Dear parents, carers and friends of Saint Mary’s,

This week, I am sad to announce that Mr Michael Scanlan, our Music Teacher will leave us at the end of term one to move to St Rita’s College at Clayfield. Mr Scanlan has engendered a love of music within our community, developed a wonderful troupe of performing ensembles and also performed at many College and community events himself. We wish Mr Scanlan all the best for his future. This week we also welcome a number of new staff into our community including:

- Mrs Nuala Black who will work with Mrs Louise Kennedy to provide specialist release for some of our Prep ~ Year 7 teachers.
- Mrs Shirley Kerkow who will come on board as a secondary Teachers’ Aide.

Last Tuesday night, a large group of staff met with many of our Indigenous families at The St Peter Claver Catholic Church at Cherbourg for a family BBQ. I would particularly like to thank Mrs Karen Bond our Indigenous Support Worker, who organised this evening, and her family who helped with the cooking. It was wonderful to hear a number of Elders speak about the importance that they placed on education and their recognition of the great work that Saint Mary’s staff do to educate all students. We also had the opportunity to farewell 2014 Senior Nikita McGregor before she left to take up her Nursing studies at the University of the Sunshine Coast.

It is probably timely to remind all parents about the Non State Schools Transport Assistance Scheme (NSSTAS) which provides assistance for families catching our buses. Without this scheme, many of families would be faced with up front bus fares of several thousand dollars per semester. This would make attending our College financially impossible for some families.

With the assistance of this scheme, families only have to pay a very small portion of the full fare. The program normally requires families to pay full fares for each of their children up front and then wait 6 months to receive a reimbursement (full fares minus a weekly charge) from the government. However, we realise that this is not feasible for many of our families, so Saint Mary’s pays the full fares to the bus company and just asks parents to pay the non-refundable weekly BFAP set charge of $33 per family (or $25 per family for Concession Card holders) that the government charges. This means that our College has over $100,000 tied up paying bus fares for parents each semester that we cannot use for other things. Each semester, we claim this back from the government and roll this money into the next Semester’s fares.

Example: One family with 1 primary and 1 secondary student travelling from Blackbutt on the bus each day.

Under the NSSTAS scheme the family would be expected to pay: $17.60 per day for the primary student and $23.60 per day for the secondary student or $206 per week across Semester 1. At the end of Semester 1 the family would have paid out $4120 for bus transport and have to put in a claim to get all of this back apart from $33 per week (or $25 per week for Concession Card holders). Saint Mary’s Catholic College pays these costs to help support our parents, does all of the paperwork and claims, and just asks that parents pay the non-refundable $33 per family per week (or $25 for Concession Card holders). Saint Mary’s then claims the portion of the fair not paid by the family from NSSTAS.

I would hope that all of our parents, especially those accessing our buses, appreciate the length Saint Mary’s is going to in supporting our parents.
At this week’s assembly, we had a reminder of our College’s Benedictine values and celebrated the great achievements of some of the many students who strive to ‘Be their best’ including our:

- Swimming Carnival Age Champions.
- Wide Bay sporting representatives.
- Lions Youth of the Year representative – Richelle Bethke.
- Australia Day Sportsperson of the Year nominee – Jayde Novak.

Each term, we celebrate our Benedictine Awards with a special assembly. This term, the assembly will be held at 2pm, Friday March 27. Parents of Benedictine Award winners will be notified by mail and are asked, if possible, to keep the award a surprise until the day. These awards recognise the two students from each class or homeroom who have most lived up to our College’s Benedictine values of being:

- Responsible
- Respectful
- Safe
- Just and
- Your Best

Yours in Christ

Mr Michael Nayler
Principal

Deputy News

Hands Off
I would like to remind all students regarding our hands off policy. Pushing, shoving, kicking and any inappropriate physical contact is banned at all times. Students who disregard this rule are not being safe and will be referred to the office.

Hats
As we are a sunsmart school it is imperative that hats are worn at all times when out in the sun. Skin cancer is something that we must avoid and wearing hats will assist in this.

God bless
Mr Sean Erwin
Deputy Principal

CAPA News

Year 7 to Year 12 Camps, Retreats and Work Experience
Parents and students should note that Week 10 of this term is reserved for Year 7-12 Camps, Retreats, and Work Experience.

So that these dates can be entered into calendars and diaries of all affected people, the following is a point summary of these activities. Fuller details of each of these will be coming home soon with students.

You should also note that the cost of these activities has been included in your term levies, and therefore no additional payments are required.

Year 7 - Outdoor Education Camp at Duckadang (Near Linville)
Tuesday 31st March - Depart from SMCC to Duckadang at 9.00am
Thursday 2nd April - Depart from Duckadang to SMCC at 12.30pm

Year 8 - Outdoor Education Camp at Tuchekoi (Near Cooroy)
Tuesday 31st March - Depart from SMCC to Tuchekoi at 8.30am
Thursday 2nd April - Depart from Tuchekoi to SMCC at 11.00am

Year 9 - Surf Camp based on the Sunshine Coast
Tuesday 31st March - Depart from SMCC to Bli Bli at 7.00am
Thursday 2nd April - Depart from Caloundra to SMCC at 11.00am
Year 10
Monday, 30th March - Work Experience begins
Thursday 2nd April - Work Experience finishes

Year 11 - Outdoor Education and Leadership Development (Near Toowoomba)
Tuesday 31st March - Depart from SMCC to Emu Gully (Helidon) at 7.00am
Thursday 2nd April - Depart from Emu Gully to SMCC at 11.30am

Year 12 - Spiritual Development and Retreat at Bunya Mountains
Tuesday 31st March - Depart from SMCC to Bunya Mountains at 9am
Thursday 2nd April - Depart from Bunya Mountains to SMCC at 12.00noon

Thank you,
Mr John Dalton
Assistant to the Principal

APRE News

RICE (Remember I Can Eat Day, many can’t)
On Friday 13th March, as part of Lent and to raise awareness and money for Project Compassion, the school will participate in RICE day. There will be nothing except for boiled and fried rice (meat free) served at the canteen. Water will also be available.

Food for Life is the theme for project compassion this year and the whole school has been made aware of the importance of food security for many places and people in the world today. Food security is something we might take for granted but it, and potable water, are lacking for many reasons in the lives of millions of people.

Our students can buy fried rice for $1 a cup or boiled rice for 50 cents a cup on that day. The staff play their part in this by providing all the ingredients and will only have the same food on offer. The canteen does not collect a cent from the day.

I remember doing the same thing as a year 5 student in Cairns and thinking how incredibly lucky I was to be able to go home to some honey sandwiches. Hopefully the event and the significance of food will not be lost on anyone in our community.

Regards
Mr Martin Perrett
APRE

From the Office

School Fees
Thank you to all families who have paid their Term 1 Fees which were due Monday 2nd March. If you are facing financial difficulty at this time and are unable to pay promptly, please contact the Office to discuss a payment arrangement. Reminder Statements will be sent out to those families who have not made contact with the Office.

Updated Bus Information - Prep to Year 6
Could all “Update of Bus Information” forms given to years Prep to 6, please be returned as soon as possible. This information is important for us to keep our information current and save confusion for bus travel for younger students.

Regards
Miss Kym Schultz
Business Manager

realise your dignity
Want to Be Appier?
7 Apps to Boost Wellbeing: Generationnext.com.au

Teens and their phones are almost inseparable. Most parents and teachers are troubled by this – and rightly so. Excessive or inappropriate device usage is shown to interfere with sleep, relationships, academic difficulties, and physical activity and health. These each influence wellbeing in important and positive ways, so when devices interfere, outcomes are sub-optimal. Additionally, some early research has indicated that excess device use is associated with increased risk of being bullied, increased aggression, and even increased risk of disordered eating.

Most importantly, adolescent use of electronic devices of all kinds is associated with decreased relationship quality between parent and child, or teacher and student. Put simply, phones and tablets are a continual source of conflict in many homes and classrooms, regardless of how clearly the rules are established.

Devices can help us all be happy. In recent years there has been a surge in the development of apps designed to bolster mental health and wellbeing. Some of these apps are best used in consultation with a psychologist to monitor wellbeing and inform therapeutic delivery. Others are fun and clever ways to monitor happiness, mood, or other variables related to wellbeing (like fitness). There is limited evidence that these kinds of apps work to significantly improve psychological wellbeing. However, if the kids are on the phone, they may as well be focused on good things rather than Snapchat, Kik, itube, or other apps less associated with bolstering wellbeing.

Here are 7 apps that can be helpful for youth to check in, see how they’re going, and find motivation to achieve greater wellbeing, health, or other goals.

Mood Meter - This app requires the user to check in as often as they want in order to record the emotions they are feeling, and what they are doing.
Mindshift - A tremendous app for teens and young adults to deal with anxiety in effective ways.
Optimism - Once again, along the same lines as other mood-tracking apps.
My Mood Tracker - This was rated as the best health app a few years ago (so it’s been around a while).
Deep Sleep - You will have to pay for this app, but it’s a ripper.
Depression Check - It is a 3-minute depression and anxiety screening tool.
Strava - This is one of dozens of fitness apps that teens who want to exercise more should get hold of.

Regards
Mr Graham Turnbull
Guidance Counsellor

Prep to Year 6 Teaching and Learning News

Dates to Remember
Celebration of Learning Breakfast - Thursday 19th March

Helping Your Child Write at Home
• Encourage all writing attempts.
• Ask your child to read back what he/she has written.
• Ask your child to draw a picture to go with their writing or start with a picture and then encourage them to write about it.

What you can do
• Let your child see you write emails, text messages, notes, cards, letters and lists.
• Think aloud’ as you write.
• Encourage your child to write letters, emails, texts, notes and cards to family members.
• Write notes to each other.
• A note inside a lunchbox is exciting.
Hope you enjoy the rest of your week.
God bless
Mrs Lauren Arrell
Prep to Year 6 Teaching and Learning Leader

Year 10 to Year 12 Student Wellbeing Leader News

We’re all blessed with our share of skills and talents, but there are times when we fall into the trap of thinking that we’re just not good enough. This kind of thinking can occur in an array of situations in the life of a Year 12 student. No doubt, this is the case when confronted with the task of competing against five other students who appear to be very accomplished public speakers. Last Wednesday night, Richelle Bethke faced just this scenario when she competed in the impromptu, and prepared speech segments of the Lions Youth of the Year Quest.

realise your dignity
I didn’t quite know what to expect, not having seen Richelle speak in such unfamiliar surrounds. Her speech had us on the edge of our seats and Mr Curran and I, who attended the competition, were completely at a loss to guess who was going to win this very close round. Richelle spoke with genuine heartfelt passion on the confronting topic of injustice towards women, demonstrating her commitment to making a difference in a broken world. Richelle proved to the audience that you don’t have to be a winner to be a grinner as she represented our school with a very dynamic performance.

On another front of school representation Mr Neil Hutton has been busy arranging the election of representatives to form the 2015 SRC. Students were chosen who best model 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 representatives for 2015 are:

Year 6 - Josee Currin
Year 7A - Joseph Whalan
Year 7B - Nick McIvor
Year 7C - Rehnuma Tarannum
Year 8A - Ally Labinsky
Year 8B - Emma Cran
Year 9A - Grace McFarlane
Year 9B - Bridget Barkle
Year 10A - James Gilmour
Year 10B - Sam McIvor
Year 10C - Nangkita O’Brien
Year 11A - Seraiya Gordon
Year 11B - Caylan Brown

The contributions of these students will be much appreciated by the College.

Regards
Mr Paul Fomiatti
Year 10 to Year 12 Student Wellbeing Leader

Year 7 to Year 12 Sport News

The Wide Bay Trials for summer sports were last week and I am pleased to announce that four of students were selected to represent the Region. All were in Cricket. The students are Renee Irvine, Caylan Brown, Lleyton Brown and Thomas Carney. Well done.

The next lot of South Burnett trials for winter sports are on March 11th. Any interested students should see Mr Medlen to nominate. The trials usually run from 2pm-4pm and students are required to find their own transport to and from these.

Sports are:
• 15yrs and Open Rugby League - TJ O’Neill Oval
• 15yrs and Open Rugby Union - nominations only
• 15yrs and Open Netball - Kingaroy SHS
• 15yrs and Open Boys and Girls Soccer - Town fields
• Open Boys and Girls Hockey - nominations only
• Australian Football - Open and 15yrs - nomination only
• Golf - Open Boys and Girls - nominations only - must have a club handicap.
• 15yrs and Open Boys and Girls Basketball - Kingaroy SHS

Please do not leave this to the last minute. I usually have to send names to the convenors early in that week.

The QISSN netball team for this year is now finalized this week and announced in next weeks newsletter.

Yours in Sport
Mr Allan Medlen
Year 7 to 12 Sports Coordinator

Whip Cracking News

Proston Show

Saint Mary’s Catholic College Whip Cracking Competition and Performance at the Proston Show this Saturday, 7th March at 4pm.

Fireworks to follow.

realise your dignity

P&E Protea Flower Fundraiser

Saturday, 7th March
Kingaroy Shoppingworld
8.30am to 12.00noon (or until sold out)

Proteas kindly donated by
Michael and Tina Torrens
Whip Cracking Practice Times

Whip cracking practice every Wednesday at morning tea on the oval.
Thank you
Mrs Lauren Arrell
Whip Cracking Coordinator

Tuckshop News

Friday Specials

Morning tea and lunch - Potato Scallops (Oven baked) - $1.50 each
Lunch only - Crumbed Fish and Chips (Oven baked) - $5.00

There are no pies or sausage rolls sold on Friday’s.

PLEASE NOTE: There will be no meat on Fridays until Term 2, due to Lent.

Volunteers

Friday, 6th March - Jessica Langley, Jacob Arden and Rachel Nordling-Baker
Monday, 9th March - Volunteers needed
Wednesday, 11th March - Jacob Arden and Lee Ponder

Tuckshop Menu

There is a new tuckshop menu for the year. Please use the 2015 tuckshop menu as prices have changed. Bags are available to purchase from the tuckshop for 5c. Please ensure that you send your child’s tuckshop order in a paper bag. It is not safe to put hot food in plastic bags.

Donated Items

Donations of self raising flour, caster sugar and any dry goods, as per back of the Tuckshop Menu, would be greatly appreciated. A big THANK YOU to all those people who have donated dry goods.

Regards
Mrs Michelle Davis
Tuckshop Convenor

Parents and Friends News

Hello everyone and welcome to week 6 already.

Two weeks ago we had our first P&F meeting for the year with so many people attending we had to move out of the board room into the teacher staff room. The February meeting was specifically to plan our yearly events calendar so all parents have a better understanding of what is coming up. A copy of this is available on the College Website.

The P&F AGM will be held in a couple of weeks time where the committee for 2015 will be voted on. I have met with Mr Nayler and have announced that I will be standing down as president after 3 fantastic years in the job. If anyone feels that they may like to or have someone in mind for this position do not be afraid to let myself or Mr Nayler know. The AGM will be held on a different night as it clashes with other events so it will be held on Wednesday, 18th March.

P&F Links Morning Tea

Be social, have coffee, a laugh and find out what the P&F are up to! Come along and chat with fellow parents at the P&F Links morning tea. All Saint Mary’s Catholic College school community members are welcome. Tuesday 10th March 2015 at 8.40am to 10.20am in the Saint Mary’s Catholic College Staffroom Courtyard. Please use the entrance at the front of the school. Free tea/coffee and cake. New and old faces and friends. Fun parenting quiz icebreaker! (so no one feels like a wall flower!). Never fear - we promise this is not a recruitment drive - there will be absolutely no pressure to participate in other events or sign up for working bees!

See you there! Any questions please feel free to ask Suzanne Mungall phone: 0499527830

Kind regards
Mr Damien Martoo
P&F President

realise your dignity
Executive Officer
Catholic School Parents Australia

20 hours per week
Generous Salary Package

Qualities and Skills

- Strong Interpersonal and Communication Skills
- Comfortable interacting within Catholic Education and Catholic Church and with Government
- Interest in and some knowledge of political processes
- Recognition of the power of advocacy in influencing policy
- Able to prepare meeting papers and provide some other administration services to CSPA Council

Role holder will be collocated with Federation of P & F Secretariat, 143 Edward Street, Brisbane.
Some flexibility in hours will be discussed.

Further information
Carmel Nash - 33369349 or 0421633915
www.parents.catholic.edu.au

Applications close 5pm March 16 2015

P&F Links Morning Tea

Tuesday, 10th March 2015
8.40am to 10.20am

Saint Mary's Catholic College Staffroom Courtyard

All Saint Mary's Catholic College community members welcome

Don't forget!
Book Club orders are due:
10th March 2015
The South Burnett Musical Comedy Society invite all those interested to Auditions for our 2015 production ‘The Pajama Game’

**Date**
Sunday March 1st

**Place**
The Shed Cornish St Kingaroy

**Time**
Men – 2:00pm – 3:30pm
Women – 3:30 pm – 5pm

**What to bring**
A prepared song, shoes suitable to rehearse a simple dance routine and yourself (with lots of energy and enthusiasm)

For further information please contact
Jan Pritchard 0412348722

Production dates: August 21, 22, 23, 28 & 29

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**Saint Mary’s Catholic College**

**Combined Anniversaries Celebrations**

St Mary’s Convent School 1929  St Mary’s Secondary College 1965  South Burnett Catholic College 1990

**Calling all past students and staff**

**Saturday, 30th May 2015**

100pm Nanango Races
6.00pm Combined Anniversaries Mass
7.00pm – 11.00pm Combined Anniversaries Dinner and live entertainment

**Sunday, 31st May 2015**

10.00am - 2.00pm College Open Day, memorabilia sales, classroom displays and tours.
12.30pm Official welcome, past student and staff time line and past staff and student roll call, plaque and time capsule

**RSVP** at https://www.surveymonkey.com/s/RSPM2015