

# Newsletter

WEEK 9 • TERM 1



## Diary Dates:

**Monday 4 May- Labour Day Public Holiday.**

**Thursday 7 May - HR Cross Country.**

**Friday 8 May- Mother's Day Liturgy and Morning Tea**

**Friday 15 May - Yr 6 GSM Transition Day**

**Friday 22 May - Under 8's Day and Movie Night**

**Friday 19 June - Whole School Choir Performance.**

**Thursday 25 June - Last Day of Term 2**

## Term Dates 2026

**Term 2:** Monday 20 April – Thursday 25 June

**Term 3:** Monday 13 July – Friday 18 September

**Term 4:** Tuesday 6 October – Friday 4 December

## Office Hours

Monday - Friday  
8.30 am - 3.00 pm

Dear Parents and Carers

Welcome to Term 2. It is already shaping up to be a big term, with the calendar filling up fast. Please remember to keep an eye on Facebook for what is going on and coming up in your child's school life. It is also important to check your child's backpack on Mondays for the "What's On" and other important notes and information.

In Term 1, we engaged in the "Review and Reflect" phase of our Renewal process, gathering valuable insights and feedback from our staff, parents, students and the wider community. This term, we will carefully consider all the input received through the surveys and discussions to develop three or four draft strategic priorities that will guide our school over the next five years. We extend our gratitude to everyone who contributed to this process. Your thoughts and ideas are instrumental in shaping our shared vision for the future of St Peter's. I look forward to sharing these draft priorities with you later in the term.

Every year, our school identifies learning focuses for all students. Our vision this year is to nurture a love of reading and writing while ensuring students achieve age-appropriate literacy proficiencies. In Prep-2, we are focusing on phonics and reading, while in 3-6, the emphasis is on improving writing outcomes. These achievements required dedicated training and planning for teachers, alongside support for students at both school and home. Reading and writing at home, coupled with the development of strong homework habits, play a crucial role in supporting this growth. Together, we can help our students with life-long skills such as independent learning, time management, problem solving, and responsibility to reach their full potential and ease the transition to higher learning. As we look forward to celebrating our school's centenary in 2027, we are excited to start planning a memorable event to honour this significant milestone. We are forming a community group to help organise the celebration and brainstorm ideas for what the event could look like. Everyone is welcome to join, and we would love to hear from anyone who may be interested in contributing to this special occasion. If you or someone you know - such as past students or members of the wider community - would like to be involved, please get in touch with the office so we can reach out to them. Together, we can create an event that celebrates 100 years of St Peter's history and community.

God bless  
Christine Timms

# Religious Life of the School

## APRE News

Easter is a time of hope, renewal, and love, as we celebrate the resurrection of Jesus Christ. This cornerstone of the Catholic faith reminds us of God's endless love and promise of new life, calling us to remember the victory of light over darkness. It is also a chance to grow closer to God, live out Gospel values, and embrace forgiveness, compassion, and joy. As a school community, we are blessed to share this journey of faith, supporting one another and celebrating new life. May the joy and peace of the risen Christ fill your hearts and homes, and let us continue to grow in faith, hope, and love during the special season.



### Project Compassion

This year we held several funding raising events for Project Compassion. We had green dress on St Patrick's Day, icy cups after school, project compassion boxes and our major Easter Raffle. Through these events we were able to raise \$542.70, a very generous contribution from St Peter's Catholic School which will go towards many initiatives like improving access to food and water, supporting Australian First Nation communities to strengthen their cultural identity and keep culture alive for future generations, and bringing emergency relief in the form of food, clean water, emergency shelters and hygiene kits. Every little bit helps and your generous support will continue to improve the lives of the less fortunate around the world.

### CONGRATULATIONS TO THE ST PETER'S EASTER RAFFLE WINNERS

1. JEFF WEBB
2. JOY FANTUZ
3. MARCELLE GRUBE

THANK YOU TO EVERYONE WHO BOUGHT TICKETS IN THE EASTER RAFFLE THIS YEAR. WE RAISED \$386 FOR PROJECT COMPASSION THROUGH YOUR GENEROUS SUPPORT.

# Introducing our Safe Person

At St Peter's, the safety and well-being of our students is our top priority. As part of our commitment to student protection, we have designated Safe Persons within our school community. This is in line with the Education Regulation 2017, which requires at least two staff members, including the Principal, to be available for students to report concerns about inappropriate conduct. The role of Safe Persons at our school extends beyond legal compliance. These individuals are trusted members of our staff, trained to support students, educate our community about student protection, and promote initiatives such as Child Protection Week, R U OK? Day and Day for Daniel. Safe Persons are available to provide a safe space for students, assist with student protection matters, and ensure that any concerns about harm or inappropriate conduct are promptly reported and addressed. We encourage all members of our school community to familiarise themselves with the role of Safe Persons and the process for reporting concerns on our website

<https://www.sptsv.catholic.edu.au/our-school/student-protection/>

Together, we can create a safe and supportive environment for all.

## **OUR SAFE PERSONS ARE CHRISTINE TIMMS AND MARCELLE GRUBE.**





# P-2 Classroom News

The classroom buzz reached a fever pitch last week as a very famous yellow giraffe rolled into school! The Life Ed van officially arrived, bringing with it the legendary Healthy Harold for a series of high-energy lessons on fueling our bodies and minds.

Beyond the usual health tips, Harold challenged the students with a powerful new "superpower" word: perseverance. He taught the kids that even when a task feels like climbing a mountain, the secret is to keep pushing—because the view from the top is worth the effort.

The highlight of the day? A flurry of high-fives and neck-pats for Harold himself, with every student walking away sporting a "badge of honor" sticker and a renewed "can-do" attitude.



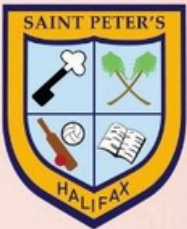
St Peter's  
is celebrating

mothers, grandmothers,  
aunties and carers.

# Mother's Day Liturgy

Friday 8<sup>th</sup> May at 10:00am

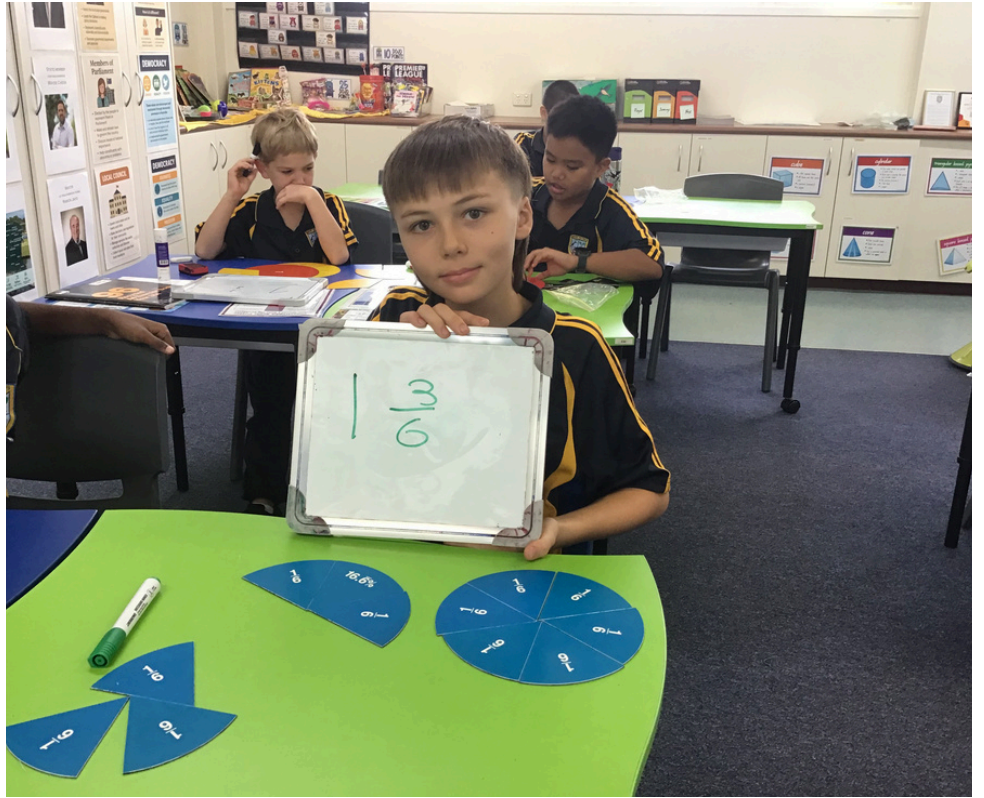
~ Followed by craft activities & morning tea ~



# 3-6 Classroom News

## DELICIOUS MATHS

This week in 3-6, fractions came to life in the most delicious way possible! We ditched the textbooks and got our hands messy with playdough pizzas, exploring how fractions and mixed numerals actually show up in the real world. Nothing helps a concept stick quite like creating something tasty (even if it's pretend!). Your child got to slice, divide, and discover that math is hiding in places we never expect—like dinner!





# TUCKSHOP MENU

Selection	Price
<b>Cob of Corn</b>	<b>\$1.00</b>
<b>Spaghetti Cups</b>	<b>\$5.00</b>
<b>Mini Mince Buns</b> <i>Dinner roll size</i>	<b>\$4.00</b>
<b>Hot Dogs</b>	<b>\$5.00</b>
<b>½ Hot Dog</b>	<b>\$2.50</b>
<b>Homemade Ham &amp; Cheese Pizza</b>	<b>\$6.00</b>
<b>Homemade Ham, Cheese &amp; Pineapple Pizza</b>	<b>\$6.00</b>
<b>Fresh Sides</b> <i>Carrot, Apple, Lettuce, Cherry Tomato, or Cucumber</i>	<b>\$1.00 each</b>
<b>Chicken Nuggets</b>	
<b>80¢ each or 6 for \$4.50</b>	<b>From 80¢</b>
<b>Toasties or Sandwiches</b> <b>Fillings:</b> Ham,Cheese,Tomato, Lettuce, Chicken, Mince	<b>\$5.00</b>
<b>Fresh Wraps</b> <b>Fillings:</b> Ham,Cheese,Tomato, Chicken, Mince, Lettuce	<b>\$6.00</b>
<b>Cup of Cordial</b>	<b>50¢</b>

Thank you for supporting our tuckshop!

# Guidance Counsellor



## The digital addiction: How phones are fueling teen anxiety.

Constant scrolling is draining more than your battery - it's driving teen anxiety to record highs.

While your phone keeps you connected, research from King's College London reveals a sobering reality: teenagers with problematic smartphone use (PSU) are twice as likely to suffer from clinically significant anxiety.

Recent data has identified a critical "4-hour threshold." National surveys of teenagers show that those with four or more hours of daily screen time are twice as likely to experience anxiety symptoms compared to those with lower usage. This risk hits certain groups harder: teen girls can show anxiety links with as little as one hour of use, while older teens (15–17) report the highest rates of mental health struggles.

### So, what is driving this rise in anxiety?

- Sleep disruption: Screen use before bed delays melatonin release, creating a lack of quality sleep that directly exacerbates anxiety.
- Physical activity displacement: Phones are replacing movement. Studies show reduced physical activity is the strongest link between high screen time and poor mental health.
- The control factor: Experts distinguish between simple usage and PSU - addictive-like behaviours where teens feel unable to stop.

The evidence is clear: when the screen stays on, the stress ramps up. It's time to log off and prioritise real-world connection.

Top 3 tips to reclaim your peace

Managing screen time doesn't mean cutting out technology entirely - it's about finding a sustainable balance to protect your mental health.

1. Kick the device out of the bedroom. Screens are one of the biggest thieves of teen sleep. Exposure to blue light before bed delays the release of melatonin, the hormone that helps you fall asleep.
  - Action: Turn off all screens at least one hour before bed.
  - Pro-tip: Charge your phone in another room overnight and use a physical alarm clock instead of your phone to avoid the "first thing in the morning" scroll.
2. Activate "Greyscale" and focus modes. Apps are designed with bright, vibrant colours to trigger dopamine hits and keep you scrolling.
  - Action: Switch your phone's display to Greyscale mode in settings to make it less visually stimulating and addictive.
  - Pro-tip: Use built-in tools like "Screen time" (Mac) or "Digital wellbeing" (Android) to set hard daily limits on your most-used social media apps.
3. Establish "screen-free zones". Creating physical boundaries helps break the habit of mindless checking.
  - Action: Designate areas like the dinner table or family outings as strictly phone-free.
  - Pro-tip: Replace that screen time with "movement minutes" - just 60 minutes of physical activity a day is the strongest way to counteract the anxiety linked to high screen use



# ANZAC DAY 2026



## Anzac Day March

On Saturday, St Peter's marched with respect on ANZAC DAY, honouring the courage and sacrifice of all who have served. We were especially proud of our students who confidently led the national anthems of Australia and New Zealand - a beautiful moment of remembrance, gratitude, and unity.

On April 24<sup>th</sup>, we held an ANZAC Day liturgy at school. Through their prayers and readings, the students reminded us of the sacrifices made by so many for the gift of peace we cherish today. Inspired by God's message, "Blessed are the peacemakers, for they will be called children of God" (Matt 5:9), we honour the courage of those who served our nation and pray for peace in our world. Let us carry their legacy forward by living as peacemakers in our communities.

## Lest we forget



# Reminders

## Together We Grow



### Sick or Absent?

Please advise the school before 9am, whenever your child is sick or absent.

### Medication Notice

The administration of medication to students will only be done when a staff member has been notified and a medication form is signed by the parent/guardian. Medication authority forms are available from the office.

### School Uniforms

St Peter's uniform shirts can be purchased from Barnes Sewing Centre, 22 Lannercost Street, Ingham.

### School Hats

Each new enrolment receives their first hat free from St Peter's. Further hats can be purchased for \$20 from the office.

### School Dates

TERM 1:  
Wednesday 28 January- Thursday 2 April

### Office Hours:

**MONDAY - FRIDAY**  
8.30am - 3.00pm

**Ingham Region Catholic Parish**

**Mass Times**

- St Patrick's Ingham  
Saturday Vigil 6pm  
Sunday 8:30am & 7pm
- St Peter's Halifax  
Sunday 7am
- Canossa Chapel Trebonne  
Sunday 10am
- St Teresa's Abergowrie  
Sunday 10am

**99 YEARS**  
Feast of **St Anthony**  
Bemerside  
Sunday 14<sup>th</sup> June 2026  
Celebration of Mass  
11.00 am  
Mass will be celebrated with our Parish Priest

**Entertainment Anthony Fracchia**

- Religious Articles
- Monster Raffle
- 500 Club
- Bottle Stall
- Jumping Castle

**Lunch from 12.00-6.00 pm**

**Stalls**

- BBQ
- Fish & Chips
- Granita
- Tea & Coffee
- Cakes & Sandwiches
- Canoli
- Softdrinks
- Bar

**Procession & Rosary 2.30 pm**  
followed by the Blessing of Children and Distribution of St Anthony Bread

**ALL WELCOME**

For more information please contact Anthony on 0408 151 833

**CROSS COUNTRY PRACTICE**

**MONDAY - FRIDAY 8:00AM WK 1/2/3**

Earn 'DOJO POINTS' by practicing for the District Cross Country on Thursday 7<sup>th</sup> May

**2026 Term Dates**

- Term 1** | Wednesday 28 January – Thursday 2 April (10 weeks)
- Term 2** | Monday 20 April – Friday 26 June (10 weeks)
- Term 3** | Monday 13 July – Friday 18 September (10 weeks)
- Term 4** | Tuesday 6 October – Friday 4 December (9 weeks)

Year 12: Concludes on Friday 20 November 2026  
Years 7-11: Conclude on Friday 27 November 2026