

# Newsletter



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

## PRINCIPAL NEWS



As the term draws to a close it's understandable that the students are beginning to tire. It's been a busy term. In order to keep the momentum going we've endeavoured to ensure there is some extra variety and fun in these last few weeks of term. We have had a green day for St Patricks, orange day for Harmony day and of course our Rainbow Disco. The students are also excited about the *St Mary's Marvellous Big Day Out* coming up on the last day of term.

Not only do these days help break up the monotony of school life, they also serve a deeper purpose within our students' education.

Aside from the fun of wearing green last week, the students were asked to bring a gold coin to donate towards the Vinnie's flood appeal. In this way, we are encouraging our students to think of others, especially those less fortunate, and to consider how they can be caring and compassionate. St Patrick's Day taught our students the value of Mercy.

Wearing orange for Harmony Day started the week with a bit of fun. Our students, also participated in lunchtime craft activities that promoted unity, and an appreciation of diversity in our school community. Harmony Day taught our children the importance of Inclusivity

Our Rainbow disco and *Mary's Marvellous Big Day Out* (MMBDO) encourages our students to celebrate the time they have spent learning and working with their class and teacher this term. On Thursday night, the students enjoyed each others' company and the value of friendship. MMBDO celebrates the respect and responsibility the students have shown to each other across the term. Our hope is that both of these events teach our students the value of living in community with others.

It's a jam packed newsletter this week with plenty of photos to give you a glimpse into your children's week at St Mary's. Have a restful weekend in preparation for a busy end of term.

Until next week

Sharyn

### IMPORTANT DATES

#### TERM ONE

Mon 24/03 - Townsville Catholic Education Strategic Leadership Team to visit St Mary's

Wed 30/03 - School Photo day

Fri 01.04- Easter Liturgy

Fri 01/04 - Mary's Marvellous Big Day Out

Sat 02/04 - Holidays commence

#### TERM TWO

18/04 - Easter Mon Public holiday

19/04- School Commences

22/04 - Easter / Mini Vinnies Mass

25/04 - ANZAC Day Holiday

26/04 - ANZAC School liturgy

02/05 - Labour Day public holiday

05/05 - P & F Meeting

06/05 - Mothers Day Liturgy

10/05 - NAPLAN testing commences

14/05 - Family Fun Day

27/05 National reconciliation week

17/06 - Athletics Carnival

24/06 - End of Term Mass



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## P & F NEWS

Thanks for your support with our first school disco last night which was a huge success. Please enjoy the colourful photos below of our excited and energetic students.



## FAMILY FUN DAY - 14th May 2022.

Next term we will be asking for the following, so please have a think over the holidays about what you could donate.

- 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 Nerf Guns – for Nerf Games ;)

We will be inviting local stall holders to come along. If you know someone who would be interested ask them to give us a call.

Gemma Kirk and Jackie Veth



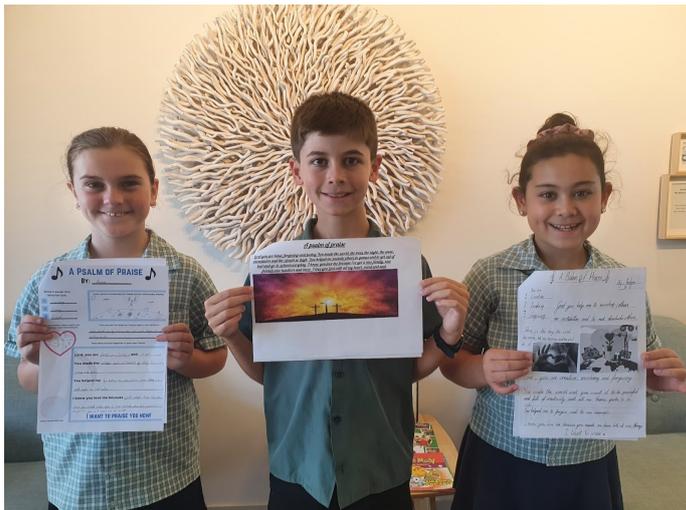
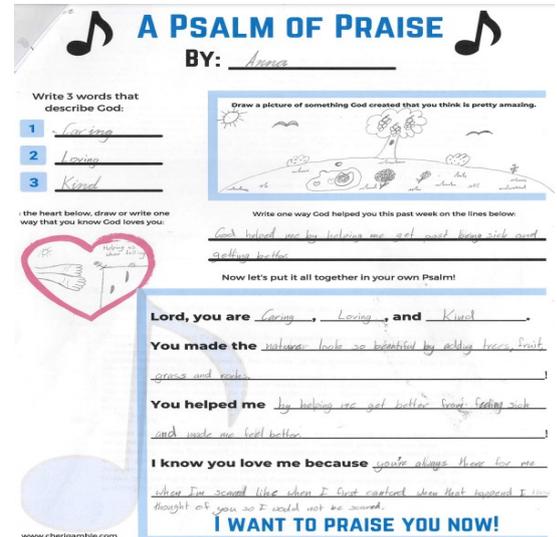
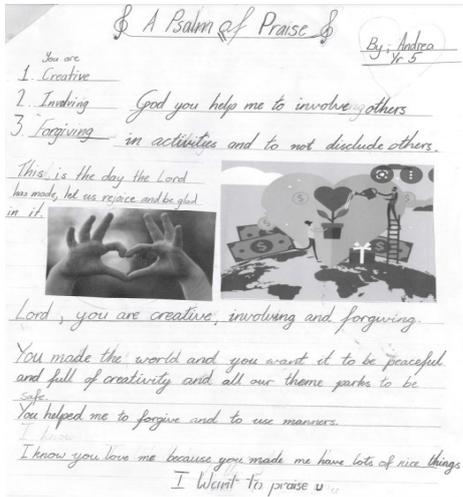


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## Religious Life of our School

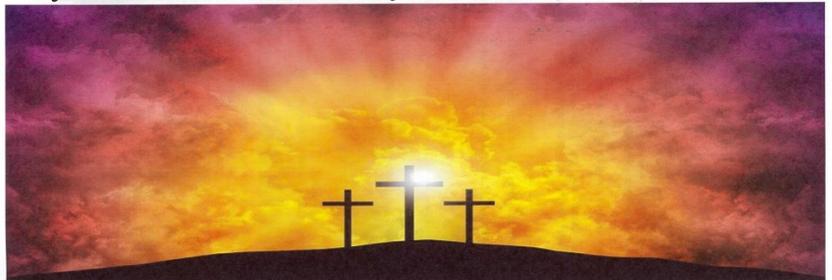
Our Year 5 students have been learning about the significance of personal and communal prayer and worship, and the ways in which faith is shared and strengthened in communities of believers. As part of their Religious Education this term, they have investigated the Eucharist and various types of prayers, including the Psalms.

Students have learned that Psalms were originally meant to be sung, and that there are different types of psalms used for different purposes. Psalms can be for thanksgiving, praise, lamentation or petition. The students then had a go at writing their own psalms to thank God or petition Him for help with something in their lives.



### A psalm of praise

**Lord you are kind, forgiving and loving. You made the world, the trees, the night, the snow, mountains and the clouds so high. You helped me include others in games and to get out of bed and go to school everyday. I know you love me because i've got a nice family, nice friends nice teachers and more. I love you God with all my heart, mind and soul.**



St Mary's Parish Weekend Mass Times  
Saturday – 6:30pm      Sunday – 8:00am



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## *Religious Life of our School*

### Project Compassion: Third Week of Lent (Week beginning Monday 21st March)

We are now in the third week of Lent with the Project Compassion story of Janice, a Wagilak woman and traditional dancer who tells her family's stories through movements handed down over generations.

Like many remote Aboriginal and Torres Strait Islander communities, Janice's faces a range of challenges – low employment and education, financial hardship, poorer health and lower life expectancy.



With your help, Caritas Australia supports Djilpin Arts Aboriginal Corporation, which operates a centre for traditional and contemporary Aboriginal arts and culture, providing employment and generating income for local communities.

Janice believes that Djilpin Arts' work is essential to create opportunities for young people to stay on-country, to share intergenerational knowledge between elders and the younger generation - to promote healing, and to keep culture alive.

Watch a short film about Janice's story [here](#).

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



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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 Row—L to R:**

Bela Puri (Yr 4), Imogen Browning (Yr 6), Daniel Szollos (Yr 6), Xavier DeGroot (Yr 3), Ava Von Pein (Yr 5).

#### **Front Row— L to R:**

Harley DeLacey-Green (Yr 1), Asha Lane (Yr 2), Benjamin Pugh (Prep).



### ***Student of the week:***

***Annalicia Schultz***





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## *Certificate of Achievement*

Congratulations to the following students who recently received a Certificate of Achievement from Mrs Lowcock at Assembly for their great results in MiniLit and MacqLit.

### **Top Picture:**

James (Yr 6), Chase (Yr 6), and Sophia N (Yr 4).

### **Bottom Picture:**

Robert E (Yr 2), Colten (Yr 2), Ryan (Yr 5), Kye (Yr 4),  
Grace (Yr 2), Kayden (Yr 3), Kendall (Yr 2)

Well done Everyone!!!





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## YEAR ONE DAY AT THE BEACH

This term in HASS (Geography) and Science, the Year 1s have been exploring special places and spaces, and living things, with a focus on the beach. Furthermore, the students have been practising and creating their own recounts in English. As a fun way to take the classroom outside, the class headed off on excursion to explore the beach and the park! On their return from the excursion, the students wrote a recount of their morning at the beach.



## HAPPY ROCKS

Within HASS, the Year 1s also investigated special people in our community. Last week, they worked with Nicole Rowan, creator of *Happy Rocks*, to create some happy rocks to give to community heroes. This gift is for a community worker of their choice to celebrate the work they do in our community. Community helpers could be local police officers, ambulance officers, fire fighters, essential workers parents, babysitters or teachers.





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## HARMONY DAY

Harmony Day is day where we reflect on the ways we can live in harmony with our neighbours, regardless of their background or circumstances. This is a day to celebrate unity and diversity. Harmony Day is all about loving and understanding different cultures and ways of life, and seeing how they can fit together. Our students enjoyed craft activities organised by Ms Kristy for Harmony Day on Monday



## ST MARY'S CHICKENS

Hello we are St Mary's 2022 school leaders

We are investigating getting chickens for our school and we need your help! We are looking to raise funds for a chicken coop and four chickens at St Mary's. We will also need food supplies to take care of them. We were keen to find a breeder to ask for advice about keeping chickens at our school. We would like chickens to teach all students how to nurture and care for animals and for science observations. We are calling on anyone in our community who can help through advice about chickens and how to build an appropriate and secure coop, and ideas for raising funds.





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## ANZAC DAY—25 APRIL



The ANZAC Day Dawn Service will be held at the Cenotaph in Herbert Street at 5.50am. The Main March will muster outside the RSL Sub-Branch in Williams Street at 8.50am for march off at 9.15am. The service will be held at the Cenotaph, Herbert Street Bowen at 9.30am.

Our school Anzac Day service will be held at the church at 9:00am on April the 26th. All St Mary's students are encouraged to participate in the march and our student representatives will be included in the wreath laying ceremony.

A letter will be sent home shortly where you are asked to indicate whether your child/children will be in attendance.

## MULKADEE

Mulkadee 2022 is back and we invite you to venture with us *Into the Unknown*.

This year Mulkadee will be a variety show format and will also have an added element of audio-visual allowing Townsville Catholic Education to showcase the incredible talent in our diocese.

This filmed component of the show not only allows for an exciting new dimension to the Mulkadee format, it also allows students from regional areas or senior students the opportunity to participate in the show, if they are unable to attend the full week of Mulkadee.

Held from Monday 18 to Friday 22 July 2022, Mulkadee provides a unique experience for students to learn from industry experts and culminates in a performance to a sell-out crowd of family and friends at the Townsville Entertainment and Convention Centre on Friday 22 July.

***Registrations for Mulkadee 2022 are now open and will close on Friday, 1 April 2022! See Mrs Ninnes if you wish to register.***



Some of the memories created at  
Year 6 Camp.



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**Yr 6 Camp**





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## **HAPPINESS & GRATITUDE**

Happiness is a term that captures a huge variety of positive emotions such as humour, serenity, optimism, joy, pride, inspiration, love and hope. Happiness means different things, to different people and is essential to your understanding of emotional literacy. Throughout history, philosophers, religious writers and poets have pondered on the meaning of happiness and how it might be achieved. In the last few decades, scientists and psychologists have researched this further by studying a field of science called positive psychology.

The result of this research suggests there is a strong correlation between gratitude and greater happiness. Practising gratitude helps you shift your focus to positive memories or experiences, noticing the good in your life. Over time, this will re-wire your brain to create new neural pathways, increase your state of happiness and overall wellbeing.

In this edition of School TV, parents and care-givers will learn how to achieve happiness and the benefits of practising gratitude.

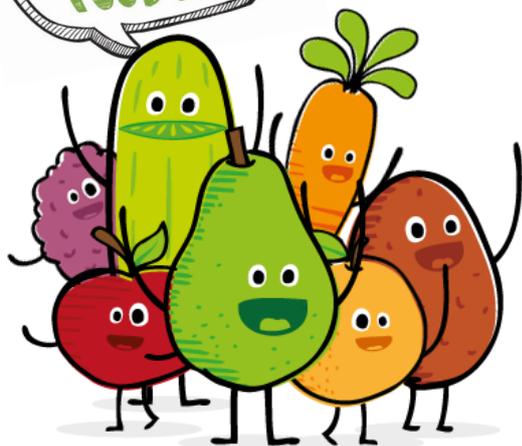
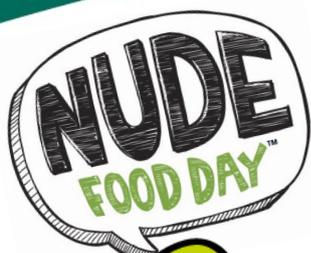
We hope you take time to reflect on the information offered in this edition of School TV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.



## **COVID COMMUNICATIONS**

We have been notified of 4 positive cases of COVID-19 in our school community this week. In line with the current requirements, the household close contacts of this case have been identified and are undertaking quarantine as necessary. Authorities have not required us to take any further action at this time at school level. As COVID-19 remains active in our community we ask you to continue to monitor your child's/children's health and if they develop any flu-like symptoms: If your child tests positive please inform the school by phoning/emailing ([bwn@tsv.catholic.edu.au](mailto:bwn@tsv.catholic.edu.au)) the office so we can support the student and take any necessary action at a school level.

We will continue to work closely with health authorities to keep our school community informed of any developments and advice. Thank you once again for your ongoing support.



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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



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

### 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.

### 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

Vegemite	\$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



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21 Mar Jaxon Lowcock  
21 Mar Abigail Wood  
21 Mar Tate Buckley



**School photo day**

**Wednesday 30 March 2022**

**Please ensure photo packs are  
returned to the office prior to photo  
day.**

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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## *Mary Mackillop OSHC*

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)





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## THE BOWEN LIONS CLUB



The inspiration for the formation of the Bowen Lions Club came to being some time before the Club was actually formed.

After the devastation which Bowen experienced in the 1959 cyclone, the Lions Club of the City of Brisbane which at that time was one of only two Clubs in Queensland and one of only 35 Clubs in Australia, organised a massive relief effort for the people of Bowen. Many of whom had lost their homes or much of their household possessions.

The Brisbane Club sought the assistance of all available sources and collected eleven wagon loads of goods then valued at twenty thousand pounds ( or \$40 000) which was despatched by rail for the relief of Bowen citizens.



On that train was a banner bearing the Lions Emblem.

On the occasion of the Club's Charter evening on the 30th March 1965, Dr. Peter Delemothe made reference to that occasion and acknowledged the efforts of the City of Brisbane Lions Club. Dr Delemothe then went on to present that banner to this Club with the wish that our Members live up to the standard of service that this banner represented.

**50 years on. The Bowen Lions Club can still proudly say "We Serve"**

For more information on your local lions club contact:

Mr Peter Goodman

t: 0408185439



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**Free  
Event!**

**R  
D  
E** | **Regional  
Disability  
expo**

**TOWNSVILLE**  
Thursday 19 May, 2022

9am - 4pm Townsville Stadium  
Murray Lyons Crescent, Annandale



Entry and  
parking is free!

**Everything disability under one roof!**

The event not to be missed for people with disabilities, family, carers and friends plus community minded people providing products and services, all in one central space.

**Access and  
facilities**

Venue is wheelchair friendly  
and has disabled toilet facilities



Proudly sponsored by  
**aruma.**  
Disability services. Putting you first.



Visit [disabilityexposc.com.au](http://disabilityexposc.com.au) to register or for more information.



# Bowen Athletics Club

## Come and Try Day

For ages 4 - 104 come and have a  
go at one of the many events  
offered by the Bowen Athletics  
Club.

Wednesday March 30<sup>th</sup>, 4:00pm to 5:30pm



**iara**  
SUPPORT COORDINATION

We **ndis**

**We are your local  
NDIS experts.**

**What makes us  
different from the rest?**

Our team has rich networks and localised knowledge of culture and services. Through experience, we have streamlined expertise in specific support areas, like hospital discharges, Psychosocial Recovery Coaching, Aboriginal and/or Torres Strait Islander family support, and specialized

support assisting people from culturally and linguistically diverse backgrounds.

Our team members come from diverse backgrounds and cultures, and they are local to their communities. As a result, we are relatable to our clients; we are highly trained and experienced in NDIS processes.



[www.iarasupport.com.au](http://www.iarasupport.com.au)

NDIS Registered | Support Coordination, Specialist Support Coordination & Psychosocial Recovery Coaching  
PH: 0423 513 705 | E: [hello@iarasupport.com.au](mailto:hello@iarasupport.com.au) | Servicing Airlie Beach, Proserpine, Bowen and surrounds

**OPEN FOR  
REGISTRATION**

# FOOTBALL CLINIC

**SARGENT  
Sport**

**DISCOVER YOUR  
POTENTIAL SKILLS**

**AGES 4 - 12**

**APRIL 4 - 6 | 8 A.M. - 11 A.M.**  
BOWEN STATE HIGH SCHOOL

**\$90  
PER PERSON**

CALL SCOTT BOLDY 0401 341 153

39 POOLE STREET BOWEN Q 4805 P 07 4786 1203

E [bwn@tsv.catholic.edu.au](mailto:bwn@tsv.catholic.edu.au) [smbtsv.catholic.edu.au](http://smbtsv.catholic.edu.au)



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**THANK A LOCAL HERO CHALLENGE**

HAPPY ROCKS BOWEN 4805



1. Make some special rocks and gift them to a group or individual you think of as a hero!
  2. Take pics of you painting and delivering your rocks to your hero and tell us in 75 words or less who is your hero and why, and what was their reaction to your happy rocks gift? (Grown ups can help)
  3. Post your pics and your words to Happy Rocks Bowen 4805 on Face Book
- \* You can choose just one person or a group of people, it depends how many rocks you want to make.
  - \* We will publish many of your entries in our weekly column in People's news (on sale every Friday) and your heroes could win one of the fabulous prizes donated by our sponsors
  - \* Nominate as many heroes as you like until the end of April.



T.M.L. CLEANING SERVICES



AW Apricate & Wild Salon



**WHO IS YOUR HERO?**

Every year in April the world celebrates Super Hero Day!

In the past we have gifted rocks to many people in our community who we think are heroes. Our local police officers, ambulance officers, fire fighters, essential workers such as supermarket staff, hospital staff, pharmacy staff, our bus drivers, friends, veterans, and visiting army and navy personal.

We think our little town is full of so many heroes so we need your help to celebrate all of them!

Brothers **SO WHO IS YOUR LOCAL HERO?**



**HAPPY ROCKS BOWEN 4805**

**SCHOOL HOLIDAY ACTIVITIES APRIL 2022**



**Big Bang Science Workshops**

Investigations to encourage children to explore their world through STEM, develop collaboration and communication skills and a can-do attitude (9-12 year olds).

Tues 5th

10-11.30am *MadLab*  
@Cannonvale Library  
2-3pm *Illuminated Geometry*  
@Proserpine Library

Wed 6th

9-10am *All Wired Up*  
@Bowen Library  
\*1-2pm *Fossil Rocks*  
@Collinsville Library  
\*(5-12 year olds)



**APT10 Kids on Tour**

Enabling children to explore and experience diverse contemporary art styles and approaches from Australia, Asia and the Pacific. Activities celebrate diversity and community, and encourage mindful contemplation.

10am

Tues 12th & Thurs 14th

All Library branches  
(5+ years)

APT10 Kids on Tour is a free QAGOMA Touring program available to regional Queensland communities, with thanks to generous support from the Tim Fairfax Family Foundation.

**Under 5's Story Time 10am**  
Tues 5th @Proserpine Library  
Wed 6th @Cannonvale Library

**Easter Craft 10am**

Tues 5th @Bowen Library (5+yrs)  
Thurs 7th @Collinsville Library (5+yrs)  
and @Proserpine Library (all ages)

**\*Coding and Robotics 10am**

Thurs 7th @Bowen Library (5+yrs)  
\*BYO tablet/phone device

**Cress Head Garden Pot Craft 10am**

Thurs 7th @Cannonvale Library  
(7+yrs)

**Chess 3pm**

Wed 6th @Cannonvale Library  
Wed 13th @Cannonvale Library  
(6+ yrs)

**GBRMPA Reef Guardian Webinar & Activities 10am**

Wed 13th @All Branches (8+yrs)

Bookings essential as places limited, phone your local branch to register

Bowen Library 4761 3670

Cannonvale Library 4846 9400

Collinsville Library 4785 5366

Proserpine Library 4945 0275

Children must be supervised by parent/carer at all times

**Connect Create Enable Innovate**

