



St Mary's Catholic Primary School Newsletter

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IMPORTANT DATES

August

Sun 9 Aug	Deacons Recommitment Mass
Mon 10 Aug	Eagles/Dockers Cup
Tue 11 Aug	Reconciliation Parent/Student Night
Wed 12 Aug	School Mass—Assumption
Sun 16 Aug	Reconciliation Commitment Mass
Week 5	Science Week
Tue 18 Aug	Year 5/6 Choir CPAF
Wed 19 Aug	PP/1/2/3 Liturgy
Fri 21 Aug	Workbooks Go Home
Sun 23 Aug	Bishop Peter Quinn Anniversary Mass

Vision Statement

A welcoming faith
community

We value
relationships

We pursue excellence
in learning

We live the Gospel
message of love



Lord, take my hands. I ask that you use my hands today, may they point the way to you. Help me:

✠ *Not to clench my fists too often in frustration.*

✠ *Not to tap my fingers in irritation or impatience.*

✠ *Not to use my hands to accuse in anger.*

Help me to remember Lord, that you gave us hands to:

✠ *Assist others in ministry.*

✠ *Comfort and support our brothers and sisters.*

✠ *Reach out to all humanity.*

And thank you Lord, for giving us two hands, for there is strength in numbers.

Loving God, You show us in Mary MacKillop, a woman of faith who accepted the cross of suffering. Through her example, may we grow in the selfless love and deep respect she showed for all. We ask that you guide us to use our hearts and our hands to do your work. We ask this through Christ the Lord. Amen

Feast of St Mary of the Cross

On Saturday, 8 August Mary MacKillop was born in Melbourne in 1842, and grew up in Penola, a small town in South Australia. In 1866, Mary began a religious order named the Sisters of St Joseph. She and her sisters opened schools in isolated places and served the poor in many other ways. Their unselfish work won the respect of many people. It was unusual for bishops to decide how religious women should live, but Mother Mary received permission from the Pope for her sisters to govern themselves. Because of this, some bishops tried to interfere in her work and she was unjustly accused of being a poor leader. This caused Mother Mary great suffering, but instead of becoming bitter, she tried to accept it as willingly as Jesus accepted his own cross. Mary MacKillop died in Sydney on 8 August in 1909. Mary was canonised as Australia's first saint in October 2010.

Dear Parents, Students and Friends,

What a great attendance we had on Monday night at the Maggie Dent Seminar; 370 attendees from both our own school community and from other communities. Parents, grandparents and school staff, all with the growth, development and well-being of children in mind, gathered to hear Maggie talk and challenge us to think about how we help our children thrive. Maggie's common sense, engaging and humorous presentation held everyone's attention as she explored 10 building blocks that help children build resilience and authentic self esteem. Her approach encourages connectedness, character and compassion. While we can't change the chaotic, busy, modern world that we live in, we can change the choices we make for our children. Maggie spoke about good nutrition, adequate sleep, quiet time and regular relaxation ("Turn Off Days" and "Go Slow Sundays"), clear boundaries ("No means no and there will be times when your kids don't like you"), absorbed play in nature, less screen time, lots of talk, reading and fairy tales and spending quality time together. There was so much to think about and learn from all that Maggie had to say. Visit her website www.maggiedent.com for information, free downloads, weekly blog and newsletters. Many who attended on Monday night bought Maggie's books. Maggie also recommended reading Steve Biddulph's books and the work of Dr Stuart Shanker on self regulation.

I extend a huge thank you to the P & F Executive for their leadership, their work and planning in having Maggie Dent present a seminar at St Mary's and for their time and work in setting up the hall and MPR. Thank you to the parents who volunteered to assist with washing up/cleaning up after the event. Thank you to Mr Alberti for his support and assistance with lighting, sound system and security.

In addition to having Maggie Dent as guest speaker as one of the P & F Community Strategic Goals, enhancing skills in parenting and building resilience in students is one of the goals on St Mary's Annual School Improvement Plan.

There is a great deal of discussion and positive energy and excitement following Monday night's presentation. It would be important for our children that this motivation, energy and passion continue. I also acknowledge that we have lots of ideas about things we can change or do differently and suggest that it may be more sustainable that we take the approach of working on a couple of achievable things to begin with, get these established and then move on to the next steps. Initial success provides for continued growth.

Let's keep the conversation going.

Maureen Tully
Principal

STUDENT AWARDS

YEAR 1	Keira Pitts	Elianna Cross		
YEAR 2	Samuel Pedley	Jherick Babasa	Taneisha Scott	
YEAR 3	Jessica Kennedy	Ryan Sutton		
YEAR 4	Jacob Orsi	Finn Johnston	Aidan Hall	Lochlan Moore
YEAR 5	Savanna Scasserra	Jack Di Lallo		
YEAR 6	Matthew Allan	Chelsea Orsi		
A.R. 50 %	Sage Gilroy	Jarrad Italiano	William Pedley	
A.R. 75%	Aidan Williams	Maddison Lord	Jake Michell	Tenika Cross
OTHER	50km Samuel Pedley			

Congratulations

SCHOOL NEWS

CANTEEN SUPREME NEWS

Thank you to everyone for your understanding with regard to the menu changes that we had to make for last week. Our oven problems are in the process of being rectified. The full winter menu is now available. Planning is well under way for a new Summer Menu to commence at the beginning of Term 4. This is a difficult task as I have to comply with the traffic light regulations and also have a variety of food options to keep everyone from Kindy to Year 6 happy. If you have any suggestions please let me know. All ideas will be gratefully received. Our beautiful volunteers for the coming week are Pauline Harling, Janelle Norrish and Michelle Patane-Dillon on Friday and Carol Kennedy on Wednesday .



[SPINE SOCIETY OF AUSTRALIA](#)

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve. Three girls per thousand require active treatment (spinal brace or surgery). Because in the early stages the condition is most often asymptomatic, screening in the age range 11-13 years is a sound preventative health measure. When school screening for scoliosis was abandoned, the Self-Detection Program was introduced as a practical alternative. The policy on the matter is full explained on the website: www.scoliosis-australia.org.

The website contains comprehensive credible information about the symptoms and treatment of scoliosis. Using the forum on the website, girls and their parents can obtain general advice from certified specialists who manage patients with spinal curvature. The forum is a useful resource in providing searchable information posted by its members. It offers a strong support base for adolescent patients with scoliosis and their parents.

[HPE NEWS](#)

[Eagles Cup](#)

Well done St Mary's for our performance against Bunbury Cathedral Grammar. Next week we have a game at 4pm against Adam Road, then finals. 1st will play 2nd, 3rd will play 4th. The 5th team will have the bye.

[Towards Adulthood](#)

Thanks to Mrs Kirsten Italiano for her presentation last Tuesday on 'Towards Adulthood'. Kirsten provided all the material she will cover and show the students. She will present the sessions on Thursday 13 August starting at 9am (girls' session) and 11:10am (boys' session).

[SWPSA Cross Country Carnival](#)

Well done to our 48 student competitors who participated in the annual SWPSA Cross Country Carnival last Thursday. Students acquitted themselves very well, and well done to the Year 3s who competed at Interschool level for the very first time. The races had up to 66 competitors each in them.

Students who achieved top places were:

Name	Year	Place
Amy Hunter	3	10 th
Ranee Cross	3	3 rd
Max Di Lallo	3	5 th
Maddison Lord	4	7 th
Jonah Lincoln	4	1 st
Jai Cahill	4	2 nd
Daniel Norrish	4	9 th
Zak Ivey	5	9 th



Tino Alberti alberti.tino@cathednet.wa.edu.au
HPE Teacher.

[LINKING UP](#)

Linking up is an opportunity for men to gather to share their story in a safe and caring environment. So often in the business of life we can become overwhelmed and confused. It is an opportunity to speak and listen to others and be affirmed. The first gathering will be on Wednesday 19 August in the School MPR (Hall) starting at 7pm. All men welcome.

RSVP to Tino Alberti alberti.tino@stmarysbnby.wa.edu.au

[SCHOOL MASS](#)

We invite all families to join us on Wednesday morning, 12 August, at 9am for our first school Mass this term. This Mass will celebrate the Assumption of the Blessed Virgin Mary into Heaven. This is the only holy day of obligation that falls during school term. The Pre Primary class will join us at Mass.

FOOTY TIPPING

Congratulations to 'Spooner' for winning round 18 footy tipping with 8 correct tips and a points margin of 14, well done. NicNac has retained the top spot on the overall leader board (with 113) Good luck to everyone with their tips for round 19.

VACSWIM HOLIDAY SWIMMING PROGRAMS

Enrolments for October programs opened on 3 August and close on 30 August 2015. It is important for every child to learn to swim and develop essential water safety skills. VacSwim's school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. This year there has been a small price increase from \$10.00 per enrolment to \$12.50 per enrolment (family enrolment for three or more children living at the same address is now \$34.50). For further information and online enrolment please visit education.wa.edu.au/swimming.

BOOK CLUB

Issue 5 orders have been sent to Scholastic and should return within the next two weeks.

UNIFORM NOTES

The Uniform Shop is now open on Friday mornings between 8.30 and 9.30am for all your uniform needs. Please give some thought to summer uniform requirements and place an order within the next few weeks. Also, any girls' summer uniform that needs the emblem embroidered on, should be brought to the Uniform Shop before 28 August.

RE NEWS

First Reconciliation Parent/Student Workshop

This will be held on Tuesday 11 August at St Patrick's Cathedral Parish Hall at 6pm. The evening is an opportunity for students and parents to learn more about the Sacrament of Penance and the important role reconciliation plays in our lives today. It is also a time of growth in faith and sharing with one another. We look forward to seeing Year Three students and parents at this valuable workshop.

Reconciliation Commitment Mass

This will be held on Sunday 16 August at St Patrick's Cathedral, commencing at 10am. Parents are asked to sit with their child on the right hand side of the cathedral to foster unity and make it easier to be heard during the responses. A copy of the Penance Commitment Ceremony will be sent home on Thursday 13 August.

Assumption Day Mass

All parents and friends of St Mary's Community are invited to the Assumption Day Mass on Wednesday 12 August at 9am. The Assumption is a day of Holy obligation and we look forward to celebrating the Eucharist as a school and family community.

Grandparent Mass and Morning Tea Invitation

An invitation was sent home yesterday (Wednesday) inviting Grandparents to share in our Eucharistic Celebration that thanks God for them and all they do for us. We hope that our grandparents can also share in a special morning tea after Mass, listen to the fabulous school choirs and visit classrooms. We look forward to having many grandparents attend this event on 16 September. Please assist with catering by completing the RSVP below the invitation.

PARENT LIBRARY

The school has purchased the Maggie Dent books following her wonderful presentation on Tuesday evening. The Library also has a small selection of books available for parents to borrow on a range of topics. There will be a borrowing book available to fill in when taking a book home. We will place a two week limit on each text, to ensure that as many people as possible can have access to them.

PLEASE SEE MRS HOLDSWORTH OR MS BROWN TO BORROW THESE RESOURCES.



MAGGIE DENT

The cold weather was certainly no deterrent as 369 parents from the community made their way to our school hall to listen to the fantastic Maggie Dent.

To all who purchased a ticket we thank you for your support. Given the wonderful feedback we have received, we have no doubt it put a spring back into your step as a parent!

The success of this event was from the work of many hands and for that the P & F Executive is extremely grateful.

Thank you to the following:

- Norrish Family - Set up
- Kate Wright - Set up
- Gibbs Family - Set up
- The Parish –For the use of the urn
- Mr Alberti – Sound
- Mrs Tully and St Mary's teachers - Support and providing art for display
- Kelly Bemrose, Susan Mainstone and Dianna Dean - Coordinating tea and coffee
- The gorgeous Flowers from the Bunbury Flower Place
- McIntyre Family, Macey Hicox, Zoe Hicox, Elena Gibbs, Stacey Family, Emmi Cahill, Grace Sarre and Isobella Barber for their time in drawing personal art 'outside play'.



Kindy Recycling

We are collecting:

- Washed plastic bottle tops of all colours
- Metal bottle tops
- Off cuts of wood

Thank you to anyone who can help us with collecting these items. Please bring these to school in a plastic bag and place in the recycling bin in the Kindy playground undercover area.

Elizabeth Harper – Kindy



LIGHT *the* FUTURE

SCIENCE Show



DR KARL KRUSZELNICKI
DR CHRIS SMITH BBC NAKED SCIENTIST
PROFESSOR LYN BEAZLEY
RUBEN MEERMAN THE SURFING SCIENTIST

SATURDAY 22ND AUG

DOORS OPEN FROM 5PM FOR INTERACTIVE DISPLAYS
 SHOWTIME 6PM

TICKETS \$25 ORDER WITH BREC

visit bunburyentertainment.com or phone 9792 3111

Q & A

Mingle with the bright sparks after the show

Light refreshments provided and cash bar

PRESENTED BY: 



Child and Parent Centre
Carey Park



1-2-3 Magic and Emotion Coaching

a simple yet effective behaviour management program for parents and carers of children between 2 and 12 years of age




1-2-3 Magic and Emotion Coaching:

- is easy to learn and it works
- is an approach which allows parents to be firm yet caring when managing behaviour
- helps avoid the most common pitfall – talking too much and getting too emotional in response to some behaviours

The workshops will be held at:
Adam Road Primary School
 on Wednesday 2, 9 and 16 September from 9.00am to 11.00am
 A free creche service will be provided for all workshops – bookings essential

For more information/ bookings please contact the
 Child and Parent Centre – Carey Park
 telephone 97216991

In partnership with 



ST MARYS PRIMARY SCHOOL
 WOULD LIKE TO INVITE YOU
 TO CELEBRATE

FATHERS DAY!

BRING ALONG YOUR DAD, GRANDPA, UNCLE, ANYONE WHO YOU WOULD LIKE TO CELEBRATE FATHERS DAY WITH

WHERE: ST MARYS UNDERCOVER AREA
 WHEN: FRIDAY SEPTEMBER 4TH
 TIME: BREAKFAST FROM 7.00-8.15AM
 RSVP – FORM ATTACHED BY 22ND AUGUST



Father's Day Breakfast RSVP

The father's day breakfast is fast approaching so we would love it if you could RSVP.

Please return this slip to your class teacher or front office.

Family Name: _____

No of adults attending: 1 2 3

No of children attending: 1 2 3 4 5

HAPPY FATHER'S DAY!

