

# Bernie Martin

### Upcoming Events

- *Kinder 2020 Information Evening*  
7.00pm  
Monday  
25 March
- *Central Coast Cross Country*  
Friday  
29 March
- *Rugby League Opens*  
Morrie Breen Oval  
Wednesday  
3 April
- *Sacrament of Reconciliation*  
3.30pm  
Tuesday + Thursday  
9 + 11 April
- *Holy Week Liturgy*  
1.50pm  
Thursday  
11 April
- *ANZAC Day Liturgy*  
10.15am  
Friday  
12 April
- *Last Day of Term 1*  
Friday  
12 April
- *First Day of Term 2*  
Monday  
29 April

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,

After 27 years of faithful dedication to our school, on the last day of this term, our Groundsman Bernie will retire. And fair enough too. He is 83 after all.

Our beloved Bernie relentlessly, day-in day-out, opens our school at 6.15am and goes about his duties of keeping our school grounds tidy. Bernie is old school. He has a tremendous work ethic, barely ever has a day off sick and is honest, reliable and trustworthy.

Bernie's children and grandchildren have all attended St Mary's. In fact, his granddaughter, Madie, is currently teaching at our school.

Bernie, we have loved having you work at St Mary's all these years. You have always had a smile and a greeting for the staff each morning. The children have enjoyed you saying "Hi" to them each day. Our school has been blessed to have you with us for so long. Thank you for the faithful service you have dedicated to our school. May you have many happy and healthy years ahead of you in retirement.

Our staff are farewelling Bernie with a special function later in the term and I invite you to join us thank Bernie when we form a Guard of Honour for him at 3.00pm on his last day, Friday 12th April.

### Something We've Noticed

Our Year 5 displayed wonderful behaviour and beautiful manners throughout their trip last week to Bathurst. The coach drivers, hotel staff, teachers and parents attending the trip all recognised you as being great kids who represented yourselves and our school in a very positive manner.

Congratulations girls and boys! I am looking forward to you being our Year 6 leaders in 2020.

### Congratulations Lillian

Last Sunday, Lillian Donn (1 Blue) was baptised in our Church. Congratulations Lillian! We trust that your Baptism was very

special and that you enjoyed celebrating it with your family.

### Kinder 2020 Information Evening

Our Information Evening for parents wishing to enrol their child for Kinder 2020 will be held from 7.00pm on Monday 25th March in our school's Library.

### Cleaner's Position

As of the end of this term Russell Jones has accepted the Groundsperson's position at our school. Consequently, the Cleaner's position is currently being advertised. It is for 4 hours per day. It will be advertised in the Central Coast Express on Thursday.

### Holy Week Liturgy

Please join us as we celebrate the important events of Holy Week. Our liturgy will commence at 1.50pm on Thursday 11th April and will be led by Year 5.

Kind Regards,

*K Williams*

Kevin Williams  
Principal



Year 5 in Bathurst

## Parish Details

Ph. 8379 1730

[www.toukley.dbb.org.au](http://www.toukley.dbb.org.au)

## Mass Times

*Saturday* 6.00pm

*Sunday* 7.30am

9.00am

6.00pm

Father Tiziano Parish Priest

Father Vince Assistant Priest

Deacon Paul

## Merit Awards

Ashley L

Billy H

Sophie C

Willow C

Mya C

Ashlee S

Phoebe-Rene F

Matthew G

Aila K

Harry B

Rose M

Luke P C

Ava S

Zoe D

Lila V

Brody C

Thomas R F

Emilia R

Myles S

Noah T

Mitchell W

Penelope P

Luca K

Nate O

Blake C

Jaime-Lee S

Adam Q

Liam S

Myah L

Makenzie W

Charlotte W

Bella E

Mia C

Kourtney F

Jaime F

Brydie G

## From Our REC

### Sacramental Program

Please remember that the Sacramental classes for reconciliation are currently running. Please keep these children in your prayers. The Sacrament will be celebrated on the following dates:

***St Mary's Toukley: Tuesday 9th April, 3.30pm or Thursday 11<sup>th</sup> April, 3.30pm***  
***St Brendan's Lake Munmorah: Wednesday 10th April, 3.30pm***

Please contact the parish office for more details: 4396 4455.

### Stations of the Cross

Each Good Friday our students support the parish though re-enacting the Stations of the Cross. This is held in the church from 9-10am.

## From Our Librarian

The following is something that I put in the newsletter last year. I think it is important for parents to consider how much screen time is happening at home. How can you ensure that your child is getting enough sleep? Do you have a technology free night in your house each week? Do you have a curfew set in place for screen devices?

### 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 question worldwide is: Why am I.....tired?
2. The 3 pillars of good health in children and teens: good sleep, regular exercise and 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 melatonin to ensure a restful night's sleep

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

Happy reading everyone  
Miss Gray  
Librarian



# A Spotlight on Year 5



Bathurst Excursion



Year 5 Maths

### Easter Raffle

Our annual Easter Raffle has begun. Tickets will be on sale on the top playground before school from 8.30am. Tickets are 50cents each or 3 for \$1. Donations of Easter eggs, baskets and gift bags can also be made at the raffle ticket table each morning. Thank you in advance to our families that are supporting this initiative.



Some of our Storytime pre-schoolers with their very hungry caterpillars they made last week.



### Star Awards

Ava S  
Lawson O  
Harrison L  
John M  
Eva S  
Grace B  
Arlie M  
Elliot H  
Sienna G  
Seth T  
Zac W  
Tayla G  
Olivia D  
Havi M  
Will M  
Ava G  
Portia R  
Evie M  
Lily T  
Sinead H  
Megan M  
Riley S  
Harper R  
Jai C  
Ashton R



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