Dear Parents, Carers and Friends of Saint Mary’s

Welcome Back!

I hope that you were able to spend some relaxing and enjoyable family time over the Easter break. Term 2 is always a busy one and the expectations placed on students to work hard intensifies. I wanted to start the term with a little advice for parents, guardians and carers on how you might set about helping students to develop good study habits. The information provided here comes predominantly from an article entitled Teaching Good Study Habits, Minute by Minute which can be located at www.edutopia.org

Raising and educating adolescents can be challenging. If your child is a struggling or resistant learner, you’ve probably heard people suggest that he or she ‘just needs to study more’. Many students think this equates to filling in a study guide or reading a chapter from a textbook. So, how can parents help young people develop better study skills?

- Find out what is coming up for them in terms of assessment, assignments and exams... and then help your child to plan how to organise their time in advance using a calendar.
- Work with your child to develop some study goals... determine together how much time they really need to do each day for success.
- Have your child ask and answer their own questions.
- Set aside small increments of time – if a Year 6 student studies just 12mins per day, after 5 days they will have put in 60mins of extra time towards achieving their goals. Here are some suggestions for how they might use the time:
  - Flashcards – turn their questions and answers into flashcards and have your child quiz themselves. Sort them into piles of ‘mastered’ and ‘needs practice’. Some students are motivated by timing themselves.
  - Categorising – use the flashcards to organise information by categories. Organise them differently each time so that your child can make multiple connections between the various pieces of information.
  - Song lyrics – if you have a musically minded student, ask them to take the lyrics of their favourite songs and rewrite them to include as much of the required information as they can.
  - Picture notes – more visually oriented students might like to draw pictures or diagrams to summarise what they have learnt.
  - Talk through – have your child go through the flash cards or notes and explain each aspect to you in as much detail as possible.
  - Mnemonic devices – create sayings or acronyms to help remember the information.
  - Oral visualisation – read a section of notes and have your child describe what comes to mind visually.

Ultimately, studying can be done in a myriad of ways. What’s important is to help the young people in your life to figure out what works for them. Keep it short, simple and painless – and watch what happens when they see the results of their efforts!

Other information...
The College Parents & Friends Association has organised a working bee for this coming Sunday 17 April. I would like to encourage as many families as possible to be involved. It is a wonderful way to be of assistance and contribute to the school community. Keep an eye on the College...
Facebook page this week for details.

With just a few things to finalise, our new classroom block will be opening for use within the next week or so.

Parent/Teacher interviews are scheduled for Week 2 of this Term. Please take the time to book in and meet with your child's teachers. This is an important time of year to discuss their progress and to see how you can best support them at home.

May God bless you and your families in the weeks ahead.

Mrs Angela Myles
Principal

**Head of Primary News**

Welcome back to Term 2! We started today with the 'beginning' of the Easter Story. The last day of last term we laid Jesus in the tomb, today we celebrated that He is Risen! Today's liturgy brought to a close the Easter story. However, Easter goes for 6 weeks and we are half way through. Easter finishes with Pentecost.

The lunchtime activities will continue this term as they have proven to be quite popular.

Thank you everyone for a great Term 1, and here we gooooooo!

Kind regards
Ms Pam Radcliffe
Head of Primary

**Head of Secondary News**

Welcome back to Term 2.

I would like to take this opportunity to welcome back all students in years 7-12. This term will be **11 weeks long** and there are many activities planned.

Teachers in Years 7-12 will issue term planners and dates for assignments over the next two weeks so students have a clear timeline for assessment.

If any student wishes to change subjects (Years 9-12), please see me by Thursday this week as it is a process that requires consideration and consultation with parents and teachers before any changes are made.

Cross Country is next Tuesday 19th April and Parent Teacher interviews are on the same day (night) from 3-15pm to 9-00pm. Please make sure you have booked with the teachers you need to see even if it is a quick chat about how your son / daughter has settled into the new year. PTO online is available through the school webpage. Should you require further time following the interview, or have some concerns, please contact me through the front office and Mrs Hauntz will arrange a meeting time at your convenience.

SMCC Athletics Carnival will be held on the last two days of term in week 11 as per previous years.

Good luck to all students for Cross Country next Tuesday!

God bless
Mr Sean Erwin
Head of Secondary

**QCS Test Preparation**

Year 12 OP eligible students will begin their preparation for the QCS Test this week. These sessions will be held on Wednesday afternoons for most of Terms 2 and 3, and will finish with a full 2 day rehearsal just 2 weeks before the real QCS Test. Similar to last year, each student will also receive a QCS preparation booklet, which ensures the essential skills have been covered during the preparation period.

It is important that that all OP eligible students attend these preparation sessions.

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Reports and Parent Teacher Interviews

Thursday, 24th March: Reports were posted to parents. Included was information about how to book Parent Teacher Interviews on-line.

Monday, 18th April: 9.00am : PTO interview bookings close.

Tuesday, 19th April: Parent Teacher interviews in the Maryknoll Centre (Kingaroy).

Wednesday, 20th April: Parent Teacher interviews in St Joseph’s Hall (Murgon).

Equestrian News
Nominations for the South Burnett Cowhorse Competition are now open.

The competition will again be conducted by Saint Mary’s Catholic College at the Nanango Showgrounds. Parents currently on the Equestrian Team mailing list should have received information by email already. The same information can be accessed from the College Website.

Kind regards
Mr John Dalton
APA

Easter time

Yesterday the Prep to Year 6 classes concluded their Easter celebrations with a liturgy of the word. The students assembled in the Mary Knoll Centre in their class groups and listened to the mystery of the resurrection.

Before the holidays these classes reflected on the Passion of Jesus. His last days, in an interactive ceremony that each class contributed to. From Palm Sunday to the laying of Jesus in the tomb, all the primary classes created a focal point representing the 14 Stations of the Cross. Every class visited each other class to learn more about the Passion narrative through sight and sound, leaving the resurrection for our return to school after Easter.

It can be quite problematic retelling or explaining the passion of Christ to young children, however the story is one of human weakness, pain and sorrow culminating in the gift of forgiveness. It is more a story of hope and inspiration if the emphasis is about Easter as it should be. Ms Laura Bowles and Mrs Pam Radcliffe were very mindful of this and prepared and delivered fabulous and fitting experience for the students. The message is about good prevailing over evil and every person’s role in living that message.

Thanks must go to all prep to year 6 students and teachers for their contribution in keeping ‘The Story’ alive, and a special mention to Ms Bowles and Mrs Radcliffe for their leadership.

Year 12 Retreat

I was fortunate to be one of several staff members to share the year twelve retreat with the seniors. It has been a long tradition at the college to go up to the Bunya Mountains and provide this time and space for the students in their final year to reflect on themselves, their relationships and their beliefs in their ‘God’ or ‘other’.

The students created an environment of openness and trust which allowed the three days to be a real ‘mountain top’ experience. We appeal to the group that they use this unique experience to become more tolerant and supportive of others, especially those in this group. To see this world through someone else’s eyes, even for a moment, is a very precious gift and is the building block to realising another’s dignity, then ultimately realising your own. It is a gift that is too often overlooked in a world driven by consumerism and self-righteousness.

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Father Nigel kindly came up and celebrated Mass for us. Nigel used the opportunity to explain this ancient ritual as it unfolded and also to remind the students of the power each person has to transform themselves and others through the gift of forgiveness or mercy. We are very fortunate to have Nigel as our parish priest and as a great supporter of our college. Nigel is always open and keen to speak with students of any age who want to discuss matters of belief or faith and I'm sure he would not mind me reminding the entire community of this invitation.

Kind regards
Mr Martin Perrett
APRE

Office News
The College office will be closed from 9.00am – 10.00am on Friday, 22nd April as all staff will be attending the College’s Anzac Service.

Kind regards
Miss Kym Schultz
Business Manager

Guidance Counsellor News

Six ways good parents contribute to their child’s anxiety
www.essentialkids.com.au

It doesn’t seem like it when they’re playing on their $500 tech gadgets, but they do. Twenty-first century living is taking its toll, and many kids are finding it hard to cope. The number of children dealing with anxiety has been increasing steadily for decades, with up to 25 per cent of children now suffering from diagnosable anxiety disorders.

I know as a parent I can be part of the problem or part of the solution. And more often than I care to admit, I’m in the wrong camp. Your child’s anxiety is not your fault, but it’s possible that some of the parenting practices you’re most proud of are actually making things worse.

1. Caring too much
When your child comes home from school with tales of mean girls, aggressive boys and insensitive teachers, you feel for her, and often you let it show, but maybe you shouldn’t. Our kids feed off our emotions and get more distressed when we’re distressed. When my daughter communicates her worries to me, only to have me start worrying too, it definitely makes things worse. She needs me to be strong, but instead I inadvertently send the message that anxiety is the ‘right’ reaction to her problems.

Difficult though it is, we need to keep our own anxiety in check while sympathising with theirs. We have to be the emotional rock: the person who understands, supports and (if asked) advises, without ever showing that their problems make us feel anxious too.

2. Advocating too hard
We all want to stand up for our kids, but our eagerness to advocate can sometimes actually raise anxiety levels. If your child shares a school problem with you, your first instinct is often to march into the school and try and resolve it. This tells your child two things. Firstly he can’t tell you something in confidence, and secondly you don’t have faith in him to fix his own problems.

Make sure your children know you will only advocate on their behalf with their full knowledge and consent. Your first priority should be to help them find a solution they can implement without your help, every time.

3. Compensating for weaknesses
We all want to help our children with the things they struggle with. One bad grade in math and we engage a tutor. One issue with a bully and we buy them a book about dealing with bullies.

Unintentionally, though, we’re encouraging them to focus on the negative. Most of us get our confidence not from compensating for weaknesses, but on playing to our strengths. Those of us who are truly happy with our adult lives have learned to do the things we’re good at and not stress about the rest. We probably delegate or outsource the things we’re really bad at. Children can’t always avoid their weak areas, but by focusing on strengths we build self-efficacy and confidence. Next time you’re tempted to spend the weekend researching math tutors because your child is doing poorly in math, consider instead spending all weekend doing things he’s good at. His sense of confidence and competence will return. It may even carry over to his next math class.

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4. Overplaying strengths
Yes, I know I just said focus on strengths, and we totally should. Just not to the point that our expectations cause more anxiety. When you constantly tell people your son is on track for a top college, or your daughter is going to be an Olympic gymnast, you feel like you’re building them up, but eventually the positive affirmation turns to pressure. Compliment your kids when they excel, but don’t make their excellent a reason to expect even more from them. Overly high expectations can create performance anxiety where there used to be joy and personal fulfillment.

5. Having great values
You’ve probably worked hard to encourage good values in your children, but values get challenged and being too attached to yours could mean your child obsesses over them. Let your children know that while values are important, you understand the realities and temptations they face. Don’t create a culture where your children are too anxious to come to you and admit they messed up, or are under pressure to mess up, because they fear you’ll judge them or their friends.

6. Hiding your troubles
We all like to protect our children from anxiety by not worrying them with our own issues. If we’re struggling financially or fighting with our spouse, we think our children are better off not knowing. But they do know. They’re super perceptive. They just don’t know the whole story, so they blow it out of all proportion, especially if they’re already suffering from anxiety. Should we pile our own troubles on our child’s shoulders? No, but it doesn’t hurt to be honest about what our concerns are and, more importantly, what we’re doing about it. By sharing what makes us anxious and how we deal with it, we’re modelling practical ways to resolve anxiety.

Mr Graham Turnbull
Guidance Counsellor

Prep to Year 6 Sports News

Sporting Schools afternoon
Sporting Schools afternoon begin again this term in week 3. Tuesday afternoon is Rugby League with Mitchell Seargant from the NRL and Thursday afternoon is Basketball with Brenda Okesene from Kingaroy Basketball Association on the outdoor multipurpose court. Please bring your forms in quickly to claim your spot. Children who missed out last term will be given priority. Please bring your own afternoon tea, as it is no longer provided.

10-12 year old sports trials
This Friday (15th April) the following sport trials will be held at various venues. 9:30am start and approximate 2:30pm finish. Students must make their own way with parents/caregivers to the trials (they are not allowed to walk to or from the venue).

- Soccer: Kingaroy Soccer grounds. We have been directed by South Burnett Sport that we are only able to send 6 players to the South Burnett trials so there will be pretrials held at school.
- Netball: Kingaroy State School. Pretrials for netball were held last term.
- Rugby League: Rugby League grounds.
- Tennis: Town tennis courts.

Good luck to those participating.
Miss Ellen Inwood
Prep to Year 6 Sports Coordinator

Library Corner

Accelerated Reader News
Students are getting back into the swing of things this term with the Accelerated Reader and Take Home Reader program. They should be borrowing books according to their levels, reading for at least 20 minutes a day and doing quizzes at lunchtimes in the library, in Period 5 class time or Monday, Thursday and Friday mornings from 8:15am. Students gain certificates (handed out on Friday’s assemblies) according to their success with Accelerated Reader. Please see me if you would like support with this program to help your child successfully participate in this program.

Our school will be hosting another popular Scholastic Book Fair!!!
Our Scholastic Book Fair theme – Monsters– takes students on an exciting reading adventure giving them access to good books and the opportunity to choose their own books will motivate them to read more. And like most acquired skills, the more kids practice reading, the better they’ll get.

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Reading is vital to every child's success, and raising kids as readers means getting involved while they're young. Now is the time. Since there will never be a substitute for a parent's direct involvement in his/her child's education, please make plans to visit our Book Fair. Hope to see you there!

**Book Fair Dates:** 30th May to 3rd June  
**Shopping Hours:** 8am to 8.40am and 2.55pm to 3.45pm

More information will be provided in future newsletters.

Yours in reading,  
Mrs Melanie Burr  
Teacher Librarian

**Music News**

Our College Music Program is providing a diverse range of musical options to students this term, including participation in the Kingaroy Eisteddfod, and optional involvement in a Broadway Kids Musical. (More information on the Musical coming soon!)

**Thanks to the P&F**

Over the weekend, I was able to collect a beautiful new cello and two hard cello cases from our suppliers, thanks to the generous financial support of the College P&F Association. As you may remember from my last article, we have a waiting list for hired cellos, and we have an unprecedented demand for places in the Strings Program. I would like to express my gratitude to the P&F for assisting to develop this important program within our College, and to grow music accessibility options for our students.

**Eisteddfod Dates**

The Eisteddfod Committee has advised the following dates for this year’s competition:

- **Wednesday, 4th May** approx. 1:30pm  Secondary Vocal Ensemble (including Years 9 – 12 Elective Music)
- **Thursday, 5th May** approx. 12:30pm  Year 2 & 3 Junior Primary Choir  
  approx. 11:10am  Year 4, 5 & 6 Senior Primary Choir
- **Friday, 6th May** approx. 11:00am  Year 4 String Immersion  
  approx. 11:15am  College Orchestra
- **Saturday, 14th May** 6:30pm  Eisteddfod Showcase Concert (Performers to be advised)

I encourage all families to come along and support our performers in this event. A permission letter will be distributed this week.

**Music Tuition Program**

The College provides teaching studios for local Music Tutors to provide instrumental and vocal lessons, which families find more convenient than transporting children to lessons after school. Families can pay for individual lessons for their children, or small group lessons, which are available at a lower cost.

Our Tutors in Term 2 include:
- Jordy Green* (beginner to advanced piano, voice)
- Shannon Cridge* (voice, flute)
- Jo Kennedy (strings)
- Grant Jeppesen (guitar – acoustic, electric, bass)
- Jo Hopkins (woodwind, brass, drums, beginner piano)

* New in 2016. All Tutors’ contact details and enrolment forms are available from the College Office.

Best wishes for an enjoyable Term,  
Ms Jane Iszlaub  
Music Coordinator
Homework Club commences
Thursday, 21st April

Welcome back to Term 2 We hope that everyone has had an enjoyable break.

Next Wednesday, 20th April we are having Parent Teacher Interviews at St Joseph's School hall from 4pm-6pm. We would love to see all of our parents come into the hall to have a chat with your child's teacher. You can book the interviews online as per the letter that came with the report card, otherwise please contact Mrs Bond for assistance.

Kind regards
Mrs Karen Bond
Indigenous Support Worker

Tuckshop News
Welcome back to Term 2!

Friday Specials
Morning Tea and Lunch - Hot Dogs w/Tomato Sauce & Cheese $3.50
Morning Tea and Lunch - Mac’n’Cheese $3.50

Please note: Due to supplier issues some stock will not be available for purchase. We will substitute where necessary. Thank you for your understanding.

***There are NO Pies or Sausage Rolls sold on Fridays.***

Volunteers this week
Wednesday 20th April
Kristine Baulch

You will note that our menu has been revamped. There have been some items withdrawn and others added in, also some price rises have occurred. Please make sure you have the current menu at home on your fridge. If you have misplaced your menu, they are available from the office.

Donation of Goods
If you are able to donate any of the following items during the year, it would be greatly appreciated. Below are the main ingredients we use, however, any donations are more than welcome.

- Self Raising Flour
- Desiccated Coconut
- Plain Flour
- Brown Sugar
- Caster Sugar
- Beef Stock Powder
- Small Tinned Pineapple Slices
- Small Tinned Corn

These can be dropped into the Tuckshop on Monday, Wednesday, Friday or to the College Office.

Ordering and Payment
For Prep to Year 5 students it is recommended that you use the paper bag system. Your child's order can be placed in the tuckshop baskets in their classroom in the mornings and this is then delivered to the tuckshop. Orders will be filled and returned to the classes at morning tea and lunch. This will ensure that they will have their lunch on time. Please do not use sticky tape or staples when using paper bags for ordering. It makes it difficult to get the bags undone without tearing. Plastic bags are not suitable for ordering. It is very difficult to place your child’s order inside them. Bags can be purchased from the tuckshop for .05c each.

High School students are more than welcome to use the paper bag system. The high school students place their bag orders at the tuckshop before school.

Do you know
That we sell Chicken Burgers! Our chicken burgers are made fresh to order. They consist of a homemade chicken pattie with salad (lettuce, tomato, carrot and cucumber) and your choice of sauce (tartare, sweet and sour, soy, bbq, tomato, mustard or mayo). Priced at $5.50

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Also we have available **Chicken Wedges**. Crumbed wedges of chicken in servings of 2 for $1.75 or 4 ($3.50). Both these items are available to order for second break only.

Have great week!
Mrs Michelle Davis
Tuckshop Convenor

**ANZAC Day Photos**

Every year, it is tradition at Saint Mary’s to collate an archive of images of servicemen and women who are connected to the College through staff and students. We then use the images as a display for the College during the time around ANZAC Day.

If you have images that you would like to contribute just email a copy of the image with the details of the person in the photo to me at blangford@bne.catholic.edu.au. I will print and laminate the image to be used in our ANZAC day liturgy.

If you have ever seen our collection it is a very moving tribute to our local connection to Defence Forces both past and present.

I look forward to collecting more lovely images, thank you.

Caption for image - Mrs Bronwyn Langford-Martoo's Great Uncle Captain Ivor Markets - killed in action at Pozieres WW1

Kind regards
Mrs Bronwyn Langford Martoo

**Whip Cracking News**

**Whip Cracking Team Upcoming Events**
- Saturday, 16th April Kilcoy Show (Performance)
- Thursday, 19th May Rural Queensland Show Rural Discovery Day (Performance)
- Saturday, 6th August Royal Queensland Show Australian Stockwhip Challenge (EKKA Competition & Performance)
- Friday, 14th October Chinchilla Grandfather Clock (Performance)

**Whip Cracking Practice**
Whip cracking practice every Wednesday morning tea. Please meet outside Prep A. Please bring your whips, hats and safety glasses.

Kind regards
Mrs Lauren Arrell
Whip Cracking Coordinator

**P & F News**

Welcome back to another great term filled with fun activities. This term we have a few items on the agenda.

The Cow Horse Event in Nanango on the 28th of this month. We are calling for volunteers for this event to help with cooking and serving. It is always a fun day, you get a chance to meet some wonderful people and have a good old laugh while serving morning tea and lunch. We finish up about 2.00pm so we can get back to school to pick up the kids.

**Our next event will be the Mother’s Day stall.**

Last year’s inaugural stall was a mighty success. Many happy MUMS!! I know I love my gifts! It is on again this year. The products are different to last year - so you won’t end up with the same gifts! Children are welcome to bring their money along to school in the week beginning 3rd May. Products are sold from the Mary Knoll Canteen during break time. Prep students will be brought up to the ‘shop’ by their teachers. Prices range from $2 - $10. Each child will be encouraged to purchase only 1 product for each of mothers / grandmothers. We will be looking for a couple of volunteers to help sell these beautiful gifts.

This year the P & F will again be running social morning teas/events for families. Parents and young children are welcome. The dates and times will vary throughout the year. The primary aim of these events is for a greater social connection of parents. To add interest and purpose, at each Links event there will be a guest/parent speaker who will present for around 10 minutes. Our first
Links events will be

Wednesday 27th April 8.30am - 10am
St Mary's CHURCH hall (Alford Street)
Guest / parent speaker: Suzanne Mungall Speech Language Pathologist
Theme: Speech & Language for the early school years.

No RSVP necessary. Hope to see many new and old faces.

If you have a general interest area you would like to present on, you are very welcome to contact the P & F.

During this term we would like to start collecting recipes for a Saint Mary's Cook Book. We would like to incorporate your favourite recipes into what will be a great collection.

If you can help at any of these events mentioned above, could you please email or phone me so I can pass your name onto the relevant coordinators. Without your help these events are quite hard to run so your help is much appreciated.

God Bless,
Susan Robertson
President

P&F Links Morning Tea

Wednesday, 27th April
8.30am to 10.00am

St Mary's Church Hall
Alford Street, Kingaroy

Guest Speaker: Suzanne Mungall - Speech Language Pathologist
Saint Mary's Catholic College community members welcome.
CROSS COUNTRY COMES TO
THE SOUTH BURNETT
SUNDAY 17 APRIL 2016

Queensland Running’s popular cross country program is coming to the South Burnett for a special meet on Sunday 17 April. School aged athletes from adjoining districts have been invited to attend however the Meet is open to athletes of all ages and fitness levels.

Every Saturday from March to early August, Queensland Running conducts cross country events around Metropolitan Brisbane attracting upwards of 500 finishers each week. The competition is flexible and affordable and is used by Brisbane schools to prepare their students for District, Regional and State competition as it provides runners with valuable competition.

The South Burnett Meet is to be held in the spacious Bike Track parklands adjacent to Tipperary Flat at Nanango. Distances will range from 500 metres to 8000 metres to cater to the ability of a wide range of runners. There will be a free Fun Walk over 500 metres for parents or those just wanting a little more exercise! The competition features a combined start of 4000/6000/8000 metre distances along with a combined start for the 3000/5000 metre runs. This enables runners to continue with a longer distance if they feel so inclined or to drop back to a shorter distance if tiring. Runners can participate in as many events as they wish on the day.

The Meet offers FREE ENTRY for all runners however entries will close on 15 April to enable organisation of the day. There will be a free sausage sizzle for all runners at the conclusion of the Meet. Late entries may be taken on the day however a late entry fee will apply.

For further information on Queensland Running, please go to their website, www.queenslandrunning.com.au