



Saint Mary's Catholic College

SOUTH BURNETT

NEWSLETTER *Term 03 Week 09*

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Contents

From the Principal	1
Uniform Shop News	2
Campus Minister News	2
Resource Centre News	2
Music Notes	3
VET News	4
Year 7 and 8 Mathematics Challenge	4
Fortnight at a Glance	5
Community Notices	5

From the Principal

Accelerate Learning

I am very excited to announce that Saint Mary's has been nominated to become a **BCE Accelerate School during 2019 and 2020**. This is VERY good news for us!

Over the last few weeks, we have had two groups of our teachers participating in a **Change 2 Process**, the purpose of which is to develop a detailed plan for our participation in the **Accelerate Project**. This process has taken them away from their regular classes but provides a highly valuable opportunity for our College and for our capacity to produce improved student learning outcomes in the future.

Being an **accelerate** school means that we will be provided with additional resources and support from Brisbane Catholic Education over the next two years. The focus of this support will be on assisting us to achieve our learning goals in the areas of literacy and writing. The support will be particularly targeted in Prep-2 and Years 7 & 8, but the benefits will be widespread across our community. This opportunity is a reflection of the hard work that has occurred at Saint Mary's through the implementation of the Excellent Learning & Teaching strategies and is an indication that we are moving in a positive direction. With the additional support being provided we can be confident that our growth and improvement in student learning outcomes will flourish even more. There will be more information to come about the **Accelerate** Program in the weeks and months ahead. I am really looking forward to sharing the exciting plans that will develop as part of the process.

R U OK Day

On **Thursday 13 September, Australia will again partake in R U OK? Day** – an annual reminder to reach out to friends, family and colleagues and ask about their mental wellbeing. Asking, *Are you okay?* may seem simple but listening and caring could just save a life, so remember to check in; not just today - but every day.

How do you know if someone needs support?

The typical signs you may see are changes in:

- Physical appearance (more tired, fidgety, or nervous than usual, looking more ill or run down)
- Mood (more irritable, appearing anxious, overwhelmed, flat, or short-tempered)
- Behaviour (withdrawn, isolated, decline in performance or distracted)
- Thoughts expressed (catastrophising, negative thoughts, confused, or irrational thoughts)

If a person shows any of these signs, it is a good time to ask, Are you okay?

God bless

Mrs Angela Myles
College Principal



realise your dignity

Uniform Shop News

We have had a lot of interest in the new soft shell Jackets. We still have a few sizes available in sizes 14 - 2XL. We are looking at placing another order for next winter. If you are interested in ordering a soft shell jacket, please call in to the uniform shop on a Wednesday morning 8am to 11am or Thursday afternoon 1pm to 4pm. The sooner we can get the numbers for the jackets we can go ahead and order them.

Kind regards

Mrs Joanne Bellert

Uniform Shop Convenor

Campus Minister News

Cook for Bacolod

Last Monday Year 5 cooked Filipino food to raise funds and awareness for Bacolod. They were taught by Conchita, Veronica and Maria who are from our Parish and originally from the Philippines. Students were taught how to make spring rolls and banana fritters - both very delicious. They then helped at lunch time to sell the food. All up they raised a total of \$141 which will go to the Bacolod Kinder School that Saint Mary's supports each year in term 3. Thank you to the Year 5 students and a huge thank you to the amazing women from St Mary's Parish who helped them cook and who donated ingredients.

"Never see a need without doing something about it." (Mary Mackillop)



God bless

Miss Megan Schick

Campus Minister

Resource Centre News

Library Borrowing

All library borrowing has now finished for the term. Please return all **home readers, library books and AR books.**

Book Club

Someone placed an order in the Issue 6 Book club and forgot to write their name on the order form. If you can identify the order, then it is here waiting for you.

Yours in reading

Mrs Leanne Higgins

Resource Centre School Officer

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Saint Mary's Music Tuition Program

We know families are busy, and scheduling music lessons after school can be a real challenge. To make life a little easier, the College provides teaching spaces during the school day for a diverse range of Music Tutors. These Tutors are skilled professional musicians, are fully insured, and have Working with Children Blue Cards.

Currently, our Tutors include:

- **Mrs Jo Kennedy - strings (violin, viola, cello, double bass).**
Mrs Kennedy is the conductor and driving force behind the South Burnett Community Orchestra and our own String Immersion Program.
- **Mrs Shannon Cridge – voice, and beginner flute and piano.**
Mrs Cridge is an experienced singer, and performs regularly with other musicians around the region, including the South Burnett Musical Comedy Society. In her “other life”, Mrs Cridge is a highly-qualified nurse.
- **Mr Grant Jeppesen – guitar (acoustic, electric and bass guitar).**
Mr Jeppesen is part of the duo, “Lazy Sunday”, which performs regularly around the South Burnett and beyond. His knowledge of rock music is second to none – in fact he is a true “Rockwiz”.
- **Mr Greg Madden – drums and percussion.**
Mr Madden is a professional drummer, but has the added skill of being able to read drum music fluently. For this reason, Mr Madden is able to teach more advanced students, and is keen to challenge his students by preparing them for Rock School exams. For some students, Mr Madden is alternating group drum lessons and individual lessons, which is a great idea and loads of fun.
- **Mrs Julee-anne Bell – voice.**
Mrs Bell has post-graduate university qualifications in voice, advanced aural skills and choral conducting, and has worked professionally in opera companies and musical theatre. She is also a highly skilled pianist. Interestingly, she is blind, and is the CEO of a charity called World Access for the Blind. Mrs Bell has been featured on the SBS program, Insight.
- **Mrs Jo Town – piano.**
Mrs Town is a highly respected piano teacher and accompanist. Her quiet manner and endless encouragement yields fantastic results, and she is the driving force behind many place-winning student performances at the Kingaroy Eisteddfod.
- **Mrs Nadine Smith – woodwind, brass, percussion, piano.**
Mrs Smith is a multi-instrumentalist, with over 20 years experience as an Instrumental Music teacher. Nadine plays bassoon with the South Burnett Community Orchestra and saxophone with the jazz band, Soul Good. She is also a professional photographer and silversmith.

The College is very proud to work with this group of wonderful musicians to provide access to music tuition for the students at Saint Mary's. To enrol your child in lessons, please complete a Music Tuition Program Enrolment Form, which is available at the College Office.

The Tower of Voices

For those of you who read last week's edition of Music Notes, you will be aware that Tuesday 11 September marked the dedication of the new memorial in honour of the passengers and crew who died on Flight 93 in 2001, called the Tower of Voices. At the time of writing, this was the latest video footage of the memorial: http://www.tribdem.com/multimedia/tower-of-voices-preview/video_ebbb972b-d0d6-5c81-8fd5-bf4b5b378fbf.html Interested readers may like to do an internet search for video of the Tower of Voices in song. I am sure the sound will be very moving indeed.

Yours in Music

Mrs Jane Iszlaub

Music Teacher and Middle Leader Co-Curricular Arts and Culture

APPRENTICE AND TRAINEE PROGRAM

Apprenticeship Information Session

Stanwell and Downer are teaming up to host an information session about their 2019 apprenticeships and traineeships at Kingaroy TAFE on Wednesday 19 September, from 5:00pm to 6:30pm in the room next to reception. Downer will also be sharing information about their engineering scholarship. This session will provide teachers, parents and students with information about the roles and also offers an opportunity to ask questions on a one-on-one basis of management, HR, employees, GTO and apprentice mentors. Information will be available to assist applicants submit the very best application they can, not just for Stanwell and Downer vacancies, but for any other jobs that applicants may be considering applying for. GTOs will also be in attendance.

Please attend this information session if your child is interested in an apprenticeship or traineeship in 2019 in this area.

Kind regards

Mrs Shirley Kerkow

Vocational Education and Training Leader

The Apprentice and Trainee Program is designed to complement Stanwell's community involvement strategies and commitment to attract and develop emerging talent. In partnership with Group Training Organisations (GTO's) we provide opportunities for you to develop a broad range of technical and professional skills.



Together we create energy solutions.

Would you like to be part of it?

The disciplines available through the Apprentice and Trainee Program vary each year based on business and industry requirements.

Stanwell is pleased to offer a range of Apprenticeships and Traineeships, commencing in 2019. Our partnering GTO's are now accepting applications via their websites. Disciplines vary by region, but may include:

- Apprenticeships:**
- Electrical (4 years)
 - Electrical Instrumentation (5 years)
 - Mechanical (4 years)

- Traineeships:**
- Business Administration (1 year)
 - Warehousing Operations (2 years)

We value diversity and we encourage people from all backgrounds to apply.

- Enjoy a work environment where we live by our values.
- Achieve your qualification via a structured learning program.
- Gain practical, hands on experience alongside technical experts.
- Access Stanwell mentors who are actively involved in the program.
- Based on your discipline, you may participate in a number of rotations to maximise your experience.



For more information, visit Stanwell's website:
www.stanwell.com

To view which disciplines are available in your region, or to apply, visit the applicable GTO's website.



South Burnett region.
www.mrael.com.au



Central Queensland region.
www.gagal.com.au



Far North Queensland region.
www.skill360.com.au

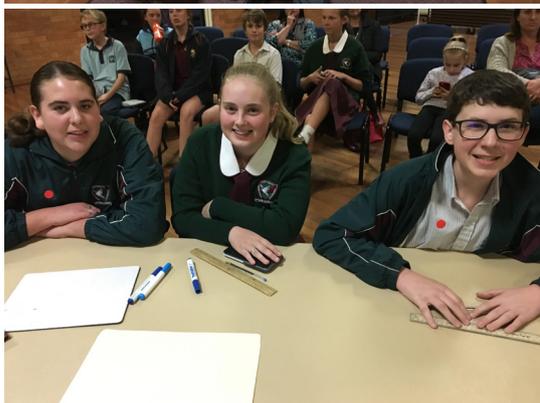
Year 7 and 8 Mathematics Challenge

For the past two weeks a group of junior mathematics students have been preparing to compete in the annual South Burnett Mathematics Challenge. The event was held at Kingaroy State High School last Thursday night (6 September), and following tradition, consisted of a series of rounds in which students demonstrated their skills in mental arithmetic, estimation and problem solving. Our students participated in two mixed cohort teams, with one team achieving third place overall in the competition against Kingaroy State High School and Nanango State High School.

These students were wonderful ambassadors for our College on the night and should be proud of their efforts. Congratulations to you all!

Year 7 Lachlan Ponder, Buddy Reader, Eleanor Schick and Mikayla Ward

Year 8 Lawson Green, Luca Lazzaroni, Teagan O'Sullivan and Samuel Piper



Kind regards

Mr Julian Connelly and Ms Joanna Dunn

realise your dignity

Fortnight at a Glance

Thursday, 13 September

R U OK Day

Orana Aged Care Visit 3.15pm to 4pm

Friday, 14 September

Prep to Year 6 activity - Heave Ho Off We Go

Monday, 17 September to Friday, 21 September

Year 10 Work Experience Week

Monday, 17 September

Year 9 Environmental Excursion

Tuesday, 18 September

Benedictine Awards - 12.25pm in College Maryknoll Centre

P&F Meeting 5.30pm in College Boardroom

Wednesday, 19 September

National Titration Competition

Youth Group - 3pm to 5pm at St Mary's Church

Thursday, 20 September

Prep Readiness Program - 9am to 10am in Room 7

Friday, 21 September

Term 3 Completed

Monday, 8 October

Pupil Free Day

Tuesday, 9 October

Term 4 Commences

ASKING R U OK?

On Thursday 13th September, Australia will again partake in R U OK? Day – an annual reminder to reach out to friends, family and colleagues and ask about their mental wellbeing. Asking, "Are you okay?" may seem simple but listening and caring could just save a life, so remember to check in, not just today - but **every day**.

STARTING THE R U OK? CONVERSATION

- 1. BREAK THE ICE** Be relaxed, friendly and concerned in your approach. Use language that you and the person would feel comfortable with. Include changes you have observed such as appearance, mood, behaviour or language. Try something like, "You seem less chatty lately. How are you going?" If they say they are not ok, you can help by listening and informing of available resources to better manage their stress. If they say they are ok, don't force a conversation. You can let them know you are here if they need to talk, and have shown that you care enough to risk.
- 2. LISTEN WITHOUT JUDGEMENT** Sometimes we think we can solve other people's problems, but it is important to avoid interrupting or pushing our advice. Remember to remain calm, and don't take it personally if they become angry or upset.
- 3. ENCOURAGE ACTION** Ask them, "What would be a good first step you can take?" Helping the individual understand what types of professional support and resources are available to them, can be the greatest help of all.
- 4. FOLLOW UP** Check in with the person in a few days. Remain positive, even if the individual has not taken any action – they might just need more time.

We make time to ask R U OK?

HOW DO I KNOW IF SOMEONE NEEDS SUPPORT?

The typical signs you may see are changes in:

- Physical appearance (more tired, looking or nervous than usual, looking more ill or run down)
- Mood (more irritable, appearing anxious, overwhelmed, flat, or short-tempered)
- Behaviour (withdrawn, isolated, decline in performance or distracted)
- Thoughts expressed (catastrophising, negative thoughts, confused, or irrational thoughts)

If a person shows any of these signs, it is a good time to ask, "Are you okay?"

PREPARING FOR THE R U OK? CONVERSATION

Ask yourself:

- Am I in the right headspace to approach this person?
- Have I got enough time to listen without rushing them?
- Have I chosen somewhere private and free from distractions to have the conversation?
- Do I know of available options if they need further support (Human Resources, EAP phone number, GP)?

Once you feel completely prepared, it is time to initiate the conversation.

NEED AN EXPERT?

At Assure Programs, we offer 24/7 psychological counselling services to employees as part of their EAP.

To book a face-to-face or phone appointment with one of our experienced psychologists call Australia: 1800 808 374
NZ: 0800 464 387
or visit <https://assureprograms.com.au/eap-appointment-requests/>

If you are in an emergency or at immediate risk of harm to yourself or others, please contact emergency services on 000.

Subside Prevention, R U OK? 2008. How to ask someone are you ok. Retrieved from <https://www.ruko.org.au/how-to-ask>

Community Notices

Club Contact
Leanne Sippel 0438 684 705
2001macc@gmail.com

or sign up at
www.playcricket.com.au

Programs for juniors in Murgon only (no travel):
11 October until 7 December. \$85 for either program

4-7 yr olds
Thursday afternoon 4-5pm

- Includes tee-shirt with child's name on it, bucket hat in your choice of Big Bash colours, bat & ball
Starts 11 October, 2018

8-12 yr olds (new to cricket):
Friday evening 6-8pm under lights with music!
All equipment provided (provides 24 children sign up).
Modified equipment and rules.
BBQ and bar available.

- Includes cap of your choice in Big Bash colour
Starts 12 October, 2018

Saturday morning juniors 8-11.30am

8-17 yrs
For returning players, or older players with basic skill.
Played in Murgon, Kingaroy & Nanango

- Murgon kids play home games on turf.
\$150 Term 4, 2018 and Term 1, 2019
Starts 13 October, 2018

HOW YOU CAN BEAT DEPRESSION & ANXIETY

There is hope...

1 in 3 people will experience prolonged grief and anxiety.
1 in 10 will have a serious encounter with depression.

The accredited 8 week Dr Neil Nedley Depression & Anxiety Recovery Program has over 90% success rate for participants who learn new skills to control anxiety, become free from depression and stay that way.

If you or a loved one is dealing with depression, or the effects of prolonged anxiety, grief or loss, we can help you.

You can be **FREE** of depression & anxiety

The Depression Recovery Program is an 8 week series on how to conquer depression & anxiety. You will learn:

- Many things you can do to boost your energy levels and lift your mood.
- How to identify the specific cause of your problem.
- How you can manage stress without becoming distressed.
- What foods to eat to help overcome depression and anxiety.

1 IMPROVE YOUR BRAIN

2 LIFESTYLE THERAPIES

3 NUTRITION

4 CORRECT THINKING

5 POSITIVE LIFESTYLE CHOICES

6 STRESS WITHOUT DISTRESS

7 OVERCOMING LOSS

8 IMPROVE BRAIN FUNCTION

SLEEP BETTER, THINK CLEARER AND LIVE A HEALTHIER, HAPPIER LIFE

Come along to a free information night to find out more about this 8 week program and how it can help you, or a loved one, become free from depression and anxiety. Concessions available to drought affected farmers. Subject to sufficient evidence.

What: FREE INFORMATION NIGHT
When: Monday, 10 September 2018
Where: QCWA Hall, 122 Kingaroy Street, Kingaroy
Enquiries: 0490 138 979 - Bookings essential

MURGON
RAIL TRAIL FESTIVAL & MARATHON

Presents

Run Bounce Climb
Release your inner Ninja !!

Murgon Showgrounds
Sunday 30th September

- 8 Mega Obstacles
- Famous Ninja Wall
- All entrants must be 90cm tall
- Run times 9am, 11am & 1pm
- **Team Challenge 1pm**
- \$30 for 60 minutes

www.murgon.net.au
0408 635 211