



newsletter

13 February 2020

February

Thur 13: Yr 1
Parent Info Night

Fri 14:
Pupil Free Day –
Bishop's Inservice
Day

Mon 17: Yr 5 Parent
Info Night

Tues 18: P&F
Meeting

Wed 19: Yr 2
Parent Info Night

Mon 24: Yr 4
Parent Info Night

Wed 26:
Ash Wednesday

Thur 27: Yr 3
Parent Info Night

March

Thurs 12:
School Mass

Fri 20:
Swimming Carnival
and
National Day of
Action Against
Bullying and Violence

Dear Parents,

The following article is from high-profile parenting expert, Dr Michael Carr-Gregg. He believes many Generation X parents had made their children's lives so easy that the kids were left with no way to handle problems or overcome obstacles on their own.

A generation of "snow plough" parents have pampered their children so much that they are driving a mental health epidemic among today's teenagers a leading Australian child psychologist says. "This generation of parents just push all the obstacles out of the way and try to make life as simple and as easy as possible for their kids," he said. "On the face of it, that's admirable because we all want the best for our kids, but it teaches them absolutely nothing about resilience and creates immense vulnerability when they leave home and go into the big wide world." A snow plough parent drives their child right to the school gate instead of making them catch a bus or walk to school. They buy their children all the latest gadgets and toys, wash, clean, cook and iron without making kids pitch in, and they make sure their sons and daughters only hand in meticulous homework and assignments.

Dr Carr-Gregg blames this increasingly common parenting approach on guilt, caused by mothers and fathers not spending enough time with their children. "The parents are time poor, they are guilty and they tend to indulge their kids too much." This was not only creating a generation of spoilt and overindulged children, he said, but was contributing to an unprecedented mental health crisis by leaving young people ill-equipped to deal with their own problems. He said the rates of depression, anxiety, substance abuse and suicide were higher in regional areas than in major capital cities.

"About one in four young people will have a major psychological problem before leaving school.....so arguably this is the most vulnerable generation." Dr Carr-Gregg said it was up to parents to help avert a bigger mental health crisis by making their children do the hard work. "I have a rule of thumb, 'never do for your children what they can do for themselves'," he said. They should also have regular chores, strict rules about using technology and, when they are old enough, a part-time job to teach them the value of money. "We just have to stop pampering them – it's reached epidemic proportions," he said. "Many of the kids I talk to have never actually cooked for themselves, they've never actually made their own bed or tidied their own room, washed their clothes or ironed their shirts. "Kids aren't made of glass and they are not going to shatter." He makes the following recommendations:

- Make sure your kids get enough sleep.
- Make sure they eat a healthy breakfast.
- Zero tolerance of alcohol.
- Moderate and limit technology use.
- Talk to your kids. Eat at the table.

PARKING

I wish to address with all families the designated parking areas within our school. Parking is available within the: 1. STOP, DROP & GO AREA (angle parks), 2. across the road from the Bus Pick Up Zone and 3. within the Short Term Car Park adjacent to Holy Spirit College. Over the past 12 months our Diocesan Catholic Education Office has financially supported the redevelopment of the Emmanuel Stop, Drop and Go area and the development of a Short Term and Long Term Car Park at Holy Spirit College to accommodate the parking needs of both schools.

Parents are asked to park ONLY within these areas when dropping off or collecting children from school. If everyone parked where they wanted to because it suited them a whole range of issues would arise. The Short Term Car Park adjacent to Holy Spirit College services both school communities and is within easy walking distance to Emmanuel. I urge you all to utilise this carpark if there are no available spaces at the Stop, Drop and Go area. We are indeed fortunate to have a number of parking areas available to us within both campuses. Please note the following areas are NOT AVAILABLE for parking purposes.



Parents are reminded that when reversing into the angle parks in the STOP, DROP and GO area, to be mindful of the pedestrian traffic utilising the path along the back of the angle parks. There have been a number of reports of 'near misses' in this area. We ask that you exercise extreme caution when parking in this zone.

Thank you to those parents who are patient and who think of others regardless of the situation.

Wishing you every blessing for the coming week.

Geraldine Rostirolla
Principal



STOP ●

DROP ●

GO ●

- Display family name in the windscreen of the car.
- PICK UP ONLY. Please DO NOT vacate your car.
- If you wish to assist your child into their seat or place their schoolbags into the car, PLEASE PARK IN THE ANGLE PARKS PROVIDED.

Otherwise, this disrupts the flow of traffic, which is unfair to those queued behind them.

STOP, DROP, GO

NO RIGHT TURN

IN OR OUT!!

Religious Education

THE ECHO – A REFLECTION

A son and his father were walking in the mountains. Suddenly, the son fell, hurting himself on a rock and screamed: "AAAhhhhhhhhhhh!!!"

To his surprise, he heard a voice repeating, "AAAhhhhhhhhhhh!!!"

Curious, he yelled: "Who are you?"

Back came the same answer: "Who are you?"

Angered at the response, the boy screamed: "Coward!"

Back came the same reply: "Coward!"

He looked at his father and asked: "What's going on?"

The father smiled and said: "My son, pay attention."

And then he yelled to the mountain: "I admire you!" The voice answered: "I admire you!"

Again the man yelled: "You are a champion!" The voice answered: "You are a champion!"

The boy was amazed, but did not understand.

So his father explained: "People call this echo, but really this is life. It gives you back everything you say and do. Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want to be treated with kindness, treat others with kindness. If you want more co-operation in your team, become more co-operative. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it.

"Smile, and the whole world smiles with you - Be the change you want to see in the world."

(Author Unknown)

BISHOP'S IN-SERVICE

Our annual Bishop's Inservice Day will be held tomorrow, Friday 14 February. This is a PUPIL FREE DAY and all staff will be attending. The school office will be CLOSED.

Focusing on Pope Francis's apostolic exhortation "Gaudete et Exsultate" (Rejoice and be glad) which calls us to holiness in the modern world, the theme this year will be

What is God calling me to?

SCHOOL LITURGY

Last Friday our school community gathered to formally acknowledge and commission our 2020 Student Leaders. The Year Six students accepted their role as leaders and committed themselves to serve and lead their fellow students in the spirit of our motto and the values of Jesus. Badges were presented to our school captains, house captains and student representative council members. Miss Rostirolla lead us in prayer and challenged each of us to work together, to listen to God's call and to invite Jesus into our lives.





A big thank you to Mrs Whelan for the fabulous music and all the parents and friends who were able to join us for this celebration. It was great to see so many here to support the students and share in the prayer life of our school.

DATE CLAIMERS:

Please mark the following dates on your family calendar and join us to celebrate.

Wednesday 26 February Ash Wednesday
 Thursday 12 March School Mass



<p>SCHOOL MASS THURSDAY 12 MARCH 9:15am ST JOSEPH'S CHURCH</p>	
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VIRTUE OF THE FORTNIGHT – FRIENDLINESS

“Be friendly and all of life will reflect friendliness.” (Rajneesh)

Friendliness is being a friend. It is taking an interest in those around you. It is going out of your way to greet others and to speak to them with courtesy and respect. When you are friendly you welcome and include others. You make people feel valued, appreciated and like they belong. You share your belongings, your time and yourself. Friendliness is the best cure for loneliness. No one is left out when you are friendly.

“Friendship is not a big thing; it is a million little things.” (Unknown)

	<p>GOD IS WITH US AS WE LIVE LOVE LEARN IN A COMMUNITY OF FAITH</p>
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Noleen Kiese
Assistant Principal Religious Education

<p>PUPIL FREE DAY FRIDAY 14 FEBRUARY</p>

School Counsellor

Hello, I'm Kristy Flor and I'd like to introduce myself to the Emmanuel community. I'm excited to have joined Emmanuel Catholic primary school in the role of school counsellor. My background includes working with adolescents in the role of student welfare and pastoral care at Holy Spirit College for the past 4 years. I am looking forward to working with the wonderful students at Emmanuel. My focus is continued student welfare and support for our school community.

I am local to the Mackay region, having lived in the Mackay district all of my life. My interests include spending time with my family, fantastic fishing adventures, attending church and community functions, and enjoying beautiful sunsets while sitting on my acreage hill. I also enjoy a little game where I like to collect bird feathers and match them with the mystery bird. I find it great fun for the whole family.

Family is important to me, and I hope to be able to support the Emmanuel community family. If you feel that your child may benefit from the counselling service, please contact the Emmanuel school office, where the administration staff can direct you to the service. Alternatively if you would prefer to contact me directly to organise a meeting, my email is kristy_flor@rok.catholic.edu.au Please be assured that confidentiality is of the highest priority.

Further, I enjoy giving tips for holistic wellbeing as I believe that sharing is caring, so watch this newsletter space for little welfare hints on differing topics that might be able to support you and your family.



Kristy Flor
School Counsellor

TERM 1 SCHOOL FEE STATEMENTS

Term 1 School Fee Statements were emailed to all families on Thursday, 6 February, with payment due 20 February. Statements can also be viewed via parent lounge using the 'make a payment' tab from the menu bar and clicking on the paperclip. If you did not receive your statement, please advise the office.

CONCESSION CARD DISCOUNT

Are you eligible for a Concession? Catholic Education has introduced a means-tested concession card discount. Parents/carers with an eligible means-tested Australian government health care or pensioner concession card automatically receive a 70% discount to tuition fees (does not apply to school levies).

Card holders are required to advise the school of their concession card at enrolment or when the card is gained. Once the card is sighted by the school's administration, tuition fees for future terms will be adjusted. This initiative is intended to assist those families who genuinely do not have the financial capacity to pay tuition fees in full.

For further information, Concession Card Discount FAQs is attached to this Newsletter. Please contact Therese or Robyn at the Finance Office if you are eligible, or if you have any questions.

PARENT INFORMATION EVENINGS

Parent Information evenings are currently taking place, giving parents an opportunity to gain important information about the year ahead for your child. It is important that parents take the opportunity to attend these meetings. All Information evenings will start at 5.30pm and teachers will advise the venue via email. **STUDENTS ARE NOT REQUIRED TO ATTEND THE MEETING.**

PARENT INFORMATION EVENINGS:

Year One: Thursday 13 February - Year 1 classroom

Year Two: Wednesday 19 February - Year 2 classroom

Year Three: Thursday 27 February - 3W/D classroom

Year Four: Monday 24th February - Year 4 classroom

Year Five: Monday 17 February - 5K/5S classroom

BULLYING BOX



The Bullying Box (pictured above), is located on the Library bench and is available for students to report bullying issues if they are not comfortable speaking with their teacher. Listed below are a few reminders about what bullying is and isn't.

An episode of bullying has three identifying characteristics:

1. an imbalance of power,
2. an intent to hurt, embarrass, or humiliate,
3. repeated behaviour.

Bullying behaviour has many forms.

Physical Bullying may include hitting, poking, tripping, pushing or damaging someone's belongings.

Verbal Bullying may include name calling, insults, homophobic or racist remarks and verbal abuse.

Social Bullying may include lying, spreading rumours, playing a nasty joke, mimicking, and deliberately excluding someone.

Psychological Bullying may include intimidation, manipulation and stalking.

Cyber Bullying may include using technology (such as email, mobile phones, chat rooms, social networking sites, etc) to verbally, socially or psychologically bully.

It is also important to define what is **NOT** considered bullying behaviour. Bullying behaviour is not:

- arguments and disagreements
- disliking someone
- single-episode acts of nastiness or spite
- Random acts of aggression or intimidation

In such circumstances, the behaviour will be addressed within the School's Behaviour Management Policy and Procedures.

Preventing bullying involves everyone talking together openly and respectfully.

Bullying can have a lasting impact on everyone involved, including those who witness it, so it is important to work together to create safe school communities for everyone.

Download the [Bullying. No Way! fact sheets about bullying](#) if you wish to read more about this important issue.

STUDENT PROTECTION – SCHOOL CONTACTS

At Emmanuel any concerns or reasonable suspicions about a student's safety and wellbeing or the behaviour of a staff member or volunteer which a student considers to be inappropriate, will continue to be managed in accordance with Rockhampton Catholic Education Student Protection Processes. The Student Protection Contacts at Emmanuel are:

Geraldine Rostirolla (Principal)
Amanda McDonald (Deputy Principal)
Noeleen Kliese (APRE)
Kristy Flor (School Counsellor)
Lauren Gossweiler (OSHC Co-ordinator)

Further information about Rockhampton Catholic Education's commitment to Student Protection is available [here](https://www.rok.catholic.edu.au/our-schools/student-protection/): website: <https://www.rok.catholic.edu.au/our-schools/student-protection/>

BEFORE / AFTER SCHOOL PROCEDURES AND PLAY AREAS

Parents are advised of the following procedures which assist us with the smooth running of the school day:

- **School begins at 8.30am** with morning duty commencing at 8.10am. Prep students are supervised in the area outside the Prep classrooms until the bell, while all other students are supervised in the areas in which they are playing, e.g., Fr Joe Carroll oval, playground and tuckshop area. We ask that children place their bags in the port racks provided outside their classroom and **wait until 8.10am before commencing play. NO child is to access the playground equipment until there is a teacher on supervision duty – this includes Prep**
- **Stop, Drop, Go Zone / Bus Zone – NO PLAY:** School concludes at 3.00pm and supervision is provided at our designated pick-up areas which include the Stop, Drop, Go Zone and the Bus Zone. Students are required to move to one of these areas and NOT to play on the playground equipment or any other areas after school, as supervision is not provided. Parents who pick up their child after school and remain on school grounds, for any reason, should be aware that their children are under their supervision during this time. When parents are supervising their child while exiting the school, they should ensure that school rules are followed.
- If under school aged children are brought onto the school grounds, then it is the responsibility of the supervising parent to provide **active supervision**.

Amanda McDonald
Assistant Principal Administration



Tuckshop Roster – week 4

Monday 17 Feb	Michelle Buckeridge
Tuesday 18 Feb	Sandy Brown
Wednesday 19 Feb	Alexandra Murphy
Thursday 20 Feb	Vicki Brooke
Friday 21 Feb	Kara Shepherd & Katrina Zammit

Thank You



WRITERS WANTED...
\$1000 CASH
and your choice of;

THE PRIZES

The School Writing Competition for 2020 is NOW OPEN!

Calling all Australian school students... prep to grade 12...

Write a poem or short story for your chance to win \$1,000 cash (\$500 for you & \$500 for your school)! As well as one of the AWESOME prizes above.

All it takes is a burst of inspiration, a dash of creativity and a little bit of effort for great poems and stories to appear! We can't wait to read yours!

Entry is FREE! Entries close Tuesday 31st March, 2020.



There is NO theme

You can write about
whatever your heart
desires!

** Poems no longer than
16 lines. Stories no
more than 500 words.*

** Entries must be in by
Tuesday 31st March
2020*

Story Starters

See if any of these kick start your imagination!

1. Whoever said 'Pigs can't fly' had never been to THIS farm...
2. I'm so proud of myself, today I broke the world record for...
3. I'd always wanted a superpower but never in a million years thought it would be this...
4. Being a famous YouTuber is awesome. It's the best job in the world. Especially the part when...
5. I stared at the lotto ticket in shock. I had just won \$50 million dollars!!!

Enter online: www.write4fun.net

Email: admin@write4fun.net

Mail to: Po Box 2734, Nerang DC, Qld, 4211

Fax to: (07) 5574 3644 Ph: (07) 5574 3622

SCHOOL PRIORITIES AND GOALS

This week's goal is linked to the second of the four strategic planning domains identified by Catholic Education Office, Rockhampton Diocese, which is, **Effective Teaching and Learning**.

2.1 That our school has a culture of data informed practice, where every student is engaged and learning successfully in their own ways at their own pace.

Goal for 2020: To improve student learning outcomes in Mathematics as we build teacher capacity to collect, analyse and respond to data.

Strategies:

- Identify roles and responsibilities for the timely collection, analysis and expectations of data for use by teachers to effectively monitor student progress.
- Administer and Analyse Pat M tests
- Use Data time and Curriculum Support Meetings to analyse and respond to data
- Set Learning goals to improve student's knowledge and skills of number
- Implement Highly Effective Math teaching strategies as a PLC focus
- Teacher Professional Development and in class support – Maths Focus with Leanne McMahon (CHOOSEMATH – Australian Mathematical Sciences Institute, The University of Melbourne)
- Teacher Professional Development – Data Focus with Jim Sill – Deploy Learning
- Analyse and respond to NAPLAN Maths Data
- Classroom intervention – Learning Support and Data Response Teacher
- Continuation of Data Release time for classroom teachers to collect, analyse and respond to data.

Janine Refalo
Assistant Principal: Curriculum

Sports Update

This year's sporting calendar is back to normal with our Swimming Carnival being held in Term 1 on March 20. Nomination forms and further information will be made available in the upcoming weeks.

Interschool sport nominations have begun. Unfortunately, many sports have a very short nomination period. Students are asked to return notes to the mailbox in the library as quickly as possible to ensure their nomination is accepted.

Nominations are called for representation for Northern Suburbs and Mackay in the following sports:

Term Week	Sport	Selection for	Trial Date
Week 4	AFL 10 – 12 yrs.	Mackay	19 Feb 2020
	Squash 10 – 12 yrs.	Mackay	20 Feb 2020

There are still many sports students can nominate for Northern Suburbs and Mackay's coming up the next few weeks. Please keep an eye on the newsletter.

Luke Dodson
HPE Teacher

Parents & Friends Association

Annual General Meeting
Tuesday 18 February 2020
5.30pm

Meeting Room

ALL FAMILIES, BOTH OLD AND NEW, ARE STRONGLY ENCOURAGED AND MOST WELCOME TO ATTEND

WET WEATHER and UNIFORMS

When very wet weather is forecast, students are encouraged to wear older closed-in shoes or to wear rubber shoes that can be changed in the classroom.

All students should have a raincoat, but no umbrellas please.

Music News

SCHOOL CHOIR

Rehearsals each Wednesday morning 8am in the Chapel – Years 4, 5 and 6 students – new members are very welcome to attend. Our first event will be the Choral Festival on Sunday 22nd and Monday 23rd March.



MUSICORP

A reminder that Musicorp lessons have begun here at Emmanuel and will take place every THURSDAY. Please ensure your child brings their instrument / music in preparation for their lesson.

GUITAR LESSONS

Mr Jim will be conducting Guitar Lessons every WEDNESDAY at Emmanuel. Students from Years 1-6 are able to participate. Please contact the office if you require a form.

SCHOOL MISSION STATEMENT

EMMANUEL

GOD IS WITH US
as we
LIVE
LOVE
LEARN
in a
COMMUNITY OF FAITH

CHORAL FESTIVAL

(School Choir)
Sunday 22nd & Monday
23rd March



Community News

Please note - Rookies2Reds will take place on the top Holy Spirit Oval. Please note that there is to be no parent parking on the lower Emmanuel oval at any point.



Emmanuel Catholic Primary School

DATES: Thursday 20th February – 19th Thursday March 2020

TIMES: 3:30pm – 4:30pm

AGES: Little Legends (5-7 years)

Junior Champs (8-9 years)

Future Stars (10-12 years)

PRICE: \$60

COORDINATOR DETAILS:

Chloe Butler 0468 954 974 Chloe.butler@redsrugby.com.au

TO REGISTER

<https://memberdesq.onesporttechnology.com/1927/reg/subs>



BEGIN YOUR JOURNEY FROM ROOKIE2RED TODAY
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FOLLOW US ON INSTAGRAM: @ROOKIES2REDS

play AFL

Mackay City Hawks J AFC

come and join

MACKAY CITY HAWKS

JUNIOR AFL UNDER 8 TO UNDER 17 BOYS & GIRLS



Under	Training Times on Harrup Parks Ovals	Game Day Times may slightly vary
8	Thursday - 4.00pm to 5.00pm	Friday - 5.30pm to 6.15pm
10	Thursday - 4.00pm to 5.00pm	Friday - 6.30pm to 7.15pm
12	Tuesday & Thursday - 4.00pm to 5.00pm	Saturday - 8.15am to 9.25am
14	Tuesday & Thursday - 4.00pm to 5.00pm	Saturday - 9.40am to 11.00am
17	Tuesday & Thursday - 5.00pm to 6.00pm	Saturday - 11.15am to 12.45pm

FOR MORE INFORMATION...

EMAIL: mackayhawksjhrs@live.com.au
 PRESIDENT: Drew McClashan 0417 078 454
 SECRETARY: Warren Rowler 0455 269 021



Find us on Facebook

Follow us on Facebook for updates!
 Mackay City Hawks Junior Football Club

BRAVEHEARTS PARENT & COMMUNITY FORUM

Date: Thursday 30th January
 Time: 5:30pm – 7:30pm
 Location: Mackay Women's Centre,
 418A Shakespeare St, West Mackay, QLD
 4740
 Refreshments will be provided

As parents, carers and members of the community, one of the most important things we can do is to educate children and young people to identify when something doesn't feel right, and to talk to a trusted adult without fear of consequences.

Bravehearts have demonstrated experience in the provision of specialist therapeutic services and support for children, young people, adults and family members impacted by child sexual assault. We invite you to join our expert clinicians and local service providers to explore the following topics:

- What is child sexual assault
- How to respond to disclosure of harm
- Signs and indicators that something isn't right
- Grooming
- Keeping children and young people safe online
- How to support your child

Bravehearts | PO Box 575, Arundel BC, QLD 4214
 Phone: (07) 5552 3000 | 1800 272 831 bravehearts.org.au



Mackay Gymnastics 15th Birthday Party & SIGN ON DAY
 Saturday 15th February 2020
 1.00pm – 4.00pm

Snow Wright Court Beaconsfield
 Purchase tickets on the day (cash or eftpos)

Price List

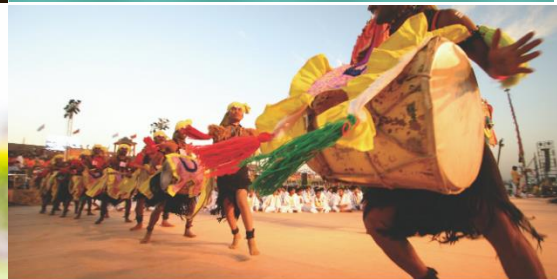
Rob Patterson motivational talk: FREE
 Challenge with Rob Patterson: \$5.00
 Photo & autograph with Rob Patterson: \$5.00
 Side Show Alley tickets: 6 for \$5.00, 3 for \$2.00, 1 for \$1
 Water bomb the coach: 3 balloons for \$2.00
 Slushies: \$2.50
 Sausage on bread: \$2.00
 Drinks: Fizzy \$2.50, Popper \$1.00, Water \$2.00

Rob Patterson the 2018 Ninja Warrior winner of Furthest Fastest will be presenting a motivational talk plus Q&A, autographs & photos at 1.40pm

Book in for a Free G Challenge with Rob starting at 2.00pm

see list on above

Birthday Cake Cutting at 3.00pm



HARMONY DAY 21 MARCH



Festival of Cultures

9.00am-1.00pm
 Mackay Civic Precinct, Gordon Street, Mackay

Cultural stalls with displays and craft activities
 children's inflatable activities and games
 Scavenger hunt
 VIVA Music Entertainment
 Music circle
 and much more!

