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

Overcoming FoMO and the Hurry Bug

Steve Francis is an expert in school leadership and work-life satisfaction. He was a Principal for 20 years and is the author of four books. Steve lives in Brisbane with his wife and family but works with school leaders and staff in schools across Australia and internationally. In this week’s newsletter, I have included one of his articles that I think has something helpful to say to both parents and students.

FoMO and the Hurry Bug are by-products of technology, connectivity and a fast-paced life. FoMO or the ‘Fear Of Missing Out’ is the pervasive apprehension that others might be having rewarding experiences from which one is absent. It is driven by our most basic desire to feel connected and have a sense of belonging. FoMO is often evident in a desire to stay continually connected through social media with what others are doing.

We are flooded with digital stimuli. The prevalence of social media allows us to instantly connect with others and ‘share’ in their experience. However, the tendency to selectively post the best aspects of our lives can contribute to a competitive environment and ‘one upmanship’. This contributes to thought processes littered with comparison and envy.

Busy people are often also affected by the ‘Hurry Bug’. We have so much to do and so little time available that we try to be super-efficient. Being afflicted by the ‘Hurry Bug’ results in us constantly being in a rush and trying to multi-task.

Our ability to gain instant access to information can result in reduced patience, we lose the ability to wait for anything and have the attention spans of gnats. This impatience contributes to feeling like we are on a fast-paced treadmill. Symptoms include counting the number of items in the shopping basket or you immediately think of 5 reasons why you could NOT do that then alarm bells should be ringing. If 12 hours seems impossible start with an hour and gradually build up. In holidays aim for at least a 24-hour blackout.

Strategies for Overcoming FoMO and Hurry Bug

- Accept that FoMO exists and catch yourself in that zone – awareness is a vital first step.
- Recognise that people sharing through social media are selective about what they post and you are only ‘seeing’ the surface (visualise the swan swimming serenely above the waterline but paddling like crazy below).
- Limit your use of social media – set boundaries for how often you check and the amount of time you spend. Disconnect at least one hour before bed.
- Practice mindfulness and take time each day to calm your mind and your breathing.
- Focus on one task at a time instead of multi-tasking – get that task done and then move on.
- At the end of each day reflect on what you have achieved that day (not what is still left on your TO DO list) and identify three things you are grateful for.

Steve Francis MScM, BEd, DipT  www.SteveFrancis.net.au

God Bless

Mrs Angela Myles  Principal
Celebration of Learning Prep to Year 6

In the past, we have celebrated your child’s learning with a breakfast. This year we are trying something different. We will be opening the Prep to Year 6 classrooms from 5.30pm on Thursday, 19th May. Parents and family are most welcome to come and have a look around the classrooms (check out how neat and tidy your child’s desk is!) and meet other parents and the friends of your child. The classroom teacher will be in the classroom. We will have a sausage sizzle (and onions!) from 5.45pm and from 6.30pm to 7.30pm there will be entertainment.

6:30pm - 7:30pm: Music concert. Held at the music block. The Playground will be roped off, and parents/carers can BYO picnic blankets or outdoor chairs to sit on the grass area at the music block.

Performances will include:
- Junior Primary Choir (Years 2 and 3)
- Senior Primary Choir (Years 4, 5, 6)
- Yr 4 String Immersion and Year 6 poetry
- Senior Vocal Ensemble
- The College Orchestra
- Dance

The sausage sizzle is free and drinks are available for $1. There is also an opportunity for a gold coin donation to support the music programs.

Kind regards
Ms Pam Radcliffe
Head of Primary

Sacramental Program News

The Sacraments of Confirmation and First Communion will be conferred on Sunday 29th May at the 10.00am Mass in Saint Mary’s Parish Church Kingaroy. Bishop Finnigan can’t make the celebration so The Emeritus Bishop of Rockhampton, Brian Heenan will be joining us. Father Nigel Sequeira will also be presiding. The Saint Mary’s choir will be providing the music for this celebration. Please come along and support the 20 children receiving the final sacraments of initiation.

NAPLAN News

NAPLAN starts in week 5 and runs from Tuesday 10th May to Thursday 12th May. However, Monday 9th May is the day we will run a practice session and Friday 13th May is the catch up day for any students who are away on NAPLAN days. This practice day was done deliberately on this date so that students get to practice in the new buildings which is where NAPLAN will be held this year. There is only one practice session – Reading – this is so that we can ensure that the physical environment is appropriate e.g. enough desks, lighting etc and that the students – especially Year 3 - are confident completing the test paper ie colouring in the circles and writing their names on the front cover etc. The practice test is not a diagnostic test to determine any ‘last minute’ teaching focus. It is to give students the experience of the time a session takes and the conditions under which the test is sat e.g. silence, listening to the set script for administering the test, fast finishers need to wait etc.

If you have concerns about your child sitting NAPLAN for philosophical or other reasons please let me or Louise Kennedy – Support Teacher Inclusive Education (SIE) know and arrangements can be made. These arrangements may include extra time, breaks during the test, or completing a Parent Withdrawal form. Any alterations to the test delivery requires a form to be signed by the parent. Some parents have already contacted the school with their concerns and I thank you for letting the school know.

APRE News

ANZAC DAY and a New Commandment

“Love one another as I have loved you” (John, 13: 34) is the message in Sunday’s Gospel and is the global message of ANZAC Day. Their seems a dawn of hope when one looks at the age of many of the pilgrims that make it to ANZAC Cove in Gallipoli. We know the young often get the travelling bug and might also be on their backpacking holiday, however the numbers turning up at memorial services around the world to remember the sacrifice of others is astounding and very hopeful, hopeful for a more peaceful future in the face of the atrocities that still occur by the hands of a few.

Uncle Eric Law and Mr Barry Haydon, both great supporters of our College and our students addressed our assembly at our Friday ceremony. Both had a message that resonated with me. Uncle Eric turned the table a little and reflected; knowing the almost hopeless circumstances the landing party found themselves in at Gallipoli on April 25, to sadly lose 2000 troops was a definite sign
God was on duty that day; the number should have been many more. Mr Barry Haydon spoke of the courage, that many soldiers found, is the reason we live so freely today. His words, “freedom brings happiness, courage brings freedom.” We can only encourage our students to act with courage in the face of adversity and injustice and pray that we can do the same. Injustice is here to stay at many levels, it is our reaction to it that improves our lives and the lives of others.

The College always welcomes Uncle Eric and Mr Haydon and we are very appreciative of their input and inspiration.

Kind regards
Mr Martin Perrett
APRE

Office News

Term 2 Fees
Term 2 Fees will now be issued during week 3 and the due date has been revised to Friday 13th May. We are experiencing some technical problems with our debtors program and its link to student elective records which is delaying the Term 2 fee run. Thank you for understanding and patience. Should you wish to pay earlier, you may use the same reference details as shown on your Term 1 fees statement or contact the Finance Secretary, Briony Hoare. Families wishing to make a payment plan for Term 2 fees should contact the office sooner rather than later discuss a formal payment arrangement. Direct Debit forms are available to download on the College Website under the menu headings ‘Enrolment > School Fees’.

Kind regards
Miss Kym Schultz
Business Manager

Uniform Shop News

Some stock has arrived. We have Junior Boys Formal shirts sizes 4 - 18 now available. We also have Maroon Tights available for Juniors and some sizes are available for the Senior Girls. Winter stock is available.

Kind regards
Mrs Joanne Bellert
Uniform Shop Convenor

Library Corner

2016 Ipswich Poetry Feast
The Ipswich Poetry Feast is an exciting initiative of the Ipswich City Council, supported and driven by the local community. The Poetry Feast was introduced in 2002 with the aim of establishing a respected and prestigious national poetry competition to:
• Encourage young and aspiring poets
• Raise community awareness of the creativity and skills in poetry.

The competition opened today and closes on the 29th July at 5pm. There are various prizes totalling around $7500 in various categories and age groups. It is $5 per entry and entry forms can be found at http://www.ipswichpoetryfeast.com.au/entry.htm. I highly recommend entering this competition for keen poets in the making. I would be very happy to display poems in the library as well.

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.

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
realise your dignity
More information will be provided in future newsletters.

**Library Borrowing Times**
Mondays - Year 4, Year 4/5, Year 5
Tuesdays - Prep A, Prep B, Year 1A, Year 1B, Year 2
Wednesdays - Year 3
Fridays - Year 6A, Year 6B

Yours in reading,
Mrs Melanie Burr
Teacher Librarian

**Classroom News**

**Dance News**
On Tuesday afternoon 17 dance students from Year 10, 11 & 12 were entered into the schools section of the Kingaroy Eisteddfod and competed against other schools from around the area. They performed a hip hop routine that was taught to them by Louis Pinto from the Mega Jam Dance Company at the start of the year. All the students have worked so hard to get this routine to performance standard and they did an excellent job representing our College to the wider community.

I would like to say a huge thank you to all of the wonderful performers for your enthusiasm and dedication and to all those who came along to support our dance troupe!

Kind regards
Mrs Angelique Arden
Dance Teacher

**Curriculum Corner**

**Study Strategy - Review Your Notes!**
This week, I encourage students to **review their notes**. Your brain relies on seeing regular patterns if it is to remember and make sense of what you learn. Therefore it is a must that you review the notes you take in class often. You remember:
- 90% of them if you revisit them within 24 hours
- But only 30% if you wait 3 days
- After a month only about 3% to 4%.

When you review notes at home use your dominant Multiple Intelligence. You may:
- Draw idea maps full of colour
- Draw floor charts and diagrams to put up on your wall
- Write lists of main points
- Develop plans of attack for solving Maths/Science problems.

Whatever way you choose the main thing is to actually do it!

**Assessment Calendars**
These were sent home last week. If your child did not get a copy, please ask them to see their homeroom teacher.

Kind regards
Mrs Melanie Burr
Year 7 to Year 10 Teaching and Learning Leader

**Year 10 to Year 12 Student Wellbeing Leader News**
The Student representative Council (SRC) has been elected across Year 6 to Year 11 just prior to Term 1 break. These students will join the SRC Executive on Friday for their first meeting. Students were chosen for best modelling the core values of the school. One representative has been chosen from each class from Year 6 through to Year 11 with Year 12 students taking on the executive role.

The Year 12 SRC Executive representatives for 2016 are:
- Caylan Brown
- Ashleigh Reinbott

realise your dignity
Kind Regards
Mr Paul Fomiatti
Year 10 to Year 12 Student Wellbeing Leader

Homework Club News
Homework Club has been cancelled this week due to Staff Professional Development.

Kind regards
Ms Sonia Robertson

Music News
Eisteddfod Week is Next Week!
Each and every choral and instrumental group is sounding great, and we are putting the polishing touches on our performances, which includes stage entries and exits, and keeping our “really super-interested faces” on, so we don’t look light stunned rabbits in the headlights on-stage. “Performing” is a skill required by the Music curriculum, and the Eisteddfod provides the perfect opportunity for our students to stretch their (facial) muscles in this area.

Please return all permission forms this week. All students from Year 2 – 6 have a form to return, as do the students involved in Secondary Vocal Ensemble, Orchestra and String Immersion.

Private Eisteddfod Competitors
Please remember to tell the College of your results if you are performing in the Eisteddfod. We would love to be able to include ALL of our students’ results when we publish the round-up of results.

Eisteddfod Etiquette
Parents are reminded that the Eisteddfod does not permit photography or recording of any kind, so resist the temptation to take photos when your child is on stage. Also, please ensure all younger siblings are seated with you and are not running around in the Hall.
2016 Kingaroy Eisteddfod
Best wishes to all of our courageous young performers who will be sharing their talents at the 2016 Kingaroy Eisteddfod. We know that you have put in many, many hours of preparation, and you are already winners in our eyes. (Please remember to let us know your results so we can include them in the newsletter).
Good luck!
Ms Jane Iszlaub
Music Coordinator

Indigenous News
Thank you to our students and families that attended the Anzac Day services across the South Burnett on Monday. A special thank you to Mrs Claire Dennis who helped organise our students in Murgon and Mrs Angela Myles for attending the Cherbourg Service.

There will be notes going home later this week for students in Year 1 to Year 7 who have an interest in Tennis. We have the privilege of securing 12 places for any children who have a keen interest in Tennis to be involved in a Tennis coaching day with Evonne Goolagong next month in Murgon.

There will be NO Homework club this week as Ms Robertson and Mrs Bond will both be attending a PD course that afternoon, Homework club will resume next week. Sorry for an inconvenience.

Good luck to our students who are playing Rugby League and Netball this Wednesday at 1pm against Gayndah. The football game will be played at SMCC on the top oval and netball is at the town courts. Parents and guardians are most welcome to come and support the children.

Kind regards
Mrs Amanda Erwin, Mrs Karen Bond and Miss Niketa Law
Indigenous Department

Tuckshop News

Friday Specials
Morning Tea and Lunch - Meatlovers Pizza (2) $3.50 😊
Morning Tea and Lunch - Pulled Pork & Gravy Roll $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
Friday, 29th April

Wednesday, 4th May  Kristine Baulch

Price Change
Large Milks are now to $3.20 each.
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.

realise your dignity
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 place 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.

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

Whip Cracking News
Whip Cracking Team Upcoming Events
- Kingaroy Show Whip Cracking Performance
  Saturday 30 April
  (Activity Notes sent home on Tuesday).
  Please meet at 3.30pm at Secretaries Office for a 4pm Performance
  (Please wear red shirts).
- Rural Discovery Day - Thursday 18 May
  Brisbane Exhibition Grounds
  School Bus Departing SMCC 5.30am

Whip Cracking Practice
- This week practice Tuesday (Mr Sims) Wednesday & Thursday Morning Tea
- Next Week Practice
  Thursday MT
  (Auditions for the Red Boot Hoot).

Kind regards
Mrs Lauren Arrell
Whip Cracking Coordinator

P&F News
We are still in need of a couple of volunteers for the morning, and maybe one volunteer to stay to help pack up for the Cowhorse Event on Thursday, 28th of April. We would love it if we could also have some help to do some baking that would be great.
Don't forget that if you volunteer, you get to help have a say in where you think monies raised should be spent.
As always if you need to contact me, my number is 0419 766 141, sbrobbo@gmail.com or pop in to Kingaroy Office Central for a chat. For those who have already volunteered, thank you.

Mother Day Stall
MUMS: LOOK AWAY NOW! : MESSAGE FOR DADS ONLY!!!!
The P&F Mother's Day stall is on again this year. The products are different to last year - so Dads you will earn extra brownie points!! Students are welcome to bring their money along to school in the week beginning 3rd May. Prep and Grade 1 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.

The Mother's Day stall will be open: before school and 1st break on Wednesday 4th May, Thursday 5th May & Friday 6th May: Maryknoll Canteen.

During this term we would like to start collecting recipes for a Saint Mary's Cook Book. We would like to incorporate your favourite realise your dignity
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

**Match Report – SMCC vs Murgon**

What a match – a feast of tries and action for the home crowd!

The U15 Rugby League team was pumped for their first home game of the season.

St Mary’s won the toss and kicked off. They straight away applied pressure - Murgon made an error and handed over the ball. Moments later one of our boys were straight over for a try. A second try followed suit and we had a nice lead but then Murgon came back and soon levelled the score once converting their try, they were in front.

St Mary’s came out strongly in the second half, dominating possession and regaining the lead by putting on a number of valuable points with Hayden Bonney, Matt Geary, Brayden Andersen, Patrick Hoult and Lennox Bligh all going over the line.

Just near full time Murgon crossed the line twice with two quick tries but the Home Team had the points and ran out winners 42:28
This was a momentous win against Murgon for the U15s and SMCC breaking a 30yr drought.

All the lads played well but special mention to Robbie and Troy who have recently joined the team and given us the luxury of reserves. This proved most beneficial during the game as players were able to get a valuable few minutes break before re-joining the fray.

**P&F Mothers Day Stall**

Wednesday, 4th May to Friday, 6th May

Located in the Maryknoll Canteen
Open before school and Morning Tea

Prices range from $2 to $10
Celebrate your Dignity

Thursday, 19th May
5.30pm - 6.30pm: Primary Classroom Learning Displays
6.30pm - 7.30pm: Free BBQ and Concert outside the Music Block

Please BYO picnic blanket for the concert
Free BBQ. Drinks for sale.
Donations can be popped into a Wishing Well for the Music Department

Concert Performances are:
- Junior Primary Choir (Year 2 & 3)
- Senior Primary Choir (Year 4, 5 & 6)
- Year 4 String Immersion Senior Vocal Ensemble
- The College Orchestra Dance

EVENT DETAILS
DATE: 
VENUE: 
TIME: 
RSP:

ENTRY
SPECTATORS (ADULTS & UNATTEND) $2.00
ENTRANTS (ADULTS & UNATTEND) $10.00
SWAP SITES (MINOR) NEW, $10.00

ENQUIRIES: southburnettcarclub@gmail.com Ph: 0488455333

SOUTH BURNETT CAR CLUB INC.
PROUDLY PRESENTS ITS ANNUAL
SHOW SHINE AND SWAP MEET
SUNDAY 15-05-2016
NANANGO WRLC GROUNDS
FREE ENTRANCE AT 1AM
CLASSIC TO PLASTIC ALL WELCOME
TROPHIES TO BE WON FOR CARS AND BIKES
SWAP MEET SITES AVAILABLE ON THE DAY
SAUSAGE SIZZLE • COLD DRINKS • RAFFLES • FREE HOPPING CASTLE

PROUDLY SPONSORED AND SUPPORTED BY

THE DAY INCLUDES:
- Talk by Evonne Goolagong Cawley
- Lots of fun tennis activities
- Coaching by our Indigenous Coaches led by Aunty Leilagi & Club Professionals
- Opportunities for additional free coaching.

THE ABOVE COULD LEAD TO:
- Goolagong National Development Camp selection
- Goolagong National Development Camp selection
- Entry to Evonne Goolagong Foundation Mentored Tennis & School Scholarships programs.

FREE EVENT
Racquets & Lunch Provided

Free Indigenous Tennis Come & Try Day

The Evonne Goolagong Foundation welcomes you to the dream, believe, learn, achieve Indigenous tennis Come & Try Day which is supported by the Australian government. The Indigenous Tennis Come & Try Day is a great way to have fun & give tennis a real go!

Using the sport of tennis, the dream, believe, learn, achieve initiative promotes and helps provide better health and education for young Indigenous Australians.

For Indigenous Girls & Boys From 5-15 Years

Goolagong

Goolagong

Evanne Goolagong

Foundation

Foundation
ANZAC Day Marches Across the Burnett

realise your dignity