Dear St Mary’s Catholic School Community,

We wish all our Dads, Grandads and important male role-models all the very best for a wonderful Father’s Day on Sunday. May you enjoy a day surrounded by the closest people in your life and take the time to reflect on the important role you have.

Our Father’s Day celebrations are on Friday with the P+F hosted BBQ Breakfast commencing from 7.00am in the Parish Hall. Following breakfast, we invite all our Dads and Grandads to join us as we celebrate our Father’s Day Mass from 9.15am. After recess, our Dads Netball Team (volunteers needed) take on our Year 6 in the annual Dads vs Year 6 Netball match.

**Confirmation**

Please keep in your thoughts and prayers the children in our parish who are currently preparing to receive the gifts of the Holy Spirit through the Sacrament of Confirmation.

**Book Week**

Being at a funeral yesterday, I unfortunately missed our Book Week celebrations. The feedback I heard was that the children looked great in their various book character costumes. As is the case, the teachers and support staff joined in the fun by dressing up. From the staff photo, I can see that they were an ‘interesting’ looking group. Our Year 6 were fantastic in the way in which they led the shared reading with the younger grades on the oval and the teachers enjoyed swapping classes to share a favourite book with the children. What I was most pleased to hear was that from Kinder to Year 6, our children’s attitude and behaviour were excellent. An important part of being a student at our school is participating and getting involved. Again, our children did that with a smile on their face.

**Best Wishes Mrs Sellars**

We wish Mrs Sellars all the very best as she shortly begins her Maternity Leave. Your skills as our REC and Numeracy Coach will be missed. We wish Emma and Trent well as they prepare for the impending birth of their first child.

**Summer Uniform**

The changeover to our summer uniform commences on Monday 12 September (Week 9). If the weather turns warmer earlier, your child is welcome to wear their full summer uniform before the above mentioned date.

**Acting REC**

Interviews to select our Acting REC occur shortly.

Kind Regards,

Kevin Williams
Principal

---

**Upcoming Events**

- **Father’s Day Stall**
  Thursday
  1 September

- **Father’s Day BBQ Breakfast**
  From 7.00am
  Friday
  2 September

- **Father’s Day Mass**
  9.15am
  Friday
  2 September

- **Sock it to Poverty Day**
  Wednesday
  7 September

- **Year 1 Assembly**
  Thursday
  8 September

- **Kinder Excursion**
  Friday
  9 September

- **Summer Uniform Commences**
  Monday
  12 September

- **Volunteers’ Liturgy**
  10.30am
  Wednesday
  14 September

- **Year 2 Assembly**
  Thursday
  15 September

---

**Book Week Parade**

---
Father’s Day Mass
A reminder that our Father’s Day Mass is this Friday at 9.15am. We look forward to seeing many dads and families join us. We have our Father’s Day breakfast beforehand and following Mass will be the annual Dad’s verse Year 6 netball match (weather permitting).
Children are invited to send in a photo of themselves with their dad to their classroom teacher by tomorrow. These photos will be displayed in a class display that will then become part of the Gospel Procession.
We also ask for any dads who would like to walk in the procession at the start of Mass (dressed in their work clothes with their children also in their work clothes). If you would like to participate in this procession, please add your name and your child’s name to a note with your occupation/what you and your children will be wearing and send it in to me in the office by tomorrow morning. I will send a confirmation note home with your child.

Sacrament of Confirmation
Please keep the many children in Year 2, 3, 4, 5 and 6 who are currently preparing for the Sacrament of Confirmation in your prayers and thoughts. Please note that the Week 4 classes are this week.

Volunteer’s Liturgy
On Wednesday 14th September Year 5 and 6 student representatives from St Mary’s, St Brendan’s and St Brigid’s schools will come together with local emergency service and volunteer organisations to celebrate and thank them for the work they do. This year it is St Mary’s organising the event, which will be held in our church at 10.30am. Morning tea will be held afterwards in the hall. Please feel welcome to join us for the liturgy and morning tea, and invite any volunteers that you know to join us also.

Emma Sellars
Religious Education Coordinator

From Our Family Liaison Officer

Thursday, September 8th is R U OK Day, a day specially designated to raise people’s awareness of how important it is to look out for each other.

While we try to do this every day here at St Mary’s, R U OK Day is a great reminder for everyone that a simple conversation can make a world of difference to someone who may be finding life difficult at the moment.

Many parents/carers within our school community are lucky enough to have networks of family and friends to offer help when needed, but not everyone. Taking the time to connect with the other adults around us and simply asking “Are you OK?” can help greatly.

As a community it’s important that we look out for and try to support each other.

Donna Falzon
Family Liaison Officer
**KidsMatter**

**Self Regulation**  
A person’s ability to manage their feelings and behaviour is called self-regulation.

When children learn to self-regulate they have stronger friendships and relationships with others, are more able to pay attention and learn new things and deal better with the normal stresses and disappointments of daily life. This helps to decrease the ongoing impact of stress that can contribute to mental health difficulties.

Being able to consistently regulate their own feelings and behaviour is a big task for a young child but by the time they are ready to start school, children become more flexible and better able to regulate their own emotions and actions.

Emotional and behavioural self-regulation also contribute to a child’s growing independence and confidence.

Difficulties in emotional and behavioural self-regulation that occur often, across a number of settings and over long periods of time can be warning signs that mental health difficulties may be present.

Please use the link, “Self Regulation”, to access more information about children learning to self-regulate and what parents/carers can do to support them from the KidsMatter website.

---

**Star Awards**

Lily W  
Zali M  
Eddie A  
Marley R  
Milan B  
Cahill L  
Cooper O  
Erin N  
Ruby R  
Kourtney F  
Sebastian R  
William G  
Fletcher M  
Tamika S  
Krystal S  
Cooper S  
Tahlia P  
Declan C

---

**Uniform Shop News**

Summer change-over is Monday 12th September.  
New style hat—introductory price $17 each.  
Lost property bin will be cleared this Friday so please check for lost items (uniforms, lunch boxes, drink bottles, etc.) before then.  
Shop open every weekday morning 8.15-9.45am.  
For appointments outside these hours please call or text Julie on 0402 311 749.

---

**School Banking**

School Banking Day at our school is Monday.  
Reward items now out of stock: Handball, Flying Snake Tail and Writer Set.  
Rewards still available: Bag Tag, Eraser Pen and Skip Rope.  
There are also limited stock of 2015 Rewards: ET DVD, Frisbee, Rocket and Money Box.

---

**Something We’ve Noticed**

Thank you to the kind family who donated some money towards helping out for the Father’s Day BBQ Breakfast. It is not the first time that this family has done a similar deed and we certainly appreciate your generosity.

---

**From Our Office**

Thank you to everyone who has been keeping up to date with their school fees. Please remember to check the bottom of your monthly statement to see if your payments are up to date, any overdue amounts will be highlighted. If you have fallen behind we ask that you catch up as soon as possible.

Lyn, Jacqui & Leesa
Canteen News
Soup this Friday, September 2nd is Chicken Noodle and Vegetable.

The Term 3 Canteen Roster is available on our school website if you are unsure of your rostered day.

On Our Website
- Optional Homework Suggestions
- Canteen Roster
- School Newsletter
- Permission Notes
- Term Calendars
- Medication Policy
- Sporting Dates
- News and Events

From Our PE Teacher

ST MARY’S BROKEN BAY ATHLETICS RESULTS – Well done all competitors

Congratulations to the athletes going to Polding at Newcastle
We have a number of children through to the Diocesan Carnival coming 1st – 4th in their finals.
Mia C – 100m – 3rd; Lj; Mia T – 800m – 2nd; Tahlia H – shot put 3rd and high jump 1st;
Keegan F – 100m – 3rd, high jump – 2nd and long jump – 3rd; Josh B – 2nd 100m; Zander F 100m – 1st, 200m – 1st, shot put – 1st, long jump – 1st; Joey F 100m – 2nd, 200m – 2nd, shot put – 2nd, long jump – 2nd.

NETBALL GALA DAY – TUESDAY 13TH SEPTEMBER
Thank you to those parents who have already returned notes. If you are keen to coach your child’s team could you please ring the office and let Jacqui know what day you would like to come in – we have over 20 teams!

Liz Bain
Sports Coordinator

Workhouse Orphan by Isla A
15th May 1848
"Up! Time to get to work!"
Already? Aaargh!
My name is Mary and I have been living in this dreary place for 2 whole years. I am 11 and Father Michael gave me this beautiful little diary to help me continue with my writing. My parents taught me to write. Their names were Nellie and Tom and I lost them to the horrific famine that destroyed our potato crop and when we couldn't pay the rent for our house we were evicted. Ma died of illness and Pa starved leaving me an orphan.
I must go otherwise Mrs Clements will blow her top!

16th May 1848
This morning nothing seemed out of the ordinary. We were marched downstairs to the dining hall where we were given a bowl of gruel. Gruel is a thin porridge that we get served almost every meal. After that Mrs Clements told us some exciting news! There is a program organised by the Board of Guardians sending us Workhouse Orphans to Australia! How I hope I can go. I would be able to leave this horrid miserable place crawling with rats and illness hopping from one person to another like bees to honey!

17th May 1848
After we got up this morning (at 5am) we had our usual breakfast (gruel) then we had to pick oakum till lunch. We have to separate the strands from the old rope off sailing ships. It’s hard on your fingers and leaves cuts. The salt from the rope then gets into the cuts making them sting terribly. At about 12noon we were taken down for lunch. This time it was corn mush. It made my stomach ache! I hoped I wouldn't have to go to the infirmary! That is where the sick are taken. But they aren’t taken care of and they usually die. I have to go into the exercise yard now.

7th June 1848
Today Mrs Clements read out who had been accepted to go to Australia.
"Eleanor James, Matilda King, Mary-Ann Brass, Margaret Carlisle, Eliza Frazer".
The list went on forever! Until finally she called “Mary Thomas”. I was off to Australia! I am still so excited!

12th June 1848
We have boarded the ship going from Ireland to Australia. It is called the 'Earl Grey'. We were taken down into the hold. It was pitch black and it took a little while for my eyes to get used to it! I met a girl my age named Sarah and immediately we became best friends. Then we had to choose our sleeping berths and that is where we have to stay until we leave port.

24th June 1848
We leave for Australia today! Sarah and I are so excited! I wonder what Australia will be like and what will be waiting for us there? I hope I have a better life in Australia.

Mary Thomas

458 Main Road, Noraville NSW 2263
Telephone: (02) 4396 5100
Fax: (02) 4396 5101
Email: smt@dbb.catholic.edu.au
Website: www.smtdbb.catholic.edu.au