



## Acting Principal's Message

Dear Parent/Carer,

As Term 1 draws to an end, I would like to wish all children and families a safe and happy holiday. I hope you all enjoy the holidays. I know many families are heading away, while others are spending time at home. I am looking forward to spending time in my garden and reading a few good books.

### **SchoolTV**

We encourage parents to manage their child's screen time, online gaming and social media use over the school holidays. Technology allows us to maintain connection with friends and family when we cannot see them, but children need to be supervised when using technology. Below are some useful SchoolTV links to help parents/carers navigate the use of technology with their children.

<https://newlambton.catholic.schooltv.me/newsletter/managing-screen-time>

<https://newlambton.catholic.schooltv.me/newsletter/online-gaming>

<https://newlambton.catholic.schooltv.me/newsletter/social-media-and-digital-reputation>

### **ANZAC Day**

On ANZAC Day, we commemorate the victims of war and recognise the role of the armed forces and their service to our great nation. All children are invited to join the ANZAC Day march on 25 April 2024. We will meet at the Club Lambton Carpark by 10:15am, as the march will start at 10:30am. We will march as a school group to Lambton Pool where the ANZAC Service will begin. All children need to wear their formal school uniform. Mrs Maretich and Mr Smith will be at the Club Lambton Carpark from 10:00am to meet children who will join the march.

### **Term 2**

School will resume on **Monday 29 April**. We look forward to seeing you all then. Please be aware that sports days will change in Term 2 with a Compass notification sent out closer to Term 2.

**Kaylene Maretich**  
Acting Principal

## Dates to Remember

**11<sup>TH</sup> APR - LAST DAY OF TERM 1**  
**MISSION DAY - OUT OF UNIFORM & GOLD COIN**

**12<sup>TH</sup> APR - PUPIL FREE DAY**

**29<sup>TH</sup> APR - 1<sup>ST</sup> DAY OF TERM 2**

**1<sup>ST</sup> MAY - SCHOOL ATHLETICS CARNIVAL**

**6<sup>TH</sup> MAY - WHOLE SCHOOL ASSEMBLY 2.30PM**

**10<sup>TH</sup> MAY - MOTHER'S DAY BREAKFAST**

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



## Acting Assistant Principal's Message

As we approach the end of Term 1, I would like to thank all the wonderful students at St Therese's for a fantastic term. All students have worked hard in their classrooms and contributed positively to the school environment. Thank you also to the parents and carers for your support in the activities of the school. I wish you a safe holiday break.

### **Office of Safeguarding Training**

All staff will take part in training on Safeguarding Children and Vulnerable Persons on Friday. Safeguarding the children and vulnerable persons of the Diocese of Maitland-Newcastle is the priority within all schools. The course is tailored to ensure that staff receive all the information and support they need to be able to comply with legal and moral obligations to report any concerns for children and vulnerable persons.

**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 reflects upon the way, like Thomas, we all can overcome our doubts by remaining united to one another in community: *'In reality,' Pope Francis points out, 'Thomas is not the only one who struggles to believe. In fact,' the Pope adds, 'he represents all of us a little bit.'*

*But Thomas does not only represent us with his explicitly articulated doubt. Rather, Thomas highlights our tendency to walk away. Thomas had absented himself from the community. Returning, he seems a touch transactional: Show me the proof, then I'll commit!*

*As Pope Francis highlights, Jesus answers Thomas' doubt 'in front of everyone, in the community.' It was, the Pope suggests, as if Jesus was telling Thomas that 'if you want to meet me, do not search far away; remain in our community, with the others, and don't go away. Pray with them. Break bread with them.' Be open to encounter, not closed to possibilities.*

*This, evidently, is a lesson for us too. Every Christian generation is called to find the Risen Christ together. We belong with each other, with Christ forming a mystical unity out of our diversity.*

*In this, the story of Thomas has another lesson for the Church. We Christians are called to be a welcoming people. 'Let us ask ourselves,' the Pope suggests, 'if in the name of Jesus' wounds, we are willing to open our arms to those who are wounded by life, excluding no one from God's mercy but welcoming everyone.'*

*After all, despite his attitude Thomas was still included and welcomed by the community whose testimony he doubted. Even more pointedly, Our Lord opens his exchange with the doubter with some clearly welcoming words: 'Peace be with you.'*

*Taken from: <https://www.liturgyhelp.com/calendar/date/2024Apr07/0/RefNickB>*

### **Religious Education**

This week we look at the learning in Year 3:

#### **Year 3 – Topic: Encountering Jesus in the Gospels**

This module provides students with an opportunity to develop a more comprehensive understanding of the story of Jesus as told by four different Gospel authors.

Students will communicate ideas about the life and teaching of Jesus and about Jesus as the 'Good News' for all people. They will learn about the profile and characteristics of the four Gospels, especially the parables which teach about the Kingdom of God. And students will engage with the story of Jesus' resurrection as part of understanding the significance of Easter for Christians.

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

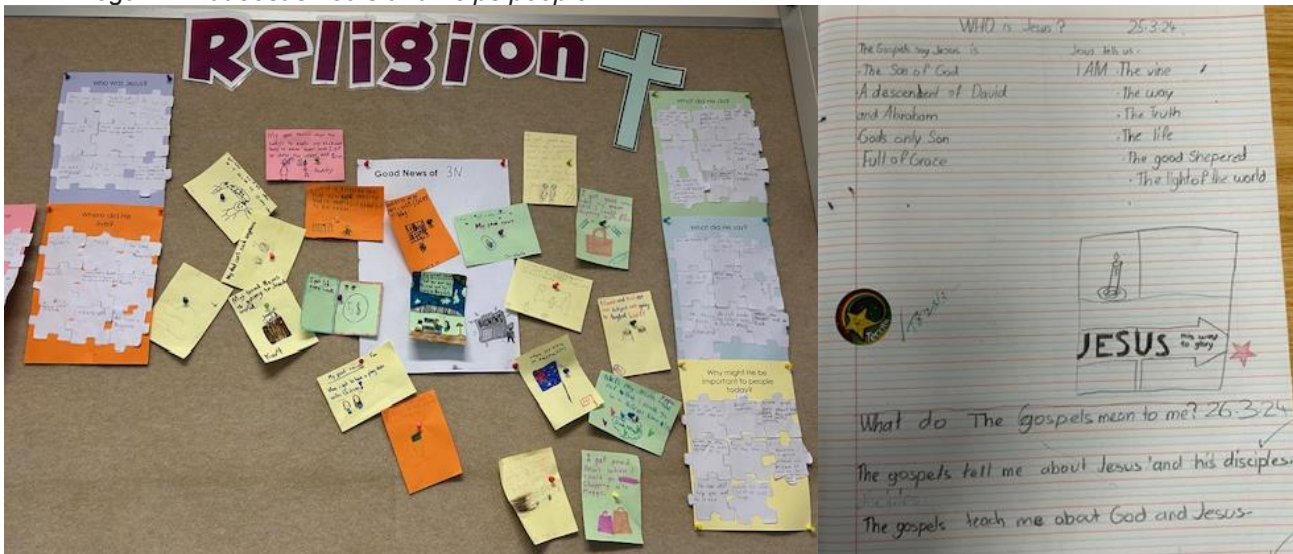
*Logan – 3W: "We have been learning about the life of Jesus in the Gospels. He went to the places that were like Churches in His time and shared the Good News."*

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



Mr Smith: "What was the Good News?"

Logan: "That Jesus heals and helps people!"



3N – Class Religion Display

Emily – 3L

### Prayer, Celebration & Mission

As a school community we will conclude the term with one of our regular Social Justice initiatives: Mission Day. **Thursday 11<sup>th</sup> April**, students are asked to **come out-of-uniform & bring a gold coin donation** which will go towards *Caritas' Project Compassion drive for 2024*. Please ensure any money collected in the mission boxes at home are returned to the front office by the last day of term also (Thursday). Students will engage in a range of activities within their classrooms to learn more about what life is like for those people less fortunate and whose communities are supported by Caritas.



### Upcoming Events - Term 2:

- **Week 2**  
The current **Sacramental Program** will recommence for students in **Year 4** with Confirmation (Term 2) & First Holy Communion (Term 3). There will be a **parent information session on Tuesday 7<sup>th</sup> May 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.
- **Week 4**  
Catholic Schools Week
- **Week 7**  
**Thursday 13<sup>th</sup> June at 6:30pm – Confirmation (St Therese's Church)**

**Luke Smith**  
RE Coordinator

**Sport**

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



Congratulations to all of our cross country representatives.

First Name	Surname	Time	Distance	Age Group	Place
Macey	H	10:17	2km	8&9s	3rd
Isabella	F	10:14	2km	8&9s	2nd
Mary	W	8:48	2km	8&9s	1st
Abbey	L	11:10	2km	10s	3rd
Maisie	S	11:08	2km	10s	2nd
Amelia	G	10:40	2km	10s	1st
Grace	O	15:47	3km	11s	3rd
Eloise	C	15:35	3km	11s	2nd
Evie	C	14:44	3km	11s	1st
Miah	F	16:30	3km	12 & 13s	3rd
Bailey	B	15:55	3km	12 & 13s	2nd
Lily	P	15:36	3km	12 & 13s	1st
Miller	M	9:07	2km	8&9s	3rd
Ciaran	M	9:05	2km	8&9s	2nd
Archie	S	9:00	2km	8&9s	1st
Sidney	M	8:52	2km	10s	3rd
Zac	H	8:49	2km	10s	2nd
Chase	P	8:24	2km	10s	1st
Ashton	S	13:52	3km	11s	3rd
Oliver	H	13:41	3km	11s	2nd
Cooper	Mi	13:30	3km	11s	1st
Ryder	P	14:24	3km	12 & 13s	3rd
Spencer	P	13:09	3km	12 & 13s	2nd
Noah	K	13:06	3km	12 & 13s	1st

Congratulations to Hudson G and Spencer P who have been selected at yesterday's AFL Polding event to attend NSWPSSA State AFL.



**The first Wednesday of Term 2 (1<sup>st</sup> 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](mailto: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.

**Jye Bowen,  
Year 4 Teacher**

## **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 3<sup>rd</sup> 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}](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.

### Canteen

Mon 29/4	Tues 30/4	Wed 1/5	Thurs 2/5	Fri 3/5
Leone Nancarrow	Simone Slamet	Erin Kenneally	Luke Wilson	Sarah Hughes
Neroil Moran	Teigan Jobbin			Sara Lee
	Jo Lowndes			Kim Jordan

### Wellbeing - The Resilience Project

We have just completed our first term of lessons and our students are to be commended on their excitement and enthusiasm towards this program. As students head into the school holidays, they can continue to develop the cornerstone strategies of GEM. Please see below some ideas for Gratitude for the break.

# Gratitude

*Some benefits of practising gratitude are:*



- After 21 days, you start to scan the world for positives.
- After 42 days you become:
  - More optimistic, energised & focused.
  - Less likely to get sick.
  - You will sleep better.
  - Anxiety and depression decreases.

*A few quick and simple ways to practise being grateful are:*

- Journaling; each night write down 3 things that went well for you that day or purchase a gratitude journal with gratitude prompts.
- Write a gratitude letter to someone special, telling them why you are grateful they are in your life.
- Have a family discussion on the way home from school or around the dinner table about the things that went well that day or made you smile

*You can purchase 21-day, 6-month, and family journals from The Resilience Project website if that is something you're interested in.*

<https://theresilienceproject.com.au/shop/>



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**Parent FAQ**

**What is gratitude, empathy, mindfulness and emotional literacy? Why these?**

**Gratitude** is about paying attention to, and being thankful for, the things we have.

**Empathy** is about understanding others' feelings and perspectives and being kind to others.

**Mindfulness** is about bringing our attention to the present moment and being aware of our thoughts, emotions and surroundings.

**Emotional Literacy** is about labelling our emotions as we experience them and increasing our emotional vocabulary.

There is a wealth of supporting academic research on the mental and physical benefits of these strategies. More information can be found on the [References & Reading](#) section of our website.

**Melissa Pyers**  
**Primary Coordinator**



# 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](mailto: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](http://mn.catholic.org.au)

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