



Acting Principal's Message

Dear Parent/Carer,

I hope you all had a happy and Holy Easter Season. It was lovely to spend time with family and friends over the long weekend, sharing a meal and focusing on the joy and hope that comes when spending time with those we love the most. Thank you to Mr Smith, Miss Mortimer and Year 6 for the beautiful Easter Liturgy that we celebrated yesterday. Thank you also to the families that were able to join us for the Liturgy today. St Therese's brought great joy to the families and staff at Ronald McDonald House, as well as the residents and staff and St John's Aged Care Villa, when our school captains Claire and Spencer delivered the Easter hampers last Thursday. Our families were so generous with your donations – thank you to all of you.

Pupil Free Day

A reminder that our final day for Term 1, **Friday 12 April** is a **pupil free day**. The school is closed, as staff attend mandatory training around Child Protection and how we keep our children safe. The St Nicholas OOSH is open on this day, so if you need care for your child/ren, please contact the staff to check their availabilities for this day.

ANZAC Day

ANZAC Day falls in the school holidays. All families are invited to participate in the ANZAC Day march. We are awaiting final details for this, so please keep an eye out for information in the coming weeks. Children that attend the march, are asked to wear their full formal uniform.

Just a reminder that the gates at Royal St are opened at 8.45am when the teachers are on playground duty to supervise the children.

Kaylene Maretich
Acting Principal

Dates to Remember

**8TH APR - WHOLE SCHOOL
ASSEMBLY 2.30PM**

**11TH APR - LAST DAY OF TERM 1
MISSION DAY - OUT OF
UNIFORM**

12TH APR - PUPIL FREE DAY

29TH APR - 1ST DAY OF TERM 2

**1ST MAY - SCHOOL ATHLETICS
CARNIVAL**

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

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Acting Assistant Principal's Message

Office of Safeguarding

Students from K-6 are working on the Protective Behaviours learning unit in their classes. This is done in the last 3 weeks of each school term. The unit is designed to give students strategies to keep themselves safe. Children are also taught to use the correct terminology for their body parts. Research indicates that when children are empowered to speak up, they are less likely to experience abuse. The Office of Safeguarding has a range of resources that are informative for parents and carers. The information can be found at this link: <https://officeofsafeguarding.org.au/parents-and-carers/>

Mark Konik

Acting Assistant Principal

Catholic Culture News

Faith Formation



Francis' Focus – Who better to help guide us in the true depth and meaning of our Catholic faith than the charismatic and authentic leader of our Church, Pope Francis. Below he encourages us to go out and live joyfully the Easter message that Christ is alive:

Reflecting on Easter, Pope Francis highlights the importance of 'walking away from the tomb.' Once found, faith must be lived.

As Saint Peter said, 'we have eaten and drunk with him after his resurrection from the dead – and he has ordered us to proclaim this to his people.' Easter is, in a sense, the starting point of our Christian responsibilities.

Living the Easter mystery means becoming a joyful Easter people.

We must, therefore, be open to action and change. We cannot become stuck in our ways, crippled by doubt, despair or habit. As Pope Francis says,

Easter shows us that 'it is always possible to begin anew, because there is always a new life that God can awaken in us in spite of all our failures.'

The annual celebration of Easter reminds us that what we celebrate is present here and now. Ours is a living faith. As the Pope adds, 'faith is not an album of past memories; Jesus is not outdated. He is alive here and now.' Easter is a celebration of the mystery that Jesus is present. He is here, in both the need of the world and through the actions of His followers.

So, having celebrated the mystery, we are sent forth to live it. 'Having made himself present in the heart of our world,' the Pope points out, Jesus 'invites us to overcome barriers, banish prejudices and draw near to those around us every day in order to rediscover the grace of everyday life.'

Taken from: <https://www.liturgyhelp.com/calendar/date/2024Mar31/0/RefNickB>

Religious Education

This week we look at the learning in Year 1:

Year 1 – Topic: Living In Relationship

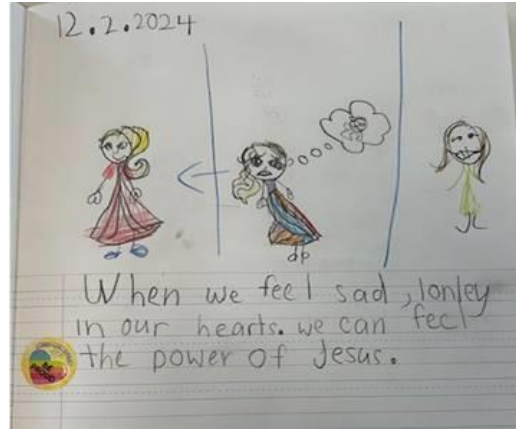
This module focuses on the concept of relationship and on our response to God's love through the ways we live in right relationship with God and other people. It begins with the students' experience of friendship and family and broadens out to include the Christian way of relating to others. The module contains learning opportunities that help students to discover who they are through right relationships with God and others. Students will generate questions and answers about the people belonging to one human family living in solidarity. Students also examine the season of Lent as a time to help others as part of being in relationship with God and others, especially the poor and those in need. The module concludes with Jesus' journey in Holy Week from the Last Supper to Holy Saturday and how all Christians come together to remember and celebrate his death and resurrection.

Mr Smith: "Tell me what you've been learning about in Religion?"

Florence – 1N: "We have been learning about Holy Week and making our class display. Jesus died and rose again!"



Class 'Holy Week' Story Display – 1L



Hamshayini – 1W

Prayer, Celebration & Mission

As a school community we have celebrated the events of Holy Week with Stations of the Cross last Thursday, followed by the Easter Passion & Resurrection as presented by some of our Yr 6 students Tuesday afternoon.



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Upcoming Events

- **Week 11:**
Thursday 11th April – Mission Day: Out-of-uniform & gold coin donation (*Caritas: Project Compassion*)
- **Term 2:**
The current **Sacramental Program** will recommence for students in **Year 4** with Confirmation & First Holy Communion. There will be an **information session on Tuesday 7th May (Week 2 next term) at 6:30pm**. This will take place in the Hall and online via Zoom for those who cannot be there in person. I will send out a Zoom code next term.

Luke Smith
RE Coordinator

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.

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' in the link below and return to the office as soon as possible.

https://mncatholic.sharepoint.com/sites/NLTP/_layouts/15/viewer.aspx?sourcedoc={3183748c-779f-433d-878b-c82782e00624}

School Fees

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

Congratulations to Luca R and Hudson G for being selected in the Regional touch football trials.

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.

Cross Country

The cross country event on the 5th April has now been posted on Compass for you to register your child's interest and give permission for them to run as well as walk to and from Regent Park with teachers. This is for those children turning 8 or older this year (2-6) and is a competitive pathway sport. For more information, please see Compass.

**Jye Bowen,
Year 4 Teacher**

Canteen

Mon 8/4	Tues 9/4	Wed 10/4	Thurs 11/4	Fri 12/4
Diane Coyte	Kylie Marten	Cath Oakley	Anthony Hawes	Pupil free day
	Odette Tonkins			
	Catherine Devine			



Easter Hat Parade



Wellbeing - The Resilience Project

Over the coming weeks as students continue to progress through their lessons, they will learn how to develop the third cornerstone strategy of GEM- Mindfulness.

Mindfulness


Working on mindfulness gives us opportunities to develop our ability to pay attention to the present moment and our thoughts. Practising mindfulness daily can help us stay focused on set tasks and reduce stress and anxiety.

Whole Family Activity:
Mindful Walk

- As a family, go on a walk outside in nature. This might be around your local walking track, at your local park, or just around your streets.
- While walking, tune into your senses and observe what you can see, hear, and feel. Or you might choose to focus on one of the senses. Eg: Hear: what are all the noises you can hear on your walk?
- On your way home or when you return home, share what each person saw, heard, or felt.

Family Habit Builder:
Each night at dinner, ask everyone to take one mouthful of food more mindfully than the rest and think about the flavours they can taste and how it makes them feel. (They can also thank the chef!).

THE RESILIENCE PROJECT



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Parent FAQ

How do parents/carers do the program too? (Part 2)

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:

- Regular gratitude practices have been proven to increase the number of positives you notice in your day. The Resilience Project [21 Day, 6 Month](#) and [Family Journals](#) are a great way to do this and are available through our [website](#).
- [The Resilience Project app](#) is another convenient way to regularly practice the GEM+EL principles and is available on [iTunes](#) and [Google Play](#).
- [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.
- We encourage you to have conversations with your kids about the program and how they are integrating gratitude, empathy, mindfulness and emotional literacy into their lives. Embedding positive mental health practices and language across school and the home lead to greater benefits and understanding.

Melissa Pyers
Primary Coordinator

Gifted Education News Term 1

Our school has an appointed Gifted Education Mentor (GEM)- Patricia McNeil, who oversees the Gifted Education programmes at St Therese's in consultation and collaboration with the CSO and schools in our cluster. We also have a special G.E Committee at our school who meet each term to monitor programs and advocate for our gifted and talented students.

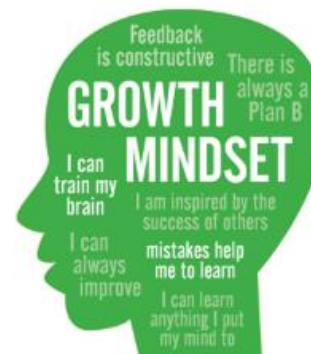
Our teachers work collaboratively to create programs and learning activities for our students that are highly engaging and challenging for all students, including those that are gifted and talented. Teachers use questioning techniques and class activities that encourage critical and creative thinking skills. Staff monitor student work samples, contributions in group discussions and specific data to ensure each student is working to their true potential.

Developing a Growth Mindset

Learning behaviours and thinking are key to students being motivated and positive about their learning. At school, we talk to students about having a Growth Mindset. This is a way of thinking that encourages us to try new learning opportunities. When you have a Growth Mindset, challenges are seen as learning opportunities and mistakes are embraced as part of the learning journey.

Learners with a Growth Mindset can:

- Learn from their mistakes
- Use feedback constructively
- Be challenged
- Persevere with learning
- Use effort and a positive attitude for all learning tasks



The Virtual Academy Program 2024

This specialised program which is unique in the Catholic School's Office for Stage 3 gifted students is focussed on students exploring a real-world problem and providing solutions based on data collection and comprehensive research. Students present their research in Term 4 across the Virtual Academy community of schools. Congratulations to Harry N in Year 6 who is continuing in this program. This Semester, Harry is working on a unit called Perspectives. Harry will be investigating a chosen country, analysing its political and economic structures. In late term 2, Harry will represent his chosen country at a G20 style summit with other students across the diocese. We know that Harry will be a fantastic role model from our school at the Summit.



Da Vinci Decathlon

Congratulations to Phoebe M who represented our school at the Da Vinci Decathlon. This special day had the theme of Technology and Innovation. Phoebe was in a group where they worked on tasks such as code breaking, story writing, arts linked with poetry, engineering, science, maths mysteries and cartography. The day was a competition, so extra points were earned by completing design tasks and pop quizzes. Phoebe's group did extremely well, coming 1st in Code Breaking, 2nd in Science and 3rd in Mathematics.



POETRY CLUB



Poetry Club 2024 is thriving! Each 2nd Wednesday there are a crew of poets from all ages, enjoying the art of writing poetry.



We are so grateful to Susan Sheridan who inspires in students a love of poetry and performing. The buzz at Poetry Club has been exciting. Children arriving with their own journals, writing poetry in their spare time. What a wonderful pastime, to express yourself through words!



It has been a joy to see senior poets, supporting younger poets. Friendships have been made and everyone is inclusive and encouraging of each other. We all have a laugh at the humour in poetry too.



Story Dogs News

St Therese's is excited to announce that we are partnering with Story Dogs.

We will have two new regular visitors to our school starting in Term 2, to help our students with their reading. Coco and Barb will be visiting for two hours each Thursday, to help our Year 2 classes with their reading.

The Story Dogs program works with the classroom teachers to help students with their reading. Coco and Barb will help the same 6-7 students each week. The students will come out of their classroom and sit one-on-one with Coco and Barb and read to Coco. Coco loves to listen and will not mind if the student makes a few mistakes, she just wants to have a fun time so that books and reading become a joyful experience.



Coco is a gorgeous labradoodle, she loves snuggles, playing with other dogs and going for walks where she can sniff lots of different things.

Coco has been practicing at home with her new reading rug and books so that she will be ready to help the students. She is super excited about starting.

If you are interested in volunteering in this rewarding program, please contact Leonie McGlynn- Story Dogs Newcastle Coordinator on leoniem@storydogs.org.au.

If you have any questions about this program, please contact Melanie Faehndrich, Learning Support Coordinator on melanie.faehndrich@mn.catholic.edu.au

Welcome Coco and Barb!



Neighbourhood Companion Information Session

20 May 2024 – 5:30pm – 6:30pm



Do you have a desire to make a meaningful difference in another's life?

A Neighbourhood Companion Volunteer offers companionship and helps older people living in our community and care facilities to experience a greater sense of connection and belonging.

Neighbourhood Companions simply share some of their time with another, without trying to 'fix' their lives or 'solve' their problems. They are good listeners, and respond with sensitivity, empathy and compassion.

The diocese is providing training and support to help interested people become a Neighbourhood Companion Volunteer within their community. If you're interested in finding out more, join us for this information session. A light supper will be provided.

For further information contact Rose McAllister Ph 4979 1346 or rose.mcallister@mn.catholic.org.au.

Where

St Therese's Fr Walsh hall
Burke Street, New Lambton

RSVP

Register by 15 May

<https://forms.office.com/r/yYfR7dcTx>



mn.catholic.org.au

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