



PRINCIPAL'S NEWS

26th May 2023

During the Christmas holidays, I purchased *'Ikigai'* an intriguing easy read, to devour on a flight back to Queensland. *Ikigai*, written by Garcia and Mirallers (2016) is based on research carried out on a Japanese Island called Okinawa, boasting the largest number of centenarians and recording extremely low occurrences of dementia, cancer and heart disease.

'Ikigai' is a Japanese word meaning 'life' and to feel 'worthwhile' culminating in the desire to spring out of bed each morning, even the cold ones endured this week. Researchers noted that this group of people didn't live to retire, but rather to *'savour the journey'*. This is something I have long believed and I have this on my number plate, as a daily reminder. *'Ichariba-chode'* was another Japanese word practiced by this group of seniors, which means to treat everyone like a brother, even if you've never met them before. This strongly paralleled for me the commandment, passed on from Moses (Mark 12:31) *'love thy neighbour'*.

Year 1M broke this idea open further for me this week, via prayer, when they immersed us with the African Philosophy called *'Ubuntu'* which they described as *'I am who I am because of who we are together'*. We may not all get to enjoy the ripe old age of one hundred, but these sound like the perfect ingredients to sustain us through life's journey.

This week we also celebrated the National Simultaneous Storytime where the Speedy Sloth taught us that we don't need to 'win life's journey', as long as we savour each event, opportunity and moment along the way. Our Rugby League team reflected the Speedy Sloth's great sportsmanship but were rewarded with another win this week, against Norville State School. Our young men and women will now progress through to the Kaufusi Shield final, to be played at Salters Oval against St. Luke's next Wednesday evening, at 5:35pm. This is a great achievement, and example of *'Ubuntu'* in action. It would be great to have everyone's support in what Mrs. Hammermeister described as the *'Saint of Origin'* which will be the perfect prelude to the *'State of Origin'* which will follow the same evening.

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

SCHOOL REPORT SURVEY—MYP CORPORATION

As part of our ongoing commitment to continuously improving the school, we believe it is critical to seek each parent and guardian's opinion on a range of issues relating to St. Patrick's School, Bundaberg. Your feedback is very important to us as we continue to build a successful school and strengthen our reputation as an 'educator of choice'. As such, we have engaged the professional services of MYP Corporation (MYPCorp) to undertake a strictly private and confidential School Results Survey on our behalf. The survey should take approximately 10 - 15 minutes and will need to be completed online between **Monday 22nd May and 9th June, 2023**. There are no right or wrong answers and we ask that you respond honestly to each statement. You will receive an e-mail from me today and then MYPCorp will undertake the following process to ensure anonymity:



1. Parents and guardians will be emailed individual survey logins.
2. Results will be collated externally.
3. A summary of collated results will be provided to the school leadership team.

On Monday, survey instructions and a personalised login link will be emailed to all parents. You will continue to receive friendly reminders during the survey period until you have submitted the survey. If you do not receive your survey instructions on the survey start date, please check your spam and junk email folders before contacting St. Patrick's. While we strongly encourage you to participate, the survey is not compulsory. Thank you in advance for your help and support in this process, as we value your input and feedback.

APRE NEWS

This Sunday (May 28) marks the 'birthday' of our Church, a time that we refer to as Pentecost. The Day of Pentecost marks 50 days since Easter; 50 days after Jesus rose from the dead, and brings the Easter season to an end. Pentecost is a major feast of the Church's year when Christians recall how the Holy Spirit was given to the disciples after Jesus' ascension, empowering them to begin the work of making disciples of all nations. It is written that the Holy Spirit descended to the Apostles and the Virgin Mary. The story in Acts 2:1-42 tells how the early followers of Christ came together on Pentecost.



Importance of Sleep

Sleep is so important not only for a child's health and well-being but also for their learning. Good quality sleep helps children to concentrate, remember what they have learnt, manage their feelings as well as their behavior. These are all important factors for becoming a successful learner.

Furthermore, poor sleep can result in:

- Difficulty with consolidating what you have learnt during the day, into your memory (sleep plays a HUGE role here!)
- Weight gain
- Low immune function
- Increased likelihood of negative thinking and negative self-talk
- Increased irrational moods, irritability and "melt downs"
- Significantly increased chances of experiencing depression

Preppies and Sleep

Follow this link to an article written by a school counsellor, explaining how to prepare your Preppie's body for sleep.

<https://www.familiesmagazine.com.au/preppies-sleep/>

Why Sleep Difficulties Occur

Follow the link below for an article that explains a range of sleep problems and solutions.

[Sleep problems & solutions: kids & teens | Raising Children Network](#)

Sleep Apps for kids

There are also some really handy sleep apps for children that you might like to try:

	<p>Smiling Mind app has a range of programs (including calming meditation scripts) that are grouped by age.</p>
	<p>The Calm app has several options including <i>Sleep Stories</i>. They are meditative bed-time tales with age groupings.</p>
	<p>Andrew Johnson and his Deep Sleep app (good for adults) and also his Relax + Jnr app which has different therapy topics for children and one of them is better sleep. With Relax + Jr You can tailor the amount of talking as well as the length of time etc.</p>
	<p>Relax Melodies app – children can select sounds that they prefer for calming music and there are also sleep meditations to follow.</p>
	<p>Maggie Dent's website - has some lovely audios to assist children with falling asleep. Maggie also has a range of articles and video clips on topics such as: night terrors, bedwetting, and teens and sleep. Sleep Issues - Maggie Dent</p>

If your child has severe or persistent difficulties with sleep, I highly recommend talking to your GP to rule out physiological barriers to sleep (e.g. large adenoids/tonsils). Alternatively, your GP may refer you to a sleep clinic, paediatrician, psychologist or other health professional who is experienced in treating complex and challenging sleep problems.

NON STATE SCHOOLS TRANSPORT ASSISTANCE SCHEME



Student Travel Rebates

Semester 1




Bus Fare Assistance

- Does your child attend a **non-state school outside the Brisbane City Council** boundary?
- Does your **family** spend more than **\$35/week*** on bus/ferry fares to and from school (*\$25/week if you hold a concession card)?
- Does your child travel on a **publicly available service** not owned or associated with the school?

Students With Disability

- Does your child have a **verified disability** that requires **transport assistance** to and from school?
- Has your school's learning support teacher assessed your child's **travel capability rating** as 'semi-independent' or more dependent?

Visit our website to see if you qualify for our financial assistance to help with the cost of transport and **apply at SchoolTransport.com.au during May.**

Late applications cannot be accepted after 31st May.

The Non State Schools Transport Assistance Scheme assists eligible families with the cost of traveling to school.

Applications for Semester 1 2023 are now open online and close on 31 May.

Student travel rebate applications are only open in May for Semester 1 and October for Semester 2.

Please visit Non State Schools Transport Assistance Scheme (NSSTAS)

[Non State Schools Transport Assistance Scheme \(NSSTAS\) \(schooltransport.com.au\)](http://Non_State_Schools_Transport_Assistance_Scheme_(NSSTAS)_schooltransport.com.au) to check if you are eligible and ensure to get your application in before 31 May.

NON STATE SCHOOLS TRANSPORT ASSISTANCE SCHEME

WEEK 7	Week 29th May - 2nd June		
Monday	Parish Mass	8:40am	Year 2
Tuesday–Wednesday	Courtyard Prayer	8:40am	1N
Thursday	BUNDABERG SHOW HOLIDAY		
WEEK 8	Week 5th June - 9th June		
Monday	Parish Mass	8:40am	Year 5 & 1
Tuesday–Thursday	Courtyard Prayer	8:40am	4C
Friday	Music Camp	All Day	Year 4-6 Strings
WEEK 9	Week 12th June - 16th June		
Tuesday–Thursday	Courtyard Prayer	8:40am	4K
WEEK 10	Week 19th June - 23rd June		
Monday	Field Events Day (Born 2011-2013 only)	All Day	9:00am–1:40pm
Tuesday–Thursday	Courtyard Prayer	8:40am	4M
Wednesday	Senior Athletics Carnival (Born 2011-2014)	All Day	8:30am-2:30pm
Friday	Junior Athletics Carnival (Born 2015-2018)	All Day	9:00am-12:30pm

OUT AND ABOUT

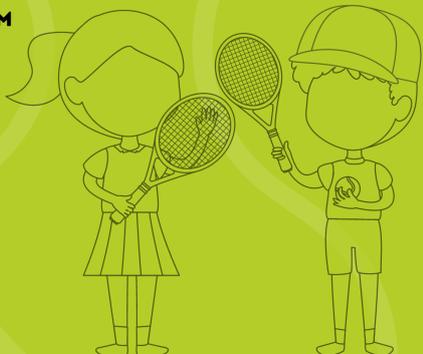
TENNIS BUNDABERG PRESENTS: **HOT SHOTS**

TENNIS FOR SCHOOL-AGED CHILDREN

WHEN :
SATURDAY: 9 AM - 10 AM

WHERE :
6C POWERS ST,
BUNDABERG WEST

COST :
\$5 PER SESSION



WHY TRY HOT SHOTS?

This specially designed program will help children to develop technically and tactically in a fun and nurturing environment that will foster sportsmanship and enhance their coordination, speed, strength, and agility.

PHONE:
0434345048

SHALOM COLLEGE PRESENTS

LEGALLY BLONDE

The Musical



MUSIC AND LYRICS BY LAURENCE O'KEEFE AND NELL BENJAMIN
BOOK BY HEATHER HACH

BASED ON THE NOVEL BY AMANDA BROWN AND THE
METRO-GOLDWYN-MAYER MOTION PICTURE

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALASIA).
ALL PERFORMANCE MATERIALS SUPPLIED BY HAL LEONARD AUSTRALIA.

THURS 8 | FRI 9 | SAT 10 | JUNE 2023

SHALOM COLLEGE PERFORMING ARTS PRECINCT

NIGHTLY FROM 7PM & MATINEE SAT 11AM

GENERAL ADMISSION \$25 | STUDENTS/CONCESSION \$20

TICKETS ON SALE NOW!

SCHOOL HOLIDAY CAMP

WINTER 2023

**JOIN US FOR A SCHEDULE
PACKED FULL OF FUN
AND SPORTS EDUCATION!**

All athletes are welcome at this event, regardless of your sport. Lunch will be provided, together with nutrition-based education.

Through the use of fun activities and modified games, each week of workshops focus on:

- Strength and Conditioning
- Balance
- Movement Foundations
- Speed and Power
- Games
- Cognitive Skills
- Recovery Techniques
- Strength / Agility Testing
- Plyometrics

10-13 Years
26th - 29th June 2023
8:30am-3:30pm (daily)

Program Cost:
Early Bird - \$150.00
Standard price - \$200.00

Registration - Early Bird closes 6th June 2023

To register for this event or receive more information, please contact us at:

Email: info@wbsa.org.au Mob: 0404 488 319



Wide Bay Sports Academy
CQUniversity Australia Bundaberg Campus
University Drive, Bundaberg QLD 4670



COME & JOIN US AT BUNDABERG

COMMUNITY KINDERGARTEN

55A ELECTRA STREET, BUNDABERG

UNDER 8'S

FAMILY FUN DAY

THURSDAY JUNE 1

10AM - 2PM

CHILDRENS ACTIVITIES

SCIENCE SHOW

FOOD & DRINKS (CASH ONLY PLEASE)

RAFFLES

FREE
COMMUNITY
EVENT!



affiliatebundaberg@candk.asn.au