Dear Parents,

This week we undertook Fallow Week. For those new to St Mary’s, Fallow Week is based on the Biblical tradition of having one year in every seven where crops were not planted. This allowed the land to lie fallow so that it could regenerate and come back stronger to produce greater yields the following year. We have a Fallow Week in week seven of every term to regenerate ourselves, our families and the school community. It is a week in which no written homework is set for the students (although they are still asked to read each night) and the teachers are not required to attend any formal meetings throughout the week. This gives the students, the teachers and their families the opportunity to spend some quality time together without the pressure of homework and meetings. I hope that you were all able to take some time this week to ‘lie fallow’ for a while and spend a little extra time with your families.

Yesterday we hosted our annual school Athletics Carnival. A wonderful day was had by all. I congratulate the students for their excellent behaviour and obvious enjoyment of the day, evident by the beaming smiles on their faces and the good sportsmanship we witnessed throughout the day. Well done to the staff for the team work involved in organising such a big event. A special thank you to Mr Justin Bateman for coordinating the day and for all the behind the scenes tasks and the planning that goes into making the day run so smoothly. A big thank you to ALL our parent helpers; your time and effort was greatly appreciated. I had the pleasure of getting to know and work with the timekeeping team. Thank you for the positive feedback regarding the updates on the Skoolbag App for upcoming carnival events. Well done to Mr Tony Ward for trialling this form of school/parent communication throughout the day. Last but not least, thank you to the Carroll College students who assisted with jobs such as runners, rotational group leaders, track marshals and so on. Many hands make light work and we appreciated your contribution.

**Family Movie Night**: Next week the Events Working Party will be hosting the Family Movie Night on Thursday 19 June at 6:30pm in the Performing Arts Centre. The evening is $10 per family and if you would like to order pizza please do so by filling in the slip that was sent home today, or online via the Skoolbag App. Pizzas are $10 each. I encourage all families to come along and enjoy a lovely night together with friends. The movie we will be watching is ‘Ice Age 4’. Please mark this date in your diary. I look forward to seeing you there.

We are currently seeking a Treasurer for the **Events Working Party**. If you are interested in this role or would like further information, please do not hesitate to contact me at school.

Congratulations to 2S for a beautiful and heartfelt " The Voice of God" Focus Assembly. It was well supported by family and friends. Well Done! Don’t forget next Wednesday 18 June, the SRC are hosting a State of Origin day and students can wear supporter clothes for their football team. Go the Blues!!

“Wishing God’s best for you”

Catrina Niddrie
Principal (Acting)
Religion News

Gospel for Sunday 15 June
This week we return to the liturgical season of Ordinary Time. This Sunday and next are special days that call our attention to central mysteries of our faith. On Trinity Sunday we celebrate the mystery of the Holy Trinity, one God in three persons. The Gospel is from the beginning of John. The passage we read follows Jesus’ conversation with a Pharisee, Nicodemus, about what it means to be born of both water and the spirit. Nicodemus approaches Jesus at night and acknowledges Jesus as a teacher from God. Jesus tells him that only those who are born from above will see the Kingdom of God. Nicodemus misunderstands and questions how a person can be born more than once. Jesus tells Nicodemus that no one can enter the Kingdom of God without being born of water and Spirit. Jesus is essentially explaining Baptism, which we celebrate as a sacrament today. Yet Nicodemus, we are told, still does not understand what Jesus is saying. Jesus continues by testifying to the need to be born from above so that one might have eternal life.

Year 2S Focus Assembly
We thank Mrs Stephen and the Year 2 students for their prayerful liturgy celebrated in the Performing Arts Centre this morning. It was lovely to welcome the parents and friends who were able to attend this Focus Assembly and pray with the children. The theme of the liturgy was “The Voice of God” and was introduced by Xian F followed by the procession of symbols. Kody G proclaimed the Word by a reading from the Book of Psalms. At the conclusion of the reading, Jasper Z read a beautiful story of creation. This was a very reflective way to finish our week at school and to thank God for the many gifts he has given us.

Year 1 Class Mass
Mrs Smith and the Year 1 students will attend their own class Mass next Friday 20 June at 9.15am in the Church. All parents and friends are most welcome to join to join the children at this Mass.

Good morning,
As you got up I watched and hoped you would talk to me.
Just a few words, such as thanking me for something good in your life yesterday or last week, would do. But I noticed you were busy selecting the right clothes for work.
I waited again to hear from you.
When you ran around the house collecting papers,
I knew there would be a few minutes to stop and say hello, but you never slowed down.
I wanted to tell you that I could help you accomplish more than you ever dreamed possible if you would just spend some of each day with me.
At one point you waited fifteen minutes in a chair with nothing to do.
I waited to hear from you. Then I saw you spring to your feet;
I thought you wanted to talk to me, but you ran to the phone and called a friend.
I watched as off to work you went and waited patiently all day long to hear from you.
With all your activities you were too busy to talk with me.
I noticed at lunch you looked around; maybe you just felt embarrassed to talk to me.
You glanced three tables over and noticed some of your friends talking to me before they ate, but you wouldn’t.
There was still more time left, and I hoped that we would talk.
You went home and had many things to do. After they were done, you turned on the TV; just about anything goes there and you spend many hours watching.
I waited as you continued watching TV and ate your meal but again you wouldn’t talk to me.
At bedtime you were totally tired.
After you said good night to your family you plopped into bed and fell asleep.
I had so much wanted to be part of your day.
We could have had so much fun and accomplished so much together.
I love you so much that I wait everyday for a thought, prayer or thanks. Well, maybe tomorrow! I’ll be waiting.
Your Friend, Jesus.

Have a safe and happy weekend
Marg Croese
Religious Education Coordinator
**Watoto Choir - Claim the Date.**

On Saturday 21 June 2014, at 7.00 p.m., the Watoto Choir will be performing in our Performing Arts Centre. This will be an amazing experience and we are so lucky they are coming to our town. Admission to the performance is free but a donation would be appreciated as the choir raises funds for their Watoto community. The choir is made up of 22 children ranging in ages from 7 to 15 years and 9 adults. It is a performance that should not be missed. Seating will be limited so an early arrival time is recommended. The children in the choir have lost parents and are in Australia as advocates for the estimated 475 million children in Africa orphaned by HIV/AIDS, war, poverty and human trafficking. Refreshments will be served at no cost at the end of the performance and there will be opportunities to purchase Watoto community merchandise. The visit is being organised by Elaine Rennie and Liz Fisher. Any offers to make slices, cakes, biscuits, sandwiches would be really appreciated. Please contact Liz, 4471 7675 or Elaine, 44745980 if you are happy to help in this area.

**FAMILY MOVIE NIGHT**

Just a reminder that our FAMILY MOVIE NIGHT is on next Thursday 19 June. The feature film is ‘Ice Age 4’.

The night begins at 6.30pm for a Pizza Picnic and the movie will start at 7.00pm.

**Entry cost for the movie is $10 per family** and is payable at the door on the night.

**Cost of the Pizzas are $10 each** and you need to pre-order using the order form that has been sent home(attached again). If you intend on purchasing Pizza, please return your orders by Monday 23 June.

**What to wear?** The dress code for the family movie night is PYJAMAS or LOUNGE WEAR/COMFY CLOTHES. Wear your onesie, PJ’s, slippers and night gown if you like, or other comfy clothes such as a tracksuit is fine.

**What to bring?** We encourage children to bring something comfortable to sit on in the Hall such as sleeping bag, pillow, cushions etc.

Please note that once the Pizza Picnic is finished there will be no access to the outside area at all. All parents will need to move inside the Hall and enjoy the feature film with their children.

Refreshments from the Hall Canteen will be available during the night. If you are able to bring a plate of food (such as slice, biscuits, cake) for us to sell it would be very much appreciated. You can drop your items in the Hall Canteen on the night.

**We are looking forward to a fun and cosy night!**

**School Fees**

Thank you to all those families who have finalised payment of their school fees. If you have not already done so, could you please make payment as soon as possible.
Athletics Carnival 2014
MacKillop Cross Country Championships

Congratulations must go to four students from St Mary’s who competed in the Mackillop Cross Country Championships in Sydney at Eastern Creek Raceway today. They were Michala P, Georgia P, Rhys F and Bradley M. It is a fantastic achievement making it to this level. We look forward to finding out how our students went. Stay tuned!

Car Parking Issues

Concerns are arising with parking in the main car park in front of the Performing Arts Centre. The problems are occurring during both the morning drop off and afternoon pickup.

Morning Drop Off

- Students are to only exit the vehicle on the left hand side when you are in the drop off zone. Unfortunately there have been some students exiting the car before they reach this zone. This does cause major safety concerns for students as they have to negotiate cars to enter the school.
- Cars are overtaking others cars to exit the car park if their children have left their vehicle. Please exercise patience with the cars in front of you. Alternatively students are able to be dropped off at the Church car park where they can then walk across the oval to get to school.

Afternoon Pick Up

- People are exiting their car in the drop off zone to go and collect their children. We ask that this does not occur as there isn’t supervision for students waiting for their parents. Please park at the Church car park, on the oval or on Church Street.
- If you are early for pick up and there are children on the oval we ask that you wait until they have left before driving your car onto the oval.

Disabled Parking

- There are two spaces designated for disabled parking. We stress that these are only for people displaying the correct sticker on their car.

We thank you for your cooperation. At the end of the day the safety of the children is paramount.

App of the Week – Voice Record Pro

Voice Record Pro is a professional voice recorder. Students are able to use this for a wide range of purposes. One of the great opportunities it presents is the ability for students record their own reading and then play it back so they can listen. It allows you to record voice memos and on-site sounds at unlimited length with configurable quality. Recorded voices are in standard AAC/MP4/M4A format. They can be converted to MP3 and can be saved in a variety of places.

Joke of the Week

Thank you to Ethan and Shane M from Year 6 for this fantastic entry for the joke of the week. Please write down and send all funny jokes to Mr Ward with your name on them.

Knock Knock
Who’s there?
Manual
Manual Who?
Man-u-al be sorry you didn’t read the instructions.

SRC Mufti Day
State of Origin
Blues or Maroons

Next Wednesday 18 June students are invited to celebrate the second State Of Origin Rugby League match by wearing either Blue or Maroon clothing to school. Gold coin donations will go towards SRC school initiatives.
Week 6 Class Awards
following children who received class awards this week.

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<th>Kinder CB</th>
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<th>Year 1</th>
<th>Year 2JP</th>
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<tr>
<td>Lilly R</td>
<td>Kate B</td>
<td>Nash G</td>
<td>Emily B</td>
<td>Leonard G</td>
<td>Chloe W</td>
<td>Charlotte Q</td>
<td>Jessica I</td>
<td>Bryce H</td>
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<tr>
<td>Leila S</td>
<td>Chester W</td>
<td>Ryley B.C</td>
<td>Emily B</td>
<td>Zac W</td>
<td>Piper W</td>
<td>Ethan P</td>
<td>Declan C</td>
<td>Matilda K</td>
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<tr>
<td>Monique D</td>
<td>Lacey B</td>
<td>Tyler C</td>
<td>Shyann Mc</td>
<td>Matilda T</td>
<td>Thomas S</td>
<td>Emily H</td>
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<td>Zack W</td>
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It is great to see so many children working hard and receiving acknowledgment for their efforts – Well done to all

HEAD LICE
Please check your child regularly for head lice. There have recently been many cases of this at school. We recommend that all children with long hair wear it tied up to avoid transfer.

IMPETIGO
There have recently been children diagnosed with impetigo or school sores. Children who are infected with this illness must not attend school while the sores are visible due to its highly contagious nature.

Ride on Lawn Mower -
The proposed Parish Retreat Centre at Potato Point is in need of a ride on mower. If you have one that you no longer need please contact Fr Emil at the Presbytery on 4742024. Thank you
Parenting Ideas

Building parent-school partnerships

WORDS Michael Grose

Helping kids leapfrog their difficulties with these 5 ideas

A parent’s attitude to their child’s difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it’s going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children’s resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn’t think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

Here are five great parenting ideas to help your kids leapfrog their difficulties:

1. **Frame the problem as a challenge:**
   Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of ‘challenge’ gives kids something to rise to rather than be overwhelmed by.

2. **Coach kids to do well:**
   Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

3. **Show confidence they will succeed:**
   Children generally meet their parents’ expectations so make sure your expectations are realistic, positive and supportive of their feelings.

4. **Give kids a chance:**
   Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

5. **Celebrate their success:**
   Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They’ve got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.


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