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Term 4 Week 6— Wednesday 10th November 2021

St Mary's Weekly Newsletter

From the Principal

Dear Parents and Friends of St Mary's

With the end of the lockdown in Sydney, I was lucky enough to be able to take a week's leave to visit my family there and reconnect with my grandchildren, meeting my latest little granddaughter for the very first time. It was a real joy to share such a special time with them, having sleepovers, walks to the park and cuddles galore after not seeing them since Easter. It just reinforced within me the importance of family in my own life. Of course I'm not alone in thinking this - for just about everyone I know, family is *numero uno, the key priority beyond all else. The happiness and wellbeing of our families is all important and each of us would literally move heaven and earth to help and nurture our families.*

Love more than anything else is the glue that holds families together.



After millions of songs and greeting cards, the character strength of love needs no introduction. Love as a character strength, rather than just as an emotion, refers to the degree to which we value close relationships with people, and contribute to that closeness in a warm and genuine way.

Where kindness can be a behavioral pattern applied in any relationship, love as a character strength really refers to the way you approach your closest and warmest relationships. Love is reciprocal, referring to both loving others and the willingness to accept love from others.

This very self same quality of love that binds individual families together can also serve as the key foundation of a school. I have always subscribed to the notion of the school as a family, a place where love is at the heart of everything we do and how we relate to each other. Within the context of a Catholic School like St Mary's this is something that is dear to our heart as it resonates with the message of Jesus in all the Gospel teachings. From the earliest ages we encourage children to explore, express and receive love - saying sorry when they have upset someone, being forgiving when receiving an apology and moving forward with a stronger relationship without holding on to grudges. These are all valuable lessons for life for each of us, including the smallest kindergarten student and the school principal. This idea of the 'school as family' is something that I advocate very strongly in my message on our new school website, writing:

At St Mary's we develop quality relationships built on respect, inclusiveness and a strong sense of welcome. We look upon ourselves as a family and we pride ourselves in knowing each child and family.

When you
Enter this
Loving school
Consider yourself
One of the special
Members of an
Extraordinary family.



At St Mary's we are inspired by the message of Jesus and believe that each child is unique, loved by their parents, cared for within their community and most importantly, loved by their God. With our small number of students here, we aim to capitalise on our unique family atmosphere and strive to focus on delivering engaging and powerful learning experiences and personalised learning to challenge the needs of each of our children.

As we head towards the end of a busy school year I am able to inform you of some staff who will be leaving St Mary's at the end of this year. As advised previously, Mrs Veronica Tripney (Poss), our Year 6 teacher and Religious Education Coordinator, will be relocating to the Newcastle area with her husband, Dan, who teaches at Hay War Memorial High. Poss's contributions to the life of St Mary's during her time at our school cannot be covered in a few short sentences and I will cover these in a not-too-distant newsletter.

Felicity Kew, Kinder and Year 1 teacher, will be leaving us to take up a position at Moama Anglican Grammar School at the start of next year. Felicity has been the early years teacher from central casting at St Mary's, a dedicated professional, always smiling and cheerful, a teacher who clearly loves children and who motivates them to be at their very best in all their learning.

Shane Creece, Years 2, 3 and 4 teacher, leaves us to take up a position at Sacred Heart Catholic School in Broken Hill. Shane's good humour along with his calmness and grounded nature have been a real blessing for students, staff and parents in equal measure.

Processes are now in place to employ teachers to replace Mrs Tripney, Ms Kew and Mr Creece and I will keep you informed as new appointments are made.

Wishing you all well for the week!

God Bless

Vince

Friday Lunch Deal

Chicken Crackles

\$2.50





NEW DATE
ST. MARY'S PARISH SCHOOL HAY
Presentation Night
MONDAY 6TH
DECEMBER 2021



NEW DATE
St. Mary's Parish School
Christmas Tree Fete
Friday 3rd December 2021
From 5.00pm

SCHOOL PHOTOS

FRIDAY 19TH NOVEMBER

STUDENTS ARE TO WEAR

FULL SUMMER UNIFORM

If you have already paid either online or sent funds in the envelope you do not need to do anything, we still have the orders. If you have lost you form a new one is being sent home today.

**FORMS MUST BE RETURNED BY
THURSDAY 18TH NOVEMBER**

TERM 4

22-26/11	Swimming Program 1.45pm to 2.45pm Monday to Friday
23/11/2021	Yr 6 to HWMHS for full day of 2022 Orientation
29/11/21	First Week of Advent
3/12/21	Proposed Xmas Tree Fete (TBC)
6/12/21	Presentation Evening—6pm
6-12/12/21	Swimming Program 11am —12 Monday to Friday
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

Hannah Edmonds 10th Nov

**Weekly Compliance Articles****RESOLUTION OF COMPLAINTS**

The Catholic Education Office Wilcannia-Forbes (CEO) is committed to providing a harmonious and safe environment for all students, parents and staff. The CEO and the schools in its care strive to be communities of faith, hope and love, where communication takes place in an environment of openness and mutual respect.

The Concerns and Complaints Handling Policy provides guidance on the Complaint management system for students, parents, caregivers and community members who wish to raise a concern or make a complaint about a Diocesan School. It applies to all CEOWF Staff, School Staff and individuals engaged at the school including but not limited to external service providers, contractors, helpers and volunteers.

A Parents Concern and Complaints Brochure is available from our school office and downloadable from our website.

<https://www.wf.catholic.edu.au>

School Banking update from Commonwealth Bank

For 90 years, our School Banking program has helped children learn about money, reinforced the importance of regular savings and provided structure for parents to support their children to save.

Though the program continues to have strong support from schools, parents and teachers, recent decisions by some state and territory governments because of a review by the corporate regulator mean we are unable to continue providing programs in schools, and we have had to make a difficult decision to close our School Banking program for all government and non-government schools across the country.

Our School Banking program was established in 1931 at a time when having a bank account was not commonplace, and since then we have helped more than 15 million Australians take their first financial steps. This would not have been possible without the wonderful support we have received from schools like yours, including all the parents and volunteers, and for this we are deeply grateful. Thank you.

Even though this is a sad time, School Banking has taught so many young Australians, past and present, the value of money and we believe this should be celebrated. We have created a place for you to share your stories, fondest memories and lessons learnt through the program. To share your story and access our financial education resources,

please visit commbank.com.au/schoolbanking

POINT SCORE

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

Nutrition Snippet

FRIDAY NIGHT FAKEAWAYS



Our 'fakeaways' are good for health and for the wallet!

- Easy pizza - you have to try this recipe to believe how easy it is!
- Mixed salad - make the meal complete with this simple salad

 3.5 of your 5 veg serves!

For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

SENSATIONAL SUMMER VEG.



Try these summer sizzlers:

- Vegie and black bean tacos
- Fattoush salad
- Vegie filo cups

Check out our [blog](#) to find out more about what's in season.



For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Healthy Lunch Box recipe

Couscous cakes



Ingredients

¾ cup couscous, preferably wholemeal
1 tsp reduced-salt vegetable stock powder
1 cup boiling water
1 clove garlic, crushed
¼ cup parsley or coriander
½ cup tinned chickpeas, drained & rinsed
2 large eggs, lightly beaten
1 lemon, zested
Olive oil

- Makes 8 patties

Method

Place the couscous and stock powder in a large bowl and add boiling water. Stir, cover and sit for 5 minutes.

Chop the garlic in a food processor. Add the parsley or coriander and pulse until finely chopped. Add the chickpeas and pulse until chopped.

Fluff the couscous with a fork. Add the chickpea mix, eggs and lemon zest and mix well. Refrigerate for 15 minutes. Press into a ¼ measuring cup to create cakes. Repeat with the remaining mix.

Heat olive oil in a frypan over medium heat. Add the couscous cakes in batches so not to over crowd. Press them down gently with a spatula to flatten. Cook until golden on both sides.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Sunsmart Snippet

Don't forget your eyes



Sunglasses don't have to be expensive to be effective

When choosing sunglasses, ensure they meet the Australian Standard for eye protection, choose category 2 or higher and look for an Eye Protection Factor (EPF), ratings of 9 or 10 provide excellent protection.

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box