



# newsletter

6 September 2018

## Term Planner

### Sept

- Sun 2 – Sat 8:  
National Child Protection Week
- Mon 10 – Fri 14:  
Yr 6 Camp
- Tues 11:  
Year 2 Liturgy  
Dance Fever Challenge
- Tues 14:  
T20 Cricket
- Tues 18:  
Year 5 HSC ½ day visit
- Wed 19:  
Mission Fair
- Thur 20:  
Mini Vinnies Roadshow
- Fri 21:  
Netball Gala Day  
Steve Jackson Rugby  
League Gala Day  
Last day of Term 3

### Oct

- Mon 8:  
First day of Term 4



Dear Parents,

Recently I was reading an article about emotional intelligence; the brain, and how we are wired, is widely researched these days.

The article suggested that our brain is basically attuning itself to our particular lifestyle from the day we are born. Evidence shows that emotional intelligence (how we react to situations where you feel disappointed, pleased, anxious, sad, fearful, delighted and angry) develops as early as the first years of life. The early years of school are vital in children learning emotional intelligence and children need close, connected interactions and relationships during this time. More importantly the role of parents is considered the most important factor in developing resiliency and positive mental health.

Often we think of this as 'soft' intelligence but research clearly shows that our emotions and feelings fully engage the brain and students with high emotional intelligence are more likely to succeed in life and persist when things become difficult.

One way we can help our children is by modelling good emotional intelligence ourselves by remaining calm in difficult situations, resolving conflict peacefully and by approaching adversity with composure. What this research confirms for us is that schools cannot do it alone: strong partnerships with the family and good modelling of conflict resolution provide the brain with consistent messages and experiences upon which to learn.

Research tells us that when parents and educators communicate and support each other, children's learning is strengthened. When working together, problems can be solved, ideas can be brought to life, initiatives can be acted upon, directions can be set.

Thank you for your ongoing support of our school community. We value working in relationship with you to support the education of your child.

I hope all fathers had a lovely Father's Day last weekend. Fathers' Day is an opportunity for us to pause and appreciate a unique person that God has put into our lives – our father. There is no 'right' way to show appreciation of one's father, but every father needs to hear from his children that he is loved. I also took the time last weekend to remember the special times that I had shared with my own father.

Wishing you every blessing for the coming week,

**Geraldine Rostirolla**  
(Principal)

# Religious Education

## UNDERSTANDING – A REFLECTION

The angels and the saints were gathered together for a conference. God was the keynote speaker. All were inspired by God's Words!

During question time, one little angel brought before God a concern about how humanity was conducting itself on Earth.

"Lord," asked the curious angel, "why do You keep giving humans so many chances and keep wanting them back?"

The Lord, with enormous love in his eyes, simply replied, "It's because I understand."

*To love is to understand.*

*To have compassion is to understand.*

*To show mercy is to understand.*

*God is merciful and compassionate.*

*It is the greatest kind of love.*

(Author Unknown)

Pope Francis says that ....

No one can be excluded from the mercy of God. God loves each one of us and is always ready to forgive us.



God asks that we do the same for everyone who hurts us, not just those we love or who are our friends.

## FATHER'S DAY LITURGY

On Monday our school community gathered in the Marist Centre to celebrate and thank God for the gift of fathers. The children participated prayerfully and sang beautifully. Mr Glen Cureton shared a reflection on what it means for him to be a father. He described the most important part of his role and explained how God has blessed him with four beautiful children. It was great to see so many dads here to share in this liturgy and to enjoy the light refreshments and fellowship which followed it. Afterwards, some dads found time to spend in classrooms with their children. A



big thank you to Mrs Whelan who provided the music for our celebration and to all staff who helped in any way.

## MARY'S BIRTHDAY

On 8 September each year the Church celebrates Our Lady's birthday. We do not usually celebrate the birthdays of the saints. Instead we celebrate the day they died, because that is the day they were born to eternal life. But the birth of Mary is special. We celebrate her birthday because she came into this world full of grace and because she is the Mother of Jesus and our heavenly mother.



Why not celebrate Mary's birthday by spending time as a family and saying a prayer for each other? There are lots of beautiful 'Mary' prayers to share including the Hail Mary and The Rosary.

Follow the links to hear and see some lovely 'Mary' songs:

Hail Mary – Gentle Woman

<https://www.youtube.com/watch?v=RERoQ1biLdE>

Ave Maria

<https://www.youtube.com/watch?v=66zUY8UZn4M>

## MISSION FAIR

Our annual Mission Fair will be held on Wednesday 19 September. The staff has been busy organising stalls and we are all looking forward to another fabulous fair. A list of stalls and activities will be included in next week's newsletter.



Please encourage your child to do some jobs at home to earn their spending money for this exciting event.

## MINI VINNIES ROADSHOW

On Thursday 20 September the *Mini Vinnies Roadshow* will be visiting Emmanuel. The roadshow will give students an opportunity to learn about, and engage with, social justice issues facing our local community and the world. Through interactive activities, the workshops will link Catholic Social Teachings with action and prayer. Students in Years 4-6 will be participating.

## POSTPONED

Unfortunately, the Andrew Chinn workshops and concert that were scheduled for last Friday, 31 August had to be postponed. Andrew will visit the school later in the year.

## YEAR LEVEL LITURGIES

The Year Two Liturgy will take place in the Emmanuel Chapel at 9:00am on Tuesday 11 September. Parents and families welcome.

## ST JOSEPH'S SACRAMENTAL PROGRAM

Last night an information session was held at St Joseph's Church to introduce and outline the parish's Sacramental Process for 2018/2019. A calendar highlighting important dates and booklets were distributed. The *Rite of Enrolment* will take place at parish Masses this weekend 8/9 September. Remember to take your purple commitment card.

If you missed the meeting or would like some more information please contact the Parish Office by phone 49 574855 or email [stjomky@bigpond.com](mailto:stjomky@bigpond.com).

## ST BRIGID'S FARLEIGH SACRAMENTAL PROCESS FOR 2018/2019

If you live in the parishes of Farleigh, Seaforth or Calen and have a child in Year Three and you wish them to prepare for the Sacraments of Penance, Confirmation and Eucharist through St Brigid's Farleigh, please contact the parish office. Email your child's name and contact details to [stbrigid.farleigh@bigpond.com](mailto:stbrigid.farleigh@bigpond.com) or phone 49598213 during office hours.

Emmanuel's special religious character has its origins within Marist Spirituality.

Marist Sisters look to Mary as their model. They endeavour to "think, judge, feel and act" as Mary did in all things.

## VIRTUE OF THE FORTNIGHT – UNDERSTANDING

Understanding is sympathetic and sensitive. It is being aware of other people's needs and feelings. When you understand you are tolerant, accepting and forgiving of yourself and others. Understanding gives us the power to care, to show compassion and to learn.

***"People don't always need advice. Sometimes all they need is a hand to hold, an ear to listen and a heart to understand them.*** (Unknown)

Noeleen Kliese  
*Assistant Principal Religious Education (Acting)*

## *Curriculum Corner*

### OPTI-MINDS CHALLENGE DAY

Congratulations to all of our Opti-MINDS team for their performances in the Long Term and Spontaneous Challenges at the Opti-MINDS Challenge Day held at St. Patrick's College, Sunday 26 August. All of the teams represented Emmanuel with pride and enthusiasm.

We are delighted to let everyone know that all of our teams received awards for their efforts, this is a wonderful recognition of all of the hard work that the students contributed to preparing over the last seven weeks for the challenge day. Culminating in well-rehearsed and polished performances on the day, the students worked well with their teams and enjoyed watching each other's performances.

The following teams participated:

#### Language/Literature Category

"Super Mega-Minds" included Jessica Haworth, Jorel Anderson, Melba Mathew, Summer Hunt and Patrick Smith. This team was awarded for their participation!



"Celebrity Rainbow Juice" included Teah Thatcher, Tex Pearce, Alina Baby, Alessandro Ciampallari, Murray MacGroarty, Mia Ryan. This team was awarded a Spirit of

Optiminds award for outstanding teamwork!

"Creatables" included Charlotte Day, Gabrielle Ipson, Isabel Miles, Elise Doherty, Eloise Turner and Clara Chow. This team was awarded "Honours" in recognition of their outstanding performance and response to the challenge.

#### Science/Engineering Category

"Optimistic Successors" team included Demi Dennis, Taryn McCallum, Mitchell Taylor, Nicholas Doyle and Lily Anderson. This team was awarded for their participation!

We would like to congratulate all of the Optiminds teams for their enthusiastic approach and the respect they have shown toward each other as they worked in teams to prepare for this event. All of the students represented Emmanuel proudly at the Challenge day.



Once the judges feedback has been received, all students will be given a copy. The Optiminds teams will perform for several of the Year 4 – 6 classes this coming Friday afternoon in Q4.

Well done Everyone!



Janine Refalo  
Assistant Principal Curriculum (Acting)

### **BIKE SAFETY PRESENTATION**

Last week our Year Three students listened to a short talk about the importance of Bike Safety. Topics covered included the importance of wearing a helmet (which is always securely fastened!), following the road rules and being visible. Thank you to our Adopt-a-Cop, Constable Pete and his partner for the presentation, Constable Jarrod, for taking the time to discuss this important topic with our students.



### **DANCE FEVER SHOWCASE**

This term the students of Emmanuel have participated in Dance Fever. It has once again been an exciting and valuable part of our Arts program. Each Thursday the Dance Fever team have enthusiastically introduced the students to various styles of dance, fostered etiquette and encouraged fitness. It is fabulous to have these qualified and experienced instructors guiding our students through this important program.

Next week is the last week of lessons and parents are invited to join the fun and celebrate the students' progress and success. Please note that an extra lesson will be held in Week 10 for our Year 6 students who will be on school camp.

As you are aware, our Year 3 – 6 students will be participating in the Interschool Challenge at the MECC (details below).

Prep – Year 2 students will display their skills at a showcase during timetabled lessons and parents are welcome to attend:

Year 2	9:00am - 9:30am
Year 1	9:30am - 10:00am
Prep	11.10am -11:45am

**DANCE FEVER  
INTERSCHOOL CHALLENGE  
YEAR 3 – 6**

**Tuesday 11 September  
at the MECC**

**\$5 entry per person**

**Doors open 5.30pm for  
a 6pm start.**

**Approx finish: 8.30pm**



**Please return permission slips to  
the office.**

**A copy of the letter sent earlier  
this term is attached to this  
newsletter**

Amanda McDonald  
Assistant Principal Administration

### **Tuckshop Roster – Week 9**

Monday 10 September	Fabia Pace
Tuesday 11 September	Donna Simpson
Wednesday 12 September	Vicki Brooke
Thursday 13 September	Rebecca Wellbrock
Friday 14 September	Mark Ayles Stephanie Riley Shannon Garnham

**Thank You**

### **FATHER'S DAY STALL**

The P and F would like to thank everyone for their support of the Father's Day Stall on Tuesday. We appreciate too, the assistance of the volunteers who helped order the products, set up, run the stall and pack away the stall.

On the day we held a raffle with two larger prizes and 7 smaller prizes. The winners of the larger prizes were: Brody Walmsley (1M) and Connor De Thomasis (6RS).

The winners of the smaller prizes were Izzy Seccombe (3L), Dylan Scoble (6RS), Chelsea Brandon (4S), Maya Heke (6F), Max Muzic (3L), Jack Northam (1M) and Blake Battaia (3H).

Congratulations to the winners!

P and F Association

## Community Notices

### OSHC

Dear OSHC Families,

Please note that from 8 October 2018 Catholic Education Diocese of Rockhampton will be transferring their fee collection system from Ezidebit to Debit Success. You do not need to do anything at the moment and further information will be provided as the date approaches, however for the large proportion of families you will see no change except for the "Debit Success" appearing on your statements."

For those families wanting to enrol their children into our next vacation care program, please remember to update this information onto your MyGov account, so you may receive any eligible CCS.



**MACKAY GYMNASTICS SCHOOL HOLIDAY FUN DAYS**

**INSIDE FUN, OUT OF THE SUN**

**2 - 4 YEAR OLDS**  
for younger boys & girls  
9.00am - 9.45am  
**COST \$11.00**

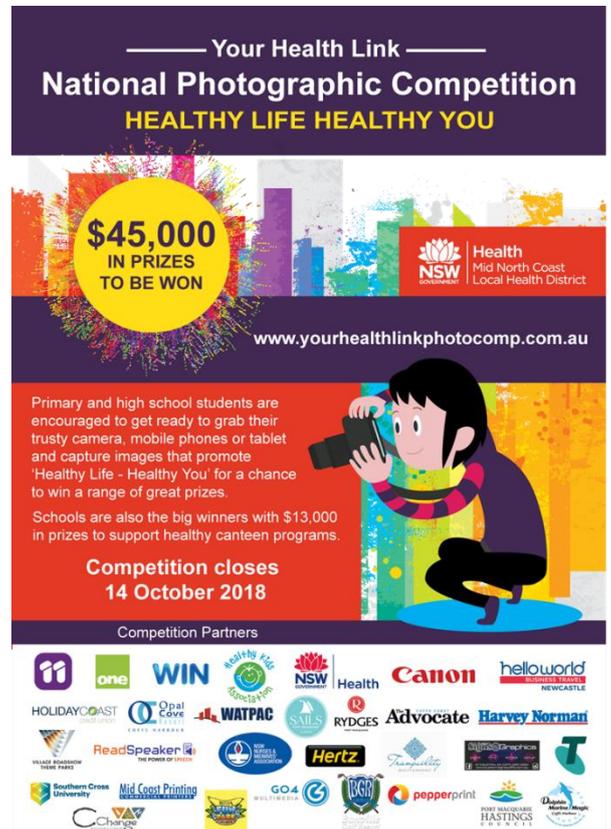
**5 - 12 YEAR OLDS**  
primary school aged boys and girls  
9.00am - 10.30am  
**COST \$18.50**

**WHERE:** At our facilities  
5 Snow Wright Court,  
(Off Beaconsfield Road)

**WHEN:** Monday 24th Sept 2018  
Wed 26th Sept 2018  
Friday 28th Sept 2018  
Wed 3rd Oct 2018  
Friday 5th Oct 2018

**COME AND HAVE FUN IN THE GYM**

**Bookings Required**  
Phone: 4942 0032  
or email: [admin@mackaygymnastics.org.au](mailto:admin@mackaygymnastics.org.au)



Your Health Link

## National Photographic Competition

### HEALTHY LIFE HEALTHY YOU

**\$45,000**  
IN PRIZES  
TO BE WON

NSW Health  
Mid North Coast  
Local Health District

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

Primary and high school students are encouraged to get ready to grab their trusty camera, mobile phones or tablet and capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with \$13,000 in prizes to support healthy canteen programs.

**Competition closes**  
**14 October 2018**

Competition Partners




**BreastScreen Queensland**

## BreastScreen Queensland Bus

**Will be in the carpark at**  
**NORTHERN BEACHES**  
**BOWLS CLUB**  
Bucasia Road  
**17 to 20 September 2018**

Women **50-74** encouraged to have a mammogram every 2 years

Women **40 years & over** are also eligible to join the BreastScreen Queensland Program

**No Doctor's Referral Needed**

Phone **13 20 50** or book online anytime at  
[www.breastscreen.qld.gov.au](http://www.breastscreen.qld.gov.au) for your **FREE** BreastScreen appointment

 Queensland Government



# THANK YOU



to all involved in our Disco for  
Drought on Friday night.

P and F Association  
Tuckshop helpers  
Staff  
Parents  
Students



Your efforts in making this event a  
huge success is greatly appreciated.



We raised a total of \$1,200.  
What a great effort everyone!

