

Mission Mass

St Mary's Catholic School Community,

Upcoming Events

- *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
- *Advent Liturgy 1*
Kinder + Year 2
1.50pm
Thursday
21 November
- *Advent Liturgy 2*
Year 1 + Year 3
1.50pm
Thursday
28 November
- *Kinder Transition 4*
9.30am
Wednesday
4 December
- *Advent Liturgy 3*
Year 4
1.50pm
Thursday
5 December

All relevant school notes, letters and the Term Calendar are posted on our website. Please click on *News and Events* and then *Letters, Notes, Timetables*.

Shave for a Cure

William G(6 Green) and some friends are shaving their hair to raise both awareness of and funds for blood cancer research. William discovered that, in Australia, 35 people per day are diagnosed with blood cancer. If you can support William's endeavours, you can donate online by going to Shave for a Cure, pressing the 'donate now' button and sponsoring his team, called GT. We appreciate any support you are able to offer.

Mission Mass

Thank you to Mrs Hepplewhite and Mr Downes for transporting some of our Mini Vinnies children to and from the Mission Mass last Thursday. A highlight of the trip was getting a photo with Bishop Anthony, the fourth Bishop of Broken Bay.

50th Anniversary

The 50th Anniversary (Golden Jubilee) of our parish will be celebrated with Mass from 11.00am on Saturday 30th November. Please join us for this special liturgy.

Congratulations Cricketers

Congratulations to our school Cricket team who last week competed in the Waratah Shield. The boys and girls qualified for the Final after a close win over OLR, The Entrance in the morning's game. In the Final, Star of the Sea were too strong.

Thanks to Mr Ryles for helping by coaching our team.

Thank You

Thank you to the many parents who contributed to the wonderful morning tea on Monday to celebrate World Teachers' Day. Your thoughtfulness and care are appreciated (even if our waistlines expanded a little).

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

Flynn R
India S
Lachlan B
Ashley V
Holly L
Sasha R
Aila K
Mia S
Addison P
Piper E
Kingston K
Ruby K
Isabelle H
Louis G
Bailey J
Savannah T
Joey T
Zack M
Edan R
Liberty C
Olivia C
Lacey B
Zac H
Tim V
Marshall S
Bree E
Kealan R
Lauren G
Ryan C
Sienna S
Ryan V
Brydie G

From Our REC

World Teachers' Day

On Monday 28th October, we celebrated World Teachers Day. A huge thank you to our students for helping to prepare and run the assembly. Thank you to the Well Being Team and other parent volunteers who also organised a lovely morning tea. It was much appreciated!

Catholic Mission

Last Thursday Miss Gray attended the Mission Mass at Our Lady of the Rosary Cathedral, Waitara. She was joined by five of our Year 5 & 6 Mini Vinnies leaders; Bella, Brydie, Zara, Jayden and Aedan. The students presented Bishop Anthony Randazzo with a cheque valued at **\$606.30**. 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 David for driving the girls to the Mass.

All Saints' Day Mass

Our All Saints Mass, led by the Year 4 students will be on this Friday November 1st at 9.15am. We warmly invite you all to join us.

Golden Jubilee

We warmly invite all families to celebrate the 50th anniversary of our parish on the 30th November at 11am in our school church. Please save the date.

Liz Hartge
Religious Education Coordinator



From Our Family Liaison Officer

Children's mental health: what is it?

Mental health is the way children think or feel about themselves and the world around them. It's related to how children cope with life's challenges and stresses.

Your child needs good mental health to develop in a healthy way socially, emotionally, mentally and physically. Good mental health in childhood also provides the foundation for better mental health and wellbeing later in life. Loving relationships with the important adults in their lives are key to children's mental health. It is also important that children learn to manage feelings and understand and follow rules and guideline for behaviour. Physical activity, enough sleep and healthy eating habits also contribute to your child's positive mental health. For all of these things to occur children need the support and guidance of the caring adults around them.

Children with good mental health tend to feel happy and positive about themselves, find enjoyment in life, learn well, have healthy relationships with family and friends, can manage sad, worrying or angry feelings and can bounce back from tough times.

Raising Children Network has some great information for parents via the link "[Good mental health for primary school aged children](#)".

It's normal for children to have ups and downs that affect the way they feel and behave. But sometimes children don't 'bounce back' from the downs, and this starts to affect other parts of their lives. Children can show signs of distress including lasting sadness or worry, trouble sleeping or eating, problems at school, reverting to behaviour they had outgrown such as bed wetting or sucking their thumb, repeated tantrums or behaving in an angry or aggressive ways towards others.

If you are worried about your child and/ or these signs continue for more than a couple of weeks, it's a good idea to get them to talk, listen to them and show that you understand. You can speak with your child's teacher or GP about any concerns you may have and seeking out professional help as early as possible will be of great benefit to them

Donna Falzon
Family Liaison Officer

A Spotlight on Year 2



Canteen News

2020 Canteen Volunteer forms were sent home last week. Our school canteen relies on the generosity of our parent helpers to run effectively and if you are able to help out, just once a month, it would be greatly appreciated. Please complete the form and return to school by Friday November 22nd. Thank you.

Donna and Janet

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

Star Awards

Isaac B
Tyde A
Harrison L
Kobe J
Abel N
Luke P
Keoni
Timmy S
Sinead H
Ramone E
Liberty C
Mia J
Samantha W
Lilly 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

You're Gonna Love it!

Dear Community,

We were overwhelmed by the number of items that were donated and everyone's generous support. With the help of our school community we collected and donated the following during the September school holidays.

Football/Soccer Boots - 49 pairs
Runners/Joggers - 31 pairs
School Shoes - 9 pairs
Balls - 2
Shin pads - 5
Socks - 2 pairs
Drink bottles - 2
Football headgear - 2
Football shoulder pads - 3
Soccer gloves - 1
Tennis racquets - 6
Skipping ropes - 2
Football tees - 2



Thank you to everyone that donated to help our chosen charity **Boots For Africa**. Thank you Mrs Walker for your support and help throughout the process.

Lilly & Brydie

An exciting FREE Parent workshop is coming up on Wednesday 13th November from 6 pm-7.30 pm at Toukley Neighbourhood Centre. Brennan from **All in Gaming** will be at TNC to facilitate a wonderful learning, sharing opportunity and insight for parents of gamers!

This workshop is all about finding strategies and guidance when supporting our children and young people to develop better gaming habits and navigate the gaming and online world safely. Please see information attached and phone 43961555 to book your place now!

ALL IN GAMING
(Parents of Gamers)
PoGs Workshop
Wednesday the 13th of November at the Toukley Neighbourhood Centre
Learn new strategies to shape poor gaming habits!
Parents of Gamers of all ages and abilities welcome!

6pm-7:30pm
Light supper to be provided
Contact 4396 1555 to RSVP

TOUKLEY NEIGHBOURHOOD CENTRE
HEADON STREET, TOUKLEY
PH: 02 4396 1555 / Fax: 02 4396 1555
www.tnc.org.au

From The Office

Family Registration forms for 2020 were sent home last week. We kindly ask that you complete and return the form to school by **Friday 8th November**. Both parents must sign the form for it to be valid. The information on this form is used to apply sibling discounts. If you have misplaced the form you can arrange for another one to be sent home or you can download a copy from the school's website.

Thank you
Julie, Jacqui & Leesa

