



SCHOOL NEWSLETTER

Term 4 Week 2
24 October 2018

Uplifting Kids



Upcoming Events

- *World Teachers' Day*
Friday
26 October
- *Class Parents' Meeting*
Tuesday
30 October
- *Kinder 2019 Orientation*
Wednesday
31 October
- *Year 6 Assembly*
1.50pm
Thursday
1 November
- *All Saints Mass*
9.15am
Friday
2 November
- *Kinder Transition 1*
9.30am
Wednesday
7 November
- *Year 3 Excursion*
Wednesday
7 November
- *Touch with Toukley PS*
Friday
9 November
- *Kinder Transition 2*
9.30am
Wednesday
21 November

All relevant school notes and letters are posted on our website. Please click [here](#) to access our school's website.

Dear St Mary's Catholic School Community,

Often before school, at recess and at lunch time, I wander through the playground and out on the oval. I do this for a number of reasons. I'm checking to see that our kids are playing safely and having fun. I'm checking to see that a soccer game hasn't turned into the World Cup. I'm checking school uniforms. I'm checking to see that we're treating each other well. I'm checking to see if everything's alright.

Whilst I am roaming around, the flavour of the kids at our school becomes obvious. Many kids say "Hi" or have a smile to greet me. Many kids are getting 'out' in handball or cricket and are 'taking it'. Kids are laughing and giggling. The older kids are learning to laugh at themselves. Some are even commenting how 'tall' I'm getting. The younger kids are totally engrossed by the game they're playing. They're loving the friendships they've established. Our kids are learning the intricacies of having friends.

The attitude of the kids at our school is uplifting and life-giving. They bring smiles to our faces.

We are a blessed school.

World Teachers' Day Liturgy

On Friday we celebrate World Teachers' Day with a special liturgy in the Church beginning at 10.15am. You are most welcome to join us.

How does your child recognise and appreciate the extraordinary efforts of their teacher?

All Saints Mass

Mass to celebrate the Feast of all Saints commences at 9.15am on Friday 2nd November. Please join us.

Cricketers

Last Friday our school cricket team had two exciting wins against MacKillop and St Brendan's. We wish the team well for this Friday's semi-final match at EDSACC (no sandpaper, boys)

Kinder Orientation

Our Kinder 2019 Orientation meeting commences at 9.30am on Wednesday 31st October. The meeting is for all Kinders starting school in 2019 and their parents.

Year 6 Assembly

Earlier in the week, our Director, Mr Peter Hamill visited our school. During the visit, he discussed the importance of student leadership with both the Year 5 and Year 6 children.

Our Year 6 are wonderful leaders. Next Thursday (1st November) they have their final primary school assembly. It begins at 1.50pm.

Fred Hollows Humanitarian Award

On Monday morning at State Parliament House, Finlay S (6Gold) was presented with The Fred Hollows Humanitarian Award. This award is presented to students who show outstanding care and compassion to others. Congratulations Finlay!

Kind Regards,

K Williams

Kevin Williams
Principal



Parish Details

Ph. 8379 1730
www.toukley.dbb.org.au

Mass Times

Saturday 6.00pm
Sunday 7.30am
9.00am
6.00pm

Father Tiziano *Parish Priest*
Deacon Paul

Merit Awards

Zoe S
Archer G
Harlow R
Connor D
Braxton K
Zoe W
Xavier S
Koby D
James M
Emily T
Polly T
Scarlett W
Matilda T
Harry B
Reif D
Zach M
Will S
Josephine R
Toby W
Oscar P
Mia P
Zac H
Maddi C
Lucy N
Max C
Indi J
Jeweliet M
Lexi C
Ashton R
Riley S
Jacob W
Zane B
Talon T
Ari S
Stefanie S

From Our REC

Catholic Mission

Last Thursday I attended the Mission Mass at Our Lady of the Rosary Cathedral, Waitara. I was joined by Mr Williams and six of our Year 6 Mini Vinnies leaders; Layla, Mahlie, Jasmy, Ellie, Charlotte and Keira-Lee. The girls presented Father Ranson with a cheque valued at **\$541.40**. This was then presented to Catholic Mission on behalf of our school. Congratulation St Mary's on a wonderful effort! I would also like to thank Naomi and Brian for driving the girls to the Mass.

All Saints' Day Mass

Our All Saints Mass, led by the Year 5 students will be on Friday November 2nd at 9.15am. We warmly invite you all to join us.

World Teachers' Day

This Friday 26th October, we celebrate the wonderful teachers who make up our school and say thank you to them for the nurturing support, humour and genuine dedication they provide daily. Thank you to the class parents for providing the morning tea and other parent volunteers who are also helping to organise this. The liturgy will be held in the church at 10.15am. Parents, we would love for you to join us as we celebrate the gift of teachers.

Liz Hartge
Religious Education Coordinator



From Our Family Liaison Officer

October is Mental Health Month and next Wednesday, October 28th we will be holding a casual afternoon tea, on the top playground, to help promote strategies for building positive mental health and reducing any stigma associated with mental illness.

Mental health is something we all have and just like our physical health it can change over time. In Australia, one in four people experience some form of mental health issue each year and one in two Australians will experience mental ill-health in their lifetime. Of adults with mental illness, almost half of them had their first experience

of mental ill-health before the age of 14. That's why we see the KidsMatter programme at St Mary's as important to helping children start the process of developing mental fitness and resilience as early in life as possible.

Over recent years a lot of the stigma associated with mental illness has been removed, but not for everyone. It is important to remember that mental illness doesn't define a person and their path in life. Please join us to find out how to better look after ourselves and support those around us.

Donna Falzon
Family Liaison Officer

KidsMatter

Mental health – the way we think about ourselves and what is going on around us, and how we cope with the stresses of life – affects our sense of wellbeing as well as our physical health. Everyone has mental health, children as well as adults. Children who are mentally healthy are better equipped to meet life’s challenges, get along with others and learn better.

That doesn’t mean children or adults that are mentally very healthy never experience difficulties or feel worried or distressed, we all do at times. Mentally healthy children and adults are able to use positive coping skills they have developed over time and experience to

help manage the emotional challenges they may face.

Most people will experience mental health difficulties at some point in their lives, including children. Usually people go through a period of difficulty then improve, with the support of those around them. Sometimes though, mental health difficulties may be ongoing and begin to interfere with our daily lives and professional support may be needed.

For information about primary school aged children’s mental health, what can impact upon it and how it can be supported please use the link [“here”](#) to view this week’s KidsMatter article.

From Our Librarian

Screen Time Vs Dream Time

Is your child getting enough sleep? Does your child have trouble going to sleep? Is your child playing with an electronic device at bedtime? Dr Chris Seton is a Paediatric and Adolescent Sleep Physician at Westmead Hospital. I was fortunate to hear him speak about the developing trends in children’s sleep patterns and the importance of getting a good night’s sleep. Here are some points for you to consider.

1. The most googled personal question is: Why am I...tired?
2. The 3 pillars of good health in children and teens: good sleep, regular exercise & good nutrition.
3. Until the age of 18 young people need at least 9 hours sleep. If you are the parent of a teenager then yes, your 15 year old needs as much sleep as your 8 year old.
4. Getting a good night’s sleep provides resilience and mood protection in the face of stressful situations.
5. A US study of 30,000 kids revealed 96% used their screen devices in the hour before bedtime.
6. In Australia 65% of 9-10 year olds have chronic sleep deprivation that impairs their learning. A report by the Grattan Institute found that one in three primary school children were passively inattentive and not engaged in learning due to late bedtimes and less sleep.

7. Active screen activity of phones and games is worse than passive screens of TV and DVDs.

8. Screens rely on blue light to give picture clarity. The size of the screen determines the intensity of the blue light. Smaller screens emit stronger blue light. Blue screen light lowers melatonin and tells the brain to ‘wake up’.

9. Electronic devices such as iPads, iPods, tablets, computers and smart phones are best kept away from the bedroom to ensure a good night’s sleep.

10. Establish a digital curfew. Have your children ‘power down’ their devices at least two hours before bedtime so their bodies can start producing more melatonin to ensure a restful night’s sleep.

A good old fashioned bed time story always works best!!!

Happy reading everyone
Miss Gray
Librarian



Something We’ve Noticed

Have you read Miss Gray’s article in today’s newsletter?

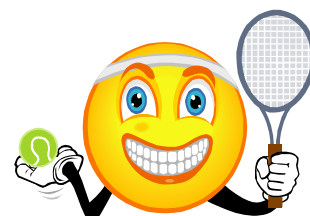
Very interesting.

Star Awards

Luke P
Edward C
Phoenix W
Milla A
Marcus S
Elizabeth C
Connor V
Addison L
Will M
Ruby H
Toby S
Liam S
Florence M
Tim V
Jayden F
Chelsea H
Aaliyah W
Seth O
Blake H
Eve M
Jazmine G
Emily T
Abel N
Ellie B
Charlotte G
Penelope P
Summer M

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



From Our PE Teacher

Canteen News

Volunteers are always needed to keep the canteen running for our students. If you are able to lend a hand for just a couple of hours, once a month, please let the office know.



Canteen is **CLOSED** on Tuesdays.
No lunch orders.

Thank you
Donna Falzon

Kids Club OOSH Care

Before School Care:

6.30am—9.00am

After School Care:

3.00pm—6.00pm

Vacation Care:

7.00am—6.00pm

Permanent and casual places available.

CCR Approved

Enquiries call Tania Wilson
0417 416 678



St Mary's Cricket Team

Congratulations Seth, Keegan, Harper, Tom, Jack, Connor, Ryan, Nate, Baxter, Josh, Ashton and Blake on successfully making the final of the Waratah Shield to be played this Friday at EDSACC Fields.

Your attitude, effort and never give up attitude clinched a nail biting second game. Good Luck for the final boys!

Year 5/6 Touch Gala Day

All year 5 and 6 will take part in a Gala Day on Thursday 8th November in week 4.

Notes are going home today and all need to be returned by next Friday please – so buses can be finalised.

Get Active

Tuesday afternoon skills sessions on St Mary's oval. Registration still open PLAYNRL.COM/JUNIORPROGRAM

Together 4 Toukley Touch Fun Day – All Year 5 children – Friday 9th November – Please return permission notes to your teacher.

Liz Bain
Sports Coordinator



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