

St Mary's Catholic Primary School Newsletter

Vol 3.2.16

12 May 2016

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IMPORTANT DATES

May Fri 13

Kindy Fine Motor Workshop 9.15 - 9.45am

Catholic Care Casual Day - Gold Coin Donation Sat 14 BCC Scholarship Exam

Sun 14 Pentecost Sunday

Year 6 Confirmation Mass 10am Cathedral

Tue 17 Board Meeting 5.45pm

P & F Meeting 7pm

Wed 18 Pre Primary - Year 2 Liturgy

Funeral Bishop Myles McKeon at 2pm

Thur 19 Kindy Parent/Teacher Interviews Fri 20 Kindy Parent/Teacher Interviews

> Year 6 Assembly Lapathon

Vision Statement

A welcoming faith community

> We value relationships

We pursue excellence in learning

We live the Gospel message of love



When it is really windy, your hair blows all around, your clothes whip around, and Pentecost leaves and dust blow wildly. The Holy Spirit is like the wind. When the wind blows in, things change; rain comes, or cold weather comes, or snow comes, or sometimes a violent storm comes. When the Holy Spirit blows in, people change. The Holy Spirit

can make people brave, smart or excited about God.

After Jesus ascended to heaven, his friends were feeling confused and afraid. The first time the Holy Spirit blew in those feelings of being smart, brave, and excited about God is the day we call Pentecost. The Spirit blew these feelings into Jesus' followers and that was the first day of the Church. We call it the birthday of the Church.

John 20: 10-23

On the evening of the first day of the week, when the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Those sins you forgive they are forgiven, and those sins you retain they are retained."

With this Sunday, feast of Pentecost, we come to the end of the Easter season—the fifty days that follow the forty days of Lent.

Dear Parents, Students and Friends,

On Sunday we gather as a Catholic Community to celebrate the Sacrament of Confirmation with our Year 6 students and their families. Sunday is the Feast of Pentecost, a day to commemorate the coming of the Holy Spirit on the early followers of Jesus. Before the events of the first Pentecost, which came a few weeks after Jesus' death and resurrection and his ascension into heaven, there were followers of Jesus, but no movement that could meaningfully be called the 'Church.' From an historical perspective, Pentecost is the day on which the Church was

started. This is also true from a spiritual perspective, since the Spirit brings the Church into existence and enlivens it. Thus, Pentecost is the Church's birthday.

On Sunday, Year 6 students will be sealed with the gifts of the Holy Spirit - Wisdom, Understanding, Right Judgement, Courage, Reverence, Wonder and Awe in God's presence and Knowledge.

Confirmation is a time for our students to understand:

- I belong to a community with many gifts.
- I am specially chosen by God and have something (my own gifts) to share with others.

HOLY YEAR OF MERCY PRAYER

Lord, Jesus Christ, You have taught us to be merciful like the heavenly Father, and have taught us that whoever sees you, sees God. Show us your face so that we may be saved. Amen

- I am part of a Church family all through my life and every place I go.
- I receive courage, strength and wisdom for my life.
- I have support parents, sponsors, parish, teachers.

I wish our students a meaningful, enjoyable and memorable day on Sunday.

May our students, blessed by the Spirit, continue to live as Jesus taught - to love and forgive, to be compassionate, just and tender and to act as peacemakers in our world.

Congratulations and thank you to Vanessa Best and Renae O'Connor on the very successful Mother's Day Morning Tea last week. Your leadership and coordination supported Pre Primary parents in their work for this major event on the school calendar. We look forward to your report at next Tuesday's P & F Meeting.

Maureen Tully

Principal

STUDENT AWARDS							
YEAR 1 YEAR 2	Thomas Piacentini The Year 2 Class	Elena Gibbs					
YEAR 3	Jasmine Turner	Neha Bobby					
YEAR 4	Jasmin Tan	Ryan Sutton					
YEAR 5	Jacob Orsi	Liam Collins					
YEAR 6	No awards - at camp		Cardada S				
A.R. 50%	Max Sarre	Jai Cahill					
A.R. 75%	Calla Bott						

SCHOOL NEWS

COLD AND FLU SEASON

As we move into the seasons of colds and influenza, please revise with children hygiene practices re coughing and sneezing into bend of elbow, hand washing and disposal of tissues.

Though seemingly simple practices, children do need reminding about these. If your child is unwell, please do keep them at home so that they do not infect other children or staff. While it is important that students do not miss school, feeling unwell is not conducive to learning and students usually gain little from the day, feel miserable and can impact on other students and the work of the teacher. However, parents must also be alert to their own children and not permit them to stay home unnecessarily under false pretences of feeling sick. Thank you to all parents for your support as we endeavour to provide a healthy school environment.

SCHOOL BOARD MEETING

The first School Board Meeting for Term 2 will be held next Tuesday evening, 17 May, at 5.45pm in the staffroom.

P & F MEETING

We look forward to your attendance at next Tuesday's P & F Meeting at 7pm in the MPR.

BISHOP MYLES McKEON - FUNERAL

The funeral Mass for Bishop Myles McKeon will be celebrated on Wednesday 18 May at 2pm at the Cathedral. Mrs Tully and Head Boy, Kayde Waldock, and Head Girl, Gabriella Lang, will represent St Mary's School Community at this Mass.

CONDOLENCES

Sympathy is extended to Mrs Bianca Torrisi and family on the death of Bianca's grandmother in Tasmania at the weekend. Our prayers and thoughts are with the family.

FOOTY TIPPING ROUND 7 RESULTS

Congratulations to Alex Hearn (Jock) who took out the Round 7 footy tipping. Great work! Good luck to all tipsters for Round 8 tipping.

FINE MOTOR SKILLS WORKSHOP

Kindy parents are reminded about the Fine Motor Skills Workshop in Kindy tomorrow morning. This workshop, facilitated by Mrs Harper, will be hands-on with the children working through a range of activities that develop fine motor skills - so necessary for children to write/manipulate pencils. Thank you to Mrs Harper who has organised this valuable opportunity to support children and parents.

CONGRATULATIONS

Congratulations to Mrs Jo Paini who has been appointed Head of Primary at MacKillop Catholic K - 12 College in Busselton. Jo will take up the position at the commencement of Term 3. Thank you to Jo for her dedicated work, her leadership and her friendship over the past two and a half years at St Mary's. We wish her every success and happiness as she takes up her new leadership role.

CANTEEN

Parents and students are reminded to order from the Winter Menu. We still have a couple of students ordering items from the old menu and this takes up the valuable time of the canteen ladies who need to go to classes confirming orders with students and causing disruptions to teaching time. Also, please note that Mousse is no longer available on the menu and can now only be purchased at recess.

Yesterday (Wednesday 11 May) the canteen had no helpers at all. The canteen can only be run with the invaluable assistance of our parent helpers. Our lovely volunteers for Friday 13 May are Janine Stewart, Rikki Smith and Janelle Norrish. On Wednesday 18 May we are desperately in need of assistance. Students, please remember that the Canteen relies heavily on the work of our volunteers who freely give up their time to help. Remember to say a big "thank you" when you see them. A copy of the menu can be found at the end of this newsletter and hard copies are available from the school office.

CANTEEN ROSTER FOR THE REST OF TERM 2

		13 May	Janine Stewart
			Rikki Smith
			Janelle Norrish
18 MAY	HELP NEEDED	20 May	Cherrie Woolhead
	HELP NEEDED		Jodie Scott
			Jenelle O'Reilly
25 May	Shannon Atherton	27 May	Emma Hastie
	HELP NEEDED		Medrica Di Lallo
			Kim Fildes
1 June	Ebony Franklyn	3 June	Brooke Brand
	HELP NEEDED		Maryanne Pemberton
			Megan Turpin
8 June	Renae Ursino	10 June	Lee-Anne Westwood
	HELP NEEDED		Kristy Richardson
			Belinda Males
15 June	Rosina Hynes	17 June	Susan Bele
	Peta-Marie Lord		Annaleisha de Chanéet
			Carmela Spinelli
22 June	Ali Olgiati	24 June	Suzie Liaros
	Jaci Brasher		Michelle Patane-Dillon
			Jenelle O'Reilly
29 June	Trish Moore		
	Beverly Barry		

<u>HEAD LICE</u>

We have had reported cases of head lice and classes involved have been notified via a letter from the class teacher about this. Parents are asked to check children's hair and treat hair if necessary.

Parents are asked not to send out notifications to the parents of the class, but rather to inform the class teacher or Karen and Aurelia in the office. They will then issue a notification to parents. Thank you for your support in this matter.

PRE PRIMARY - YEAR 2 LITURGY

Parents are invited to join us for the Pre Primary - Year 2 Liturgy in the Chapel next Wednesday morning at 9am. Please remember that this is a *Prayer Liturgy* and *not a performance* or an opportunity to take photographs. While the children look cute and sing beautifully...and tug at your heartstrings, we appreciate your support in ensuring appropriate and reverent behaviour in Church.

KINDERGARTEN 2017

Letters were sent out families of siblings already enrolled at St Mary's on Tuesday 10 May 2017. If you have a child currently attending St Mary's, and have a child due to begin Kindergarten in 2017, and have NOT handed in an application, please contact the school office immediately to avoid the disappointment of missing out on a place in Kindergarten in 2017.

What the Principal saw at lunchtime...













HPE NEWS

Fun Fitness Friday

Fun Fitness Friday is back on again from 8am to 8.30am. See how many laps you can do in that time. The Challenge is to run a lap without stopping that is equal to the grade you are in i.e., Year 1 = 1 lap, Year 2 = 2 laps, etc.

Winter Sports Carnival

The Carnival will held at Hay Park on Thursday 2 June and runs from 10am to 2pm. Coaches are; Football - Mr Di Lallo, Hockey - Mr Smith, Netball ?? (2 needed), Soccer ?? (2 needed).

Year 6 Camp

What a fantastic time we had on our annual Year 6 Camp last week. Congratulations to all our Year 6 students for a fantastic effort and ensuring you had a go to be the best you could be. Many thanks to our parent helpers: Jason 'the tool man' Lubcke, Paul 'the bushman' Brown, Martin 'the walking/talking encyclopaedia' Hynes, Shannon 'I'm up for adventure' Michell and Lisa 'the loving and caring' Vance. Your efforts and support were truly appreciated. Thank you to Mrs Noack on a sterling job well done.

Lost Property

There are 2 tables full of unclaimed lost property from camp in the Hall. The Hall now smells like camp! If the property remains unclaimed, it will be cleared away, washed and given to the Society of St Vincent de Paul next week.

Kind regards

Tino Alberti

HPE Coordinator

Overcoming FoMO and the Hurry Bug

FoMO and the Hurry Bug are by-products of technology, connectivity and a fast-paced life. FoMO or the Fear of Missing Out is the pervasive apprehension that others might be having rewarding experiences from which one is absent. It is driven by our most basic desire to feel connected and have a sense of belonging. FoMO is often evident in a desire to stay continually connected through social media with what others are doing.

We are flooded with digital stimuli. The prevalence of social media allows us to instantly connect with others and 'share' in their experience. However the tendency to selectively post the best aspects of our lives can contribute to a competitive environment and 'one upmanship.' This contributes to thought processes littered with comparison and envy.

Busy people are often also affected by the 'Hurry Bug.' We have so much to do and so little time available that we try to be super-efficient. Being afflicted by the 'Hurry Bug' results in us constantly being in a rush and trying to multitask. Our ability to gain instant access to information can result in reduced patience, we lose the ability to wait for anything and have the attention spans of gnats. This impatience contributes to feeling like we are on a fast-paced treadmill. Symptoms include counting the number of items in the shopping basket of the person queuing in front of you, clicking repeatedly on browser buttons whilst waiting for the page to load and always multi-tasking e.g. brushing your teeth during TV commercials whilst checking your emails on your phone. Our busy lifestyles lead us to try to squeeze more into our days.

Strategies for Overcoming FoMO and Hurry Bug

- Accept that FoMO exists and catch yourself in that zone awareness is a vital first step.
- Recognise that people sharing through social media are selective about what they post and you are only 'seeing' the surface (visualise the swan swimming serenely above the waterline but paddling like crazy below).
- Limit your use of social media set boundaries for how often you check and the amount of time you spend. Disconnect at least one hour before bed.
- Disconnect switch off your devices for a 12 hour period once per week. If that sounds impossible or you immediately think of 5 reasons why you could NOT do that then alarm bells should be ringing. If 12 hours seems impossible, start with an hour and gradually build up. During holidays aim for at least a 24 hour blackout.
- Practice mindfulness and take time each day to calm your mind and your breathing.
- Focus on one task at a time instead of multi-tasking get that task done and then move on.
- At the end of each day, reflect on what you have achieved that day (not what is still left on your TO DO list) and identify three things you are grateful for.

MOTHER'S DAY MORNING TEA

Thank you all for supporting a hugely successful and enjoyable Mother's Day Morning Tea last Wednesday. It was great to see everyone having a good time and snapping up some prizes and bargains! We hope you all enjoyed it as much as we did organising it. A very special thank you to all of our wonderful sponsors listed below. Without them, the morning would not have been possible. Please take the time to have a look at them all and please support them to return the favour!!!

Finally, a huge thank you to the Pre Primary Group for all of their hard work and effort, the P & F Executive, Maureen Tully, Helen Brown, Mrs Torrisi, Mrs Toia, Mrs Anderson, Father Ed, Aurelia Evans and Siobhan Allan from the Parents & Friends Federation of Western Australia for making the trip to Bunbury to be a part of the morning. To everyone, who helped in any way - We Thank You!!!

Thanks to all of our wonderful sponsors! NATURAL TEMPTATION THE BEAUTY SHOP BUNBURY CASELLAS NATURALISTE SKIN CLINIC MANDALAY (RAFFLE PRIZE) CATHERINE DECASTRO MAKE-UP NEXUS RISK SERVICES CHICKEN TREAT HOMEMAKER CENTRE CATHIE RICE TRAVEL NUTRAMETICS (CHANTELLE KOSTARELAS) CHERYL + BOB NORTHY KOOMBANA SEAFOOD ORECHIETTE T+J DEPIAZZI COUSINS ELECTRICAL PARTY LITE (KELLIE SMITH) LITTLE GOOSE PHOTOGRAPHY CROSS VERWIJMEREN PAT AND BEV DILLON ESHE CRUSH BOUTIQUE PAUL FONTANA (FEDELE'S AUTOS) LUXE HAIRDRESSING DECASTRO CAR DETAILING PAULS FRUIT + VEG DOCKING PERSONAL TRAINING WYNDHAM RESORT PENTHOUSE HAIRDRESSING DOME THE GOOD GUYS BUNBURY PRINCE OF WALES HOTEL EASTMAN AND CO BARBADOS RETRAVISION XSCAPE TO THE CAPE FUN PARK HEALTHY NOTIONS HEALTH FOOD SHOP ROBERTS TILT TRAY EATON TAVERN SMOOTH SYNERGY COSMETIC CLINIC ROSE HOTEL EDMONDSON ACCOUNTING ENVY SALA WINE LOUNGE ELLA BACHE BUNBURY SKIN PLUS FLOATATION CENTRE BUNBURY SALON SUGAR FLOISE FASHIOINS THE NATURAL BEAUTY SPOT SCENTSY - VICKI SMITH ESCAPE DAY SPA (BUNBURY) BUNBURY DRIVE IN CHEMIST SIX SEASON MARKET EVEDON PARK RETREAT GIOVANETTI TRANSPORT + FIREWOOD FADS HOMEWARES SLAMMERS BASKETBALL PIACENTINI + SONS FASHION HOUSE SO-HO FOR HAIR CENTRAL NEWS / BUSSELTON BEACH STAY2 FI FIJRS SOUL SISTER PROJECT FRFFDOM BUNBURY ODYSSEY FLOAT STUDIO SOUTH WEST QUATLITY PLASTERING PANUCCIO AUTOS FLOURISH DAY SPA DUNSBOROUGH (OLD ESCAPE) P+D AUTOS SOUTHCITY CHEMART CHEMIST FRANK + JENNY LOGRANDE STUDIO 66 ALISON + KIM PIACENTINI FULL OF BEANZ COFFEE BROOKE FIORE FOR HAIR THE EXCERCISE CLUB GALLERY 22 LITTLE LEISURE DUNSBOROUGH THE HAIR + BEAUTY HUB GO FLECTRICAL THE PASSIONATE BAKER THE MARKET EATING HOUSE GOLIGHS FASHION TUART ST WINES THE POTTED WAREHOUSE GRAND CINEMAS BRENDAN O'CONNOR THE TOWNHOUSE CAFE HAIR BY STEPH SABINA PERGOLITI FLORIST VAT 2 THE HAPPY WIFE NATASHA HESSON GRAPHIC DESIGN TOKYO JACKS HARVEY FRESH RYAN WALKER MULTI MEDIA TRI NATURE - KIM FILDES HARVEY NORMAN BUNBURY 4 1 ADYS TROPHYS WEST HEALTHY INSPIRATIONS A+L PRINTERS TUPPERWARE - BELINDA BICKLEY HELLOWORLD ADAIRS WOOLWORTHS BUNBURY FORUM . HENDERSON PHOTOGRAPHICS AIR CHARTERS WEST WOOLWORTHS EATON FAIR HOT YOGA AK HOMES YAHAVA KOFFEE WORKS WHOLESALE JANNY'S CAFE AMD ACCOUNTING JCW ELECTRICAL YOURS OR MINE AUTO ONE BUNBURY JENNIE STANDON CAKES TOYWORLD BUNBURY NUTRAMETICS DIANE LEONARD JET JUICE YOUNIQUE - CINDY BREZNOVIK AZURA FOR HAIR JOANNE SYKES MASSAGE THE WARDROBE BAKERS DELIGHT PARKS CENTRE JOI T COLFS FATON FAIR BARECCAS WINERY JOSEPHINES RESTAURANT VIVID STYLE BCF SURVEYING YOGA LIFE STUDIO WILDWOOD HANDCRAFTED JEWELLERY BENESSE I ALIRMAN + PANK BUNBURY STEPPING OUT BRAZEN BOUTIQUE LIGHTHOUSE BEACH RESORT LORADANA VILLANI - DANA'S CAKES + CUPCAKES RRECKEN HEALTH CARE LIVING BEAUTY NYA BEAUTY BUCKINGHAM MEATS LUKE TOTA THE PROFESSIONAL SDEA MICHELLE CHAPMAN BUNBURY CITY MOTOR CYCLES MAGGIE DENT BEE DIFFERENT DESIGNS BUNBURY ENTERTAINMENT CENTRE THE POTTERY BOUTIQUE ILLACQUA FAMILY BUNBURY FARMERS MARKET MICHAEL HILL JEWELLERS BRAS AND THINGS BUNBURY FORUM BUNBURY FLOWER PLACE MO.10.3 BUNBURY CATHOLIC COLLEGE PRINCIPAL BUNBURY FORUM CHEMIST MONIQUE VAN DEN ING (REFLEXOLOGIST) BUNBURY IRONING ANGELS AND STUDENTS (CRECHE HELP) MOODY COW BREWERY

FVANS FAMILY

NATASHA TAN

FARMWEST - NIC BRASHER

BUNNINGS BUNBURY

. WESPINE BUNBURY

BUNBURY SKIN CANCER CLINIC

BUNBURY WILDLIFE PARK

CAFE 140

^{**} Cross Fit Bunbury also sponsored our event**





















The Homewade Shop PROUDLY SPONSORED BY Piacentini&Son



COMMUNITY NEWS



2016 National Excellence in Teaching Awards (NEITA)

Nominate an inspirational teacher or educator no

Nominate on reinting comau/nominate by 31 July 2016 To sense a promotion, 31 old asg.comau/nolta For general enquiries sail 1800 824 487







Burgers

Pumpkin

with roll

with Roll

Chicken + Salad + Sauce

Hamburger + Salad + Sauce

ST MARY'S WINTER MENU 2016 TERM 2 AND 3



Sandwiches Rolls Salad \$3.50 \$4.00 Ham & Salad \$3.50 \$4.00 Cheese & Salad \$3.50 \$4.00 Chicken & Salad \$4.00 \$3.50 Egg & Salad \$3.50 \$4.00 Tuna & Salad \$3.50 \$4.00 Vegemite

(Salad ~ carrots, lettuce, tomato, cucumber)

WEDNESDAY SPECIAL

Pasta and Meatballs in Tomato Sauce Topped with Grated Cheese \$4.00

FRIDAY SPECIAL

Domino's Pizza ~ Hawaiian, Supreme or Vegetarian

\$4.00

\$3.80

<u>Toasties</u>
Sandwiches

Hot Foods

Party Pie

Hot Dog with Sauce

Puppy Dog with Sauce

Mrs Macs Sausage Roll

Mrs Mac Cruiser Pie

Hot Ham Cheese Roll

Hot Chicken Cheese Roll

\$4.50

\$4.50

\$3.00

\$3.20

\$3.00

\$3.20

Turkish \$4.00 Fillings ~ Ham, Chicken, Tuna, Baked Beans,

Tomato, Cheese, Pineapple, Vegemite

Picnic Salad and Meat Boxes \$5.00

Chicken and Sweetcorn with Rice Noodles

Salad ~ Carrot, Celery Sticks, Lettuce, Tomato Beetroot, Cheese, Boiled Egg, Cucumber, Mixed

Add meat ~ Ham, chicken, Tuna, Meatballs

<u>DRINKS</u>				
\$2.00	Milk Plain			
	Chocolate			
	Strawberry			
\$2.00	Juice Apple			
	Orange			
	Apple Blackcurra	nt		
\$1.00	Water ~ Yummiest			



AFTERS Fandangle Icy Poles \$1.00 Frozen Yoghurt \$2.00

RECESS Pikelet Slice .70 Pizza sub .70 Fresh fruit \$1.00 .70 Anzac biscuit Vanilla Mousse with fruit \$1.00 Warm milo cur \$1.20 Yummy drummy \$1.30

Extras Lunch bags \$1.00 pk 10

\$3.80

\$2.00

\$3.60

\$3.60

\$1.00

\$4.00

\$4.00

Tomato sauce .25

VOLUNTEERS: PRICELESS AND THE MOST VALUABLE



WA Performing Arts Eisteddfod

WE NEED.....



IT IS THAT TIME OF THE YEAR AGAIN WHEN WE ARE SEEKING THE ASSISTANCE OF FABULOUS VOLUNTEERS TO HELP US WITH OUR 58TH EISTEDDFOD

THE DATES ARE THURSDAY 26TH MAY -SATURDAY 18TH JUNE (NO SUNDAYS OR THE PUBLIC HOLIDAY IN JUNE)

SESSION TIMES ARE:-

MORNING 9.00AM- 12.30PM

AFTERNOON 1.30pm-5.30pm

EVENING 7.00PM - 10.00PM

IF YOU CAN SPARE SOME OF YOUR VALUABLE TIME ... PLEASE EMAIL US OR GIVE US A CALL!!

BUNBURYEISTEDDFOD@BIGPOND.COM

TELEPHONE: 9791 2556

