



SCHOOL NEWSLETTER

Term 4 Week 1
16 October 2019



Our New Bishop

Upcoming Events

- *Crazy Sock Day*
Friday
18 October
- *Year 5 Parent Meeting*
3.30pm
Monday
21 October
- *Year 4 2020 Parent Meeting*
9.15am + 6.00pm
Monday
21 October
- *Kinder Transition 1*
9.30am
Wednesday
23 October
- *World Teachers Day*
Monday
28 October
- *All Saints Mass*
9.15am
Friday
1 November
- *Melbourne Cup*
Tuesday
5 November
- *Mariners' Cup*
Monday or
Tuesday
11 or 12 November
- *Kinder Transition 2*
9.30am
Wednesday
13 November
- *Kinder Transition 3*
9.30am
Wednesday
20 November

St Mary's Catholic School Community,

We have a new Bishop. Late in the holidays it was announced that Bishop Anthony Randazzo will soon be installed as the fourth Bishop of the Diocese of Broken Bay. We welcome Bishop Anthony to Broken Bay and ask Our Lord to abundantly bless him in his pastoral leadership of our diocese. We are hoping that Bishop Anthony will be able to join us for the 50th Anniversary Celebrations of St Mary's Church on Saturday 30th November. Accompanying today's newsletter is correspondence from Father David Ransom detailing Bishop Anthony's announcement.

A Fun Term Ahead

Term 4 is always a fun one at our school.

The children know their teachers very well. The children have well established friendships and feel connected to our school. The teachers clearly understand the learning needs of their children and will continue to expertly develop their skills.

The weather warms up. Late in the term, we farewell our mighty Year 6. We recognise the wonderful achievements of the children at our Awards Ceremony. We celebrate our final School Mass. Reports go out. Children excitedly discover who their teacher for next year will be. They check out who will be in their class with them. And we enjoy and relax as we sing Christmas Carols together.

Yes, that sounds like fun.

Staffing 2020

At this time of year our Leadership Team performs its most important role — the employment of quality teachers to lead your children. Teachers who are passionate about kids growing and learning, teachers who will be Christ-like role models, teachers who will care, empathise and listen. Teachers who, with you, will help your kids be better people. You can see why the day-to-day work of the teacher is such a crucial one.

Please pray for our Leadership Team as we discern the staffing needs of our school. It's a job we take very seriously.

Crazy Sock Day

For a gold coin donation to Catholic Mission, all children are asked to wear 'crazy socks' on Friday.

Year 4 2020 Meeting

A reminder that we have meetings scheduled for parents of Year 4 2020 students on Monday 21st October at 9.15am or 6.00pm.

Year 5 2019 Meeting

A reminder that we have a meeting for parents of our current Year 5 students on Monday 21st October at 3.30pm (details are in the letter sent home in the last week of Term 3).

Kinder Transition 1 Meeting

Our first Kinder Transition Meeting for children commencing at our school in 2020 is at 9.30am on Wednesday 23rd October.

Full Summer School Uniform

Thank you to the parents who always ensure that their child leaves home with the full and correct school uniform. It's a one percent that makes a positive difference at our place.

Your Thoughts and Prayers

Please keep the Patterson-Saunders family in your thoughts and prayers. Malachi (5 Green) and Elijah's (3 Gold) great grandmother passed away recently.

May your treasured memories and Our Lord's strength give you great courage in your time of loss.

Please also keep the Graham family (Tessa 1 Green) in your thoughts and prayers. Tessa's grandmother passed away recently. We pray that the strength of our Lord gives you great comfort in your time of need.

Kind Regards,

K Williams

Kevin Williams
Principal

Parish Details

Ph. 8379 1730
Email. toukleyparish@bbcatholic.org.au

Mass Times

Saturday 6.00pm
Sunday 7.30am
9.00am
6.00pm

Father Tomy *Parish Priest*
Father Baby *Parish Priest*
Deacon Paul

Merit Awards

Yenna W
Cohen R
Emily A
Max B
Ryan M
Matthew W
Clive Z
Filippo C
Oliver K
Kai M
Iylah M
Bailey C
Kirrilee F
Oscar L
Lily D B
Braxton K
Koby D
Myles S
Havi M
Addison L
Caylon A
Hua Q
Cleo C
Portia R
Adelle S
Ozzy I
Eve M
Ryan C
Tayte B
Leah K
Sienna S
William G

From Our REC

Hello and welcome back to Term 4. I hope that your holidays were a happy time for you and your family.

Catholic Mission Fundraising

This year, once again we will be raising funds for Catholic Mission. We are asking all students to wear Crazy Socks this Friday 18th October. Please bring in a gold coin donation.



Dates for Term 4

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 1st November

Thanksgiving Mass: 9.15am Friday 13th December

Advent Liturgy 1: 1.50pm Thursday 21st November

Advent Liturgy 2: 1.50pm Thursday 28th November

Advent Liturgy 3: 1.50pm Thursday 5th December

Advent Liturgy 4: 1.50pm Thursday 12th December

Parent Retreat Day

Please see information in a flyer accompanying today's newsletter.

Liz Hartge
Religious Education Coordinator

From Our Family Liaison Officer

Welcome back to Term 4. Hopefully everyone had a relaxing break and are ready for the many events and activities happening this term.

October is Mental Health Month and next Wednesday, October 23rd 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 five people experience some form of mental health issue each year and almost half of all Australians will experience mental ill-health in their lifetime—most commonly anxiety and depression.

Of adults with mental ill health, almost half had their first experience of mental ill-health before the age of 14. The primary school years are important in helping children develop mental fitness and resilience as early in life as possible. St Mary's promotes positive thinking, resilience and support for all of our students.

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. Perhaps you are able to contribute some tips for what works for you in difficult times—it may be a great help for someone else. Wednesday October 30, Week 3, we will have a Wellness Walk for parents/ carers interested in joining in for a casual walk and catch up to Norah Head. We will set off directly after the morning assembly. Prams welcome. Please let me know if you are interested.

Coming home with today's Newsletter is an invitation to the Central Coast Parent Spirituality Day on November 8th. These days always provide a wonderful opportunity for parents/ carers to take some time for themselves to reflect, relax and connect with others. You are welcome to attend on your own or perhaps a group of friends may go together. If you are interested you can RSVP as directed on the invitation or contact me and we may be able to organise a car pool.

Tuesday morning Cuppa and Chat for parents/ carers and Thursday morning Storytime for toddlers and pre-schoolers will also be happening every week this term. All families are invited and welcome.

Donna Falzon
Family Liaison Officer

A Spotlight on our school



Canteen News

Our school canteen relies on the generosity of our parent helpers to run effectively, but due to changing work and family commitments a number of volunteers are no longer able to assist. If you are able to help out, just once a month, it would be greatly appreciated. Please let either myself or Janet Cincotta know if you are able to volunteer.

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

Donna Falzon

Star Awards

Willow L
Van B
Ayla B
Rosie W
Thomas M
Oscar S
Keoni L
Milla A
Bethany M
Evie S
Zara B
Penelope P
Harry B
Marley R
Lilly M
Suzie B

**Cancer Council**
HealthyLunchBox

Nutrition Snippet

The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.



Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as poppletana
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or vegie muffins.
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

healthylunchbox.com.au

Tuesday morning Cuppa and Chat is on every week this term. Come along to meet other parents, join in friendly conversation, find out about what happens at school and ask any questions you may have.

It is a casual, social get together for friendship and support.

Toddlers and pre-schoolers are welcome to come along, with plenty of toys and games for them to play with.



Improve your health and wellbeing with FoodREDI

FoodREDi is a healthy lifestyle program – that's free!
It shows you ways to:

- save money on food
- achieve a healthier diet
- make positive lifestyle changes
- keep your kitchen safe
- be a savvy shopper
- try new recipes for easy, tasty and nutritious meals and snacks

The program can be adapted to a variety of community groups and is run over 6 weeks.

Date: 24/10/19 (6 weeks)

Time: 9:30am

Venue: Toukley Neighbourhood Centre

Contact: 0243961555.



Please click on the image below to access the new Central Coast Area Health "Refresh" website with lots of great information for families around wellbeing, nutrition and health.

