Dear Parents, Carers and Friends of Saint Mary’s,

In term 4 this year, I will be taking long service leave to support my wife who is running in the New York Marathon. We will also use this well-overdue leave to visit the West and East Coast of the United States. Brisbane Catholic Education will organise my replacement for this time and I will inform parents about this once a decision has been reached.

Over the last couple of weeks, Mr Hutton our Campus Minister, our Year 6 class and I have been teaching the P-6s an action song called “Christ in my Vessel”. It is a popular song from a youth group that both Mr Erwin and I were involved with many years ago. The P-6s seemed to love this song and it is hoped that we could find another song to teach each term.

This week we received a huge amount of educational supplies as part of the 2012 Woolworths Earn and Learn program. Thanks to the support of parents, the local community and our P&F, Saint Mary’s has been able to purchase many great items including: puzzles and board games, painting and classroom supplies, calculators, science and engineering kits, sports equipment and books. I would like to thank Woolworths for these wonderful and much-needed supplies.

Our two Saint Mary’s parent organisations are our P&F and College Board. Our P&F works to actively support the College community and improve students’ educational outcomes through fundraising, working bees, school functions etc. Our P&F is open to parents, carers and anyone interested in creating positive relationships and improving our Saint Mary’s community. The P&F meet at 7pm on the 3rd Tuesday of each month (except holidays).

This weekend our P&F are holding their term 1 working bee from 8am – 12midday, this Sunday, March 17th. We have a lot of work to do to get the College back to ship shape after all of the recent rains. We will be weeding gardens, blowing paths, whipper snipping long grass and preparing our cricket pitches for cementing. Please bring any equipment to help with these tasks. All parents, carers and students are welcome to assist.

Our College Board works with school policies & future directions for our College community. College Board membership is by invitation. The College Board is not a management board as you find in many companies, but an advisory board which helps the Principal to plan for the College’s future.

It is important that parents and carers know who to see if they need to raise issues or concerns. The first place to raise any concerns is obviously with the staff member involved, so that they have the opportunity to answer those concerns. You can do this by contacting the office and leaving a message for the staff member to return. If this isn’t resolved, then of course please talk to our Leadership or Administration team members.

As a very brief guide please look at page 3, these are the people to speak to:

Yours in Christ

Mr Michael Nayler
Principal
From the Deputy
School Photos
School Photos are on next Thursday, 21st March in the Mary Knoll Centre. Envelopes to order your photos have been sent home today. Please return these to the photographer on Thursday when your child has their photos taken. Family photo envelopes are available at the College Office. Family photos can be taken before school or at morning tea.

Camp Week
All students in Years 7 to 12 are expected to attend camp/retreat/work experience in Week 9. There will be no classes for Years 7 to 12 students in Week 9. If there are any issues regarding this arrangement could you please contact Mr Dalton or Mr Erwin as soon as possible. Year 10 students should have their work experience placement organised by this week. If there are any issues with work experience please see Mr Byrne or Ms Sudull.

Camp Behaviour
All students are expected to follow all directions from camp staff and supervising teachers at all times. Students who fail to uphold the College Behaviour Policy whilst on camp may be sent home in extreme circumstances. God bless
Mr Sean Erwin
Deputy Principal

From the Office
Term 2 fees will be charged in the first week of the holidays. These statements will be emailed if you have a valid email address, if there is no email on file, these statements will be mailed. Please check your email is listed on the Student Validation forms.

Student Validation, Medical and Acceptance of Financial Obligation forms were sent home two weeks ago. Please ensure these are checked, completed and returned to the Office as soon as possible.

Kind regards,
Mrs Shirley Hallett
Business Manager

Library Corner
Chess
Students are encouraged to visit the library at lunchtimes on Tuesday and Thursday to play chess for fun. Next term, there will be a competition at school with an overall winner for the school, as well as a regional competition in Maryborough.

Book Club
Book club brochures went home on Monday, if you wish to place an order please return your order to school by Friday, 15th March. We hope to have orders back before the holidays, otherwise it will be here for when Term 2 starts.

Library Borrowing
Library borrowing will end for the term next Friday, the 22nd March (this is for Lexile and Take home reader too) Please assist us by reminding your child to return all outstanding books to the library by this date.

Lexile Awards
Congratulations to the following students who have received Lexile awards!

Blue Award (3 books) – Abby Perrett, Ryan Maudsley, Kaitlin Ritchie, Nikita Pini, Holly Stephens, Nicholas Kerkow, Anh Truong, Paige Parsons, Thomas Kelly, Joshua Gronbach, Emily Ross, Naomi Baldacchino

Red Award (5 books) – Sam chmidhauers, Addisen Hawks, Ainsley Moller, Lannah Sowden, Rahni Lucas, Lachlan O’Kane, Electra Andrewartha, Olivia Davis, Patrick Frohloff, Caleb Eadie, Sophie Weier, Alyssa Hetherington, Isla Airs, Riley Berends, Elizabeth Watson, Nicholas Elliot, Tia Kanay

Bronze Award (10 books) – Patrick Berends, Lachlan Watson, Riley Frank

King regards,
Mrs Melanie Burr
Teacher Librarian

Curriculum Corner
Year 8 History
This term, the Year 8s have been investigating, researching and studying the Medieval Era (500-1500) in Europe. They have learnt about the feudal system, including the daily life of serfs and peasants. They have been keeping a diary on the life of a serf. Students have enjoyed discussing and comparing life in this time period to our own. They have been taken back to a time of castles, knights, jesters, Lords and hardship! They are about to investigate the horrible plague which devastated much of the world back then – The Black Death.

King regards,
Mrs Melanie Burr
Year 7-10 Coordinator

Tuckshop News
Friday’s extra choice menu
Morning Tea and Lunch
Spaghetti Jaffles $3.50
Lunch Bag System Only
Tuna Pasta Bake $3.50
Orders only - no orders will be accepted after morning tea on Friday.

A reminder that the tuckshop will not be selling red meat on Fridays throughout Lent. There will be alternatives including fish, salads etc. Piece of Fish $3.50

From next week the tuckshop will be selling hot cross buns for $1.50 until the end of Term.

Kind Regards
Mrs Michelle Davis
Tuckshop Convenor

P&F News
Working Bee
Exciting news from the amazing P&F. This Sunday you can get a free feed by being at Saint Mary’s Catholic College. All you need to do is bring a wheelbarrow, shovel, rake, blower, line trimmer etc. and join the working bee from 8am to 12noon. The P&F will put on a pizza lunch. All children who help at the working bee will receive a gift bag. Hope to see you all there.

Woolies Earn and Learn
Thank you to all the families that helped collect the Woolies Earn and Learn stickers. The College has received their goodies and they will be distributed accordingly.

Personalise Label Drive
SAVE 20% Storewide
Use Promo Code: 20MADMARCH

Hi all. If you are getting ready for up coming school camps, why not order some iron-on tags and some personalised stickers to make packing a breeze! Support the P and F by going to www.brightstarkids.com.au, shopping and then at the checkout choosing St Mary’s Catholic College P&F Association. See Bron Langford-Martoo for any more information.

Mrs Bronwyn Langford-Martoo
Sticker Drive Coordinator

Counsellor News
Accepting Yourself As You Are
By Linda Adams,
Recently, a friend said to me that his mother wanted to appear less “flawed” than she really was - she was ”nice” and that meant not being honest with people who
were close to her about things that irritated her or bothered her. She let people see only those aspects of herself that she perceived as okay, as "good", only her strengths, and not her weaknesses. His regret was that she missed out on having a more authentic life and deeper and more meaningful relationships. In his words, "Mom's funeral was tough for me because the person represented in that service had so little to do with who my mum really was. I wish more people could have known her, warts and all, but she didn't let that happen."

I knew this struck a chord because his words kept occurring to me over the next few weeks. I started thinking more about how often I and so many of us do the same thing-deny ourselves opportunities to be our real, authentic, true self both in the everyday, seemingly routine and mundane choices we make about our plans and goals and the way we are in relationships with others. Life doesn't "happen" in big events-it takes place in all the hundreds of little things that make up each day. How to the spend the minutes of our day, the way we talk to people, the people we choose to spend time with, what we think about, what we work on-it's in all these seemingly insignificant ways that we are living out our lives. So the decisions and choices we make all day everyday really matter.

When we are "nice" or "say the right thing" or shy away from a stressful interaction or decide not to pursue a thought or an idea or a goal we feel passionate about, we betray ourselves. We deny who we are at that moment. We stunt our own growth and by extension the growth of others. We miss the opportunity to live life to its fullest.

What's in the Way?
Fear-fear that blocks us, that stands in the way of our meeting our important needs or perhaps of even discovering what they are, fear that prevents us from fully functioning.

Because we often fear the unknown, we fear change-we choose to be cautious and stay with what we know. We stop ourselves from taking on certain challenges, actions, jobs, and relationships. We adapt to unpleasant or bad or unhealthy situations because that's more comfortable than facing the unknown. We could call this "fear of living". As psychologist, Dr. Rochelle Myers, put it, "Most people tiptoe through life trying to reach death safely."

The Key is Self-Acceptance
Real self-acceptance occurs when we can accept every aspect of our self- "warts and all." What leads to such self-acceptance? How can we come to accept the full range of our feelings and thoughts and needs? It begins when we are open to looking at the unacknowledged aspects of ourselves and can come to terms with them, integrate them, embrace them even. Here is another powerful and important use of active listening-which is the language of acceptance-just as we do it with others when they need empathy and understanding and acceptance, we can be a counselor to ourselves. Just as we help a co-worker, a child or a friend talk through their anger or frustration and get to their deeper feeling, problem or insight. When we lose the need to sit in constant judgment of ourselves, and can learn to accept ourselves, we open up the possibility of becoming more and more of what we are capable of being because accepting ourselves as we are actually allows us the freedom to change. We begin to discover the full extent of our own uniqueness and to feel free to express it and act on it.

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Pauls Milk Collect-a-cap
Families that use Pauls milk, please keep the specially marked lid.
A box is located in the school office.
ICY CUPS FOR SALE
Every Thursday Big Lunch
P-6 Room 46 Door
Years 7-12 Room 46 Window (Library side)
50c each

TRIPLE P SEMINAR SERIES
Kingaroy Child Health is offering a Triple P Seminar Series. The Seminar Series is a series of presentations on positive parenting for parents with children aged up to 12 years. The seminars provide an overview and introduction to positive parenting. The series comprise three 90 minute presentations. Parents are invited to attend all three sessions or can attend a session on a stand alone basis.

Seminar 1 The Power of Positive Parenting introduces parents to the five core principles of positive parenting- ensuring a safe, engaging environment for children; creating a positive learning environment; using assertive discipline; having realistic expectations; & taking care of yourself as a parent.

Seminar 2 Raising Confident, Competent Children shows parents how they can use positive parenting to teach children important values and skills, including respect, cooperation, getting on with others, learning to be independent, learning to develop healthy self-esteem and learning to become good problem solvers.

Seminar 3 Raising Resilient Children focuses on helping children recognise and accept feelings; express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful life events.

WHERE: Kingaroy Hospital Long Look Room (below Farrhome Nursing Care Unit)
WHEN: Wednesday 22nd May, 29th May and 5th June, 2013.
TIME: 6.30-8pm.

Course is FREE. Childcare is not available. To register or for more information contact Kingaroy Community Health at 41629220.

Green Hat Day
for
Prep to Year 6 students
Friday, 15th March
in
Mary Knoll Centre
at 8.45am
DON’T FORGET TO WEAR YOUR GREEN HAT!

Indonesian Department Borneo Tour 2013 – Don’t Miss it

Student Name (Please Print): _______________________________________

I wish to express interest in my child’s participation in this year’s
Indonesian trip to Malaysia and Brunei. I would like to receive an itinerary and other relevant information. I understand that this response is not binding at this time.

Parent/Carer Name (Please Print): ______________________________

Signed: ___________________________ Date: __________________________