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

This week, students will participate in our College athletics carnival. Please read the information contained in this newsletter outlining what will be happening over those days. Athletics carnivals are always lots of fun and it is fantastic to see students participating in events and enjoying the friendly competition. Parents and carers are very welcome to come along and support the students. On Friday, the day will commence with our Term 2 Benedictine Awards in the Maryknoll Centre. After the awards, we will break for morning tea and then commence the athletics events. Tea, coffee and a spot out of the cold, will be available for parents in the Maryknoll during the morning tea break.

Over the holidays, we will have Saint Mary's students participating in both QISSN and Confraternity carnivals. QISSN is an annual netball carnival and the Confraternity Shield is an annual Rugby League carnival. Both are held mid-year attracting many of Queensland's finest independent secondary school teams. The carnivals are a great way for netball and league teams to develop stronger skills, meet new people and have fun playing the sport they love. Each year the carnivals are hosted by a different school, with the carnival being held in a different location each year. This year is being hosted by The Cathedral College in Rockhampton. Saint Mary's is taking a senior netball team to the carnival and we also have three Saint Mary's boys joining Xavier College, Hervey Bay to play with their Rugby League team. We are very grateful to the College Parents and Friends Association for their sponsorship of the QISSN team and to the Brisbane Broncos for sponsoring the participation of our three boys in the Confraternity Shield. Attendance at these events can be very costly, and the help of these sponsors makes it possible for students to be involved.

Next term, we welcome Mrs Debbie Barry back from leave. As Mrs Barry returns to teach Year 1, we also thank Ms Monique Leclercq for teaching the class in Term 2.

I would like to wish all our families the very best for the coming holidays. I hope you are able to spend some time together and enjoy the break from school. Stay safe if you are travelling. We'll look forward to seeing you all again in Term 3.

God Bless

Mrs Angela Myles
Principal

From the Principal

Uniform Sale

Thursday and Friday this week.
$2 - all socks maroon and grey striped
$5 - shirts, shorts, polos, dresses and blouses (size 4 to 22)
$10 tracksuit tops and bottoms (size 4 to 4XL)
For all excess stock of our old uniform
Head of Primary News

Benedictine Awards. Friday last day. Benedictine Awards begin the day at 9.00am. This is followed by an early morning tea straight after at around 10.00am. There will be tea and coffee for parents in the Maryknoll canteen.

Sprints and Relays. Straight after morning tea around 10.30 the whole school will go up to the top oval to participate in the sprints and relays P-12. Parents are most welcome and the whole school will come off the oval for lunch around 12.00 – 12.30pm. Normal end of term finish time of 2.55pm. However, if you wish to take your child home after the sprints and relays, please see your child’s class teacher and inform them.

Thank you, Madame Leclercq. This is the last week that Madame Monique Leclercq will be at Saint Mary’s Catholic College. I thank her for accepting the position for a single term contract and committing to the task of delivering the Year 1A curriculum, and collaborating with Mr. Gerard Nixon in 1B. We wish her well in her future endeavours. We welcome Mrs. Debbie Barry back on staff for Term 3 and Term 4.

Holidays. I would like to thank all the parents, staff and students who have worked so hard through this 11 - week term. It’s not easy to get children up and out of bed in the mornings, in the cold, at the end of such a long term – well done parents! Enjoy the break and have a safe holiday, whether you are going away or staying home and relaxing. School resumes at Saint Mary’s on Tuesday, 12th July. Office will be open on Monday, 11th July.

Kind regards
Ms Pam Rodcliffe
Head of Primary

Head of Secondary News

First Day Term 2
Tuesday, 12th July is the first day back next term. We will have some new students starting in the secondary school. The first two weeks will be full with rock on Stage rehearsal each morning, followed by six lessons as per the timetable. No teaching lessons will be lost due to rock on stage.

Congratulations Harry Bredhauer-Year 10
Harry Bredhauer has been chosen as the Queensland Captain for Polocrosse. Polocrosse is a combination of polo, lacrosse and netball. It is played on horseback, each rider using a cane stick, made up of a polo stick shaft to which is attached a squash racquet type head with a loose twisted-thread net, in which the ball is carried. Games will be played at Stanley Rivers this weekend, Tansey the following weekend and Cubbaroo in NSW on 23rd July. This competition will feature teams from WA, NSW and a touring team from USA. This Polocrosse competition is for developing junior talent throughout Australia. It is a mixed competition with boys and girls playing in 3 sections. Harrys’ horse is a 14 yr old stock horse called Melody. I would like to wish Harry all the best as Captain of Queensland. www.polocrosse.org.au

God bless
Mr Sean Erwin
Head of Secondary

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Semester One Reporting and Parent Teacher Interviews

Semester 1 Reports go online

Parents and carers should note that this semester’s student reports will, for the first time, be posted to parent portals (on-line) and not printed. The parent portals will be used more frequently in the future, with reports, Naplan results, and other material all being sent to the parent portal rather than printed copies posted home.

Parents without internet facilities or with a particular need to receive a printed version will still be able to access a printed version from the College. We keep a list of such circumstances.

We are hopeful that we can follow the timeline below during this end of semester period:

- **Issue of reports:** Monday, 27th June.
- **PTO Interviews open:** Monday, 27th June.
- **PTO Interviews close:** Monday, 18th July.
- **Parent Teacher Interviews:** Tuesday, 26th July.

Kind regards
Mr John Dalton
APA

What is Self-Compassion?

Melanie Greenberg, PhD

Dr. Kristin Neff, a researcher at the University of Texas at Austin is the pioneer of self-compassion as a tool to promote psychological healing, well-being, and better relationships. She contrasts self-compassion with self-esteem in that it does not require us to elevate ourselves above other people and compete with them. While high self-esteem is generally based on evidence of superior achievement, self-compassion is a more constant personal quality, in which we value ourselves and treat ourselves kindly just because we are human. And this caring attitude to ourselves helps us to recognize our similarity and connection with other humans, who share with us common aspirations and sources of suffering.

Does Self-Compassion Make us into Wimps?

Self-compassion does not make us spoiled or weak, but rather is a learned coping strategy that research shows can decrease anxiety and enhance resilience and recovery from the effects of stress. It also does not require us to deny and suppress negative aspects of our experience. In fact, part of Neff’s definition of self-compassion is mindfulness - or a balanced holding in consciousness of all facets of our experience, without overreacting to them. The essence of self-compassion is to acknowledge our own emotional suffering and then deliberately comfort ourselves by generating feelings of warmth, softness, and care towards ourselves and, by association, all living beings who are suffering.

How Do Children Develop Self-Compassion?

Self-Compassion is a skill that can be learned and improved through learning. Children learn by watching how caretakers, especially parents, react to them. If children get punished for expressing anger or sadness, they learn that it is bad or even dangerous to feel these states. If their sharing about life’s disappointments and rejections results in stern criticism and expressions of contempt, they become contemptuous and critical of themselves. Therein lie some of the roots of human misery. The normal social and academic challenges presented by school and peers become compounded by social learning. Children with critical, neglectful, or rejecting parents now learn a layer of negative labels to put on themselves when they are less than perfectly accepted and successful. On the other hand, those lucky ones who have caring, attentive parents learn, via the experience of being warmly comforted and cared for, how to take care of themselves when they are sad or have been let down by life. Research shows that securely attached children are more self-compassionate than children with anxious or disorganized attachment styles. Cultural factors also play a role. If the culture emphasizes fear of punishment as the basis of learning, levels of self-compassion will be lower overall.

Kind regards
Mr Barry James
Guidance Counsellor

Guidance Counsellor News

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Kind regards
Mr Barry James
Guidance Counsellor
**Library Corner**

**Library Borrowing Has Ended**

Please note that library borrowing and the issuing of Take Home readers has ended for the term. This week we will continue to chase back all outstanding library books and take home reader packs. We would appreciate your help at home with this process.

We wish all our families a wonderful and safe holidays and thank you for your support of the library this term.

Yours in reading  
Mrs Melanie Burr  
Teacher Librarian

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There is an opportunity provided by The Jason Rich Foundation to subsidise a defensive driving course for all students who currently have a P plate permit. The first course will be held on the 16th of July in Ipswich with a bus departing Kingaroy at 5am.

**Actions going forward**

- Cost will be $50 per student to attend the driving school for the day. Total cost of the course is $170 so $120 is subsidised by the foundation.
- A form will be given to interested students to take home to parents to explain what’s happening.
- Date of the first course is the 16th of July.
- Bus will leave from Kingaroy approx. 5am on the 16th of July at KSHS and return around 6.45pm.

The SAFE DRIVE TEST DRIVE: Young Driver Safety Program is a special one-day driver awareness course aimed particularly at young and novice drivers. It is like a Defensive Driving Course but offers participants the following unique advantages:

1. A fleet of specially modified vehicles is provided to allow participants to test drive a range of vehicles to understand their characteristics.
2. Fatal Vision Alcohol and Drug Impairment Simulation Goggles are used for participants to experience in safety the impairment of alcohol and drugs on driving performance (we are the Australian distributors for these goggles).
3. Unlike other driver training programs this course is based on best-practice methodology to reduce over-confidence and risk taking in participants by showing them the limits of their ability and the limits of a vehicle.
4. Unlike other driver training programs this course changes learned behaviour and habits using “Right-way: Wrong-way” teaching principles.


Safe Driving  
Mr Paul Fomiatti  
Year 10 to Year 12 Student Wellbeing Leader

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**Athletics News**

**Athletics Carnival Day One - Thursday, 23rd June**

**Track Program**

- 9.20am  All 800m events - boys and girls starting with 10yrs - Opens
- 11.30am  All 400m events - boys and girls starting with 13yrs - Opens
- 1.30pm  All 1500m events - boys and girls starting with 13yrs - Opens

**Field Program**

- 9.20am  Boys and girls 14yrs shot put  
  Boys and girls 13yrs high jump  
  Boys and girls 16yrs long jump

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9.50am  Boys and girls 15yrs shot put  
         Boys and girls Open long jump
10.20am  Boys and girls 16yrs shot put  
         Boys and girls 12yrs high jump  
         Boys and girls 15yrs long jump
10.50am  Morning Tea
11.20am  Boys and girls Open shot put  
         Boys and girls 13yrs triple jump
11.50am  Boys and girls 11yrs high jump  
         Boys and girls 10yrs long jump
12.20pm  Boys and girls 12yrs long jump  
         Boys and girls 13yrs shot put
12.50pm  Boys and girls 10yrs high jump  
         Boys and girls 12yrs long jump  
         Boys and girls 11yrs shot put
Lunch
1.20pm  Boys and girls 11yrs long jump  
         Boys and girls 12yrs shot put
1.50pm  Boys and girls 10yrs shot put  
         Boys and girls 13yrs long jump
2.20pm  Boys and girls 14yrs long jump

All boys and girls 5yrs - 12yrs sprint heats and finals followed by their relays
11.30am  All boys and girls 13yrs - Open 100m events
12.30pm  All boys and girls 10yrs - Opens 200m events
1.00pm  Lunch
1.30pm  All boys and girls 13yrs - Open Relays

10.20am  Boys and girls 14yrs high jump  
         Boys and girls Open triple jump
11.20am  Boys and girls 15yrs high jump  
         Boys and girls 16yrs triple jump
11.50am  Boys and girls 16yrs high jump  
         Boys and girls 15yrs triple jump
1.30pm  Boys and girls Open high jump  
         Boys and girls 14yrs triple jump

* Presentations will be done at the end of day.

General Athletics Carnival Information
All Discus and Javelin events will be covered prior to main days for safety reasons. It will also be a catch up week for any who missed class lessons or breaks when these were done. Ensure you children are aware as they will be on daily notices.

No canteen will run on the Thursday, please bring your own morning tea and lunch. Friday the canteen will operate all day.

There will be house areas, with shade for students. Please either stay there or go and support your friends or house. Bring water and apply sun screen regularly. There will be some available at the recorder’s tent.

Shoes must be worn for all events. Please wear hats at all times when not competing. Keep hydrated all day.

All athletes will score points for their house. However, only ‘A’ division counts for age championships. So if you child won Division ‘B’ or below they will not be selected for the next level unless their times were better.

All parents are invited to attend on both of these days.

Yours in sport
Miss Ellen Inwood and Mr Allan Medlen  
Prep to Year 12 Sports Coordinators
realise your dignity
**Approaching Events**

- **Wednesday, 22 June**  
  "The Little Mermaid"  
  6pm to 7:30pm

**Term 3**

- **Wednesday, 13th July**  
  NAIDOC Day (Senior Primary Choir and selected Guitar students)
- **Wednesday, 13th July**  
  MacKillop Mass Rehearsal at St Laurence’s College, Brisbane (Selected students Yrs 9-11)
- **Monday, 8th August**  
  MacKillop Mass at Cathedral of St Stephen, Brisbane (selected students Yrs 9-11)
- **Saturday, 13th August**  
  Qld Catholic Colleges Music Festival (QCMF) - College Orchestra and selected choir students (Yrs 4-6)
- **Friday, 26th August**  
  SBMCS ‘Little Shop of Horrors’ Opening Night (Selected students performing)

**The Little Mermaid Jr**

Tickets for our first Disney musical, The Little Mermaid Jr, are on sale at the College Office, online, and at the door tonight. You will be home in time for the State of Origin, as the show goes for just one hour. The P&F have kindly offered to operate a canteen with drinks and snacks and sausage sizzle before the show. **Performers are advised to bring $2 for a sausage on bread** so they have plenty of energy to sing and dance!

**Looking Ahead**

Next term, we have some great opportunities for our young musicians:

- **NAIDOC Day**
  Starting with NAIDOC Day, the Senior Primary Choir will be doing the Torres Strait Island song, Sesere Eeye, and a group of College guitarists (including our wonderful Music Tutor, Mr Grant Jeppesen) will be joined by local R&B singer, Mr Clowry Kennell, in a performance of From Little Things Big Things Grow.

- **St Mary MacKillop Feast Day Massed Choir**
  Continuing the tradition started in 2015, a selected group of students from Years 9 – 11 will participate in the 300-strong choir at the Cathedral of St Stephen in Brisbane celebrating the Feast Day of St Mary MacKillop. The Mass will be celebrated on Monday 8 August (our EKKA holiday), and a rehearsal will be held at St Laurence’s College on Wednesday 13 July (Day 2 of Term 3).

- **Queensland Catholic Music Festival**
  The College Orchestra and a small group from the Senior Primary Choir will be competing at the QCMF, along with 11000 other students from Catholic schools around Australia. This is a big ‘first’ for our College, and we look forward to the experience. More information coming soon!

Yours in music,
Mrs Jane Iszlaub
Music Coordinator

**Indigenous News**

Wishing all our families a lovely June/July School Holidays. School will resume on Tuesday, 12th July (formal uniform to be worn please)

Photos - Janaya Rose playing the piano. Kenneth Davidson & Jalenne Tapau learning the Violin with their Year 3 class and Mrs Iszlaub.

**Career and Employment Transition Coach News**

**Save The Date! Attention please all parents of Year 10, 11 and 12 students**

The annual premium event of the South Burnett Careers Market will be held at Kingaroy TAFE on Thursday 28th July from 9am - 4pm. The college will be taking all Year 10, 11 & 12 students by bus to a brief two hour excursion for the morning session on this day and all students are expected to attend as this is a mandatory event. A letter about this excursion and consent form will be coming home in the first few days of next term and the permission form is due back to the College no later than Monday 18th July.

Warmly,
Ms Trudy Byrnes
Careers & Employment Transition Coach

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**Tuckshop News**

**Friday Sports Day Specials - Morning Tea and Lunch**

- Cheerios in a cup (5) - $2.00
- Potato Scallops - $2.00
- Hot Dogs - $3.50
- 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.

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

**Volunteers**

- Friday, 24th June: Kristene Baulch and Jacquie Henschen
- Wednesday, 13th July: Kristene Baulch

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
- 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**

We now have two options for ordering, online and the paper bag system. For Prep to Year 5 students it is recommended that you use either of these systems.

**Online Ordering System QKR (Quicker):** Your child’s online order will be sent to the tuckshop, where it will be printed out. The orders are filled and placed in the class baskets. Their baskets are collected at morning tea and lunch. **You are not required to send in a paper bag once you have ordered online.**

**Paper Bag System:** Your child’s order will be placed in the tuckshop baskets in their classroom in the mornings. The baskets are delivered to the tuckshop and orders are filled. Their baskets are collected at morning tea and lunch. **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.

Year 6 to Year 12 students are more than welcome to use either system. If using the paper bag system, students place their bag orders at the tuckshop before school.

**Do you know...**

- That we sell **Toasted Sandwiches!** Our Toasted Sandwiches are made fresh to order, with your choice of fillings. They include ham, chicken, cheese, tomato or vegemite.

This is available to order for second break only.

**Tuckshop reopens in Term 3 on Wednesday, 13th July.**

Have great week and holidays!

Mrs Michelle Davis
Tuckshop Convenor

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**realise your dignity**
Year 3 Classroom News

Year 3 Classroom News. Year 3 have finished their assessment and have enjoyed participating in some new learning pathways. During Science they managed to get quite sticky doing viscosity testing with honey and maple syrup races when learning about solids, liquids and gases.

In History, they have looked at changes and historical features and diversity of their own community and the significance of commemorations and celebrations.

We have been exploring a variety of narrative features and responding to literature for comprehension while developing an understanding of how authors and illustrators work together during our group roles in Literary Circle creative activities.

We have made wooden crosses during Religion with the Year 8 manual art class and created a digital TIME MAGAZINE cover featuring Fr Nigel during ICT time while we explored scriptures, sacraments, symbols and communities.

We have been working hard on learning new mental computation strategies and measurement and timetables during Mathematics and students have incorporated some great 3D shapes in their Art when learning about line and shape. Overall, we are looking ahead to explore more great concepts in Term 3.

Ms Judy Costigan
Classroom Teacher
The Saint Mary’s Catholic College production of

Disney

THE LITTLE MERMAID JR

Music by Alan Menken
Lyrics by Howard Ashman & Glenn Slater
Book by Doug Wright

Based on the Hans Christian Andersen Story and the Disney Film
Produced by Howard Ashman & John Musker
And written and directed by John Musker and Ron Clements

By arrangement with Hal Leonard Australia Pty Ltd,
Exclusive agent for Music Theatre International, NY

Wednesday 22 June, 2016 6pm
Maryknoll Centre, Saint Mary’s Catholic College

Adult $8 - Child $5 - Pensioner $5 - Family $20
Tickets available via the College office or QKR app