



newsletter

27 May 2021

Term Two

**ASSEMBLY
FRIDAY
9:15AM**

**Peer Support
Friday Mornings**

**Reconciliation Week
27 May – 3 June**

**Life Education
Year 5 & 6 Parent Info
Session
1 June at 8:00am**

**Walk for Reconciliation
2 June**

**Talk About It Program
(Years 5 and 6)
7-9 June**

**Emmanuel's Biggest
Morning Tea
11 June**

**Mackay Show Holiday
17 June**

**Athletics Carnival
23 June**

**Last Day of Term
25 June**



Dear Parents,

“To be Trusted is a greater compliment than being loved”

George Macdonald

Trust in individuals is vital in an era where trust is no longer a staple of common life. Through sport, politics and international relations, levels of trust have decreased and cynicism has often taken its place.

In Education this trend is no different. As a student my parents and the majority of parents had a complete, respectful and distant association with the school. The school was backed ahead of the child, often at the expense of the child. Students were exceptionally resilient, often harshly done by and with the use of capital punishment; by today's expectations, some would argue, physically assaulted. The curriculum was much narrower with things like social, emotional and mental wellbeing rarely, if at all, ever focused on. There were more consistent (rightly or wrongly) parenting approaches and expectations on students, their sleep time, their chores and what good manners were!

During my time, almost 40 years in education, I have seen the pendulum swing significantly in the other direction. Schools and teachers are now in a culture of justification, accountability and documentation. There is often a belief now in the child ahead of the school. Schools provide and accommodate and differentiate more than any other time, we are so much more positive in our focus than any other time in history, more broad in curriculum exposure whilst being criticised more readily through the media than ever before. Parenting approaches around sleep times, diet, pocket money, outside school commitments and levels of social skills vary more broadly than ever these days. These have a major influence on children and how their lives are shaped.

In terms of the pendulum swinging, somewhere in the middle of these two extremes would be ideal from my point of view. Neither extreme is close to what I would believe is an ideal climate or culture. I hope that we are still and will continue aspiring to get the 'best of both of these worlds!'

What level of trust do we place in our child's school?

What level of trust does the school deserve to receive?

What level of trust do parents deserve from the school?

What effort do we expect of ourselves and of others in making this happen?

If we all just tried 2% harder to live out the second quote above, I really believe this would transform any school community culture for the better!

Wishing you every blessing for the coming week,

Geraldine Rostirolla
Principal

Religious Education

TRINITY SUNDAY



Trinity Sunday is celebrated on the Sunday after Pentecost. At this time Catholics honour the most fundamental belief of the church – that God is three and God is one: God the Father, the creator; God the Son, the Word made flesh; and God the Holy Spirit who shares His gifts and fills our hearts with love. There is only one God, but there are three persons in God. They are all equally God and cannot be divided.

Every time we bless ourselves or begin a prayer with the Sign of the Cross we reaffirm our belief in the Trinity. That seemingly simple prayer, 'In the name of the Father, and of the Son, and of the Holy Spirit,' is in fact, a confirmation of our belief in a triune God – three in one. (Greg Sunter)

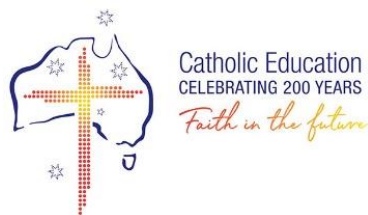
This Sunday's Readings:

(Dt 4:32-34. 39-40) *Moses tells the people of the one true God.*

(Rom 8:14-17) *We are heirs with Christ.*

(Matthew 28:16-20) *Jesus sends forth the Apostles with the promise to be with them always.*

For weekly Gospel readings, reflections and meditations go to <http://www.prayasyoucan.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

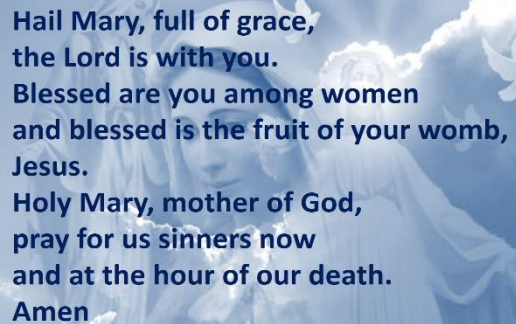
CATHOLIC EDUCATION – CELEBRATING 200 YEARS

This year we celebrate 200 years of Catholic Education in Australia. On Monday 24 May our older students shared in the livestream Mass from St Joseph's Cathedral, Rockhampton. Classes listened to the John Burland song, "Mary Help of Christian" performed by students from various diocesan schools and thanked God for the gift of Catholic Education.

THE VISITATION – HAIL MARY

The Feast of the Visitation of the Blessed Virgin Mary (31 May) celebrates the visit of Mary, the Mother of God, with the child Jesus in her womb, to her cousin Elizabeth. The visit took place when Elizabeth was herself six months' pregnant with Saint John the Baptist.

The *Hail Mary* is the story of the Visitation. As the Month of Mary draws to a close, I encourage you to continue to pray this beautiful prayer for peace in your family and in the world.



Hail Mary, full of grace,
the Lord is with you.
Blessed are you among women
and blessed is the fruit of your womb,
Jesus.
Holy Mary, mother of God,
pray for us sinners now
and at the hour of our death.
Amen

RECONCILIATION WEEK

National Reconciliation Week is a time to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Celebrated at the same time each year (27 May – 3 June), National Reconciliation Week commemorates two significant milestones in the reconciliation journey - the successful 1967 referendum and the High Court Mabo decision.



The theme of Reconciliation Week this year is: '*More than a Word: Reconciliation Takes Action*'.

Regional Indigenous Education Liaison Officer, Bianca Dorante, will host various cultural activities in the library on Monday. Students in all year levels will participate in our *Walk for Reconciliation* on Wednesday 2 June.

SAVE THE DATE - EMMANUEL'S BIGGEST MORNING TEA

Emmanuel's Biggest Morning Tea will be held on Friday 11 June. We will be having a picnic and all members of our school community are invited. It will take place in the playground between the library and Year Two/Prep building at 10:30am. Please bring a chair or rug and morning tea to share with your children.

It will be a free dress day and all students and parents are encouraged to wear **pink** (breast cancer), **blue** (prostate cancer), **yellow** (bone cancer) or **black** (melanoma/skin cancer) and to bring a gold coin donation.

Some merchandise will be on sale in the week leading up to the picnic. More details in next week's newsletter.

SACRAMENTAL PROGRAM

Please pray for the students who have enrolled in the Sacramental Program. At parish Masses last weekend, they committed to prepare to receive the Sacraments of Penance, Eucharist and Confirmation.

Sacramental Program Calendar of Events - 2021		
Family Workshop (Penance)	Wednesday 9th June 7:00pm or Sunday 13th June 10:15am	St Joseph's Church
Sacrament of Penance	Tuesday 22nd June 3:30pm - 5:00pm	St Joseph's Church
	Wednesday 23rd June 3:30pm - 5:00pm	
	Thursday 24th June 3:30pm - 5:00pm	
Family Workshop (Eucharist)	Wednesday 14th July 7:00pm or Sunday 18th July 10:15am	St Joseph's Church
Retreat	Sunday 29th August 2:00pm	St Joseph's Church
Celebration of First Communion	Saturday 4th September (6:00pm Mass)	St Brigid's Church
	Saturday 4th September (6:00pm Mass)	St Joseph's Church
	Sunday 5th September (9:00am Mass)	St Joseph's Church
	Sunday 5th September (7:30am Mass)	St Brendan's Church

Please note: There will be a meeting for the parents of Year Three students wishing to prepare for the Sacraments later in the year.

VIRTUE OF THE FORTNIGHT

Being purposeful is having a clear focus, instead of being unsure of what you are doing or why you are doing it. You are acting purposefully when you have a goal you are working toward. You concentrate your mind and your efforts to achieve your goal. You have a positive attitude and don't let obstacles stop you from doing what is important. Some people just let things happen. A purposeful person makes things happen.





"If you don't know where you are going, any road will get you there." (Lewis B Carrol)



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>

Janine Refalo
Assistant Principal Curriculum

APA News

WALK SAFELY TO SCHOOL DAY: FRIDAY 21 MAY

A big thank you and well done to all the students, staff and parents who joined us for our Walk to School Day last Friday. Thanks also to our Adopt-A-Cop, Mrs Gayl Wilson, for accompanying us and keeping us safe on the road. Your help was greatly appreciated!

Photo: Mrs McDonald, students and some of the parents who walked to school last Friday.



PEER SUPPORT

Peer Support groups, led by our Year Six students, met for the first time last Friday. There was lots of excitement and enthusiasm as students played 'get to know you' games and made group agreements about working and learning together. This week in Peer Support, students will learn about the importance of having a go. The activities will help them identify what they have already learned to do and what things they would still like to learn. The children will also explore their feelings when faced with difficulties and identify the need for courage when they try something new.

During the week, encourage your children to be aware of the importance of learning from their mistakes and trying new experiences.



MATHS OLYMPIAD

LAST WEEK'S ANSWER: 6 tricycles

WEEK 6 MATHS OLYMPIAD:

Theodore is thinking of a 2-digit number. Alvin is thinking of a square number.

Simon is thinking of a number with 9 different factors. In talking about their numbers, they realized they were all thinking of the same number. What number were they thinking of?

Answer in next week's newsletter!

SCHOOL NEWSLETTER

The school Newsletter, is a vital form of communication between school and families. A lot of time goes into its preparation. It is distributed to families on Thursdays **VIA E-MAIL**. Please ensure your email address is current so that you are kept up-to-date with events and school news. Paper copies are available from the office.

TOYS AT SCHOOL

Parents are asked to ensure that students are not bringing unnecessary items in school bags to school during the day. Items of value, such as toys, etc are not welcome at school as it is difficult to ensure their safety and it is a problem if damage occurs. The school is well resourced and we strongly encourage these items to be left at home. Thank you for your support in this matter.

UNIFORM RULES / UNIFORM DETENTION

It is expected that all students will wear correct uniform at all times unless there is a sudden difficulty, in which case it is expected that parents will write a note to teachers explaining the position. If you are unsure of aspects of the uniform or what is allowed, please check with the school office or our website, as failure to do so can be expensive. Uniform detentions are given to students in Years 4, 5 & 6, who are wearing incorrect uniform without a note from a parent to explain the situation. Students can also be given uniform detentions for wearing the uniform incorrectly – that is, all the right items but in very poor repair or shirts constantly hanging out or socks which disappear permanently into shoes. Failure to wear a hat is cause for uniform detention.



**ASSEMBLY
FRIDAY
9:15AM**

DUE TO PEER SUPPORT
FRIDAY ASSEMBLY WILL BE
HELD AT 9:15AM FOR THE
REMAINDER OF
TERM TWO.



Amanda McDonald
Assistant Principal Administration

Sports News



Athletics Carnival

please note a change of date

Wednesday 23 June



Virtue Vouchers

Term Two Week Five

6T/R	Leila	4S	Tristan Indy	2C	Connah Isabella
6S	Izzabella Landon	4E	Zara Piper	1T	Jack
		3W	Emily	1M	Charlize
5W	Breanna Hunter	3H/B	Peyton Cooper	1J	Billy
5S	Tahlia Jacob	3B	Ruby Ethan Caleb	PS	Anna
5C	Tahlia Paolo	2M	Spencer Flynn	PJ	Sarah Lucy
4W	George Elizabeth	2R	Evelyn Osmond	PG	Hudson Ethan Pia



Finance


School Fees

Term 2 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.


Year 6 Camp Payments

A reminder to those parents who have elected to pay the Year 6 Capricorn Caves Camp via the instalment plan that the first instalment of \$220 was due Friday, 14th May.


Travel Subsidy



**Non State Schools
TRANSPORT ASSISTANCE SCHEME**



Student Travel Rebates



Semester 1

Bus Fare Assistance	Students With Disability
<ul style="list-style-type: none">• Does your child attend a school outside the Brisbane City Council boundary?• Does your family spend more than \$40/week* on fares to and from school (* \$30/week if you hold a concession card)?• Does your child travel on a publicly available service not owned or associated with the school?	<ul style="list-style-type: none">• 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](https://schooltransport.com.au) during May.**

Late applications cannot be accepted after 31st May.

Student travel rebate applications are only open in May for Semester 1 and October for Semester 2. Please visit <https://schooltransport.com.au/> to check if you are eligible.

From the Counsellor

The act of **WELLBEING**

Some of the students and staff have recently discussed the topic of wellbeing, initiating a conversation of "What does wellbeing mean"? According to a dictionary definition "*it is a state of being comfortable, healthy and happy*". In reality, "there is no short, complete answer, and each person will view wellbeing from a different lens, being dependent on personal goals, ambitions, culture, personality types, or individual experiences.



There are many areas of 'wellbeing', which can be displayed using the following focus points.

The Five Dimensions of Health



ALEXA BRAUN / RACHEL MORRISON

Physical wellbeing- A wellbeing area connected to lifestyle choices which influence body function. Physical wellbeing is usually affected by 1) what we consume (eat or drink) 2) how active we are. These 2 areas can significantly impact and change how we feel about ourselves, and overall health outcomes.

TIP 1- Be Active- Do what you can and enjoy what you do.

Try 10 minutes of movement activity a day (move more, enjoy a walk or jog, put on some music and dance away your housework 😊, or play actively with your children or pets).

Consumption – choose to eat healthy items this week such as fruits, vegetables, salads instead of sugar options, and drink more water. Your energy levels may just rise.

Emotional wellbeing- Emotional health is our ability to manage our feelings, and to function in ways that meet the demands of everyday life. This includes maintaining an emotional calm during difficulties. Emotional wellbeing can reflect how a person thinks and feels about themselves, and the reactions to both pleasant and unpleasant events.

TIP 2: Take notice- Observe the simple things that bring you joy and do them again.

Social wellbeing- Interactions in our relationships with others and the community can give a sense of social inclusion and promote a feeling of belonging. Important factors of social wellbeing can involve communication with those around us, lifestyle interactions, beliefs or customs, values, and traditions.

TIP 3: Connect – talk and listen to others and be open to enjoying every moment.

Contributing to society (school or community) can instill a feeling of social value and improve self-worth.

Spiritual wellbeing- Involves being able to integrate purpose or meaning into a person's life through connection and experience. This is usually achieved by connecting interpersonally to self, or participating in a practice of belief in God as a higher power and ultimate support.

TIP 4: Give- Give others the gift of your time, your encouraging words, and your presence.

Spiritual acts can include mindfully praying, meditating, enjoying nature or surroundings, social contributions, volunteerism, forgiveness, or expressions of compassion.

Intellectual wellbeing- Intellectual wellness focuses on expanding skills and knowledge, which can support the maintenance of a healthy mind. It can be a means of connecting to personal interests, expanding knowledge for work, enjoying wisdom to share with others, or be used as a means for personal fulfillment where interests can be explored.

TIP 5: Neuroplasticity is where the human brain can master new skills, adapt, store memories, and form new neural connections as we learn or see new information. Keep learning- Be open to embracing new experiences and seek opportunities as they come your way.

(Wellbeing people.com)

The goal to Holistic wellbeing is to try to balance the 5 areas of wellbeing, in ways which best suits you, and your family.

"Be willing to do whatever it takes, to be a warrior for your own health" (Jan Mundo).

Yours in counselling,



Kristy Flor
School Counsellor

VOLUNTEER ROSTER

TERM 2 WEEK 7

Monday 31 May:	Fabia Pace
Tuesday 1 June:	Hannah Deguara
Wednesday 2 June:	Stephen Northam
Thursday 3 June:	Tahnee Nock
Friday 4 June:	Angela Fussell
	Rebecca Warrell
	Wendy Hovinga-Kila



CAN YOU HELP US?

We are currently experiencing a very large volume of orders through our tuckshop, which is great, however due to many of our volunteers unable to commit due to work commitments and unwell family members we have been struggling for volunteers to help us fill the orders on time.

So, we are calling for more people to volunteer just a few hours of their day, or once a month to assist in the tuckshop. We provide lunch, it's a friendly environment and the children love to see a parent or grandparent at break times.

Please phone the office if you can be of help.



PLASTIC CUTLERY

Plastic cutlery is supplied with all hot meals, pies, yoghurts, custards and fruit cups. The cutlery is available to those who have forgotten to bring their own items with lunch bought from home. However, this is at a cost of 10c per item.

Angie and Carly
Tuckshop

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

Stay connected with us by following our [Facebook](#) page for regular updates, photos and stories.

ABSENT FROM SCHOOL HOTLINE



49948256



DIRECT LINE - AVAILABLE 24 HOURS A DAY

WHEN YOU CALL YOU WILL BE ASKED FOR THE FOLLOWING INFORMATION:

YOUR NAME, STUDENT'S NAME, CLASS, DATE OF ABSENCE, REASON FOR ABSENCE

LET'S GET

physical

St Mary's Trivia Night 2021

THE Social Event of the Year!

Friday June 11, 6.30pm for 7pm start.

\$30ea, Tables of 8 or 10 available

Ticket includes snacks and pizza



Beyond the Pages

14-16 July 2021



Short Story
Competition 2021

Get Writing



Enter Now

If you love creative writing,
this is the competition for you!

See your English Teacher or Librarian for details
and an Entry Form or visit:

<http://www.whitsundayvoices.com.au/>

Entries close 5pm Friday 4th June 2021



Competition prizes brought to you by

TIMEZONE™



ENQUIRIES

Liz Russell Festival Co-Ordinator
P: 4969 2018 E: Lru@was.qld.edu.au

  /whitsundayvoices whitsundayvoices.com.au



MACKAY HOSPITAL FOUNDATION

PRESENTS



FAMILY FUN DAY

**SUNDAY 6 JUNE 10AM-2PM
BB PRINT STADIUM**

UNLIMITED FUN FOR ALL AGES

BOUNCY CASTLES - BUNGEE TRAMPOLINES - SUPER SLIDE
BUCKING BULL - LIVE MUSIC & MUCH MORE

\$5 ENTRY (PAY AT THE GATE)

Proudly raising funds for our local hospitals

