

# St Mary's School

7 February 2020



## NEWSLETTER Vision Statement

*St Mary's School provides an education that endeavours to equip each child with the Christian values and life skills necessary to meet the challenges of a changing world.*

### From the Principal...

Dear Community Members,

#### Welcome Back

Another year is at our doorstep, albeit 24 hours later than anticipated!

That is the first and last time I hope we close a school, talk about depressing, I was a wreck on Monday, you know how much I hate schools without kids around!

None the less. Welcome back to St Marys School for 2020! It is so great to have our existing families returning and new families joining us for the first time. In a great milestone for the school, our numbers will notch over 60 this year, which is very exciting.

I don't know about you, but I always find each year rolling past in the blink of an eye. I think this has to do with our children. As soon as children are born our focus changes, the change is sudden and abrupt, and in the click of a fingers our lives, have been shifted. Life stops being about ourselves and more about the little ones running around our feet. The 'running' infiltrates every aspect of our lives, we become busier and busier, and we no longer have moments for rest or reflection, then before we know it the years start repeating themselves.

With always looking forward, always planning, sometimes we must force ourselves to stop and reflect on where the time has gone, what has been achieved. For me it's a Google photo memory that brings this to mind, recalling where life was 5 or 10 years ago, with less responsibility and a few less wrinkles! Now every year as part of my reflection I set goals, for myself and I speak to my children about their goals. We write them down and at the end of each year look back on what has been achieved.

For example, a goal for my daughter Isabella, last year was to say 50 words.... now if you have met my daughter you would know that she has definitely this achieved by now. In fact, more often than not, now we are telling her to stop speaking! But back at the start of 2019 she could only say mum, dad, duck, ta, dog and o oh. I am glad I wrote that down because there is no way I could remember that time in our lives and it was only 12 months ago!

For those parents who are starting with school aged children for the first time, or those who have multiple children at school, it is so important to be mindful of this acceleration of time and to try and factor in some form of reflection. As funny as it sounds, before you know it your children will be exiting school and you will be wondering where all the time went.

### Dates to Remember

#### WEEK TWO

<b>Mon 10 Feb</b>	Brookview Bookworms Year 5/6
<b>Tues 11 Feb</b>	Leadership Day Geraldton Yr 5/6
<b>Wed 12 Feb</b>	KPP & Yr1/2 Parent Info Meeting 5.45pm <i>Board and P &amp; F AGM Meeting 6.00pm</i> Yr3/4 & Yr 5/6 Parent Info Meeting 7.00pm <i>Dinner &amp; Drinks in the Undercover area 7.15pm</i>
<b>Thurs 13 Feb</b>	Swim lessons Aquarena Geraldton
<b>Fri 14 Feb</b>	Assembly 2.45pm

#### WEEK THREE

<b>Mon 17 Feb</b>	Brookview Bookworms Year 3/4
<b>Tues 18 Feb</b>	Swim Lessons Aquarena Geraldton
<b>Thurs 20 Feb</b>	Swim Lessons Aquarena Geraldton
<b>Fri 21 Feb</b>	School Mass 9.00am Beginning of Year NEWSLETTER

PO Box 138  
Northampton 6535  
Phone: 08 9934 1112  
Fax 08 9934 1115  
Email: [admin@smsn.wa.edu.au](mailto:admin@smsn.wa.edu.au)

# From the Principal cont...

## **Parent night and AGM**

Don't forget to come along to our AGM and Parent Information Evening. This is scheduled for Week 2 Wednesday 12 February starting at 5:45pm. Children are very welcome and we will have staff rotating across the evening for supervision. Please see the details below:

5:45pm: K/PP and Year 1/2 Parent Information Sessions. Located in classrooms

6:00pm: School Board and P&F AGM. Year 5/6 Room

7:00pm: Year 3/4 and Year 5/6 Parent Information Sessions. Located in classrooms

7:15: Dinner in the undercover area

The Parent Information Sessions run concurrently, but please be aware that all the information will be available in a booklet that will be available to all families. Our AGM is a fantastic celebration of the great work St Mary's has achieved over the past 12 months, I encourage all families to attend and stay for a dinner of beef and gravy rolls afterwards.

We are still looking for two spots on our P&F executive (Treasurer and Secretary) for 2020. Being a member of the P&F executive is a fantastic way to help and assist with a brilliant group of parents, to build community and raise much needed funds for our students. If you can assist or would like more information, please come and see me.

## **Swimming Lessons**

Swimming is up and running, please ensure your children have their names on each piece of clothing. We had a belter of a day yesterday and I look forward to the next few weeks. If you need more information, please see your child's class teacher.

## **School Sport Uniform**

As you may be aware our roster has changed slightly this year, children are required to wear their sport uniform on PE Days (listed below) and on the day of their swimming lessons. After swimming concludes (Week 5 onwards) the days for sport uniform will continue to be PE lesson day and every Friday.

## **PE classes**

Tuesday: K/PP, Yr 1/2, Yr 3/4

Wednesday: Year 5/6

## **2020 Class Library Days**

KPP Monday

Yr 1/2 Monday

Yr3/4 Wednesday

Yr 5/6 Tuesday

Please ensure your child/ren have their library books with them on this day.

## **Parent Workshops**

This year we have booked in a parent workshop each term in line with the survey sent out last year. The workshop's content were the top 4 preferences from the data received. All workshops will take place between 1-3pm to align with pick up. Please see the dates below for the session details:

- 10 March – Growing Resilient Children
- 24 Jun – Emotionally Intelligent Parenting
- 09 Sep – Cyber Safety
- 14 Oct – Dealing with Anxiety

We are so very lucky to be able to access this great service through Parenting Connections. These sessions are also open to the community, so please spread the word. If you have any questions, please come and see me.

God Bless,

Ben

## BIRTHDAYS

Jan 2 Lola M  
Jan 2 Evie M  
Jan 4 Isla W  
Jan 20 Miss Stribbling  
Jan 21 Sonny M  
Jan 22 Mrs Smith  
Feb 1 Xavier T  
Feb 5 Asha S  
Feb 6 Danyul W  
Feb 14 Harry C  
Feb 14 Tayva Q  
Feb 22 Mrs Mitchell

## 2020 Term Dates

### Term One

Monday 3 February – Thursday 9 April

**Mid-semester break:** Friday 10 April – Monday 27 April

### Term Two

Tuesday 28 April – Thursday 2 July

**Mid Year break:** Fri 3 July – Monday 20 July

### Term Three

Tuesday 21 July – Friday 25 September

**Mid-semester break:** Saturday 26 September – Monday 12 October

### Term Four

Tuesday 13 October – Friday 11 December



## 2020 Pupil Free Days

Fri 31 Jan  
Fri 29 May  
Fri 3 July  
Mon 20 July  
Mon 12 Oct  
Mon 2 Nov

## 2020 Public Holidays

Mon 2 March - LABOUR DAY  
Fri 10 April - GOOD FRIDAY  
Mon 13 April – EASTER MONDAY  
Mon 27 April – ANZAC DAY  
Mon 1 June – WA DAY  
Mon 28 Sept – QUEENS BIRTHDAY



## School Board and P & F AGM and Parent Information Meetings

- KPP & Yr1/2 Parent Info Meeting 5.45pm
- Board and P & F AGM Meeting 6.00pm
- Yr3/4 & Yr 5/6 Parent Info Meeting 7.00pm
- Dinner & Drinks in the Undercover area 7.15pm

## 2020 Year 5/6 Saint's Bake

Ice creams will be available for purchase for \$1 at the Saint's Bake Kitchen each Wednesday of Term 1, **except** Week 4 when there will be pancakes available on Shrove Tuesday 25 February. Money raised will be for the Missions.



## Year 5/6 Leadership Day Excursion

The Year Five/Six Class have been invited to attend a Leadership Day Program on **Tuesday 11 February 2020**. This day will be run by the Geraldton Camp School. The Geraldton Camp School is located 4km north of the City of Geraldton. We will depart from St Mary's School at 8:50am and leave the venue at 2:00pm, returning to school by 3:10pm. Mr Ben Will and I will be attending the day with the students. The day's activities include archery, rafting, beach games, low ropes, mini golf and team building games. Lunch will be provided by Geraldton Camp School. Students are required to bring a piece of fruit and a snack for recess. To further develop students' leadership skills, ongoing activities will be taught throughout the year.

### Student Requirements:

All students will need:

- To wear their sports uniform
- Bathers (students will need to wear their bathers underneath their sports uniform)
- School hat
- Sport shoes
- Sun screen
- Water bottle
- Spare underwear
- Towel
- Rashie or an old t-shirt
- Thongs for the beach
- Bag to put wet clothes in



## PARISH NEWS

### Fifth Sunday in Ordinary Time – Year A

We all have our special gifts, but sometimes we fail to recognize this. We may feel that we have little to offer others. This is never true. As Jesus says: “You are the salt of the earth! You are the light of the world!” Let us ask Jesus to help us recognize our unique gifts and share them with others.

**Morning Tea** is being held this morning, after Mass, in the Nagle Centre. Everyone is welcome.

**The next Parish Council meeting** will be held on Thursday, February 20<sup>th</sup> commencing at 5pm in the Nagle Centre.

**Beginning of the Year School Mass** will be celebrated on Friday, February 21<sup>st</sup> at 9am. Everyone one is welcome. Also there will be another **School Mass on Ash Wednesday, February 26<sup>th</sup>** at 11:30am.

**Urgent Priest Contact:** If, while Fr Larry is away, you require a priest urgently, please contact **St Francis Xavier cathedral on 9964 1608**. Father Larry will be back with us again next Sunday.

### Collection for Bushfire Victims

Thank you to all who have already shown support for the Bushfire Appeal. If you still have not donated, and wish to do so, you can send your donation to St Vincent de Paul at <https://donate.vinnies.org.au/appeals-nsw/vinnies-nsw-bushfire-appeal-nsw>. Please continue to pray for those affected by the bushfires, especially those who have lost loved ones, for those fighting the fires and for an end to the ongoing crisis.

**Our Sick;** Pray for Cliff Dyer, Nell Cripps, Ines Miotti, Patricia Casey, Col Constantine, Jean Williams, Paul Leeson, Jo Mattens, Maud Brown, Betty Thompson, Jim Thompson, Sue Gravranish, Hazel Bunter, and all the residents of Brookview.

**Prayer for Rain:** God of compassion, we wait and watch for your gift of rain to water the soil and make the barren land come alive again. We wait and watch for the gift of salvation to free us all from hatred, greed and fear so that we may live again as people of faith, hope and love. We make this prayer in the name of our Saviour who comes to be with us. Amen

### Australian Catholic Church Disaster Response Initiative

A new whole-of-Church initiative to help people and communities recover from the current bushfire crisis will set the blueprint for how the Catholic Church responds to domestic natural disasters in the future.

“Our response to the bushfires, and the drought that has exacerbated the fires, has demonstrated once again the collective power of the Catholic Church to respond to disasters in all sorts of ways,” Bishops Conference president Archbishop Mark Coleridge said. The new national collaboration is called **CERA – Catholic Emergency Relief Australia** – and will serve as a coordination point for Catholic agencies responding to natural disasters. For more details please take a copy of the media release available at the back of the church.

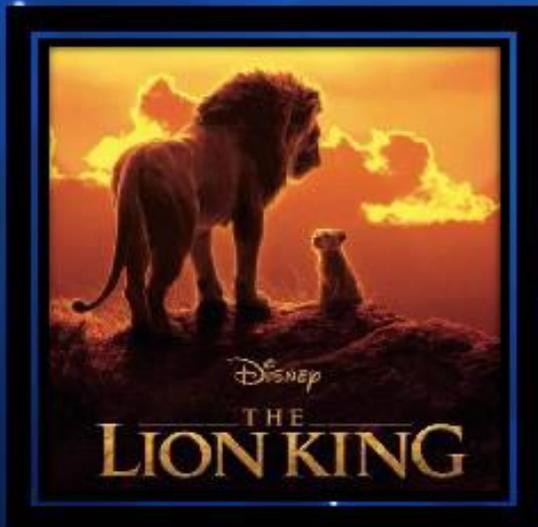
## COMMUNITY NEWS



the Northampton Police and  
Northampton Blue Light Activity Centre



invite you to a night of Fun, food and flicks  
for youth at the "Courthouse Cinema"



Friday 14th February  
5:00pm to 7:30pm

The Lion King (2019 release)

- Rated PG
- 1hr 58 minutes

Held at the Northampton Police Station Court House

Free entry & fully supervised

\$5 Meal/Popcorn/Drink Combo

- **All attendees must be collected by a parent/guardian -**

Feel free to bring along a small bean bag or cushion.

## Five healthy tips that aren't weight-focused

Quick-fix diets can often leave us feeling miserable and deprived of our favourite foods, leading us to binge further down the track. So it's time to ditch the diets and focus on creating small, achievable goals. Our LiveLighter team shares five tips to develop healthy habits that are not weight-focused and will last a lifetime.

### CRUNCH AND SIP

#### 4 reasons to send snow peas for Crunch&Sip\*

1. Kids love their crunchy texture and sweet flavour
2. They are a source of iron, protein and potassium
3. They don't bruise easily
4. They make an exciting change for Crunch&Sip\*



### Northampton Play Group



School Term Mondays 9-11am  
Edna Bandy Centre, Stephen St  
Contact Cara 0437 030 357  
Or join Facebook page  
**Northampton Playgroup**  
for more info & updates

Here are some ways to encourage children to drink more water:

- Send in a clean bottle filled with water to school each day with children.
- Always bring a water bottle with you when you go out.
- Keep a jug of water in the fridge. Try floating slices of lemon or orange, mint or strawberries in the jug to make it more appealing.
- Regularly remind children to drink water when participating in sporting activities.
- Serve water icy cold or freeze water bottles to send to school
- Be a role model - make sure your kids see you regularly drinking water.