

## SCHOOL NEWSLETTER

Term 3 Week 4  
4 August 2021

# Who Am I?

Dear St Mary's Catholic School Community,

I prepare food. I switch the laptop on. I check messages. I check emails. I contact people. I reach out to people. I pray. I listen to people's concerns. I listen to people's frustrations. I include. I help problem-solve. I counsel. I help heal. I adjust. I try to help. I plan. I organise. I work. I reflect. I work some more. I improve. I innovate. I invite. I consider. I question. I answer questions. Then I answer some more questions. I troubleshoot. I bend. I allow. I do some more work. I have solutions. I check. I confirm. I wonder why. I referee. I discuss. I create. I make mistakes. I collaborate. I supervise. I keep an eye out for others. I liaise. I apologise. I think about an isolated friend. I think about an isolated family member. I reach out to them. I support. I care.

And..... I laugh. I appreciate. I'm grateful. I value. I exercise. I chat. I connect. I watch the Olympics (or Netflix etc.). I watch more Olympics (or more Netflix etc.). I enjoy our beautiful area in which we live. I smile. I play board games. I play cards. I have fun. I am thankful. I love my family. I enjoy the virtual company of others. And..... I enjoy life. I enjoy every single day.

### Who Am I?

- (a) A parent
- (b) A teacher
- (c) Both of the above

**Answer:** (c)

Thank you teachers and parents.

In difficult times, I know that we're all doing our very best to support and lead the children in our care.

(If you answered the quiz correctly, when we all return to school, your child wins a Clinker.)

Kind regards,

Kevin Williams  
Principal

Liz Hartge  
Principal



### Parish Details

Ph. 4396 4455

Email. [toukleyparish@bbcatholic.org.au](mailto:toukleyparish@bbcatholic.org.au)

Office Hours. Monday-Friday

9.00am-2.00pm



## From Our REC

### Confirmation

Confirmation in our Parish is scheduled for 18th September at 3pm. Even though things are so uncertain at the moment with COVID restrictions, the Parish has been advised by the Diocese to go ahead with preparing for the Sacrament. Decisions will be made closer to the time as to whether the ceremonies will go ahead on that date, or be rescheduled.

The Parish have decided to do **ONLINE** bookings and preparation classes via Zoom this year so that we can proceed regardless of COVID restrictions. This way, even if the ceremony date does get postponed, the preparation will be complete, and they will be ready for any possible rescheduled date.

Last week a Compass email was sent out with the links to online registration. Bookings are now open, and remain open until Wednesday, 11th August. Children need to receive this sacrament before they receive the sacraments of Reconciliation and First Eucharist. These are scheduled for Year 4 but can be completed after the sacraments of Baptism and Confirmation. You can click this link to enrol for Confirmation at St Mary's, 3pm Sat 18th Sept:

<https://www.trybooking.com/BSXPS>

Catherine Kyle

Acting Religious Education Coordinator



## From Our Family Liaison Officer

### Wellbeing at home.

Routines are a great way to have some certainty in our lives when so much is out of our control. Kids generally thrive when they know what will be happening. Getting up at the same time each day, getting dressed and ready for HBL or work, setting out tasks for the day, making sure you schedule breaks and fun things to do to give us something to look forward to as we get through our work are all good ideas to set up structure to help family life run a little smoother. Habits can be formed pretty quickly so it's great to make them positive ones that can keep us on track and feeling good. ReachOut for Parents is an online resource for parents of teenagers but they have some great tips that could be used for families of younger children. Please have a look at their [template for activity planners](#) for families and students to get you started.

Parent/ carers self care. You've probably heard that saying, "You can't pour from an empty cup" and it's very true. Please remember that you are as important as the rest of the family and make sure you take time for yourself and find self care routines that help fill your cup.

When we can't see each other physically, social media is a great way for us to keep in touch online and can be a really useful tool to access factual information

or as a source of entertainment, but please keep in mind that if what you see is causing you anxiety or distress it's perfectly OK to switch off. We can become overwhelmed with how much bad news is out there and it can be difficult for adults to process, let alone the kids. It's also important to remember that what a lot of people in similar situations to you or social media identities post online is generally the best, or a carefully curated version of themselves and it's not realistic that we compare ourselves to them. If you are finding lockdown difficult, parenting and HBL during lockdown a challenge or motivation is diminishing please don't look at others who "appear" to be doing everything perfectly and having a great time and start feeling bad about yourself. We are all just doing the best we can, everyone copes in different ways and we need to do what is best for our own family. To help support our own wellbeing and mental health it's important to find supports, not judgements or comparisons. Remember that St Mary's staff are here to help so please get in touch if you need some assistance.

If you would like to meet up and virtually connect with other parents, please join me for our Zoom Cuppa and Chat Thursday mornings at 10.30am. A reminder will be sent out via Compass.

Donna Falzon  
Family Liaison Officer



Spotlight on Year 3



**Canteen News**  
Due to the current NSW Covid19 health guidelines, the canteen will be closed until further notice.

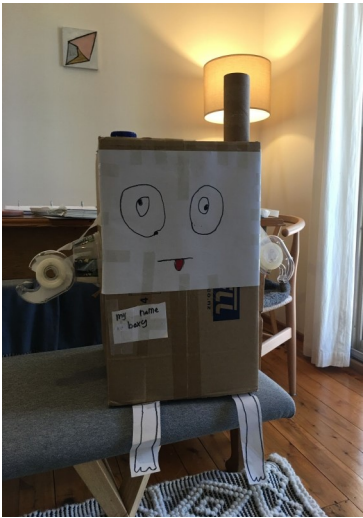
Donna & Janet

*Protection Prayer*

*May the light of God surround you..*  
*May the love of God enfold you..*  
*May the power of God protect you..*  
*May God place His Healing Hands upon you and heal you quickly..*  
*May the presence of God watch over you..*  
*Wherever you are God is.*

*Amen.*

joy jp author



Year 3 have been doing such a great job working on their learning at home. We have really enjoyed seeing their creativity. Here are some 3D robots that were made while investigating shapes in maths. The Year 3 children have also been showing support of the Olympics. Harlow made this awesome Olympic support poster.