Dear St Mary’s Catholic School Community,

Welcome back to Term 4.

Term 4 is always a fun and exciting term. We farewelled our Year 6 this morning as they began their 3 day excursion to Canberra. Term 4 is an important student leadership term. Our Year 6 spend their last term at primary school, ready to hand over the reins of leadership to Year 5. We have begun talking with Year 5 about the important leadership responsibilities they will inherit. As we have a great Year 5 group of children, we are confident that they will be outstanding school leaders.

One of the most serious aspects of my role is employing teachers at our school. I ask that you keep the Leadership Team in your thoughts and prayers through our discernment process.

Please maintain regular and consistent reading patterns at home with your child (ren). It is so very crucial that strong home reading habits are the norm in your home. Literacy skills build the foundation for future educational success.

Later in the term there are many opportunities for you to join us in celebration. Our All Saints Mass, Awards Ceremony, Thanksgiving School Mass and Christmas Carols come to mind. Please check our school’s website for our Term 4 Calendar. There is a greater sense of school spirit and celebration when you join us.

**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. Confirmation will be celebrated at 11.00am on Sunday 23rd October.

**Congratulations Mrs Sellars**

We congratulate Mr and Mrs Sellars on the birth of their first child, a baby daughter. Savannah Eadie Sellars was born on 5th October weighing 4300g/9lbs7oz. Both Mum and baby are well. Dad’s pretty good too.

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**Upcoming Events**

- **Canberra Excursion Year 6**
  - Wednesday-Friday
  - 12-14 October

- **Cricket**
  - Friday
  - 14 October

- **Confirmation**
  - 11.00am
  - Sunday
  - 23 October

- **Kinder 2017 Transition 1**
  - 9.30-11.00am
  - Wednesday
  - 26 October

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**Kinder Transition 1**

The first of 4 Kinder 2017 Transition sessions begins at 9.30am on Wednesday 26th October. The sessions require both the child and at least 1 parent to be present.

Kind Regards,

Kevin Williams
Principal
Hello and welcome back to Term 4. I hope that your holidays were a happy time for you and your family. I would like to congratulate Mrs Emma Sellars and her husband Trent on the recent birth of their daughter Savannah. While Emma is on her Maternity Leave, I will be the Acting Religious Education Coordinator. Please feel free to contact me with any questions you may have.

Sacrament of Confirmation
Please keep the many children in Years 2, 3, 4, 5 and 6 who are currently preparing for the Sacrament of Confirmation in your thoughts and prayers. The Sacrament will be celebrated on Sunday 23/10/16 at our Church.

Dates for Term 4
Masses and Liturgies
As always, we invite you to join us for the many beautiful Masses and Liturgies we have each term.

All Saints Mass: 9.15am Friday 4th November
World Teachers’ Day Liturgy: 10.15am Friday 25th November
Thanksgiving Mass: 9.15am Friday 9th December
Advent Liturgy 1: 1.50pm Thursday 24th November
Advent Liturgy 2: 1.50pm Thursday 1st December
Advent Liturgy 3: 1.50pm Thursday 8th December
Advent Liturgy 4: 1.50pm Thursday 15th December

Liz Hartge
Acting Religious Education Coordinator

From Our REC

Savannah Eadie Sellars

From Our Family Liaison Officer

Welcome back. October is Mental Health Month in NSW. Promotion of Mental Health Month is a positive way to break down any stigma still attached to mental illness, bring awareness to how prevalent mental illness is in the wider community and start conversations around the importance of developing and maintaining positive mental health.

Nearly half of all Australians (45%) will experience some form of mental illness in their lifetime and those that don’t will generally know someone who has. If the stresses and circumstances in our lives become too much, it’s not hard to see how illnesses like anxiety or depression can affect any one of us.

According to the World Health Organisation (WHO) “mental health is the state of wellbeing in which every individual with their own potential can cope with the normal stresses of life, work productively and is able to make a contribution to their community”. The theme for Mental Health Month this year is Learn and Grow. Please use the link, “Mental Health Month” to learn more about maintaining positive mental health.

Donna Falzon
Family Liaison Officer
**Something We’ve Noticed**
We noticed many excited Year 6 children ready for their Canberra trip. We also noticed that some of them packed enough gear for a 3 week (not a 3 day) trip.

**Star Awards (Term 3 Week 10)**
- Hua Qiang P
- Tiernan B
- Penelope P
- Bailey J
- Matthew P
- Bailey F
- Jack B
- Clayton B
- Shaylah H
- Maddy C
- Kourtney F
- Brydie G
- Ashton R
- Finlay S
- Chloe K
- Mia C
- Bella K
- Isaac N
- Isabell B

**Uniform Shop News**
Year 6 2017 shirts: Designs are due back this Friday (14th Oct).
New hats: have you seen the new style hat yet? They are designed not to fade.
Remember to label your uniform items (especially hats & jackets).

**From Our Office**
Welcome back!
Please be reminded if your child/ren are going to be absent from school on any day to call the office on 4396 5100 before 9.00am. By calling us you will not have to send an absent note in to your child’s teacher.
Thank you to all parents who have honoured their 2016 school fees payment arrangements. The Catholic Schools Office monitors our fee collection rates and have requested that families be reminded that unless an alternate payment arrangement is in place, all fees should be paid in full by 13th November 2016.

Thank you
Lyn, Jacqui & Leesa

**KidsMatter**
As a school, St Mary’s prioritises the mental health and wellbeing of all members of our community and with current research indicating that for adults with mental health difficulties 50% of those showed the first signs of ill health before the age of 15, and 75% before the age of 25, it is important that as a community, we support and develop positive mental fitness in the children in our lives.

Building protective factors in children, such as resilience, connectedness with others, positive social and emotional skills and having a safe and supportive family environment, are key attributes that set children up to positively deal with the challenges of adolescence and young adulthood and helps to reduce the risk of developing mental ill health. It’s important for both adults and children alike to feel safe and comfortable with those around them to be able to speak about how they are feeling and ask for help when it’s needed.

One of the most common mental health concerns for children is anxiety. Please see the KidsMatter article [Stress and Anxiety in children](#) for more information about how stress affects children, the signs of stress in children and what we can do to support them to deal with it.
Canteen News
Due to work and family commitments some canteen volunteers are no longer able to fulfill their rostered days.
If you are able to spare just a couple of hours once a month in Term 4, particularly on a Wed, Thurs or Fri, please let me know either directly or through the school office.
Thank you.
Donna Falzon

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- Tini-Tots Program 5—9 years
- Tennis Australia “Hot Shots” Program
- Junior Squads : Junior Comps
- Private and Semi-private lessons
- School Holiday Camps: Social Play

You’re Gonna Love it!

Visit from Matt Dawson from the Australian Men’s Hockey Team