



SCHOOL NEWSLETTER

Term 3 Week 5
11 August 2021

The Positive Side

Dear St Mary's Catholic School Community,

Please keep the following people in your thoughts and prayers: those who missed the 1st birthday of a grandchild; those who are unable to visit a loved one in hospital; those who have lost a job; those who weren't able to celebrate their child's 21st birthday; those who are struggling financially; those who haven't been able to meet their friends for coffee; those who are battling mental health issues; those who are lacking energy and drive; those who are becoming frustrated with their kids; those who are having to say "Sorry" over and over again; those who feel unsafe in their homes; those who are missing their grandparents; those who are yet to see the newborn child; those who needed to mourn from afar; those who had travel plans upended; those who have lost business; those who feel isolated or lonely; those who are In Year 12. We ask Our Lord to abundantly bless us all as we face the individual challenges confronting us daily.

We are grateful and thank Our Lord for: those who continue to smile and laugh; those who keep the glass half-full; those who enjoy the sunshine; those who let their kids win at cards (even if it kills them); those who repeatedly clean their houses; those who have not been to Bunnings; those who are keeping fit; those who have read a great book; those who have found creative ways of staying connected; those who continue to reach out to their important people; those who have discovered a healthy balance in their life; those who have learnt to do something new; those who have been bushwalking; those who have felt the thrill of a wave washing over them; those who have watched the sun rise; those who have tickled their kids; those who have told 'Dad jokes'; those who have run for years and years but never looked like making the Olympics; those who are not perfect; those who continually try to improve; those who have read to their kids in bed and for those who have fallen asleep exhausted at the end of the day.

Prayer is an amazing solution. It is the key or 'way out'. Trust in Our Lord.

Assessment and Planning Day

Catholic Schools Broken Bay has advised that both secondary and primary schools are to have an Assessment and Planning Day (Staff Development Day) by the end of next week. For primary schools the purpose of the day is to provide some much appreciated planning time.

Our Assessment and Planning Day will be on Thursday 19th August. No classroom teachers will be supervising children's HBL at school on this day. Nor will teachers be available online for children at home completing HBL. Our suggestion is that all our kids enjoy a day with their families away from the routines of HBL. If you are in that position of it not being possible for your child(ren) to remain at home on Thursday 19th, could you please contact our school's administration? We would then look at employing a casual teacher to care for the children during the day.

We thank you for your ongoing support through these difficult times.

Kind regards,

Kevin Williams
Co Principal

Liz Hartge
Co Principal



Parish Details

Ph. 4396 4455
Email. toukleyparish@
bbcatholic.org.au
Office Hours. Monday-Friday
9.00am-2.00pm

Merit Awards

Flynn H
Ara W
Harper W
Billy SD
Ivie T
Mackenzie O
Jackson M
Siaosi M
Amelia D
Hayden S
Ivy S
Penelope R
Flynn B
Sasha R
Zara B
Jack H
Mya C
Rhys M
Lillian D
Cooper S
Oscar S
Mia S
Levi M
Addison P
Coco T
Thomas R
Willow F
Vanessa M
Matilda S
Oscar L
Charli D
Mitchell W
Ellie B
Sumira D
Mia M
Toby W
Vasiliki P
Matilda S
Eyli P
Peyton B
Will S

From Our REC

Feast of St Mary of the Cross MacKillop

On Sunday Australia celebrated the Feast of St Mary of the Cross MacKillop. Mary is our first Australian Saint. Many of our classes have included a focus of her in their Religion lessons this week. One of her less famous quotes is, "God will carry you safely through every struggle." May we reflect on this at the moment and remember that God is always with us.



Confirmation

Thank you to all the families who have already booked online. Today is the last day to book online for the sacrament of Confirmation. The sacrament is planned for Saturday, 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 re-scheduled.

From Our Librarian

Dear mums and dads and kids

We are so proud of all the hard work you are doing. Your video message for our Olympic athletes was wonderful

This week I have dropped another story into your Home Based Learning Folder. You don't have to do anything but sit, relax and enjoy the story. It is about Norton and a very annoying bear, who wants to copy him all the time. Norton just wants to be unique!

Year 4 I am very impressed with your opinions of Ellie's Dragon. And Matilda... I wonder if dressing up as a bunny would have changed the ending of Not Cute by Philip Bunting?

Children need to receive this sacrament before they receive the sacraments of Reconciliation and First Eucharist. You can click this link to enrol for Confirmation at St Mary's, 3pm Sat 18th Sept: <https://www.trybooking.com/BSXPS>

Well-Being Dance Zooms

Thank you Cathy Makin Dance Academy (CMDA) for holding our weekly dance zooms for our students. Your senior students leading these are doing a fabulous job! These zooms are a great opportunity for our students to have a break from online learning and move around. Please check your Compass notifications for the zoom link or code and times for allocated grades, the difficulty will vary from infants to primary.

Catherine Kyle
Acting Religious Education Coordinator



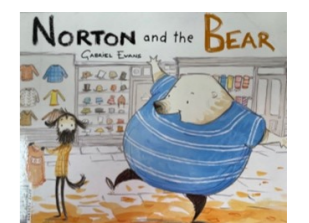
I have another WARNING about this week's book!... I have included some 'how to draw' videos by the author Gabriel Evans and another of your favourite author/illustrators. Without giving too much away you might even find time to make a 'comic' book of your own in your spare time!

So look out for Norton and the Bear by Gabriel Evans.

Remember to just relax and enjoy a good book when you have the time!

Missing you all heaps!

Miss Gray
Librarian

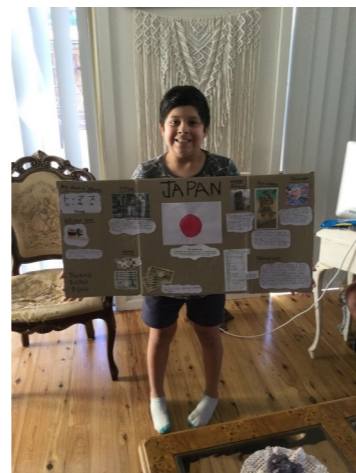
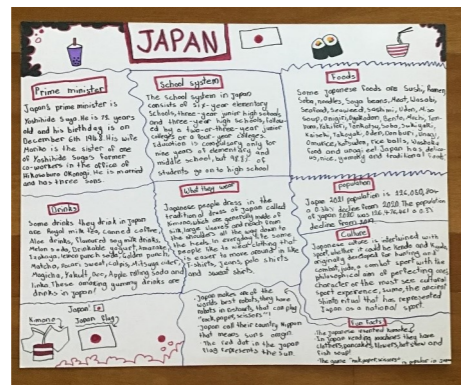
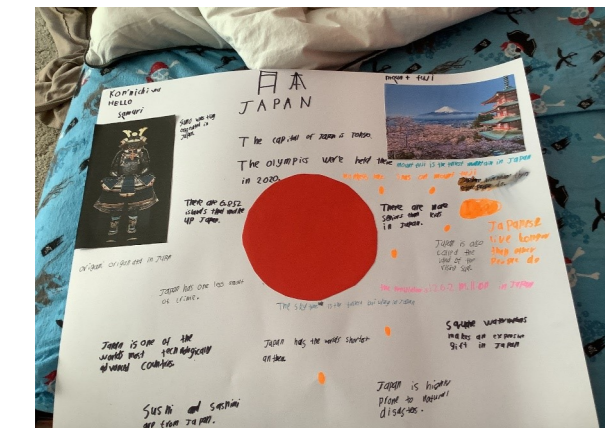
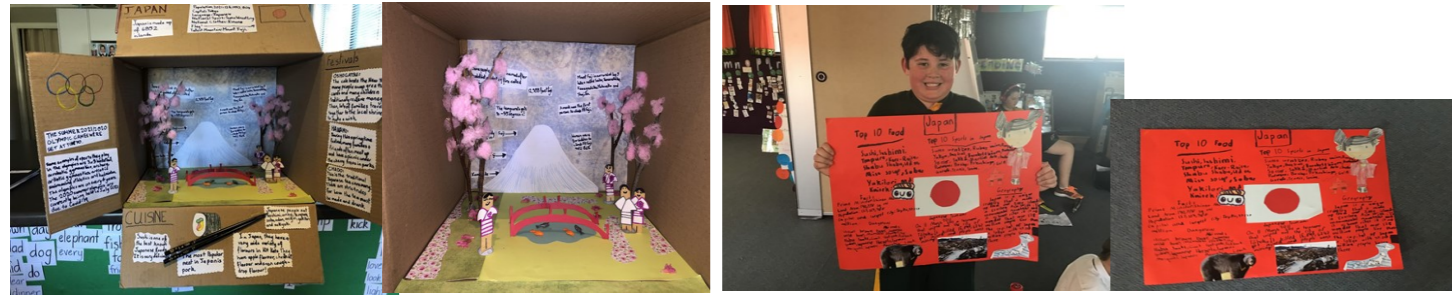


Spotlight on Year 4



Kon'nichiwa parents,

This term, Year 4 have been focusing on information reports, and with the Tokyo Olympics, what an appropriate country to research. The students have enjoyed finding out so much about Japan, presenting it all so creatively and sharing it on zoom with their classmates..



Canteen News

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

Donna & Janet

Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- Identify and practice self-care strategies that work for you
- Keep kids communicating
Let children know it is ok to be worried, and talk it out
- Get sweaty
Exercise is great for mental health
- Reach out
To those who may not have connections
- Follow facts from trusted sources
- Take a break
Do the things you've been putting off for a rainy day

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

EAP - 1300 667 197 Peer Support Officers Chaplains
Coronavirus Mental Wellbeing Support Services: 1800 512 348
Lifeline: 13 11 14
Kids Helpline: 1800 551 800
www.headtohealth.gov.au