Dear Parents, Carers and Friends of Saint Mary’s

Friday 18 March is the 2016 National Day of Action against Bullying and Violence

What is bullying?
Bullying is repeated verbal, physical, social or psychologically aggressive behaviour by a person or group directed towards a less powerful person or group that is intended to cause harm, distress or fear.

What is not bullying?
There are also some behaviours, which, although they might be unpleasant or distressing, are not considered to be bullying:
- mutual conflict - which involves a disagreement, but not an imbalance of power.
- unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation.
- single-episode acts of nastiness or physical aggression, or aggression directed towards many different people, is not bullying
- social rejection or dislike is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.

At Saint Mary’s, we strive to build a culture that says ‘NO WAY’ to bullying. This culture is, of course, largely set by the staff. However, students and parents have the capacity to make that positive culture a reality. Most students are heroes in waiting but they need to be encouraged to realise it. The idea that you can and should stand up for others, rather than being a passive observer to bullying, is an important value which should be actively promoted. During this week, students will be completing activities in class that will encourage them to think about bullying, its impacts and what they can do to stand up against it.

How can parents support their children in countering bullying?
- Be vocal supporters, in a positive manner, for the importance of our school being a safe and friendly place where no one feels bullied or intimidated.
- Support your child in effectively intervening in bullying incidents. Teach children to use comments like ‘that’s not cool’, ‘don’t be mean’ and ‘come on, you’re a better friend than that’. The effects are powerful and can change schools.

If you would like more information about the role that parents and carers can play in relation to bullying, please visit the Bullying No Way website at http://bullyingnoway.gov.au/parents/index.html

St Patrick’s Day
This Thursday we celebrate St Patrick’s Day. In addition to the festivities that will happen at school on that day, you are also invited to join in the celebrations being held at St Mary’s Church that afternoon. Mass will be held at 5:30pm and will be followed by a social gathering with opportunities to enjoy some Irish food, drinks and entertainment. I will look forward to seeing you there.

God Bless

Mrs Angela Myles
Principal
**Green Hat Parade – Saint Patrick’s Day!**

Thursday 17th March is Saint Patrick’s Day. It has been a long-standing tradition here at Saint Mary’s to celebrate the feast day of Saint Patrick with a hat parade for the children in the primary part of the College. The flyer last week encouraged children to make and create their own ‘green’ hat or Saint Patrick’s Day hat. There will be a parade on **Thursday 17th March at 9.00am up in the Maryknoll Centre**. Please come along and be part of the fun!

Still on Saint Patrick’s day –

**The Parish of Saint Mary’s is hosting a Saint Patrick’s evening on Thursday 17th March. Mass is at 5.30pm followed by a shared meal in the hall with traditional Irish music and fun entertainment.** The Parish Pastoral Council and many helpers have organised hot pies $4.50, and Guinness $5 a can, glass of wine $3, soft drinks $1 a can. Raffle drawn on the night etc. Please bring a plate to share – sweets or a hot pot.

The St. Patrick’s Day Garden Party in the Our Lady of Peace Church grounds **Kumbia on Saturday 19th March 2016 from 1.30pm.** See the notice at the back of this newsletter. Some of our students from Prep to year 4 have entered a colouring competition and their works will be displayed at this event.

**NAPLAN**

Students were reminded at the whole school assembly today that NAPLAN is on week 5 next term. Teachers and students are busy with practice sessions to have the children ready for the tests e.g. extended writing tasks, dictation etc.

If you have any concerns about your child sitting NAPLAN then please see either Ms. Radcliffe or Mrs. Kennedy, our STIE. For more information about ways to reduce the stress for your child or other measures you, as a parent might want to express, please don’t hesitate to speak with us.

**Dance Fever**

Last Dance Fever class this Thursday. Next Monday is the Dance Extravaganza. Some students have asked to wear an appropriate outfit for their dance. All students must be in full and correct uniform after the dance celebrations – changing at morning tea. Looking forward to Monday’s celebration.

**Holy Week Celebrations**

With the Years 7 to 12 out at camp and work experience, P-6 have the place to ourselves. This opens up the school to spread out and perhaps enjoy some of the educational settings that they normally wouldn’t get to experience e.g. the art room, science lab and home economics room. It also allows the students and teachers to spread out and participate in various Holy Week activities ranging from meditation to freeze frames, a small pilgrimage etc of the events of Holy Week finishing with the Passion of Christ - the Stations of the Cross. When we return in Term 2 there will be a small liturgical celebration of the Resurrection of Christ.

**Sacramental News**

In 2017 the sacraments will be split into three separate celebrations.

In the year the **child turns 8** - Grade 3 - the children will be invited to receive the **Sacrament of Confirmation**.

In the year the **child turns 9** - Grade 4 - the children will be invited to receive the **Sacrament of Eucharist – Holy Communion**.

A simple celebration of the **second rite of the Sacrament of Penance** is included as part of the preparation for First Communion. In the year the **child turns 10** – Grade 5 – the children are invited to prepare for the **Sacrament of Penance** with individual confession and absolution – the first rite.

The above is a guide. If your child is older they can still receive the relevant sacrament with any cohort going through the sacraments. Eg Grade 7 receiving Confirmation. It is not an age limiting celebration. Just a guide as to when to commence.

If your child received the Sacrament of Reconciliation or Penance last year then they are eligible to receive both the sacraments this year.

Please contact Pam Radcliffe if you have any questions. **4160 0900.**

Kind regards
Ms Pam Radcliffe
Head of Primary
Prayer for exams
Lord Jesus,
Be with me as I take this exam.
Keep my mind alert and my memory sharp.
Calm my nerves and help me concentrate.
I know that you walk with me,
Guiding my path and inspiring my heart.
I pray that I would feel you with me,
And that your friendship would soften the pressure I feel.
I pray that I would pass this exam and go on to new things with you.
Thank you for your peace and your love in my life.
Thank you for your kindness and care for me.
We pray in your name,
Amen.

I wish all students in Years 7-12 God’s blessings as they undertake examinations this week.
May those who have worked and studied hard be rewarded for their efforts with grades that reflect our Benedictine value - ‘Being their Best’.

Camps next week
All students in years 7-12 will be attending camps (except Year 10) and parents should have received information and permission slips regarding attendance at camp. If you have any concerns about camp, please contact the office or myself and you will be directed to the relevant co-ordinator. Medical issues for your son or daughter are a major priority and we ask that you please provide any details needed. Some students will not be attending camps for various family, medical or behaviour reasons. These students must stay home for the 3 days of camp as the entire high school staff are on camp from Tuesday to Thursday.

Proston Show
I would like to take this opportunity to thank Mr Paul Sims who coaches our whipcracking team, and Mrs Lauren Arrell who manages the team. At the recent Proston show, the whipcracking team provided a great show for the crowd and competed in the various divisions (see photos below). I would also like to thank Mrs Kristy Frahm for organising the Young Farmers challenge. This is a new initiative of the Proston committee and was a great success. The whipcracking team will be performing at the EKKA Rural discovery day in May.

God bless
Mr Sean Erwin
Head of Secondary
**QCS Test Preparation**

Year 12 OP eligible students will begin their preparation for the QCS Test in the next few weeks. 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.

**Year 7 to Year 12 Camps**

Parents should note that all information about these camps will be sent home this week with students.

Students have been reminded that there are to be no mobile phones, iPods, computer games, cameras or additional food or lollies on any of the camps. We ask that parents assist us in this endeavour by overseeing the packing of all student items.

Parents should also note that our camps assume the best behaviour in our students. Serious misconduct can result in parents being asked to pick their student up from camp prior to the final day.

**Reports and Parent Teacher Interviews**

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

It 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.

Regards
Mr John Dalton
APA

**APRE News**

**FIFTH SUNDAY OF LENT – 13 March**

In Sunday’s Gospel we learnt of the great compassion Jesus had for his friends and his deep sense of loss on hearing of the death of his friend Lazarus. We also learnt of the great faith that Martha had in Jesus as the Messiah who would bring about eternal life. In John’s Gospel it is Martha, and not Peter, who professes such faith in Jesus as Son of God.

We pray for the strong faith of Martha and long to bask in the compassion that Jesus showed to his friends. We will encounter that same love when we approach the table of the Eucharist. Jesus gave himself, and we too give ourselves along with bread and wine, and the collection that are symbols of our giving.

From the table we go out to serve the Body of Christ in our sisters and brothers around the world who experience extreme poverty and injustice. This week of Project Compassion we are invited to think of the Indigenous peoples of Cambodia. Living in remote communities they are far from services that we consider essential, such as the health care that we can often take for granted. Our compassion, our generosity, and our great faith in God can make it possible for the remote Indigenous peoples of Cambodia to live and grow and to be healthy and happy. We, like Jesus, can offer life.

- **Resources from Project Compassion**

**Last Effort**

To date the College has raised about $300 for CARITAS and about half of this has been done by the year 4 class – well done Ms Thomas and students. Although financial support of Project Compassion during Lent is only one means of almsgiving and reflection, it is one that is very practical and achievable. Yesterday on assembly I encouraged the entire community (including staff) to bring in $2 each, especially for those who have not yet contributed. To get to $2000 each student and staff member would have had to contribute $3 or about 60 cents a week during Lent, not a big ask.

**Holy Week**

Holy week is often forgotten on holidays, however the two are fundamentally the same. Holidays comes from the term ‘holy days’ and there are none more important for Christians all over the world than the upcoming ‘holy-days’. The Easter Triduum is the proper name for the liturgical season that concludes Lent and introduces us to the joy of the Easter sea-
son. Starting with the Mass of the Lord's Supper on the evening of Holy Thursday, continuing through the Good Friday service and Holy Saturday, and concluding on Easter Sunday the Easter Triduum marks the most significant events of Holy Week and commemorates the last days and then resurrection of Jesus.

<table>
<thead>
<tr>
<th>St Mary’s Kingaroy Parish Times</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Washing of the feet and last Supper</strong></td>
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<tr>
<td><strong>Passion of Our Lord</strong></td>
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<td><strong>Easter Vigil Mass</strong></td>
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<td><strong>Easter Mass</strong></td>
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Kind regards
Mr Martin Perrett
APRE

Office News

School Fees
Thank you to all families who have paid their Term 1 Fees which were due Friday, 26th February. If you are facing financial difficulty at this time and are unable to pay promptly, please contact Mrs Briony Hoare (Finance Secretary) to discuss a payment arrangement. Reminder Statements will be sent out to those families who have not made contact with the office. Please contact us immediately if you have not yet received your Fees Statement.

Kind regards
Miss Kym Schultz
Business Manager

Guidance Counsellor News

Rewriting Your Brain for Resilience and Happiness
Modern neuroscience shows that what we do and think can change the physical structure of the brain—yet often this occurs unconsciously, when we habitually react to stress in unhealthy ways. The first step in Neurosculpting is to change the way you deal with stress. The brain instinctively responds to everyday stress as a physical threat—and how you continue to “write the script” that your nervous system follows when stressful situations arise sets up either helpful or unhelpful habits of mind.

Neuroscience informs us and helps us be more aware of some of our unhelpful processes:
- Fight, flight, and freeze—our survival response and how to keep it from taking over our lives
- Exercises to stimulate new connections between your right and left brain
- Everyday habits you can change to teach your brain to be more flexible and creative
- Nutritional guidance for promoting a natural and awake state of mind
- Locating and clearing out toxic beliefs and behavior patterns—then replacing them with healthy ones
- Relational Neurosculpting—protecting yourself from “contagious” emotions, enhancing empathy, and cultivating authentic connection

Sourced from: Neurosculpting: A Step-by-Step Program to Change Your Brain and Transform Your Life. Lisa Wimberger

Kind regards
Mr Graham Turnbull
Guidance Counsellor

Library Corner

Library Borrowing
This is the last week of borrowing including Take Home Reader and Accelerated Reader. All library books are due back by next Monday at the very latest. Please encourage your child to return their books by this date to help the library finalise their processes for the term.

Kind regards
Mrs Melanie Burr
Teacher Librarian

realise your dignity
During the busy assessment period, it is quite normal for many students to become anxious or worried about their work. Please remember to contact your child’s subject teacher first who will provide the best information relating to your child’s assessment.

Homeroom teachers can offer a direct means of support to you about your child generally. There are however, also a few different staff members who can help if you still need assistance including:

- Melanie Burr (Year 7 to Year 10 Teaching and Learning Leader)
- Sonia Robertson (Year 7 to Year 9 Student Wellbeing Leader)
- Paul Formiatti (Year 10 to Year 12 Student Wellbeing Leader)
- Louise Kennedy (Support Teacher Inclusive Education)

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

Congratulations to the following students who have been selected to represent the South Burnett in various sports.

**Under 12 AFL**
Alex Cran
Fletcher Brown
Blake Rowe-Lobegeiger

**Under 15 Netball**
Deidre Murray
Emma Cran

**Under 15 AFL**
Lleyton Brown

**Under 15 Boys Football**
Lachlan Beutel

**Under 15 Girls Football**
Kathleen Janz
Lateisha Wilkins
Olivia Burchmann

**Open Boys Football**
Alex Firman
Jackson Kelly
Jordan Hetherington
Callum Cook
Tommy Schmidhauser

**Open Girls Football**
Kiara Wright

**Under 14 Boys Cricket**
Lleyton Brown
Justin Bunker

**Under 15 Girls Cricket**
Renee Irvine

**Open Boys Cricket**
Caylan Brown
Mathew Patroni
Alex Firman
Congratulations to **Renee Irvine** who made the Wide Bay Under 15 Girls Cricket team. She will compete in October in Brisbane at the State Competition.

Congratulations to **Caylan Brown** who was selected as a part of the Wide Bay Cricket team. He competed at the State Competition up in Charters Towers. Wide Bay came an impressive third in the State. Well done.

Congratulations to **Emma Cran** who made the Wide Bay swimming team. She will compete in Brisbane at the State Competition this week from Thursday until Saturday. We wish her all the best.

**Further trials for 10-12 year olds will occur this Friday for Touch Football and Basketball, as well as trials for Soccer, Tennis, Netball and Rugby League on Friday of Week One Term 2.**

**Sporting Schools Afternoons**
A reminder that week 8 (this week) is the last week for the Sporting Schools program for the term. Information regarding next term's Sporting Schools afternoons will go home early next term.

**Dear Parents/Guardians**

At Saint Mary’s Catholic College we aim to create a safe and supportive school community for everyone. This week as part of the National Action campaign against bullying and violence we as a community want to put a spotlight on the issue. Over the course of this week, across the whole school, we as a community will be working to reinforce our school policy - That it is never okay to bully, be violent or be a silent bystander.

We will also work together in classes and homerooms to provide students the strategies and responses should they see or be subject to bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

**If your child talks to you about bullying:**

1. **Listen** calmly and get the full story. Your calm response are important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you have told me. You should be able to feel safe at school; that's not fair at all.'

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the Wellbeing Leader or Head of School. Contact the school immediately if you have a concern about your child's safety.

6. **Check** in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support in standing together to say 'Bullying. No Way!'

Kind regards

Ms Sonia Robertson
Year 7 to Year 9 Student Wellbeing Leader

**realise your dignity**
Many thanks to all the students, families and staff who came to Cherbourg for our annual Term 1 BBQ.

All year 7,8,9,11 & 12 students will be in camp next week. Enjoy your time and stay safe. Good luck to all year 10 students on work experience next week, we look forward to hearing all about your experiences.

Lastly, Happy Easter to all our families, enjoy your holidays and we look forward to seeing all our students back on Monday, 11th April.

Regards
Mrs Amanda Erwin, Mrs Karen Bond and Miss Nikita Law
Indigenous Team

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 WWI]

Kind regards
Mrs Bronwyn Langford-Martoo
Classroom Teacher
Friday Specials
Morning Tea and Lunch - Mini Spring Rolls (4) $3.50
and Potato Bake $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.

***During Lent we will not be serving meat on Fridays until the end of the term.***

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

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 Fish Burgers! Our fish burgers are made fresh to order. They consist of a piece of crumbed fish 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

Or you can order a piece of Fish for $3.50 each.

Also we have available Fish Bites. Battered fish 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

realise your dignity
Whip Cracking News

Whip Cracking Team Upcoming Events
- Saturday, 2nd April Kilkivan Great Horse Ride (Performance)
- 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
Kingaroy Rugby League Football Club

If you are female, 13 or older and interested in playing Rugby League for an all female team, come to the Kingaroy Rugby League grounds for training and information on Tuesday or Thursday at 5:30pm. Under 14 and Under 18 teams.
FOUND

Blue and green budgie has been found at the College.

Please contact the College office if it is yours.
<table>
<thead>
<tr>
<th>MONDAY 28TH MARCH</th>
<th>TUESDAY 29TH MARCH</th>
<th>WEDNESDAY 30TH MARCH</th>
<th>THURSDAY 31ST MARCH</th>
<th>FRIDAY 1ST APRIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>SERVICE CLOSED</td>
<td>CAMERA SCAVENGER HUNT</td>
<td>WET CHALK DRAWING</td>
<td>LIBRARY EXCURSION</td>
<td>CRAFT DAY</td>
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<td>PUBLIC HOLIDAY</td>
<td>Scavenger Hunt with a difference!!</td>
<td>Come join in and get creative drawing on cement with chalk</td>
<td>We will be going to the town Library to play life size Monopoly.</td>
<td>We will be having lots of fun making necklace's and bracelet's from beads and getting creative using balsa wood and glue.</td>
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<td>MONDAY 4TH APRIL</td>
<td>TUESDAY 5TH APRIL</td>
<td>WEDNESDAY 6TH APRIL</td>
<td>THURSDAY 7TH APRIL</td>
<td>FRIDAY 8TH APRIL</td>
</tr>
<tr>
<td>SPORTS DAY</td>
<td>ORIGAMI</td>
<td>MOVIE DAY EXCURSION</td>
<td>TECHNOLOGY DAY</td>
<td>BOARD GAMES DAY</td>
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<td>Join us as we get fit and have fun playing, Cricket, Netball, Touch Footy and Soccer.</td>
<td>Learn how to make paper animals, flowers and more with the art of Origami</td>
<td>MOVIE DAY EXCURSION COST $15.00 INCLUDES POPCORN AND DRINK.</td>
<td>Bring your ipads, Remote control car or gadgets. If you don't have a gadget don't worry we have ipads and xbox to share so no one misses out</td>
<td>Have a fun filled day of playing and learning different board games.</td>
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**ENROL IN OUR VACATION CARE PROGRAM NOW!**

**CALL 0428227057**

www.pcyc.org.au/vacationcare