



Term 3 | Week 4| Date: 4th August 2021

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TERM 3 CALENDAR

5 Aug - St Mary of the Cross Mass

6 Aug - Tennis

9 Aug - Core Skills

13 Aug - Tennis

16 Aug - Core Skills

17 Aug - Kinder 2022 Program Starts

19 Aug - Science Week celebrations

20 Aug - Pupil Free Day

23 Aug - Core Skills

24 Aug - Kinder 2022 Program - Book Fair

27 Aug - Tennis

30 Aug - Core Skills

31 Aug - Kinder 2022 Program

7 Sept - Kinder 2022 Program

14 Sept - Kinder 2022 Program

17 Sept - Last Day Term 3

Please note that all events are subject to change.

**Friday
Lunch Deal
Goujons
\$2.50**

Dear Parents and Friends of St Mary's

This year staff and children have been developing a strong focus on some key aspects of the emerging field of Positive Education which is based on the principles of positive psychology. At its heart this focus is all about children and staff feeling good and functioning at their best or quite simply '*feeling good and doing good.*' It is about teachers incorporating key lessons into their own lives (eg the importance of getting enough sleep at night or the importance of physical exercise), modelling this and teaching its importance to the children.



Our approach can be summed up by four simple steps, '*Learn it, Live it, Teach it, Embed it.*'

This year we have used the scientific research around character strengths to kick start

our journey along the road of Positive Education and the children are responding very well to discovering their own character strengths and celebrating and spotting the strengths of their friends and staff members. As teachers we can do no better job than teach our children these tried and tested skills of wellbeing which will help them not only be better at their academic learning but more importantly will sustain them and guide them as they successfully navigate a challenging world.

Just a few weeks ago it was terrific to see our Kinder and Year 1 class introduce the school to the skills of self-regulation. This is such an important skill for young children and they're never too young to learn it. A child who has the capacity to self-regulate his or her energy and emotions will start school with a huge advantage over one who cannot. Being treated with kindness and fairness will give children the best opportunity to learn this vital life skill. This is a skill that will be demonstrated and taught in our upcoming Kindergarten Transition Program, *Reach for the Stars*. Children's capacity to self-regulate largely determines how well they will perform at school, much more than whether they can count, or be good at picture recognition or colour-in between the lines.

calmness

As we progress into the second half of the school year and start preparing for the incoming Kindergarten class of 2022, I could highlight a large number of key strengths of St Mary's for any prospective families. One key observation I'd like to highlight here is that St Mary's classrooms are *calm* places with small numbers of children. This is so important. Children need to be in a relaxed,

calm and focused state to be able to play and to be able to learn. Large class numbers often lead to noisy classrooms where children can become easily upset, stressed, frightened and feeling unable to cope. Some children become upset really easily when their nervous system becomes overloaded and display a range of behaviours from becoming clingy to being over-reactive and aggressive. I believe our staff here at St Mary's help communicate calmness to the children through the way they positively engage with them in the classroom and the playground.

5 AND 6 YEAR OLDS

- Have a strong sense of who God is and often relate to Jesus as their friend. Can be delighted and awed by Bible stories and use their imaginations to ask questions about the Bible and God
- Are able to express their love for Jesus in their own words and actions

As a Catholic school, we also value the idea that children have a spiritual character and this needs to be gently tended through having some time each day that is a time of stillness and silence. This can be found in the quietness of a short meditation or through some prayerful contemplation. The magic of silence and stillness is something that helps shape our children in positive ways. Oftentimes the busyness of the technology-saturated outer world in which we all live creates a sense of turmoil within the young minds of our children. I believe that children can be mentally strengthened by being guided in meditation and prayer that will help them achieve calmness and a sense of their own value and worth.

I've recently been reading the book, *Parental As Anything*, by educator and parenting expert, Maggie Dent, and I'll conclude with her wise words as she says,

"Calmness is a skill that can be learnt early in life. Please teach your children and you will have happy, calm children who learn on all levels best. So consider putting your best foot forward in your home by creating more quiet, stillness and calmness - everyone will be happier."

Stay calm in these troubling times and wishing you well for the week!

Vince

Religious Education News

Sacramental Program Dates

Reconciliation - 28th October First Eucharist - 13th November



Last week, notes were sent home to the students who are eligible to participate in the Sacramental Programs for 2021. Thank you to those families who have returned their notes. Could any outstanding notes please be returned to school by the end of August.

St Mary of the Cross, Mary MacKillop

This week the children of St Mary's will attend mass to celebrate the Feast Day of Australia's only Saint. St Mary of the Cross, Mary MacKillop, was born in 1842 and died on August 8, 1909. She founded the Sisters of St Joseph, who pioneered a new form of religious life, where she and her sisters provided education for the children of pioneering families, as well as providing special care to destitute women and children.

Mary MacKillop inspired others with the words she often quoted, many of her quotes connect closely to the positive environment we create at St Mary's School through our focus on character strengths.



SAVE THE DATE
TUESDAY 24TH AUGUST

**Old worlds,
New worlds,
Other worlds.**

BOOK WEEK 2021



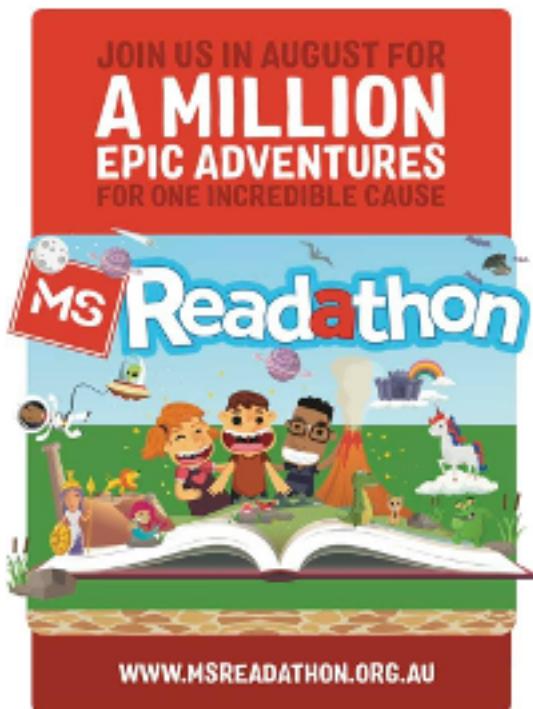
Weekly Compliance Articles

SCHOOL ATTENDANCE

Regular attendance at school for every student is essential if students are to maximise their potential. Schools, in partnerships with parents, are responsible for promoting the regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff, as part of their duty of care, monitor part or whole day absences. Schools, in providing a caring teaching and learning environment, which addresses the learning and support needs of students, including those with additional learning and support needs or complex health conditions, foster students' sense of wellbeing and belonging to the school community.

Parents are responsible for:

- enrolling their children of compulsory school age in a government or registered non-government school or registering them with the NSW Education Standards Authority (NESA) for home schooling;
- ensuring that their children attend school every day the school is open for their instruction;
- explaining the absences of their children from school promptly and within 7 days to the school;
- working in partnership with the school to plan and implement strategies to support regular attendance at school, including communicating with the school if they are aware of issues impacting on their child's attendance or engagement with school.



MS Readathon

St Mary's is so excited to be joining the MS Readathon this year. Help us support this great cause and boost students reading skills. Register your child or donate to the school to help us reach our reading goals.

Happy reading

<https://www.msreadathon.org.au/join/stmarysparishprimary>



ST. MARY'S PARISH SCHOOL HAY

REACH FOR THE STARS

KINDERGARTEN TRANSITION
PROGRAM



Is your child ready for school next year?
Is school ready for your child next year?

Set your child up for success in 2022 by enrolling them in the St Mary's 2021 Reach for the Stars Kindergarten Transition Program.

When:
Each Tuesday, 9.00am to 3.00pm, for 10 weeks, starting Tuesday August 17th and running until Tuesday November 2nd.

Please contact the school office on 6993 1775 to book a place for your child.

Hay Guides



Dessert Spoon
Tea Spoon
Plate
Dessert plate
Small plate
Cup
A bag to place all items into.
Please ensure your name is on your items.

Bring your own chair
Blanket to keep warm with

We will need the following items and someone will need to put their hand up to bring these

Foil
Frying pan
Billy for water
Billy for milk

Please let Shirley Hajek know by the 17th August if you will be attending.

If you have any further questions please do not hesitate to contact me on

Shirley Hajek – 0458 59 80 22.



Thank you

Shirley Hajek
Guide Leader

Come and Try

Saturday 28th August, 2021

5.30pm to 8.30pm

Baden Powell Hall

Hay Guides will be holding a Bonfire and Come n Try Night on the above date and times. They will be making a bonfire and cooking their tea. This activity will be held subject to Covid Regulations and Safety.

All girls are asked to have their hair tied back and enclosed shoes. Please ensure that you are dressed warmly for the evening.

We will also have some other activities during the evening. There is no charge for this activity.

Each girl will need to bring their own mess kit which includes

Knife and Fork

I will/will not be attending the Bonfire and Come n Try Night at the Baden Powell Hall on Saturday 28th August, 2021 from 5.30pm to 8.30pm.

Parent/Carer