

Saint Mary's Catholic College

South Burnett



NEWSLETTER

PO Box 311
10 Kent Street,
Kingaroy QLD 4610
P 07 4162 2011
F 07 4162 1581
pskingaroy@bne.catholic.edu.au
www.saintmarys.qld.edu.au

35/2012

7th November 2012

realise your dignity

Dates to Remember

Thursday, 8th November

- Year 5 Camp

Friday, 9th November

- Year 5 Camp
- Get Ready Cherbourg Day

Wednesday, 14th November

- Valedictory Dinner

Friday, 16th November

- Year 12 End of Year Mass

Monday, 19th November

- Year 10 Exam Week
- Indigenous Graduation at Cherbourg

Tuesday, 27th November

- Prep Orientation Day - Day 1

Friday, 30th November

- Year 10 and 11 Last Day

Tuesday, 4th December

- Orientation Day - New Year 8 students and Prep Day 2

Thursday, 6th December

- Carols Night

Friday, 7th December

- Prep - Year 11 Reports
- Distributed
- End of Year Mass

From the Principal

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

Last Thursday night we celebrated our Annual Awards Evening during which one third of our students received awards for their outstanding achievements. Mr Michael Manthorpe, Saint Mary's 1980 School Captain and current Deputy Chief Executive of the Commonwealth Department of Education, Employment and Workplace Relations (DEEWR) was the evening's guest speaker. Mr Manthorpe spoke about his humble beginnings in Kingaroy, his fond memories of his time at Saint Mary's and the incredible value of education. Mr Manthorpe was pleased to see the College's Mary Knoll, Trade Training and Science and Language Centres which were projects he had signed off on in his roles with successive governments. As is traditional, I also announced Matthew Guteridge and Samantha Watson as our 2013 College Captains and Claire Anderson, Eline Beijens, Brooke Davis, Brendan McCarron, Jackson Manktelow as College Leaders for 2013.

The College's major award winners for 2012 were:

ADF Long Tan Leadership and Team Work Award Year 12	Shannon Nitschke
ADF Long Tan Leadership and Team Work Award Year 11	Claire Anderson
ADF Long Tan Leadership and Team Work Award Year 10	Gabe Crane
Rotary Award for Citizenship	Matthew Guteridge
Carroll Award for Diligence Overall Winner	Campbell Depper
Lions Trainees of the Year Award	Leroy Anderson & Daniel Kelly
James Patrick Burns Award	Alexandra Kelly
Duke of Edinburgh	Richelle Bethke
Benedictine Award Year 12	Sarah Undery
Aunty Daisy Deadly Achievement Award	Samantha Watson
Sportsman of the Year	Matthew Harch
Sportswoman of the Year	Madison Nitschke
South Burnett Regional Council Dux of the College	Shannon Nitschke
Tom Lambert Award for Excellence in the Arts	Sara Vinci
Mary MacKillop Award	Bonnie Winch
College Christian Living Overall Winner	Sara Vinci

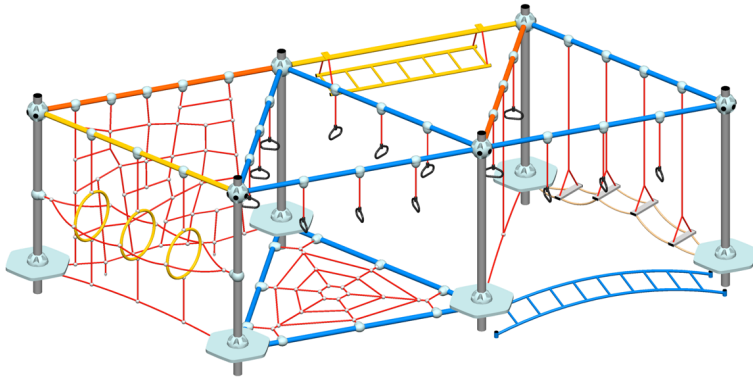


I would like to congratulate all of our award winners and their families on their outstanding achievements across 2012. I would also like to thank Mr Erwin, our special guests and presenters, all of our staff and student helpers, and our string ensemble for making the night such a huge success.

All Important Dates are
now on our

College website:

www.saintmarys.qld.edu.au



New Year 3 to Year 5 playground (see photo above)

We are proud to announce that we will be constructing a new year 3 to year 5 playground in December 2012. While the majority of the funding has come from the school, our P & F have contributed several thousand dollars, from their fundraising this year, to assist in the construction.



On Sunday, our incredibly hard-working P&F ran a hugely successful Death by Chocolate High Tea at Mulanah Gardens. Over 70 people came from far and wide to enjoy sandwiches, cakes, sorbet, slices, chocolate dipped strawberries and many other delights.

Many of the guests had no direct link with the College, but left with many fond memories of our community. I would like to thank our dedicated P&F, staff and student helpers, Mr Scanlan and our string and guitar ensembles, special guests and all who supported this great afternoon. Our P&F President has already touted the possibility of a Derby Day event for 2013.

As part of our 5 year cyclical review, we are conducting a parent survey on a number of facets of school life. I would encourage all parents to answer our survey questions, so we can get a clear direction on both our successes and future improvements. You will find the survey at:

https://www.surveymonkey.com/s/SMCC_Parent_Survey

Paper copies of the survey are available from the office if needed.

Yours in Christ
Mr Michael Nayler
Principal

From the Deputy

Arriving Late In the Morning

Students who arrive after 8.55am are to report to the office and sign the late book. Some students have not done this recently. Students who are marked absent with no reason will have a text sent to parents after morning rolls have been marked. Students who sign in will not have the text sent.

Thank you

Thank you to all the students and parents from the P & F who contributed to the High Tea last Sunday. Thank you to the P & F for donating many of the left overs to the staff for morning tea on Monday. The event was a huge success and we look forward to next year.

God bless

Mr Sean Erwin
Deputy Principal

From the Office

Reminder: All 2012 fees and levies are due for payment this Friday 9 November unless prior arrangements have been made.

If there are any problems with paying by the due date, please contact me to make suitable alternative arrangements.

Kind regards

Mrs Shirley Hallett
Business Manager

Positions Vacant

We are calling for expressions of interest from the College Community for a casual Uniform Convenor.

This position requires a commitment of a minimum of 3 hours per week but at peak times flexibility is required in the amount of hours needed to cover demands.

Availability the week prior to the commencement of the school year is essential. Duties involve sale of uniform items to the school community, balancing cash received, monitoring stock levels, ordering of stock and an understanding of the Uniform policy of the College. Knowledge of Microsoft Excel would be an advantage.

All interested persons are invited to apply online at www.catholicjobsonline.net.au.

Kind regards

Mrs Shirley Hallett
Business Manager

An Invitation to Parents, Carers and Friends

Parents, Carers and Friends of students at Saint Mary's Catholic College, you are cordially invited to the launch of the school's – **School Wide Positive Behaviour Support Program or SWPBS Program.**

It will be held in the Mary Knoll Centre on **Tuesday 13th November.** 8.55am is the starting time. Beginning with a liturgy, the launch should finish by 10.30am. There will be a light morning tea for the invited guests and parents.

The children will be participating in a **shared morning tea.** Each class and Homeroom from Prep to Year 12 will be sharing morning tea at 10.30am. This will be in an area designated by the teacher.

Please

remember to ask your child to bring something to share. Not for the whole class but enough for 2 or 3 children. If everyone brings a small amount, together there will be plenty. **A reminder that there will be no swimming next week.**

Thank you

Pam Radcliffe
Chairperson

School Wide Positive Behaviour Support Program

Tuckshop News

Friday's extra choice menu

Morning Tea and Lunch Chicken and Gravy Roll \$3.50

Lunch Bag System Only Oven Baked Fried Rice \$3.50

Orders only - no orders will be accepted after morning tea on Friday.

No more life saver ice blocks until next year.

Kind Regards

Mrs Michelle Davis
Tuckshop Convenor

Science News

QUT Power of Engineering

Last Friday, 20 Year 9 and 10 students from Saint Mary's attended the QUT Power of Engineering event in the Kingaroy Town Hall. It was great to see the students engage with the QUT ambassadors throughout the workshops and activities. The students appeared to enjoy the day as much as the QUT ambassadors did! Students performed a number of experiments such as designing

materials to protect goods from the impact of a fall to designing boats to be able to maximise their payloads.

Kind regards
Mr Gary Curran
Science Teacher

Primary Swimming Update

The Primary Swimming Program is progressing very well and it is pleasing to see such marvellous improvement in competency and confidence already, especially in the Prep to Year 4 levels. Again, thank you sincerely to all the parents and carers who are able to assist at the pool.

Next Monday and Tuesday, 12 and 13 November, swimming classes have been cancelled due to the launch of the School Wide Positive Behaviour Program. These classes will have their catch up lessons in Week 8 of the term.

I would like to extend a friendly reminder to parents of children in the older year levels that this program is a compulsory component of HPE. Thus, it is expected that all children participate.

I seek your support to ensure your child has his/her swimming requirements every Monday. Thank you for your understanding.

Kind regards
Mrs Marian Carlton
HPE teacher (Primary)

Library News

Reading Programs

This week, I sent a link home via a note/email to Prep-Year 3 parents to complete a short online survey about the Take Home Reader Program. I would really appreciate your feedback through this survey. The link is: <http://www.surveymonkey.com/s/DCYWXXH>

Lexile Awards

Congratulations to the following students who have received Lexile Awards!
Red Award (5 Books) - Lachlan O'Kane
Bronze Award (10 Books) Jed Sparkes

Date Claimer

Monday, 3rd December 6pm to 7.30pm
Years 6 and 7 Rite of Passage Ceremony (Further information will be provided in next week's newsletter).

Kind regards,
Mrs Melanie Burr
Teacher-Librarian/7-9 Curriculum Coordinator

Counsellor News

This week's offering is the conclusion of the Self Compassion article by Melanie Greenberg, Ph.D., I hope you have found it useful and enriching.

What are the Benefits of Self-Compassion?

Research by Neff and colleagues shows that self-compassion decreases anxiety in evaluative situations, such as being asked about one's weaknesses in a job interview. Self-compassion is also associated with higher and more consistent levels of well-being than self-esteem. When self-evaluations are not dependent on constant proof of achievement, we feel more relaxed and better about our lives. Self-compassion is also associated with more curiosity and exploration. When we don't beat ourselves up for failure, we are freer to try new things and make mistakes as part of the normal pattern of learning and growth. More self-compassionate people are also more willing to take responsibility for their contribution to situations that don't turn out as planned. When making a mistake is not the end of the world, we are freer to confront our mistakes, learn new skills, and make amends, rather than hide away in shame.

Can Self-Compassion Make Me Healthier?

A 2007 study by Neff and colleagues suggests that self-compassion may be an important tool in weight-management and overcoming emotional eating. Students were given donuts to eat and half were assigned at random to hear a compassionate comment from the experimenter, such as 'Don't beat yourself up about eating these; subjects eat them all the time.' The other half received the comment. Later that day, when given the chance to eat candy, those who heard the compassionate comment ate less. Therefore, self-compassion may help to prevent emotional eating resulting from feeling bad about breaking dietary restriction rules. Future research is needed to look at whether these benefits are also found in clinical populations such as obese people or those with eating disorders.

Summary

In summary, self-compassion appears to have many benefits. When we treat ourselves kindly, we learn to soften and open ourselves to all kinds of experiences, including our own emotions. We may also become more accepting of others when we focus on our common humanity. Watch for my next post which will focus on how to become more self-compassionate.

Kind regards,
Mr Graham Turnbull
Counsellor

P&F News

On behalf of Kelley Crane, Fiona O'Kane and all the P & F, I would like to thank everyone who contributed to the Death by Chocolate High Tea last weekend. A big Thank you to Mr Scanlan and his instrumental students for providing music for the afternoon and also to our Year 12 students, Sarah Undery, Alex Kelly and Daniel Kelly who assisted as waiters for the day and Rhonda and Lindsey, our hosts from Mulanah Gardens. It was an amazing afternoon that went off without a drama and I cannot wait until next year.

We also wish to thank the following sponsors for their generous contributions to making our day a success

- Mulanah Gardens
- Sengs Sales & Service
- Burnett Mine Services
- Boeringer Ingelheim
- Wards Electrical
- Dr Robyn Ogle, Bunya Pines Family Practice
- Carmen Freeman (Cakes)
- Kingaroy Office Central
- JC Catering (Judy Crawford)
- Denise Keelan Photography
- Wendys (Sorbet)
- Anderssons Fruit Market
- Kumbia CWA
- Jo Hopkins (Fudge)
- Casey Shoudra (Cakes & Slices)
- Rachel McNamara (Flowers)
- Musicians Oasis
- Alice Hauritz (Graphics)
- Radio CFM
- South Burnett Times
- Heartfelt Flowers & Gifts
- Kingaroy Bowls Club

Kind regards,
Damo Martoo
P&F President

Christmas Appeal

Year 6 is running a Christmas appeal to give food to the needy. Please bring along non perishable goods to the College office and they will be collected every Wednesday.

Thank you for your continued support, Year 6 students.



