

## DATES TO REMEMBER

**\*\*SEE THE TERM PLANNER ON COMPASS FOR FURTHER DATES\*\***

**\*\*Newsletter published fortnightly – Fridays on odd weeks**

**School Band MPR Every Monday 8:15am**

**Every Monday K-2 Gymnastics (QKR payments due)**

**Monday 17<sup>th</sup> Feb. Lakes Region Swimming Carnival**

**Friday 21<sup>st</sup> Feb. P & F BBQ 6pm-7:30pm All Welcome!**

**Sports Uniform Days for K- 6 will be Monday AND Friday Term 1**

**ALL UNIFORM ENQUIRIES:**

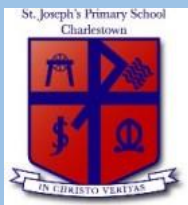


**ORDER VIA QKR APP**

**All enquiries to email:**

**chl.uniformshop@mn.catholic.edu.au**

**UNIFORM SHOP OPEN FRIDAY MORNINGS FROM 8:45AM – 9:15AM**



# St Joey's News

## 'Truth in Christ'

St Joseph's Catholic Primary School,

32 Shelton Street, Charlestown NSW 2290

Ph 02 4943 5414

Fax 02 4942 3218

Email: [admin@charlestown.catholic.edu.au](mailto:admin@charlestown.catholic.edu.au)



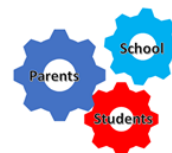
**14th February 2020**



Dear Parents and Carers,

What a wonderful week of celebrations and connections we have had. Our *Beginning of the Year* mass on Wednesday was a special gathering with our parish and school community. Our Catholic mass is an opportunity for us to pray together and to celebrate in God's grace and love for each of us.

Thanks to Mrs Paff and the staff for preparing the mass, to Father Tony Potts for celebrating with us, to parents and grandparents who could join us and to our beautiful students who impressed us with their singing!



Congratulations to our student leadership team who were commissioned in their roles and received their badges during the mass. We know each of them will strive to be responsible and admirable school leaders.

Wednesday night's parent – teacher interviews were well attended and gave us a great opportunity to meet each other and to start helpful conversations about how the children have settled in and to set learning goals. We will send home a brief survey to gain some feedback about this format. As the year progresses please keep in touch with your child's teacher and make an appointment to meet if you have concerns or any information to share that will assist your child's progress.

Our P & F Committee are preparing for our **WELCOME BBQ** on Friday 21<sup>st</sup> Feb. 6pm-7:30pm. This is a lovely opportunity for our community to get together after school hours for some socialising, music and games. Please see the flyer posted on our Facebook page and further along in this newsletter.



We often get asked about the planned date for our Grandparents Day celebrations. So, keep Term 3, Thursday 30<sup>th</sup> July free. Alert those long-distance grandparents. We love to see them!

I have included some more staff Introduction letters at the end of the newsletter and will continue to do so in upcoming publications. Check out our foyer for all staff introductions. Thank you for the positive feedback about our "Gearing Up Together" initiative!

**The Office of Safeguarding** has been set up by the Bishop, with the Catholic Schools Office (CSO), to ensure the safety and wellbeing of all our students, staff and parents. Prior to the Office of Safeguarding being set up, Zimmerman Services worked with schools to train staff and implement procedures around child protection. This continues through the Office of Safeguarding, which has a wider scope to ensure the emotional and physical wellbeing of our students.

Our volunteer procedures involving the Volunteers Handbook and required documentation are a directive from legislation and our Office of Safeguarding. Thank you to those who have completed all necessary paperwork to be able to volunteer at our school. Another step in the process is to view the Volunteer Induction Power Point seen by downloading the file sent last week through a Compass alert.



Thank you for taking the time to read this and to complete the process for volunteering. We truly appreciate our St. Joey's volunteers!

### **Attendance:**

Each year our school is audited to ensure safe practices are being followed and that necessary legal obligations are being met. This year we will participate in an audit regarding student attendance, enrolments and NCCD funding processes.

I take this opportunity to remind parents and carers of the importance of regular attendance at school for each and every student. Research in Australia shows that higher student attendance at school is associated with higher student achievement. The importance of being on time and arriving before class begins and attending the whole day till the final bell ensures your child will not miss out on the class routines and important learning time. There are also positive social implications for students that attend every day as this allows students to form and sustain friendships. If they are regularly missing school, arriving late or being picked up early, it can have negative impacts on their confidence, learning and relationships.

### **EXCERPT FROM THE QUEENSLAND DEPARTMENT OF EDUCATION FACT SHEET 'EVERYDAY COUNTS' PROMOTION**

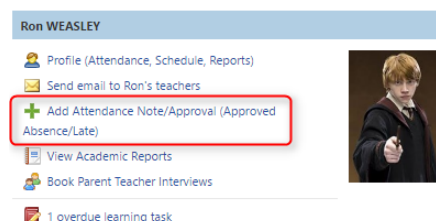
#### **Do I need to let the school know if my child has been away from school?**

Yes. You must let the school know the reason why your child is absent from school – either beforehand, on the day of the absence.

Our school procedures are:

**Partial absences:** Students (arriving late/leaving early) must be recorded via the Kiosk tablet at the school office. All students must be accompanied to the school office and signed in when they arrive late or leave early.

**Full Day absences:** Parents are required to complete an attendance note using their Compass portal on the day of or soon after for the day when their child is absent.



If your child has to be absent from school for more than 10 consecutive days, then an application for extended leave from school form must be completed and submitted to the principal for approval prior to the absence.. A copy of the form can be found here [\(Application for extended leave from school\) - \(PDF 27KB\)](#)

### **Having problems getting your child to school for some of these reasons?**

- won't get out of bed in the morning
- won't go to bed at night
- can't find their uniform, books, school bag ...
- slow to eat breakfast
- haven't finished a project
- watching TV
- have a test or presentation to do, have an assignment to hand in
- it's their birthday.

## A set routine can help

- have a set time to go to bed
- have a set time to get out of bed
- have uniform and school bag ready the night before
- have a set time for starting and finishing breakfast
- set a time for daily home activities
- speak about school positively
- be firm, send your child to school every school day including their birthday and the last day of term!

## What should I do if my child won't go to school?

You should contact the school as soon as possible for advice and support.

## Deepest Sympathy

We offer our condolences to Kathryn Hill (teacher Year5/6 Blue) and her family, on the loss of her brother in law. May he rest in peace.



God bless,  
**Kate Drake**  
**Acting Principal**

## Assistant Principal's News

### Welcome BBQ

We hope to see everyone at our beginning of school year barbecue next Friday. See details below.

St Joseph's P and F warmly invite all families to join us for a



**— WELCOME —**  
**BACK TO SCHOOL**  
**BBQ**



Come along for a free sausage sizzle and meet other families from our school. Music and games on the bottom and middle playgrounds arranged by Year 6 for the students.

**WHEN:** Friday 21<sup>st</sup> February (next week)

**WHERE:** School grounds

**TIME:** 6pm-7:30pm

Drinks and ice blocks will be available for purchase on the night from the canteen

**RSVP NUMBER IN YOUR FAMILY ATTENDING ON QKR before 9am Wednesday 19<sup>th</sup> FEBRUARY**  
(this will help us greatly with catering, and ensure we have enough for everyone)



## Mobile Phones and Smart Devices

Students who bring mobile phones or other connected devices e.g. SMART watches to school, are to give them to Mrs Trimble in the office at the start of each day and collect them at the end of the day. Students are not permitted to use a mobile phone or connected device while at school, even to call their parents. All communication is to occur via the school office. Thank you for your support.



## PARKING REMINDERS

Thank you to everyone for following the parking/pickup guidelines. Please be patient and respectful of each other and our neighbours during these busy times and remember that our children's safety is our priority.



Photo 1

This is the sign outside our school. Cars must wait/queue behind the white sign if they cannot drive immediately into the Kiss and Ride space (see photo 3). Please note times.



Photo 2

No cars should be waiting (parked) beyond the white section of this sign.  
No cars can overtake another car waiting.  
Cars must wait behind the white section of the sign.



Photo 3

There is only room for ONE vehicle in our Kiss and Ride space. Please do not queue behind cars. Wait behind the white sign (see photo 2) until it is safe to drive into the Kiss and Ride space.  
There is no parking in this area and you cannot be more than 3 metres from the vehicle and for no more than 2 minutes.

Photo 4

Cars need to also leave a space for buses by not waiting/parking between the 2 Bus Zone signs.



### Other Reminders

A-K surnames line up (as per rules above) for a pick up in the Camrose St. Kiss and Drop.

L-Z surnames line up (as per rules above) for a pick up in the Shelton St. Kiss and Drop.

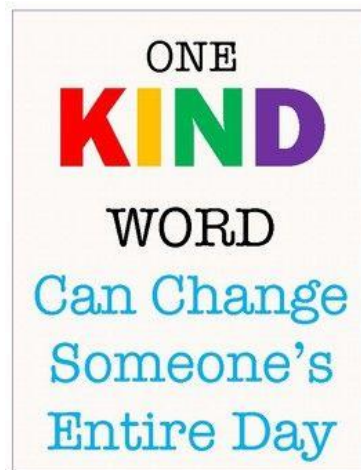
## PBL (POSITIVE BEHAVIOUR FOR LEARNING) AT ST JOSEPH'S

In 2020 our school will continue to implement our PBL policy which is underpinned by our SJ values. Over the coming weeks our newsletter, as well as information from your child's class teacher, will explain how PBL works at St Joseph's, and how we encourage all our children to...





Every place, every time AND with everybody we remember to use our magic words at St Joseph's.



**Kinder 2020... play, making new friends, buddies and fine motor group fun!**



**Karen Nolan**  
**Acting Assistant Principal**

#### [Religious Education News](#)

Many thanks to our families for their support and participation in our Beginning of the School Year and School Leaders Commissioning Mass this week. It was a lovely faith filled celebration. Some upcoming dates for Parish and school-based liturgies include Wednesday the 26<sup>th</sup> February at 9:30am when there will be a Parish based mass at the Church for students in years 3-6 to attend for Ash Wednesday. The following

week there will be a liturgy at school for Catholic Schools Week on Thursday 5<sup>th</sup> March at 10:00 followed by open classrooms. All are welcome to attend.

Letters inviting Year 4 students who are listed as Catholic have been sent home inviting them to participate in the sacramental program. Here are some important dates to remember for this program

- Applications for the sacramental program close Friday 21st February
- Meeting with parents at Charlestown church Wednesday 26th February 7pm
- Commitment Masses 7th & 8th March 6pm and 9.30am
- Sessions start the week commencing the 9<sup>th</sup> March



Many Blessings,

**Clare Paff**  
**Religious Education Coordinator**

### OOSH 2020

The before and after school care at St Joseph's is now provided by St Nicholas OOSH, Diocese of Maitland Newcastle.

Enrolment forms are available at the school office or through the *St Nicholas OOSH email address: GOVERNMENT*  
[charlestown@stnicholasoosh.org.au](mailto:charlestown@stnicholasoosh.org.au)

### **TRACEY SWEETMAN**

GENERAL OPERATIONS MANAGER | ST NICHOLAS OOSH

P 02 4979 1340 F 02 4979 1131 M 0499 015 502



### SPORTS NEWS

#### **Congratulations**

A huge congratulations to Liam Paterson who was selected to represent Northern NSW in a skilled development program as goalie. Liam will be playing in Devonport Tasmania at the National SAP Festival. What an accomplishment! Go Liam!

### **Lakes Regional Swimming Carnival – Monday 17<sup>th</sup> Feb.**

We have a large team of students representing St. Joseph's at the Lakes carnival on Monday. Congratulations and good luck to the following students:

Billy F., Levi G., Sam v.d.W, Flynn L., Oscar E., Sam G., Urban B., Lachlan C., Isaac A., Jydon C., Lukas T., Liam P., Oliver E., Hamish K., Leo Mc. William D., Hugo C., Owen P., Harry B.

Emily D., Chloe G., Macy E., Emily J, Miliana D., Sophie W., Sophie A., Olive W., Ivy M., Sybella W., Nyah C., Isla E., Hope K.K., Moeana R., Ava L., Charlee F., Kiara B., Ruby S., Kalea H., Nikki C., Ruby I., Molly J.

### **Regional Winter Sports Trials**

Our students have the opportunity to trial for Diocesan representative places in the following winter sports: netball, rugby league, AFL, touch football, rugby union, hockey and soccer.

Students must be talented and experienced in the chosen sport and ideally play at a representative level as these trials are NOT a gala day. Regional trials will commence in the coming weeks and students have the opportunity to progress to Diocesan and State trials. Parents must also commit to travelling with their child to trials at all venues, such as Tamworth or Bathurst, throughout the year.

Sports with significant body contact are restricted to older students.

**\*Preference is given to Stage 3 students.**

Due to the numbers of talented players school trials have taken place for Soccer and Netball. Congratulations to the successful students who will be attending these events. Notes are due to be returned to Mrs Drake by this Friday.

Please note the sport dates that may involve your child/ren:

17th Feb. Regional Swimming Carnival - see previous list  
20<sup>th</sup> Feb. Regional Cricket - Ava L., Joel D., Lachlan J., & Harry B.  
21st Feb. Regional Netball - Emily D., Emily B., & Ella T.  
21<sup>st</sup> Feb. Regional Football/soccer – Joel D., Harry B. & Lachlan J.  
21<sup>st</sup> Feb. Regional Football/league - Jett C., Lukas T. & Sam G.  
17th March Regional Touch Football Trials **TBC**  
20th March School X Country

27th Feb. Dio Swimming Carnival  
12th March Dio Cricket Trials  
19th March Dio AFL Trials - There are new procedures for AFL - please contact Mrs Drake if your child is a talented AFL player and would like to trial for this sport.  
24th March Dio Winter Sport Trials  
29th April Dio Touch Football trials  
1st May Polding Winter Trials

### BIRTHDAY CELEBRATIONS

Congratulations to the following children will celebrate their birthdays in February.

Emily J	Sophie F	Miliana D	Vivienne R
Hugo C	Leo M	Harrison S	Eleah P
Lila W	Molly W	Billie H	Leo M



### Curriculum News

In our **2020 School Improvement Plan**, Domain 2 – Learning, we have set strategic goals in the areas of writing and spelling. We are continuing to use the Seven Steps for Writing resource to enhance student writing skills. This term we will also be engaging in professional learning in the area of teaching spelling. We have booked Dr. Tessa Daffern for a Pupil Free day on Thursday 2<sup>nd</sup> April, followed by class demonstrations with Dr. Daffern and our students and teachers on Friday 3<sup>rd</sup> April.

At each Friday assembly we will highlight student writing skills and publish writing samples in the newsletter.

This week Emily S. from 5/6B shares her amazing and poetic recount of her family's Christmas day. How delightful it sounds!

### No one Was Stirring

No one was stirring,  
Not even a mouse,  
No one was creeping,  
Around in the house.  
And then I rolled over,  
Guess what I said?  
"Hop up everybody,  
Get out of bed!  
Come on everybody,  
It's Christmas Day,  
Hurry up everybody,



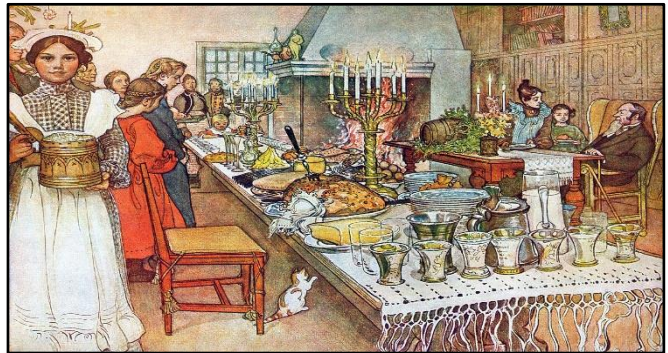


There's no time to lay,  
Get out of those blankets,  
And out of those sheets,  
It's Christmas Day,  
There's nothing that beats."

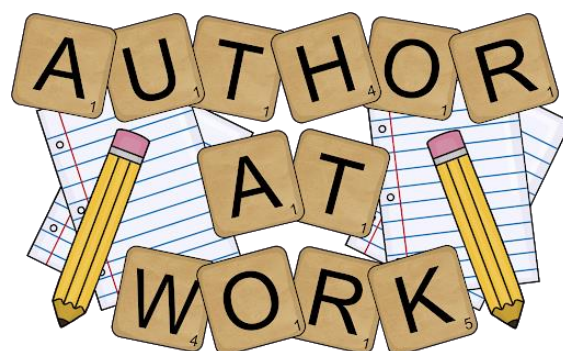
We sat in a circle,  
Down on the floor,  
Our dog was staring at us from the door,  
As we ripped through the wrapping paper,  
Squealing with glee,  
To see what was left under the tree,  
There were toys galore,  
And hugs and kisses,  
As we thanked each other for what each other had given,  
Then Mum hopped up and guess what she said?  
"I've got the recipe in my head!"  
So, she cooked some croissants,  
Until they were crispy,  
And the smoke smelled delicious,  
All white and wispy,  
We applied ham,  
And we applied cheese  
And we ate through those croissants in a breeze.

We brushed our hair  
And with our appearance we took some care,  
We got in the car,  
And we whizzed like a shot,  
And when we got out, we were at Nan and Pop's,  
Lunch was prepared for us like a banquet,  
And many times we thanked Nan for it,  
After potato, zucchini slice and salad,  
We'd all by far had it,  
But when Nan got out the pudding and ice-cream,  
We were so excited we could barely contain a scream,  
As we munched through it with joy in our eyes,  
Nan gave us a lovely surprise,  
Custard in every bowl made this Christmas meal whole,  
We hugged and kissed and hugged some more,  
As people exited out of the door,  
We said "Goodbye!" and left the house,  
And scurried away like a tired mouse.

**By Emily**



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## What are the Seven Steps?

Think of them as the building blocks to great writing. Isolating writing skills into individual steps ensures students don't get 'bogged down' with writing the whole piece.

Students gain confidence in each writing skill, and then they pull it all together to become creative and engaging writers.



Each fortnight Stage 2 and 3 students will be learning and refining one of the steps. Currently, we have been focusing on how to write a **Sizzling Start**. Students can get bogged down in the same old starts, 'One day... Once upon a time... I think that... In my opinion...' This step teaches students how to start at the 'moment of change' to gain a reader's interest immediately. They learn to start where the action is-not at the beginning of the day where nothing is happening. Instead, they learn to begin when the volcano starts oozing lava or as they walk in the door to the big disco competition.

4 Red students have been busy creating Sizzling Starts. Here are a few of our favourites.

**The Water Park, by Sybella**

“Ahh!” I screamed as my raft dropped down the dark tunnel. The wind whipped my face as I fell, my tummy twisting and turning. Panic mode turned on! It was pitch black and it felt like a thousand eyes were staring at me. I was at the waterpark with my friends. Today couldn’t get any worse I thought-or could it?

**The Water Park, by Matt**

I opened the big large iron gate. Splash! The water hit me like a hawk swooping down for its prey. It took my breath away. People were everywhere and I could see a slide so big I wondered who would ever go on it. My cousin chose the best place to have a birthday.

**The Water Park, by Alex**

I opened my eyes and realised I was at the top. There was no going back now I guess. Suddenly I heard a beep and took a big gulp of air. It was soon full of water and then it was hard to breath. My brother and I screamed as we slid down the slide at the waterpark for his birthday.

**The Water Park, by Ivy**

I closed my eyes. The water hit me like a storm. All I could see was fuzziness. Blue and white swirls of colour flew around me. My eyes were stinging like lightning struck them. We are here for my birthday because I’m turning nine. What rides will I go on next, I wondered.

**The Horrible Teacher by Neve**

“Get down here this instant!” she yelled. The kids walked down in a bore, tired and exhausted. Not another day of yelling they thought. “No excuses!” Bam! She put her heavy feet on the torn carpet. “No! Go back and do it again!” she roared. “Yes Mrs Sullen,” we replied. It was another day with the terrible teacher because our lovely teacher had gone and now, we were stuck with her.

# meet the office staff!



## Mrs. Carolyn Trimble

Hi everyone, it's Mrs Trimble here. This will be my 22<sup>nd</sup> year here at St. Joseph's Charlestown. I love meeting all the new families each year and it is wonderful to see all the children returning to school so happy and ready for a new adventure.

A few of my favourite things are: Food – Italian, Drink- Latte, Colour – Purple, Music – Elton John & Bruce Springsteen. I love travelling and cruising and going out with friends. I am married to David and have two sons Brendan & Glenn and a beautiful daughter-in-law Breanna and three grand dogs – Nelson, Bentley & Hudson.

Email: [admin@charlestown.catholic.edu.au](mailto:admin@charlestown.catholic.edu.au)

Phone: 02 4943 5414



## Mrs Amale Yi

Hello to all, I am new to the St Joseph's team, I work in admin 2 days a week and I also enjoy working with the children in class with learning support. The best part of my day is interacting with the children.

My family and I moved from Sydney a few years ago and it's been the best thing for us all. I have 3 children Emily, Jinn and Julian, the two older children are at Uni and the younger child is in year 12. My husband sold his business of 25 years and now is enjoying working from home.

We are all settling in and looking forward to the future.

Email: [admin@charlestown.catholic.edu.au](mailto:admin@charlestown.catholic.edu.au)

Phone: 02 4943 5414



# Sue Coull



## MEET OUR EAL/D Teacher

Hello Parents and Carers,

I am Mrs Sue Coull and my role at St. Joseph's is assisting class teachers with the education of students who have a bilingual or a multi lingual background.

I am originally from Sydney, where I started my teaching career as a Kindergarten teacher. Many of my students were from bilingual or multi bilingual backgrounds. I developed an interest in their languages and cultures. I did additional training and moved into my present role.

At St. Joseph's Charlestown, I find my job very enjoyable because the students, their parents, carers and staff are very inclusive and easy to work with.



## Meet our School Support Staff

*Our wonderful Support Staff assist our teachers in the classroom.*



**Mrs Chapman -**  
Learning Support Assistant



**Some of my favourite things:** family time, netball & chocolate.

**Mrs Dawson -**  
Learning Support Assistant



**Some of my favourite things:** dogs, friends, comedy & music.

**Mr Goodacre -**  
Learning Support Assistant



**Some of my favourite things:** all types of sport (especially soccer), music, travel & friends.

**Mrs Hanrahan -**  
Learning Support Assistant



**Some of my favourite things:** spending time with family, hiking in the bush & having weekends away with friends.

**Mrs Hines -**  
Learning Support Assistant



**Some of my favourite things:** spending time with my children, playing board games & watching movies.

**Mrs McAlister -**  
Learning Support Assistant



**Some of my favourite things:** bushwalking, plants, gardening, skiing, the beach & spending time with family.



# WELCOME TO MUSIC



SHUTTERSTOCK.COM • 813470641



## About Me

Hi! I'm *Mrs Savage*. I'm excited to be teaching music this year.

I have a diverse music and teaching background. I moved from Sydney to Newcastle in 1999 to study a double Major in flute performance at the conservatorium. Over the following decade, I tutored over 300 local flute students in a range of school and private settings, conducting school bands and instrumental groups.

With a love of teaching and children, I completed my Masters in primary teaching in 2009 and worked in a temporary capacity as a classroom teacher and more recently as a music specialist teacher.

I am a Mum to 3 active, adventurous and entertaining kids who are now 8, 6 and 4. I'm involved in our church music team and enjoy singing and songwriting and writing children's literature.

## My Favorites

**Sport:** I love jogging, playing netball and volleyball, skiing, swimming and watching sports like tennis.

**Music:** I love classical, jazz, pop, even a bit of country!

**Food:** Just about anything but I won't pass up a crème brulee!

## Contact Information

Any questions or concerns the best way to reach me is via email:

The best thing about music is that it's not just fun, but it's a workout for your whole brain!

# MEET

## Mrs Hoffmann



### **About Me:**

Hi, my name is Mrs Hoffmann & I am the Library Assistant (or Hub Assistant) at SJC.

I grew up in Newcastle and now live at Lake Macquarie with my husband, 24 year old son, 22 year old daughter and our miniature schnauzer Mathilda.



### **My Favorite Things:**

Hobbies: Reading, Card making and Wine tasting

Flower: Rose

Food: Chinese, Pasta

Colour: Blue

Books: Australian authors and I love the Harry Potter series

Other Interests:  
I enjoy watching the V8 Super Cars especially Bathurst

### **My Education:**

I completed Tafe qualifications as a Library Technician before going on to do a B.A.(Library and Information Science) through Charles Sturt University and becoming a fully qualified Librarian.

I have been at SJC for 12 years. I love my work and the interaction I get to have with the children.

### **Contact Me:**

via email  
[donna.hoffmann@mn.catholic.edu.au](mailto:donna.hoffmann@mn.catholic.edu.au)

I am at SJC Tuesday, Wednesday and Thursday.

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## **ST JOSEPH'S CHARLESTOWN**

**NOW TAKING ENROLMENTS FOR 2020**

**LUNCHTIME DRAMA LESSONS  
@ ST JOSEPH'S PRIMARY SCHOOL CHARLESTOWN  
LUNCHTIME on WEDNESDAYS  
In the DOUBLE ROOMS**

**Students study improvisation, scriptwork and performance;  
helping them gain greater self-confidence and  
building on their communication skills.**

**NB. O'Grady Drama is registered as a 'Creative Kids' provider.  
You can use your annual \$100 Creative Kids voucher in 2020.**

**Contact Principal: Shane Skerly  
T: 02 4969 2338 / 0490 126 430  
E: [dramacorp@bigpond.com](mailto:dramacorp@bigpond.com)  
FB: o'grady drama - newcastle**



# Raising happy and resilient children

24 & 25 FEBRUARY 2020



**CatholicCare in conjunction with the Federation of Parents & Friends Associations:**  
proudly presents Michael Carr-Gregg.



**Dr Michael Carr-Gregg is one of Australia's highest profile adolescent and child psychologists.**

He wrote his PhD at the University of NSW on adolescents with cancer and in 1985, and founded the world's first national teenage cancer patients support group, Canteen. He subsequently moved to NZ where he became a political lobbyist for the New Zealand Cancer Society heading up the Coalition Against Tobacco Advertising and Promotion. Dr Carr-Gregg was the inaugural Director of the NZ Drug Foundation before being appointed Head of Education and Training at the Centre for Adolescent Health at The Royal Children's Hospital and an Associate Professor in the Department of Paediatrics at the University of Melbourne, where he developed and taught the Graduate Diploma in Adolescent Health and Welfare. In 2015 he was appointed the Managing Director of the Young and Well Co-operative Research Centre and developed an interest in the use of technology for building wellbeing in young people.

## TAREE

**DATE** 24 February, 2020  
**TIME** 6.00pm for a 6.30pm start – 8.30pm  
**VENUE** St Clare's High School Hall, Taree  
**COST** Free

You must RSVP at:  
[www.mncso.news/MCGTar](http://www.mncso.news/MCGTar)

## MUSWELLBROOK

**DATE** 25 February, 2020  
**TIME** 6.00pm for a 6.30pm start – 8.30pm  
**VENUE** Muswellbrook RSL  
**COST** Free

You must RSVP at:  
[www.mncso.news/MCGMus](http://www.mncso.news/MCGMus)



**Social Services  
Hunter-Manning**  
DIVISION OF HUNTER-MANNING



[www.mn.catholic.org.au](http://www.mn.catholic.org.au)



# CALLING ALL DADS OF PRIMARY SCHOOL GIRLS



**The world-first Daughters & Dads Cricket Program  
is coming to Newcastle!**

## DO YOU WANT TO...

- Improve your daughter's cricket skills?
- Participate in a fun program together to improve your daughter's enjoyment and engagement in cricket?
- Help your daughter improve her social-emotional well-being?

## WHAT IS THE DAUGHTERS & DADS CRICKET PROGRAM?

- Consists of 8 x 90 minute sessions including:
  - 1 x dads-only workshop.
  - 7 x daughters and dads sessions.
- Daughters and Dads attend weekly sessions together, focusing on:
  - Cricket skill development (e.g., batting, bowling, fielding).
  - Well-being education aimed at developing your daughter's self-esteem, emotional regulation, confidence and resilience.
  - Rough and Tumble Play.
  - Cricket games and fitness.
- Targets primary school girls aged 7-12 years old and their dads (or father figure).



Date: Tues 18th February - 7th April, 2020

Location: Kotara High School

Lexington Parade, Adamstown

Time: 5:45 - 7:15pm

Cost: \$110 (per Daughter and Dad pair)

Book online: <https://danddkotaraschool.eventbrite.com.au>

## Need more details?

Contact: Emma Pollock  
Project Manager  
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THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA



There are limited  
spaces available.  
**BOOK ONLINE**



Federation of Parents & Friends Associations  
Diocese of Maitland-Newcastle Diocese  
P O Box 714 Newcastle 2300  
**Phone:** 4979 1303  
**Fax:** 4979 1208

**Email:** [cath.garrett-jones@mn.catholic.edu.au](mailto:cath.garrett-jones@mn.catholic.edu.au)

9 January 2020

Dear Principals,

The Federation of P & F Associations will be holding the **2020 Annual General Meeting** followed by a **General Meeting on 1 April 2020.**

We invite you to attend this meeting and look forward to the opportunity to affirm our commitment to Catholic education and the important role of parents and carers in the partnership that exists between schools, parishes and the broader community.

The details for this meeting are:

### FEDERATION OF P & F ASSOCIATIONS

#### 2019 AGM and General Meeting

<b>Date:</b>	<b>1 April, 2020</b>
<b>Venue:</b>	<b>Victor Peters Suite, 841 Hunter Street Newcastle West</b>
<b>Time:</b>	<b>AGM: 6.30pm – 7.15pm</b>
	<b>General Meeting: 7.25pm – 8.30pm</b>

We hope you are able to join us and seek your RSVP to the email below for catering purposes.

Cath Garrett-Jones  
Parent Liaison & Resource Officer  
Email: [cath.garrett-jones@mn.catholic.edu.au](mailto:cath.garrett-jones@mn.catholic.edu.au)

Yours faithfully,

CHERYL MURPHY  
PRESIDENT - FEDERATION OF P & F ASSOCIATIONS

CATH GARRETT-JONES  
PARENT LIAISON AND RESOURCE OFFICER

# Good for Kids good for life

## PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch & Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



**Crunch & Sip®:** Capsicum sticks  
**Recess:** Mini rice cakes, banana  
**Lunch:** Multigrain wrap with chicken, cheese, carrot and lettuce  
**Drink:** Water



**Crunch & Sip®:** Cherry tomatoes  
**Recess:** Rice crackers, cucumber sticks and hummus  
**Lunch:** Raisin bread sandwich with banana  
**Drink:** Water, reduced fat plain milk



**Crunch & Sip®:** Carrot sticks  
**Recess:** Yoghurt, grapes  
**Lunch:** Whole meal sandwich with tuna, tomato and lettuce  
**Drink:** Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



**Health**  
Hunter New England  
Local Health District

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>



# MOTIV8SPORTS AFTER SCHOOL CLINIC IS RETURNING TO ST JOSEPHS PRIMARY SCHOOL CHARLESTOWN IN TERM 1 2020!

Motiv8sports Newcastle City is returning to exclusively provide St Josephs Primary School students with the opportunity to participate in a fun filled after school sports clinic on Wednesday afternoons in Term 1 2020!

## TO SECURE YOUR SPOT:

Book online at this link: [bit.ly/2YtFQCt](https://bit.ly/2YtFQCt)

Cost: \$95 for the 8 week program. This includes a Motiv8sports Rookie Jersey for all new Motiv8sports members.

**NEW PROGRAMS ARE LAUNCHING FOR STUDENTS K-6!  
EACH TUESDAY FROM WEEK 3 - 10 OF TERM 1 2020  
3PM - 4:30PM.**

### MINI MOTIV8 LEGENDS

The MINI Motiv8 Legends Program is tailor-made for children in Kindergarten-Year 2. This program focuses on developing fundamental skills such as throwing, catching, hitting and kicking through participation in our array of hybrid multisports. MINI Motiv8 Legends also provides a fantastic introduction into all aspects of sport including teamwork, sportsmanship, encouragement, positivity and most importantly, FUN!

### MOTIV8 ALL STARS

The Motiv8 All Stars Program is designed for children in Years 3-6. This program fosters a love for sport and physical activity while encouraging and challenging participants to learn and develop a range of skills to build on their current ability, whatever that may be. Our array of hybrid multisports and super skills will be taught by accredited coaches in an encouraging and Motiv8ing environment!

**AARON - 0412872396 - NEWCASTLE@MOTIV8SPORTS.COM.AU**

### CLINIC DETAILS

The Motiv8sports After School Clinic is an 8-week program that promotes inclusiveness, encouragement and positive attitudes in all of our participants. Children will be taught by our dedicated and enthusiastic coaching team as they learn new skills, play a range of our signature multisports, develop skills of teamwork and build positive friendships. We provide an inclusive environment where all children will be made to feel like absolute superstars!

### CLINIC OUTLINE

Wednesday 12th February: Motiv8sports Battles  
Wednesday 19th February: Football Street League  
Wednesday 26th February: Super Soccer  
Wednesday 4th March: Hockey Heroes  
Wednesday 11th March: Summer Slam Basketball  
Wednesday 18th March: Mega Session  
Wednesday 25th March: East v. West Faceoff  
Wednesday 1st April: Kids V. Coaches Challenge

### ACTIVE & CREATIVE KIDS VOUCHERS

Did you know you are able to use your Active and Creative kids vouchers to register your child/ren in our program? To redeem your voucher, please send your voucher details to Aaron via email or phone (listed above) prior to booking online. You will then receive the unique code to finalise your registration online.

