



newsletter

27 August 2020

Term Three

Peer Support
Friday Mornings
Weeks 1-10

Dance Fever
Weeks 2-9

Pupil Free Day
4 September

Australia's Biggest
Child Safety Lesson
10 September

Last Day of Term
18 September

Our School Mission Statement



Dear Parents,

When I was a child growing up my family enjoyed nothing more than our extended family “get togethers” to share a meal. Even though my parents are no longer with us and our family structure has now changed, there are still certain times when all members of the family make every effort to not miss these opportunities to be with each other. These extended family meals are more than just a feed. These are times when we, as family members of whatever age or stage of life, deepen our love for each other. We eat together not just to nourish our bodies, but to nourish our relationship as a family. We ‘feed’ each other by spending time together, listening to one another, and retelling fond memories.

A family meal doesn’t have to be elaborate. It doesn’t have to be perfect or done a certain way. It just has to be a sincere attempt to say: I love you, we belong, we believe. Above all, family meals need to be a priority. Not just for families with young children, but for all of us. And not just on special occasions, but on the ordinary days as well. Without prioritising, planning and effort, this precious part of our family life can easily be overrun by sports, work, hobbies, study, household tasks, television or computer games.

So what does the research say?

Studies show that family meals deliver a host of benefits to both children and parents:

Improves vocabulary and reading.

Conversation around the family table teaches children more vocabulary and this advances reading.

Improves family relationships.

Children who have frequent family meals report better family communication, stronger family ties and a greater sense of identity and belonging. Many families use this time to catch up on each others’ lives.

Improves diet.

Family meals are associated with a lower intake of soft-drinks and snack foods and improved intakes of fruits, vegetables, grains, calcium-rich foods, proteins, iron, fibre and Vitamins A ,C, E, B6 and folate. Girls in these families exhibited fewer eating disorders or extreme diet behaviours. Consistent meals discourage snacking and model healthy eating habits.

Mary Story and Dianne Neumark-Sztainer, two well-known researchers on family meals, make the case that family meals really do matter and bestow a whole range of benefits on family members. They advocate the following:

“Families should be encouraged to make the family meal more of a priority and to try to have at least four family meals per week. It is often easiest for families to eat dinner together, but other mealtimes work as well. Meals can be simple with shared mealtime responsibility among family members. Teaching children the enjoyment of cooking and having them involved in mealtime preparation develop skills they can use for a lifetime. Shared meals can also be extended to friends and neighbors to build a stronger sense of community and help with meal preparation. ... Regular family meals are key components of family life that may make a difference in the lives of children and parents.” (Story, M., and Neumark-Sztainer, D. *A perspective on family meals: Do they matter?* *Nutrition Today*, 40 (6), 261-266; 2005 .)

Wishing you every blessing for the coming week,

Geraldine Rostirolla
Principal



Religious Education

THE GIFT OF VISION – A REFLECTION

The old chief was dying. His face was lined with life lived, his eyes with peace and patient waiting. Summoning his three sons, he spoke of his final wish. *“When I die, one of you must succeed me as the leader of our tribe. I want each of you to climb our holy mountain and bring back something of beauty. The one whose gift is the most outstanding will succeed me.”*

The sons departed, following the path deep into the forest, travelling by day and night and finally climbing the mountain. When they returned from their travels they made their way to their father’s bedside. The first presented his father with a flower from the summit, rare, beautiful and delicate, with a preciousness that called for great care. The second son had brought a stone; colourful, smooth and round and polished by rain and sandy winds. The third son’s hand was empty.



He said *“Father, I have brought nothing back to show you. As I stood at the peak of our holy mountain, I saw on the other side, through the cleft and out into sunlight, a beautiful land filled with green pastures and a crystal lake. I breathed the mist and caught in my eyes the glisten of the coming sun and I had a vision of where our tribe could go for a better life. I was so overwhelmed by what I saw and by what I was thinking and feeling that I returned with nothing.”*

And the father replied, *“You shall be our tribe’s new leader, for you have brought back the most precious gift of all – the gift of a vision for a better future.”*

(Author Unknown)

PRAY FOR OUR WORLD

Pope Francis has designated 1 September as the ***World Day of Prayer for the Care of Creation***. He calls on us, to join with other Christian churches around the world, to pray for our common home.

Creation is not a property, which we can rule over at will; or, even less, is the property of only a few: Creation is a gift, it is a wonderful gift that God has given us, so that we care for it and we use it for the benefit of all, always with great respect and gratitude. (Pope Francis 2014)

On this day our prayers should focus on the environment, our stewardship of the world’s resources, people and places affected by natural disaster and those who are devastated by famine and exploitation. We also offer praise and thanksgiving to God for all His gifts of life and the blessings bestowed upon us.



You are called to care for creation not only as responsible citizens, but also as followers of Christ!

To hear Pope Francis’ message and call to prayer go to <https://www.youtube.com/watch?v=19v0A19DDXs>

A Prayer for Our Earth, from Laudato Si’
<https://www.youtube.com/watch?v=VJz0ZuxxMI0>

This *World Day of Prayer* also falls at the beginning of the *Season of Creation*, which ends on 4 October, the feast of St Francis of Assisi. This is an ecumenical season dedicated to prayer for the protection of creation and the promotion of sustainable lifestyles.

FEAST DAY MASS:



On Friday, we gathered in the Marist Centre to celebrate that '*God is With Us*'. The children listened and participated prayerfully and sang beautifully.

A big thank you to Fr Stephen for his continued support and encouragement and to Mrs Whelan for the wonderful music.

SOCIAL JUSTICE SUNDAY

The last Sunday of August is designated by the Australian Catholic Bishops Conference as Social Justice Sunday. On this Sunday every year the Bishops release their annual Social Justice Statement, which outlines the application of the Church's social principles to critical issues of the day.



The 2020–2021 Statement, *To Live Life to the Full: Mental Health in Australia Today*, encourages faith communities, governments and each one of us, to make mental health a priority. It is a timely message in the context of the COVID-19 pandemic.

The COVID-19 pandemic is impacting the mental health of many members of our parishes, schools and communities. In fact, most of us will experience a mental health problem at some point over the course of our lives. Understanding mental health will help us to be aware of those who need our support. Our parishes, organisations and communities can be places of acceptance care and healing, not places of rejection, judgment or stigma.

For further details about the Social Justice Statement, visit the Australian Catholic Social Justice Council website at www.socialjustice.catholic.org.au

THIS SUNDAY'S READINGS:



Jeremiah 20:7-9

Despite discouragement, God's word burns in Jeremiah's heart.

Romans 12:1-2

Offer yourself as a living sacrifice.

Matthew 16:21-27

Jesus reveals his future death, rebukes Peter.

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

MAKING JESUS REAL - SERVICE - LOVE IN ACTION



In recent weeks various classes, groups and individuals have performed acts of service around the school and in the community. Our Year Sixes have continued to run lunchtime games and activities for the younger students and to lead Peer Support groups. Our Year Five classes have been creating beautiful bookmarks and the Year Three students have made fabulous cards featuring their artwork for the residents of St Francis of Assisi Home. The Mini Vinnies group has also packed soaps and messages of kindness for the residents. Many classes have been praying for them and for all who are sick or lonely at this time. A group of Year Five students hosted a fundraising morning tea for the staff and Mrs Annamaria Cappello from St Vincent de Paul will be here to collect their donation next week. The Student Council have been setting up for Assembly and some helpful Year Six students assisted with the set up and pack up of the Marist Centre for our Feast Day Mass. Mrs Turner is happy to report that she has lots of students shelving books and helping in the library. WOW Wednesdays help us to save the planet and Manners Mondays, Welcome Wednesdays, Thankful Thursdays and Friendly Fridays ensure that we help each other have a happy week. Keep up the great work everyone!



DANIEL MORCOMBE CHILD SAFETY CURRICULUM

Throughout this term, our school will be implementing the Daniel Morcombe Child Safety Curriculum with students in all year levels. The curriculum is based on principles of best practice in child safety education and centres around three key messages: **Recognise, React, Report.**

It is important that these key safety messages are reinforced, both at school and home. I encourage you, wherever possible, to talk with your child about safety to help them stay safe now and in the future.

Information about the Daniel Morcombe Child Safety Curriculum can be found at <https://education.qld.gov.au/curriculum/school-curriculum/Pages/danielMorcombe.aspx>.

VIRTUE OF THE FORTNIGHT – CREATIVITY

“Creative people do not see things for what they are, they see them for what they can be.”
(Unknown)

Creativity is the power of imagination. It is discovering your own special talents. Dare to see things in new ways and find different ways to solve problems. With your creativity, you can bring something new into the world. Creativity helps us to be all we are called to be.

“My dear young people, the Church needs you, your enthusiasm, your creativity and the joy that is so characteristic of you.” (Pope Francis)



Noeleen Kliese
Assistant Principal Religious Education

VISIT BY REGISTERED NURSE FOR FREE PREP VISION SCREENING

Good vision is important for a child's educational, physical and social development. Vision screening checks for common eye conditions that may impact your child's ability to see and therefore impact their learning and development.

A Registered Nurse will be visiting the school 20 - 21 October to conduct vision screening for children in their Prep year. If you wish to have your Prep child participate in this free vision screening program, please complete and sign the consent form that has been sent home with your child and return this to your child's class teacher by Friday 4 September. Parents do not need to be present for screening, however if you would like to be, please contact the school to arrange this.

If your child's vision is screened, you will be advised of the results in writing. If a vision concern is found, you will receive a phone call from the nurse to discuss referral to an eye health professional for further assessment. If a vision concern is identified and your child requires glasses, eligible health care card holders may be assisted with free basic glasses through the Spectacle Supply Scheme.

Participation in vision screening is not compulsory. If you do not wish for your child to participate in screening, please complete the consent form and indicate that you wish to decline screening.

If you have any questions, please contact the Primary School Nurse Health Readiness Program on 1800 687 372.

Janine Refalo
Assistant Principal Curriculum



PEER SUPPORT UPDATE



We introduce a three step model this week to encourage resilient responses; Pause, Plan, Proceed. The children take part in an activity to identify their feelings and the immediate effects on their bodies, ie: butterflies in their stomachs. The normalcy of feelings is acknowledged and the importance of being proactive is stressed. The children learn that pausing when they are emotional is helpful. They can do this by being still, taking a deep breath or counting to ten. Pausing gives children space to see a situation more accurately before planning a response.

Ask your child to describe the three steps of the model and what is involved in each one.



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)
Janelle Mayoh (OSHC Co-ordinator)

Amanda McDonald

Assistant Principal Administration



PRINCIPAL'S AWARDS

TERM THREE - WEEK SIX

CLASS	STUDENT	AWARD
6K	Abby S	For the positive and bubbly way you approach all learning. 6K loves having you as part of our class.
6K	Lucy B	For the positive and caring way you interact with your peers. You are a wonderful part of 6K.
6W	Laila W	For the consistent hard work you apply to your writing. Keep up the great work Laila!
6W	Jaxon C	For displaying good leadership skills and making good choices in the classroom.
6S	Nakita E	For being a quiet and conscientious achiever. You always work to the best of your ability and are a pleasure to teach.
5K	Matilda L	For actively participating in all activities and for being a self-directed learner. We are proud of you Matilda.
5K	Indi B	For always striving for excellence. Thank you for consistently working to the best of your ability.
5C	Layla-May K	For your super helpful attitude. You always go above and beyond to help others out. Congratulations!
5C	Daniel J	For the positive way you have been approaching your school work. Keep up the great effort.
5F	Catherine L	For always working hard and being responsible, making you a wonderful role model for your peers. You are a real asset to 5F!
5F	Oliver K	For working so hard in recent times to give your best. You are working diligently on all tasks and showing how you can be a role model for others. Keep this up Oliver!
4E	Jasmyn C	For the consistent effort and positive attitude you demonstrate towards your learning. Jasmyn you are a delight to have as a member of 4E.
4E	Gabi S	For the way you have settled into Term 3. You are demonstrating an eagerness to learn and participate during class activities.
4W	Jaben K	For your contributions to many class discussions. Your questions are thought provoking. Thank you.
4W	Archie S	For your efforts to remain focussed in class, Archie. Congratulations.
4W	Ethan M	For your contributions to class discussions and sharing of your Indigenous culture. Thank you, Ethan.
4S	Eilish T	For displaying determination in Mathematics. Your positivity and growing confidence is pleasing to see.
4S	Millie M	For using feedback from your teacher to improve your work. You show appreciation for this feedback and strive to implement it in your future work.
3W/D	Isabella B	For always being enthusiastic and driven towards all areas of learning. In particular your writing has been creative and engaging. Well done Isabella!
3W/D	Cru D	For being a responsible member of our class. Your enthusiasm and engagement in learning is commendable. You are a wonderful role model, who always strives for your best. Keep it up Cru!
3M	Isla C	For being a wonderful role model for your peers. You always complete your work to the best of your ability and show kindness to all. Well done!

3P	Elizabeth S	For the hard work and dedication you always put towards your work. You are a great role model for all. Well done Elizabeth.
2B	James F	For always greeting your teacher and friends with a happy smile and good manners. Thank you, James.
2B	Ryan W	For maintaining a positive attitude in all areas of your school work. Keep up the great attitude, Ryan.
2M	Emily M	For showing care and consideration to others when they are feeling sad or left out. Emily, you always find ways to brighten the day for others. We are lucky to have you in 2M!
2M	Mason R	For trying your best to listen to your teacher's instructions. Miss Menzies appreciates when you remember your beautiful manners. Keep up the great work, Mason.
2R	Harry C	For working well in class and always trying your best to complete your work. Well done, Harry!
2R	Sophie M	For always taking great care with your work and having a positive attitude towards all aspects of school life. Well done, Sophie!
1C	Lila T	For displaying persistence and aiming high in all learning tasks. Miss Cordingley loves seeing your creativity come to life in your work. Well done, Lila.
1C	Spencer H	For working so hard to improve your writing. Keep up the fantastic effort, Spencer! You are making great progress.
1M	Jackson P	For the recent progress you have made in your reading and writing.
1M	Naia H	For always trying your best and taking pride in your work.
1T	Talitha D	For trying your best with your daily writing. Keep up the great work!
1T	Ellie K	For the way you apply yourself to each activity and always do your best. You are a "Superstar" Ellie!
Prep G	Emmy Z	For displaying a genuine desire to learn. Mrs Grima is so proud of your efforts during story writing. Keep up the fabulous work Emmy.
Prep J	Nayte D	For trying your best to sound out words when writing. Keep up the great work, Nayte!
Prep J	Nate M	For the fabulous effort you are putting into your Prep activities. Keep up the great work, Nate.
Prep S	Harrison D	For listening well and following Miss Smith's instructions. Keep up the great effort Harrison!



Sporting News



800m Fun



Tuckshop News

TUCKSHOP
VOLUNTEERS
NEEDED!

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.

Angie McGowan/Carly Nicholas
Tuckshop

VOLUNTEER ROSTER - TERM 3 WEEK 8

Mon 31 August: Michelle Buckeridge
Tues 1 September: Sandy Brown
Wed 2 September: HELP WANTED
Thurs 3 September: Vicki Brooke
Fri 4 September: Pupil Free Day



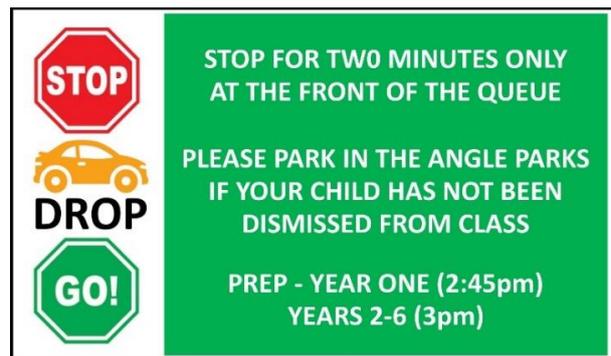
SCHOOL FEES ARE NOW DUE

Term Three school fees are now **overdue**. We would like to thank those families who have already paid. If you have not yet paid your account, it would be appreciated if you could do so immediately. (This does not apply to those families who have a direct debit/payment plan in place). Please contact the finance office if you need to discuss further.



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.



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