Dear St Mary’s Catholic School Community,

After listening to many of the preliminary Year 5 speeches for 2017 Student Parliament, it is going to be very difficult narrowing the quality to just 10 students. Year 5 candidates were articulate, positive and confident. It was clear that the students had thoroughly prepared for their speeches.

Congratulations girls and boys! We are certainly a lucky school to have so many great kids capable of having a formal leadership role.

Please Join Us 1

Please join us as we celebrate the Feast of All Saints with Mass at 9.15am in our Church on Friday. A number of Year 5 students have important parts to play in our Mass. Having parents present always adds meaning to our liturgical celebrations.

Farewell Mrs Miles

Friday is Mrs Lyn Miles last day as the Senior Administrative Officer at our school. Thank you Lyn for the significant difference you’ve made to our school in a relatively short period of time. Your efficient and calm manner invited people to approach you. Your excellent skills built considerable trust in our administrative area. We wish you well in your move back to your beloved Rabbitohs’ territory.

Year 3 Excursion

We wish Year 3 well as they travel to Newcastle Museum for an excursion on Friday.

MAI Letter

With today’s newsletter you will receive a MAI letter. We ask you to nominate preferable times for your child(ren) and return it to us ASAP.

Change of Date

The date for the Thanksgiving end-of-year Mass is now 9 December and not 16 December as previously noted on our school’s website.

Please Join Us 2

Please check our Term Calendar on the school’s website for liturgies and events for which we’d hope you’ll join us during the term. For our Term 4 Calendar, please click on News and Events and then select Letters, Notes, Timetables. Details regarding Advent liturgies, Thanksgiving Mass, Christmas Carols, Awards Ceremony etc. are all listed.

Visiting Politicians

This afternoon, Year 6 will have some special visitors. Local Federal Member Emma McBride will be visiting Year 6 to discuss their parliamentary classroom learning. Joining her will be the Shadow Minister for Education, Tania Plibersek. We welcome both members of Parliament to our school.

Kind Regards,

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

Christmas Appeal
Once again, St Mary’s will be supporting our local community with the St Vincent DePaul Christmas Food Appeal. Next week, your child will be given a particular item from a class list of items. We ask each child to please bring in this item to place in their classroom basket. All of these baskets will be collected by our local St Vincent DePaul representatives during the last week of school. Once again, our Year 5 and 6 Mini Vinnies children will lead this initiative. As always, we thank our community for their generosity and compassion.

A reminder of some upcoming dates
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

From Our Family Liaison Officer

Dates for your Diary
Wednesday November 23rd 8pm—8.40pm. Free Online Digital Citizenship & Cybersafety Education webinar for parents. A range of high quality, parent friendly resources for online safety will be demonstrated & shared. Register online here.

Wednesday December 7th
Parent Spirituality Day at Catherine Hill Bay Surf Club, 9am-2pm. A day of meditation and reflection, with a guest speaker, good food and great company. While December is always hectic it’s important to take some time to refresh and renew yourself before committing all your focus and energy to looking after others in your life.


Don’t forget our Tuesday Morning Cuppa and a Chat for parents/ carers and our Parent Resource Library available to all parents/ carers.

Donna Falzon
Family Liaison Officer
Mental health difficulties in Primary school aged children.

Having good mental health in childhood provides a foundation for positive mental health and wellbeing, now and in the future. Mental health difficulties affect children’s emotions and behaviour and can cause concern for the child, parents/carers and also the child’s school.

Children’s mental health difficulties are generally classified as being one of two types—“internalising” and “externalising”.

Children with internalising difficulties show behaviour that is inhibited and over-controlled. They may have a nervous or anxious temperament and be worried or fearful. They can be pessimistic in their thinking and become withdrawn and perhaps isolated.

Children with externalising difficulties exhibit behaviour that is under-controlled. They have a more challenging reactive behaviour. Aggressive and/or oppositional behaviour can also be present.

Children will naturally experience ups and downs in their lives but with the support of the adults around them they can learn the skills to bounce back. Sometimes mental health difficulties may be ongoing and interfere with aspects of children’s lives. It is then that extra support may be needed.

Seeking professional help and obtaining a diagnosis can help parents/carers to understand why their child behaves the way they do and how to help them. It is important to recognise that a diagnosis does not define a child—it merely describes a common set of symptoms. Each child is an individual with their own unique needs and positive qualities and strengths.

The KidsMatter article here explains in detail different aspects of children’s mental health and the various professionals available to support children and families.

Reminder: Family Registration Forms for 2017 were sent home to all families on Monday afternoon. We ask that you complete and return the form to school by 21st November 2016. Both parents must sign the back of the form for it to be valid. The information on this form is used to apply sibling discounts for 2017. No discounts will be applied unless a completed form is received by the due date.

Thank you
Lyn, Jacqui & Leesa
Canteen News

Volunteers are needed urgently this Friday, Nov 4th. If you are available to lend a hand either a full day or a few hours in the morning or at lunch, please let me know. Thank you.

Donna Falzon

Havi KGold

Summer KGold

Koby & Elijah KGold

Ava 1Blue

Riley KGold

Lexi KGold

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