/24 | | 16/04/24 | Charlene Price | 17/04/24 | | 18/04/24 | | 19/04/24 | Sally Curzi |
| 13/05/24 | | 14/05/24 | | 15/05/24 | | 16/05/24 | | 17/05/24 | |
| 10/06/24 | | 11/06/24 | | 12/06/24 | | 13/06/24 | | 14/06/24 | |
| 08/07/24 | | 09/07/24 | | 10/07/24 | | 11/07/24 | | 12/07/24 | |
| 05/08/24 | | 06/08/24 | | 07/08/24 | | 08/08/24 | | 09/08/24 | |
| 02/09/24 | | 03/09/24 | | 04/09/24 | | 05/09/24 | | 06/09/24 | |
| 30/09/24 | | 01/10/24 | | 02/10/24 | | 03/10/24 | | 04/10/24 | |
| 28/10/24 | | 29/10/24 | | 30/10/24 | | 31/10/24 | | 01/11/24 | |
| 25/11/24 | | 26/11/24 | | 27/11/24 | | 28/11/24 | | 29/11/24 | |
| CANTEEN CLOSED | | ** Please note: If you are unable to work your day please arrange your replacement with another volunteer or friend | | | | | | | |
| Canteen Coordinator Leeanne Hardgrove | | 438667387 | | | | | | | |
| As at 05/02/24 | | | | | | | | | |

