



436 Moppett Street  
HAY NSW 2711  
02 6993 1775  
admin.hay@wfcatholic.edu.au

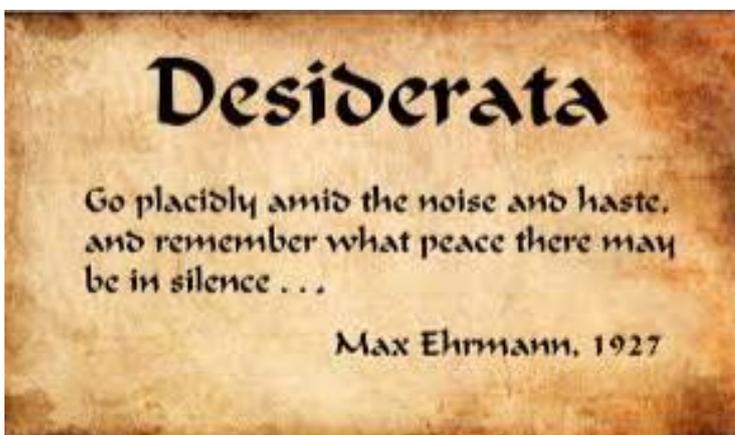
Term 4 Week 5— Wednesday 3rd November 2021

## St Mary's Weekly Newsletter

*From the Principal*

Dear Parents and Friends of St Mary's

I came across the following poem around 40 or so years ago and loved it straight away. For many years I had a framed copy at home. Over the years the sunlight bleached out the text, the words faded and I eventually took the picture down. The message conveyed by the poem though, remains as strong as ever and I revisit it often to tap into the wisdom within the words, reflect upon life and reset my own emotional equilibrium.



The poem, *Desiderata*, is a concise but truly inspiring reminder to strive for high ideals. It reminds us to treat others kindly, to accept who they are and to be gentle with ourselves. It also motivates us to have faith in ourselves and to develop trust in the way life unfolds. It takes a very positive view of human nature, inviting us to see the good in others. In common with many religions and with the best humanistic teachings it tells us that the greatest commandment is love - as Lennon and McCartney sang,

***"Love Is All You Need." In the end it is all that counts and when you concentrate on loving others, you will find your own life filled with love in return. The poem embodies all that is good about our spiritual selves telling us that spirituality is all about love and light. If a spiritual practice or religion teaches anything different — especially if they are teaching us to be afraid — that teaching is wrong, and it's time for us to let go of our attachment to it.***

In times of community sadness and loss such as we are experiencing in Hay at present it motivates us to have faith in ourselves and to develop trust and optimism to find meaning and purpose in our lives. Even in the times of deepest sadness and grief we need to be people of hope, believing in the goodness of people and the goodness of the world. Here it is then, *Desiderata*:

***Go placidly amid the noise and haste and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and the ignorant; they too have their story. Avoid loud and aggressive persons, they are vexatious to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals;***

*(continued next page)*

**Respect for Self—Respect for Others— Respect for the Environment**

*From the Principal cont.*

*and everywhere life is full of heroism.  
Be yourself. Especially, do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and disenchantment it is as perennial as the grass.  
Take kindly the counsel of the years, gracefully surrendering the things of youth.  
Nurture strength of spirit to shield you in sudden misfortune.  
But do not distress yourself with dark imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline, be gentle with yourself.  
You are a child of the universe, no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you,  
no doubt the universe is unfolding as it should.  
Therefore be at peace with God, whatever you conceive Him to be,  
and whatever your labors and aspirations, in the noisy confusion of life keep peace with  
your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be  
cheerful. Strive to be happy.*

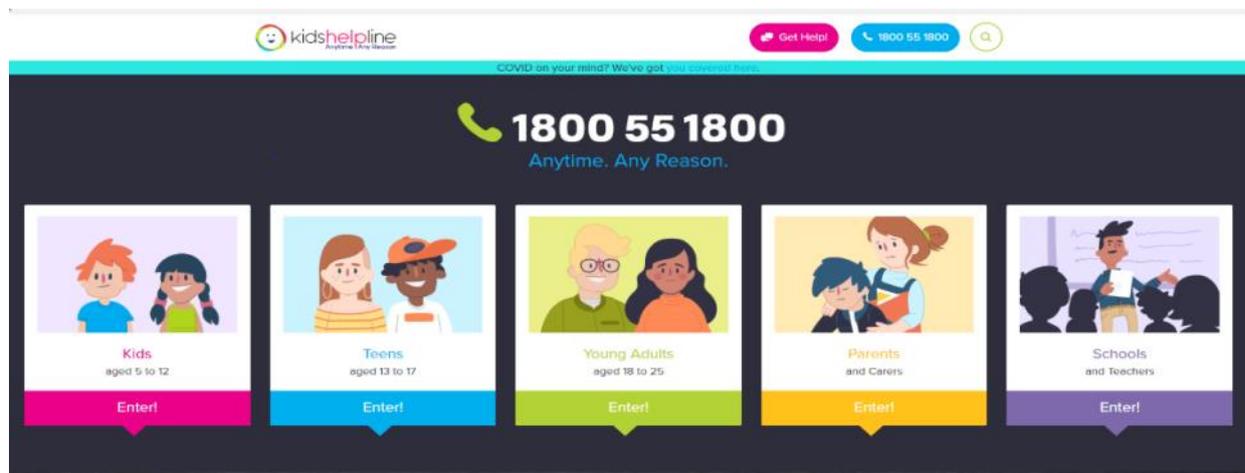
Our school community of St Mary's stands united in the spirit of prayerful compassion with the staff, students and families of the Hay War Memorial High School community at this time of their tragic loss.

I will be taking some leave from today to visit my family in Sydney and will be back at St Mary's next Wednesday. During my absence Mrs Tripney will be taking charge of the school.

God Bless

Vince

<https://kidshelpline.com.au/>



## Friday Lunch Deal



**Fried Rice w/soy sauce**

**\$3.00**



*Respect for Self—Respect for Others— Respect for the Environment*

# Religious Education News



Thank you to all the students and staff of St Mary's for supporting Crazy Sock Day last Thursday. We raised over \$94 for Catholic Mission.

The children had a great time at the Sock Ball Shootout. Thank you to the Year 5/6 children for making the sock balls.



## Award Winners

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

**Laura Handford:** for her kindness towards all members of her class

**Leah Curtis:** showing “Growth Mindset” when approaching new challenges

**Zoe Handford-Dunnett:** fantastic written planning for her creation

**Jye Scott:** sharing ideas with his classmates

**Sophie Corliss-Gee:** Working really hard this week on place-value and 3 digit numbers

**Tilly Weeks:** Demonstrating a “Growth Mindset” during Maths and other subject areas



## TERM 4

22-26/11	Swimming Program 1.45pm to 2.45pm
29/11/21	First Week of Advent
3/12/21	Proposed Xmas Tree Fete (TBC)
6-12/12/21	Swimming Program 11—12
9/12/21	School Mass to Farewell Yr 6 (2pm) Yr 6 Dinner
15/12/21	Last day for students
16/12/21	Last day for Staff

*The Staff and Students would like to wish these people who are celebrating their birthday.*

*A very Happy Birthday to*

**Archer Gill**

**For 9th November**



## Weekly Compliance Articles

## Stranger Danger

Stranger Danger, a term that is familiar for most adults, exists on the World Wide Web. Paedophiles and other people who may wish to hurt children use the Internet to search for potential victims. Often these people pretend to be someone other than who they really are to establish inappropriate relationships on-line that may result in a physical meeting of some description. The following information guides for parents may be of interest and assistance in ensuring that your children are able to reduce the risk of stranger danger encounters when using the internet:

**Online grooming and procuring of children over the internet is the illegal act of an adult or adults making online contact with a child under the age of 16 with the intention of facilitating a sexual relationship. More information is available from the Australian Federal Police which investigates suspected cases of online grooming.**

Learn more about how to protect your children from these threats via access to detailed information provided by the [Office of the eSafety Commissioner](#), Australia's peak Cyber-safety Authority.

# ★ Reach for the Stars ★

What a way to finish our Reach for the Stars program and celebrate Melbourne Cup. We had a dress up parade, BBQ lunch and some delicious tarts made with our school garden spinach. Students enjoyed a school disco, games and finished the day by watching the race. Such fun was had by all.



**HAY AMATEUR SWIMMING CLUB**

# Registrations OPEN

Point Score Starts 5.45pm  
TUESDAY 16th NOVEMBER

**NEW MEMBERS ARE ALWAYS WELCOME!**

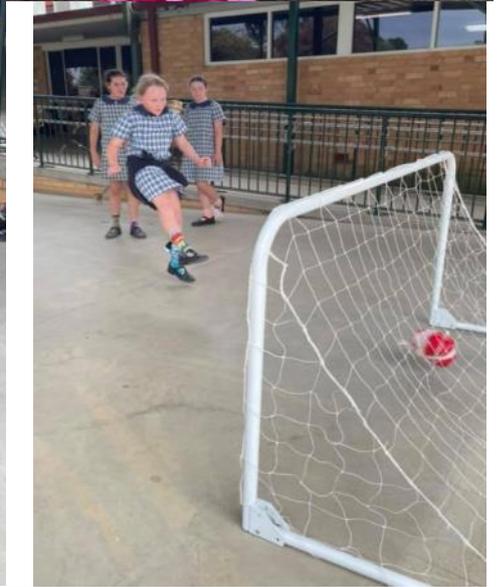
For further information contact  
Kerry on 0427 933 405

Memberships are paid through Swim Central  
<https://swimcentral.swimming.org.au/home>

 Like our Facebook page to keep up to date



***Respect for Self—Respect for Others— Respect for the Environment***



***Respect for Self—Respect for Others— Respect for the Environment***