



SCHOOL NEWSLETTER

Term 3 Week 10
15 September 2021

Wow! What a Term!

Dear St Mary's Catholic School Community,

Wow! We've never experienced a full term of school before where the vast majority of children were not present on-site for even a day. Such was the nature of the pandemic and its ensuing health orders. Let's pray that it never happens again.

What we are grateful for is your considerable efforts in facilitating your child's learning as best as you've been able to. Juggling the demands of your own work, the restrictions of the lockdown, the every day pressures of family life, "entertaining" the kids and the list goes on. To then, on top of it all, ask you to help maintain the kid's learning has been a huge ask. And, let's be clear you're doing an amazing job! Our teachers repeatedly tell us about the children's great efforts and work. Thank you for accepting the responsibility and for having the organisation, passion, discipline and patience to make it work. And importantly, for maintaining a sense of balance and resilience, which sets such a great example for the children.

Congratulations Mrs Nelson

Earlier in the week, Mrs Nelson (2 Green + 3 Gold) shared with our staff the wonderful news that she and husband, Daniel, are expecting their 3rd child. Both Mia (K Gold) and Zoe are also excited by the idea of being "big sisters". We ask Our Lord to bless you with a safe and healthy pregnancy, Prue.

NAPLAN

NAPLAN results for Years 3 and 5 students arrived earlier in the week. Once again, we were very pleased with both our children's efforts and achievements. Great work, girls and boys. Due to the pandemic, the hard copy reports detailing your child's results have been posted via mail to you.

Thank You CSBB

Throughout Term 3, Catholic Schools Broken Bay (CSBB) have continued to offer practical and useful support all to our schools. The HBL+ initiative has enabled us to provide that very valuable resource, time, for teachers to plan effective, well structured and meaningful learning experiences for the children. And, just

yesterday, Mr Danny Casey (Director) sent a much appreciated hamper to every school thanking staff for their amazing efforts during this challenging term. The hamper was filled with lovely fruit and delicious chocolates. Guess which of the two were gobbled up within 'about 12 seconds' of hitting the staffroom table? And I'm sure the fruit will be finished today too.

When We're All Back

When all the children return to school, it'll be the second half of Term 4. We'll be monitoring and resuming our focus on learning. We'll be taking the long-view approach. We won't be expecting every child to be "up to speed" upon their return. But, with excellent teaching and the children's thirst for learning, we're confident that we can bridge any gaps in learning that may have formed. It will take us into 2022 as we achieve this, but it will happen.

The back half of Term 4 will also see us clearly focus on the wellbeing of our children. We want them to be re-connected, to play, to enjoy their friendships and we want them to be well. We want them to enjoy the things they've missed. We'll be keeping a close eye on them

If You Need Help

After such a long period away from our place, if you think it may prove difficult to get your child to return to school please make contact with one of us (e.g. your child's teacher) as we have some ideas that will help.

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

Ayla M
Luke H
Martial G
Archie N
Adam D
Owen M
Talan C
Letty M
Grace L
Zac B
Benny E
Sofie N
Lachlan M
Sienna H
Jazz B
Evie Z
Andy B
Ayla B
Sonny I
Summer G
Rosie W
Eva S
Aila K
Liam G
Piper E
Isla C
Elizabeth C
Marli C
Sienna G
Ava S
Myles S
Rose D
Jonah M
Scarlett W
Luca K
Zach M
Harry H
Makenzie W
Hudson D
Dakota L
Ruby H
Henry H
Oscar W
Noah W
Ollie C
Mia N

From Our REC

Confirmation

As you are aware our Confirmation ceremony has been postponed. At this stage we don't have a new date. As soon as we hear more we will let you know. We have been blessed to have still been able to run the preparation classes via zoom. Thank you to our Parish Sacramental Team for this. I am sure the students look forward to receiving this sacrament. For those students who have prepared for the sacrament of Confirmation please remember to send through to Alicia, in the Parish, your child's sponsor and their chosen Saint .

Socktober - Mission Month

During the month of October we have a focus on mission and how we can support our global Catholic community. This year the focus country is Thailand. During the first four weeks of next term our students will learn about specific concerns for the people of Thailand. Hopefully when the students return later in the term, we will be able to hold a crazy sock day and a soccer match between the teachers and our Year 6 stu-

From Our Family Liaison Officer

With the school holidays fast approaching the opportunity to take a break from what have become our new routines is something most people are eagerly looking forward to. We are lucky on the Central Coast to have so many options to choose from to enjoy the time away from school work - for both students and teachers. From our beaches and lakes to parks and bushwalks, plus many more places to get out and about, there is always something to do. If children prefer more indoor pursuits Central Coast Council has a list of activities for kids to do online or at home which are either free or at minimal cost. From drawing workshops to kids yoga, craft, animal encounters, to a comprehensive list of bushwalking tracks, parks and beaches that you might not be aware of. Libraries are also running online holiday activities - <https://playinginpuddles.com.au/school-holidays-central-coast/>

Term 3 has been pretty stressful for everyone living with lockdown, HBL and managing work and family life. Managing our stress has never been more important. The stress we feel when faced with a dangerous

Holiday Wellbeing

With the holidays upon us, take some time as a family to complete the "Wellbeing Matrix."

END OF TERM PRAYER

We thank you Lord, for this term.
For the challenges, the successes,
and the mistakes from which we have learnt.
Be with us as we spend our time with family and friends.
Give us strength and courage to do what is right;
to be witnesses of our faith.
Help us to be a practical Christian these holidays,
to appreciate what others do for us,
to give time and effort to help others,
to be peacemakers in our family.
Keep us safe in our activities;
give us good rest and good fun.
Bring us back refreshed and ready for a new term.
We thank you for our classmates, teachers, parents
and a community that cares for us.
May we always be conscious of you in our lives. Amen

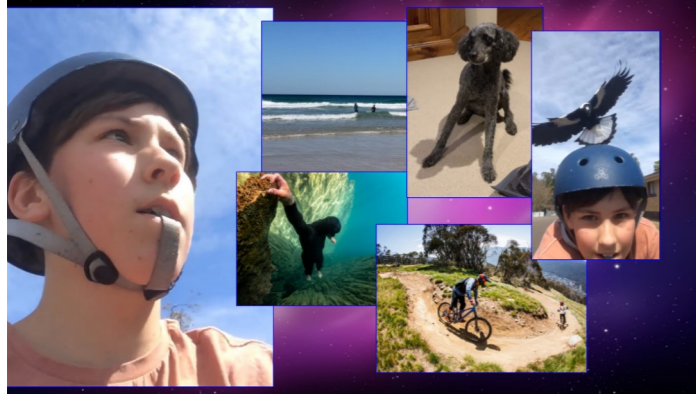
Catherine Kyle
Acting Religious Education Coordinator

situation or a work or study deadline is often helpful to us in that moment as the stress hormones released, adrenaline and cortisol, help us to deal with the situation, then our stress levels return to normal. But when we don't get a break from stress and our body doesn't get a chance to reset to a calmer, relaxed state it can become what is known as chronic or toxic stress, which starts to affect us physically. It is important to take active steps to help us reset but when dealing with chronic stress it can be hard to remember the things we can do to help us. The following article explains how our bodies cope with stress and provides very practical strategies to keep as a handy reminder of what we can do - [40 practical things that can help your mental health during lockdown - ABC Everyday](#). Maggie Dent also has some great advice in dealing with family life during lockdown - [Navigating these crazy, crappy, uncertain times as a family | Maggie Dent](#)

Enjoy your holiday break.

Donna Falzon
Family Liaison Officer

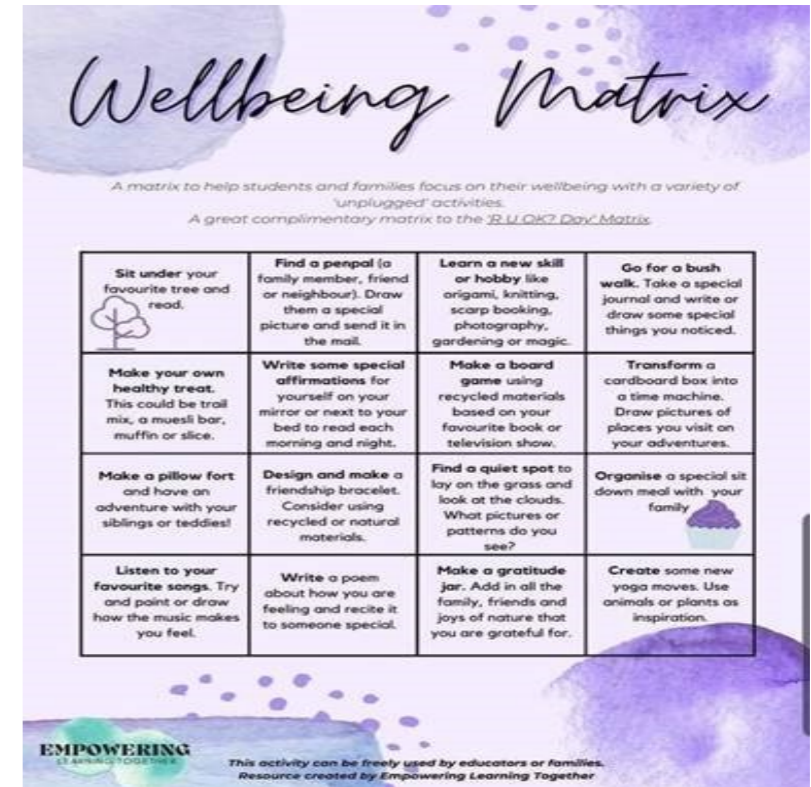
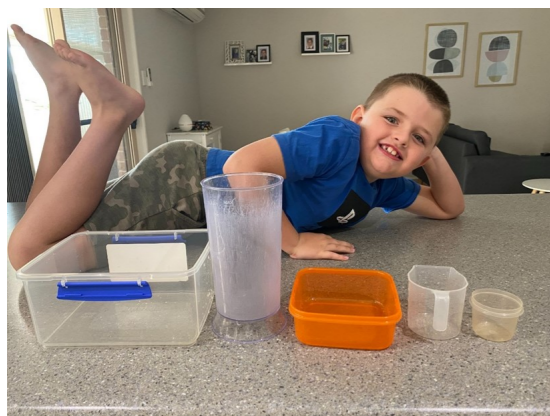
A Spotlight on Term 3



From the Office

As we are now posting our weekly merit awards, could you please ensure we have your correct residential address. You can call the office on 4396 5100.

Thank you



Blue

Gold

Green

| | Blue | Gold | Green |
|---------------|-------------------------------------|---------------------------------------|-------------------------------------|
| Kinder | Monday 10.00am Wednesday 10.00am | Monday 9.30am Friday 9.30am | Monday 10.00am Wednesday 10.00am |
| Year 1 | Monday 11.30am Thursday 11.30am | Wednesday 10.00am Thursday 10.00am | Monday 10.00am Thursday 10.00am |
| Year 2 | Tuesday 9.00am Thursday 9.00am | Monday 10.30am Thursday 10.00am | Monday 2.00pm Wednesday 2.00pm |
| Year 3 | Wednesday 12.30pm Friday 12.30pm | Monday 10.00am Wednesday 12.45pm | Wednesday 10.00am Friday 10.00am |
| Year 4 | Monday 10.00am Thursday 10.00am | Monday 12.30pm Friday 12.30pm | Monday 9.30am Friday 9.30am |
| Year 5 | | Monday 9.30am Friday 9.30am | Monday 10.00am Wednesday 10.00am |
| Year 6 | Tuesday 12.30pm Thursday 12.30pm | Monday 10.00am Thursday 10.00am | Monday 10.30am Wednesday 10.30am |

Zoom Meeting Timetable Weeks 7-10

458 Main Road, Norville NSW 2263

Telephone: (02) 4396 5100
Fax: (02) 4396 5101

Email: smt@dbb.catholic.edu.au
Website: www.smtddb.catholic.edu.au