

# Newsletter



**ST MARY'S  
CATHOLIC  
SCHOOL**  
*Mary Our Help*

## St Patrick's Breastplate

*Christ be with me, Christ within me*

*Christ behind me, Christ before me*

*Christ beside me, Christ to win me*

*Christ to comfort me and restore me.*

*Christ beneath me, Christ above me*

*Christ in quiet, Christ in danger*

*Christ in hearts of all that love me*

*Christ in mouth of friend or stranger.*



## PRINCIPAL NEWS

It's well known that St Mary's offers an excellent classroom education to our school-aged students from Prep to Year 6, however, there's more to a St Mary's education than meets the eye. Our dedicated staff also offers educational activities to students before and after the school day through the Mary McKillop Outside of School Hours Care program and for babies, toddlers, and kindy kids in our community through our Mary's Munchkins playgroup and Pre-prep transition program.

**Mary's Munchkins Playgroup starting Term 2 every Monday from 8:45am to 10:45 am**

The popular Mary's Munchkins Playgroup will begin again in Term 2.

Every Monday from 9:00 - 10:30 little ones, aged between 0 and 5 years, are invited to attend Playgroup with their carers. The Playgroup operates out of the Outside of School Hours Care room and will be run by the school's very own Miss Christine Chambers.

A variety of resources and activities will be set up to stimulate creativity, imagination, dexterity, and physical, cognitive, and emotional strength. When attending Mary's Munchkins children will have the freedom to move between both indoor and outdoor spaces and will be offered a healthy morning tea, (with tea and coffee available for the grown-ups!)



***If you are looking for a free, fun-filled morning, head to 'Mary's Munchkin's Playgroup' each Monday in Term 2 from 8:45 am – 10:45 am.***



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*Pre-Prep Transition Program every Friday in Semester 2 from 8:45 - 2:30*

The Pre-Prep Transition Program will commence again in Semester 2 this year. The program aims to support your child to successfully transition into school life. Pre-Prep students will enjoy playing, being creative, exploring, and making new friends. They will have an opportunity to meet and spend time with their 2023 Prep Teacher and experienced school officers, prior to the commencement of the school year. The structure of the day will prepare the children for the Prep program in 2023 by learning school routines, hearing bells, managing transitions between activities, and building relationships with their future classmates.



***The Pre-Prep Program will occur every Friday during Terms 3 and 4 from  
8:45 am - 2:30 pm.***

***All children who have completed and submitted a current Enrolment Application  
for Prep in 2023 are eligible to attend.***



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## *Outside of School Hours Care (OSHC)*

The Mary MacKillop OSHC program run by Ms. Robin Whitton at St Mary's is extremely popular with our families.

OSHC is now operating Monday to Friday  
6.30 am to 8.30 am and 2.45 pm to 6.00 pm.

A number of students are regular attendees before and after school, however, did you know OSHC also takes students on a casual basis?

Often we hear from parents who are unexpectedly unable to pick their children up on time at the end of the day. It may be that they are held up on their way home from Townsville, caught up in a meeting, or need to work late. There may even be occasions where parents need to drop children off early to school as they have been called into work or need to travel that day.

In these circumstances, the children are welcome to attend OSHC before or after school, however, they must be registered with OSHC prior to their first visit.

***All parents are invited to register their children with OSHC even if you do not intend for them to attend regularly. This allows for casual or emergency care to occur.***

This way all you need to do to use OSHC at short notice is a simple email or phone call to book them in. If you would like more information or how to register, please contact Miss Rob on 0428 216 062 OR at [bowenoshc@mmcnq.catholic.edu.au](mailto:bowenoshc@mmcnq.catholic.edu.au).

**Also keep a lookout for a survey from Mary MacKillop OSHC regarding Vacation Care, hopefully starting in the June holiday if we have enough interest!**





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## *P & F NEWS*

Wow, can you believe we are nearly at the end of term 1 already! I hope everyone is having a great first Term. We are excited to announce two upcoming events at the school for Semester 1.

### *Term 1 SCHOOL DISCO - Thursday the 24th of March*

The first school disco for this year! It will take place on Thursday **24<sup>th</sup> March from 6 pm until 8 pm** in the Big Shed. We are doing a rainbow theme, so dress the kids up in their most colourful clothes! While we are asking parents of Prep to Year 2 students to please stay for the event.

All parents are invited to stay to join in the fun. Feel free to dress rainbow too! Pizza and cookies are available to pre-order. Drinks, lollies and glow sticks are available on the night

### *Term 2 FAMILY FUN DAY -*

### *Saturday the 14th of May*

I am excited to say our Family Fun Day is next term. It will take place on Saturday **the 14th of May!** So make sure you save the date.

Next term we will require the following:

- Plants
- Bottle of Anything – Empty bottle/jars/containers and things to put in them ie hair
- ties, clips, novelty pencils/pens, erasers, note pads, lollies, cars, dinosaurs, marbles, bouncy balls, etc
- Raffle – needs donations of gifts (photo frame candles, giftware, vouchers etc)
- Cake Stall baking – will be needed closer to the event will write to update next term. Have a think about what you're great at baking.
- Old Nurf Guns – for Nurf Games ;)

Many hands make light work and these amazing days would not be possible without our amazing teachers and volunteers.

So thanks for your time and support for our school and have a wonderful Easter break.

Gemma Kirk and Jackie Veth





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## AWARD WINNERS

On Monday Parade, our weekly awards were presented to students following Mary's Way by being Safe, Just, and Fair around our school. Please join us in congratulating our award winners from this week.

*Congratulations to this  
weeks awardees :*

**Back L to R:**

**Ostin (Yr 6), Sam (Yr 4),  
Andrea (Yr 5)**

**Front L to R:**

**Aaliyah (Yr3), Matthew (Yr 2),  
Ashton (Yr1), Maddy (Prep)**



*Student of the week*

*Lannah Murray*

*Year 2*



# KAPOK CRAFTERS



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Our Kapok crafters club meets each Tuesday and Thursday in the school library. This term we have been learning all about sea turtles. Last week Uncle Jim, our school Adopt-a-Ranger, paid us a visit. He taught us all about sea turtles in our local area and the work the rangers do to track and protect the turtles in our region.



### St Mary's Parish Weekend Mass Times

Saturday – 6:30pm

Sunday – 8:00am



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## Religious Life of our School

On Saturday, 19 March we will be hosting our first “Family Mass” for the year. This is a wonderful opportunity for all families to attend our weekend Mass and become part of our St Mary’s Parish community.

During the “Family Mass”, our students adopt various roles including reciting the First and Second Readings, singing the Psalm, singing in the choir, reading the Prayers of Intercession, processing with the gifts and altar serving.

Thank you to all of the many families who have supported their children taking part. I look forward to seeing you all at Mass on Saturday, 19 March.

### **Project Compassion:**

We begin our annual Lenten Project Compassion journey by learning about Anatercia, a 12-year-old girl living in a small village in southern Mozambique. She began to take on more and more adult responsibilities as her mother has chronic health issues. She did most of the household chores and had to travel up to five hours every day to collect clean water. Water scarcity also meant that harvests were poor and there was never enough to eat.

With your support, Caritas Australia’s local partner, Caritas Regional Chokwe, was able to help Anatercia’s family to irrigate their farm to improve their food security. They also improved water access for households in the village, delivered sustainable farming training, and provided Anatercia with essential school supplies.

Anatercia’s health, education and quality of life have improved, along with the outlook of her whole community for all future generations.

Please support Project Compassion: [lent.caritas.org.au](http://lent.caritas.org.au)



### St Mary's Parish Weekend Mass Times

Saturday – 6:30pm

Sunday – 8:00am



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**SPECIAL REPORT**

# Managing Overwhelm



With the COVID pandemic, flooding disasters and the situation in Ukraine, there is an overwhelming amount of bad news floating around us. The world we now live in is a very different place. The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels. Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed. As a result, many children and their parents are reporting higher levels of stress and anxiety.

Our brains have not evolved fast enough to adapt to this digital landscape. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to. It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing.

We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

**If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.**



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## Saint Mary's Youth Group

Time and venue: 5.00 pm, Saturday 19th of March, St Mary's Church (at the entrance)

Who: All students from Years 4-6 (all children in the Bowen community welcome)

Why: To make new friends, connect with each other and have fun in a safe and supportive environment (adult supervision provided)

Children who attend will be encouraged to join in with our Family Mass afterwards,  
6.30-7.30 pm.

We hope to see you there!



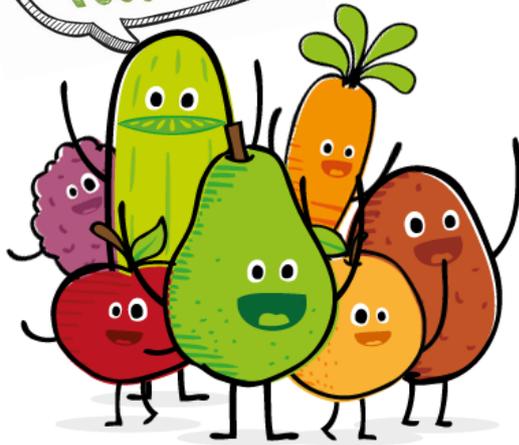
## FAMILY MASS 2022

St Mary's School will be holding our first "Family Mass" for 2022 at 6.30pm on Saturday, 19 March.

This is a wonderful opportunity for all families to attend weekend Mass and become part of the St Mary's Parish Community.

We are also encouraging any interested students to meet beforehand and become a part of our newly formed youth group. This is an informal group of young people who want to make friends and have fun within a supportive community environment. If you wish your child to attend, please drop them off to meet with the youth group at 5 pm, outside/near the Church entrance. There will be adult supervision and games and food provided. They will then be able to participate in the Mass at 6.30pm.

We are encouraging students, especially from Year levels 5 and 6 to come along. Children will have the opportunity to participate in the Mass in a variety of ways, including reading the First and Second Readings, singing the Psalm, singing as part of the choir, reading the Prayers of Intercession, processing with the gifts to the altar and altar serving.



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All students are invited to wear green next Thursday the 17th of March for St Patrick's Day. In this Lenten period, almsgiving is encouraged.

Almsgiving is the act of donating money or goods to the poor or performing other acts of charity.

Students are encouraged to bring a gold coin donation to contribute to the Vinnies Qld Flood Appeal 2022.



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14 March Bailee-Maree Tapp  
16 March Mateo Waite  
17 March Ada Beygirici

**School photo day**

**Wednesday 30 March 2022**

**Packs will be send home with the  
students 18th March**

**Family packs are available at the  
office if required.**

## **We are having our first School Disco for 2022!**

**When: 24th March, 2022  
Where: St Mary's Big Shed  
Time: 6pm- 8pm  
Theme: Rainbow**

**There will be glowsticks  
and lolly bags for sale.**

Our very own Mrs Lowcock is participating in *Laps for Life*.

To assist her with fundraising the Year 6 students will be selling **icy poles** at Big Lunch during Term 1. If anyone would like to help Mrs Lowcock with this challenge, we would appreciate any donations of **icy poles** or alternatively check out the link below for donation information.

<https://www.lapsforlife.com.au/fundraisers/kathrynlowcock/laps-for-life>



**Laps for Life**





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**GONDWANA  
NATIONAL  
CHOIRS**

# together

2022

### Opportunity to sing with Gondwana National Choirs in 2022

Gondwana Choirs is thrilled to invite the young singers of Australia to explore the wonderful choral opportunities available through Gondwana National Choirs in 2022.

**Season 4:** Gondwana's much-loved Voices of Angels returns in December 2022 bigger and better than ever at the spectacular Sydney Opera House.

**Dates:** Thursday 8 December – Thursday 15 December 2022

**Performance:** Wednesday 14 December 2022, Sydney Opera House

**Ages:** 10-25 yrs, all voice types

**Cost:** \$250

Singers are encouraged to apply as soon as possible to secure a spot, with **applications closing on Monday 21 February 2022**. Gondwana Choirs looks forward to hearing you sing! Apply here: <https://www.gondwana.org.au/gondwana-nationa>

Please see Mrs Ninnes for more information about Seasons 1-3 (12 years and over only), auditions, bursaries and online rehearsals



# Mary Mackillop



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OSHC at St Mary's Catholic School is now

Operating Monday to Friday from

6.30am to 8.30am

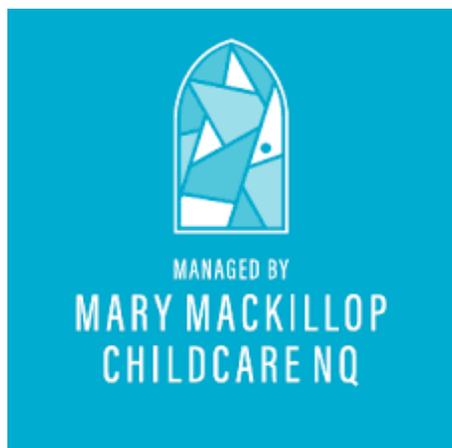
and 2.45pm to 6.00pm.

If you would like more information or to

register, please contact Miss Rob on

0428 216 062 OR at

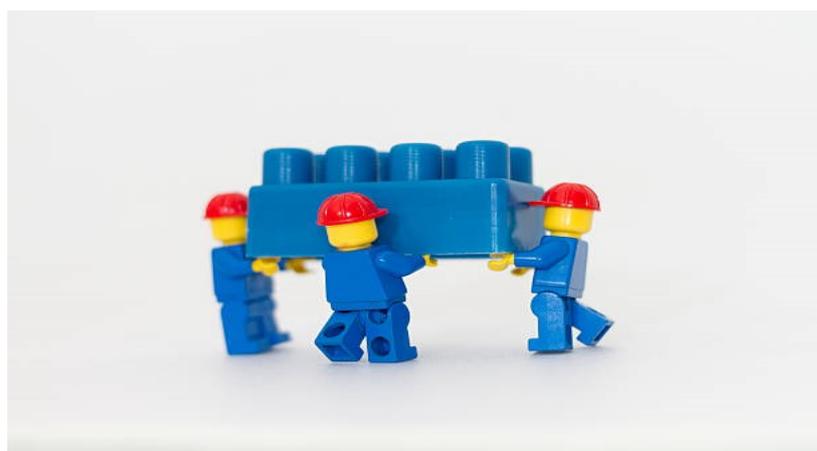
[bowenoshc@mmcnq.catholic.edu.au](mailto:bowenoshc@mmcnq.catholic.edu.au)



This week at OSHC students have been busy making cubby houses with friends



Life is good at St Mary's OSCH



MANAGED BY

**MARY  
MACKILLOP  
CHILDCARE NQ**

**St Mary's**  
Outside School Hours Care

T. 0428 216 062  
E. [bowenoshc@mmcnq.catholic.edu.au](mailto:bowenoshc@mmcnq.catholic.edu.au)  
47 Poole Street  
Bowen QLD 4805



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## Tuckshop Menu Term 1 - 2022

Please use a brown paper bag when ordering, including student's name and year level or use the Flexischools app – Thank you



### Snacks

Apple, orange or banana	50c
Frozen Yoghurt	\$2.00
Dixie Cup	\$2.00
Corn Cob	\$1.50
Boiled Egg	\$1.50
Pop corn	\$1.00
Muffin	\$1.00
Choc Chip Cookie	\$1.00

Please remember to bring your own spoon or fork to help the environment.

### TUCKSHOP IS AVAILABLE MONDAY AND WEDNESDAY MORNING TEA & BIG LUNCH

#### Hot Food

Chicken Nuggets (6)	\$4.00
Beef Lasagne	\$4.00
Hot Dog	\$4.00
Hot Dog with Cheese	\$4.50
Party Pie	\$1.50
Sausage Rolls (3)	\$3.00

#### Burgers

Chicken, Lettuce & Mayo	\$5.00
Meat Pattie, Cheese & Sauce	\$5.00

#### Wraps

Chicken Tender Salad Wrap	\$5.00
Ham and Salad Wrap	\$5.00

#### Sandwiches – Fresh or Toasted

Vegetemite	\$2.00
Jam	\$2.00
Honey	\$2.00
Cheese	\$2.50
Ham	\$3.00
Ham, Cheese	\$3.50
Ham, Cheese & Tomato.	\$4.00
Egg	\$3.00
Egg & Lettuce.	\$3.50

#### Salad Bowls

Chicken Tender Salad (Staff)	\$8.50
Ham Salad (Staff)	\$8.50
Falafel Salad (Staff)	\$8.50

#### Drinks

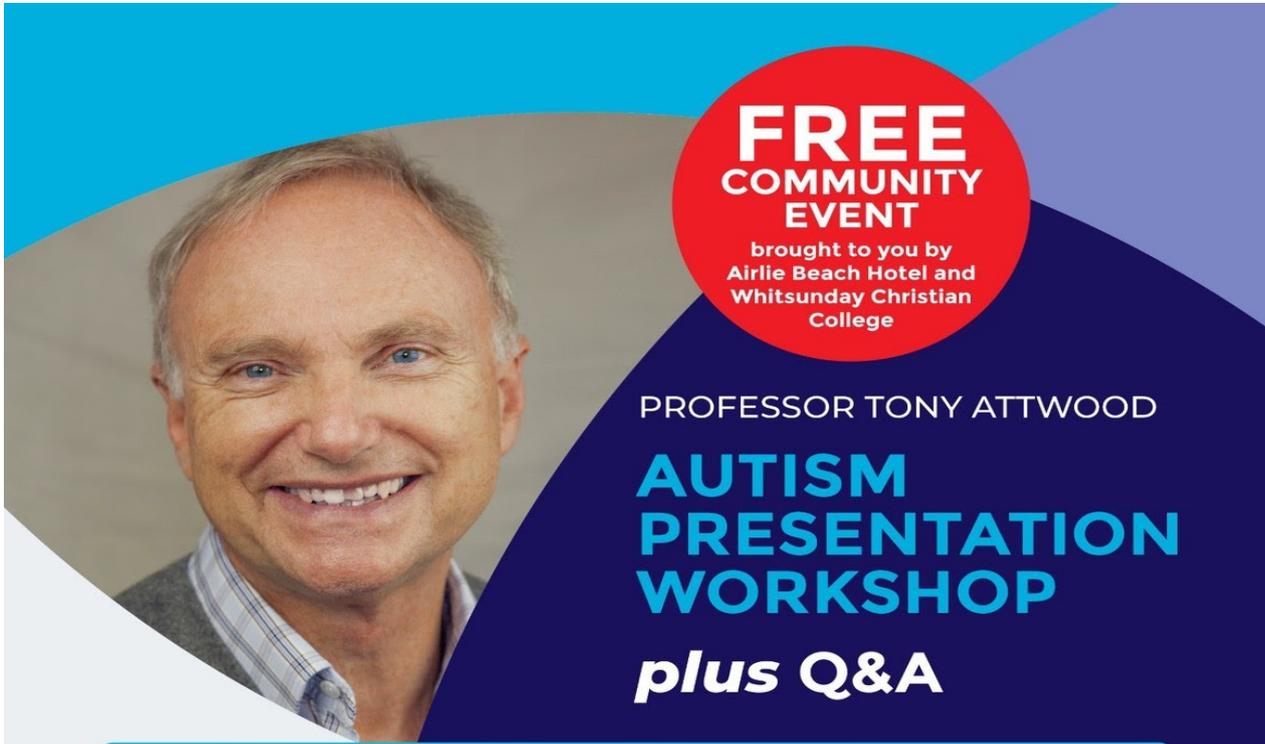
Apple Popper	\$1.50
Tropical Popper	\$1.50
Golden Pash Popper	\$1.50
Bottle of Water	\$2.00

TERM ONE CALENDAR -						
Wk.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
8	14 Yr. 6 Camp	15 Yr. 6 Camp	16 Yr. 6 Camp	17 Bully No Way Day St Patricks Day CIAC Meeting	18 Whole school meditation - St Joseph Feast Day	19/3 Family Mass 6.30pm
9	21 HARMONY DAY Parent-Teacher Interview Week	22	23	24 IEAG meeting Yr. 1 Morning at the Beach excursion SCHOOL DISCO	25	
10			30 School Photos	31 Easter Mass	1 APRIL	SCHOOL HOLIDAYS COMMENCE



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**FREE  
COMMUNITY  
EVENT**

brought to you by  
Airlie Beach Hotel and  
Whitsunday Christian  
College

PROFESSOR TONY ATTWOOD

**AUTISM  
PRESENTATION  
WORKSHOP**

*plus Q&A*

**FRIDAY 18 MARCH and SATURDAY 19 MARCH**

Esteemed Professor **Tony Attwood** who has specialised in Autism Spectrum Disorders since he qualified as a clinical psychologist in England in 1975. He has worked with many thousands of individuals of all ages with A.S.D including Asperger's syndrome. He is also an author and international keynote speaker.

**WHITSUNDAY  
TICKETS** .COM.AU  
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Tickets (Free) available from  
[www.whitsundaytickets.com.au](http://www.whitsundaytickets.com.au)  
\*Refundable booking fee required.

**DAY 1: FRIDAY, 18 MARCH 2022**

**Morning 9am - 12pm:** **Making Friends:** Strategies to improve social understanding and friendship skills

**Afternoon 1pm - 4pm:** **Cognitive Abilities:** A different way of thinking and learning profile

**DAY 2: SATURDAY, 19 MARCH 2022**

**Morning 9am - 12pm:** Adolescent Issues for Teenagers with ASD - Level 1 (Asperger's syndrome)

**Afternoon 1pm - 4pm:** **Managing Feelings:** Cognitive Behaviour Therapy to Manage Anxiety, Sadness and Anger

**Audience:** Suitable for Parents, Carers, Educators and Health Professionals

**Times include:** Arrivals / registration  
8.30am morning / 12.30pm afternoon

**Where:** Whitsunday Christian College,  
26 Paluma Rd, Cannonvale

**Enquiries email:** [marketing@airliebeachhotel.com.au](mailto:marketing@airliebeachhotel.com.au)

More information on Tony's publications and other presentations  
[www.tonyattwood.com.au](http://www.tonyattwood.com.au) / [www.attwoodandgarnettevents.com](http://www.attwoodandgarnettevents.com)

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