



Acting Principal's Message

Dear Parent/Carer,

As we start Week 8 of the term, we also entered the fifth Sunday of Lent, and Holy Week draws nearer. It is a time where we continue to turn towards God, in prayer and through support others. I would also like to extend a welcome to all families to join us in one of the Holy Week Masses in one of the Churches in our Holy Trinity Parish :

- 24 March – Palm Sunday: 9:15am at St Therese's Church New Lambton
- 29 March – Good Friday: 3:00pm at Corpus Christi Waratah
- 20 March – Easter Saturday (easter Vigil) – 7:45pm at Corpus Christi Waratah
- 31 March – Easter Sunday: 9:15am at St Therese's Church New Lambton

Welcome Mr McGir

I would like welcome Mr Matt McGir, to our staff. Matt has undertaken the groundsman position for the remainder of the year, as Daniel Rufo is on leave. Matt has horticultural experience, and has experience at Port Stephens Council, where he worked on parks and reserves ground maintenance.

Unwell Children

With the changeable weather, we have many children who are developing coughs, colds and sniffles. We ask that you keep your child at home when they are symptomatic of – high temperatures, sore throats, runny noses and cold and flu symptoms. Children can return to school when symptoms have passed.

Easter Egg Donations

Thank you to all the families that have sent in their Easter Egg donations, we still have a week before these are packaged up to send to Ronald McDonald House and St John's Villa. A reminder that each grade has been asked to send in the following:

- 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

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.



If anyone has some time to assist with packaging the hampers, we will be doing these on **Wednesday 27 March from 2:30pm** in the staffroom. It should only take around 30-45minutes if we have a few volunteers.

SchoolTV

We encourage families to view the edition on *RESPECTFUL RELATIONSHIPS* (<https://newlambton.catholic.schooltv.me/newsletter/respectful-relationships>). Initiating conversations about respectful relationships with your child, will help them to navigate more effectively through conflicts with others, and helps parents to address topics like kindness and empathy.

Year 6 Retreat

This Friday 22 March, Year 6 will undertake a day retreat at Glenrock Lagoon, that is focused on respectful relationships, our indigenous culture and our Mercy charism. I thank Mr Luke Smith for organising the retreat with Evis Heath. I am sure our Year 6 students will gain a great deal about leadership from this day. This is the first Year 6 retreat we have had at St Therese's, so we are all looking forward to the day.

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.

Kaylene Maretich
Acting Principal

Acting Assistant Principal's Message

Students in Year 3 and Year 5 have now completed the NAPLAN tests. I would like to commend the students on their diligent work throughout the testing period. I would also like to extend a big thanks to the staff who helped coordinate and run the tests. When I receive further information, I will let parents know when the NAPLAN results will be available.

Riding bikes to school

It's great to see so many children riding their bikes to school as it's a great form of exercise. Just a reminder to please reiterate with your child the road rules for bike riders and to reinforce the etiquette when riding on the footpath. This will benefit both their safety and the safety of members of the community.

Mark Konik
Acting Assistant Principal

Catholic Culture News

This section of the school newsletter has taken on a new title, '*Catholic Culture*', and with it a slightly new format. Each week, there will be information provided under three major sub-headings as explained below: **Faith Formation**, **Religious Education** and **Prayer & Celebration**. Each of these elements are essential to the work we do of building the Catholic identity and culture of our school.

Faith Formation

This section is designed for you personally and your own faith formation as adults. To promote an authentic Catholic community and lead our children in the ways of the faith, it is essential that we as adults (*staff, parents and carers*) continue to nurture and grow our own faith also. Engaging in our own faith formation is not only designed to serve as an example for **what we may want our children to do**, i.e. participate in the faith life of the community, but perhaps more importantly – **who we want our children to be**. Engaging in faith formation helps us reflect and then hopefully live more closely aligned to the Gospel values of Christ. **Children are always observing us** and **so it is vital**, as their role models and guides, that **we are always observing ourselves**.



Lent – The Fifth, and final, 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 (*Reflection based upon the Gospel of John 12:20-23*). Next week we come to the most sacred time within our Church calendar - Holy Week, as we recall God's loving sacrifice through Jesus Christ's death and resurrection:

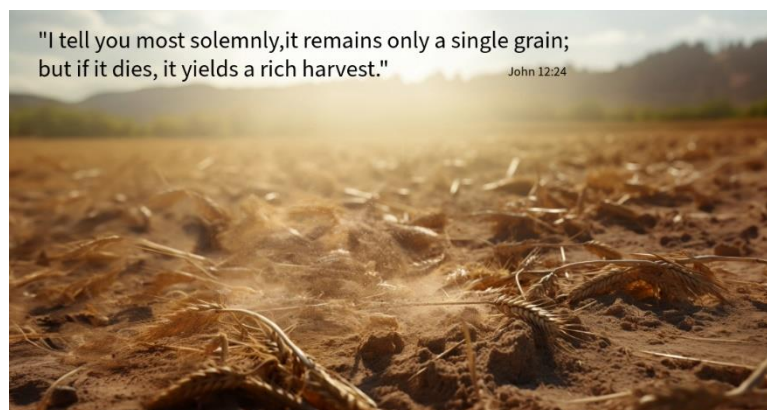
'Today's Gospel invites us to turn our gaze to the crucifix,' Pope Francis once said, adding that it 'is not an ornamental object or clothing accessory.' Rather, it is something more: 'a religious symbol to contemplate and understand.'

This is a theme to which the Pope has repeatedly turned. On another occasion he reminded his listeners that the image of the crucified Jesus is something newcomers first encounter: 'In churches, in the homes of Christians, even worn on their persons,' a cross is meant to symbolise the faith of those who display it. That being the case, it is beholden on us as individuals and communities to show what being a follower of Jesus really means. Jesus responded to Philip and Andrew by speaking of the grain that dies to yield a good harvest and of the follower who serves. As Jesus' words suggest, real understanding comes from the witness of service and self-sacrifice.

Whenever people encounter a crucifix or cross, therefore, they should also see signs of servant discipleship. Whether in our churches, homes or daily lives, we are all called to be authentic bearers of the cross. We should strive to offer the world what the Pope characterises as 'the witness of a life that is given in service, a life that takes upon itself the style of God – closeness, compassion and tenderness.'

'The important thing is that the sign be consistent with the Gospel,' says Pope Francis. Whenever or wherever people display a cross, they should also themselves be living signs of 'love, service, unreserved self-giving.'

Taken from: <https://www.liturgyhelp.com/calendar/date/2024Mar17/0/RefNickB>



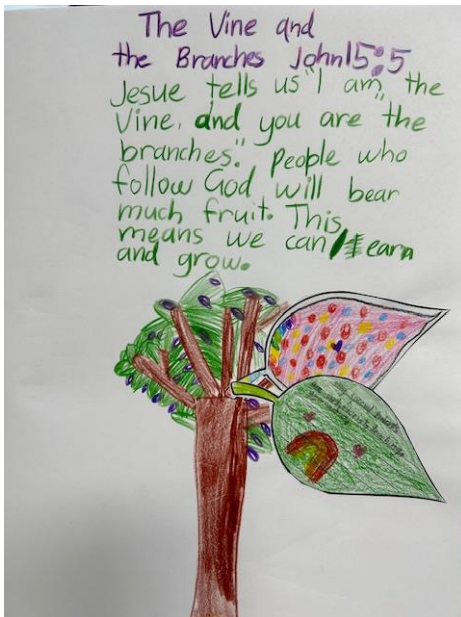
Religious Education

This section is designed to keep you informed of the RE Curriculum and what learning the children are undertaking in the classrooms. In each edition, we will present the topic, information and some work samples from a particular grade. We will begin with Year 2:

Year 2 – Topic: Belonging to Community

This module introduces students to ideas about community and what it means to belong to a community of faith. Students will begin to appreciate the significance of community for Christians: of living in loving relationship with God, others and all of creation. Students will focus on the Church as the community of God's people. They will explore some of the ways in which faith is expressed, shared and strengthened in a community of believers and about ways that God's is present in these communities. They will also develop their understanding of the many ways in which faith is lived out and celebrated in community.

What makes a strong community? – “People coming together to work as a team. Having empathy!”
(Maeve – 2L)



2W – Community Wall Display

Chloe 2N



Ruby 2N

Prayer & Celebration

This section is designed to keep you informed of any important dates coming up regarding our community's faith-life celebrations. Things such as Masses, liturgies, mission days and the Sacramental program will all be included here:

- **This Week - 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*)
- **Week 11:**
 - Thursday 11th April – Mission Day (*Caritas: Project Compassion*) * **Please note the change of date due to a clash with X-Country**
- **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

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



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.

Thank you to those families that have started payments towards this year's school fees. Our preferred payment methods are BPay, direct debit or credit card. If you choose to use Compass Pay, please double check the amount before you submit the payment. Refunds can no longer be given for incorrect amounts paid unless your account is in credit.

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.

Here is a photo of the boys who represented St Therese’s at the Dio trial for AFL. Three of them made it to Polding which will be on 9th April. Hudson, Spencer and Lachlan.



Jye Bowen
Year 4 Teacher

Canteen

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



Wellbeing- The Resilience Project

Over the coming weeks as students continue to progress through their lessons, they will learn how to develop their emotional literacy in order to build their relationships and maintain their mental wellbeing.

Emotional Literacy

Working on our emotional literacy gives us opportunities to develop our ability to understand and express different emotions. When we improve our emotional literacy, we can work towards recognising our own feelings and our ability to manage them. This allows us to cope with different life situations, such as managing conflict, making friends, coping in difficult situations and being resilient when dealing with change.

Whole Family Activity:

Feelings Charades

- Gather together as a family, this might be around the dinner table, lounge room, around the fire outside.
- Take turns to act out a feeling or emotion. Use your face and body language to act this out, For example: Make an angry face and stamp your feet or
- Other family members need to guess the feeling/emotion.
- After someone has guessed the feeling/emotion, have family members discuss a time they have felt this way before and why. If it was a negative emotion, how did they overcome it?

Family Habit Builder:

Around the dinner table, ask everyone to share a feeling they felt during that day. Discuss how they dealt with that feeling and then discuss and share strategies you could use when faced with particular feelings.



Parent FAQ

How do parents/carers do the program too? (Part 1)

We know that parents and carers often prioritise the health and wellbeing of others before their own. It's really important to practice regular self-care and our positive mental health strategies are applicable to people of all ages. Here are some ways you can get involved:

1. [TRP@Home](#) via our website contains a wealth of helpful resources as well as regularly updated activities specific to Kids, Teens, Adults and Parents which you can use with the family or in your own life.
2. Throughout the curriculum, several lessons have accompanying '**Take It Home**' activities through which you can continue the learning and activities at home with the whole family. The first of these were sent home last week via compass.
3. **Project+** is our TRP newsletter which goes home to families each term and contains lots of helpful information and suggested activities which you can complete at home around GEM+EL. Look out for this coming soon!
4. In addition, we have purchased the '**Inspire**' package as part of the School Partnership Program. This comes with five videos by Hugh van Cuylenburg or Martin Heppell for parents/carers explaining the program and our four guiding principles of Gratitude, Empathy, Mindfulness and Emotional Literacy. These are available on the **Parent/Carer Hub** (link sent home via compass a fortnight ago)

Melissa Pyers, Coordinator

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





Playgroup

Playgroup is on this Friday from 9.30 in the hall. We are having an "excursion" to the canteen to purchase a 60c icypole. Please bring 60c for each child you allow an icypole to. We will do this towards the end in case there are parents wanting to skip this. Also- Easter craft!

