



newsletter

17 September 2020

Term Three

Last Day of Term
Mini Athletics Carnival
18 September

Term Four

Public Holiday
5 October

First Day of Term Four
6 October

Beach Day & Walkathon
9 October

Year 4 – 6 Swimming
Carnival
22 October

Prep – Year 3
Swimming Lessons
Week 6-8

Our School Mission Statement



Dear Parents,

How can we be present to each other today?

We all need to be reminded regularly that we matter to others and we need to remind others that they are important to us. Gestures such as a loving hug from a parent or perhaps a smile from a friend or even a stranger, gives us a special warm feeling. Such gestures remind us that we are special to others. Being 'present' to others when they are talking to us, sharing some news or just saying hello is another powerful way that we demonstrate to others that we care about them.

With the pace of life today it is very easy to forget both. We have even gone so far as a society to use terms such as 'multi tasking' to give ourselves permission to not be fully 'present' to others both in the context of family and work. Everyone needs to be valued, to be noticed and to be loved. How can we be 'present' to our families, friends and colleagues today?

Being present to others may not look the same for everyone. It may be stopping when we say hello and having a brief chat, or asking about a friend's family or new job or it could be a heartfelt hug, doing a favour for someone, helping around the house or yard, giving an unexpected gift to a friend, being a good listener, or reaching out to those who will never personally know us but who are in need.

In his gospel, John challenges us "Let us love, not in word or speech but in truth and action".

As we come to the end of another term, I look back at the many memorable occasions that were shared with our school community. Great things don't just happen on their own. They are the result of a positive attitude, hard work, planning, enthusiasm and especially team work! Thank you parents and family members for your support of our work with your children.

To the staff of Emmanuel who go 'above and beyond' in their sacred work, my deepest gratitude for all you do to bring our students to a deeper and more loving relationship with our God and your dedication to instilling a love of learning in their hearts and minds. God's blessings upon each and every one of you!

With the holidays once more upon us, I wish you all a restful few weeks, enjoy your time together as a family and take the opportunities to spend quality time in each other's company. It has been a very busy term and students and staff alike deserve a break to recharge their energies and return full of vitality for the final term of the year. Whatever your plans stay safe, enjoy the break and return to the last term refreshed and renewed!

I hope you all have a wonderful two weeks with your children and may God continue to bless you and keep you safe.

Geraldine Rostirolla
Principal

Religious Education

TIME OUT - A REFLECTION

A professor began his class by holding up a glass with some water in it. He held it up for all to see and asked the students, "How much do you think this glass weighs?"

"50 grams!" "100 grams!" "125 grams" the students answered.

"All good answers, but we really won't know unless we weigh it," said the professor. "Its absolute weight doesn't matter. The question is.....what would happen if I held it up like this for a few minutes?"

"Nothing" the students said.

"Ok! What would happen if I held it up like this for an hour?" the professor asked.

"Your arm would begin to ache," said one of the students.

"You're right. Now what would happen if I held it up for a day?"

"Your arm would go numb. You might have severe muscle stress and paralysis."

"You would have to go to hospital for sure!" ventured another student. All the students laughed.

"Very good! But during all this, did the weight of the glass change?" asked the professor.

"No..." the students answered.

"Then what caused the arm ache and the muscle stress?"

The students were puzzled.

"Put the glass down!" said one of the students.

"Exactly!" said the professor. "Life's problems are something like this glass. Hold them for a few minutes in your head and they seem okay. Think of them for a long time and they begin to ache. Hold them even longer and they begin to paralyse you. You will not be able to do anything."

It is important to think of the challenges in your life, but EVEN MORE IMPORTANT to 'put them down' at the end of every day before you go to sleep. That way, you are not stressed, you wake up fresh and strong, and you can handle any issue, any challenge that comes your way!

It is time to put the glass down today!

Enjoy your holiday!

(Author Unknown)



MISSION FAIR

The Mission Fair was held yesterday, and we are excited to report that it was an AMAZING success! The students enjoyed visiting the stalls, playing the games and filling their bags with goodies. We raised more than \$6185. That is equivalent to providing an education and learning material for more than 200 students for a whole year or 6185 chicks for families in Cambodia. WOW!



Congratulations to Year 5K who won the Coin Challenge and enjoyed their prize today. The 'Fun and Games' raffle was drawn today and thirty lucky winners took home prizes this afternoon.



The 'Trash and Treasure' stall was very popular again this year and everyone who visited had fun seeking out a bargain. A big thank you to all who donated goodies to this stall. Lots of children found treasures to take home.



Our Mini Vinnies group ran the [freerice.org](https://www.freerice.org) stall at this year's fair. This online challenge that rewards correct answers with free rice is an initiative of the United Nations World Food Programme. Students who visited the stall collected 8490 grains of rice – that is more than one cup of rice. It is great to think that we can have fun, practise our skills/increase our knowledge and help to feed the hungry in our world at the same time. You might like to visit this website in the holidays. There are various categories and levels of difficulty. It is worth the effort, for you and for others.

A big THANK YOU to our creative, hardworking staff who organised and managed the stalls, painted fingernails, baked goodies, provided prizes and supervised the activities. Our Year Six school leaders and student teachers are also thanked for their efforts and enthusiasm.



Together we are making a difference in the lives of others. Well done and thank you everyone.

Please include Sister Lila (pictured left at last year's Mission Fair) and all members of our school community who are unwell in your prayers.

BEACH DAY – WALKATHON

Our annual beach day and walkathon will be held at Bucasia Beach on **Friday 9 October**.

The children will travel to and from Bucasia Beach Park by bus. They will participate in the walkathon and beach activities before enjoying a sausage sizzle lunch, kindly donated by the Emmanuel P&F Association.

Students are to wear their **SPORTS UNIFORM** and bring their morning tea and a bottle of water. Every child must wear their school hat and is encouraged to apply sunscreen.

If your child carries medication (such as an asthma puffer) this must accompany them to the beach.

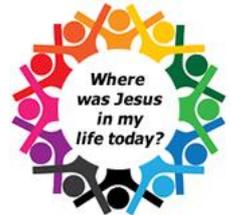
All students are asked to bring along a gold coin donation, which will be forwarded to a charitable organisation to support those in need.



MAKING JESUS REAL

Let's Make Jesus Real this school holidays. Teamwork At Home (TAH) is a great place to start. It's all about co-operation, consideration thoughtfulness and kindness - the simple everyday things we do for each other and ourselves. Enjoy your time together.

Teamwork Song (TEAM) @ <https://www.youtube.com/watch?v=-1tv0lrNTKs>



THIS SUNDAY'S READINGS:

Isaiah 55:6-9
Seek the Lord

Phil 1:20-24. 27
Both in life and death, Paul finds joy.

Matthew 20:1-16
Parable of the workers in the vineyard

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/#](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



Noeleen Kliese
Assistant Principal Religious Education

SOCIAL MEDIA

Please take the time to read it as the article below as it is so important to all of us. Considering the terrible current social media issue, relating to TikTok, this article is very pertinent. Please help us to keep your little ones safe.

Would you allow strangers to walk into your home and engage with your children?

If the answer is “no”, then why would you allow your children to access the internet and social media without them being supervised?

Social media isn't going anywhere, so as parents we need to consider how it affects a child's developing mind and determine what role we have as parents to guide and support them while they learn to navigate the world of technology.

Social media sites can pose great risks for young people. For your child, these risks include:

- being exposed to inappropriate or upsetting content like mean, aggressive, violent or sexual comments or images
- uploading inappropriate content like embarrassing or provocative photos or videos of themselves or others
- sharing personal information with strangers – for example, phone numbers, date of birth or location,
- cyberbullying,
- exposure to targeted advertising and marketing (sometimes inappropriate).
- data breaches, like having personal data sold on to other organisations, and
- learning dangerous and/or inappropriate behaviours which could put them or others in harm's way.

Another factor to consider is your child's health. Late-night, on-line socialising can have a huge impact on sleeping patterns, mental health & academic progress.



At what age can children join Social Media platforms?

- TikTok is an app for users age 13 and over and there are age-gating measures at signup.
- Facebook and photo-sharing site Instagram both require users to be at least 13 years old before they can create an account, and in some jurisdictions, this age limit may be higher. Creating a Facebook account with false information is a violation of Facebook's terms, including accounts registered for someone under 13.
- Twitter, the site where users post messages and tweets in 140 characters, says you must be at least "13-years-old to use its services".
- At first, Snapchat, which allows people to post videos and photos for 10 seconds before they disappear, restricted anyone under the age of 13 from using their site.
- The minimum age for the mobile phone messaging app WhatsApp is 16-years-old.
- YouTube requires accounts holders to be aged 18 and over, and also restricts much of its content to over 18s, but it will also allow a 13-year-old to sign up with their parent's permission.

When you allow your child to have one of these accounts and they are under this age, ask yourself what are you teaching your child? To lie about their age to break the rules??

It doesn't matter how unreasonable these restrictions seem, they are in place to keep your child safe. Susan McLean (cyber security expert and former police officer) says she recommends family, friends and teachers report children under the age limit. McLean's concerns are primarily about keeping children safe from predators and cyber bullies.

The Children's eSafety Commissioner, Alastair MacGibbon says "Certainly parents should be pretty careful about allowing their kids to open social media accounts younger than 13".

What you can do as a parent:

- Children should always use technology in the presence of an adult who can monitor them closely, especially if it has a photo and online capability.
- Restrict the amount of time your child spends on the internet.
- Don't allow your child to have social media accounts if they are under the age advised by regulators. If they have an account to connect with distant family, then it should be monitored closely. Check the content and friends added. Teach your child not to befriend people they don't know personally.

Best Parental Control is being present, monitor & guide.

**The developing brain is inquisitive, don't trust/think that your child has the maturity and self-control of an adult.
They need you to be their guide and mentor.**

(With thanks to Ninette Nell – School Guidance Counsellor)

Amanda McDonald
Assistant Principal Administration

Sporting News

MINI ATHLETICS CARNIVAL – Friday 18 September 2020

Tomorrow sees our school houses battle it out in the annual Emmanuel Athletics Carnival. Excitement here at school is high as all students look forward to taking part in the day. Please discuss these final reminders with your children.

- ✓ Students may wear a sunsmart shirt and decorations (hair ribbons, socks etc.) in their house colours OR normal sports uniform.
- ✓ Remember to be sun smart! School hat and sunscreen. If bringing insect repellent it must be roll on.
- ✓ Water bottles, fruit snack and morning tea to be brought from home.
- ✓ **Tuckshop is only available at big lunch.**
- ✓ Students who have asthma must have their puffers with them.

We are looking forward to a great day!

Luke Dodson

HPE Teacher

Dance Fever

Thankyou to Drey, our Term Three Dance Fever instructor for a wonderful term of dancing. The students thoroughly enjoyed themselves and we look forward to welcoming Dance Fever back to Emmanuel next year.





PRINCIPAL'S AWARDS

TERM THREE - WEEK NINE

CLASS	STUDENT	AWARD
5C	Caleb W	For showing great leadership qualities during Peer Support. The respect and the kindness you show towards others, especially those younger than you, is fantastic! You have set a wonderful example for your peers. We are lucky to have you in 5C!
5C	Phoebe W	For showing great leadership qualities during Peer Support. The respect and the kindness you show towards others, especially those younger than you, is fantastic. You have set a wonderful example for your peers. We are lucky to have you in 5C.
5F	Mia D	For continuously trying your hardest in everything you do and being a great role model for your classmates. Keep up the good work!
5F	Alyssa S	For working to improve your sentences using noun groups & adverbial phrases. There is such a difference in your writing already! Keep up your hardworking attitude.
5K	Millie B	For the impressive way you have approached all your learning this year: with thought, care and determination to succeed.
5K	Mia C	For your excellence in all that you do and for the joy that sharing your learning journey brings. Thank you, Mia.
4E	Dainyn M	For your participation and focus during lessons and the way you work co-operatively with your peers. Well done Dainyn.
4E	Breanna D	For the commitment you demonstrate towards your learning, focusing on the task at hand and remaining motivated. Well done!
4E	Logan H	For taking responsibility for your own learning and the positive attitude you are demonstrating this term. Well done Logan!
4E	Sophie L	For the positive attitude you are displaying towards your learning. Your "have a go" attitude is wonderful to see. Well done Sophie!
4S	Bladen B	For working hard to understand and paraphrase information for your HASS Google Slides presentation. Well done Bladen!
4S	Laila S	For displaying excellent inquiry skills when researching and presenting information in your HASS Assessment. You went above and beyond the requirements of the task. Well done Laila.
4W	Archie S	For the way you are applying yourself diligently to tasks & working to the best of your ability in all areas.
4W	Charlie P-G	For being a "Super" generous student who frequently offers assistance to her teacher and peers. Your thoughtfulness is appreciated.
4W	Ashlynn M	For the way you have been applying yourself in a diligent manner with your HASS/English piece of assessment.
3W/D	Griffin S	For your extra effort towards writing tasks and improving your skills in Maths. Well done.
3W/D	Harley P	For your effort towards completing your work on time and your dedication towards improving your reading. Keep up the great work Harley!
3M	Ashen D	For the beautiful behaviour you display in the classroom. You are always ready to work and you always do your best. Keep it up Ashen!

2B	Cooper G	For always treating your peers with respect and kindness. Thank you Cooper for being a caring friend!
2B	Ruby R	For your determination to perform to the best of your ability. Ruby you are a wonderful role model for your peers. Keep up the amazing effort.
2M	Maxie D	For showing such care & responsibility in the classroom. You always get in and help when you see something that needs to be done, Miss Menzies appreciates your helping hands!
2M	Te Wera G	For being such a special part of 2M this year. Your bright, cheery smile and caring nature will be missed next term. You are such a hard worker and Miss Menzies is so proud of you.
2R	Fynn A	For working well in class & always helping others. Keep up the wonderful effort, Fynn!
2R	Peyton E	For always taking great care with your work and consistently demonstrating behaviour that sets the standard for our class. Keep up the wonderful effort Peyton!
1C	Evelyn K	For working hard to improve your fluency and accuracy in your reading. You are a "Superstar", Evelyn. Keep up the fantastic effort.
1C	Scarlett O	For your great enthusiasm and effort in all learning areas. You are making great progress in your reading and writing. You are amazing, Scarlett.
1M	Alice S	For displaying a genuine desire to learn and always working to the best of your ability.
1M	James B	For being an enthusiastic learner, who exhibits a positive attitude in the classroom.
1T	Leela T	For demonstrating commitment towards your learning. You are commended on the way you try your best in every activity. You are a great role model to others.
1T	Claire S	For the way you are applying yourself to your daily writing. Keep up the fantastic work Claire!
Prep G	Boston P	For listening and always trying your best. Thank you for being helpful and kind in the classroom.
Prep J	Adam H	For showing perseverance with your writing activities. It is exciting to see you 'having a go' and reaching your goals. You are a Superstar!
Prep S	Lincoln B	For how hard you are trying in all maths lessons. You are being so focussed & always checking your work with Miss Smith. Keep it up Lincoln.



NDIS Updates

The NDIS has announced a number of updates to the Scheme over the last week or so. We have compiled a summary and links to help you keep across the changes.

If you do not want to receive NDIS update emails in the future please let us know by return email.

Independent assessments

In 2021 we will improve how people access and use the NDIS by introducing free [independent assessments](#) for NDIS participants aged seven and over in the first instance. Independent assessments provide the participant and the NDIS with an understanding of the participant's functional capacity. Things like how well the participant is able to function at home and in the community, as well as the overall impact the disability has on their life.

More information will be available about independent assessments over the next few months, in the meantime the most current information is available at the below links:

- [The independent assessment process](#)
- [Independent assessments and your plan](#)
- [Independent assessors](#)

Participant Service Charter

We have introduced a [Participant Service Charter](#) to explain what participants can expect when they deal with us and the timeframes within which the NDIA must make decisions about access, plan approvals, plan reviews and nominee changes.

The [Participant Service Improvement Plan](#) sets out the practical changes we are going to make over the next two years to deliver a Scheme that works better for participants, their families and carers, their providers, the broader community and for us.

You can view the Participant service Charter and Improvement Plan below:

- [Participant Service Charter \(PDF 1.3MB\)](#).
- [Participant Service Improvement Plan \(PDF 596KB\)](#)

Queensland COVID-19 PPE update

The NDIA has introduced temporary measures to ensure participants and providers in COVID-19 restricted areas of QLD are properly protected and continue to have access to [personal protective equipment \(PPE\)](#) without impacting the participant's budget.

Key changes include:

- Participants can recover the cost of PPE items using their NDIS funds.
- Providers in [restricted areas of Queensland](#) can claim for the cost of PPE for face-to-face daily living supports from 22 August to 30 September 2020.
- Additional funding is available to support participants who are diagnosed with COVID-19 and live in Supported Independent Living (SIL).

Your teams may find these links useful:

- [Your health and safety FAQs](#)
- [Easy Read - Purchasing Personal Protective Equipment \(PDF 2.2MB\)](#)

Sharing information with state and territory agencies

Our [Information Sharing Protocol](#) outlines the NDIA's new method for streamlining information requests. The NDIA has recently released two easier to understand **Participant consent to share information** forms:

- [Consent for the NDIA to Share Your Information form \(DOCX 95KB\)](#)
- [Consent for a Third Party to Act on Behalf of a Participant form \(DOCX 59KB\)](#)

Government agencies should always try to get consent before requesting information about a participant however we recognise that's not always possible. In limited circumstances the law allows the NDIA to release information to a state or territory agency without that consent.

For example:

- Police are trying to locate a missing person who is also an NDIS participant. The police make a request to the NDIA for information about the participant's plan that might assist their search.
- The parents of a child in contact with the state youth justice service can't be contacted. A child protection investigation is opened and the child protection agency makes a request to the NDIA to find out if the child is a participant so that they can support the child to access their supports.

In circumstances where it's not possible to obtain consent, state agencies should use the Information Request Form from the Protocol to request information and send the request directly to the NDIA Releases and Resolution team at information.requests@ndis.gov.au.

For more information about how the NDIA can share information with state and territory agencies please refer to our [sharing participant information](#) web pages.

We welcome feedback and are available to talk with your teams about NDIS access as well as any of the content outlined in this update.

Community News



Council Officers will be installing a motion activated camera on the pedestrian footpath on Baxter Drive as per the photo's pictured. The purpose of the camera is to obtain 7 day pedestrian and cycling use on the footpath for the development of Business Cases for future Capital Works. Photo's taken are used only to record pedestrian and cycling numbers, direction of travel and basic demographic information, and are deleted when completed. It is intended that the Camera will be installed no Later than Monday 14 September 2020 and will remain in place for 7 days.

Tuckshop News

Please remember that this Friday is the Emmanuel Athletics Day. There will be **NO MORNING TEA TUCKSHOP. ONLY BIG LUNCH** orders will be processed. Also, due to this being our last week of term, we need to minimise our stock, therefore some menu items may become unavailable.

Please have a second choice selected for your child's order.



WE NEED YOU!



Please consider volunteering in the tuckshop, even for just a few hours just one day a month. All helpers are very much appreciated.

Please Note: It is imperative that volunteers **DO NOT** attend tuckshop if they are unwell, have anyone at home who is unwell, have been in contact with anyone who has COVID-19 (awaiting test results), or recently returned from overseas. Thank you.

VOLUNTEER ROSTER - TERM 4 WEEK 1

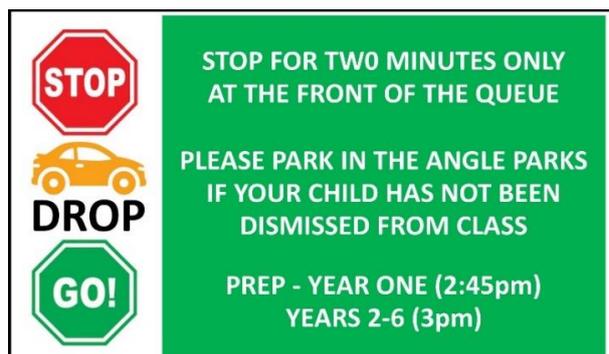
Mon 5 October:	Public Holiday
Tues 6 October:	Help Wanted
Wed 7 October:	Renaë Borg
Thur 8 October:	Nicci Lewis
Fri 9 October:	"Beach Day" Diana Camilleri Courtney Barrett



Angie McGowan/Carly Nicholas
Tuckshop

STOP, DROP, GO

Our STOP DROP GO area continues to operate very smoothly for the drop off / pick up of students. We would like to remind the whole school community of the importance of following the messages below. We ask that you please alert grandparents and other carers who may be collecting your children to adhere to these requests as well. Thank you for your ongoing support.





SCHOOL HOLIDAY FUN DAYS



INSIDE FUN,
OUT OF THE SUN

2 - 4 YEAR OLDS
for younger boys & girls
9.15am - 10.00am

COST
\$15.00

5 - 12 YEAR OLDS
primary school aged
boys and girls
9.00am - 10.30am

COST
\$ 25.00

WHERE: At our facilities
5 Snow Wright Crt,
(Off Beaconsfield Rd)

WHEN : Mon 21st Sept 2020
Wed 23rd Sept 2020
Fri 25th Sept 2020
Mon 28th Sept 2020
Wed 30th Sept 2020
Fri 2nd Oct 2020

COME AND HAVE FUN IN THE GYM

Bookings Required

Phone: 4942 0032

Or Email

admin@mackaygymnastics.org.au





**MACKAY
GYMNASTICS INC
GYMNASTICS
HOLIDAY CAMP**

EARLY BIRD DISCOUNT
2 Days FOR \$70 per MGI Member
2 Days FOR \$90 per Non Member
Early Bird ends 18th September 2020

PREP - 13 YEARS
MGI Members \$45/Day
NON Members \$65/Day
Payment required at time of booking

9AM - 3PM
Week 1 - 21, 23 & 25 September 2020
Week 2 - 28, 30 September & 2 October 2020

5 Snow Wright Crt Beaconsfield
To book call 49420032 or email
admin@mackaygymnastics.org.au