Dear Parents, Carers, Staff, Students and Friends,

Wasn’t Sunday’s Opening School Mass a wonderful celebration for our school and parish communities? Thank you so much to all those families who were able to attend and share in this important gathering. Lindy Cullinane and John Healy are leading our school in the area of Religious Education this year and did an amazing job working alongside Fr Paddy and the parish in organising the Mass. The message of the day is one that we will carry with us all year – letting God’s light shine through us all. If we can do that, 2019 will be amazing!

Thanks for a great week!
Have a wonderful weekend with the people you love,
Terrielynn

Attachments to this week’s Newsletter:
1. School Fees
2. Learning conversation times

IMPORTANT DATES

February
27th Feb - Athletic Sports @ Pedrina Park

March
4th & 5th March - Learning Conversations
5th March - Shrove Tuesday
6th March - Ash Wednesday
8th March - Pupil Free Day, Behaviour PD for all staff
11th March - Long Weekend
22nd March - Learning Walk 9.30-10.30am
25th March – Snow Queen performance @ Monivae for the whole school

April
5th April – End of Term 1 @ 2.15pm
Advance Notice:
10th May - Mother’s Day High Tea
24th May - Peg Collery Awards
27th May - Beginning of Catholic Education Week
2nd August - Grandparent’s Day
30th August - Father’s Day Lunch/Footy Colours

Gr 6 Leaders
Congratulations to the following students who have been elected as our student leaders in 2019:

School Captains: Isabelle Schaap
Jack Roberts
Rosaria Captains: Grace Cleaver
Hugh Fitzgerald
Loreto Captains: Bella Holmes
Alex Gunning
Lourdes Captains: Phoebe Dunn
Bridget Mailes
Fatima Captains: Olivia Houlihan
Mason Sheldrake

Environmental Officer: Maria Martin
Koby Slattery-Fisher
Aarushi Srivastava
Claire Pearce
Fergus McDonald

Student Councillors: Ava Sobey
Flynn Northcott
Hannah Bradbury
Lachlan McDonald
Charlie Fitzpatrick
Josh Gardner
Jono Beattie
Madeleine Maybery

We are so looking forward to working with you all in continuing to make our school a safe and happy place to be!

Information Evening
A big thank you to families for coming to our Parent Information Night on Wednesday! Teachers were very excited to be able to share their planning with you and we appreciated your support. Thanks to staff for their time in preparing and sharing on the night.

Learning Conversations
Our Learning Conversations (Parent/Teacher Interviews) are scheduled for Monday 4th and Tuesday 5th March. This year we will begin at 2.30pm to ensure families and staff are home in time for dinner! Your times will be sent home today.

Student Attendance
Thanks for your support in contacting the school if your child is away for the day. Please contact the school by phone (leave a message if required), e-mail office@smhamilton.catholic.edu.au or submit an absent note via the Skoolbag app before 9.00am on the day of absence or beforehand if known. Staff are required to make contact if we have not heard from you by 9.30am.

Medication
- Parents must advise staff if a child is taking medication that needs to be administered at school.
- To assist staff, parents must complete a medication form at the office with information containing correct dosages, times, etc. Medication must be provided in the original packaging with the child’s name and dosage included.
- Medication must be handed to the office staff and not kept in a student’s school bag.
- Parents are requested to let the classroom teacher know if their child is receiving medication that may affect the child’s progress or behaviour at school.
- Students who have been diagnosed with Asthma, Anaphylaxis or Diabetes must have a management plan, which is developed in conjunction with their doctor and health care team. This plan must be provided to the school.
- Parents of these students are required to provide their own medication (e.g. Ventolin, Epipen, Insulin) and equipment (e.g. Spacer, blood glucose meter) to the office for students to have access to at school at all times.

Traffic Management
Our car park gets very busy at the end of the day and can be quite tricky to navigate! Please make sure you look over your right shoulder as you are leaving the drop off/pick up zone. There have been a few close calls lately.

Please park if your child is not ready in the pick up area and you are holding up the rest of the line.

Adults are not to stop and get out of the car in the pick up/drop off zone. If your child needs assistance, please park.

Also, please show extra awareness and patience at the Ballarat Road intersection at the end of the day. At times the difficulty in viewing oncoming traffic and the volume of traffic can be a distraction to exiting Hiller Lane. A solution for you could be to exit left out of our driveway instead of right.

Thanks for your support with this!

Link Up!
A strength of the St Mary’s Community is our ability to look after one another in times of need. On numerous occasions already this year Link Up has assisted families who have experienced loss, illness, sadness and celebration. A gentle knock on the door, friendly face and care package mean a great deal to those who have received assistance.

Thank you to those parents who have already generously provided food for our freezer: lasagne, quiche, cakes, slices, cupcakes,
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**Learning Conversations**

Our Learning Conversations (Parent/Teacher Interviews) are scheduled for Monday 4th and Tuesday 5th March. Appointment times will be sent home to all families on Friday 22nd February.

- This is an opportunity to have a discussion between parents, teachers and students relating to your child’s learning so far this year. It will also be a time to share learning directions and the results of Literacy and Numeracy testing conducted so far.
- Please bring your son/daughter along to their appointment time so he or she can be involved in the conversation.
- Fifteen minutes has been set aside for your conversation. If you wish to take some of this time for a chat without your child present, please indicate this to the teacher at the start of your time.
- It is vital that you are punctual to these meetings to ensure that we can run the afternoons as smoothly as possible.

**School Fees**

School Fees have been sent home with today’s newsletter. If you would like to set up a Direct Debit payment for your school fees, I have included our bank details on your statement. If you have any queries or concerns or you would like help to set up a payment plan, please contact Helen at the office.

**School Bus records**

We still have a number of students catching buses at the Monivae interchange of an afternoon who are not on our bus record list. This list is a duty of care to ensure we know the whereabouts of students as they leave our school to get home, can you please return the green bus record form ASAP if you have not done so already.

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**Library Monitors - 2019**

Students from the senior area of our school have been invited to apply for the position of Library Monitor for the year, 2019.

Several students have taken up this invitation and their applications have been accepted.

The families and friends of these students are invited, and encouraged, to attend our next assembly, which is to be held on Friday 1st March, 2019, to support these students and be present, as they are presented to our school community and receive their Library Monitors badges. Everyone is welcome.

**Miss Kerry Stevens.**

**Pastoral Care**

Hello, for the next several weeks I will be sharing information about mindful parenting, taken from the Australian Childhood Foundation booklet Mindful Parenting, it can be found on [www.kidscount.com.au](http://www.kidscount.com.au). I have chosen this because many parents ask me about the benefits of mindfulness, so I hope you do find it helpful.

Parenting can be one of the most exhausting, challenging, and frustrating tasks that we will ever undertake. Yet it can also be the most rewarding, exhilarating, exciting and satisfying challenge we ever take on. It is also the one we for which we can feel least prepared.

As a parent, you can feel pushed and pulled in many directions. Life is on overload. So it can be complicated trying to find the space to think, to be calm...just the time for some quiet.

Do you sometimes find it hard to stay calm?

In the race to get everything done, have you ever found it difficult to be with your child without thinking about the next thing you have to do?

Have you ever found your own feelings getting in the way of how you are responding to your child?

- Mindful parenting is the chance for you to do things with your child without having your attention drawn away from what is happening between the two of you right then and there.
- Mindful parenting is like a pause to take a small breath. It is a pause that allows you to know what you are feeling. And it lets you recognise how your children are feeling and what they might need from you then and there.
- Mindful parenting is you in a place and time that connects you to your children in small and powerful ways.

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**Congratulations!**

Congratulations to The Fitzsimmons family on the arrival of their son Tyler. Tahlia in our Prep class is an excited big sister.

Congratulations to Sinead & Adam Wensley & family for the upcoming baptism of their children Connor (Grade 1) and twins Aliza & Nathaniel. Also to Sienna & Ben Causer for the baptism of their daughter Giuliana. Mass will be held at 10:30 this Sunday 24th February. What a wonderful family celebration!

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**Food needs to be clearly labelled and dated in disposable containers.**

You can place it in the freezer in the multi-purpose room yourself, leave at the office or with Terrielynn.

We aim to be a community who demonstrates the values of compassion and hope. This is an important and practical way you can actively and positively contribute. For more information, offers of assistance or to let us know of families who need assistance please call the office.

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**Sausage rolls, soup, casseroles ...**

This is for both country buses and town buses. Thankyou.
Being mindful in your parenting helps you be more aware of your own feelings, thoughts and bodily sensations;
• helps you become more aware of your child’s thoughts, feelings and needs;
• assists you to be more self-aware and improve your capacity for emotional self-regulation in your parenting;
• helps you to be less critical or judgemental of yourself and your child;
• increases your ability to stand back from situations without responding immediately or inappropriately;
• gives you more choices in how you respond to your child; and,
• strengthens the relationship between yourself and your child.
Being a mindful parent can take practice but it is worth it in the end. Mindful parenting is about taking the time to pause, clear your mind of all thoughts and ask yourself these questions:
What is happening with my child: In this moment?
What does my child feel?
What does my child need?
What am I feeling?
What do I need?
Pausing in moments with your child to think about these questions will make a difference for you and your child.
If you have any questions about this or anything else please call me on 0400 994032 to make an appointment.
Have a wonderful week
Kind regards, Lisa Gonnet
Schools Pastoral Care Worker 0400 994 032

St Mary’s Parish Sacramental Program
Parent Meeting Thursday 28th Feb
7-8pm in the Dunworth Centre
To parents of all 2019 candidates for the Sacraments of Initiation – Confirmation and First Communion. This will be a formation meeting as well as your opportunity to enrol your child in the Parish Sacramental Program.
Noreen McLeish Ph. 0438 531 651

Canteen Roster
Lunch orders are available every Wednesday from now on as long as we have a volunteer. Canteen cannot be offered to our students without our volunteers. If you are interested in helping out, please let the school office know or put your name on the roster at the office. At this stage we need a volunteer for next week.
27/02/2019 NO Canteen due to Athletics Day
06/03/2019 Katrina Mayberry w’ Katrina Turnbull
13/03/2019 Jodie Nicholson

Parish News

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<tr>
<th>MASS TIMES – 2019</th>
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<tr>
<td>Hamilton: Saturday 6pm</td>
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<td>Sunday 10.30am</td>
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<td>Dunkeld: Sunday 8.30am</td>
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<td>Penshurst: Sunday 8.30am</td>
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Assembly
Our next assembly will be Friday 1st March, 2019
in our Learning Street @ 2.40pm.
All welcome!

St Mary’s Primary School Social Night
SATURDAY 30TH MARCH 2019
7:30 - MIDNIGHT
St Mary’s Parish Hall - Lonsdale Street Hamilton
BYO Drinks | Light Supper Provided
$20 pp | Payment to the school office by Friday 22nd March
Remember parents need to abide by our school’s code of conduct

Live Music By Phil Holmes & Jason Mulley

Training with Teens
FUNCTIONAL - FUN - FITNESS
Circuits
4 00pm Tuesday Boys Only
4 00pm Thursday Girls Only
Program Supervision
4 00pm Monday, Wednesday, Friday
Move better, lift correctly and increase confidence under the supervision of HILAC’s personal trainers.
For age 12-16 years, $11.00 per session.

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