Dear St Mary’s Catholic School Community,

The Sacrament of Confirmation complements and completes the Sacrament of Baptism. It is administered by laying-on of hands and anointing with chrism accompanied by prayer. The chrism is blessed by the Bishop and the Bishop administers the sacrament. All baptized persons can and should be confirmed. The effect of the Sacrament of Confirmation is to give strength in faith.

Bishop Peter will celebrate Confirmation with our parish at 11.00am on Sunday. We pray for the children who are receiving the gifts of the Holy Spirit, that they will be strengthened with courage and confidence in their faith as they grow and mature.

Over 100 children from the Toukley/Lake Munmorah parish will celebrate Confirmation during Mass this weekend.

Congratulations Year 6
We congratulate Year 6 for their exemplary attitude and behaviour during their trip to Canberra last week. Well done girls and boys! Just confirming, once again, what a great group of kids you are.

Good Luck Cricketers
We wish our cricketers well as they compete in the finals of the Waratah Shield on Friday. We qualified with two solid wins last week.

Kind Regards,

Kevin Williams
Principal

Upcoming Events

- Confirmation
  11.00am Sunday
  23 October

- Year 5 Parents Meeting
  4.00pm Monday
  24 October

- Class Parents Meeting
  2.30pm Tuesday
  25 October

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

- P + F Meeting
  7.00pm Wednesday
  26 October

P + F Meeting
Please join us for our P+F Meeting which will be held in our staffroom at 7.00pm, Wednesday 26th October.

Year 5 Parents Meeting
A reminder that a meeting to share with parents the decision to merge our Year 5 classes into two Year 6 classes for 2017 commences at 4.00pm on Monday 24th October.

Class Parents Meeting
Our Term 4 Class Parents Meeting will be held at 2.30pm on Tuesday 25th October. We will meet in the staffroom.

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.

Our Choir
Our choir will perform at Norah Head next Thursday as part of the opening for the State Firefighting Championships. Sing beautifully girls and boys.
Mission Mass
Last term we were fundraising for Catholic Mission. Our St Mary’s children raised $702.88. What an amazing effort! Well done boys and girls! Your compassion and willingness to help others in need is so strong. Thank you to the Year 5 and 6 Mini Vinnies students who all helped during this time, and the families who continue to support our school. Well done, everyone!

Tomorrow, some of our Year 6 Mini Vinnies students will present our donations in the form of a cheque to representatives from Catholic Mission at the Mission Mass. The Mass is being held at Our Lady of the Rosary Cathedral, Waitara.

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 11am in our Church.

All Saints’ Day Mass
Our All Saints Mass, led by the Year 5 students will be on Friday November 4th at 9.15am. We warmly invite you all to join us.

Liz Hartge
Acting Religious Education Coordinator

From Our REC
Parents/ carers are always welcome to borrow resources from our Parent Resource Library. There are many great books on topics as varied as raising boys, raising girls, puberty, anxiety, children and social media, developing strong family relationships, building emotional intelligence and many more. We also have some relaxation/ meditation CD’s available as well.

There is also our Tuesday mornings cuppa and chat, which is a time for parents/ carers to take time out with myself and other parents/ carers at school in a very relaxed, casual setting. It is a way to meet others, find out what is happening at school and an opportunity to learn about issues relating to children’s behaviour or learning and parenting. It’s amazing just how many of us share the same challenges but think we are the only ones until we have opportunities to meet and share with others.

Toukley Neighbourhood Centre will be running the “Bringing up Great Kids” program starting Monday 31/10, for any interested parents/ grandparents/ carers. Please contact Jeannie on 4396 1555 if you are interested.

Donna Falzon
Family Liaison Officer
KidsMatter

This week’s KidsMatter article is all about the basics of mental health and what families can do to support children’s positive mental health and resilience.

Things can happen in children’s lives that increase the likelihood of them developing mental health difficulties. These events or circumstances are known as “risk factors”. While it is not usually possible to eliminate all of the risk factors that children will experience, such as chronic illness or disability of a family member, parents and carers can help children reduce the impact of stress and develop strengths to cope with challenging situations.

This is known as building the “protective factors” of children’s mental health. Caring, supportive relationships where children feel secure and their worries and concerns are listened to, helps children to feel understood and important.

Please use the link, Mental Health Basics, for more information about what parents/carers can do to understand and support children’s mental health and emotional wellbeing.

Something We’ve Noticed
Grace H top scored with 24 runs in one of our cricket games last Friday. Great batting, Grace.

Star Awards
Harry B
Thomas B
Jessica C
Indy K
Adam Q
Liberty C
Edan R
Edin D
Mia T
Leah K
Ryley E
Cohan L
Amarli D
Tyson J

From Our Office

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.

The simplest way
...stay healthy over Summer.

Nutrition Snippet

Here are five ways to make your barbies as healthy and delicious as possible.

- Limit or avoid processed meat like sausages and bacon.
- Use lean cuts of meat.
- Make sure half your plate is filled with vegies.
- Cook vegies like eggplant, zucchini and capsicum straight on the bbq (or as part of the lablab in picture).
- Make a few salads to serve on the side.
- Freezing fruits like grapes and berries make a delicious treat for a dessert on a hot day.
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.

Please remember a copy of the canteen roster is on our school’s website.

Thank you.
Donna Falzon

For Fun, Fitness, Friendship
McDonalds Tennis Academy
Ray St. Toukley
4333 3380

- Free Junior Racquet for new enrolments—$39.95 Value!
- 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!

From Our PE Teacher

NSW ALL SCHOOLS ATHLETICS
Good Luck to Keegan F, Zander F and Joey F who are competing in the NSW All Schools Athletics this week. This is an awesome achievement getting to this level.
We wish them the best at Olympic Park Sydney.

CCC TOUCH FOOTBALL THURSDAY 3RD NOVEMBER
All year 5 and 6 have been given notes.
We have 15 teams and would love some parent managers - St Mary’s parents do a lovely job of looking after our sports teams!
Could all notes be returned by Friday this week so that contact lists can be organised and buses booked.

Liz Bain
Sports Coordinator