

# Congratulations

### Upcoming Events

- *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
- *Awards Ceremony*  
Wednesday  
11 December
- *Advent Liturgy 4  
Year 5*  
1.50pm  
Thursday  
12 December
- *Thanksgiving Mass  
Year 6*  
9.15am  
Friday  
13 December
- *Christmas Carols*  
6.00pm  
Monday  
16 December
- *Students Last Day*  
Wednesday  
18 December

St Mary's Catholic School Community,

We'd like to share with you our 2020 Student Parliament. We congratulate the following Year 5 students: Lucy N, Lily T, Zara H, Sienna S, Laylah S, Lacey B, Cooper O, Herbie G, Brock S and Tim V.

Each of these students addressed our school yesterday, speaking articulately and clearly. The children from Years 2-6 and all staff have now cast their votes for our 2020 School Captains. The voting is sure to be close. We wish all the candidates good luck and await to hear the announcement of our 2020 School Captains at the Awards Ceremony in Week 9.

We also congratulate the two Year 4 students who were elected to Student Parliament: Mia M and Toby W.

### Reading During the Holidays

Included with your child's School Report will be a brochure created by our Teacher Librarian, Miss Gray and titled, "Why Should My Children Read During the Holidays?" The research indicates that those children who do not read during the break lose at least two months of reading development. The brochure also has a suggested list of books we recommend for beginning, early, intermediate and mature readers. Any of them would make a good Christmas present.

### Kinder Transition 4

Our final Kinder Transition session begins at 9.30am on Wednesday 4th December. At the liturgy in our Church the new Kinders will be introduced to their Kinder 2020 teacher and Year 6 buddy. They will then spend time in their new classroom. We thank our current Kinder families who are organising the morning tea.

### Our Teachers

Our teachers are extremely busy finalising Reports, finishing 2020 class lists, ordering stationery for next year's class, preparing liturgies and Masses, some are preparing to move classrooms, preparing notes for their children's transition to next year's teacher,

organising Christmas Carols etc. It just doesn't stop for a teacher at this time of year.

How will you let your child's teacher know that you've appreciated and valued their efforts during 2019?

Kind regards,

*K Williams*

Kevin Williams  
Principal



Student Parliament 2020



Bella D and Reyes M - Rotary Citizenship Award Recipients for 2019

## 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

Gwyneth M  
Madison C  
Rhys M  
Hunter N  
Taj R  
Ashlee S  
Ryan M  
Byron H  
Tessa G  
Charli A  
Thomas M  
Isabella L  
Bailey C  
Milla A  
Tayla G  
Lara N  
Marcus S  
Addison L  
James M  
Ava G  
Scarlett W  
Kyah R  
Marcella R  
Sinead H  
Silongo K  
Marni R  
Liberty C  
Jayden F  
Kalen C  
Max H  
Bree E  
Isabella P  
Tayte B  
Cohen B  
Savio D  
Leah K  
Caleb H

## Reminder

If anyone has books borrowed from either our Parent Resource Library or Storytime for pre-schoolers could they please be returned by the end of week 8.  
Thank you



## From Our REC

### Golden Jubilee

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

### Christmas Appeal

Once again, St Mary's will be supporting our local community with the St Vincent DePaul Christmas Food Appeal. Your child would have been given a particular item from a class list of items. We ask each child to please bring in this item to place in their classroom basket. All of these baskets will be collected by our local St Vincent DePaul representatives during the last week of school. Once again, our Year 5 and 6 Mini Vinnies children will lead this initiative. As always, we thank our community for their generosity and compassion.

### Christmas Eve Mass

A note went home recently in regards to our annual parent organised Christmas Eve Mass. Each year the parents of St Mary's organise a wonderful ceremony and we are asking for parent volunteers to help in the organisation of this special event. Please take the time to read the note. We are also looking for children to participate in the Mass too. Please return the note as soon as possible. Thank you in advance.

### Advent Liturgies

Our Advent Liturgy for this week will be on Thursday 28/11 (tomorrow) 1.50pm in the Church. This will be run by Years 1 and 3. We hope you can join us as we prepare for the Lord this Advent Season.

### Thanksgiving Mass

Year 6 are currently preparing for our final school mass for 2019, our Thanksgiving Mass. This will be held on Friday December 13th (Week 9) at 9.15am. This is a particularly special mass and I encourage all members of our school community to attend. It's at this mass we wish the class of 2019 well, as we celebrate the Eucharist together one final time as a St Mary's community. Please add this date to your diary.

Liz Hartge  
Religious Education Coordinator



## From Our Family Liaison Officer

As part of this term's focus on children's mental health, did you know that one in seven children in Australia will experience a mental health condition during childhood, with the most common condition being anxiety. Worry and anxiety can be perfectly suitable and healthy feelings in the appropriate circumstances, but how children respond to those feelings is where problems can arise.

As well as affecting how children feel, anxiety can have a huge effect on their thinking. They can perceive the fear or danger they are worried about to be much greater than it really is. Thinking about the situation makes them more worried and tense.

Children may come up with their own strategies for dealing with their anxiety and avoidance of the problem or situation is common. Getting mum or dad to step in and deal with a child's worries is another way children use avoidance. While this may work in the short term, it can lead to children finding it even more difficult to

cope with worries and anxieties in the future and in different settings. If children are regularly allowed to avoid uncomfortable, distressing feelings they tend to fall back on that avoidance strategy anytime something different or challenging may come along in the future.

To have children deal with their worries and fears doesn't mean that the important adults in their lives just throw them in the deep end to either sink or swim, but rather we need to listen to, support and encourage children to come up with strategies to help them move forward and not let anxiety take control of their thinking and behaviour.

Two great articles for parents/ carers about children's anxiety can be found at the links for [beyondblue](#) and [Hey Sigmund](#). If you have noticed signs of anxiety in your child you are welcome to speak with their teacher about your concerns, or contact your GP for support.

Donna Falzon  
Family Liaison Officer

# A Spotlight on Year 5



## Canteen News

Thank you to those parents/ carers who have returned Canteen Volunteer forms for 2020. We are still in need of a few more volunteers, particularly for Thursdays and Fridays so if you are able to help out for even just 2 hours, once per month it would be greatly appreciated.

Donna and Janet

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

## STARS Awards

Lachlan M  
Zakari B  
Noah B  
Matthew G  
Alfie O  
Archer G  
Oscar S  
Eliette J  
Phoenix W  
Olivia D  
Tiernan B  
Cleo C  
Darcy N  
Ajay Y  
Jack B  
Abby L  
Indianna J  
Phoenix R

## From Our PE Teacher

### Mariners Soccer Gala Day

19 of our very talented Year 5 and 6 children were lucky enough to take part in the Mariners Soccer Gala Day at Plum Park. This is a 7 a side competition involving schools from all over the Central Coast. We sent 2 teams which were in different pools, each of the teams had extremely close tussles resulting in them finishing with a win, draw and loss in their respective pools.

Congratulations Caleb, Caleb, Harper, Jessica, Kalen, Jayden, Isabella, Tasman, Zoe, Kiarra, Riley, Ryan, Mark, Cody, Connor, Tayte, Aedan, Savio and Baxter - you were all great St Mary's representatives.

A special thankyou to Jon Howieson and Matt Ryles who were kind enough to give their time twice a week, for 4 weeks, to get the boys and girls prepared for this special event.

Liz Bain  
Sports Coordinator



This is a great time of year for eligible families to commence the SaverPlus programme. Starting in December means families will be able to claim their extra \$500 towards educational costs in October next year, just in time to get ready for the start of school in 2021. If eligible families know there will be big excursions or camps in 2021 and may find the cost challenging for their budget, an extra \$500 would be very beneficial. The extra savings could also come in handy for those having to purchase devices for children starting High School.

To enquire about the SaverPlus programme you can either phone or SMS your name and postcode to 1300 610 356, visit the website at [saverplus.org.au](http://saverplus.org.au), or via facebook <https://www.facebook.com/SaverPlusAU>

Education costs made easy  
with \$500 from Saver Plus

[www.saverplus.org.au](http://www.saverplus.org.au)

saverplus

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