



Acting Principal's Message

Dear Parents & Carers

Week 7 is Faith Community Week, so this week we encourage families to slow down, re-connect and re-charge. This week we also enter the fourth week of Lent, with Sunday being called "**Laetare**" Sunday, which is the Latin word for "rejoice". This week, rejoice in time spent with your child/ren and in God's world around us. You might like to take a walk-through nature and find the beauty in the world around us that we sometimes miss in the busyness of life.

Open Classrooms

Our first Open Classrooms were a great success. Thank you to all the parents/carers, grandparents and families that joined us today, I know how much the children were looking forward to showing off their work and classrooms. For families that were unable to join us this term, we will hold Open Classrooms each term in Week 7. Thank you to Mr Smith for the lovely liturgy and Mr Ward and the school band for entertaining us this morning.

Student Attendance

Consistent attendance at school is important so that your child not only achieve their best academically but is also linked to positive social and emotional learning and wellbeing. The Catholic Schools Office indicates that attendance rates of 97% (only 5 days off during the school year) are a good target to aim towards, with attendance rates of less than 95% (10 days a year) are somewhat concerning. Attending school builds relationships with peers, teachers and all staff, as well as assisting your child to learn effective organisation and routines. From time-to-time, children may not want to come to school if they are experience some friendship issues, it is important you communicate this with your child's teacher, to work on a plan to support your child. Allowing your child to remain at home does not help your child to learn effective conflict resolution skills. If your child is unwell, please fill this in via Compass. We encourage families to plan extended holidays during the school holidays, however, this is sometime not possible due to parent/carer work schedules. If your child will be away for longer than 10 days, an extended leave form needs to be completed **before** the extended leave begins. There has been an increase in children arriving late or leaving early, to attend appointments. The start and end of the day are also important for your child to attend, as they help your child to start and finish their day calmly, and also many important information is given to children during this time. We ask that you try to limit late drop offs and early picks ups where possible.

Dates to Remember

21ST MAR – HARMONY DAY

22ND MAR – YEAR 6 RETREAT

28TH MAR - HOLY THURSDAY

29TH MAR - GOOD FRIDAY

1ST APR – EASTER MONDAY

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.



Thank you

At last week's Assembly, Mr Luke Wilson, Director of Harcourts Real Estate, and dad to Zaliyah (Year 3) present a donation to the school for \$1000. Luke has pledged to donate \$1000 for any home sold through Harcourts that is owned by families or staff at St Therese's. We thank Luke for his very generous donation, with the money being put towards the installation of shade sails in the McAuley Courtyard.



Easter Hat Parade

We will hold our Easter Hat Parade on **Thursday 28 March from 2:30 – 3:15pm** in the school hall. The children will make their hats at school, but are welcome to bring in a few items to decorate their hats such as stickers, Styrofoam eggs etc. The Royal St gates (closest to the Hall) will be open from 2:15pm for families to take their seats so the Hat Parade can start on time.

Easter Fundraiser

As we get closer to the Easter Season, we would like our community to consider families that may be separated from loved ones, due to illness or those that may face uncertainty. Each year, we focus on community outreach to Ronald McDonald House and St John's Villa, rather than holding an Easter Raffle.

Ronald McDonald House provides a "home away from home" for families whilst their children are treated at John Hunter Hospital. Additionally, Ronald McDonald House provides support for families who do not meet the criteria to reside at the house, but still need to travel significant distances each day to be with their child in hospital. The House is currently fully occupied, with 18 families currently in residence, some have been there for over 8-weeks. St John's Villa is an aged care facility, where are Year 5 students visit with Miss Soo in small groups each Wednesday. We will present hampers to Ronald McDonald House and St John's Villa, for their residents and staff, to bring some joy and hope, at a time that can be especially difficult.

We ask that the following items are donated, according to the year your child is in, by **Monday 25 March**. We will then prepare the hampers and deliver them in time for Easter, to the families and staff.

- Kindergarten & Year 1 – packs of **medium** sized hollow eggs
- Years 2 & 3 – **small** hollow Easter bunnies
- Year 4 – packs of **small solid** Easter eggs
- Year 5 – tea or coffee e.g. 10 packs of Twinings Tea, Herbal Teas, coffee sachets etc.
- Year 6 – packets of sweet biscuits
-

Newsletter Publication

In discussions towards the end of last year a number of parents queried the Newsletter being sent fortnightly as sometimes articles are repeated. Therefore from Term 2 the Newsletter will be published fortnightly on Wednesday of the even weeks (Weeks 2, 4 etc). We are also working with the Diocese on publishing our Newsletter online. More information in relation to this proposal to follow.

Harmony Day

This year we will celebrate **Harmony Day** on Thursday 21st March. Children are invited to come Out of Uniform wearing predominantly orange. Please ensure your children are wearing appropriate footwear and sun-safe clothing. There will be a number of **Harmony Day** activities planned across the school.

Kaylene Maretich
Acting Principal

Acting Assistant Principal's Message

Happy Faith Community Week, hopefully this week you and your children can take some time to slowdown and spend some quality time together.

NAPLAN

The NAPLAN testing schedule begins on Wednesday of this week. We have been showing students how to navigate the online tests. Before the testing begins, I want to restate with parents that the NAPLAN test is a diagnostic test designed to see what a child can't do, rather than what they can do. The results of the tests are used so that the teachers can better address the learning needs of the students.

Mark Konik

Acting Assistant Principal

Religious Education

Catholic Community Week – This is an important week each term in our school calendar as we reflect upon what it is to be a truly Catholic community. The word 'catholic' is derived from the Greek language and means 'to make whole' or 'universal'. It is, therefore, very pertinent that we are a sacramental faith – where each of the seven sacraments use physical things like water, oil, bread, and wine – to remind us that the material and spiritual worlds are inextricably intertwined. This sacramentality is perfected in our Lord and Saviour, Jesus Christ in whom *'the Word was made flesh'* (Jn 1:13-14); a divine person was born into the created world (the Incarnation). Therefore, creation can point towards God and helps us encounter God. The birth of a child, the beauty of nature, sunset, sunrise, love and forgiveness may be *sacramental* – when they are signs of God and ways to experience God's presence and love. What a truly abundant worldview this provides us with and what joy and peace we should experience to live and work in such a *'whole-making'* community.

Lent – The Fourth Sunday of Lent has just passed and, along with it, another beautiful reflection, written by Nick Brodie, about Pope Francis' call to all Christians to live as prophets of our time:

Pope Francis points out that Jesus' answer to Nicodemus in today's Gospel 'disrupts our image of God'. From Jesus' reference to both Father and Son, the Pope says, we learn that God – Father, Son, and Spirit – is 'a God of communion'.

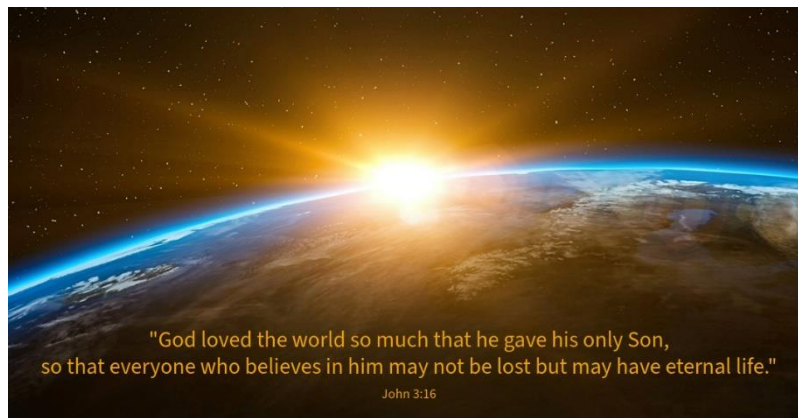
Moreover, we are invited to share in this 'communion of love'! As the Pope suggests, we can recall this invitation every time we make the sign of the cross. 'By tracing the cross on our body,' he says, 'we remind ourselves how much God loved us, to the point of giving his life for us; and we repeat to ourselves that his love envelops us completely, from top to bottom, from left to right, like an embrace that never abandons us.'

As receivers of such love, we are called to also become sharers of it. As well as reminding ourselves that we are loved, the Pope says, when making the sign of the cross we also 'commit ourselves to bear witness to God-as-love, creating communion in his name.'

Flowing from this wonderful image the Pope asks us to reflect: 'do we bear witness to God-as-love? ... do our communities bear witness to this? ... Do we always leave the door open, do we know how to welcome everyone – and I emphasise, everyone – as brothers and sisters?'

After all, the Crucified One was sent 'not to condemn the world' but to save it. A person can condemn themselves only by closing the door to themselves or others, refusing to believe in God's love. Nobody who approaches the door, however tentatively, can be guilty of making that mistake.

Taken



from:

"God loved the world so much that he gave his only Son,
so that everyone who believes in him may not be lost but may have eternal life."

John 3:16

<https://www.liturgyhelp.com/calendar/date/2024Mar10/0/RefNickB>

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



Important Upcoming Dates

The following contains important dates and events to the Catholic Identity of our school community. More information will be sent out closer to the dates:

- **Week 8:**
 - Friday 22nd March – Yr 6 Spirituality Retreat (*Glenrock Scout Camp - with Evis Heath*)
- **Week 9: Holy Week**
 - Sunday 24th March – Palm Sunday
 - Thursday 28th March – Holy Thursday: Stations of the Cross (*to take place throughout the day in the Main Hall*)
 - Friday 29th – Good Friday
 - Sunday 31st March – Easter Sunday
- **Week 10:**
 - Tuesday 2nd April – Easter Liturgy (*2:30pm in the Main Hall*)
 - Friday 5th April – Mission Day (*Caritas: Project Compassion*)
- **Term 2:**
 - The current **Sacramental Program** will recommence for students in **Year 4** with Confirmation & First Holy Communion (*more information to come*).

Luke Smith
Re Coordinator

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.

External Providers with the school

If your child receives services from external providers such as a speech pathologist, occupational therapist, or from another provider at school such as piano, chess or guitar, please ensure you complete the 'Application-access 3rd Party contractor' attached to this newsletter and return to the office as soon as possible.

Thank you.

Advertising in the Newsletter – If your business is interested in advertising in our newsletter, please contact the school via email - admin@newlambton.catholic.edu.au. We will then provide you more details such as cost and advertisement size requirements.

School Fees - The statements for the 2024 school fees have now been issued. There are several payment options however, **Compass Pay is NOT our preferred method** due to the large fees that Compass charge the school. Direct debit is an easy option, and these can be set up to be weekly, fortnightly or monthly. A form to do this is available from the office. Fees can also be paid via BPay, over the phone using a credit card or in person at the office. If you have a health care card or pension card you can apply for a concession on your fees. Please contact the office if you have not already done so. If you are experiencing financial hardship and require assistance, please contact the office.

Sport

School Athletics Carnival – The first Wednesday of Term 2 (1st May), will be our whole-school Athletics Carnival at the Fearnley Dawes Athletics Track, Newcastle West. This year, we will return to a whole-school event with all students, K-6 participating on the day. This promises to be a great way to build community spirit. Most students will be transported both to-and-from the track inside regular school hours. The day, however, will run as two separate events:

- Those students in Kindergarten and Year 1 will attend and participate in a fun-day of races, relays and rotational tabloid events. These same students, after the completion of all activities, will return to school on buses around 12:30pm.
- All other students Year 2-Year 6 will participate in the competitive version of events as they will be eligible to continue through to Regional level should they be successful. The events that these students will participate in on the day are: 100m (**age-based**), 200m, shot-put and long-jump (all **category-based** events). **NOTE:** only children who turn 8, or older, in the 2024 calendar year are eligible to go through to Regional.

To explain the above, for example, an 8yr old girl will compete in the 100m race against ONLY other 8yr old girls (*there may be several heats, so results will be determined based upon times*). The same 8yr old girl will compete in the Junior Girls (8-10yr girls) for the category-based events of 200m, shot-put and long-jump.

The categories are as follows: Junior Girls & Junior Boys (8-10yrs), 11yr Girls & 11yr Boys, and Senior Girls & Senior Boys (12-13yrs). These are the same categories that are in existence at the higher levels if competition (*Regional, Diocesan, Polding, State, etc.*).

Optional Events: Both the 800m & 1500m races are optional events (category-based also), with the **800m races commencing at 9:00am, prior to the Official Start to our Whole School Athletics Carnival. The children who wish to enter this event will need to arrive at the track by 8:45am via private transport** to meet with myself in preparation for marshalling. The 1500m race will be the final event of the day. There will be a Compass event created and sent out soon regarding nominations for these. When this occurs, please be aware of the final nomination date as no late entries will be able to be submitted.

Parent Helpers: Please email me directly (jye.bowen@mn.catholic.edu.au) if you can help on the day – please list your child's name/year group so I know which of the two events to place you at during the day.

We would like to congratulate John D on being successfully selected at the Diocese Cricket trials. John went up against the best kids his age in the diocese for cricket and will be heading to Polding level. We wish him the best.

Reminder - Sports Day Term 1

- Kindergarten – Wednesday
- Year 1 – Tuesday (Weeks 1-6) then Thursday (Weeks 7-11)
- Year 2 – Thursday (Weeks 1-6) then Tuesday (Weeks 7-11)
- Year 3 – Tuesday (Weeks 1-4) then Thursday (Weeks 5-11)
- Year 4 – Wednesday
- Year 5 – Thursday (Weeks 1-4) then Tuesday (Weeks 5-11)
- 6N – Wednesday • 6W – Thursday • 6L – Tuesday

Jye Bowen

Year 4 Teacher

Canteen

Mon 18/3	Tues 19/3	Wed 20/3	Thurs 21/3	Fri 22/3
Elisha Finlay	Lauren Ross	Connie Martinelli	Brittany Boutillier	Anna Perkins
	Marissa Harvey			Kareena Gupta
	Charlene Price			Sally Curzi



Wellbeing- The Resilience Project

This week students will begin to engage with the second key principle essential to building resilience in our students- "Empathy".

Empathy



Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else our brain releases oxytocin. This leads to increasing our self-esteem/confidence, energy levels, positivity and overall happiness.

Whole Family Activity:
Neighbourhood Kindness Challenge
As a family, choose an act of kindness from the list below that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hot bread, or cookies.
- Write a note to put in their letterbox thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to do a job for them, like wash their car or water their garden.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them, and ask them how their day is going.

Feel free to do more than one and spread the kindness even further!
Report back to each other in one week and share how your acts of kindness were received, and how doing them made you feel.

Family Habit Builder:
Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.



Parent FAQ

What does this program look like in the classroom? What will my child be doing?

1. Your child will complete a variety of activities that introduce them to The Resilience Project's key principles of Gratitude, Empathy, Mindfulness and Emotional Literacy.
2. The activities will give them a chance to practice these concepts, individually and in groups.
3. Children will be encouraged to develop positive wellbeing habits by practising these concepts on a regular basis outside of their TRP lessons. You can play a big role in supporting this at home.

Melissa Pyers - Primary Coordinator

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



Library News



NSW Premier's Reading Challenge is now open and St Therese's is excited to be participating!

What is the NSW Premier's Reading Challenge?

The PRC is a statewide Challenge that encourages students to develop a love of reading for leisure and pleasure in students and enables them to experience quality literature. It is not a competition, but a challenge to encourage each student to read, to read more, and to read more widely.

All students K-2 will complete the challenge in class as part of their Literacy and Library lessons.

Students in Years 3 – 6 can register their interest and receive their unique login for the challenge by visiting the Library and adding their name to the signup sheet.

Read more about the challenge on our school website:

[Premier's Reading Challenge - St These's Primary School \(newlambton.catholic.edu.au\)](http://newlambton.catholic.edu.au)

In 6N we are making gratitude visible in our class with our 'Dis' wall, where students add messages and images of what they are grateful for. Students have the word 'Dis' on their wrist, a reminder for them to be grateful for what they have.



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



Open Classrooms Term 1



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.



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.





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

