‘The future starts today, not tomorrow’
This is the 2013 theme for the Catholic Education Office; it comes from the words of Pope John Paul II

Welcome to the 2013 school year!

Dear Parents,

Happy New Year to you all! I hope the year has started well for you and your family. It seems the holidays have slipped away very quickly, as we now look towards the year ahead. I’m highly motivated to lead our school community into the 2013 school year, with deliberate and carefully planned structures in place to best meet the needs of all. I thank you all for your contributions in establishing St Mary’s as a viable learning community; rich in opportunities, authentically pastoral, and equipped to meet the academic rigour required for our growing school. We are blessed with a committed team that continues to strengthen each year as we respond to changing circumstances.

It is my pleasure to welcome our new members of staff. A very warm welcome to Kerry Boyenga and Genevieve Schofield. As you know, Mrs Boyenga will be teaching Year 3 one day p/week with Mr McKay. This will be every Thursday to provide Mr McKay’s executive relief. Mrs Boyenga will also work closely with Mrs Hadley and Mr Craft (half day p/week) to support the needs of our aboriginal families. We are committed to achieving the Council of Australian Governments’ (COAG) goals as we raise educational standards for Aboriginal and Torres Strait Islander students.

Genevieve will be a fabulous asset to the school as she takes the lead in overseeing the Canteen operations this year. Her interest in children’s nutrition and cooking will certainly combine to have us buying from the Canteen! We’re very happy to have the expertise and passion of both Kerry and Genevieve joining us this year.

I would also like to formally welcome Mr Paul McKay as he returns to his role of Assistant Principal. With a few changes to positions this year, I’m sure there will be many rewards. I sincerely thank Mrs Wain for the exceptional standards she’s achieved while fulfilling the Assistant Principal’s role for the past two years in Paul’s absence.

The Catholic Education Office has a key goal and three overarching priorities this year. Our Strategic and Management Plans align with these:

The goal:
A Culture of High Performance in All We Do

The priorities:
Using Funding efficiently and effectively
Highlighting our Catholic Identity and Promoting the Good News of Jesus Christ
Challenging and Supporting Schools to Improve Student Outcomes

I look forward with enthusiasm to our year ahead. Please know I am always available to discuss any matters with you. Any concerns you have as a parent are treated with the highest level of confidentiality.

Jacqueline Heffernan
Principal
Religion News

A very warm welcome back to a new year at St Mary's. We hope everyone has had a great holiday with family and friends. We look forward to meeting and working with you all.

Sacramental Meeting - A message from Father Emil

Enrolment night for Sacraments in Sacred Heart Parish 2013: Parents wishing to have their child receive a sacrament this year: either Reconciliation (usually Year 2), First Holy Communion (usually Year 3) or Confirmation (usually Year 6). The Enrolment is on Wednesday 13 February 7:30pm in Sacred Heart Church Moruya. Enrolment forms will only be given out on this night. If you cannot attend you need to contact Fr Emil to arrange another meeting via the parish office 44742024. All parents are welcome to find out more about the Sacraments and the Spiritual journey of their child in the Catholic faith, and full initiation as continued after Baptism. Dates and the program for 2013 will be given out and explained. Parents thinking about their child becoming Catholic are also most welcome.

Dates for Term 1

**Week 3 - Ash Wednesday** - Whole School Mass, Wednesday 13 February at 9.15am in Sacred Heart Church.

**Week 6** - Years 4 and 5 Mass Friday 8 March at 9.15 in the church.

**Week 7** - Combined School’s Mass 13 March at Carroll College.

**Week 8 - Saint Patrick's Day** Whole School Mass, Monday 18 March at 9.15am in the Church.

**Week 9** - Whole School Holy Week Liturgy, 28 March in PAC.

**Week 10 - Easter Sunday Liturgy** by Kinder children in PAC.

**Week 10 - Year 3 class Mass Friday 4 April at 9.15am in the Church.**

Kids Club

Kids Club: a combined churches youth group for Primary Children (and older ones who want to help in activities) begins next Friday 8 February. Children are accompanied by adults and walk over to St John’s Anglican Hall (parents welcome to walk them over) for a fun games afternoon, food, craft and scripture talks. Parents collect the children at 5pm or earlier if needed. If your child would like to come and has not filled in an enrolment form these are available at the front office. For more information see Fr Emil or Marg Croese.

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Two Boys

A couple had two little boys, ages 8 and 10, who were very mischievous. They were always getting into trouble and their parents knew that if any mischief occurred in their town their two young sons were in some way involved. The parents were at their wits end as to what to do about their sons' behaviour. The mother had heard that a priest in town had been successful in helping children in the past, so she asked her husband if he thought they should send the boys to speak with him. The husband said, 'We might as well. We need to do something before I really lose my temper!' The priest agreed to speak with the boys. The 8 year old went to meet with him first. The priest sat the boy down and asked him sternly, 'Where is God?' The boy made no response, so the clergyman repeated the question in an even sterner tone, 'Where is God?' Again the boy made no attempt to answer. So the clergyman raised his voice even more and shook his finger in the boy's face, 'WHERE IS GOD?' At that the boy bolted from the room and ran directly home, hiding in the cupboard. His older brother followed him and asked what had happened. The younger brother replied, 'We are in BIG trouble this time. God is missing and they think we did it.' (author unknown)

Have a safe and happy weekend
Marg Croese
Religious Education Coordinator

Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work. ~ Mother Teresa
Great to be Back!

It is great to be back in the position of Assistant Principal after one year as Acting Principal at St Mary’s, Crookwell and a year of family time/part time teaching. I am really looking forward to returning to the leadership team and to my year with Year 3. I will be teaching Year 3 Monday to Wednesday, and Friday full days, with Mrs Kerry Boyenga teaching the students each Thursday.

I would like to acknowledge the tremendous job Mrs Jo Wain has done as Acting Assistant Principal during the last two years. Jo has provided incredible leadership to the community and moved St Mary’s forward in a wide range of areas. I only hope I can continue her great work and meet the challenges ahead with the same effectiveness and professionalism. Thank you, Jo.

‘Insights’ – Parenting Ideas Magazine

Some of us from time to time need to ask for dieting advice or financial advice. But how often do we seek parenting advice? One of my roles this year is to continue to pass on some information from a leading parenting educator in Australia named Michael Grose. This week’s article contains 10 ways to promote good mental health and wellbeing in kids. I highly recommend this article, with the point about ‘sleep routine’ making me think about my own family. Has your family’s ‘sleep routine’ readjusted after the long holiday period?

Paul McKay
Assistant Principal

Introducing… St Mary’s Student Leaders for 2013

SRC Year 3: Jaymz M and Madeleine W
SRC Year 4: Isabella C and Sam G
SCR Year 5: Jessica I and Milly P
Christian Leader: Jemima Mc
House Captains: Howard – Lachlan F
   Eyre – Grace S
   Cassidy – Klaye V
House Vice Captains: Howard – Monique H
   Eyre – Liam D
   Cassidy – Lily C
School Captains: Lucy C and Sean F
School Vice Captains: Allie R and Ben W
Mrs Heffernan’s Teaching Timetable 2013
I have included my teaching timetable below for your information. The highlighted sections are the times that I’ll be unavailable to meet with parents due to my classroom commitments. Should you need to speak to me regarding any matters, it will be appreciated if you phone Annette Hazell in the Office to schedule an appointment. Thank you.

Jacqui Heffernan

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School Newsletter Distribution
A number of our families request that our weekly newsletter be emailed to them each Friday. Next week, a letter will go home to families and you will have the opportunity to indicate whether you would like to be added to this emailing group. Please complete and return to school at your earliest convenience. Hard copies are always available for families who prefer receiving correspondence this way. If at any time you would like to change the way you receive the newsletter, please phone Annette in the office.

Jacqui Heffernan

Term 1 Calendar
For the information of families and friends of St Mary’s, the latest term Calendar is uploaded on our school website. This is still in draft form. A hard copy of the Calendar will be attached to next week’s newsletter when term dates are finalised. Events and important dates are still be added at this early stage.

Jacqui Heffernan

Private Music Tuition - Guitar
Guitar lessons with Peter Rich start back next week. All students currently enrolled, please remember your guitar! If your child is interested in beginning lessons with Peter, further details can be obtained by phoning the school office.
Piano Tuition
Marina Bell A.Mus.A, L.Mus.A
Marina is a highly qualified teacher with over 30 years experience. She currently tutors students privately at St Mary’s achieving top results in exam and music festivals! Contact Marina on 44727143 or Email: marinagibson80@yahoo.com if you are interested in your child being tutored.

Swimming Carnival
Next Friday 8 February is our St Mary’s Swimming Carnival for Years 2 – 6! A note has been sent home today about the Carnival. Please contact us if you have any questions. It would be appreciated if all notes could be returned as soon as possible. We are looking forward to having a fantastic day.

REMEMBER TO CHECK OUT OUR WEBSITE
St Mary’s Newsletter at:
Term 1 Calendar:

Lunchtime Clubs
This year, the students have the opportunity to participate in the following activities at lunchtime:
Monday: Guitar with Mrs Croese
Tuesday: Choir with Mrs Croese and Mrs Devonald
Wednesday: Library and board games with Mrs Devonald / ICT with Mr Craft
Thursday: SRC with Mrs Afflick
Friday: Senior Cricket with Mr Harnett

Just a few reminders:-
Notes/money for the Office - Each morning teachers will ask the children in their class if they have any notes or money. Teachers will keep any information they require and will send any other notes or money to the office via the class note bag. This system allows the office to receive notes and money without parents being required to actually come into the school. It also helps the children develop responsibility for passing on information.

Change of Details – It is critical that the school has up-to-date contact details for all students at all times. Please ensure that any phone, address or contact details that change are relayed to the office as a matter of urgency.

Visiting the School – A reminder that during school hours, ALL parents, visitors and classroom helpers MUST sign in at the front office and collect a Visitors badge and then sign out as they leave the school, even if it is at the end of the day.

Late/Early Leavers – If your child is late for school or needs to be collected early, you must report to the office and fill out the Late/Early Leavers Slip. If you know in advance that your child is leaving school early, please send a note to the class teacher.

Banking – School banking has commenced. A reminder to please send your child’s bank book to school each Thursday.

Medication – If your child needs medication at school, new medication forms will need to be completed and given to Mrs Hazell in the office. No medication is to be kept in your child’s school bag.
School Uniform

A word on Runners...
Our school uniform policy outlines that runners for Sports days need to be predominantly white. As a parent, I certainly appreciate the difficulties now in purchasing white runners. The trend is fluorescent trims, laces and the like. I am happy for you to use your discretion on this aspect of the uniform requirements. It’s even very difficult if your child requires special footwear support or has feet hard to fit! Please know that your choice will be respected.

Jacqui Heffernan

Mogo pre school has vacancies for the 2013 enrolments. Our age range is 3-6 years. Vacancies are available every day (operating Monday to Friday 8.00am to 4.00pm) with a bus able to collect children from Moruya to Surfside and all areas in between.

Janice Mayne » Coordinator Mogo Aboriginal Pre
School
CAMPBELL PAGE - Mogo Pre-School
M. 0407 048 368
T. 02 4474 5299   F. 02 4474 5399
Mogo NSW 2536
www.campbellpage.org.au
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. **Model good mental health habits:** If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep:** Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise:** When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets:** Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energizing and helps take stressed and worried kids out of themselves.

5. **Provide a space of their own:** Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. **Talk about their troubles:** A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his...
Concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- Coping ebook: 12 essential coping strategies every child can use when life gets hard
- Poster: 10 ways to promote good mental health & well-being in kids
- Poster: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!