



# Our School's Feast Day

### Upcoming Events

- 3 Blue +3 Green Sacred Space  
1.50pm  
Thursday  
23 May
- School Feast Day  
Friday  
24 May
- 1, 2, 3 Magic Parent Education  
9.15-11.00am +  
6.30pm-8.00pm  
Wednesday  
29 May
- St Mary's Playgroup  
9.15am  
Tuesday  
4 June
- 1, 2, 3 Magic Parent Education  
9.15-11.00am +  
6.30pm-8.00pm  
Wednesday  
5 June
- Year 6 in Canberra  
Wednesday-Friday  
5-7 June
- 1, 2, 3 Magic Parent Education  
9.15-11.00am +  
6.30pm-8.00pm  
Wednesday  
12 June
- Athletics Carnival at Mingara  
Friday  
14 June
- Year 2 Excursion to Tocal  
Friday  
21 June

Dear St Mary's Catholic School Community,

On Friday we celebrate our school's Feast Day. With our school named St Mary's, there are dozens and dozens of feasts named in honour of Jesus' mother, Mary. Consequently, a number of years ago, we chose Our Lady Help of Christians (24 May) as the particular day on which to celebrate our school's feast. We chose this day because Our Lady Help of Christians is the patroness of Australia.

On Friday, you are invited to join us for Mass beginning at 9.15am. After recess, the children are involved in a range of fun activities including Dance, AFL, Games, Karate, NRL, Hockey, Rugby Union, Soccer, Netball, Tennis, Drama and Cricket.

Later in the day, the annual Teachers vs Year 6 Touch match occurs on the oval. Year 6 will start the match short-priced favourites with the teachers carrying a couple of nagging injuries (left over from last year's game).

A reminder that all children are provided with a sausage sandwich for lunch on Friday. Each year we see an increase in food waste when children bring in too much lunch (or order lunch from the canteen). Please talk to your child prior to the day and discuss if a lunch order is required. The canteen will be open for lunch orders.

### NAPLAN Update

This morning, Year 3 and Year 5 children completed the last of their NAPLAN testing for 2019. This week there were minimal interruptions. Children who have been absent during the week will complete their testing by Friday.

Today, accompanying the newsletter, a letter has been sent home to all Year 5 children regarding the NAPLAN Writing test. Please call the office with any questions.

### Canteen News

Please join me in congratulating Janet Cincotta as our new Canteen Coordinator (Mondays and Wednesdays). As of next

week, breakfast will only be available at the canteen on a Thursday and Friday (8.30-8.50am).

### Something We've Noticed

Our Kinders displayed lovely manners and a great attitude on their excursion to Grace Springs Farm last Friday. It sounds like they had a fantastic time. In fact, last Saturday morning our Kinders were mentioned on ABC Radio.

The feedback from our Choir's visit to Toukley Neighbourhood Centre last Friday was exceptional. Many comments noted their beautiful singing, polite manners and the wonderful way in which they interacted with their audience.

A few weeks back, our senior League team played in the All Schools Competition. A teacher from a local public school (who is a parent at our school) received lovely comments regarding our boys' attitude, sportsmanship and behaviour.

So, well done to our Kinder, our Choir and our Rugby League team. You all earn a Clinker (this will test who really reads the newsletter).

### Parent Education

1, 2, 3 Magic is a parent education course run over three weeks. The course discusses how to help children develop self-regulation and their emotional intelligence. It also includes tactics for encouraging good behaviour. The course commences on Wednesday 29 May.

### Athletics Carnival

Our Athletics Carnival is always an exciting, fun and action-packed day for our students. All children K-6 participate. You are most welcome to join us. It is at Mingara on Friday 14th June.

### Pandora Parade

There has been a significant increase in the amount of traffic on Pandora Pde between 3.00-3.30pm each day. Please take care as you drive and be wary of other cars, children and adults walking or riding and residents near their homes. There have been some near misses in recent weeks. Also, we have repeated reports of cars parking in front of resident's driveways.

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  
Father Vince Assistant Priest  
Deacon Paul

### Merit Awards

Flynn R  
Jack H  
Sienna H  
Tyde A  
Zane B  
Nixon H  
Thomas L  
Andy B  
Jay K  
Emeri B  
Arlie M  
Kai M  
Oliver K  
Zach M  
Seth T  
Ava S  
Willow F  
Lily B  
Matilda S  
Myles S  
Zali M  
Hua Qiang P  
Kyah R  
Levi J  
Emma C  
Bailey J  
Ruby H  
Makenzie W  
Jessica R  
Edin D  
Halle O  
Kalen C  
Jack B  
Mia C  
Cohen B  
Corey T  
Aaliyah W  
Jeweliet M

## From Our REC

### First Eucharist

A reminder to parents and carers: The First Eucharist preparation has commenced. Please contact the parish office on 8379 1730 for further information.

### Mary Help of Christians Feast Day

We celebrate our school feast day, Mary Help of Christians, with a mass this Friday 24<sup>th</sup> May. Mass will begin at 9.15am, followed by recess before students move to some fun activities around the school. Activities will include novelty games, sporting activities and Mary reflection areas, which a team of teachers is spending a great deal of time organising. Activities will be followed by a BBQ lunch provided by our Well Being Parent Team. We would love to see parents attend our Mass.

### Winter Appeal

Our 2019 Winter Appeal has begun! Our Mini Vinnies students will be hard at work over the remainder of the term collecting

items donated to the school.

We ask families, before the end of Term 2, to please donate any **jumper** and **blankets**. If you or your children have outgrown anything that is still in good condition, please donate! Although we ask for donations of clothing items that have been pre-worn, please ensure that they do not have rips or stains, as they will be new clothes for people in our local community. Your donations are much appreciated.

Liz Hartge  
Religious Education Coordinator



Mini Vinnies Winter Appeal  
is now on !

Good quality, clean, pre-loved or unused items are welcome donations. If you would give your items to a friend, then they are most welcome as a donation;

- Blankets
- Towels
- Sleeping Bags
- Socks
- Beanies
- Gloves
- Scarves
- Warm Clothing



## From Our Family Liaison Officer

*"None of us were born knowing how to control big emotions and our children will take a while to learn. This is okay—time is something they have plenty of. In the meantime, the job for us as the adults in their lives who care about them, is to nurture their ability to manage their emotional responses in healthy, adaptive ways."*

This is a quote from a great online article, ["Dealing With Big Feelings"](#), by psychologist, Dr Karen Young and is extremely relevant to our 123 Magic and Emotion Coaching programme for parents which begins next week. The programme looks at how children's behavior is directly related to their feelings and ways in which we, as parents can help children learn to manage their emotions and improve behaviour.

We need to teach children that they have options with how they react and that they can "put the brakes on" when their emotions are building and looking to get out of control. This course is full of great information for parents, not simply for improving children's behavior, but for knowledge about children's important social and emotional development and how we can support them.

As parents, we are mostly learning as we go, and even after parenting for 27 years I am still learning. I look back and think how much energy and angst I could have saved by knowing what I know now. Taking advantage of opportunities to increase our knowledge and skills to support our children as they grow and develop is well worth the time and effort. If you are interested in attending the 123 Magic programme please complete the form on the back of this newsletter and return to school by Friday, May 24. It's also a great way to show our children that learning doesn't stop once you finish school, it continues your whole life.

### Community News

Toukley Neighbourhood Centre will be holding their "Pop Up" here this afternoon. You will be able to speak with the friendly staff and volunteers about the many and varied services they provide in our local community. Please take a moment to make them feel welcome and find out about the many programmes they have for children as well as families in our area.

Donna Falzon  
Family Liaison Officer



## A Spotlight on Year 3



In Religion, Year 3 have been learning about Mary, Our Mother. It is our school's Feast Day this Friday. Students have created artworks to reflect how they see Mary.



## Canteen News

Term 2 Winter Lunch  
Specials have begun. This  
Friday May 24, soup is  
Minestrone.



A friendly reminder that the  
school canteen is not open  
on Tuesdays.

If anyone has some time to  
help out in canteen  
(particularly on either Thurs-  
day or Friday 12pm-2pm) it  
would be very much appre-  
ciated. Due to work and/or  
family commitments some  
parents can no longer volun-  
teer and we are short of  
help on a few days. It's just  
once per month, either all  
day or just a couple of  
hours.

Thank you  
Donna Falzon

## Star Awards

Mia M  
Alexandra T  
Ashlee S  
Cochella O  
Kobe J  
Rhani L  
Oscar L  
Zac W  
Darcy M  
Scarlett W  
Jonah M  
Lachlan M  
Dimity M  
Theresa D  
Gabrielle S  
Taj P  
Eve M  
Kourtney F  
Liv W  
Zach M

2019/2020

Entertainment Books  
are on sale in the  
office. They are great  
value at only \$65.00.

## Boots For Africa Donations

Brydie & Lilly of year 6 are asking our school community for your support.  
The girls are collecting donations for Boots for Africa, their chosen charity for their Kids 4  
Community initiative.

The girls will be collecting items such as second hand:

- Soccer / football boots
- Head / shoulder gear
- School shoes
- Joggers / runners
- Sport equipment

Donations can be made every Tuesday and  
Thursday 8:30 - 8:55 am in the top playground  
from Week 5 Term 2 through to Week 5 Term 3.

Thank you for your support



Please be reminded that any form of medication cannot be brought to school  
by students. Where possible the medication should be administered at home  
rather than school. If medication must be administered at school a "Request  
for Administration of Medication Form" must be completed by both a parent  
and the student's Doctor before school staff are able to administer the  
medication. You can find a copy of this form on our school's website or pick  
one up at the office.

This is a Catholic Schools Office requirement.

Just a reminder the Uniform Shop will be closed this  
Friday 24th May. Sorry for any inconvenience.  
I will reopen Monday 27th May.  
Have a great weekend.

Leesa Sternbeck - Uniform Shop Coordinator

## 1-2-3 Magic & Emotion Coaching

Please see the flyer that came home with the newsletter in Week 1 about the upcoming 1-2-3 Magic  
& Emotion Coaching parent programme. It is also available on the school website. If you are  
interested in attending, please complete the form below and return to the school office by Friday,  
May 24th.

PARENT/ CARER NAME : \_\_\_\_\_

CONTACT NUMBER : \_\_\_\_\_

CHILD'S NAME AND CLASS : \_\_\_\_\_

Please indicate which session you would like to attend –

- ☐ **MORNING** Wednesday May 29<sup>th</sup>, June 5<sup>th</sup> and June 12th **9.15am - 10.45am**  
OR  
☐ **EVENING** Wednesday May 29<sup>th</sup>, June 5<sup>th</sup> and June 12th **6.30pm – 8.00pm**