

Newsletter

WEEK 9 • TERM 4



Diary Dates:



Term Dates 2025

TERM 4

Wednesday 8 October - Friday 5 December

Term Dates 2026

Term 1: Wednesday 28 January – Thursday 2 April

Term 2: Monday 20 April – Friday 26 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,

It is hard to believe that this is the last newsletter for 2025. The year has travelled fast and has been filled with many ups and downs. I thank each one of you for your continued support and look forward to being a part of this beautiful community in 2026. I wish to acknowledge the support we have received from Fr. John and Fr. Jomi and sincerely thank them. Our priests bring their gifts to our community. We are so lucky to have two priests who are deeply committed to their vocation and to our students and their families.

I want to express my sincere gratitude to all the staff at St Peter's. You are an extraordinary team, truly focused on the success and well-being of our students. Your tireless dedication shines through in everything you do. This year has seen its share of challenges, and I acknowledge the stress and hard work done to get everything done this year. Thank you for your strength, energy and commitment to our wonderful school.

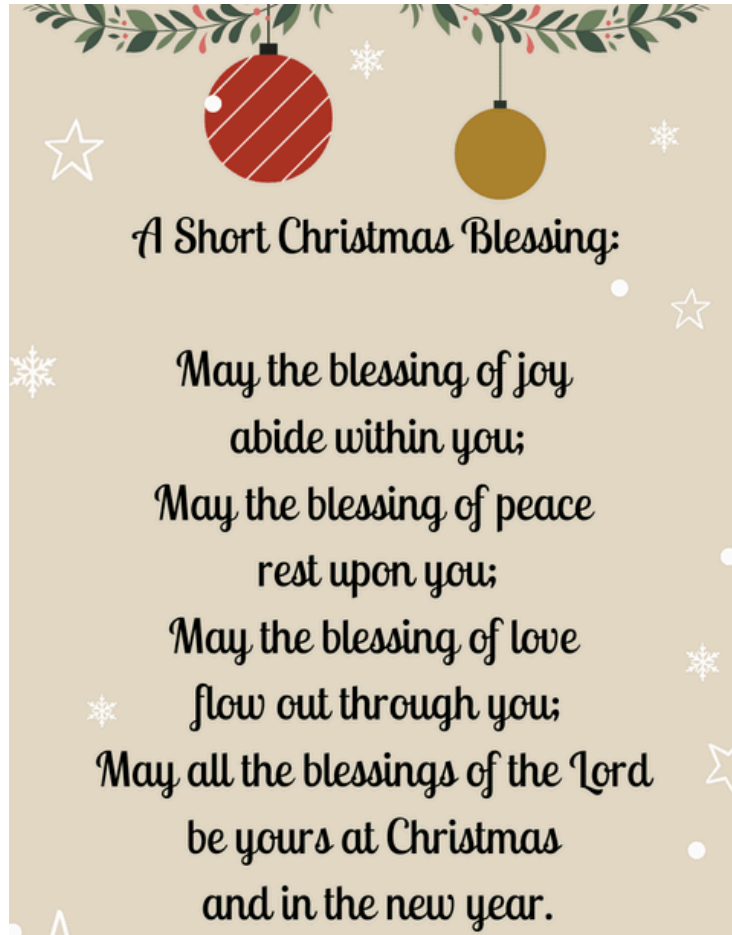
Please enjoy our last newsletter for 2025, filled with photos of the last week of school celebrations. Wishing each and every one of you a Blessed and Holy Christmas filled with joy, peace, and love. Have a wonderful New Year, and thank you for being a part of our St Peter's community! See you in 2026.

God Bless
Mrs Timms

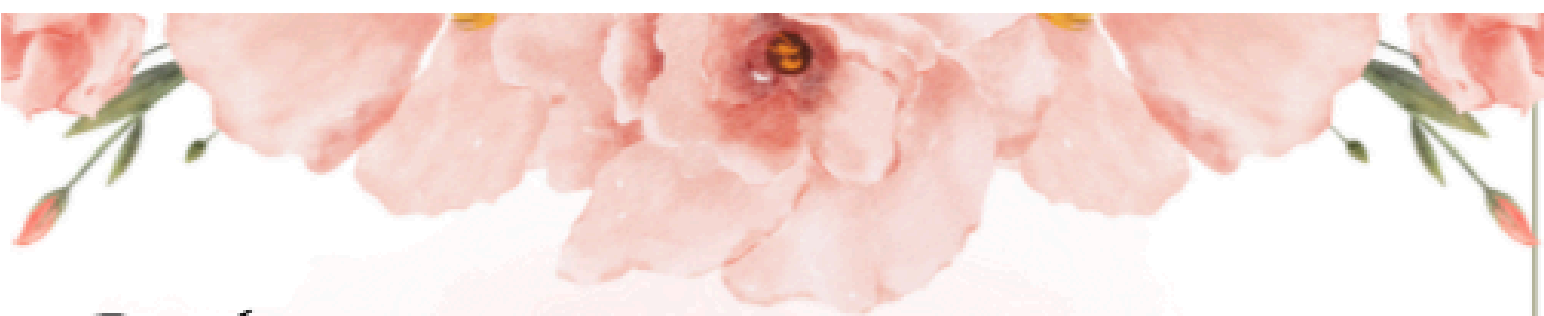


Religious Life of The School

APRE News



**INGHAM REGION CATHOLIC PARISH WILL BE HOLDING AN EVENING OF
CHRISTMAS CAROLS AND PRAYERS ON MONDAY 15TH DECEMBER.
7 PM - 8 PM AT THE ST PATRICK'S CHURCH, INGHAM. PLEASE COME ALONG WITH
YOUR FRIENDS TO ENJOY THIS BEAUTIFUL EVENING.**



Happy 90th Birthday

Sr Nina Barra

Join us for Mass and a special blessing
followed by a shared meal at Mercy Hall

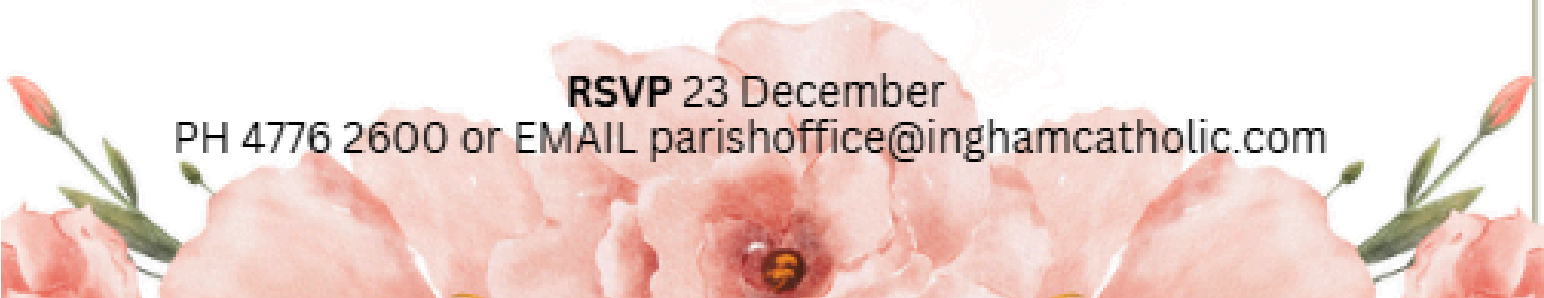
SATURDAY

JAN **10** 2026

TIME: 6:00 PM

St Patrick's Church, Ingham
BYO a plate to share at Mercy Hall
Tea, coffee and water provided

RSVP 23 December
PH 4776 2600 or EMAIL parishoffice@inghamcatholic.com



MAYOR'S CHRISTMAS APPEAL

Year 6 students had a fantastic morning selecting gifts for the Mayor's Christmas Appeal at Ingham Sportspower and K Hub. It's wonderful to give back to the community! After all their hard work, the students enjoyed a special treat from McDonald's.

We raised \$350 for the Mayor's Christmas Appeal. Throughout the year, students have been diligently saving funds from their Containers for Change initiative and selling icy poles, so they could purchase toys for families in need this Christmas. Well Done St Peter's!



95 TO THRIVE EXCURSION

This outing rewarded students who have demonstrated exceptional attendance throughout the year, with an attendance of 90% or greater. This was a wonderful opportunity to celebrate our students' dedication and hard work in maintaining high attendance. They had a day filled with fun and adventure.



P-2 Classroom News

Teddy Bears Picnic

The Prep-2 class recently enjoyed a delightful teddy bear picnic. Each student brought their favorite plushie from home, creating a colorful display of bears, dogs, and other cuddly companions. The excitement in the air was palpable as they set up picnic blankets and shared a variety of delicious food, from sandwiches and fruit to cookies and juice.

The children engaged in fun games and activities, like Pin the Tail on the Bear and Pass the Parcel. Allowing their imaginations to run wild as they included their plush friends in the festivities. They shared stories about their teddies, showcasing the special bond they have with their favorite toys. The picnic not only fostered friendships among the students but also created lasting memories of joy and laughter.

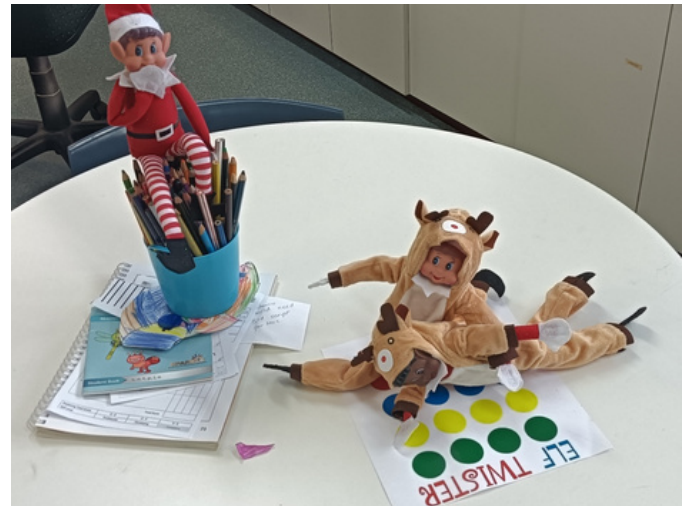




3-6 Classroom News

Ho Ho Ho

It's that time of year again..... the elves have arrived! Our naughty elves have been making a BIG mess in our room; baking cupcakes, covering books in stickers and tucking into blue lollies. They've also set up an elf-cam in our room to keep a close eye on us... We'd better be on our best behaviour this week!





Our St. Peter's students had a fantastic time visiting the residents at the Palms Nursing Home! They filled the air with joyful Christmas songs, shared delightful stories, and even told some jokes that brought smiles all around. It was heartwarming to see our students celebrating this festive season and spreading the true spirit of generosity and Christmas cheer. The students from Years 3 to 6 worked together to bake tasty cookies to share, while our little ones in Prep to Year 2 crafted festive Christmas cards to brighten the residents' day. A huge thank you to Mrs. Di Bella for helping us get ready for our caroling!



TERM 4 EVENTS



Guidance Counsellor

Life today feels busier than ever. As a once carefree teenager who only ever worried about sport, going out with friends, and where my next feed was coming from, I never imagined I would become a person who relies on my phone's calendar for everything—from planning my day and constant reminders about anniversaries and birthdays, to prompting me to turn off the water pump before leaving home. Some might say this is just a sign of getting older, but the truth is that modern life constantly throws new demands our way, piling on stress and anxiety that many of us struggle to manage. While it is often difficult to take on tried and proven advice, the truth is that there are lots of strategies out there that we probably know already are great for helping us to cope.

Here are a few reminders about strategies that are helpful for our children and us adults. Identify ones that work for you and make some positive steps to reduce your stress and anxiety

.Physical Coping Strategies

Exercise regularly – Activities like walking, jogging, yoga, or dancing can reduce stress hormones and boost mood.

Spend time in nature – Even short walks outdoors can lower anxiety and improve mental well-being and help to release endorphins (our happiness drug).

Practice grounding techniques – Try the 5-4-3-2-1 method: identify 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste. Also, consider engaging in a mindful activity such as, drawing, woodwork, weaving or crocheting, or even fishing.

Emotional & Mental Coping Skills

Mindfulness & meditation – Deep breathing, guided meditations, or body scans help calm racing thoughts.

Journaling – Writing down your feelings can help process emotions and reduce mental overload

Practice gratitude – Listing things you're thankful for daily can shift focus away from stress.

Social & Behavioural Coping Skills

Connect with others – Talk to friends, family, or support groups to share feelings and gain perspective.

Set boundaries – Many of us are people pleasers and say yes to everything. Learn to say no and prioritize your mental health when overwhelmed.

Engage in enjoyable activities – Hobbies, laughter, and creative outlets can provide relief and boost mood.

Lifestyle Habits

Sleep well – Aim for 7+ hours of quality sleep to regulate mood and stress response.

Eat balanced meals – Proper nutrition supports emotional stability and energy levels.

Limit news & social media – Reduce exposure to negative content that can heighten anxiety.

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 Peters 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 Peters. Further hats can be purchased for \$20 from the office.

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OUR SCHOOL TUCKSHOP NEEDS YOU !
PLEASE CONTACT THE SCHOOL IF YOU CAN HELP OUT.
EVEN ONE DAY A TERM WILL MAKE A DIFFERENCE.

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