

Newsletter

St Mary's Catholic School Wellington

25 October 2024 TERM 4 WEEK 2

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- **St Mary's Catholic School** St Patrick's Parish 37 Percy St Wellington NSW P: 02 6845 1822 E: stmaryswellington@bth. catholic.edu.au



" Teachers inspire hope, ignite the imagination and develop a love of learning in their students"

Dear St Mary's Families,

Students have settled back quickly into their learning for term 4. Last week our Year 5/6 students visited Canberra and Year 10 students spent time at Ridgecrest for their Retreat. We were very proud of students who represented St Mary's with excellent behaviour and positive engagement in their activities. Thanks to St Mary's staff who supported our students with these overnight opportunities.

St Mary's staff participated in a Cultural learning day at the beginning of the term which was held at WACHS. We thank Jo Hodges and Chris Stevens for facilitating the day and WACHS for the use of their conference facilities. This was the final part of the Cultural competency course which staff have been participating in for the past few months, further strengthening our understanding of Aboriginal histories and culture.

Today we say thank you to our St Mary's teachers on "World Teachers Day" for the passion they show everyday as teachers in supporting your children on their learning journey. You are all amazing.

Our thoughts, prayers and best wishes are with students in our community who are completing their HSC. Follow your dreams.

On behalf of the St Mary's community I wish Miss Pace and her partner Keiran all the best for their upcoming wedding.

Kindest regards, Mrs Leanne Clarke Principal



VISION STATEMENT

St Mary's Catholic School is a Christ centred, inclusive community where individuals are supported to learn at high levels and to grow spiritually, socially and physically. *"We have gifts that differ, according to the grace given to each of us."* (Romans 2:6)

DIARY DATES

Term 4 Week 3

Mon 28 Oct K-10 Assembly in Quad at 8.50am Tues 29 Oct Wed 30 Oct Thur 31 Oct Landcare BATS Presentation - Hall at 12pm for Years 2-6 Frid 1 Nov All Saints Day Mass 10am

Term 4 Week 4

Mon 4 NovYear 5 visit Maranatha House 2pmTues 5 NovWed 6 NovThur 7 NovSacrament of Reconciliation Year 2Frid 8 NovNewsletter

2024 School Term Dates Professional Learning Days

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COMPASS APP

Please ensure you have Compass, the school app, on your phone as this is where alerts and important information is posted.

Term Dates 2024

- Term 1 Thursday 1 February Friday 12 April
- Term 2 Tuesday 30 April Friday 5 July
- Term 3 Monday 22 July Friday 27 September
- Term 4 Tuesday 15 October Friday 20 December







St Patrick's Church Wellington Weekly Mass Times

9am Monday to Friday 5pm Saturday 8am 2nd & 4th Sunday 10am 1st, 3rd & 5th Sunday

"Take off your shoes. The ground you stand on is holy. The ground you are is holy." Macrina Wiederkehr Rephrased from Exodus 3:5 Yr 10 Retreat Focus

Religious Education

Year 10 Retreat

Last week, Year 10 students enjoyed 2 days of Retreat at the beautiful Ridgecrest Conference Centre at Lake Burrendong. The students found time away from the hustle and bustle of daily life to slow down, take a breath and gain some perspective on life's journey. They thought about the young adults they are growing into with their gifts and talents, their relationships with others and their relationship with God. They shared some deep thinking and grew more in their knowledge and understanding of self, friends and God. Mrs Milgate and Mr Stevens would like to thank the students for their openness and good conduct during the retreat. Photos are elsewhere in the newsletter.

Year 2 Sacrament of Reconciliation

It was wonderful to see 15 candidates enrol for the Sacrament of First Reconciliation last Saturday. If there are any students from Year 2 or older who would like to be enrolled in the Sacrament of Reconciliation and have not already done so, please contact Mr Stevens urgently. A reminder for candidates to attend Mass each weekend as part of preparation for the Sacrament of Reconciliation on Thursday, 14 November. If you are yet to complete the enrolment form, these are now due to Mr Stevens to confirm your enrolment.

Please keep the following candidates in your prayers: Margo Baxter, Eden Brindley, Connor Byrnes, Maggie Chandler, Tilly Mason, Lacey McGuire, Angus Plain, Breanna Potter, Frederick Redfern, Vincent Reid, Macey Roberts, Thomas Sears, Weston Dearmer, Henry Wright and Eva Spradbrow.

All Saints Day

Mass

The St Mary's community are invited to join us for Mass on the Solemnity of All Saints Day on Friday 1 November at 10am in St Patrick's Church.

Halloween - What's that about?

Halloween is a Scottish shortening of the phrase All hallow-evening, meaning All Holy Evening or All Hallows' Eve (English). Hallow is an old English word for 'Saint'. It refers to the night before All Saints' Day (1 November). All Saints' Day celebrates all those who are recognised in the Catholic Church as residing in heaven. This led to Catholics regarding 31 October as a "holy evening". It is with this tradition that many local traditions were created and were mingled with the Christian festivities of All Hallows' Eve. There are other connections for the 'asking' for Iollies (maybe linked to an Irish custom where groups of farmers would go door-to-door collecting food and other items for a village feast and bonfire), or dressing up (to scare away evil spirits).

This Halloween, the All Saints' Day vigil, remember our deep Catholic traditions honouring those who have gone to heaven before us and the millions, if not billions of Saints.

Mr Christopher Stevens

Leader of Ministry and Mission



SCHOOL Information

Summer Uniform- Hats

All students have now transitioned into their summer uniforms for Term 4. An important part of the summer uniform is the school hat, which students must wear to access the school oval and basketball courts.

New St Mary's hats can be purchased from the school office. \$22 for a school bucket hat and \$20 for a school cap (7-10 students only).

Secondary Exams

Year 9 and 10 exams will begin on Friday of Week 4 and continue through to Wednesday of Week 5. Year 7 and 8 students will sit their exams in Week 6. An examination timetable will be shared with families through Compass as exam weeks approach.

Year 9/10 Electives 2024

Parents and carers of students currently in Years 8 and 9 would have received an email containing a google form to indicate their child's elective preferences for 2025. Once the most popular choices have been determined, students will be asked to select two elective subjects for the 2025 school year from an elective line. If you are unable to access this form, please contact the school office for assistance.

Mr Allan Jones Assistant Principal

Learning Matters

K-6

CPR Training

Year 5 and 6 had the opportunity to take part in CPR training on Wednesday in the school hall. All students learnt how to identify people in distress and to check for responsiveness, before they each had a go at learning correct CPR procedures. It was a great opportunity for the students to learn a skill that may be lifesaving some day.

Bat Day- Thursday 31 October

Next Thursday, students from Kindergarten to Year 6 are encouraged to come to school dressed as "Batman or Batgirl" to help promote and support an initiative from Landcare which aims to address the growing problem of bats in the local community. Students from Wellington Public School and Wellington Christian School will join our St Mary's students and attend a Landcare presentation in our hall discussing the issue.

Mr John Nugent

K-6 Team Leader

7-10

Preparation for assessments and exams this term

Our Year 7-10 students are focused on their learning and are beginning to prepare for the upcoming assessment weeks, Week 4 and Week 5. Please support your children to put aside study time at home to review their work across all subjects. If you would like support or an update on your child's learning, please contact either the pastoral care or class teacher.

Excursions Week 7

Year 7 and Year 8 will be taking part in activities at Burrendong Sport and Recreation Centre on 25 and 26 November. This will be an overnight excursion. Year 9 and Year 10 will be travelling to Sydney at the same time for their elective excursion.

Please check Compass messages and complete the permissions to allow us to complete planning for these events.

Mr Alistaire Thompson

7-10 Team Leader



School Wide Positive Behaviour for Learning "SPB4L"

New SPB4L Focus - 'Respecting Others'

A new SPB4L focus will begin across K-10 classes next week. 'Respecting Others' will be the overarching theme for upcoming weeks. As we approach 7-10 examination weeks and end of year assessments in K-6 classrooms, our initial focus will be on respecting the learning needs of others.

SPB4L Cub Credits Shop

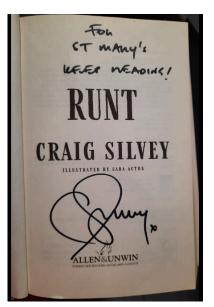
Students are reminded to check the Cub Credits shop regularly for new items to purchase using their Cub Credits.

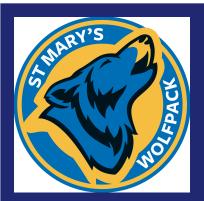
Mr Allan Jones Assistant Principal

Leading with Literacy Conference

Mrs Jones, our Librarian, recently attended the PETAA Leading with Literacy Conference in Sydney. During the conference, she met and spoke with author Craig Silvey. Craig was very excited to hear about how much students enjoyed his latest book, Runt, and all the great reading that is happening at St Mary's. He signed copies of Runt and Jasper Jones from the school library and asked Mrs Jones to pass along a message to everyone to 'Keep reading.'







2024 Term 4 Sporting Dates:

30 October

School Summer Touch Trials

14 November Summer Touch Trials

Sport

Summer Touch Trials

Summer Touch trials will be finalised in Week 3. Thank you to all parents and students that have nominated to the Sports Council, all trials will be completed in Week 3.

On Wednesday 30 October we will have our final school touch trials at school for boys and girls. Please remember football boots.

Mr Alistaire Thompson Sport Coordinator

Thanks to our Teachers! World Teachers' Day 25 October!

World Teachers' Day honours the dedication, hard work, and passion of teachers who play a crucial role in shaping the minds and futures of our children.

Let's celebrate our teachers!

World Teachers' Day is a wonderful opportunity to reflect on the incredible work teachers do every day. By celebrating this day and showing our appreciation, we can help create a supportive and encouraging environment that allows teachers to thrive and continue making a positive impact on our children's lives.

Why 'Hats Off to Teachers'?

The term 'hats off' has a long history of being used to show respect, admiration and offer congratulations. It can be traced back to medieval times when knights would remove their helmets to show respect. Today you don't have to be wearing a hat, you can simply say 'hats off' and as well as being respectful, it can be used to celebrate achievement. So, hats off to you for learning about hats off!



Year 10 Retreat - Ridgecrest































Transition to School Program - Little Saints

This term our Little Saints have commenced their transition to school program, which is held every Wednesday. Little Saints are joining our K-2 students in the playground during breaks and participating in school readiness activities, both in the classroom and around other areas of the school. We are accepting enrolments for our 2025 Kindergarten class. Please contact the school if you'd like your child to attend our transition program and/or to book an enrolment interview.



















Week 1 of Term 4 saw Years 5 and 6 attend their long awaited Canberra excursion. It was a great experience for our students, with one student declaring they were going to stay in Canberra forever as it was "so cool". Thank you to our teaching staff; Mr Nugent, Mr Doherty, Mrs Hawkins and Mrs Hughes for assisting our students to have such an informative and exciting adventure.

Year 5 student, Pippa Horton described her experience in the following recount of the excursion:

Introduction

Week 1 of Term 4, I was excited, nervous and scared about the 2024 Canberra excursion. I had mixed emotions. All the sites we were seeing were amazing, but I was most excited about The AIS (Australian Institute of Sport).

Wednesday

At 5:45am anyone attending the excursion showed up. It was still dark, and we were all happy when more car lights started to emerge from the foggy darkness. It was cold and I was tired, but I was still a chatterbox, talking to my friends. It was finally 6:00am and we were ready to board the bus. It felt like forever, but finally we made it to Cowra for morning tea. It was a rainy day, so we weren't allowed to go and play on the grass. After a 30-minute break we went back on the bus. Next stop Canberra! After five hours of bus travel, we made it to our first activity, but of course we had to have lunch! After lunch we went to Questacon, the first room we went to was the activity room. I quickly lined up for their famous "Free Fall" slide. It was so fun. My favourite thing of the day was the earthquake simulator. Then we went to the National Museum. There were 3 killer whale replicas hanging from the roof. Then we went to the portrait gallery, where we did a "head hunt". For dinner we had chicken schnitzel and it was so good.

Thursday

It was an early start, but we piled up into the bus and went to the National Capital Authority. It was pretty boring but also fun. The diorama of Canberra was my favourite. Next was the National Botanical Gardens for morning tea. We went pond dipping and on a nature walk, where we saw a ton of water dragons. Back on the bus we went to the War Memorial. There was an amazing diorama about the war (Turkey v The ANZACs). There was a huge wall of names, all the people who had lost their lives whilst serving in any war. We also did an Embassy tour with John the bus driver. Now for the AIS. We went to one of the 3 training pools. We also went to the gym and gymnastics training centre. After a mini tour we went to SportX. It was really fun, and they had interactive games to play. I beat Mr Nugent's score in one of the games. Today we had an early dinner because we went to iPlay after. For dinner we had burgers. We weren't the only school at iPlay, so it was really crowded. I did all the games my iPlay card let me, before we went back to the motel.

Friday

We started our last day of the excursion by going to the old Parliament House and we had to answer some questions about the building. Then we went to sit in one of the court rooms. It was starting to rain so we quickly hopped on the bus. We went up a big hill to go to the new Parliament House. Our guide was very friendly. The first room we saw was the Green Room and then the Red Room. This wasn't planned but we went to the Mint, where all the money gets printed. I got to print out a new coin for \$3. We had a yummy lunch, then we were off to Cowra. We stopped at Macca's to get some afternoon tea. At 5:30pm we finally got home. The excursion was fun, but I was also happy to be home.



Overall Conclusion

I didn't think I would have as much fun, but I had the time of my life. All the exhibitions were enjoyable, but my favourite was the Australian Institute of Sport. We were all very grateful for the staff that came with us and John the bus driver.



























Year 5/6 CPR

On Wednesday Year 5 and 6 participated in the NSW CPR program. All students learned about the steps of Danger, Response, Send, Airways, Breathing and Circulation. They were then taught the steps of Cardiopulmonary Resuscitation (CPR) and were able to practise on the mannequins. They learned about the speed and depth of compressions, completing 30 compressions and 2 breaths per cycle. Next they learned the importance of the recovery position and monitoring the patient until help arrives. Thank you to Royal Life Saving Australia for providing our students with the opportunity to learn such important life skills.













Library News

Library News

Has your child come home full of facts about bats? In library lessons we have been going a bit 'batty', learning as much as we can about these fascinating mammals. October is Bat Appreciation month and next Thursday St Mary's will be holding 'BAT DAY', a day to celebrate and learn more about bat-riffic bats.

On BAT DAY our K-6 students are invited to dress up as Batman, Batgirl or in bat clothes and to bring their best bat joke or bat fact to share for a bit of fun! Before lunch on Thursday, our Year 2 to Year 6 students will come together with Wellington Public School Stage 2 and 3 students in the school hall, for a special bat presentation. Dr Joanne Haddock from the Bats in Backyards Project will be coming to talk about bats as well as present research and data collected in the Wellington area, including from St Mary's. It's going to be bat-tastic!





Renaissance Reading

Congratulations again to Term 3 top Renaissance readers- *Sophie Wykes, Rupert Comiskey, Millie Jones, Jack O'Leary, Will Carney, Billy Mitchell, Annabel Roberts, Peter Daly, George Jones, Geordie Mason, Zane Howlett.* We will be celebrating your successes with a dessert bar in the library at lunchtime on Thursday Week 4, 7 November. On this day, we will also celebrate our 'Golden Book Trophy' for winners Term 3- *Year 4 and Kindergarten.* Both classes are invited to wear casual clothes for the day and will be receiving a special treat to enjoy on Thursday 7 November.

Book Club

Book Club Issue 7 should have been sent home with students this week, if you missed out please ask class teachers for a copy. The School gains free resources from any purchases made from Book Club by families. You are under no obligation to buy, although if you would like to place an order you can either register online or send your order into the school office. Details to order online are on the back page of the catalogue. If you are having any difficulties with orders, please contact the school. Issue 4 orders are due next Wednesday, 30 October.

Mrs Hayley Jones Librarian



Staff Professional Development Day

St Mary's staff have started the term strong by participating in a Professional Development day focused around evolving and strengthening our school cultural identity, and building knowledge on how to continue implementing strategies to support our Aboriginal students and families. The deadly dust was glowing at this event with the positive conversations geared in strengthening our school's commitment in providing a culturally safe school environment to foster successful educational outcomes. As a school we have renewed our commitment ensuring we are meeting the proposed targets for education outlined in the Closing the Gap policy.

Jo Hodges

Aboriginal Education Officer

Thanks to Danielle, Jo and Chris for supporting our staff through the completion of their Cultural Competency course. This has been a 10 hour course supporting our school in developing deeper knowledge and understanding of Aboriginal histories and Culture.





Aboriginal Education

Staff Professional Development day

Our staff were fortunate to be hosted by the Social and Emotional team from WACHS offering insight into the services in which they provide to support our local Aboriginal community. Thank you to Leteisha Peckham and staff for a wonderful day and we look forward to building on our partnership in the future. A massive thank you also goes to our wonderful AEO Ms Hodges and Mr Stevens for implementing and supporting our staff during this professional development day. We appreciate the time and effort you both have dedicated. Thank you.

AECG News

Our local Aboriginal Education Consultative Group (AECG) held their AGM followed by a general meeting electing our new committee for 2025 on 15 October at the Wellington High School. Mrs Sears is excited to announce she will continue to hold the position of AECG secretary for 2025. Ms Hodges and Mrs Sears have also been nominated as delegates who will represent Wellington Local AECG at Western One as regional representatives. As a local committee we are looking forward to building positive relationships with all local education providers from Early Childhood through to higher education, as well as interested community members.

Our **next AECG** meeting will be held on **Thursday 12 December** at **1pm**, *venue to be confirmed*, if you would like to attend or join our AECG, membership forms are available via Mrs Sears, or contacting the Facebook page "Wellington AECG" leaving an email, or better yet, attend our next meeting. Membership is \$2 per year. We look forward to seeing our community working together to ensure Aboriginal Education is thriving in Wellington.

Yanhanhadhu Goodbye

d.sears@bth.catholic.edu.au

j.hodges4@bth.catholic.edu.au

Danielle Sears/ Jo Hodges Aboriginal Education Officers



Year 6 Visit Maranatha House



On Monday 21 October Year 6 students visited Maranatha Aged Care for a fun packed time with the elderly. As you can see from the photos, it was busy with the elderly and students all fully engaged in the activities Centacare brings along. Year 7 students Havana and Pippa came along to help mentor the students and were such a great help. I am sure when you look at the joy on the faces of the elderly you will get a smile too!

Ms Louise Hennessy Community Wellbeing Program Manager



























Transport for NSW

School Student Travel



School student travel information for parents and students

School Travel Passes

Applications are now open for 2025 School Student Transport Scheme (SSTS) travel.

Students living in rural and regional areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. Note: Some rural and regional operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

All students are required to comply with the <u>Student code of conduct</u>. The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.

School Uniform - Reminder hats are back!

- All students should be wearing full summer uniforms in Term 4.
- SMCS blue bucket hats for all students (no maroon hats please) / Year 7-10 only optional SMCS baseball cap.
- Sport uniform will be worn 3 days a week / official school uniform 2 days a week as below:
 K-6 wear sports uniform on Wednesday, Thursday and Friday
 7-10 wear sports uniforms on Monday, Thursday and Friday

CSPA 2024 NATIONAL PARENT SURVEY





What works for your child and your family around wellbeing and learning?

Catholic School Parents Australia (CSPA) acknowledges the funding received from the Australian Government to support this work.

What works for your child and your family around wellbeing and learning?

Do you have a few minutes to share what works for your child around wellbeing and learning? A positive school experience shared is something we would like to hear. CSPA is listening so go ahead and tell us. Scan the QR code or click on the survey link: <u>https://bit.ly/3MQTXM4</u>

Thank you from CSPA!

Reminder - Parking At The Front of School

We ask that all our parents, carers and visitors to the school adhere to our parking regulations to keep our children safe.

- Avoid parallel parking/ double parking or asking your child to cross the road unassisted
- Do not park across or in the disability parking spaces unless you display a disabled permit
- Do not park in bus zones during bus service times

These restrictions are required to maximise parking opportunities for everyone and to keep children safe.

During the school holiday we are hoping to have a new gate installed near the K-2 play equipment for parents to have access for drop offs and pickups. This will ease the congestion at the front of the school.



St Mary's Community Google Calendar - Keep up to date with upcoming School Events

Compass Portal

St Mary's School has an online calendar. It syncs with the Compass portal. You can see school events on Compass. Click the calendar icon at the bottom of your screen (Phone App version), or top of your screen (web browser version of Compass). As is often with mobile devices, things can be difficult to navigate. The online version is better. **Webpage**

To access a more user-friendly version of our school calendar, online users can click this link: <u>St Mary's Catholic School</u> <u>Community Calendar</u>. (<u>https://tinyurl.com/ybyu5qs6</u> if you're using a paper copy of the newsletter). It would be a good idea to save it/ bookmark it/ favourite it.

Add to a Google Account

For those that have a Google account (G-mail), you might like to add the calendar to your Google calendar. Use this link: <u>Google Account Link to School Calendar</u> (online users only)

If you would like assistance, pop in and see Mr Chris Stevens next time you're in the school.

Mr Chris Stevens

2024 School Fee Information

Fee relief remains available for those parents who are facing financial hardship. If you have not done so already, please contact your school for a Fee Relief Application. There are also Health Care Card concessions for eligible parents. You may also contact the Fees Liaison Officer at Catholic Education Diocese of Bathurst at floceo@bth.catholic.edu.au for assistance with concessions. Please do not hesitate to discuss with your school principal the concessions available. Thank you for your ongoing support of Catholic Education at St Mary's.

Active and Creative Kids Voucher

The new Active and Creative Kids voucher is now available, helping to make activities more affordable for eligible NSW families. Families of eligible school-aged children will be able to use two \$50 vouchers per calendar year.

- Vouchers are available to those receiving <u>Family Tax Benefit Part A</u>, or <u>Family Tax Benefit Part B</u>, or both.
- Vouchers can be downloaded as a QR code and used toward either an eligible physical or creative activity.
- The \$50 vouchers will be issued in school term 1 and school term 3.
- Vouchers must be redeemed before their expiry date.

For more information, visit Active and Creative Kids.

P&F Canteen

Canteen Menu

Pie \$4.50 Sausage Roll \$4.00 Pizza Roundas \$4 Ham & Cheese Toastie \$3.50 Butter Chicken & Rice GF \$5 Fried Rice GF \$5.00 Lasagne \$5.00 Yummy Drummy \$1 each Mac & Cheese \$5.00 Banana Bread \$2

Drinks

Apple Juice 375mls \$3.00 Apple Juice 200mls \$2.00 Orange Juice \$3.00 Strawberry Milk \$2.50 Chocolate Milk \$2.50 Water \$2

Treats

Icy Cups Apple/Orange \$1.00 Frozen Yoghurt \$2 Lemonade Ice Block \$2 Chips Small Plain or Honey Soy \$1.50 Chips Large S&V, Plain or Chicken \$2.50

Canteen Information

We have now joined Flexischools online ordering system. Please place orders by FRIDAY 9am. All menu items can be ordered using the app however students can still bring in money to purchase TREATS & DRINKS on the day.

Volunteers are warmly welcomed. If you can spare a few hours once a term for canteen duty please contact Sally Mostyn or Emily Redfern.

The P&F meets every third week of the month at 5.30pm. If you are interested in raising funds to assist with additional resources for your own child's education, get involved in our P&F.

"In supporting our school community, St Mary's is a nut free zone"

Join the clubs

Breakfast Club	Monday, Wednesday, Thursday and Friday - 8.30am - 8.50am School Canteen - free for all students Donations welcome
Lunchtime Clubs	Lego Club: Monday and Tuesday Chess Club: Friday Creative Club: Thursday (Cooking, Art, Garden)
SPB4L Cub Credits	SPB4L Club Credit Shop: Wednesday and Thursday
Cattle Showing	Tuesday 3.30pm - 5pm

Lowes Online Uniforms



Lowes would like to remind the school community that parents can still access uniform purchases via our Schools Online in the comfort of their home with delivery. All orders over \$100 include free delivery and orders under \$100 incur a \$10 delivery charge. Visit https://www.lowes.com.au/schools-online and sign up at https://www.lowes.com.au/schools-online/st-mary-s-school-wellington

Secondary Girls Skirts

Monitor your child's attendance and enter an explanation

for absence or lateness Get alerts including the school newsletter, information about events and P & F Minutes Communicate with your child's teachers Update your family contact information View your child's timetable and the school calendar Download and view your child's Semester Reports and Progress Reports Kingfisher School Gear

Secondary girls' skirts in sizes 8,10,12,14 are available to try on at the school office. These skirts are a stock standard size. If you would like to purchase one, please contact: **Kingfisher School Gear, 151 Summer Street Orange. Phone 02 6361 2252** for orders and payment.

You can organise to pick it up or to pay for postage. Please allow 2-3 weeks for it to be made. The cost of the skirts is \$62 for standard sizes. If you require a skirt to be made to measure and any sort of alteration there will be an extra charge. All correspondence regarding organising and purchasing of skirts is to be between yourself and Kingfisher School Gear, **NOT** the school office.





www.stmaryswellington.catholic.edu.au



https://ww.facebook.com/StMarysWellingtonNSW

THANK YOU TO OUR MILK SPONSOR





Welcome to The Little Big Dairy Co.

The Little Big Dairy Co is donating milk weekly to our Breakfast Club.

Family owned, The Little Big Dairy Co delivers high quality milk from one dairy, traceable down to the very cow that made it.It's the smallness of their process combined with their ability to supply in large quantities that allow them to share their milk with many.

Please show your support by purchasing their products, available at the following:

Retail Woolworths Wellington and Coles Wellington

<u>Cafes</u>

Maliyan Cafe, Dowtos Family Meats, Milky Daze, Jespresso, The Mallee Hen's Nest and Four Cats Coffee



GET IN QUICKLY

BIRTH REGISTRATION ASSISTANCE DAY

WHERE:

LIMITED SPOTS

WHEN:

WELLINGTON PUBLIC SCHOOL BASC ROOM Wednesday, 27 November 2024 10.00am to 3.00pm

Births Deaths & Marriages staff will assist with any Birth Registration issues families are having, and will have a limited number of Birth Certificate applications they can take on the day as long as you bring your ID.

WHAT TO BRING

Mum's and Dad's ID

- relian Driver's Licence

- K CRN C
- Course

To find out more contact:

Child/ren's ID

- re Card

- Council or Aboriginal

PORTANT ime of the child on the ID m led on their birth registratio



NSW Registry of Births Deaths & Marriages



The NSW Engagement and Support Program (ESP) is a voluntary program that provides supports to people so they can make positive changes and avoid a pathway to violent extremism.

Many different types of people, of any age, can be vulnerable to engaging in violent extremism, which can be described as the use of violence to advance a social, political, or ideological cause.

The ESP is not a 'de-radicalisation' program and does not directly attempt to alter beliefs of an individual. Rather, it provides a range of tailored support services that address their vulnerabilities and build positive connections to help the client.

Our team comprises of experienced case managers and a senior specialist psychologist, working alongside experts from other government agencies. The focus of ESP is to build resilience and develop a positive sense of identity, belonging and selfworth in the individual.

To achieve this, the ESP works with clients to:

- Plan goals based on one's risks, needs, circumstances and strengths
- Access programs and services to address these goals, such as linking to education, employment, and mental health support
- Connect with positive social and community supports
- Work with other government and non-government agencies to access the services required as part of an individual's case plan.

The ESP is available to people over the age of 10. We respect the privacy of our clients and will protect their personal details. Everyone involved with supporting participants is bound by strict confidentiality laws.

Contact us now to assess eligibility or to ask any questions

- 🛛 Email: esp@dcj.nsw.gov.au
- **S Phone:** 1800 203 966
- Web: dcj.nsw.gov.au/resources/

engagement-and-support-program.html

The ESP is funded by the Australian Government as part of the Living Safe Together Intervention Program (LSTIP) and the NSW Government, within the countering violent extremism strategy. The NSW ESP is delivered by the NSW Department of Communities and Justice.

A different pathway

NSW Engagement and Support Program (ESP)





STEP TOGETHER

Is someone you know heading down the wrong path?

You can help

Early support can help stop people turning towards violent extremism. Find out how.



Connect @steptogethernsw X @StepTogetherNSW

O @steptogethernsw
 in @steptogethernsw

What to look out for

Have you been noticing changes in a loved one? Perhaps they are more withdrawn than usual, spending a lot of time alone on the computer, acting with more aggression, or becoming less tolerant of others in the community.

These are some of the signs that someone you know may need help. Sometimes when people feel alone or misunderstood, they find a sense of belonging with extremist groups who prey on their vulnerabilities.

These groups promote, justify and encourage the use of violence to achieve their own political, social, religious or ideological change. Our aim is to protect people from going down this path.

Your role is critical

You are best placed to identify when those around you may be going down a negative path. It sounds so simple but sometimes a good ear is all it takes to help someone you care about. By listening without judgement, you can help someone feel accepted and find a sense of belonging, before they seek connection from groups that support violence. By creating an environment where healthy discussion is encouraged and people feel comfortable to express their ideas, you can promote positive connection and divert someone away from the dangers of extremism.

Step Together is here to help

Step Together is a helpline and digital support service for people seeking advice on how to support loved ones and protect them from involvement in violent extremism. In a safe and confidential space, qualified support workers can guide you in helping others and connect you with appropriate support services in your community.

For confidential advice and support:

Call us on 1800 875 204 or visit steptogether.nsw.gov.au





Carrot cake bliss balls

**** (15)

Preparation time: 20 minutes

Cooking time: 0 minutes

Makes: 20

Vegetarian, Gluten free¹, Dairy free



Ingredients

12 fresh dates pitted 1 cup dry roasted cashews 1 carrot, roughly chopped 1¼ cups desiccated coconut ½ tsp ground nutmeg 1 tsp vanilla essence

* Gluten free if using gluten-free vanilla essence



Method

Step 1

Put the dates in a heat-proof bowl and cover with boiling water. Set aside and soak for 10 minutes or until soft. Drain.

Step 2

Process the dates in a food processor until a paste forms. Add the cashews, carrot, 1 cup coconut, nutmeg and vanilla essence and process until combined.

Step 3

Place the remaining ¼ cup coconut in a bowl. Using wet hands, roll 1 tablespoon of mixture into a ball and roll in coconut to coat. Shake off excess and repeat to make 20 balls.

Step 4

Cover and chill in the fridge for 1 hour or until firm.

Sunsmart Snippet

Much like brushing your teeth, applying sunscreen should be a part of your daily routine.



When the maximum UV level is forecast to be 3 or above, remember to SLOP on SPF30+ or higher broad-spectrum, water-resistant sunscreen. In NSW this is most days of the year!

Remember: Sunscreen should be applied 20 minutes before going outdoors, and reapplied every two hours and after swimming, sweating or towel drying.



<u>sunsmartnsw.com.au</u>

you are invited to attend our

Waste 2 Art Workshop

For students of Dubbo's Local Government Area Educational facilities Aged between 4-18

Oct 28-31 & Nov 4, 7 & 8

Two sessions are available:

10am-12pm & 1pm-3pm

Western Plains Cultural Centre, Dubbo

Contact us on 02 6801 4448

or email:

regionalexperiences@nsw.gov.au

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