



newsletter

11 March 2021

Term One

**National Day of Action
Against Bullying
and Violence**
15 March

**Diocesan Feast Day
St Joseph the Worker**
19 March

Harmony Week
15-21 March

**Wear Orange
Day for Harmony**
19 March

Earth Hour for Schools
26 March

Last day of Term One
1 April

Good Friday
2 April

Easter Sunday
4 April

Our School Mission Statement



Dear Parents,

Resilience appears to be one of the most sought after qualities for happiness in our lives. No matter our age, we will need to face setbacks in our lives and the ability to bounce back from these setbacks is a test of our resilience. Our decisions and choices influence the outcomes we reach and will build and shape character. How we instil this value of resilience in others though, is not easy, particularly for us as parents.

Schools provide a safe environment for learning. However, if we assume that students will not face challenges at school then we are kidding ourselves. The fact is that just like in society, students will meet other learners, both students and teachers, who are different from them. They will face challenges at stages with their learning. Yet how each student deals with these challenges will be different. It would be fantastic to 'bubble wrap' our students so that they do not face these challenges, so they are protected and do not have to experience the uncertainty of making choices and facing something new and different. It would be reassuring for us as parents but we would be crippling the learning capacity of our students by not working through the skills and strategies needed to become resilient. If we do not work on this with our students then it will ultimately affect their ability to become responsible members within the community.

We need to be clear that our school environment is safe, engaging, caring and supportive for student learning. We aim to support our students through all their new learning experiences, whether that be academic, emotional, social or spiritual, but it is ultimately through experiencing new learning that our students will develop resilience. We by no means expect students to learn resilience in isolation, as it takes a lot of support, but this support comes through conversation and a safe environment to make decisions and choices which we can learn from and reflect on, not the avoidance of something new and different. This process sets our students up for success in a sustainable and on-going manner.

I have added below an extract from an article of eleven rules for life that Bill Gates provided to high school students. Although a little dated, it speaks volumes of the need for resilience.

Rule 1: Life is not fair – get used to it!

Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60 000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rainforest from the parasites of your parents' generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

Wishing you God's blessings throughout the Lenten Season,

Geraldine Rostirolla

Principal

Religious Education

THE ALPHABET PRAYER – A REFLECTION

A shepherd boy was watching his sheep one Sunday morning when he heard the bells of a nearby church ringing. As he watched the people making their way to Mass, he thought to himself, "*I would like to talk to God too, but, what do I say?*"

He had never learned to pray and did not know a single prayer. So, on bended knee, he began to recite the alphabet. He repeated this 'prayer' several times. A man passing by heard the boy's voice and saw him kneeling with his hands joined and his eyes closed.

He interrupted the boy. "*What are you doing, young man?*" he asked.

The boy replied, "*I am praying sir.*"

The man seemed surprised and said, "*But why are you saying the alphabet?*"

The boy explained, "*I don't know any prayers, sir, but I want God to take care of me, and to help me care for my sheep.....and so I thought, if I said the alphabet, He could put the letters together into words, and He would know all that I need, want and should say!*"

The man smiled and said, "*Yes! You are right! God certainly will!*" and he went on to church knowing full well that he had heard the finest sermon he could possibly hear that day.

(Author Unknown)



PRAYING THIS LENT

Prayer is a dialogue. It can be talking to God, listening to God, praising God, or thanking God. It can be silent, spoken, sung, confessed, or written. Prayer is being with God, being aware of God, sitting in the presence of God. It develops our relationship with the God who calls us to relationship. Prayer is a gift from God.

Pope Francis tells us that praying does not have to be difficult, that you can pray anytime, anywhere and everywhere. Why not try his Five Finger Prayer? It is a simple and thoughtful way to pray each day. Using the fingers on your hand, start with the thumb and pray these intentions:

1. **Thumb** is the closest to you, so pray for those who are closest to you. They are the people you know the best and are easiest to remember.
2. **Pointer** (index) finger is next. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others.
3. **Tallest** finger follows. It reminds us to pray for our leaders, those in government and those who have authority. They need God's guidance.
4. **Ring** finger is our weakest finger. It should remind us to pray for the poor, the hungry, the sick and suffering. They need your prayers.
5. **Little** finger, the smallest of all reminds you to pray for yourself.



Check out the fabulous free app **Laudate**. It is an amazing prayer resource, with Daily Readings and Saints of the Day, Order of the Mass, Traditional Prayers, Meditation, Catechism, Psalms, Rosary, Stations of the Cross, Vatican Documents and much more.

SCHOOL MASS

This morning our school community gathered to celebrate the beginning of another great year at Emmanuel. The children listened and participated prayerfully and sang beautifully. It was great to see so many parents and friends of Emmanuel sharing this celebration with us.

A big thank you to Fr James who presided and to Mrs Whelan who provided the music. Your ongoing support and encouragement is very much appreciated.



SACRAMENTAL PROGRAM

Students enrolled in the 2019/2020 Sacramental Program, which was suspended due to the pandemic, will be Confirmed by Bishop Michael next week and receive Communion for the first time in May.

Please continue to pray for these students as they prepare for and receive the sacraments.

HARMONY WEEK – ‘EVERYONE BELONGS’

Harmony Week celebrates Australia’s cultural diversity. It’s about inclusiveness, respect and a sense of belonging for everyone. Harmony Week is an opportunity to appreciate the multi-cultural nature of our society, from the oldest continuous cultures of our first Australians to the cultures of our newest arrivals from around the world, and to value the diverse contributions of all who call Australia home.



At Emmanuel we will be celebrating Harmony Week with a number of activities.

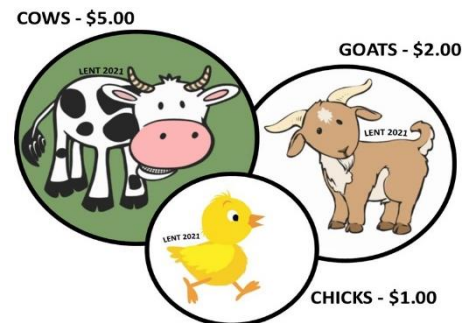
Students are invited to wear something orange (socks, shoelaces, ribbons) with their school uniform on Friday 19 March.

It is not a free dress day. No donation is required for participation.

For more information about Harmony Week go to: <https://www.harmony.gov.au/>

LENTEN CHALLENGE

Our ‘Animals for Others’ campaign continues to be lots of fun. Students are excited to buy tokens and parents are happy to report that their children having been doing lots of jobs at home to earn the money for the animals. Keep up the great work everyone. You are contributing to family life and making a difference in the lives of people you don’t even know.



WOW WEDNESDAY - WIPE OUT WASTE

By packing lunch in containers that we can

REUSE or

RECYCLE we will

REDUCE waste and help save the planet.



NO DISPOSABLE PACKAGING PLEASE!

Plastics and other disposable packaging will be sent home in lunchboxes.

This Lent we have been answering God’s call to love others and to care for His beautiful world by supporting WOW Wednesdays. Together we are making a difference. Keep up the great effort everyone.

EASTER RAFFLE

Students are encouraged to buy tickets in our Easter Raffle. This is a multi-draw raffle with several prizes. All money raised will be forwarded to the missions. Our Year Six leaders will be selling the tickets before school and at lunchtime each day. Tickets are 50 cents each or three for \$1.00. The raffle will be drawn in the last week of school.



OUR CATHOLIC IDENTITY – WE NEED YOU

As previously advertised, our school community is participating in the Enhancing Catholic School Identity Project this year. All members of the Emmanuel community are encouraged to be involved. If you have not completed your survey your time is running out.



To help your child's class to win a pizza party and help us gauge the Catholic Identity of our school, please complete the surveys by Friday 26 March.



To complete the surveys:

1. Go to www.ecsi.site/au/user/
2. Enter the general ECSIP Website password: **Ghj654**
3. Click on "New User"
4. Enter your school's entry code: **N76p8S** or select **Emmanuel School Mt Pleasant** from the dropdown menu.
5. You will be given a login and password – write them down, email them to yourself or print them out. You will need them to return to your survey.
6. You can begin answering questions and return to the survey at any time.
7. When you return, go to "continue your previous session" and enter the login and password you saved/printed out.
8. You can go back to edit your answers at any time.
9. Your answers are confidential to you. There are no right or wrong answers.
10. **We would like parents to complete the surveys by Friday 26 March.**
11. **Please advise your child's classroom teacher when you have finalised your survey, as the class with the most parent participation will celebrate with a pizza lunch.**



THIS SUNDAY'S READINGS

Chronicles 36:14-16. 19-23

After seventy years, the Israelites are released to rebuild the temple

Ephesians 2:4-10

Salvation is not earned but a gift from God

John 3:14-21

Jesus converses with Nicodemus.

For weekly Gospel readings, reflections and meditations go to <http://www.prayasoucan.com.au/>

Download this week's parish bulletin @ <https://rok.catholic.net.au/parish/mackay-st-josephs/#>

For Parish News, updates and to book for weekend Masses go to the **Catholic Parishes of North Mackay and Farleigh** Facebook page.

Share in Daily Mass from St Joseph's Cathedral @ https://www.youtube.com/channel/UCQeYD6B2cSvFb4zqStn_Brg

Respect is an attitude of honouring ourselves and others as people of value. We care for each person's dignity. We show respect in the courtesy of our words and in our tone of voice. When we treat others as we would like to be treated, we raise the level of trust and peace in our relationships. Respect is having reverence for the Earth and all living things. When we live respectfully, we are a source of grace in the world.

“Respect means you care enough to think about others’ feelings, before you act.” (Unknown)

VIRTUE OF THE FORTNIGHT



Respect is love in action.

(Bangambiki Habyarimana)







**GOD IS WITH US AS WE LIVE LOVE
LEARN IN A COMMUNITY OF FAITH**

Noeleen Kliese
Assistant Principal Religious Education

Curriculum Corner

Emmanuel Catholic Primary Strategic Priorities 2020 – 2022

Catholic Identity and Ethos 	Effective Teaching and Learning  (NSIT Domains 2,5,6,7,8)
<p>Strategic Priority 1.1 For all members of the school community to continue to strive and maintain Emmanuel as a dialogue school through the traditions and practices; celebrations; teaching and learning.</p> <p>Goal <i>Implementing Catholic Social teaching and service learning within the Curriculum.</i></p>	<p>Strategic Priority 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.</p> <p>Goal <i>To improve student learning outcomes in Mathematics as we build teacher capacity to collect, analyse and respond to data with a focus on student engagement and surface, deep and transfer learning.</i></p> <p>Strategic Priority 2.2 That our school has a feedback culture of continuous improvement which builds a schoolwide team of professional highly able teachers who use data and evidence-based teaching strategies to support deep student learning.</p> <p>Goal <i>All teachers will collaboratively plan and focus on embedding the Inquiry approach to Spelling across all year levels.</i></p>
Pastoral Support and Wellbeing  (NSIT Domain 3)	Leadership, Partnerships and Resourcing  (NSIT Domains 1,4,9)
<p>Strategic Priority 3.1 To enhance student learning and well-being outcomes through the development of a school well-being framework.</p> <p>Goal <i>For all teachers across Years 4-6 to build their knowledge of the “Be You – Mentally Healthy Communities” survey.</i></p>	<p>Strategic Priority 4.1 That deliberate and strategic school community partnerships are developed to enhance teacher understanding of flexible learning and collaborative teaching environments.</p> <p>Goal <i>During 2021, students will participate in flexible inquiry-based Problem Solving and Reasoning lessons, which have been collaboratively planned and administered by their teachers.</i></p>

NAPLAN Online

Students in Year 3 and 5 will undertake NAPLAN Online in May this year. NAPLAN Online brings many advantages, including a test design that offers assessment items tailored to students' knowledge and current skill level.

The NAPLAN Online Practice Test will be conducted at Emmanuel on Thursday 25 March (Week 9). This is an excellent opportunity to fine tune any technical and logistical issues, as well as familiarise students and teachers with the online testing process prior to May. The practice test is not an assessment of student knowledge and there will be no reporting of student results. *Year 3 and Year 5 students are not being tested at this time, they are operating our technology devices to ensure the school's technical capabilities and the NAPLAN Online Platform are ready in preparation for NAPLAN Online in Term 2.*

	Thursday 25 March 2021
9:30am-10:30am	Year 5 Writing
11:05am-12:00pm	Year 3 & 5 Omnibus (Reading, Spelling, Grammar & Punctuation)

This year a Public Demonstration Site is available and will continue to be updated so as parents can assist their children to prepare for NAPLAN Online at home. The site includes FAQ's; Parent Information and Practice Tests. If you are interested in looking at this site please follow the link provided:

<http://www.nap.edu.au/online-assessment/public-demonstration-site>

Parents and caregivers of students in Year 3 and 5 need to be aware of important information relating to privacy, which can be found on the NAPLAN Online Queensland website's [parent information page](https://naplanonline.qld.edu.au/getting-ready/parent-information) - (<https://naplanonline.qld.edu.au/getting-ready/parent-information>) last updated November 2020.

Further information pertaining to NAPLAN Online testing in May will be published in future Newsletters.

What is in those NAPLAN tests?

WHICH ONE OF THESE EQUALS 564?

A) $5 + 6 + 4$
B) $50 + 60 + 4$
C) $500 + 40 + 6$
D) $500 + 60 + 4$

The question above - taken from an example Year 5 NAPLAN numeracy test - asks students to demonstrate their understanding of *place value*: that is, to partition, rearrange and regroup numbers to assist calculations and solve problems. It's a concept most of us take for granted but one that enhances a child's understanding of mathematics.

Students learn about *place value* in the Australian Curriculum: Mathematics in Years 3 and 4, so by the time they reach Year 5, they should be able to answer a question like this one above. And if they can't, then parents and educators need to know about those gaps in learning as soon as possible.

So if you've ever wondered what is in those NAPLAN tests, rest assured that what students learn in the classroom is what they are tested on in NAPLAN. And if you'd like to see example tests or Australian Curriculum content for yourself, visit nap.edu.au or australiancurriculum.edu.au.

acara AUSTRALIAN CURRICULUM, ASSESSMENT AND REPORTING AUTHORITY | NAPLAN NATIONAL ASSESSMENT PROCESS Literacy and Numeracy

Janine Refalo
Assistant Principal Curriculum

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

Next Friday, 19 March, is the annual National Day of Action Against Bullying and Violence. In the lead up to this day, which coincides with Harmony Day, students in all year levels will participate in activities that highlight this important issue. It is timely to look at the procedures for handling bullying at Emmanuel. These include:

- listening openly to all sides of the story and clarifying the facts and feelings involved
- speaking to all participants separately to clarify what they want from the other person/s
- bringing the two parties together to confirm facts and feelings in the company of a mutually agreed group of peers (if appropriate to the situation) who act as supporters and observers
- Using the technique:
When you do.....
I feel.....
I would prefer you to
- Deciding mutually acceptable behaviours for the future
- Making appropriate apologies
- Encouraging confidentiality
- Explaining that on the first occasion it is an informal procedure; repeat offences would include parents and formal warnings.

Ways to Report Bullying

Students often feel that to deal with the problem of bullying can only make it worse. Students are encouraged to realize that bullying can only be dealt with if a significant adult knows about it. The significant adult could be a parent or a teacher. Bullying can be reported by:-

- telling a parent, teacher or member of the Administration Team
- having a friend speak to a significant adult on your behalf
- Using the "Bullying Box" located in the Library

Signs for parents to look for that a child is being bullied.

- bed wetting
- crying or emotional upset that seems unusual
- not wanting to go to school
- not wanting to be left with certain people
- any changes in sleeping or eating habits
- loss of confidence

Signs for parents to detect if your child is at risk of becoming a bully.

- has difficulties seeing another person's point of view
- likes to win at all costs
- bullies sisters or brothers
- is bullied by family members
- if fighting, arguing and teasing are acceptable at home
- has difficulty keeping or making friends
- has low self esteem
- "looks for trouble"



Amanda McDonald
Assistant Principal Administration

From the Counsellor

Hello,

I am the school counsellor, and I would like to remind the Emmanuel community that the school counselling service is available for students who are going through challenges or family changes.



What a Counsellor Does?

A school counsellor can assist a student by providing support to help at school and/ or home. This might include support for a student need, providing parent assistance, support with peer relationships, emotional regulation, grief and loss, or significant changes in the home. Confidentiality is of my highest priority.

Examples of reasons students may access the school counsellor may include:

- *Home, school, or peer relationship challenges*
- *Accidents, Grief or Loss*
- *Anxiety Management*
- *Self-esteem or Confidence building*
- *Organisation skills*
- *Social skills building*
- *Mental health challenges*
- *Emotional dysregulation*
- *Resilience building*
- *Illness*
- *Parent separation or divorce*
- *Family or child trauma*



How to Access the School Counsellor

The counselling room is located in the main office building.

Email: The counsellor can be contacted by direct email at Kristy_Flor@rok.catholic.edu.au

Verbal Communication: Verbal communication is welcomed, and parent meetings at school or via phone can be arranged for parents.

Phone: Contact can be made through the school office, with messages forwarded onto the counsellor.

If you feel that your child may benefit from the counselling service, please contact the Emmanuel school office, or your child's classroom teacher (if preferred), where the staff can direct you to the service.

When is the School Counsellor available?

Although office hours for the counsellor are as follows, contact by email can be made to the counsellor on any day. Appointments can be made in confidence.

Emmanuel Catholic Primary School:	
Monday	8.00am to 4.00pm
Tuesday	8.00am to 4.00pm
Wednesday	8.00am to 4.00pm
Thursday	8.00am to 4.00pm



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 throughout the year.

I look forward to working with the community in 2021.

Yours in Counselling,

Kristy Flor

PREP Enrolments 2022

Prep enrolment details for 2022 are NOW required from our existing families. If you have a child due to commence Prep next year - born between July 1, 2016 and June 30, 2017 – you are asked to complete an ONLINE enrolment form available from the school website – <https://www.ecps.qld.edu.au/application-for-enrolment.html> by Friday 26 March. It is essential that we have our current families accounted for so as to determine how many positions may be offered to new families seeking enrolment. If you have any queries or concerns in regards to this process, we ask that you contact the office. **ALL ENROLMENTS MUST BE COMPLETED ONLINE.** Once enrolment applications have been received and processed by our Administration staff, you will be notified of an interview time. Interviews for current families will take place towards the end of Term Two and at the beginning of Term Three.

Term 1 School Fee Statements

Term one school fees are now **overdue**. We would like to thank those families who have paid. However if you have not paid your account, it would be appreciated if you could do so immediately. If you are experiencing difficulties, please contact Therese in the Finance Office. If you would like to pay via a Direct Debit Authority, can you also contact the Finance Office so that arrangements can be made.

Electronic Recording of Absence



We have transitioned to an electronic recording system for all student attendance records eg. Late to school, early departure.

Please allow extra time when collecting / dropping off your child to familiarise yourself with this process.

We appreciate your cooperation and patience during this transition time.

Sporting News



Emmanuel's 2021 Swimming Carnival date has been confirmed. The Pioneer Swim Centre has been booked for Thursday 21 October. More information will be included in future newsletters closer to the date.

Be sure to watch out for next week's newsletter as we include a complete rundown on all our students sporting successes this year.

Tuckshop News

VOLUNTEER ROSTER TERM 1 WEEK 8

Monday 15 March:	Talthia Swan
Tuesday 16 March:	Tamara Flynn
Wednesday 17 March:	Lerryn Tickle
Thursday 18 March:	Michelle Buckeridge Diana Camilleri
Friday 19 March:	Asinate Waqa Kath Pownell



Guitar Lessons



After a hectic day of making ends meet wouldn't it be nice to have your very own Troubadour to soothe the ragged edges.

If you think that your child may be inspired to learn the guitar, then please be advised that travelling Tutor Mr Jim Scott will again be available to service your needs. Please contact administration for further information.

WHERE THE DIFFERENCE IS YOU

Facilities Officer (28hpw)
MacKillop Catholic Primary School,
Andergrove

Applications are now invited for this term time position (45 weeks)

Visit our website and apply today!
www.rok.catholic.edu.au

Applications close 15 March 2021

Catholic Education is committed to best practice in student protection policies and procedures.



#bethedifference

WHERE THE DIFFERENCE IS YOU

Children's Services Workers (casual)
Outside School Hours Care (Early Years)
St Francis Xavier Catholic Kindergarten,
Mackay

Applications are now open for the rewarding casual position of Early Years OSHC in after school and vacation care. For an immediate start.

Visit our website and apply today!
www.rok.catholic.edu.au

Catholic Education is committed to best practice in student protection policies and procedures.



Early Learning & Care



#bethedifference



Year 7 in 2022 Information Evening



**SAVE THE
DATE**
29 April



ENROL ONLINE NOW!
www.hsc.qld.edu.au/enrolments

facebook

Stay connected with us by following our Facebook page for regular updates, photos and stories.

**UNIFORM SHOP OPEN
TUESDAY AND THURSDAY
2:30pm - 2:55pm**