

9 September 2021

Term Three

Prayer Celebration for Cathy Cordwell 10 September

> Year Five ½ Day 14 September

Dance Fever Challenge (Yrs 3-6) 14 September

> **Rugby League GALA Day** 17 September

Last Day of Term 17 September

Term Four

First Day of Term Tuesday 5 October

Swimming Carnival (Yrs 4 - 6)21 October



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 neighbours 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)

RE Matters

NO JUDGEMENT - A REFLECTION

I recently heard the following story

There was a man who wronged his neighbours. He was taken to the centre of the village and for two days they stood around praising him for all the good he had previously done. They celebrated his kindness, his virtues and his loving choices. They applauded his skill, his knowledge and his understanding. They congratulated him on his positive relationships with family, friends and fellow townsfolk. They welcomed him back into the community.

But why?

They united in this ritual to encourage the man to reconnect with his true self. They did this because they believed that unity and affirmation have more power to change behaviour than shame and punishment.



<u>VIRTUE OF THE FORTNIGHT – UNITY</u>

"So powerful is the light of unity, that it can illuminate the whole world." (Unknown)

Unity is inclusiveness. It helps people work and live together peacefully. When you practice unity, you feel connected to everyone and everything. It is achieved when we value each other. The joy of one is the joy of all. The hurt of one is the hurt of all. The honour of one is the honour of all.

"Where there is unity, there is strength." (Unknown)

HOLY NAME OF MARY

On 12 September we celebrated *the Most Holy Name of Mary*. This feast commemorates all the privileges given to Mary by God and all the graces we have received through her intercession and mediation. It is a day of special significance for all Marists, who look to Mary as their model.

FROM MARY we learn to surrender to God's will in all things. FROM MARY we learn to trust even when all hope seems gone. FROM MARY we learn to love Christ her Son and the Son of God! (Pope Saint John Paul II)



This term, our Year Six students have been learning about the different titles, roles and images of Our Lady. They listened to Michael Mangan's beautiful litany song, 'O Mary We Ask You' and explored Marian scripture, art, hymns, prayers and church teachings. They are currently creating their own images of Mary based on their understanding of her role as Mother of God and Mother of the Church.

FIRST COMMUNION

Last weekend a large number of Emmanuel students, surrounded by family, friends and members of the parish, received the Eucharist for the first time. Fr James and Fr Sijo blessed the communicants and encouraged them to invite Jesus into their hearts and lives. Certificates were presented at the conclusion of Mass.

Congratulations to all students and families involved. A big THANK YOU to the priests and the Sacramental Team for guiding and supporting them throughout the program.

A reminder to all students that Mass is celebrated in the Emmanuel Chapel at 8:00am each Thursday morning. It is a great way to start your day. All welcome.



NEW SACRAMENTAL PROGRAM STARTS THIS WEEK

An information session for the parents of Year Three students wanting to prepare for the Sacraments of Penance, Confirmation and Eucharist was held at St Joseph's Church last night. The parish's Sacramental Process was outlined and a calendar highlighting important dates and booklets were distributed.

The Rite of Enrolment will take place at parish Masses this weekend (11/12 September). Remember to take your yellow enrolment card.



If you missed the meeting or would like some more information, please contact the Parish Office by phone (49 574855) or email (stjomky@bigpond.com).

MISSION FAIR

The Mission Fair was held last Thursday, 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 \$7286. That is equivalent to providing 21 cows (one for each class in the school) or 182 goats or 7286 chickens to families in other parts of the world who are not as fortunate as we are.



Congratulation to Year 3W who won the 'Piggy Bank' Challenge and will enjoy their prize tomorrow.



The 'Fun and Games' raffle was drawn yesterday and thirty-five lucky winners took home prizes. Gabby Brown in 2C was really excited when she found out that the bear's name was Maximus and would be going home with her.



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.



Special thanks to our Year Three students who spent many hours making friendship bands for their stall. It was an amazing effort and a fabulous 'service learning' activity. We can't wait to see what they will come up with next.



Our Mini Vinnies group ran the <u>freerice.org</u> 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 13380 grains of rice – that is more than two cups 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 students are also thanked for their efforts and enthusiasm. They manned stalls, sold tickets and badges, helped staff with set up and clean up and supported younger students to navigate the fair. We are so proud of them.

Together we are contributing to family life and making a difference in the lives of people we don't even know. Well done and thank you everyone.



Protecting children is

EVERYBODY'S

BUSINESS

NATIONAL CHILD PROTECTION WEEK

5 - 11 September 2021



THIS SUNDAY'S READINGS:

Isaiah 50:5-9

The Lord stands with his prophet during opposition.

James 2:14-18

Faith without action is useless.

Mark 8:27-35

A follower of Christ must take up the cross.

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

WEEKEND MASS TIMES

St Brigid's Church - Saturdays 6:00pm

St Joseph's Church - Saturdays 6:00pm, Sundays 9:00am

St Brendan's Church - Sundays 7:30am

Please use the QLD QR Code check-in app when attending Mass





Noeleen Kliese

Assistant Principal Religious Education

Health Guidelines for Students

A reminder to all parents that Emmanuel Catholic Primary School and the Rockhampton Catholic Education Diocese follow all relevant QLD Health guidelines.

At this stage, we continue to operate in a *COVID-normal* environment, which is what we have experienced in the past months. With the ever changing situation in Queensland, I refer parents to the <u>QLD Health Website</u>, which will provide the most up to date information pertaining to parents and students.



Again, I ask that parents adhere to all relevant Qld Health requirements and keep students home if they are unwell. If students have a COVID test, they are not to return to school until the results has been returned. If families have any queries, please consult the <u>QLD Health Website</u> or contact the school office.

Curriculum Corner

Emmanuel Catholic Primary Strategic Priorities 2020 – 2022

Catholic Identity and Ethos	Effective Teaching and Learning (NSIT Domains 2,5,6,7,8)
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. Goal Implementing Catholic Social teaching and service learning within the Curriculum.	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. Goal 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. 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. Goal All teachers will collaboratively plan and focus on embedding the Inquiry approach to Spelling across all year levels.
Pastoral Support and Wellbeing (NSIT Domain 3)	Leadership, Partnerships and Resourcing (NSIT Domains 1,4,9)
Strategic Priority 3.1 To enhance student learning and well-being outcomes through the development of a school well-being framework. Goal For all teachers across Years 4-6 to build their knowledge of the "Be You – Mentally Healthy Communities" survey.	Strategic Priority 4.1 That deliberate and strategic school community partnerships are developed to enhance teacher understanding of flexible learning and collaborative teaching environments. Goal During 2021, students will participate in flexible inquiry-based Problem Solving and Reasoning lessons, which have been collaboratively planned and administered by their teachers.

Janine Refalo

Assistant Principal Curriculum

APA News

DANCE FEVER SHOWCASE AND CHALLENGE

Year 3-6 students who have indicated that they will be participating in the Dance Fever Interschool Challenge are asked to note the details of this event as outlined. Please note, students are to meet Mrs McDonald inside the Multi-Sports stadium (look for the Emmanuel banner) from $5.30 \, \mathrm{pm}$ onwards. Students will not be able to leave the stadium unless under the direct supervision of a parent or supervising adult.



Students need to wear clothing suitable for dancing. It is not necessary to purchase new clothes for this event. The instructors have advised that if possible, students wear bright clothing for our Showdance at the end of the night. This may be that students add a piece of clothing (eg: bright tutu / t-shirt over their existing clothes; or add something bright such as a tie; hair ribbon, etc).

Please email the office if you require further information.



Today, Thursday 9 September, is our national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

Are they really OK? Ask them today.

Do you know how the people in your world are really going?

Life's ups and downs happen to all of us. So chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small.

So, don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going.



Are they really OK? Ask them today. Your conversation could change a life.



MATHS OLYMPIAD

Last week's answer: 32 and 4

Week 9 problem: Barbara has 20 coins consisting of 5c coins and 10c coins. If the 5c coins were 10c coins and the 10c coins were 5c coins, she would have 30c more than she has now. How many 10c coins did she have at the beginning?

YOUNG ENGINEERS PROGRAM

An exciting opportunity exists for Emmanuel students to join the CQU Young Engineers program, which will take place here at Emmanuel in Term 4. Limited spaces are available – see the link on the flyer below to register.



Initial offer for Emmanuel Catholic Primary School: To commemorate the launch of the Young Engineers Program at your school, the early bird discount of \$15 will apply longer than usual. This discount will apply automatically when you proceed to the booking.

Bricks Challenge enriches your child's world with Science, Technology, Engineering and Mathematics (STEM) to make sure they are ready for the 21st century. Robo Bricks Program provides theoretical knowledge in software and mechanical engineering combined with mathematics and physics.

For more information, please call 0424 985 172

cq@young-engineers.com.au https://cq.young-engineers.com.au https://www.facebook.com/yecentralqld



COLLECTING STUDENTS FOR APPOINTMENTS

If your child has an appointment during the school day, please email their classroom teacher to inform them about the appointment and expected collection time. When collecting your child, please allow enough time to sign them out and for them to arrive at the office. It is important to keep in mind that students are not always in their classroom and may take longer to make their way to the office if their teacher is unaware of the arrangements. Whenever possible, ensure your child knows the time of their appointment. Phone calls to classrooms take the time of office staff and are disruptive to student learning and need to be kept to a minimum. Thank you for your understanding and cooperation.



Music News

SCHOOL CHOIR



Linda Miller
Music Teacher



Signs that a friend may not be OK

R U OK? seeks to create a world where we're all connected. We're never too young to look out for one another and meaningfully connect.

Many factors can contribute to someone feeling low. It isn't always easy to know whether someone is OK, particularly if they haven't talked about it or children have yet to recognise the importance of changes in behaviour. However, there are signs children can become familar with which could indicate that a friend may not be OK.

What causes struggles?

A range of circumstances can lead to a child feeling low, including:

- O Big life changes like moving house or school
- Experiencing grief or loss
- O Being around people going through tough times
- Arguing with someone
- O Problems with school work
- Being bored
- O Having a medical condition or chronic illness
- O Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

When to bring it up

It's a good idea to check in with a friend and ask, 'Are you OK?' if:

- They've been showing signs of being upset or angry for some time
- Their mood is having an impact on others
- O They're not enjoying school or life in general
- You're worried about their safety
- They start to miss school, or don't want to play with others or take part in their favourite activities

Other resources

Use our lesson plans and activity templates to embed R U OK? in your school year round.

R U OK? has developed this resource to help teachers embed peer support in classroom and playground settings.

By recognising and celebrating positive peer behaviour, we can encourage children to learn from an early age

that being supportive, asking, 'Are you OK?' and being comfortable with the answer, "No, I'm not OK" can help that person feel supported and more connected.

What signs can children look out for?

Going through difficult times can have a big impact on a child's life, including their:

- Relationships with other people
- Physical health
- Emotional health

So, it's a great idea to be aware of certain behaviours and signs that can indicate a friend might be struggling. The first thing to look out for is changes in behaviour. When people feel low, they often:

- Withdraw from their friends or their family
- Lash out at people and get angry or upset easily, including towards the people they care about
- O Cry or become emotional
- O Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite. They could be eating more than usual, or less.

How can children help?

Children cannot be expected to fix someone's problems, nor know the best way to help and support.

However, they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking, 'Are you OK?', is a key life skill.

Please feel free to contact the school counsellor Kristy Flor, if your child or family is having challenges.

Email: Kristy Flor@rok.catholic.edu.au Phone: (07) 49425 999 (Monday, Tuesday, Wednesday, Thursday)

Sporting News

SCHOOL HOCKEY

Congratulations to our fabulous hockey team who won the U12 Girls Grand Final. They played well as a team all season and had fun too. We are very proud of you!

Mackay is well known for our talented hockey players and maybe one of these girls will be our next Olympian.



Term 3 School Fee Statements



Term 3 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.

Travel Subsidy



Student Travel Rebates



Semester 2



Bus Fare Assistance

- 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?

Students With Disability

- 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 during October.

Late applications cannot be accepted after 31st October.

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.

Tuckshop News

VOLUNTEER ROSTER TERM 3 WEEK 10

Monday 13 September: Shirley Bloom

Tuesday 14 September: HELP WANTED

Wednesday 15 September: **HELP WANTED**

Thursday 16 September: Paul Johnson

Friday 17 September: **Kara Shepherd**

> **Katie Murphy HELP WANTED**





unable to provide lunches to our students on time.

Please contact our office on 4942 5999 if you can help.

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.

Angie and Carly Tuckshop

Do you have one hour a week to help our school?

We are seeking expressions of interest for a Volunteer Uniform Shop Coordinator



LOST PROPERTY

Reminder to check the lost property box for any lost items.

Any items not collected by Thursday 16 September will be donated.

Please encourage your child to check for any items they may be missing.



ABSENT FROM SCHOOL HOTLINE





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



Stay connected with us by following our <u>Facebook</u> page for regular updates, photos and stories



Introduction to Secondary School

Tuesday 14 September 2021





Year 5 ... Looking Ahead to 2023

We look forward to welcoming Year 5 students from St Brendan's, St Joseph's, MacKillop and Emmanuel Catholic Primary Schools to experience a day in the life of a secondary school student at HSC.

- Students from St Brendan's, MacKillop and St Joseph's will be transported by bus to and from HSC.
- © Students will participate in some exciting classes during their visit.
- Morning tea will be provided.
- Year 5 teachers will be accompanying classes to HSC for this visit.
- Students are required to be dressed in their school uniform with leather shoes for practical activities.

EXCITING CLASSES TO EXPERIENCE







Kindergarten Assistants Mackay Region

Applications are invited from suitably qualified and enthusiastic persons for the casual positions of Kindergarten Assistant, for an immediate commencement.

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

Applications close 12 September 2021









Outside School Hours Care Assistants St Joseph's Catholic Primary School, Mackay

An exciting opportunity exists to join the team at St Joseph's Catholic Primary School, in the casual position of OSHC Assistant, for an immediate comencement.

Visit our website and apply today

www.rok.catholic.edu.au

WHERE THE DIFFERENCE IS YOU





POSITION VACANT

Student Information and Technology Officer Commencing 5 October 2021 Catholic Education Office, Rockhampton

About the role

The Student Information and Technology Officer provides support to kindergartens, primary schools and Colleges across Catholic Education Diocese of Rockhampton by supporting expert implementation of the Student Information System (SIS), leading the successful implementation of systemwide technology solutions (e.g., online enrolment, staff training and development) and collaborating with individuals and teams in the Catholic Education Office, kindergartens, schools and Colleges to extend and improve the quality of service provision and systems functionality.

Travel is required throughout the diocese in support of schools and colleges as part of this role. In recognition of the travel requirements of the role, 5 weeks annual leave is available to the successful applicant.

This is a full-time position with a competitive salary ranging from \$92,991 - \$103,321 per annum plus super.

About You

The successful applicant will have relevant experience and an understanding of, and a commitment to, the ethos of Catholic Education. In addition, you will have excellent time management skills, well developed interpersonal skills and a high proficiency of computer skills. Previous experience in implementing Student Information Systems (SIS), including the successful implementation of systemwide technology solutions (e.g., online enrolment, staff training and development) is highly desirable.

Mandatory Requirements

- A current valid Blue Card under the Working with Children (Risk Management and Screening) Act 2000 (WWC Act).
- Current Driver's Licence
- · Ability to perform the physical requirements of the role in a safe manner.

To apply for this position visit our website and complete the application.

Further information

- For a confidential conversation please contact Carmel Kriz (Assistant Director: Teaching and Learning) on 074994 8000
- For further information regarding the remuneration package, please contact Employee Support Services Employment@rok.catholic.edu.au
- · Applications during the shortlisting phase will be kept confidential.

Applications close: 17 September 2021

Catholic Education is committed to best practice in student protection policies and procedures and is an equal opportunity employer.

#bethedifference

Existing not to be different, but to make a difference...

| www.rok.catholic.edu.au | Twitter @RockyCathEd |



