Dear St Mary’s Catholic School Community,

For many years, our school has certainly been blessed by the presence of our current Year 6 students. Repeatedly, Year 6 have had high expectations of themselves for both their learning and their behaviour. Year 6 is a close group of children who enjoy mateship and often look out for each other. They are an inclusive group who have been tremendous in accepting the differences of others.

In terms of the student leadership at our school, Year 6 has been outstanding. Because of their fine example, when younger students reach Year 6, they understand that considerable responsibility is involved. To be a Year 6 student at our school means that you are a role model for the younger children.

You have been honest. You have been thoughtful. You have been trustworthy. You have earned great respect from your teachers because you have been deeply trusted. You’re just a good group of people whom we, in the future, will be proud to say were students at our school.

Your Thoughts and Prayers
Please keep the Collins and McKinnon families in your thoughts and prayers. Ariel’s (4 Gold) Dad, Steven passed away suddenly. He was 48 years of age. Steve was also the guardian of Jordan (3 Green) and uncle of Chloe (5 Green). May your treasured memories combined with Our Lord’s strength bring you great courage in your time of loss.

Goodbye, Ms Fletcher and Goodbye, Ms Fletcher
We thank and farewell Ms Jacqui Fletcher and Ms Nikki Fletcher. Jacqui has been appointed Religious Education Coordinator (REC) at St Patrick’s Catholic School, East Gosford. Nikki will be teaching at Star of the Sea Catholic School, Terrigal. We congratulate both teachers on their appointments and wish them well in their future careers.

Farewell Leasing Families
The following families finish their partnership with our school at the year’s end. We thank them for trusting our school to help in the formation of their child: Barnett, Carey, Collier, Dennis, Derry, Doyle, Evans, Fleming, Gallagher, Head, Legge, Marks, McMullen, McRae-Black, Molyneaux, Newman, Parker, Pezet, Prouse, Rogers, Rogers, Rook, Roome, Spurway, Stolz, Thomas, Towns, Vawdon, Wallisch, Ward, Ward, Waters, Whitmore, Timp, Zammit & Good.

We Welcome Our New Teachers
We warmly welcome Mrs Catherine Kyle, Mrs Amanda Perelli, Ms Rebecca Dunn and Mrs Lorna Roach to our school. We trust that your time with us is filled with considerable learning and much fun.

Our New Assistant Principal
At the time of writing the newsletter, our Catholic Schools Office was still in the process of determining who will be our Acting Assistant Principal for 2015.

Congratulations, Debaters
We congratulate our all-conquering Debating Team who last week won the Catholic Schools Debating Grand Final. Capably led by Miss Gray, the team included Isabella N, Alexa W, Emma R Breanna R and Bailey C. Throughout the entire debating season, the team performed with distinction. Congratulations!

State Champions vs Teachers Netball Match
Our State Champion Netball team destroyed the meagre teachers’ effort with a dominating 8-8 draw yesterday. Under coach’s instructions, the State Champions eased up on the tiring teachers in the last two quarters. Following the game, such was their fitness levels, many of the teachers’ team needed to be assisted back to their classrooms.

Please Join Us for Our Thanksgiving Mass
Please join us as we farewell our wonderful Year 6 with a Thanksgiving Mass at 9.15am on Monday 15th December. Following Mass our Thank You Morning Tea will be held in the staffroom. If you have assisted our school, in any capacity during the year, you are our guests.

Christmas Carols
Thank you for joining us on Monday evening for annual Christmas Carols. We were blessed with the weather and it was a fun, festive evening.

Christmas Vigil Mass
Our parish’s Christmas Vigil Mass is on Saturday 24th December at 6.00pm. It is a beautiful, child-centred Mass.

Awards Ceremony
Congratulations to all our 2014 award recipients. Major award recipients included:

www.smtdbb.catholic.edu.au
Catholic Values Award: Shona C
Community Spirit Award: Alexa W

STARS Awards:
Kinder Blue  Brock S
Kinder Gold  Tara T
Kinder Green  Lily T
1 Blue      Brydie G
1 Gold      Eve M
1 Green     Riley S
2 Blue      Aoife Q
2 Gold      Tom M
2 Green     Ashleigh J
3 Blue      Amarli D
3 Gold      Madelin W
3 Green     Zane E
4 Gold      Natasha H
4 Green     Charlotte D
5 Blue      Isabella G
5 Gold      Joel C
5 Green     Emmy I
6 Gold      Abbey F
6 Green     Samuel I
K-1 Red     Jack M
3-6 Red     Joseph F

Special thanks to Mrs Emma Sellars whose tremendous preparation enabled our ceremony to proceed so smoothly.

School Reports
On Friday 12th December, your child’s Report will be sent home. Included with the Report will be a note informing you of your child’s class and teacher for 2015.

School Captains and Student Parliament 2015
We are quite blessed to have such a talented and dedicated school leadership group for 2015. By ‘school leadership group’ I mean the whole of Year 6, 2015. You are a wonderful group of students who continually put your best efforts in and set leading examples for the younger children. I certainly look forward to all of Year 6 playing a significant and positive role in the life of St Mary’s throughout next year.

Our Student Parliament for 2015 is Maddison E, Olivia R, Ben W, Taliah B, Rose C, Brae E, Liam S, Khalil M, Milly H and Kobe C.

Our St Mary’s School Captains for 2015 are Pania P, Leah H, Luka P and Mason F. Congratulations girls and boys!

We Enjoyed Our Year
Where did that year go? We have constantly been blessed by positive, hope-filled children willing to get stuck in and have a go. Thank you children for being the open, honest, hard working children that you are. It’s never hard to find a smile in the playground and children are forever greeting staff with lovely manners. We certainly do enjoy teaching you. You make it fun to come to work.

I sincerely appreciate and thank the staff for their incredibly wonderful efforts throughout 2014. Their continued professionalism, support, genuine interest in the children, capacity to adapt and sense of humour creates an enjoyable culture at St Mary’s.

I value and thank the many parents and carers who have repeatedly supported our school throughout the year. Having parents as partners at St Mary’s is important and I welcome and appreciate your support.

Children, be good to your mums and dads (and brothers and sisters) during the holidays.

School Returns
School commences for Years 1-6 on Wednesday 28th January. After having individual assessment times late in January (28th-30th), Kinders formally commence on Monday 2nd February.

I trust that the blessings of Our Lord are close to you during this wonderful Christmas season. On behalf of our staff and parish, I wish you a relaxed and enjoyable holiday period filled with good family and friends.

Kind Thoughts

Kevin Williams
Principal
Thanksgiving Mass
Our Thanksgiving Mass is on Monday 15th December at 9.15am. As always, we warmly invite our whole school community to join us in celebrating the Eucharist together for the final time in 2014.

Advent Liturgy – Tuesday 16th December
Fantastic job Year 4 – you were tremendous in leading our 3rd Advent Liturgy on Monday. Boys and girls, your singing and participation was wonderful! Thank you to all the parents who have been able to join us for our liturgies and assemblies; your presence makes them even more special. Next week, Year 5 will lead our liturgy on Tuesday morning in the church, 9.15am. We would love for you to join us!

St Vincent de Paul Christmas Hampers
Our Mini Vinnies members are currently promoting our St Vincent de Paul Christmas Hamper drive to the school community. Our final day of collecting food for the Christmas Hampers is this Friday, 12th December.
Each class will be making their own Christmas Hamper for donation from a given list of items. Each child has been assigned an item from their class list and have been asked to please bring this item in for donation. If you have other items you would like to donate, we would appreciate any assistance. This year, we are hoping to receive a large collection of tinned goods. On behalf of the Mini Vinnies team, we thank you in advance for your support.

Christmas Carols
Our Christmas Carol evening was a huge success. So many mums, dads and grandparents joined us for a fun night. The singing from every grade was wonderful. Well done boys and girls! And our wonderful choir did a brilliant job as well.
A big thank you to the P&F who organised the BBQ and face painting, Annette and Andy Thompson who started the evening with their song ‘Light of the World’ and the Toukley/Charmhaven branch of the NSW Fire Brigade who ensured Santa arrived safely to St Mary’s.

Christmas Eve Mass
Please come along to our Parish Christmas Vigil Mass, 6pm on Christmas Eve. Those children who have volunteered for jobs will be given their roles/readings this week and we will be practising next week during school time.

The Lighting of the Christmas Tree – Toukley Village Green
On Saturday our choir performed at the Toukley Village Green for the lighting of the Christmas Tree. They will be led by Mr Hochkins and Mrs Houston and, as always, did a fantastic job. Their performance was flawless. Well done, choir!

Finally, I wish you all a wonderful, happy and holy Christmas Season filled with laughter and fun. Enjoy a safe break from school and I look forward to seeing you all in 2015.

Emma Sellars
Religious Education Coordinator
Enjoy the Summer break

Well, we’re almost there. Only one week to go, then no more packing school lunches, no more rushing to find that lost school sock or hat in the morning, no more yelling to turn that TV off and get your uniforms on - for a whole six weeks at least.

Now we can have a break, relax and wind down, for the kids as well as us parents. It’s been a long, jam packed school year and the children have worked hard and achieved so much.

A lot of families will be packing up and going away for the holidays, but for those staying at home there are some great things to do on the coast. Of course there is always the beach and lake activities and Wyong Shire Council has quite a few activities planned through the public libraries. Just look under the Community then Events tabs on the council website. Most are at minimal cost or free. NSW Dept. of Sport and Recreation also run activities throughout each school holiday period.

I’ve had some positive feedback recently from a parent who took on the ideas around “The Brilliance of Boredom” and disconnecting from electronic devices information in last term’s newsletter for their own family. So long as you can get past the first few days of complaining from the kids, and they will, so be prepared and persevere, it can become a very positive way to really connect with the kids. They start to use their initiative and imagination to come up with their own ideas for play and you’ll be less likely to hear “I’m bored” through the holidays.

Spending time with the kids, actively engaging with them and what they are doing is a bit like putting credits in the bank. Having your focused attention for a short period of time means they are then more likely to be satisfied to go off and spend time playing on their own or amongst themselves while you get things done.

CLASS PARENTS 2015

During 2014 we have had a wonderful team of 21 parents who have willingly and actively taken on the role of Class Parent for our school, some singly and others in teams, in a quiet and humble manner. They have met regularly with Mr Williams, organised liturgies, morning teas, worked closely with teachers and assisted with being positive advocates for our school, all without fanfare.

The role of Class Parent is one of service within our community and we see it as an important network within our welcoming, hope filled daily life here at St Mary’s.

If you would like to volunteer to be a class parent next year and you are available during school hours some days, please complete the slip below and return to Julie Baker via the office.

We hope to have our Class Parents Team established before the end of this year so we can be ready for the start of the new school year.

Please consider whether you are able to actively involve yourself in this way next year.

Julie Baker, Pastoral Care Coordinator

I would like to nominate myself as part of the Class Parent Network for 2015

Name: ______________________________
Signature: _____________________________
Phone: ______________________________

My child/ren will be in (year) ___________ next year.

Best wishes for the Christmas and New Year break.
Donna Falzon
MERIT AWARDS WEEK 10

K GOLD  Kiara R  Olivia C
K GREEN  Mark H  Candice B
K BLUE  Trinity T  Diezel P
1 GOLD  Mia C  Bella E
1 GREEN  Harper R  Charlize P
1 BLUE  
K-6 RED  Elliot H  Ronald S
2 GOLD  Mahlie C  Marliyah S
2 GREEN  Tallin K  Ewan H
2 BLUE  
3 GOLD  Holly M  Bailey L
3 GREEN  Jack B  Tahlia P
3 BLUE  Brandon W  Will H
4 GOLD  Elhan W  Ellie W  Brendan H
4 GREEN  
5 GOLD  Mason  Cailin G
5 GREEN  Rose C  Khalil M
5 BLUE  Ben W  Sarah W
6 GOLD  Lachlan M  Logan L
6 GREEN  Maddy D  Dylan W

STAR AWARDS WEEK 10

Kahlil G
Iszac M
Samantha W
Gemma S
Jaime F
Suzie B
Millie T
Sarah L
Zane B
Blake S
Scarlette S
Lara L
Taalirah G
Ellee B
Tom L
Lukas S
Joel C
Mitchell B
Isabella M
Kalin H
CANTEEN ROSTER

Thursday 11th December
Tammy Cliff 9-11.20am
Jenny Muscat 9-11.20am
Debbie Cowan 12-2pm

Friday 12th December
Amy Jones
Kristina Sprohar
Sally Levey 12-2pm

PLEASE NOTE

THERE WILL BE NO LUNCH ORDERS NEXT WEEK.

LAST DAY FOR LUNCH ORDERS WILL BE FRIDAY 12TH DECEMBER.

Monday Dec 15th & Wednesday Dec 17th Canteen will only be open for recess snacks and ice blocks at lunch time.

Upcoming Events

Monday December 15th
– Thanksgiving Mass

Wednesday December 17th
– Students last day of term
Absentees
Please remember to notify the school before 9.30am if your child/ren will be absent from school.

Canteen Hours
Monday, Wednesday, Thursday and Friday.
Breakfast—8.30am—8.50am
Recess—11.00am—11.20am
Lunch—1.00pm—1.50pm

Uniform Shop News

Term 4 Week 10
Shop Hours

Hours are back to normal

Monday: 8am - 10.30am
Wednesday: 8am - 10.30am
Friday: 8am - 10.30am

APPOINTMENT TIMES ARE BEING MADE FOR AFTER SCHOOL FOR NEW KINDER PARENTS TO SAVE WAITING TIMES.

The number to call is 4396 5100

EFTPOS ONLY AVAILABLE IN MORNING! CASH OR CHEQUE IN AFTERNOONS PLEASE.
How screen time affects rest

When little ones don’t get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

“The main effect of overusing media devices is that it can decrease the total amount of sleep kids get,” says Dr Sarah Loughran, sleep researcher at the University of Wollongong.

She says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children’s bedtimes, resulting in less time being available for sleep.

- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.

- **Light emissions** - light from electronic devices can disrupt the body’s natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle.

Being wise to your child’s screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine. Dr Loughran suggests the following:

- **Set a ‘bed time’ for media devices** - this should happen one or two hours before kids go to sleep, and applies to adults too so everyone gets into good habits.

- **Tweak their bedtime routine** - let kids wind-down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.

- **No media devices in the bedroom** - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.

- **Replace screen time with exercise during the day** - outdoor exercise in bright light is wonderful for sleep and helps balance their ‘virtual’ and real lives.

- **Limit food and drinks during screen time, especially at night** - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

What constitutes ‘too much’ screen time remains to be defined. You might like to read up on the [Department of Health guidelines](https://www.health.nsw.gov.au/). They recommend that children five to 12 years have no more than two hours of screen-based entertainment per day, and that two-to-five year olds have less than one hour.

Dr Loughran is currently recruiting for participants to take part in the following research programs being run at the University of Wollongong:

- The impact of sleep deprivation and screen time on children with and without ADHD.
- The effects of mobile phone emissions on brain activity in children during sleep.

If you are interested in getting involved, please contact her at loughran@uow.edu.au.
Sleep strategies for the whole family

These expert tips from Associate Professor Harriet Hiscock, paediatrician and sleep researcher, are great for managing common sleeping speed bumps or simply getting the family into the swing of a great night’s sleep.

Golden rules for kids' sleep
- Establish a bedtime routine - so they know what to expect and have time to wind down.
- Keep bedtime consistent (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.
- Make sure they fall asleep in their bed - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.
- Remove all TVs, computers and mobile devices from their bedroom - the light stimulation alone will make it harder for them to settle down.
- Avoid caffeinated foods and drinks after 3pm - caffeine is a stimulant which is likely to keep young bodies awake.
- Have a wind-down period yourself - show kids that a bedtime routine is important for the whole family.

When your child won't stay in bed
- Limit the number of times they can come out of the bedroom (one or two times works well).
- Reward them for complying with the rules (eg a stamp or sticker in the morning).
- If they keep coming out, take them back to their room with minimal fuss or arguments.

When your child won't fall asleep alone
- Identify who (eg mum or dad) or what (eg music) they need in order to fall asleep and return to sleep if they wake in the night.
- If it’s you, slowly withdraw from the bedroom in stages (also known as 'camping out').
- If it’s something else (such as music), gradually reduce the amount of time the child spends with it before going to sleep.

Looking after yourself
- Go to bed soon after your child - if your child wakes often in the night, you may be up again shortly after you turn in.
- Follow good sleep hygiene rules - ie limit media use in the bedroom and have time to wind down.
- Limit your consumption of caffeine and alcohol before bedtime - they can lead to poor sleep.
- Do some stress-busting - try things like relaxation, yoga, and mindfulness meditation as often as you can.

For more information
- Sleep Health Foundation fact sheets
- The Royal Children’s Hospital sleep tip sheets
- Raising Children Network information by age group
- Healthy Kids Seminar Series - a free seminar by Murdoch Children’s Research Institute on common child sleep problems and sleep tips for parents
- Infant Sleep e-Learning Program – an evidence-based, online course by Murdoch Children’s Research Institute for professionals but it also suits families ($50, 1 hour duration, includes parent resources)

https://www.kidsmatter.edu.au/families
Parish Information:

Parish Priest: Fr. Peter D’Souza  Msfs  
Contact Number: (02) 43964455

Assoc. Priest: Fr Michael Divyanthan  HGN  
Fax: (02) 43972853

Parish Secretary: Mrs Jan Lovett  
Website: www.toukleycatholic.org.au

Parish Office: Baptisms & Marriages  
Address: 458 Main Road, Noraville.  
P.O. Box 1, Toukley. 2263

Email: toukleyparish@dbb.org.au

Intention for the month of November: Dedicated to the Immaculate Conception

Masses

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<tr>
<th>Day</th>
<th>St Mary’s</th>
<th>St Brendan’s</th>
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<tr>
<td>Saturday</td>
<td>6:00pm</td>
<td>5pm (Children’s Mass)</td>
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<tr>
<td>Sunday</td>
<td>7:30am</td>
<td>8:00am (Reconciliation before Mass)</td>
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<td></td>
<td>9:00am (Children’s Mass)</td>
<td>(Excluding Christmas &amp; Easter)</td>
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<td></td>
<td>6:00pm</td>
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<td>Monday</td>
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<tr>
<td>Wednesday</td>
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<td>9:00am (Anointing of the Sick on the first day of the month)</td>
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<td>Thursday</td>
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<td>Friday</td>
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<td>11:00am (1st Friday Anointing Mass except January)</td>
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<td>Saturday</td>
<td>7:45am</td>
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<td></td>
<td>8:15am – 9:00am (Reconciliation)</td>
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<td>1st Saturday 5:15pm – 5:45pm</td>
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<td></td>
<td>1st Saturday 8:15am – 12:00pm (Adoration)</td>
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Ministry Contacts:

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<tr>
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<th>Coordinator</th>
<th>Contact No.</th>
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<tbody>
<tr>
<td>Home Communion</td>
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<td>Sunday Bus Service</td>
<td>Dulcie Grady</td>
<td>43909062</td>
</tr>
<tr>
<td>After School Care</td>
<td>Tania Wilson SM</td>
<td>0417416678</td>
</tr>
<tr>
<td></td>
<td>Ruth Sutherland SB</td>
<td>43588157</td>
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Next Sunday:

First Reading: Isaiah: 61: 1-2, 10-11
Second Reading: Paul: 5: 16-24
Gospel: John: 1: 6-8, 19-28

Special Days of the Week:

Date: 8/12 The Immaculate Conception of Blessed Virgin Mary.
Date: 9/12 St Juan Diego Cuauhtatotzm. 
Date: 11/12 St Damasus 1. 
Date: 12/12 Our Lady of Guadalupe. 
Date: 13/12 St Lucy.

Schools:

<table>
<thead>
<tr>
<th>School</th>
<th>Principal</th>
<th>Contact No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Mary’s K-6</td>
<td>Mr Kevin Williams</td>
<td>43965100</td>
</tr>
<tr>
<td>St Brendan’s K-6</td>
<td>Mrs Luanna Fletcher</td>
<td>43581501</td>
</tr>
<tr>
<td>St Peter’s College</td>
<td>Mrs. Michelle Peters</td>
<td>43512344</td>
</tr>
<tr>
<td>MacKillop College</td>
<td>Mr Stephen Todd</td>
<td>43929399</td>
</tr>
<tr>
<td>St Brigid’s College</td>
<td>Mrs Julie Terry</td>
<td>43584278</td>
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Second Sunday of Advent (Year B)

Responsorial Psalm: 
Lord, let us see your kindness, and grant us your salvation.

Gospel Acclamation: 
Alleluia, alleluia!
Prepare the way of the Lord, make straight his paths: all people shall see the salvation of God. Alleluia!
“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. Jn 3;16

O come, let us adore Him……..

Christmas Vigil :

St. Brendan’s: 29 Carters Rd Lake Munmorah: 5.00 pm
St. Mary’s: 458 Main Rd, Toukley: 6.00 pm
Carols 11.30 pm
Mid Night 12.00 pm

Christmas Day:

St. Brendan’s: 29 Carters Rd Lake Munmorah: 8.00 am
St. Mary’s: 458 Main Rd, Toukley: 7.30 am
9.00 am

NO EVENING MASS.

Good tidings to you,
And all of your kin,
Good tidings for Christmas,
And a Happy New Year 2015.

From the Parish Staff and Community.