



# St Cecilia's Catholic School

Panonia Road, Wyong. 2259

Telephone: (02) 4353 2922

Fax: (02) 4353 2943

Email: [scw@dbb.catholic.edu.au](mailto:scw@dbb.catholic.edu.au)

Web: [www.scwdbb.catholic.edu.au](http://www.scwdbb.catholic.edu.au)

2<sup>nd</sup> July, 2019

Dear Parents

## School Holidays

I can't believe Friday is the last day of Term 2. This term has gone far too quickly. I hope you all have a wonderful break and many opportunities to spend quality time with your children without the stress of having to get anywhere in a hurry. School returns for all students on Monday 22<sup>nd</sup> July.

## School Disco

Thank you to everyone who was able to attend the school disco on Friday night. It was a really fun night.

The next disco was originally going to be on Friday 30<sup>th</sup> August but we decided to change it to a week later due to the Father's Day activities on the 30<sup>th</sup>. It would have meant a very early start and late night for the children.

We have booked the DJ for Friday 6<sup>th</sup> September from 5:30 to 7:30pm. There will be more details as we get closer to the date.

## Friday Assembly

As there are no awards this week, there will be no assembly on Friday afternoon.

## NAIDOC Week Mass

Our NAIDOC Week Mass was held this morning. NAIDOC week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples and this Mass was a lovely blend of Aboriginal and Catholic culture.

## Enrolment Letters

Offers of enrolment for Kindergarten 2020 will be emailed in the first week of next Term 3. It has been wonderful meeting new families to our beautiful school and welcoming current and returning families. We are still accepting enrolments if you know anyone who wishes to enrol their child.

## Compass

I hope you have all been able to download the Compass App onto your phones or other devices. Please contact the office if you are having difficulty doing this. Please note you cannot complete a late arrival or early pick up of your child via the App, this can only be done through the Compass Kiosk in the school office. You can only enter whole days of absence for your child through the App.



## Opportunity to win a Family Pass



The Sydney Roosters have offered St Cecilia's 2x family passes (family pass = 4 tickets) for this game. If you would like to go into the draw to win these tickets please go on to the Compass App and fill out the Google Form. Winning names will be drawn at random and the winning families will be emailed tickets the week prior to the game.

## Parenting Tips

I came across this yesterday and thought it had some great ideas and not just for children with anxiety. They are great strategies for all of us to use with our children, grandchildren etc!

### 9 things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?

The infographic includes illustrations of a spider and a monster-like creature.

Yours sincerely,

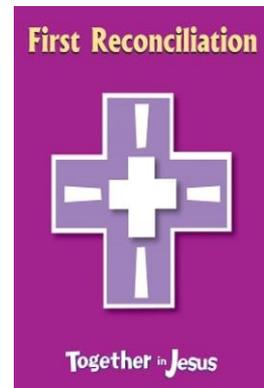
Mrs Yvette Owens  
PRINCIPAL

## ***From the REC***

### **Sacrament of Reconciliation**

This year in Wyong Parish our Reconciliation Ceremony will be celebrated on:

- Monday 5th August at 4 pm St John Fisher Mass Ctr Hicks Lane Tumbi Umbi &
- **Tuesday 6th August at 4 pm St Cecilia's Church, 23 Byron Street Wyong.**
- Register/Commencement of Program - First Special Mass - Any of our weekend Masses on 29th/30th June *(As this is the commencement of the program, please note, no enrolments will be accepted after this weekend)*
- Second Special Mass – Any one of our weekend Masses on 27th/28th July
- Invitation to Parents/Carers information night Monday 24<sup>th</sup> June 7 pm at St Cecilia's Parish Hall, 23 Byron Street Wyong.



Please register your attendance at; [wyongparish@bbcatholic.org.au](mailto:wyongparish@bbcatholic.org.au) or text Jo on 0424 763 734.



### **Eucharist Sacrament 2019**

Please Note important dates for First Eucharist Sacrament (Information sheet and enrolment form for First Eucharist will be available at Mass on the weekend of 27<sup>th</sup>/28<sup>th</sup> July (the Second special Mass for Reconciliation).

**Register/Commencement of First Eucharist Program – First Special Mass**

– Anyone of our weekend Masses on 10<sup>th</sup>/11<sup>th</sup> Aug **Second Special Mass**

– Any one of our weekend Masses on 24<sup>th</sup>/25<sup>th</sup> Aug

**Children will receive the Sacrament of First Eucharist** at Mass over the Weekends of 14<sup>th</sup>/15<sup>th</sup> and 21<sup>st</sup>/22<sup>nd</sup> September.

### **Parent Invitation**

#### **Walking the Way**



#### **Winter Walkabout: 4 July. 9.30am-2pm**

Parents are invited to recharge, physically and spiritually, with a winter walkabout through stunning national parkland on the Central Coast, 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.

Meet 9.30am, Thursday 4 July, at GIRRAKOOL Picnic Area. Flexible departure time: 2pm. The day includes guided walk and reflection, sausage sizzle lunch and time for individual quiet time in a bush setting. This is a free event. **Bring your walking shoes and a water bottle.**

Enquiries & RSVP: Jo Spek  
[jo.spek@dbb.catholic.edu.au](mailto:jo.spek@dbb.catholic.edu.au)

## Holiday Prayer

Father, we thank you for the opportunity to take a holiday and to have a break from the daily routines and responsibilities in our lives.

It is such a joy to have this break and we pray that it will be a time of rest where we are able to go quietly through the day.

We pray that during this holiday we will enjoy both spiritual and physical renewal and find rest for our mind and spirit.

Thank You Father, Amen.



## Upcoming Celebrations

### Term 3 Dates

- Friday, 2nd of August, *Grandparent's Day Liturgy and Open Classrooms at 8:45am, St Cecilia's Hall*
- Tuesday, 13th of August, *Stage 2 Mass at 9:15am, St Cecilia's Church*
- Thursday, 15th of August, *Assumption Liturgy at 12:45pm, St Cecilia's Hall*
- Friday, 30th of August, *Father's Day Breakfast from 7:30am and Liturgy at 8:45am, Assembly Area*

### Term 4 Dates

- Monday, the 2nd of December, *Andrew Chin and Students' Christmas Concert, at 6:30pm*
- Monday, the 9th of December, *End of Year Mass*
- Wednesday, the 11th of December, *Year 6 Graduation Mass*

## 2019 Sacramental Program

The sacraments, instituted by Christ and entrusted to the Church, are effective signs of grace perceptible to the senses. Through them divine life is presented to us. There are seven sacraments: Baptism, **Confirmation, Eucharist, Reconciliation**, Anointing of the Sick, Holy Orders, and Matrimony (Catechism of the Catholic Church 1113-1131). **Sacraments are ongoing symbols of God's care for all of us.**

Sacrament	Year Celebrated	Ceremony Dates
Confirmation	Typically Year 2 Students	This sacrament was celebrated on <b>Friday, the 24th of May and Saturday, the 25th of May.</b>
Reconciliation	Typically Year 3 Students	The Reconciliation Ceremony will be celebrated on <b>Tuesday, 6th of August at 4 pm, St Cecilia's Church 23 Byron Street, Wyong.</b>
Eucharist	Typically Year 3 Students	The children will receive the Sacrament of First Eucharist at Mass over the weekends of <b>14<sup>th</sup>/15<sup>th</sup> and 21<sup>st</sup>/22<sup>nd</sup> September.</b>

For further information or enquires about the sacramental program please contact Jo Helm at the St Cecilia's Parish Office on 0424 763 734.

## 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

*Jamie Dowling*

**Religious Education Coordinator**

## School News

### Linen Roster

#### Term 2

Week 11	Carolina Saenz
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#### Term 3

Week 1	Renee Rigney
Week 2	Carolyn Arnold
Week 3	Rebecca Ham
Week 4	Allison Rosee
Week 5	Kyly Slattery
Week 6	Julia Webster
Week 7	Amy Martin
Week 8	Kristy Clouten
Week 9	Kyly Slattery
Week 10	Carolina Saenz

## Canteen News

### Product News

Gluten Free Chicken Nuggets are currently unavailable due to supplier stock shortages.

LAST CANTEEN DAY TERM 2 IS FRIDAY 5<sup>TH</sup> JULY

FIRST CANTEEN DAY TERM 3 IS WEDNESDAY 24<sup>TH</sup> JULY

*Happy Holidays!*

**Mrs Catherine Berry**  
Canteen Manager



## From the FLO

Dear Parents

I feel so very privileged to be a part of the wonderful St. Cecilia's community and I would like to thank you for your extremely generous response to some of our families in need. The families were most grateful.

This term has certainly been a very busy one and I am sure that you are all looking forward to the break. Think of some nice activities that you can do as a family and add to your memories.

**Mrs Bernadette Daniel**  
Family Liaison Officer

# The simplest way

... to make rainbow sushi.

## Ingredients (serves 4)

- 1 ½ cups sushi rice
- 4 tbsp sushi vinegar
- 185g can of tuna, drained
- 1 tbsp mayonnaise
- 4 nori sheets (dried seaweed)
- Veg cut into thin strips

- ½ carrot, ¼ capsicum, ½ raw, peeled beetroot, 5cm cucumber, ½ avocado



## Method

Cook rice according to packet instructions. Fluff the rice with a fork and pour over the sushi vinegar. Stir well to combine. Spread the rice on a baking tray to cool. Mix the tuna and mayo together.

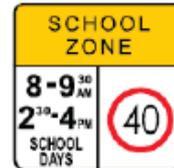
Lay a nori sheet on a bamboo sushi mat, shiny side down. With wet fingers, spread ¼ of the rice over ¾ of the sheet, leaving a ¼ of the sheet clear at the end furthest away from you. Place the tuna and veg across the rice. Using the bamboo mat, roll the sushi away from you stopping where the rice ends. Brush some water along the rice free nori and finish rolling, pressing gently to seal. Repeat with the rest of the sheets. Dip a sharp knife in water and cut the sushi into pieces.



## Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

- ☑ A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- ☑ **School Bus lights** – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



- ☑ A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



**THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP BUT YOU MUST**

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones  
HEAVY FINES and DEMERIT POINTS APPLY**

- ☑ A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



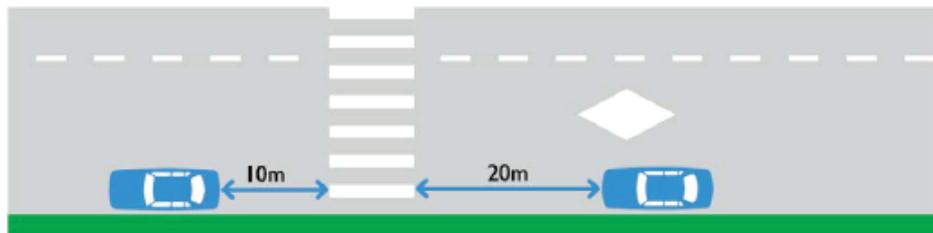
- ☑ A **No Stopping Zone** means no stopping at any time.



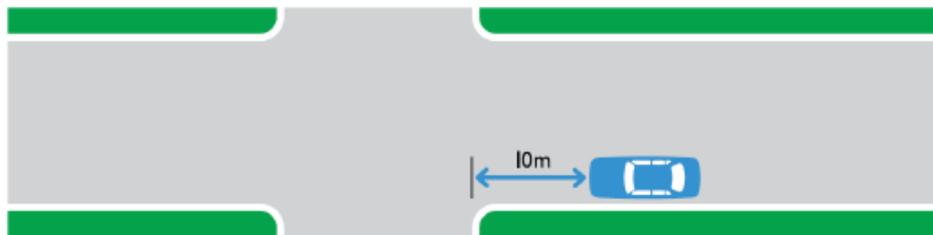
## Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

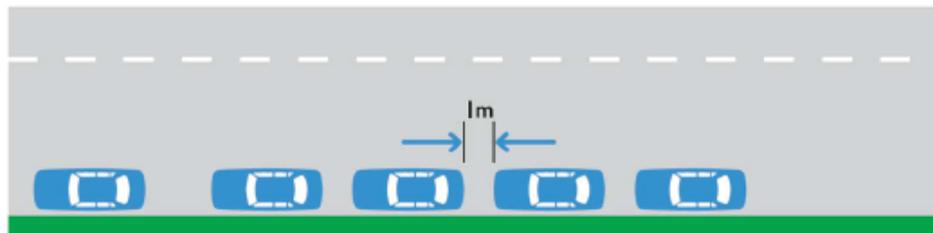
- ❑ Double parked (that is in the road alongside a car that is parked)
- ❑ Across a driveway or footpath
- ❑ On a median strip or traffic island
- ❑ On footpaths and nature strips
- ❑ On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- ❑ Within an intersection
- ❑ Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- ❑ In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- ❑ At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- ❑ Within three metres of any double centre lines
- ❑ Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.

