



St. Patrick's Catholic Primary School

PREP TO YEAR 6

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PRINCIPAL'S NEWS

8th March 2018

Sitting in a restaurant recently, a mantra displayed on the chalk board caught my eye and interest. It read, 'A smooth sea never made a skilled sailor'. This mantra rings true in all our teachings in the Resilience Project where the focus is on giving students the capacity to recover quickly from challenges - to be challenged in everyday life and come back stronger than ever. The Resilience Project teaches our students that failure doesn't have to overcome them and can in fact make them more skilled for the next time they face rough seas. Children can learn that choosing to be happy, changing our habits and our mindset helps us to achieve our full potential.

When a parent of our school recently sent me a link to an Oprah's Super Soul Conversation Episode – Shawn Achor Part 1: The Secrets to Happy People, I was a bit sceptical. I am not an Oprah fan. I am always looking for something meaningful to listen to on a Sunday afternoon when doing the ironing for the week ahead and the title intrigued me, so I downloaded it.

In this podcast Shawn Achor explores the idea of Happiness Hygiene - practice gratitude, use a journal to write about a meaningful moment during the day, thank people in your life, exercise, and meditate. All students at St Patrick's explore these principles through the Resilience Project. They learn that simple changes to our daily routine can lead us to becoming more successful in our relationships and our outlook on life. If you get the chance, listen to it. It is thought provoking...happiness is a choice!

KEY DATES FOR WEEK 8



- Monday—No Parish Mass
- Monday—Swimming Lessons Year 3-6
- Tuesday-Thursday –Courtyard Prayer 8.40am 3C
- Friday—St Patrick's Day Mass 6B 9.00am
- Friday—No Assembly or Awards
- Friday—National Day of Action against Bullying



Friday 16th March
9.00am

St Patrick's Day MASS



Click our school crest to go our school website calendar.



Click the facebook icon to go to our school facebook page.



Click the Parish logo to go to the Parish Newsletter.



Click the Centacare logo to go the Group Programs

TOILETS

ADULT TOILETS

Visiting adults and toddlers **ARE NOT PERMITTED TO USE** student toilets within St Patrick's during school hours or while attending school functions after school hours (e.g. Welcome Dance Night). If you require toilet facilities while on campus during school hours, then please seek direction from Administration staff to use the staff toilets in A Block. If attending a school function after school hours, then the Church Hall toilet facilities will be made available for adult and toddler use. Your cooperation and attention to this matter is greatly appreciated to ensure and enhance the safety of our students.



Expectations Regarding Behaviour in Toilets

Students are regularly reminded regarding the school's behaviour expectations when they are using the toilets. Another reminder occurred at school this week.

The focus of the discussion was:

- Educating students about germs in toilets.
- Hygiene practices (washing hands, not taking food into toileting area etc.).
- Students should use the toilet responsibly (e.g. not waste time and keep noise to a minimum).
- Discourage play in toilets (e.g. should not be a location for tiggly or hiding games).
- Not a place for playing 'tricks' on others or contact with other people (minimal time in toilet).
- Strict rule – one person in a cubicle at a time.
- When changing clothing for an activity, individual cubicles to be used with one person per cubicle.
- If individual showers or cubicles are not available, remember the public and private rule. Students must continue to wear clothing that would be acceptable for public places.
- Adults must not be in a one-on-one situation with students in toilets or changing areas.

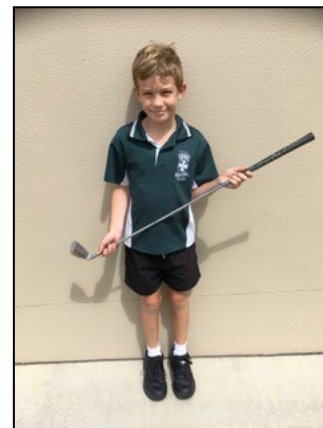
In the aim of enhancing student hygiene and safety, it would be appreciated if parents reinforce these behaviours at home with regard to not only the school toilets, but all public toilet areas.

SPORTS NEWS

2018 BUNDABERG DISTRICT SCHOOL SPORTING REPRESENTATIVES

Rohan Wooldridge – Golf

Flynn Barber – Basketball



BUNDABERG DISTRICT U12 SCHOOL SPORTS TRIALS—2018

Please note the following date claimers for sports trials. Further information regarding eligibility can be found in previous newsletters, and if you have any queries please do not hesitate to see Mrs Annette Hammermeister for clarification.



Tennis Boys & Girls Trials: 15 March; Rotary Tennis Courts, George St; 8:45am – 3:00pm

Touch Boys Trials: March 12; Bundaberg Touch Association Fields; 4:15 pm – 5:30 p.m.

Touch Girls Trials: March 9; Bundaberg Touch Association Fields; 3:45 pm – 5:30 p.m.

Football BOYS U/12 - Tuesday 13 March (**ONLY BOYS BORN 2006**); Wednesday 14 March (**ONLY BOYS BORN 2007 & 2008**); Tuesday 20 March - **ALL BOYS INVITED BACK FROM THE PREVIOUS WEEKS**); Bundaberg North State High School; 4:00pm – 5:30 pm.

Football GIRLS U/12 - Monday 12 March & Monday 19 March (**must attend both days**); Bundaberg North State High School; 4:00pm – 5:30 pm.

Netball Girls: 14 & 21 March (must attend both days); Norville State School; 4:00 - 5:00pm.

Rugby League (10 yrs - Born 2008; 11yrs - Born 2007; 12yrs - Born 2006): 15, 20, 22 & 27(if needed) March; Salter Oval; 3:30 - 5:00pm. All players must wear a mouth guard when trialling / playing.

APRIL VACATION CARE

If you require vacation care over the school holidays, both St Mary's and St Joseph's are offering programs. Please click on the opposite link for further information and booking forms.

Please book early to avoid disappointment.



TRIPLE P PARENTING

TRIPLE P POSITIVE PARENTING PROGRAM



Don't let parenting worries keep you up at night!

The results from Triple P's annual parenting survey are in! Encouraging kids to be healthy, managing screen time and dealing with kids' emotions are the three biggest worries keeping Queensland parents up at night right now. Triple P founder Professor Matt Sanders says the best thing parents can do to encourage positive behaviour is to lead by example. Kids who grow up with positive parenting do better at school and in life. Parents who do Triple P are also less stressed and depressed. Triple P is free in Queensland – do it [online](#), in [seminars or groups](#), or [one-on-one](#). Visit www.triplep-parenting.net.

COLES SPORTS FOR SCHOOLS PROMOTION

St Patrick's is participating in the Coles Sports for Schools Promotion, so please bring your vouchers to the designated box in the office that will go directly towards the school receiving new sporting equipment.



How does it work?

- Step 1**
For every \$10 spent at Coles, customers will receive one Sports for Schools voucher.
- Step 2**
Your school's families can then bring vouchers to your school, placing them in the collection bins provided.
- Step 3**
Every voucher received by your school will go towards your tally to help you order sports equipment.

STUDENT OF THE WEEK



TUCKSHOP NEWS

SUSHI TUESDAY
13TH MARCH
CRISPY CHICKEN & AVOCADO
OR
TERIYAKI CHICKEN (GF)
\$4.00 PER ROLL OR \$5.00 AS A
MEAL DEAL.

ORDER VIA QKR APP BY 8.35AM
MONDAY 12TH MARCH



PIC•COLLAGE



MyTime Program



MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

And while you attend your group led by a trained facilitator, a play helper engages your child.

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- Parent-guided "time-out" activities
- MyTime is free!

When: **Wednesdays (during school terms) from 9.30am-12.30pm commencing 14th February 2018**

Where: **Bundaberg & District Neighbourhood Centre**

Contact: **Phone 4153 1614 or email info@kenalwynbnc.org.au**

Bundaberg & District Neighbourhood Centre
111 Targo Street, Bundaberg Qld
www.kenalwynbnc.org.au



TENNIS HOLIDAY CLINIC will be conducted at Rotary Park Tennis complex, 69b George Street, South Bundaberg by Bundaberg Tennis Academy Coaches, Murray Whitbread and Kevin Banner.

Monday 9th, Tuesday 10th, Wednesday 11th April 2018. Times: 8.30am – 10am (Junior Beginners 5-12 years); 2.30pm – 5.00pm (High School/Intermediate/Advanced).

To Register and for enquiries, please phone Kevin: 4152 0753 or 0409 520753. Bookings are essential!



Family fun with more than 80 years of success.

Come and Try Days

We are seeking new players aged 6 - 16 years. Come along and learn some skills from our club coaches, concluding with a sausage sizzle.

When: Saturday, 17th March 9 - 10:30am
Tuesday, 20th March 4 - 5:30pm

Where: Hinkler Park
Cnr Thornhill St and Hinkler Ave
(Just off the northern end of the Tallon Bridge)

What to Bring: Hat, long socks and water bottle
(Hockey sticks and shin pads supplied)

For more information:

President: Peter McLennan 0428 576238

Secretary: Karen Lindsay 0432 688099

or email: citieshockey@hotmail.com

Facebook: [The Waves Cities Hockey Club](https://www.facebook.com/TheWavesCitiesHockeyClub)



OVER 18 EVENT

ENJOY A DAY OUT AT THE BUNDABERG Catholic Schools RACE DAY 2018

TICKETS ON SALE NOW

SATURDAY 17 MARCH 2018
THABEBAN PARK RACECOURSE
MARQUEE GATES OPEN AT 11.30am

Tickets on Sale at
Shalom College and St Patrick's,
St Mary's & St Joseph's Primary Schools

- » Fashion Parade by **HOTLINE BOUTIQUE**
- » **FASHIONS OF THE FIELD**
- » **HUGE RAFFLE**

Limited Tickets Available!
ADMISSION \$60!
Includes entrance to the Marquee Party, 2 Free Drinks, Finger food and Bus to the CBD

TERM ONE PLANNER

WEEK 1	Week 22nd January—26th January		
Monday	First Day of Term		
Tuesday—Thursday	Tuesday to Thursday— Courtyard Prayer	8.40am	
Friday	AUSTRALIA DAY		
WEEK 2	Week 29th January—2nd February		
Monday	No Parish Mass		
Tuesday—Thursday	Tuesday to Thursday— Courtyard Prayer	8.40am	5B
Friday	Opening School Liturgy and Year 6 Induction	9.00am	6L
	No Assembly and No Awards		
WEEK 3	Week 5th February—9th February		
Monday	Parish Mass	9.00am	Year3 - Year 5
Tuesday—Thursday	Tuesday to Thursday— Courtyard Prayer	8.40am	5P
Friday	Classroom Liturgy	8.45am	5B
	Awards Only	11.45am	
WEEK 4	Week 12th February—16th February		
Monday	No Parish Mass		
Tuesday	PUPIL FREE DAY		
Wednesday	Ash Wednesday	8.40am	6R
Thursday	Courtyard Prayer	8.40am	
Friday	No Liturgy		
	Awards Only	11.45am	
WEEK 5	Week 19th February—23rd February		
Monday	No Parish Mass		
	Swimming - Yr 3 9:00am - Yr 4 10:00am - Yr 5 11:00am - Yr 6 12:00pm		Years 3-6
Tuesday—Thursday	Courtyard Prayer	8.40am	5W
Friday	Classroom Liturgy	8.45am	3K
	Project Compassion and Caritas (Mini Vinnies)		
WEEK 6	Week 26th February—2nd March		
Monday	No Parish Mass		
	Swimming - Yr 3 9:00am - Yr 4 10:00am - Yr 5 11:00am - Yr 6 12:00pm		Years 3-6
Tuesday—Thursday	Courtyard Prayer	8.40am	3ST
Thursday	Welcome Dance Night	5.00pm	
Friday	Classroom Liturgy	8.45am	3C
	Class Assembly and Awards	10.25am	5P
WEEK 7	Week 5th March—9th March		
Monday	No Parish Mass		
	Swimming - Yr 3 9:00am - Yr 4 10:00am - Yr 5 11:00am - Yr 6 12:00pm		Years 3-6
Tuesday—Thursday	Courtyard Prayer	8.40am	3K
Friday	Classroom Liturgy	8.45am	5W
	Class Assembly and Awards	10.25am	3ST
WEEK 8	Week 12th March—16th March		
Monday	Swimming - Yr 3 9:00am - Yr 4 10:00am - Yr 5 11:00am - Yr 6 12:00pm		Years 3-6
Tuesday—Thursday	Courtyard Prayer	8.40am	3C
Friday	St Patrick's Day Mass	9.00am	6B
	No Assembly or Awards		
WEEK 9	Week 19th March—23rd March		
Monday	No Parish Mass		
	Swimming - Yr 3 9:00am - Yr 4 10:00am - Yr 5 11:00am - Yr 6 12:00pm		Years 3-6
Tuesday—Thursday	Courtyard Prayer	8.40am	6R
Friday	No Liturgy		
	Palm Sunday	10.25am	4C & 4W
WEEK 10	Week 26th March - 30th March		
Monday	No Parish Mass		
	Swimming Carnival - Yr 3/4 9-11am and Yr 5/6 11-12:30pm		Years 3-6
Tuesday	Last Supper	8.40am	4L
Wednesday	Good Friday	8.40am	Yr 5
Thursday	Easter Liturgy	9.00am	Yr 6 & Prep
	Easter Hat Parade	10.15am	Prep to Yr 3
	Mini Fair	11.00am - 12.15pm	
Friday	GOOD FRIDAY		