



Term 1 Week 7 — Wednesday 9th March 2022 436 Moppett St Hay 2711 02 6993 1775 admin.hay@wf.catholic.edu.au

St Mary's Weekly Newsletter

Dear Parents and Friends of St Mary's

Hoping that you and your families are all well!

It was such a joy to welcome a number of you to school for last Friday's school assembly in the wake of the ending of the Covid restrictions. Moving forward, it is now fine for parents and visitors to come on to the school site and we look forward to many more occasions when you are able to join us at school for a variety of events and meetings. Naturally, it is always good to be mindful that if you or your children are showing any symptoms of sickness you should not be on the school premises. If this is the case you should take a Rapid Antigen Test (RAT), a number of which were sent home last week. Please contact the school if you require any further RATs.

I am unable to be on the school premises this week as my wife, Pam, tested positive to Covid on Sunday morning. I'm very much missing school life, the joyful voices of the children, the staff and families and looking forward to getting back to school next week. I'm writing my little message to you from the comfort of my house, overlooking the brown, swirling Murrumbidgee River with the sounds of nature all around. I can't help but feel a deep sense of gratitude for being here right now with everything that's happening both in Europe and the eastern coast of Queensland and New South Wales. Such loss of life and livelihood is difficult to come to terms with and, as a community, we can only encourage our children to show solidarity with those who are suffering through saying prayers and making little acts of charitable giving through Project Compassion, while at the same time expressing gratitude for the blessings that they enjoy in their own little lives.

School Community Gathering 5.45 pm next Thursday March 17th at the Nano Nagle Hall.

Everyone is warmly invited to join St Mary's staff at this first opportunity to gather as a whole school now that the Covid restrictions around such gatherings have been lifted. Please see details of the event below:

5.45 pm: Parents and children gather in the hall for a brief (I promise!) presentation around some key thoughts and initiatives for 2022 including how we build community partnerships and organise fundraising activities this year.

6.15 pm: Open Classrooms - parents and children visit the classrooms to have a look at the learning environments and speak to the teachers.

6.30 pm: Everyone gathers in the play area for a BBQ picnic and socialising.

There will sign-on volunteer sheets for a couple of key areas where we invite your participation:

1. **Fundraising** - are you keen to work as part of a group to organise a parent fundraiser for each term.
2. **School Vegetable Gardens** - these are all fixed up and ready to go now - do you have some time to come in and work with some children and staff to get some serious planting and harvesting happening?
3. **Special Skills Audit** - do you have any special skills or talents that you are happy to share with our children eg: it could be your line of work such as working on the land/farming/irrigation/forestry/sustainability/social services/sports/dance/music or any area that might be of interest for a focus session with the children.

Congratulations to Hay Children's Services!

In closing I'd like to give a big shout-out to the local organisation, Hay Children's Service (HCS), on receiving nominations for the categories of Employer Of The Year, Business Of The Year and Trainee Employee of the Year at last Friday evening's Hay Business Council Awards Night held in town.



HCS won the Business Of The Year category which is a wonderful achievement and testament to the great work being done by this group. St Mary's Years 5 and 6 teacher, Cath Nelson, is a committee member of HCS.

It is wonderful that an organisation that has education at the core of its enterprise has been recognised as the winner of this Business Of The Year Award. HCS operates Early Learning, Preschool and Mobile preschool services across 200 km radius of Hay and has over 30 employees, many of whom are training to develop skills and further qualifications with a strong focus on the importance of 'play-based learning.' I am very proud of St Mary's

association and partnership with HCS and look forward to working with the team there strengthening our relationship this year. In particular, I'm looking forward to welcoming the Preschoolers back into our vegetable garden.

Congratulations to Jade Auldist!

I would also like to offer congratulations to Jade on being awarded the Hay Ambassador Of The Year Award at the Hay Business Council Awards in recognition of her wonderful community work. This is a great and well-deserved accolade and so, well done, Jade. Jade is a regular visitor to St Mary's and supports us in our work of raising awareness of landcare, sustainability and the development of our Cultural Garden.

Wishing everyone well and looking forward to meeting up with many of you next week!

God Bless

Vince



FRIDAY LUNCH DEAL

Chicken Goujons

\$2.50



R. E. NEWS



THE MAYONNAISE JAR

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes".

The professor then produced two cups of coffee from under the table and poured the entire



contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the important things - God, family, children, health, friends, and favourite passions - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, house, and car. The sand is everything else - the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all

your time and energy on the small stuff, you will never have room for the things that are important to you.

"So pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check ups. Take your partner out to dinner. There will always be time to clean the house. Take care of the golf balls first - the things



that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked." It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

And take time for yourself spiritually this Lent. Set aside 5 minutes of personal prayer each day for a beautiful moment for you and Jesus. It might help to make it the same time / place each day. Be still, close your eyes, and open your heart. Call on prayers you know or just let your deepest desires echo and gently lift them up to God. You deserve this invaluable investment in your inner health.

Fr Paul Newton

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Sport Report

DIO Swimming Carnival



Congratulations to Giselle who came 3rd in breaststroke and is now off to the Polding swimming trials in Sydney. What a great effort.

Congratulations to Cooper, Leah, Giselle, Emma and Ava who all travelled to Condobolin to compete in the DIO Swimming trials. Everyone had a great day and swam some personal bests. Thank you to the parents for travelling and supporting our students.

The students have all said they had a great time.



SAVE THE DATE

**ST. PATRICK'S DAY
SCHOOL FAMILY
PICNIC BBQ DINNER**

THURSDAY 17TH MARCH



Class Awards

Congratulations to the following students who received class awards at our assembly

Swastik Sandeep: for trying in all areas of his school life. Fantastic work Swastik.

Allyssa Cooke: for being a fantastic leader

Riley Cooke: for believing in herself and going out of her way

Cooper Barnes-Heriot: for being a fantastic leader in class and in the playground

Sophie Corliss-Gee: for her excellent work in the counting activities

Uzair Shahzad: for his great effort in his writing



What's Coming up in Term 1

	Please note all events are subject to change.	
11 March	WF Boys Cricket Trials (Parkes)	
17 March	MUFTY DAY St Patrick's Day Mass @ 10.30am Family BBQ Picnic @ 5.45pm	
18 March	Assembly TBC	
21 March	Harmony Day	
31 March	Big Vegetable Crunch 10.00am	
1 April	Assembly TBC	
7 April	Mass 10.30am	Last Day of Term 1 for students
8 April	Pupil Free Day (Professional Development Day for Staff)	
26th April	Term 2 Begins	

DRIVING SAFELY NEAR SCHOOL BUSES

There is a 40km/h speed limit for traffic passing a school bus that is setting down or picking up school children. This speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

Lights will flash on the front and back of the bus reminding drivers that there may be children crossing or about to cross the road.



Buses can't stop quickly because they are large and heavy vehicles. So, remember:

Reduce speed to 40km/h when bus lights are flashing

Give way to buses

Watch out for children crossing

Never park in or near a bus stop or bus zone.

Informal school bus stops

Informal bus stops are not sign posted and are usually found in rural areas. They may be at the front of a property, or on the side of the road, which may make children difficult to see.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



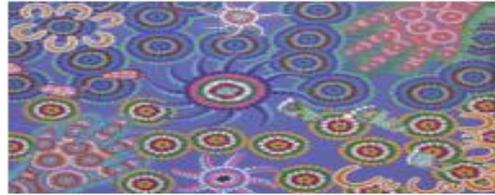


Health
Murrumbidgee
Local Health District

THE WOMEN'S HEALTH NURSE IS VISITING HAY

Tuesday 26/04/2022 Wednesday 27/04/2022

Hay Community Health Service



Artwork by Natalie William
Commissioned for the MLHD Women's Health Nurses

For an appointment with the Women's Health Nurse

RING 1800 654 324

Cervical Screening Test
Breast Health Awareness
Menopause/Pelvic Floor Education
Contraceptive Advice
Pregnancy Testing with Counselling and Referral
STI Screening

What puts a SMILE on your dial?

This year the Hayluminate light projection (Thursday 13 - Friday 14 April) will tell the story of what makes us smile in Hay. We NEED your input to make the light show the happiest one yet. Just click on the link below to upload your photos, words or drawings that make you smile when you think about Hay. ENTRIES close midnight 14 March 2022. You can enter online or drop in to the Visitor Information Centre, 407 Moppet Street, Hay. Click here to enter <https://www.visithay.com.au/play/activity/smiles-of-hay/>



St Mary's Parish School



UPCOMING

EVENTS

Check Out Our
Upcoming Events for
Week 7!

Mon Mar

7

Core Skills Program

Core strengthening exercises are essential for good balance and stability which helps improve posture and develop sound fine and gross motor skills.

Wear sports uniform

Diocesan Swimming Carnival

Upcoming Events

11th March - Diocesan Cricket Trials Parkes

17th March - St. Patrick's Day Mass 10:30

Family Picnic Dinner

18th March - 2/3/4 Assembly

21st March - Harmony Day

24th March - Excursion

31st March - Big Vegetable Crunch

7th April - Mass

Last day for Students

8th April - Professional Development for staff

For more information: **Phone: 6993 1775**