



PRINCIPAL'S NEWS

10 March 2023

If I had a dollar for each time I'd been asked 'what makes a Catholic School different' I'd retire 10 years earlier than I had planned. To be honest, I probably wouldn't choose to retire, as I love the work I do, but it would be an overwhelming option. However, Bishop's Inservice Day, I heard something that really resonated with me. Catholic Education was traditionally charged with the desire to produce excellent young citizens, who would look at their glass and be thankful that it was half full, rather than half empty. In a world that gives far too much media attention to the 'negatives' this must continue to be one of our biggest goals. In creating a state of mindfulness for our young, as highlighted by 3C last week, we hope to encourage them to look at life through a positive lens. A skill easier said than done, but supported by many verses in the Bible, which would have driven our predecessors, including;

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful."
Colossians 3:15

"Rejoice always, pray without ceasing, give thanks in all circumstances" Thessalonians 5:16-17

"This is the day that the Lord has made; let us rejoice and be glad in it." Psalm 118-24

This Saturday, the Catholic Education Race Day will be held. How fitting then, that citrus is the theme. Life will surely send us lemons, but it is the will and skill to turn these into lemonade, that we hope to encourage in our students and it all starts with being grateful.

If I was to be grateful in 2023 it would be for;

-students who burst into a welcoming song every time they see you, despite the three syllable, hyphenated name.

-Parents wanting the best for their children and walking supportively by our sides as educators.

-Staff members that want the best for their students and are so kind and skillful in their work.

-A healthy tradition of a community keen to create the best version of itself for the good of others.

Last week our Board met for the first time this year. Members, Damien Botha, Daniel Reeves, Ben Pollock, Zoe Lewis, Cathy Nash, Tanya Wakeley and Bree Watson, consolidated what I already knew about St. Patrick's, that you are one very supportive and positive community. Wanting the best for your children and ultimately the community.

This week I have spent most of my week meeting with other Principals in our Diocese of Rockhampton, but very much looking forward to having the chance to see many of you at the Catholic Education Race Day this weekend or at our St. Patrick's Dance Night, next Thursday afternoon with gates open at 5:00pm.

Kim O'Shea-Hard



Click our
school crest
to go our
school
website



Click the
Parish logo
to go to the
Parish
website



Click the
Facebook
icon to go to
our Facebook
page



Absentees

4994 8336

spb_absentees@rok.catholic.edu.au

APRE NEWS

CATHOLIC IDENTITY SURVEY

One of the most important things about being a Catholic school in the 21st century is knowing who we are and what purpose we serve. We need to have a clear understanding of our role as a Catholic school. To assist with this and as an important part of our School Improvement process, St Patrick's will shortly participate in a Catholic Identity survey which is conducted by Leuven University in Belgium. The research project is aimed at assisting us with understanding how our Catholic identity is expressed in work and practice as well as supporting plans to further enhance our Catholic Identity for the future.

All staff, along with our students from years 5 and 6 will participate in the survey at school. We would also like to give parents a voice by inviting and encouraging you to take part in the survey, which will be conducted online and is not identifiable.



Go to the Survey Site:

www.ecsi.site/au/user/ and enter Ghj654

Your school Group code: i1289

Your school Survey Access Code: j7346x

DANCE NIGHT

Welcome Dance Night will be held Thursday 16th March. Our annual dance night is a wonderful way to welcome new families to the school and for our students to showcase their dancing talents they have developed through their Physical Education lessons.

The dance presentation will be held on the senior oval. Students will be seated in designated areas and supervised by teachers in their respective year levels during the performances. Students will remain with their classmates in their designated areas for the duration of the performances, with parents sitting in an area behind the children. Folding chairs are recommended for parents. Each student will be involved in three dances and suggested costume themes for each year level is outlined below. Our students have worked very hard to learn their dances and are looking forward to this performance to showcase their skills.

Gates Open—5:00pm Parents are welcome to bring a picnic dinner to enjoy with your family on the oval. Dance presentation is 5:30pm – 6:30pm.

Years 2, 3 & 4

Sailors OR
Irish (Green)

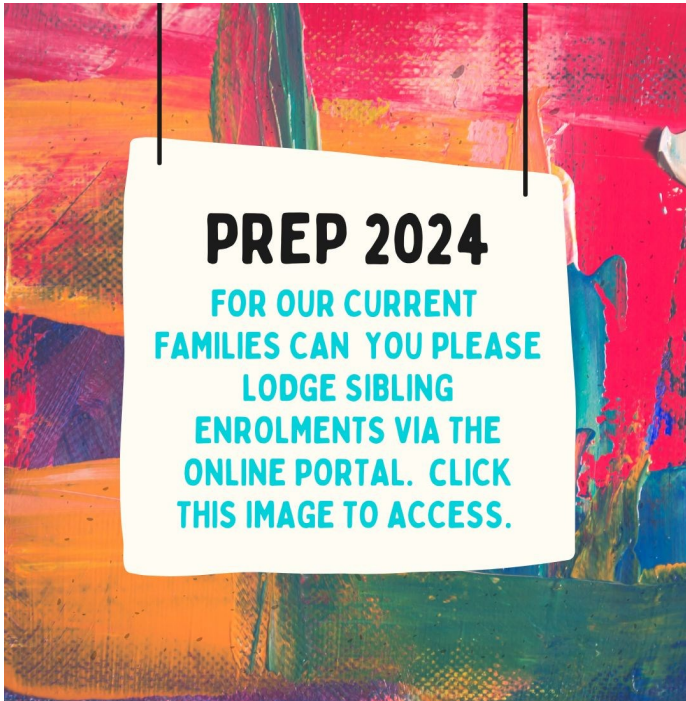
Prep & Year 1
Superheroes

Years 5 & 6

Free Dress
(Green Accessories)

**DANCE
NIGHT**
THURSDAY 16TH MARCH





UNKNOWN DEPOSIT

We have received a deposit of \$642.06 into our school bank account on 16/02/2023 with the following description **BANK OF QLD - 642.06**

Could you please contact Finance Secretary Brooke Bone to advise if you have made this payment so it can be receipted correctly against your account.

****Please ensure that when you are making a deposit into the school's account that you are using your parent code or surname so that it is receipted correctly****

COUNSELLOR NEWS

USEFUL SELF HELP RESOURCES FOR ANXIETY

Anxiety Canada provides parents with high quality self-help information and evidenced-based resources for anxiety and anxiety disorders in children. It includes information on many different anxiety-based difficulties and conditions including general anxiety, health anxiety, hoarding, obsessive compulsive disorder, panic disorder, body focused repetitive behaviours, post-traumatic stress, selective mutism, separation anxiety, social anxiety and phobias. Each of these areas includes handy home management strategies for parents. I couldn't recommend this website more highly. <https://www.anxietycanada.com/parenting/parent-child>

Free **BRAVE Online Program** provides psychological therapy treatment for childhood and adolescent anxiety, and it was developed by the University of Queensland. It includes 10 sessions in which young people learn the skills to overcome fearful or worrying situations. There are separate sessions for children and for teenagers so that the examples and content are appropriate for these different age groups. BRAVE can be completed in your own home, at your own pace, and at a time that suits you. There is a component for children to complete and also one for parents so that you receive the knowledge and resources to best support your child. [Home | BRAVE Self-Help Program \(uq.edu.au\)](https://www.uq.edu.au/brave)

Cool Kids Online Program was developed by the Macquarie University in 1993. The Cool Kids program is a structured, skills-based program that teaches children and their parents how to better manage anxiety. The Cool Kids Online program has 8 online lessons for parents and children to complete together over 10 weeks.

3 – 6 year olds <http://www.emhprac.org.au/services/cool-kids-online/> \$170

7-12 year olds [Macquarie University - Cool Kids Online \(mq.edu.au\)](https://www.mq.edu.au/cool-kids) – currently no cost

Go Zen! Anxiety/Stress Relief online program teaches all the tools and techniques children need to manage their anxiety. It does this through animations, interactive scenarios, anxiety relief exercises, parent information, and offers one year of full access for \$197 or a month for \$67. <https://gozen.com/anxiety/>

The Centre of Clinical Interventions provides information and resources for adults wanting some self-help around the following topics: assertiveness, coping with depression, self-compassion, facing fears, overcoming low self-esteem, bipolar, eating disorders, panic attacks, overcoming perfectionism, procrastination, social anxiety and general anxiety. <http://www.cci.health.wa.gov.au/resources/consumers.cfm>

SPORTS NEWS

BUNDABERG DISTRICT U12 SCHOOL SPORTS TRIALS

BDSS Sport		Age Group	Date	Venue	Time
Netball	Girls	Born 2011	Tuesday 14 March	Multi—St Luke's Anglican	3:30—5:00pm
			Thursday 16 March		
Soccer	Boys	Born 2011 & 2012 Exceptional 2013 players	Tuesday 14 March (Boys born 2011)	North Bundaberg High School	4:00-5:30pm
			Wednesday 15 March (Boys born 2012 & 2013)		
	Girls	Born 2011, 2012 and 2013	Tuesday 21 March (all boys invited from previous week)		
			Monday 13 March Monday 20 March	North Bundaberg High School	4:00-5:30pm
Tennis	Boys & Girls	Born 2011 & 2012 Exceptional 2013 players	Friday 24 March	Rotary Tennis Courts—George Street	8:45-3:00pm
Rugby League	Boys	Born 2011, 2012 & 2013 Exceptional 2014 players	Monday 13 March Monday 20 March Monday 27 March	Waves Sporting Complex (Thabeban Road) <i>All players must wear a mouthguard.</i>	3:30-5:30pm
Hockey	Boys & Girls	Born 2011, 2012 & 2013	Monday 20 March Monday 27 March	Hinkler Park North Bundaberg	4:00-5:00pm

WIDE BAY REPRESENTATIVES

Congratulations **GIORGI POLLOCK**, **MIA ASHMORE** and **FLO LEWIS** who have been selected to represent **Wide Bay** in their respective sports.

Mia Ashmore—Basketball

Giorgi Pollock—Swimming

Flo Lewis—Touch Football

Well done to these students and we wish you all the best of luck at the upcoming state trials.



CROSS COUNTRY CARNIVAL

The St Patrick's Inter-House Cross Country Carnival will be held at Shalom College on Monday, 24 April. A detailed information letter will be emailed to parents of students in Years 3-6 in Week 8. Please follow the instructions in this letter to nominate your child for their chosen event. Students in Years 3, 4, 5 & 6 are expected to compete unless there is a medical condition that precludes their participation. Expected event times are as follows:-

1. 9:10 am: Boys & Girls Born 2012 & 2011 (11 & 12yrs) 3km – A Division
2. 9:40 am: Boys & Girls Born 2013 (10yrs) 2km – A Division
3. 10:10 am: Boys & Girls Born 2015 (8yrs) 1km – A Division
4. 10:20 am: Boys & Girls Born 2014 (9yrs) 1km – A Division
5. 10:30 am: Boys & Girls Born 2013, 2012 & 2011 (10-12yrs) 1km – Fun Run.

CROSS COUNTRY TRAINING

Cross Country training will commence next Tuesday 7th March at 7:45am in readiness for our Cross Country carnival early next term.

Interested students are to meet Miss G in the multi-purpose shelter. Students are to wear comfortable training clothes and can change into their school uniform at the end of the training session.

The training sessions will be offered to all students in Years 3-6 and cater to all ability levels.



DATE CLAIMERS—SHALOM COLLEGE



Save the Date
YEAR 7 2024

College Open Day - Wednesday 15 March 2023 9.15am - 11.30am

Shalom College Performing Arts Precinct

For prospective parents and students for 2024 enrolments.

The College Principal Dan McMahon will introduce the morning, then you will receive a personalised tour of the school from Shalom College's Year 10 students. All students will receive a complimentary goodie bag on arrival. The morning will conclude with a sausage sizzle for all guests.

Register NOW to attend this event – REGISTER HERE (<https://enrol.scbgroc.catholic.edu.au/open-day>)

Year 7 2024 Applications Close Friday 21 April 2023

Enrolment applications for Year 7 2024 are **OPEN!**

For more information on the enrolment process please see link HERE (<https://www.shalomcollege.com/enrolment/enrolment-information/>)

All applications receive an interview

May - June 2023 - Appointments for interviews allocated & interviews commence.

By 31 July 2023 - Notification sent to advise of acceptance outcome.

CATHOLIC SCHOOLS RACE DAY

The Catholic Race Day tickets are now SOLD OUT!!

The Catholic Schools Race Day Marquee tickets have SOLD OUT! However, guests can still attend by purchasing General Admission Tickets directly from the Bundaberg Race Club, which are available [HERE](#).

We would like to thank all our sponsors and service providers for their ongoing support for our Race Day.



BUNDABERG Catholic Schools RACE DAY CITRUS SPRITZ

SATURDAY 11 MARCH 2023
THABEBAN PARK RACECOURSE MARQUEE GATES OPEN AT 11:30AM

Proudly Supported by the following Businesses

RACE SPONSORS



MAJOR SPONSORS





CAREER OPPORTUNITY—CARITAS AUSTRALIA

Caritas Australia Diocesan Director for Rockhampton

Caritas Australia is seeking a passionate Diocesan Director for the Rockhampton Diocese. This paid role is appointed by Caritas Australia in conjunction with the Bishop of Rockhampton and promotes the work of Caritas Australia through fundraising, advocacy and relationships with schools and parishes.

The role is flexible, working 1 day/7.6 hours per week on average across the year and involves engaging with communities across the Rockhampton Diocese, supporting Caritas Australia appeals and coordinating volunteers.

Duties include:

- Coordinating Project Compassion including the Diocesan Project Compassion Launch
- Providing a communications pathway between Caritas and the Catholic Diocese of Rockhampton parishes and schools
- General administration tasks



For more information, including a copy of the role description and overview, contact the HR Manager on 4887 3090. To apply for the position, submit your resume and cover letter to hr@rok.catholic.net.au. Diocesan employees are encouraged to apply.

SAVE THE DATE—EMMAUS COLLEGE 30 YR ANNIVERSARY

SAVE THE DATE



EMMAUS COLLEGE 30 YEAR
ANNIVERSARY CELEBRATION
EVENING

INVITING ALL CURRENT & PAST
STAFF AND PARTNERS

SATURDAY 13TH MAY 2023
6:30PM START AT FRENCHVILLE
SPORTS CLUB



OUT AND ABOUT

You're Invited to:

FREE Bowling Blastoff

JUNIOR TENPIN BOWLING BLAST OFF SESSION

Sat 11th or 18th MARCH
11am - 12.30pm

At: Bundy Bowl & Leisure Complex
17 Lester St, Bundaberg.
PHONE 41524334 TO REGISTER.



Come LEARN HOW TO BOWL WITH BOWLING COACHES FOR JUNIORS AGED 5-13 YEARS

3 X DIVISIONS: PREP DIVISION (Gr 1 students aged 5-7yrs),
A DIVISION (Gr2&3 students aged 8-10 yrs),
B DIVISION (Gr 4,5,6 students aged 11-13 yrs)

FREE Coaching provided

- Learn Tenpin Bowling—Coaching provided
- No experience necessary—Everyone welcome
- All Equipment provided
- Starts from \$10.70/week
- Aust Tenpin Sports Regn fee \$35.00
- Includes: Bowling Shirt - Sponsored by Junior Tenpin Bowling club
- Primary aged students
- All students shall be individually monitored with their progress in the Sport.
- All ages * All abilities * Sunsafe
- Make Friends, Get Fit & Join a Sport

Limited Spots
REGISTER NOW!



Sat 11th or 18th MARCH - Taking Names Now!

Arrows Athletics Hockey Club

AGE GROUPS:
UNDER 7, 9, 11, 13, 16
SENIOR MEN AND WOMEN.



2023 Season

COME AND TRY WEDNESDAYS, 5PM @
HINKLER PARK



Contact details

LIKE AND FOLLOW US ON FACEBOOK.
SEND US A FACEBOOK MESSAGE FOR A
PROMPT REPLY.

BRANCH MANAGER: GENENE BRAYSHER
0418 799 874



The surfing scientist

FREE event

Nutrition with explosions

Wed 22 March

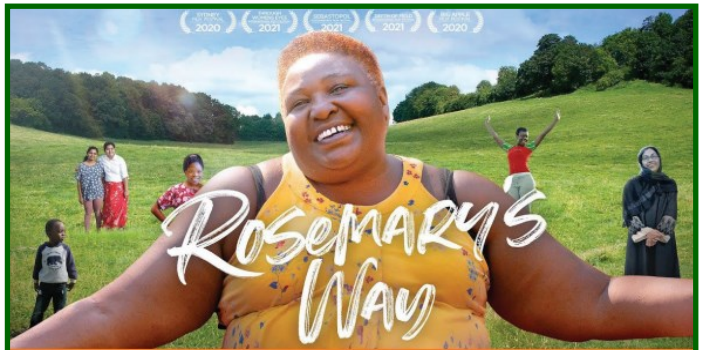
5.30 - 6.30 pm

Moncrieff Entertainment Centre

all ages



whatsonbundaberg.com.au



Saturday 25 March | 4 - 6 pm
Tickets \$12 each
Moncrieff Entertainment Centre, Bundaberg

For Harmony Week 2023, Bundaberg Regional Council are inviting community to the special screening of the documentary Rosemary's Way. Celebrating the remarkable story of Rosemary Kariuki and her work with migrant women.

Movie and raffle ticket sales will be fundraising for the local Bundaberg Friends for Refugees.

A group of locals banded together to support a refugee family in their settlement in Australia, who will present on the night of the movie on their journey!

The night will include two migrant speakers, one from Zimbabwe and the second from the Philippines, discussing their migration story and life in Australia.

Join us for a beautiful night of inspiration, learning from lived experience to understand our community and build connection.

Scan here to book



1300 883 699
bundaberg.qld.gov.au



2023 SPORTING CALENDAR

CROSS COUNTRY			
Obstacle Course P-2	Friday 21 April	9:00-11:00am	St Patrick's Jnr Oval
Cross Country 3-6	Monday 24 April	9:00-11:00am	Shalom College
District Cross Country	Friday 12 May	12:00-2:30pm	Avoca State School
ATHLETICS CARNIVALS			
Athletics—Field Event (born 2011-2013)	Monday 19 June	9:00-2:30pm	St Patrick's
Senior Athletics (born 2011-2014)	Wednesday 21 June	9:00-2:30pm	Shalom College
Junior Athletics (born 2015-2018)	Friday 23 June	9:00-12:00pm	St Patrick's Snr Oval
District Athletics	10 & 11 August	9:00-3:00pm	St Luke's Anglican School
1500m Trials	18 August	9:00am	St Luke's Anglican School
SWIMMING CARNIVALS			
Junior Swimming Carnival	Friday 24 November	9:00-11:00am	Bundaberg Swim Academy
Senior Swimming Carnival	Friday 24 November	11:00-1:00pm	Bundaberg Swim Academy

TERM ONE PLANNER

WEEK 4	Week 13th February—17th February		
Tuesday—Thursday	Courtyard Prayer	8.40am	5P
Friday	PUPIL FREE DAY		
WEEK 5	Week 20th February—24th February		
Tuesday & Thursday	Courtyard Prayer	8.40am	3B
Wednesday	Ash Wednesday	8.40am	Year 6
Friday	Sausage Sizzle		Year 5
WEEK 6	Week 27th February—3rd March	Time	Year Level
Monday	Parish Mass	9.00am	Year 6
Tuesday—Thursday	Courtyard Prayer	8.40am	3C
Friday	Sausage Sizzle		Year 4
WEEK 7	Week 6th March—10th March	Time	Year Level
Monday	Parish Mass	9.00am	Year 5
Tuesday—Thursday	Courtyard Prayer	8.40am	3L
Friday	Sausage Sizzle	9.00am	Year 3
WEEK 8	Week 13th March—17th March		
Monday	Parish Mass	9:00am	Year 3
Tuesday—Thursday	Courtyard Prayer	8.40am	2C
Thursday	Dance Night	5.00pm-6.00pm	Whole School
Friday	St Patrick's Day Liturgy (Year 6)	9.00am	Whole School
	Sausage Sizzle		Year 2
WEEK 9	Week 20th March—24th March		
Monday	Parish Mass	9.00am	Year 4
Tuesday—Thursday	Courtyard Prayer	8.40am	2L
Friday	Sausage Sizzle		Year 1
WEEK 10	Week 27th March - 31st March		
Tuesday	Palm Sunday	8.40am	4M & 4K
Wednesday	Last Supper	8.40am	4C
Thursday	Good Friday	8.40am	Year 5
Friday	Easter Liturgy	9.00am	Year 6 & Prep
	Easter Hat Parade	10.15am	Prep to Year 3
	Mini Fair	11.00am-12.15pm	Whole School