



SCHOOL NEWSLETTER

Cyber Safety Week

Term 1 Week 8
16 March 2022

Upcoming Events

- School Cross Country
Friday
18 March
- Wear Orange for Harmony Day
Friday
25 March
- Parent Paint and Prayer Morning
9.15am
Monday
28 March
- Catholic Schools Week Liturgy and Open Classrooms
2.15pm Liturgy
2.40pm Open Classrooms
Tuesday
29 March
- St Mary's Playgroup
9.15am
Wednesday
30 March
- St Mary's School Tour
10.30am
Wednesday
30 March
- Year 6 Graduation Meeting
3.15pm
Tuesday
5 April

Dear St Mary's Catholic School Community,

As the use of technology increases for our children, it is crucial that we regularly talk to them about the safe use of technology, how to be a safe digital citizen, who we can trust and what to do if we see something unsafe. This week at school we have a focus on cyber safety; each class and each library lesson will have activities which are focused around the safe use of technology. These discussions will be age appropriate. Parents, we ask for you to continue this important conversation at home. Tomorrow, through Compass, you will be asked to discuss with your child how to use school technology appropriately before signing a Technology User Agreement. We ask for this to be completed by Week 10.

If you need any additional resources to support your discussions at home, websites such as these can be helpful.
<https://www.safeonsocialtoolkit.com/pages/home>
<https://thecybersafetylady.com.au/> and
<https://education.nsw.gov.au/parents-and-carers/wellbeing/technology/cyber-safety>

Cross Country
Our Cross Country will be held at Jenny Dixon Reserve on Friday. It is always a fantastic day. With the help of the local police, we walk up to Jenny Dixon shortly after the 9.00am bell. We ask those parents who are accompanying their child's class on the walk to please meet us on the basketball court immediately after the bell. We'll go over some instructions emphasising the importance of safety on the walk to and from the reserve. An important aspect of our school's culture is that everyone has-a-go. Therefore, all children will participate in their run. We constantly emphasise the importance of being involved, trying your best, participating and enjoying yourself. Each year, a highlight of the morning is the encouragement the children give each other. And we are most pleased that parents are able to join us around the perimeter of the reserve.

Caritas Australia
We encourage children to bring in money to donate into their class Caritas Australia box. The children are learning about how we can help others through organisations such as Caritas Australia, in their Religion lessons.

Bathurst
Last week our Year 5 students thoroughly enjoyed their trip to the Bathurst Goldfields. The sun shone and there were many highlights. A big thank you to the teachers and parent helpers (Kate, Donna, Jay and Mark) for accompanying the children. It was one to remember!

Easter Raffle
Children are invited to buy a raffle ticket for the Easter Raffle each morning between 8.30am and the bell (50c each or 3 for \$1). We also ask families to donate an egg for the raffle so we can have as many prizes as possible. All money raised will go to helping those affected by the floods.

Parish Mass
Sunday 3rd April it is **Year 1s** turn to attend the 9.00am Parish Mass. An invitation has been sent home. We look forward to seeing you all there. School uniform is not required.

Dogs on School Grounds
Recently, we have had quite a number of dogs brought onto the premises. While we understand that they are under your control, we're not actually allowed to have them in the school grounds. If you do walk your dog with you for drop off and pick up, we ask that they please remain off our grounds, tied up.

Your Thoughts and Prayers
Please keep Josh Y (6 Gold) and Oliver Y's (K White) family in your thoughts and prayers. Recently Josh and Oliver's grandfather passed away. May your cherished memories and Our Lord's blessings provide you with great strength during this very difficult period.

Congratulations
Congratulations Mrs Prue Nelson (teacher) who recently gave birth to Hannah, little sister for Mia (1 Blue) and Zoe.
Congratulations also go to Mrs Sam Foster (ASPECT teacher) who recently gave birth to Louie, little brother to Myles.

Kind regards,

 Emma Sellars
 Principal

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

Merit Awards
Briella F
Emmett B
Phoenix R
Kalira W
Rex N
Houston A
Tariq M
Chloe B
Roy C
Sage C
Andie N
Archie N
Kai M
Jacob K
Lennox I
Ivy S
Tianna O C
Javier M C
Siaosi M
Harrison C
Ashley L
Natalija K
Oliver G
Oliver K
Dominic W
Rose M
Ruby R
Sonny I
Summer M
Mayah H



From Our REC

Prayer and Paint
Last week I sent home an invitation to all parents to attend our "Prayer and Paint," Parent Engagement session in Week 10. This is an opportunity for all parents (not just those with children in Kinder) to learn about the new Kindergarten RE curriculum and to help paint resources. Many of the resources are wooden dolls to make presentations for Kinder but there are often other resources such as the raised map of Israel. If you would like to attend please email catherine.kyle@dbb.catholic.edu.au, call the school office or sign up using the PIP teams link <https://signup.com/go/mpKZvNj>.

Year 1 Sunday Mass
Please keep Sunday April 3rd free for those families with Year 1 children. We will be attending mass at 9am. Teachers will be handing out ministries soon. All Year 1 will sing a thanksgiving song.

Year 4 Sacred Space
Year 4 will be sharing their learnings in

From our Librarian

Cyber Safety Week From The Library
The following is something that I have put in previous newsletters. I think it is important for parents to consider how much screen time is happening at home. How can you ensure that your child is getting enough sleep? Do you have a technology free night in your house each week? Do you have a curfew set in place for screen devices?

Screen Time Vs Dream Time
Is your child getting enough sleep? Does your child have trouble going to sleep? Is your child playing with an electronic device at bedtime? Dr Chris Seton is a Paediatric and Adolescent Sleep Physician at Westmead Hospital. I was fortunate to hear him speak about the developing trends in children's sleep patterns and the importance of getting a good night's sleep. Here are some points for you to consider.

1. The most googled personal question worldwide is: Why am I.....tired?
2. The 3 pillars of good health in children and teens: Good sleep, Regular exercise and good nutrition
3. Until the age of 18 young people need at least 9 hours' of sleep. If you are the parent of a teenager then yes, your 15 year old needs as much sleep as your 8 year old
4. Getting a good night's sleep provides resilience and mood protection in the face of stressful situations

Religious Education this Thursday. Our Sacred Space will begin after lunch at 2pm. Parents are welcome to join us on site for this.

Wellbeing Week - Week 9
Next week we will be celebrating Wellbeing Week. On Friday 25th March we will be encouraging all our students to dress in orange (Harmony Day) and bring in a gold coin to help raise money for Project Compassion.

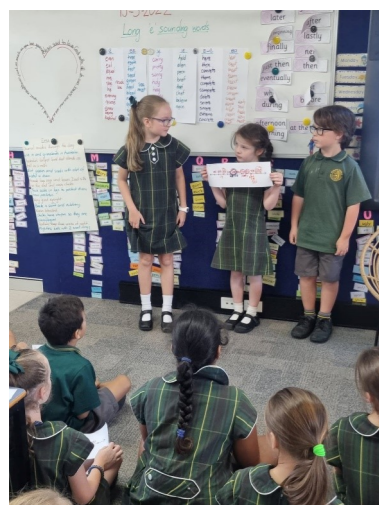
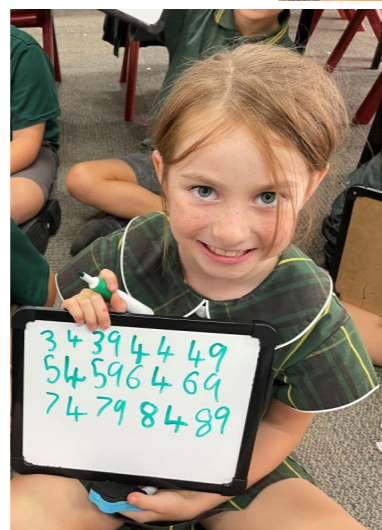
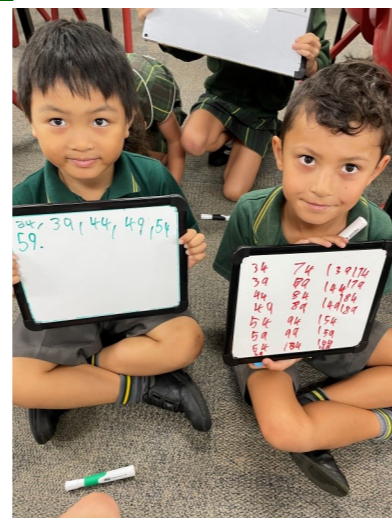
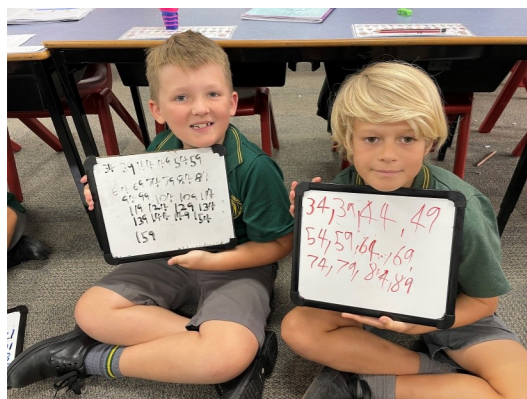
Stations of the Cross - Good Friday - Friday 15th April 9am

This year we will be again re-enacting the Stations of the Cross. Sam Hanham, a parent of children in Kindergarten and Year 2 leads the liturgy with the help of a parishioner Di Healy. We will practise on three occasions during Weeks 10 and 11 and then on Wednesday 13th April at 9.45am. If you would like your child/ren to participate in this liturgy please email catherine.kyle@dbb.catholic.edu.au. There will be speaking and acting parts and this liturgy is open to students of all ages. Our parishioners love to come and watch the children participate in this very special liturgy.
Cath Kyle
Acting Religious Education Coordinator

5. A US study of 30,000 kids revealed 96% used their screen devices in the hour before bedtime
6. In Australia 65% of 9-10 year olds have chronic sleep deprivation that impairs their learning. A report by the Grattan Institute found that one in three primary school children were passively inattentive and not engaged in learning due to late bedtimes and less sleep.
7. Active screen activity of phones and games is worse than passive screens of TV and DVDs.
8. Screens rely on blue light to give picture clarity. The size of the screen determines the intensity of the blue light. Smaller screens emit stronger blue light. Blue screen light lowers melatonin and tells the brain to 'wake up'
9. Electronic devices such as iPads, iPods, tablets, computers and smart phones are best kept away from the bedroom to ensure a good night's sleep
10. Establish a digital curfew. Have your children 'power down' their devices at least two hours before bedtime so their bodies can start producing more melatonin to ensure a restful night's sleep

A good old fashioned bedtime story always works best!!!!
 Happy reading everyone
 Miss Gray
 Librarian

A Spotlight on Year 2



Canteen News

Canteen is now open for recess and lunch snacks as well as lunch orders. Qkr! is still the preferred method for lunch orders. **Please remember to update your child's class for this year on their Qkr! profile.**

If sending money in with your child to buy a snack or iceblock over the counter, please have a chat to them about what they can purchase with the money you give them. Also please don't send in too much money, \$2 maximum is plenty, especially for the younger students.

If you are a canteen volunteer and are unable to fulfill your rostered day please contact the school office as early as you can.

Thank you
Donna and Lauren

Star Awards

- Ava B
- Kobe C
- Evan C
- Lexi B
- Morgan P
- Lewis Z
- Xavier H
- James F
- Parker M
- Neve R
- Poppy G
- Gwyneth M
- Matthew W
- Liam G
- Marcella R
- Ava G



From our PE Teacher

Diocesan Swimming

Well what an amazing night we had at Mingara last night. Our St Mary's team really excelled themselves. Our girls relay team came 4th, the boys relay team won, Archie M won breaststroke, Yenna came 2nd in freestyle, Archie W came 3rd in freestyle, Nikita won breaststroke and Harry B won freestyle, backstroke, butterfly and the medley. St Mary's is very proud of you and wish you luck at Polding against the best kids in NSW schools.



2022 Cross Country

All children should wear sports uniform and bring a **water bottle** and **towel** to sit on. Children with asthma are asked to remind teachers and bring necessary medication.

- 8yrs at 9.30am
 - 7yrs at 9.40am
 - 6yrs at 9.50am
 - 9yrs at 10.05am
 - 10yrs at 10.15am
 - 11yrs and 12yrs at 10.25am
- These are approximate times

Any parent walkers please meet on the netball court at 9.00am.
Any other helpers I will meet at the oval at 9.00am.

Liz Bain
Sports Coordinator

Wellbeing Walk Monday March 21, 9am

Join us for a relaxing walk with other parents/ carers to Jenny Dixon Reserve for morning tea and mindfulness. Parents with prams and younger children welcome. Alternative plans will be in place in case of wet weather. If you are interested in joining our walk please RSVP to donna.falzon@dbb.catholic.edu.au



Harmony Day Recipes

As part of Wellbeing Week next week, we would like to gather recipes from our generous families which represent their own cultural background for Harmony Day. If you would like to send in a favourite recipe please email it to me and we will share it with the wider school community. If you would like to include a photo of the dish or yourself, or any information about why this dish is special or if you have it at special celebrations that would be wonderful.
donna.falzon@dbb.catholic.edu.au

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