

# St Cecília's Catholic School

Panonia Road, Wyong. 2259 Telephone: (02) 4353 2922 Fax: (02) 4353 2943 Email: <u>scw@dbb.catholic.edu.au</u> Web: www.scwdbb.catholic.edu.au

19<sup>th</sup> February, 2019

Dear Parents,

### **Goal Setting Interviews This Week**

The 2019 Goal Setting Interviews are being held this week. These meetings are an opportunity to tell the teacher about your child. If you have not yet booked a time please call the office and our Admin Assistants can let you know the times that are available.

## Fruit Break and Water

**Fruit break** continues to be an important part of our day. During the morning session the children bring in **fresh** fruit or vegetables only, to eat. We ask that fruit/veg be peeled and/or cut up, particularly if your child is in Years K, 1 or 2 or the fruit is juicy. All children should also have a water bottle that they can take into the classrooms to keep themselves hydrated, particularly in this warmer weather.

#### **School Uniforms**

The students at St Cecilia's look really lovey and smart in their uniforms. We do have a strict uniform policy and we ask all students to dress in the full school uniform. We do understand that there are times when this is not possible. If this is the case can you please ensure your child has a note explaining why they are not in the correct uniform and when they will be. Thank you for your support in this.

#### **Bunnings BBQ**

To fundraise for the Year 6 Graduation the Year 6 parents will be running a Bunnings BBQ on Sunday 24<sup>th</sup> March. It would be appreciated if you could encourage family and friends to come along and buy a sausage to support the students.

### **Uniform Shop**

The Uniform Shop, located next to the Multipurpose Room, is open on **Monday and Friday mornings** from 8.45am-9.15am and now Friday afternoons from 2.45pm-3.15pm as well. Thank you to our parent volunteers who help keep the uniform shop running efficiently.

### Pastoral Care Team / Cheese and Chat Meeting

Our first Pastoral Care Team / Cheese and Chat Meeting is being held on Tuesday 5<sup>th</sup> March at 2pm. Everyone is welcome.

### Are Your Children Safe On Social Media?

Did you know: You need to be 13 years or older to have a social media account!

Your child's location can be tracked on some apps.

You sign the rights of your information and photos over to the owners of the app. Your children's future employers will look at social media accounts to assess suitable applicants for employment.

# NEW INFORMATION ABOUT SOCIAL MEDIA AND HOW TO HELP SAFEGUARD YOUR CHILDREN IS NOW ACCESSABLE ON OUR SCHOOL WEBSITE.

Yours sincerely,

Mrs Yvette Owens PRINCIPAL

# An invitation to parents in Broken Bay Catholic Schools

# Walking the Way 2019



Join us in a series of walks along beach front and forest paths, through city and countryside, enjoying the beauty of creation, the stories of our hearts and conversations about life and faith.

In 2019 some of our parent formation programs will exercise the body as well as the soul!

# Here's how it works

Each session includes a walk with optional distances to cover, input on a topical theme, and time for socialising.

- Choose a walk.
- RSVP (ideally; or just turn up!).
- Come with walking shoes, water bottle, hat.
- Join with a group of parents, accompanied by a walk-leader.
- Walk, chat, reflect.
- Enjoy!

Walking is a powerful image in our Christian faith tradition. Scripture repeatedly uses 'walking' to describe the relationship between ourselves and God. God's word is described as 'a lamp to my feet and a light to my path' (Psalm 119:105). Jesus says, 'I am the way' (John 14:6). The early disciples were known as followers of 'the Way' (Acts 9:2).

(Excerpts from *Walking the Way* parent reflection booklet by CSO Broken Bay)

# **Choose from the following walks in 2019**

**May 10: Mulgoa** Mini-bus to Schoenstatt Spirituality Centre Mulgoa. Schoenstatt (German: 'beautiful place') is the name of a Catholic lay Marian movement that encourages people to live their faith in their own walk of life. Enjoy a guided tour of the Schoenstatt centre. Walk through quintessential Australian bush and spend restful time at the beautiful Marian shrine. Perfect for the Marian month of May!

**July 10: Central Coast Indigenous Sites** Meet at Kariong for a winter walkabout through stunning national parkland known for its hiking trails and Aboriginal engravings. We will have an Aboriginal educator as a guide, and our Catholic reflections will be inspired by the land and Australia's first peoples.

**September 10: Tumbi Umbi** Experience walking the labyrinth at St John Fisher School. Our session together will explain what a labyrinth is, and how this ancient practice of circular movement can be used as a tool for wellbeing and Christian meditation.

**November 10: Kincumber** Meet at Holy Cross library before hitting the bush trails at the back of the school for a morning of reflection and discovery.

- Check the *Walking the Way* website for most recent updates to our 2019 calendar of walks. *walkingtheway.dbbcso.org*
- Register for a walk or make an enquiry: bernadette.daniel@dbb.catholic.edu.au
- Child-minding may be available. Please enquire.

## Kindergarten & Year 6 Buddies Mass

Our first Parish family mass will be a welcome to our Kindergarten and Year 6 families. This will be held on Sunday, 10th of March at 9:30am at St Cecilia's Church, Wyong. All are welcome and encouraged to come.



## **Term 1 Upcoming Events**

- Wednesday, 6th of March, Ash Wednesday Liturgy, St Cecilia's Hall at 9am
- Sunday, the 10th of March, *Kinder & Year 6 Buddies Mass*, St Cecilia's Church at 9:30am
- Tuesday, the 12th of March, Year 5 Mass, St Cecilia's Church at 9:15am
- Tuesday, the 19th of March, *St Joseph's Liturgy*, St Cecilia's Assembly Area at 8:45am
- Friday, the 29th of March, *Walking the Way Parent Session and Resilience Workshop*, St Cecilia's Hall at 9am
- Week 11, Holy Week Celebrations

## Parish Mass Times for St Cecilia's Parish

**St Cecilia's Wyong** Saturday Vigil 5pm Sunday 7.30am and 9.30am **St John Fisher, Tumbi Umbi** Saturday Vigil 5pm Sunday 8.30am & 5pm

God Bless Mrs Jamie Dowling Religious Education Coordina

# School News

## Linen Roster

## Term 1

Week 4	Rebecca Ham	
Week 5	Allison Rosee	
Week 6	Kyly Slattery	
Week 7	Julia Webster	
Week 8	Amy Martin	
Week 9	Kristy Clouten	
Week 10	Kyly Slattery	
Week 11	Carolina Saenz	
	•	

#### **Uniform Shop**

The Uniform Shop, located next to the Multipurpose Room, is opened on **Monday and Friday mornings from 8.45am-9.15am** and now **Friday afternoons from 2.45pm-3.15pm** as well. Thank you to our parent volunteers who help keep the uniform shop running efficiently.

Our parent volunteer is unable to open the uniform shop this Friday morning (22<sup>nd</sup> February).

> Issue One of Book Club is closing this Friday 22nd February

### Library days for 2019 are as follows

Tuesdays 6G, 6B, 2G

Wednesdays 5G, 4B, 3/4G, 3B

Thursdays 5B, 1G, 1/2B, KB, KG

Please support your child's reading by packing their library bag on their allocated day. Thanks,

#### Mrs Virginia Cumming Teacher Librarian



## \$100 VOUCHER FOR CHILDREN'S SPORT AND FITNESS FEES

Parents in NSW can again claim \$100 towards extra-curricular sport and other physical activity fees in 2019 thanks to the NSW Government's Active Kids program. This program provides a \$100 voucher for parents to put towards sporting fees and registration costs for each school-aged child in NSW.

Families can use the voucher for registration and membership costs, as well as fees for activities such as swimming and dance. The annual voucher will not be means tested because the NSW Government wants every child from every family to get active and involved in community sport and fitness.

The health of our children is a priority for the NSW Government, and it is hoped that this makes a difference in enabling you to enrol your child in the sport or physical activity of your choice.

More details about the program and how to download your voucher is available at <u>sport.nsw.gov.au/activekids</u> or by phoning Service NSW on 13 77 88

# From the FLO

Dear Parents,

Research has shown that parent engagement in a child's learning significantly improves the child's learning and behaviour. Some suggested ways may include being aware of what is happening at school by reading the school newsletter, notes and emails. Take time to chat with your child about their day at school and enjoy reading together.

Last year for Harmony Day, we had a mini expo where we invited parents from different cultures to each set up a display table in the hall on their country of origin. It was delightful to see the response and interaction of the students and parents when viewing the displays. This year we would like to do a similar morning and hopefully on a bigger scale. We are asking interested parents to participate.

More information will be provided when date and times are organised.

Do something nice for yourself this week.

#### Mrs Bernadette Daniel Family Liaison Officer

#### Alpha

Alpha is a series of free, interactive sessions exploring life, faith and meaning used by all Christian denominations including Catholic parishes around the world to help people investigate the Christian faith no matter what their background.

No question is off limits and a safe, non-judgmental environment is assured (these sessions will be for women only).

Where: Wyong Baptist church hall, 100 Alison Rd, Wyong When: Mondays from 18th February, 10am-12pm

Morning tea and childcare provided at no cost.

To register or just find out more contact Angela Bailey on 0427503960 or email <u>alpha@wyongbaptist.org</u> Come for the first week and check it out! Visit <u>alpha.org.au</u> for more information



# **Canteen News**

#### **Healthy Summer Food Choices**

Choose a healthy and light lunch for your child this term with our Summer Snack Pack or Chicken and Egg Meal Deal.

#### Summer Snack Pack

Crunchy carrot and cucumber sticks, tomato and fresh grapes plus your choice of either chicken or ham 'sushi sandwich'.

#### **Chicken and Egg Meal Deal**

Fresh small salad plus a boiled egg and three Chicken Crackles.

Only available via Qkr! Online Ordering!





### **Product Information**

#### Drinks

Unfortunately the Lemonade and Raspberry 250ml Focus Lite drinks will be unavailable after current stocks run out. Lemonade Sports water is no longer available and Raspberry will continue until sold out. This is due to supplier issues. Replacement product to be announced!

Thank you for your understanding.

Mrs Catherine Berry Canteen Manager







Congratulations to the following students for their achievements

# Academic Achievement

Kinder Blue	Zach W	Kinder Gold	Bowen N
1 Gold	Kody W	1/2 Blue Lucie D	
2 Gold	Billy K	3 Blue	Savannah O
3/4 Gold	Lachlan H	4 Blue	Hunter V
5 Blue	Hayley A	5 Gold Natalie C	
6 Blue	Emmaline A	6 Gold Grace V	
Dance	Chelsea M 6B	Japanese Chelsea 6B	

# Personal Best

Kinder Blue	Laila F	Kinder Gold	Isaac S	
1 Gold	Koby S	1 / 2 Blue	1/2 Blue Luke K	
2 Gold	Imogen V	3 Blue Indiana L		
3/4 Gold	Charlotte L	4 Blue	Elliot K	
5 Blue	Edward K	5 Gold	Tahle H	
6 Blue	Hayley C	6 Gold	Sian H	
Dance	Daniel A 6B	Japanese	Mpemba I 1G	
Library	Dean H 1/2B	Library	Charlotte L 3/4G	

# PBL Award

Kinder Blue	Finn M	Kinder Gold	Miranda T
1 Gold	Oliver M	1 / 2 Blue	Kenzie G
2 Gold	Kelsey P	3 Blue	Ante O
3/4 Gold	Aaliah L	4 Blue	Juliette O
5 Blue	Chelsea A	5 Gold	Alison T
6 Blue	Gabriella D	6 Gold	Jacob A
Dance	Rubie W 6B	Japanese	Edward K 5B

# Principal's Light of Learning Award



# Kinder Blue: Heath C

For settling in quickly to the routines of Kindergarten. Heath always comes to school with a happy face and is a pleasure to teach

# Kinder Gold: Charlotte S

For being an independent, patient and friendly class member who consistently tries her best

# 1 Gold: Sam T

For showing enthusiasm and commitment towards his learning. A great start to Year 1 1/2 after  $\pi$  and  $\pi$ 

# 1/2 Blue: Zachary T

Zachary is kind to others and helps people in the playground. He has made a great start to learning in our class

# 2 Gold: Indie G

For making a fabulous start to her year of learning in 2 Gold. She is a responsible learner always ready to apply herself

# 3 Blue: Isabella D

For always putting others first and being a supportive and caring friend

# 3/4 Gold: Clay P

For being positive, making people laugh and being a good friend

# 4 Blue: Leah S

For being committed to taking on challenges, always willing to help others and modelling a growth mindset

# 5 Blue: Liam F

For being a friendly, hardworking student who is always kind to others

# 5 Gold: Tanay G

Tanay has shown a positive attitude towards his school life. He has been making good choices and playing fairly during class breaks

# 6 Blue: Lily B

Lily has a positive and fantastic attitude towards her friends and school work. A fantastic start to Year 6

# 6 Gold: Louella J

For being kind and helpful to others. She is a responsible and reliable leader



Tour our extensive facilities and beautiful campus and meet our outstanding teachers. Enrolment application packs will be provided. Bookings not necessary.

Students at **St Peter's Catholic College** progress through their schooling with an **understanding and appreciation of the value of learning** and an attitude that drives them towards excellence in everything they undertake. At St Peter's, learning is rich and exciting; **it is the heart of what we do.**  Students are provided with vast opportunities to be **involved in learning activities that suit their interests and abilities**, including a wide range of co-curricular activities. All students are encouraged to use the gifts they have been given and to take the opportunities presented to them.

Contact the Enrolment Registrar on 4352 9816 for further information

St Peter's Catholic College 84 Gavenlock Road Tuggerah NSW 2259 Phone: 4352 9800 or visit www.stpetersdbb.catholic.edu.au



Inspiring Independence, Transforming Lives



# Open Day TUESDAY 5 MARCH 9.15am – 11.15am

St Edmund's College provides a unique and rich educational experience for students with an intellectual disability in the mild to moderate range, sensory impairment and autism. Our specialised programs aim to prepare students to live and work independently in the community post school.

For all enquiries and to RSVP, please contact our Registrar, Mrs Jackie Reilly at reilly@stedmunds.nsw.edu.au or 9487 1044

A CATHOLIC SECONDARY SCHOOL IN THE EDMUND RICE TRADITION

# School Banking. Helping kids learn the value of saving.

#### What pocket money can teach your child.

Pocket money can help teach kids about the value of money and how to look after it. However, there's no 'one size fits all' approach and it's important to decide what's right for your family. Research of over 1,000 parents of primary school students revealed that 55% give regular pocket money^ and here's how they manage it:



Over half give less than \$10 per week (\$5 - \$10 Is the most common range). There's no right or wrong – the amount should sult your family situation.



Around 4 in 5 parents link pocket money to the completion of a chore or task. This can help children understand that money needs to be earned.



On average, kids save about half of their pocket money each week. Learning to put money aside for a bigger goal is a valuable life skill.

#### Join the Dollarmites on a Polar Savers adventure.

The majority of parents think it's important to make learning about money engaging and to reward good saving behaviour^. So to help, our Dollarmites characters (Pru, Addy, Spen, Lucas and Pat) are taking School Bankers on a Polar Savers adventure, that's full of exciting rewards.

Students participating in School Banking will receive a silver Dollarmites token each time they make a School Banking deposit at school (maximum one per week). Once they've collected 10 tokens, they can redeem them for a Polar Savers reward.



#### Polar Savers Rewards:

Term 1: Scented Stackable Highlighter, Snowy Origami Set Term 2: Yeti Fluffy Notebook, Icicle Slapband Ruler Term 3: Arctic Owl Fluffy Keyring, Scratch Art Cards Term 4: Water Skimming Bounce Ball, Polar Pencils & Pencil Toppers

#### School Banking Deposit Tracker.

Colour in a number every time you make a deposit at school. For every 10 School Banking deposits you can redeem a reward.



To find out more about the School Banking program and how to get your child involved, ask your School Banking Co-ordinator for a School Banking Parent Pack or visit commbank.com.au/schoolbanking

^Parents of Australian primary school children (n=1144), School Banking Research, conducted by Fiftyfive5, May-June 2018. Commonwealth Bank of Australia, ABN 48 123 123 124.





# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.





lessons & activities

sports fees & gear



camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



ny Centrelink payments are eligible, please contact your local Coordinator for more info

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dsz.gov.au for more information.

#### Contact

your local Saver Plus Coordinator

Phone or SMS your name and postcode to 1300 610 355

Email CentralCoastSP@ thesmithfamily.com.au

Online saverplus.org.au Find us on Facebook





My name is Cheryl Oliver and I started *Scribble Health* to follow my passion for Art, Spirituality and Well-Being. My special interest is in promoting children to become creative, resilient, positive people. I have an enduring interest in artistic expression, therapeutic art making, and art for health, wellness, strength-building, healing and social transformation.

By combining my unique blend of skills and expertise as a Counsellor, Art Therapist and Primary School Teacher, I aim to help children reach their full potential and inspire their love of Art both aesthetically and therapeutically. *Scribble Health* specialises in children ages 7-13 years of age. All programs and workshops begin with meditation. All materials are included in prices.



# Calm Kide Group Art Program

## TERM 1 5 Week Program

## Age: 7-13 years

Dates: Thursday 14<sup>th</sup> March - Thursday 11<sup>th</sup> April

Time: 4:30pm- 6:30 Pm

Location: Scribble Health Studio, Noraville

Cost: \$150 for the 5 weeks Contact: Cheryl 0410821443

Email: cheryl@scribblehealth.com.au

These workshops will provide your child with a toolbox of coping skills and strategies to enable them to better self-manage and regulate feelings. They will participate in art activities that allow self-expression and release stress. The art process combined with meditation allows the children to connect with themselves, identify feelings and learn coping strategies.

Each child receives a Coping Skills Toolbox which includes Calming Skills, Distraction Skills, Process Skills and Happiness Builders.





Please visit <u>www.scribblehealth.com.au</u> for more information.

# Term 1 Themed Workshops

Term 1 workshops run for 2 hours on Tuesday afternoons. 4:30-6:30 pm. All materials are included. Each workshop is suitable for children aged 7-13 years.

Workshops begin with a short meditation and an Art Therapy Focus, followed by an artwork planned around a theme area. Please see below for brief outline.

# WORKSHOP 1 Vision Board Canvas. Encourage your child's dreams, what they are working towards and setting goals. Collage, paint & print to design a unique vision for the year. Date: Tuesday 26th Feb Self Portrait Bag WORKSHOP 2 Encourage self - awareness through outward expression and inner feelings. Self Portrait in watercolour paint. Feelings painting inside the bag Date: Tuesday 5th March WORKSHOP 3 Gratitude Garland Encourage making gratitude a habit to decrease stress, support emotional health and increase happiness. Painting & decorating personal blessings using acrylic paint. Date: Tuesday 12th March WORKSHOP 4 Kandinsky Affirmation Boards Encourage positive thinking & increase coping skills towards problem solving. Abstract art design based on Wassily Kandinsky Artwork.



Please visit <u>www.scribblehealth.com.au</u> to reserve a place.

Payments can be made online.

# Central Coast Library Service News Primary School



Library Service

Term 1 2019

### Welcome to the first newsletter for 2019!

Central Coast Library Service is looking forward to a busy year helping students with their assignments and homework.

When planning your 2019 staff development days we are happy to come out and show you how to use our extensive range of online resources - contact us anytime:

Beckie Copland - Children and Young Adults Librarian Beckie.Copland@centralcoast.nsw.gov.au

Kira Paznikov - Acting Information Services Librarian kira.paznikov@centralcoast.nsw.gov.au

Michelle Goldsmith - Family History and Digitisation Librarian Michelle.Goldsmith@centralcoast.nsw.gov.au

### Ease into the school year with Studiosity

Studiosity is an amazing, free service which delivers on-demand study help.

Provided by Central Coast Library Service, Studiosity supplies students with essay and report feedback within 24 hours, great for improving English papers. Access live, expert assistance with maths, science, economics and more. Friendly subject specialists are waiting online to help, 3pm to late, Sunday to Friday.

Download the app through Google Play or the App Store or access via centralcoast.nsw.gov.au/studiosity and sign in with your library card number.

Not a member? Sign up today to take advantage of this incredible free service at centralcoast.nsw.gov.au/jointhelibrary



centralcoast.nsw.gov.au/libraries

#### eLibrary

Did you know ? Your library card gives you access to over 16,000 eBooks, eAudiobooks and more than 190 eMagazines.

Borrow eBooks and eAudiobooks from Borrowbox and Overdrive and eMagazines from RBdigital.

Once downloaded onto your device read or listen anywhere, anytime for FREE! Visit centralcoast.nsw.gov.au/ elibrary and start listening or reading today!

To take advantage of these great resources all you need is your library card. Become a member online at centralcoast.nsw.gov.au/ jointhelibrary or visit your nearest library and enjoy the FREEDOM.



#### **Reading Buddies**

Students who are after some extra help with reading are invited to join the Central Coast Library Service Reading Buddies program.

Book a half hour session with a volunteer who sits with students to help them improve their reading ability and confidence.

All who attend the Reading Buddies program receive a passport to track their progress and a prize after all sessions are completed.

The Reading Buddies program is open to all school aged children, and runs during school terms.

A parent or carer must remain in the library during the Reading Buddies session.

There are spaces available at library branches across the Central Coast, bookings are essential. Call 4350 1576 for more details.



#### Love reading? Join Bookblasts bookclub

Bookblasts is a bookclub specially for primary school aged students. Come along and share what you are reading as well as your favourite books or authors.

#### Bookblasts meets monthly.

Join in one of these sessions at Erina Library (4304 7650) or Umina Library (4304 7333).

Monday 11 February, 3.30-4.30pm at Umina Library Thursday 21 February, 4-5pm at Erina Library Monday 11 March, 3.30-4.30pm at Umina Library Thursday 21 March, 4-5pm at Erina Library

View our range of exciting programs available for children at: centralcoast.nsw.gov.au/libraries/services/children-programsand-events

#### centralcoast.nsw.gov.au/libraries

#### Staff Spot Returning to work?

Looking for something new to listen to on the commute?

Freegal lets you access free music downloads and streaming with your library card.

There are more than 15 million songs, covering 220 genres from more than 40,000 international labels including today's top artists and the crooners of yesteryear as well as over 40,000 music videos.

Members can now stream up to six hours of music each day as well as either five songs, or three songs and one music video, or two videos and one song each week all for free.

#### Not a member?

Take advantage of this fantastic free resource now by signing up at centralcoast.nsw.gov.au/ jointhelibrary

Download the Freegal app today on the App store via or through Google Play.

