



# *St Cecilia's Catholic School*

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8<sup>th</sup> June, 2021

Dear Parents,

Thank you to Mr Madigan who already acknowledged the Canberra trip in last week's Principal's update, however personally speaking, I just wanted to express that I had a great time in Canberra last week, getting to know the children on a more individual level. I was very proud to accompany them, and it was lovely to receive compliments at every venue about their behaviour and how well they were able to express their ideas and answer questions. Congratulation parents! You must be doing something right.

I would also like to acknowledge the three teachers who accompanied me on the trip, Mrs Dowling, Miss Clancy, and Mr Lynch. The organisation was meticulous, and we covered a lot. Overnight excursions are always fun, but I would just like to acknowledge the commitment they demand from teachers and the extra organisation required at home. Thank you, teachers, you were AMAZING!

Below is my personal reflection of our Canberra excursion.

## **CANBERRA 2021**

To Canberra we were off  
The whole year six lot.  
The road trip went fast,  
With a whole lotta laughs.

Three hours of school weekly sport was proposed.  
Through a bill in parliament which few opposed.  
Aliza as our PM and Lachy as opposing minister.  
The bill being passed was the final finisher.

A highlight was meeting our Member for Dobell,  
Emma McBride came to listen and tell.  
Her passion of mental health as priority  
And excellence in education and equality.

A Questacon visit late at night,  
brought all the children much delight.  
Science ideas tested and discovered.  
So much new learning to be uncovered.

Day two we got active at AIS.  
Exhibiting athletic talents with finesse.  
The Space Communication Centre also ground-breaking.  
Amongst us, notable astrophysicists in the making.

The War Memorial had our historians captivated,  
For those who gave their lives, together we commemorated.

At the Dino Museum the palaeontologists showed off their intelligence.  
As they got up close, and personal with fossils and skeletons.

Many other places visited, sighted, and explored.  
Not a minute in between for one to get bored.  
The cabin mischief at an all-time low.  
Those year six kiddo's put on an impressive show.

We left Canberra feeling exhausted, yet excited.  
With smiles on our faces as soon as our parents were sighted.  
An educational experience saw friendships strengthened, new learning gained,  
Even some fears overcome, and further independence obtained.  
A cold and memorable time was had.  
Thank you, teachers, and children. It really was RAD!











The year six children who recently undertook the educational tour of our Nation's Capital were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage, and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist in meeting the cost of the Canberra excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

## Wellbeing Week – Kindness Campaign

Last week we celebrated Wellbeing Week with the launch of the Kindness Campaign. There were many random acts of kindness exhibited daily. Children reaching out to others on the Buddy Bench, children and staff making new kids and families feel welcome in their new school, parents helping by donating used school uniforms to the uniform shop, people generously giving to those less fortunate in our own community and the list of examples goes on. My heart fills with warmth when seeing such acts of kindness exhibited by those in our own St Cecilia's family and school grounds.

I always believe that kindness is the most valuable thing in the world with all cultures and religions respecting it throughout history and probably the one thing which will always be respected in the future as well. I ask that we extend our Kindness Campaign beyond Wellbeing Week and remind our children to continue to show gratitude and simplest acts of kindness to their family members, friends, colleagues, acquaintances or sometimes even a total stranger. Kindness constitutes attributes like generosity, good-heartedness, humanity, courtesy, positive behaviour, goodwill, and good intentions.

Please also remember that showing kindness to yourself is just as important as showing it to others. So please make sure you all treat yourself to something that will keep you motivated to continue showing kindness to our world.

## Reconciliation Week

It was timely to have our Kindness Campaign occur during Reconciliation Week, where we were reminded that this annual event is *'More than a Word. Reconciliation takes action.'* The whole school worked together to create a poster (in the office foyer) which had every child's and teacher's handprint included on it. The handprints represented our entire St. Cecilia's community working together to acknowledge the past & build strong relationships between the Aboriginal & Torres Strait Islander people & the wider Australian community now and into the future.

We also heard from a local elder guest speaker; Mark Champley. Mark shared with us the reason we acknowledge Reconciliation Week & what more we can do as a school community to contribute. He also shared some stories about the local area, history, the land, its people, and the importance of caring for country. We were very fortunate to meet Mark as the children's learning experiences were enhanced by an understanding of Indigenous knowledges. We intend to foster our relationship with Mark as he promised he'd be back, especially to hear more of Xavier's talented didgeridoo playing. Thank you, Xavier, for connecting us to the music of your People and allowing us to experience some Aboriginal Culture.



## Parents in Partnership Meeting

We have our first Parents in Partnership meeting coming up on **Wednesday 16<sup>th</sup> June at 2pm.**

Agenda items include:

- Proposed structure of Parents in Partnership committee shared for feedback and review.
- Discussion around most suitable meeting times ie afternoons or evenings.
- Flood update
- Year Six Graduation
- Fundraising Levy payment

Should you have any further items you wish to have addressed at the meeting, please email me via the school office with further agenda items for consideration. To keep meetings on schedule we will not deviate from the agenda, therefore please ensure you email before **Monday 14<sup>th</sup> June** for any further agenda items to discuss.

## Author Visit – Dr. Cameron Stelzer: The Story Doctor



On Wednesday 9 June, we have a special visit from Author and Illustrator Dr Cameron Stelzer. Dr Cameron is visiting St Cecilia's Primary School to run workshops with our Year 3-6 classes. Students will be taking a behind-the-scenes look at creating a book and applying their own creative components. A small group of students will extend into an afternoon writing workshop exploring techniques to create blockbuster action stories – think gripping suspense scenes, epic action encounters and hold-on-to-your-seat cliff-hangers. Students and teachers are looking forward to a great day!

In conjunction with the Author Visit, St Cecilia's PS families have a special opportunity to purchase **signed** and personalised copies of Cameron's books at special prices. Individual books are \$15 each and there are also exclusive book sets available. Students will receive an order form on the day of the workshops. Forms and **payment** can be returned the following day, Thursday 10 June, to the Office.

## Pyjama – Monday 21<sup>st</sup> June

Mini Vinnies are hosting a Pyjama Day at St Cecilia's to support the St Vincent De Paul Winter Appeal. The day will be held on Monday 21<sup>st</sup> June. Students can wear winter pyjamas or their school uniform. Students must wear enclosed shoes and socks. They can bring along Ugg boots or slippers to wear in the classroom. To support the Winter Appeal, students are asked to bring in a gold coin donation or a non-perishable food item that is in-date from the list below.



- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Dry pasta</li><li>• Pasta &amp;/or Asian Food sauces</li><li>• Tinned soup</li><li>• Tinned vegetables (400g)</li><li>• Tinned fruit (400g)</li><li>• Tinned tuna (all sizes)</li><li>• Rice (up to 1kg bags)</li><li>• Chicken &amp;/or Beef noodles</li><li>• Cup A Soups</li><li>• Long life milk (1 &amp;/or 2 litre)</li></ul> | <ul style="list-style-type: none"><li>• Sugar (1kg)</li><li>• Coffee</li><li>• Tea Bags</li><li>• Milo</li><li>• Juice (1 litre)</li><li>• Vegemite</li><li>• Assorted biscuits</li><li>• Sao Biscuits</li><li>• Canned Spaghetti/Baked Beans</li><li>• Nut-free muesli bars</li></ul> |
|---|--|

The Mini Vinnie's Team would like to thank everyone for their ongoing help and support.

Peace and blessings.

Marta Chylewska  
Principal



## ***From the REC***

### **Junior Youth Ministry**



On Friday, the 4th of June, Michael Tobin and St Peter's Youth Ministry team lead an interactive ***mini youth ministry retreat day*** for stage 3 students. The students participated in fun icebreakers, whole group and small group activities that focused on the students sharing the message of God with each other. Next term, we will be implementing a St Cecilia's youth ministry team to allow faith formation opportunities for the students to develop and maintain relationships with Jesus Christ.



## **Sacred Heart Liturgy**



*Sacred Heart Liturgy*  
*Parents and Carers are invited to*  
*join us in prayer to celebrate the*  
*Feast of the Sacred Heart on*  
*Friday, 11th of June, at 8:45am,*  
*Assembly Area*

### **Term 2 Celebrations**

- **Wednesday, the 23rd of June**, NAIDOC Mass at 10am, St Cecilia's School Hall



### **Term 4 Celebrations**

- **Tuesday, the 7th of December**, Christmas Concert, time to be confirmed
- **Wednesday, 8th of December**, Year 6 Graduation Mass at 5:00pm
- **Monday, the 13th of December**, End of Year Mass at 10am

God Bless

*Mrs Jamie Dowling*

**Religious Education Coordinator**



## ***From the FLO***

Dear Parents,

It was wonderful to see our playgroup return last Tuesday but also disappointing that many were unable to attend due to traffic issues. I think we all enjoyed it and our year five children were great helpers.

We have a few families who may need our assistance. If anyone can provide some frozen meals it would be very much appreciated.

Last week we completed the No Scaredy Cats workshop. Anxiety is a big issue in our society. It is evident that technology can play a part in this. As parents we need to be aware of what our children are doing, balance their time in front of screens and turn off at least an hour before bed. Remember the internet is an invited guest not an assumed resident. Last year with Covid many families increased outdoor activities including walking and bike riding. Remember exercise is beneficial not only physically but can be a mind boost, take us away from our negative thoughts and be social.

YOU CAN DO IT! The Zonta Club of the Central Coast is offering a free program for women designed to help women gain more self confidence . The program includes a small group workshop run over four hours on Wednesday 23<sup>rd</sup> June at the Red Tree Theatre Tuggerah.

For more information and to register your interest:

<https://zontatickets.com.au/event/12657> I also have some pamphlets in the office. This would be a very valuable for those who may want to re-enter the workforce but are nervous or to anyone who would like to increase their confidence.

### **Dr Justin Coulson from Happy Families free webinar: The Do's and Don'ts of Discipline.**

Ultimately, this webinar is about giving you a truckload of ideas about better discipline and more importantly, a new understanding of how vital this part of parenting is to a happy home.

The webinar is happening on **Thursday, 10 June, at 8pm AEST.**

(That's 6pm WA time, 7:30pm SA time, and 10pm NZ time.)

[Find all the details and register for free right here.](#)

Have a lovely week and remember to look after YOU,

**Bernadette Daniel**  
**Family Liaison Officer**

## Canteen News

Dear Parents,

### Product News

Strawberry Milk 300mls is currently unavailable from our supplier.

An alternative is Plain Milk plus a Sipahh Straw in Raspberry or Strawberry flavour.

### QKR! Ordering tips

To avoid disappointment -

- Please check you have recorded the correct class for your child on their profile.
- Please ensure you have entered the correct delivery date.
- Please ensure that you finish the transaction, checkout and receive a receipt for your order.
- Please place your order outside of peak order time. (7am to 8.30am).
- Please note order cut off time is 8.30am Wednesday and Friday.



Thank you,

**Catherine Berry,**  
**Canteen Manager**

**Nutrition Snippet**

HEALTHY SWAPS.

Check out our [healthy swap section](#) at [healthylunchbox.com.au](http://healthylunchbox.com.au) today!

Cancer Council Healthy Lunch Box | Lunch box builder | Recipes | **Inspiration and ideas** | Blog | About | Search | Subscribe

Click on an unhealthy snack to see some healthy alternatives

Select a snack to see a healthy alternative

Unhealthy snacks shown: Caramel Wafers, Biscuits, Jump Dessert Tube, Muffin.

...for these healthy snacks instead

Healthy swaps shown: Yogurt tub, Berrylicious smoothie, Apple pie overnight oats.

For this and more visit: [healthylunchbox.com.au](http://healthylunchbox.com.au)

Cancer Council Healthy Lunch Box



# Awards and Acknowledgements



*Congratulations to the following students for their achievements*

## *Academic Achievement*

<b>Kinder Gold</b>	Harrison O	<b>Kinder Blue</b>	Violet H
<b>1 Gold</b>	Ruby B	<b>1 Blue</b>	Parker G
<b>2 Gold</b>	Arihan B	<b>2 Blue</b>	Avayah Y
<b>3 Blue</b>	Alisha P	<b>4 Blue</b>	Lachlan B
<b>4 Gold</b>	Sophie M	<b>5 Gold</b>	Lorenzo C
<b>6 Blue</b>	Sienna S	<b>6 Gold</b>	Izak W
<b>Music</b>	Lilly-Mae T KB	<b>Japanese</b>	Logan H 4G

## *Personal Best*

<b>Kinder Gold</b>	Luka M	<b>Kinder Blue</b>	Rydah D
<b>1 Gold</b>	Liam G	<b>1 Blue</b>	Taliyah G
<b>2 Gold</b>	Jessaliyah A	<b>2 Blue</b>	Summer J
<b>3 Blue</b>	Tamryn H	<b>4 Blue</b>	Indie G
<b>4 Gold</b>	Pandora M	<b>5 Gold</b>	Sienna C
<b>6 Blue</b>	Sacha B	<b>6 Gold</b>	Ki Jarman W
<b>Music</b>	Henry D KB	<b>Japanese</b>	Leon I 2B
<b>Library</b>	Indie G 4B	<b>Library</b>	Patrick M 1B

## *PBL Award*

<b>Kinder Gold</b>	Yu Han Y	<b>Kinder Blue</b>	Samantha M
<b>1 Gold</b>	Nina I	<b>1 Blue</b>	Lara S
<b>2 Gold</b>	Ivanna M	<b>2 Blue</b>	Fernando A
<b>3 Blue</b>	Mpemba I	<b>4 Blue</b>	Azalia A
<b>4 Gold</b>	Sophy N	<b>5 Gold</b>	Nasiah M
<b>6 Blue</b>	Ashton J	<b>6 Gold</b>	Bethany P
<b>Music</b>	Spoorthi A KG	<b>Japanese</b>	Hayley L 5G

# DAYSS

DRUG & ALCOHOL YOUTH SUPPORT SERVICE



Photo credit: Tim Mossholder on Unsplash

FREE PARENT WEBINAR

## YOUNG PEOPLE & VAPING

WHAT IS IT & WHERE TO FROM HERE?

- What is vaping and what are e-cigarettes?
- Why do young people vape?
- What are the impacts of vaping on young people?
- Understanding what a harm minimisation approach is
- Helpful tips for parents on how to engage your young person in safe decision making
- Information on support services

Hosted by qualified Drug & Alcohol Youth Support Service staff funded by NSW Health.



Two sessions are available (both covering the same presentation) on:

Thursday 3 June 6.30pm - 7.30pm

[https://us02web.zoom.us/webinar/register/WN\\_5Htdc49iQCebiltuebDISA](https://us02web.zoom.us/webinar/register/WN_5Htdc49iQCebiltuebDISA)

Thursday 10 June 6.30pm - 7.30pm

[https://us02web.zoom.us/webinar/register/WN\\_IO2WZDDaR3ic1le8D9fIWw](https://us02web.zoom.us/webinar/register/WN_IO2WZDDaR3ic1le8D9fIWw)

These parent webinars are presented by CatholicCare Diocese of Broken Bay in collaboration with Catholic Schools Broken Bay and Catholic School Parents.



**CatholicCare**  
Diocese of Broken Bay

