Dear St Mary’s Catholic School Community,

**National Child Protection Week** invites all Australians to play their part to promote the safety and wellbeing of children and young people. Protecting children is everyone’s business: Play Your Part by focussing on the theme ‘Stronger Communities, Safer Children’. This theme emphasises the importance and value of connected communities in keeping children and young people safe and well. Further information can be found at napcan.org.au

**Fathers Day Celebrations**

It’s always so refreshing to see the number of parents, in this instance mostly dads and grandparents, who attend events such as these. From the smell of bacon at 7am to the beautiful liturgy with Fr Stephen in the church, the day was memorable for all the right reasons. The only disappointment was the rain which meant the cancellation of our annual Dads Vs Year 6 netball game. Maybe next year!

Thanks to all the helpers in the hall, on the bbq, at the Mass and with the fabulous gift stall. Your good work constantly builds our school community. Thanks.

Mrs Sellars

At the end of this week Mrs Emma Sellars officially finishes fulltime work at St Mary’s for 2016 as she prepares for the next exciting phase in her family life, motherhood.

Emma’s input and expertise as our Religious Education Coordinator and Numeracy Coordinator has been instrumental in the leading of meaningful parent engagement, effective coaching of teachers as ongoing learners in Maths and the nurturing of the faith development of our students both academically and spiritually. Emma will still be working some days over the next little while but we want to take this opportunity to formally thank her for her endless energy and enthusiasm, her sharing of her professional knowledge and her good sense of humour. We’ll miss you Em. Good luck to you and Trent for the safe arrival of your first child.

**Kinder Excursion**

This Friday the Kinder children will head off to the Sydney Aquarium for their excursion linked to their unit of work Under the Sea. We hope the children, teachers and accompanying parents have a lovely day.

**Summer Uniform**

The official date for changing back to Summer Uniform is Monday 12th September. As stated last week, parents may opt to change earlier if the days stay this warm. Please ensure that your child is only in their sports uniform on designated sports uniform days for their class.

**Netball**

Next Tuesday 13th is the Netball Gala Day for most students from years 3 – 6. The boys and girls always have a terrific day and once again Mrs Bain does a great job organising our teams, the parent managers and everyone’s draws. Good luck to all our teams and remember the lovely St Mary’s spirit of sportsmanship; to borrow from The Three Muskateers (sort of) ‘All for fun and fun for all.’

**Sock it to Poverty**

We hope you will all get behind this fun fundraiser next Wednesday. As one who deliberately wore odd socks every day for my first eight years of teaching, I love Socktober! I can’t wait to see the crazy, colourful combinations the kids come up with next Wednesday. It’s a couple of dollars for a great cause. Enjoy!

Kind Regards,

J A Baker

Julie Baker
Assistant Principal

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**Upcoming Events**

- **Year 1 Assembly**
  Thursday
  8 September

- **Kinder Excursion**
  Friday
  9 September

- **Summer Uniform Commences**
  Monday
  12 September

- **Netball Gala Day at Baker Park Wyong**
  Tuesday
  13 September

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

- **Sock it to Poverty**
  Wednesday
  14 September

- **Year 2 Assembly**
  Thursday
  15 September
Goodbye, See You Soon!
To the fantastic St Mary’s School Family. Farewell, thank you and see you soon! I will shortly be leaving this wonderful community to prepare for the arrival of the littlest Sellars, due September 30. It is a very busy and exciting time, full of anticipation. Trent and I can’t wait to meet bub in a few short weeks. Thank you to all of the parents who have been so caring and supportive, I appreciate your well wishes! I will certainly miss the smiles and laughter of the children during my maternity leave. I will, no doubt, see many of you around and I look forward to returning to St Mary’s at some stage next year. Thank you and see you soon! Emma.

Catholic Mission Fundraising
Crazy Sock day is next Wednesday, 14th of September. Please bring in a gold coin donation. Over the next week we will be fundraising for Catholic Mission through a guessing competition, run by our Mini Vinnies members. It is 20c a guess. The winner will be announced next week.

Father’s Day
It was fantastic to see the church so full last Friday as we celebrated the gift of our dads. Thank you to everyone who was able to join us. Also, a huge thank you to the many mums and dads who volunteered to help at the Father’s Day breakfast - once again, it was a fantastic morning.

Volunteers’ Liturgy
Next Wednesday, 14th September, we celebrate the work of local emergency service and volunteer organisations in our Volunteers’ Liturgy. You are welcome to join us (10.30am).

Emma Sellars
Religious Education Coordinator

From Our REC

When a child is often absent from school their learning routine is broken, they miss out on vital information, they can lose confidence and miss opportunities to build friendships. While infrequent absences due to illness, family emergency, etc are justified and expected, for a small number of students absenteeism can become a regular habit.

Regularly being late can also have a huge impact on learning. 9am-11am is known as the “Literacy Block” at St Mary’s where students do some of their most vital learning – reading, writing, and comprehension. Coming in late means that a student not only misses vital instruction and learning time but those who are regularly late can often become self-conscious and anxious knowing they are missing out and will have to try to catch up to the rest of the class.

As parents/carers we want to ensure our children get to make the most of their opportunities to learn and making sure they are attending school in the K-6 years helps to set them up with good habits for the High School years ahead.

Donna Falzon
KidsMatter

While everyone experiences anger - it is a normal reaction to frustration, stress or disappointment—a child that is lacking the skills for managing anger can express themselves in an aggressive or negative way.

Learning to manage anger involves developing social and emotional skills for calming down and having ways to express angry feelings assertively, rather than aggressively. This means learning to use words rather than aggressive actions to communicate their feelings.

It is also important for children to learn to recognise when those feelings of anger are building and how it triggers changes within the body and also with their thinking.

Intense, angry feelings often cloud judgement and lead to impulsive or aggressive behaviour rather than with thoughtful actions.

Learning to recognise when they are getting angry—the way their body reacts physically and the angry thoughts they have—helps children to understand how angry feelings work. This is the first step to learning to manage their anger.

Please use the link “The Experience of Anger” for more information on how to help children learn to recognise and manage their angry feelings.

From Our Librarian

St Mary’s Loves Literature!

What an exciting time we had at St Mary’s last week. I am always amazed at the media reports of experts telling us that children have lost interest in reading. This is certainly not the case at our school. St Mary’s kids love books, love to read and be read to and... love Book Week!

Thank you everyone for supporting our celebrations this year. It was wonderful to see so many parents and grandparents in our audience. The children looked amazing in their costumes. The library is always open if you want to pop in and see the children’s work throughout their library lessons this term.

Book Week does not happen without lots of help. I would like to thank our Book Week Committee: Mrs Perry, Mrs Shearwood, Mrs Jones, and Mrs Houston. I would also like to thank Mrs Miao, our Library Assistant, who works tirelessly for our children. I would like to thank our staff, who throw themselves into the spirit of Book Week. Thank you to our Year 6 for launching our Book Parade and reading to all of the children on the oval. Well done!

Lastly I would like to thank Molly, Isabella, Amelia, Grace, Lily, Ariel and Finlay, our library monitors who willingly give up their free time to help out in the library.

Happy Reading Everyone.

Miss Gray
Librarian

P&F News

The P&F would like to thank Kristina Sprohar for all her wonderful efforts in running the Father’s Day Stall. Also, a big thank you to Tammy Curphey-Cross from the P&F for coordinating the Father’s Day breakfast.

Choral Day

Congratulations

Parents and friends of choir and vocal group who attended the Central Coast Catholic Schools Choral Day recently, were together able to raise the fabulous amount of $700 to donate to Caritas Australia. Let us not develop an education that creates in the mind of the student a hope of becoming rich and having the power to dominate [but one that forms] the lofty ideal of loving, of preparing oneself to serve and to give oneself to others.”

Archbishop Oscar Romero

Well done you peace-loving singers!!

Maureen Houston and Chris Hochkins

From Our Office

Being Allergy Aware!

It’s up to all of us

With nut allergies on the increase and particularly with children in our school having severe nut allergies, it is worthwhile checking food labels to see what can be potentially harmful. A severe allergic reaction can occur not just through eating food containing nuts but also through contact contamination. Being considerate of the safety and wellbeing of those children with potentially life threatening allergies means not sending products containing nuts to school.

It is appropriate to remind our children that sharing food can be potentially hazardous to other students. They should only eat what you have packed in their own lunch box and not share their food with others.

It is also important to remind our children to wash their hands after eating, at home before school as well as at school, to prevent any cross contamination by contact.

Thank you

Lyn, Jacqui & Leesa
From Our PE Teacher

POLDING ATHLETICS
Good Luck to our Athletes for this Friday at Newcastle. This is a very high level of competition and we wish them well. Mia C – 100m; Mia T – 800m; Tahlia H – shotput and high jump; Keegan F – 100m, high jump and long jump; Josh B – 100m; Zander F 100m, 200m, shotput, long jump; Joey F 100m, 200m, shotput, long jump.

CCC NETBALL
Thank you to our parents who have offered to manage and coach – YOU ARE WONDERFUL.
Could anyone driving to Netball please be there by 8.45am so teachers can assemble teams and be ready for first game at 9.20am.

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<td>Lee Starkey</td>
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Canteen News
Soup this Friday, September 9th is Pumpkin.

Volunteers urgently needed for Wednesday 21st September. Thank you

Westerdyk Family

Buchanan Family

Father's Day Mass

Sternbeck Family

Crazy Sock Day!
Wednesday 14th September (Week 9)
Bring in a donation to help raise money for Catholic Mission

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