



*Newsletter 5th February 2020 Week 2 Term 1*

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## Our First Week in Prep!

The 2020 Preppies have had a great time starting "big school."

Since starting school last week Tuesday, the Preppies have had lots of fun exploring their classroom, the school grounds and the playground. They have had a visit from their Year 6 buddies, a Super Hero dress up day, PE, Music, Drama and Library lessons. The Preppies have really tried their best to learn the St Monica's LEARN rules and have been trying their best to participate in classroom activities.

Well done Preppies, it's going to be a great year!



# Principal's Page

Dear Parents and Carers,

Welcome to St Monica's for 2020. I would like to extend a warm welcome to you all, from our very new families and students to our final year families. I hope that you all have an excellent year at St Monica's.

Over the holidays, the John Bede Polding Sports Hall was fitted out with the new Indoor Basketball backboards. These backboards are fully retractable, adjustable and purpose built for junior and senior sports. This installation was made possible by grants from the Toowoomba Regional Council Sports and Recreation grants and the New Hope Group Community Investment Fund. This installation will provide another opportunity to our students to participate in regular sporting activities as well as providing an excellent sporting asset for the community.

During the break, I also received confirmation that we were successful in our application for a grant from the Federal Government through the Local Schools Community Fund. We have received funds of \$10,000 and this will go towards the building of our Centenary Garden project which will include an Outdoor Learning space and Wellbeing garden. I will be working closely with the staff, students and P&F in completing this project this year.

On the Teaching & Learning front, we will continue our focus on Reading improvement. Over the lifetime of the strategy - 3 years - we have seen wonderful improvement and success in student reading. Our aim is to have 90 to 95% of all students achieving their end of year targets and based off last year's results and successes, we are well on track.

Additionally, St Monica's has been selected as one of three trial schools to develop and implement the new Writing Improvement Strategy. As one of the trial schools, we will be using a program called Write that Essay. This program – research driven, evidence based - aims to build writing success by teaching students 12 basic sentence structures and how to effectively blend them into their writing. You will hear your children talk of different sentences they have learnt and how they are applying them. Our teachers will work closely with a writing coach to plan, model and deliver quality writing instruction to our students. The learnings and successes of the trial will be used to build the Diocesan approach to writing. A great opportunity for St Monica's

One final note. With the beginning of each new school year, our students can experience a mix of emotions as they become familiar with their new class. From our newest Preps to our experienced Year 6s, all students will take time to adjust to the change in classroom routines, teachers and social groups. Change is necessary part of life and cannot be avoided. Change should be embraced as an opportunity to grow as a person and the school is one environment in which students can learn to deal with change by developing their coping skills. Adapting and working with change is a lifelong skill that everyone needs. If your child is experiencing difficulties in settling into the new routines, be proactive and take some time to work with your child's teacher during these initial weeks until routines and school life becomes familiar. Please ensure that if you have any questions or queries in regard to your child, please contact your teacher as soon as possible. The staff of St Monica's are here to work in partnership with all our families for the benefit of your child/children.

## **Update on the Novel Coronavirus**

As you would be aware the Australian Government has announced new measures that specifically address travel restrictions from mainland China. I do not expect that these travel restrictions will have any impact on our school.

As always, the health and wellbeing of our students remains our number one priority.

We continue to take advice from Queensland Health in relation to this matter and the latest information is available on their website.

Mr Luke Barrett

Principal



## APRE

Welcome back to the new school year to all our St Monica's Families and a very warm welcome to our many new families. This year is already shaping up to be a very busy one.

On the 31<sup>st</sup> of January, 99 years ago, St Monica's School was officially opened. As we move towards 100 years of our wonderful school, it is timely that the staff and students have been learning more about our Good Samaritan traditions. One of the ways the staff is strengthening our link to the Sisters of the Good Samaritans is by forming a Good Samaritan Network with other schools in the Toowoomba Diocese. During the pupil free days, our staff participated in a formation day in Toowoomba at the Youth and Community Learning Centre (YCLC) with their staff. Our focus on this day was on Catholic Social Teaching in the light of the Good Samaritan Charism. On the 14<sup>th</sup> of February this year, YCLC will officially change their name to Good Samaritan College. Throughout the year, the two schools will foster a closer relationship with further professional development opportunities for our staff (along with the staff from St Francis de Sales Clifton, another Good Samaritan school). We will also have opportunities for the students from Good Samaritan College (TCSs only Good Samaritan Secondary School) to come to St Monica's to assist on days like our sports carnival and Under 8s day.



The Staff of St Monica's and YCLC



YCLC Principal, Liisa Hammond and Luke Barrett lighting our school candles

We have continued to fine tune our student leadership process, with four, formalized Teams operating from 2020. Each Year 6 student will serve a term on each of the four service groups.

Service Group Name	Description	Areas of Responsibility
Liturgy Team Silver Cross	The Religious Life of the School involves many opportunities for us to pray together and create a welcoming and inclusive environment for all.	School flags each day (put up and take down) Set up for assembly MC assembly each week Welcoming/thanking visitors Assisting with music / PowerPoint for Masses and Liturgies
Stewards of Creation Tree and watering can	We are called to be Stewards of Creation by caring for our common home. Taking care of our school environment is one way for us to do that.	Emptying classroom and playground bins Speaking on assembly / writing articles in the newsletter about recycling / composting Recycling of paper, drink containers etc Composting of food scraps for the gardens Care of a school vegetable garden Keeping the park across the road from the school clean and tidy
The Good Samaritans School crest	Jesus asks us to "Go and do like wise" (Luke 10:37), seeing others as created in the image and likeness of God. One way we can do this is through works of Social Justice.	Fundraising initiatives (T1 – Caritas, T2 – The Good Samaritan Foundation, T3 – Mission for Mercy and Hope, T4 – Catholic Mission) Mini Vinnies – including Winter Appeal and Christmas Appeal Awareness campaign about current issues of social justice including; speaking on assembly, articles in school newsletter, letters to local politicians etc.
Health and Wellbeing Team Gold Star	As a Wellbeing Lighthouse school, student health and wellbeing are a focus.	Student wellbeing voice Organise and run student wellbeing challenges 'spotted' type system for wellbeing – weekly focus to be decided by Health and Wellbeing Team e.g. demonstrating sportsmanship, being a good friend etc. sports sheds (keeping tidy, handing out equipment) organise games at lunchtimes e.g. inter-house netball etc. keep sports equipment ready for use encourage healthy lunchboxes by writing articles for newsletter, speaking on assembly etc.

# APRE

The Term 1 team members are:

Liturgy Team – Gemma, Lilah, Liberty, Sean, Jacob and Isabella

Stewards of Creation – Lincoln L, Emma, Isabel, Eva, Sonny and Emily

The Good Samaritans – Pyper, Cayla, Jhonatan, Paulo, Cheyanne and Marlee

Health and Wellbeing Team – Amy, Holly, Eli, Sam, Lincoln H, Hannah and Joshua

This year, St Monica's is lucky enough to be one of the pilot schools for the Writing Improvement Strategy for the Toowoomba Catholic Schools Office. As part of this project, we are participating in some professional development in writing, using the Write That Essay program. Each week on assembly we will be celebrating some fantastic writing taking place in our classrooms.

This is my only newsletter communication this term as I am going on Long Service Leave from the 19<sup>th</sup> of February to the beginning of Term 2. I have been fortunate to have been selected to attend an international religious education conference in Los Angeles. I am part of the group attending from the Toowoomba Catholic Schools Office (five APREs and one member of the Formation and Identity Team). After the conference, my husband Brendan and I will be spending a couple of weeks travelling in the United States, before returning home. I am very excited to have this opportunity and I am sure I will come back with many ideas. In my absence, Mrs Charden Ruge will be Acting APRE and Middle Leader: Teaching and Learning. Mrs Jess Gillam will be teaching my Drama lessons and preparing the students for our Holy Week Presentation on the last day of Term.

It was wonderful to see so many of our students support our fundraising day for the St Vincent de Paul Bushfire Appeal. Our small community raised \$420.50. Thank you to everyone who was able to donate to this worthy cause. If you are interested in donating further, please use the following link <https://donate.vinnies.org.au/appeals-qld/vinnies-disaster-appeal-qld>.

God Bless

Lisa Cavanagh

APRE/ ML: Teaching and Learning

## **PRAYER FOR THOSE AFFECTED BY BUSHFIRE AND DROUGHT:**

Eternal God, In wisdom and love you created our earth to sustain us and give us life.

We turn to you now in faith, hope and love, asking you to look with favour on our fire-ravaged  
and drought-stricken land,

on our starving and displaced animals, on our failing crops and burning farms, towns and forests.

Strengthen, sustain and give new heart to our farmers and to all who are affected by drought;  
be with those who support them.

Strengthen and comfort the victims of the fires, those who have lost family, friends, property and stock.

Protect our volunteer firefighters and all members of essential services.

In your loving providence, send abundant rain to quench the fires and to restore our parched earth.

Father of all compassion, hear our prayer through Jesus Christ your Son,  
in whom the promise of new life has dawned, and through the power of the Holy Spirit,  
the Lord the giver of life: Renew your faithful people; Renew the face of the earth.

Our Lady of the Southern Cross, Mary, help of Christians – Pray for us.

St Mary of the Cross MacKillop – Pray for us.

(Catholic.org/bushfires)

# Teacher Talk

## Year 1

Wow! What a great start to the year we have had. Students are beginning to develop routines and are settling in nicely! They have gone on a journey around Australia with the text 'Possum Magic' and have Rocked with Pete in their school shoes. Direction when using capital letters and identifying the subject and what is happening in simple sentences is our focus when writing. We are practicing detective skills as we use picture clues to help us read words. Students are learning facts about their brain and developing habits that will make them lifelong learners. Focus will continue on the LEARN behaviours and class rules.

**Mrs Chris Conneely**

## Year 2

Welcome to Year Two for 2020. The first few days we have been focused on reviewing the LEARN behaviours and establishing our classroom expectations. The students have taken home a copy of our expectations to go through with you. These were established as a whole class and were what everyone decided we would need to do to make our classroom run smoothly.

There are a couple of routine changes that are different from Year One. The Homework folders are to come to school everyday and will go home everyday. Any notes that need to go home will be placed in the homework folder - no folder, no note. I will send home an overview for the week each Monday in their diary and if I need to share something with you, that is not urgent, I may write it in the diary.

I am looking forward to a great year with this class, and sharing their learning journey with you.

**Mrs Cheryl Anderson**

## Communication for Parents

**Don't forget to follow us on Facebook and download the Skoolbag App for all the up to date St Monica's News.**

Please be mindful of our school communication policy which applies to all social media



## STUDENT PROTECTION CONTACTS

Every school has student protection contacts who act as a point of call for reporting, advice or information. These people are provided with training each year.

At St Monica's, the student protection contacts are:

Kaylene Bruggemann

Cheryl Anderson

Susan Rodd

The school principal is also able to provide assistance for any students or members of the school community. You will notice posters around the school making everyone aware of who the contacts are.

## UPCOMING EVENTS

### February 2020

Thur 6th	Parent/Teacher Interviews
Fri 7th	Year 6 Emu Gully
Tue 11th	Inner Downs Swimming Carnival
Wed 12th	Catholic Swimming Carnival Dalby
Mon 17th	School Leader Mass
Tue 18th	School Photos
Wed 26th	Ash Wednesday

### March 2020

Sun 8th	School Family Mass
Fri 20th	National Day Against Bullying
Thur 26th	Toowoomba Show Holiday
Fri 27th	School Cross Country

### April 2020

Thurs 2nd	Last Day Term 1
Mon 20th	First Day Term 2

facebook

SkoolBag 

**Don't forget to order your Tuckshop through**

**Flexischools.**

**Order must be in by 7.30am Monday.**



**Thank You to Claire & Val Lawrence for volunteering their time to make the Tuckshop available to our students. If anyone would like to volunteer please leave name at the office.**

### *Weekend Masses*

#### **St Monica's Parish**

1<sup>st</sup>, 4<sup>th</sup> & 5<sup>th</sup> Sunday – Saturday Vigil 6.00pm

2<sup>nd</sup> Sunday – 8.00am

3<sup>rd</sup> Sunday – 8.00am Celebration of the Word & Communion

#### **Our Lady of the Annunciation, Peranga**

2<sup>nd</sup> Sunday – 10.00am

4<sup>th</sup> Sunday – 10.00am Celebration of the Word & Communion

**Oakey: Saturday 6pm**

**Peranga: Sunday 10am**





## P & F Notes

### AGM 10th February 6:30pm

#### In Parish Meeting Room

Welcome to all our Parents/Caregivers for the 2020 school year.

We are in search of new members to join our P&F community, to bring along their new ideas and suggestions, everyone is welcome and their ideas and suggestions will be valued.

Have a voice when it comes to making the decisions of the P&F fundraising and how the funds are distributed to benefit our children at St Monica's.

If everyone does ONE thing for the year, being it serving at a BBQ, helping at a carnival or helping on a stall etc. It is a great way to meet other parents/caregivers and assisting the P&F to bring financial and social benefits to our community.

All position on the P&F committee are declared vacant and everyone is welcome to nominate for any position.



#### Uniform Shop



St Monica's Second hand Uniform shop

Everything currently \$5 each

Available Thursday and Friday by appointment only

Please contact

Tricia 0408 675 945 (prefer text)



Invitation to all St Monica's School  
Community Members

## Opening Mass and Leaders Presentation

Monday 17th February, 2020

St Monica's Church

9am



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**Peak2Park** fun run/walk has been running since 2006 and has raised a massive \$400 000 for local charities. This year's chosen charities are Toowoomba West Special School, Eva's Place Pregnancy and Early Parenting Support and Endometriosis Association Qld Inc. Details of the event are:

Sunday 1 March 2020

10km (7.00am start) or 4km (7.45am)

Start - Picnic Point, Finish - Lake Annand  
Run, jog, walk

Entry fee – Individual \$20, Family (2 adults and up to 4 children to the age of 16) \$40

For further information or to register for the event go to <https://www.peak2park.org.au/>.



### EXTREME JUNIOR INDOOR SPORTS

Indoor Netball Indoor Cricket Dodgeball  
Indoor Soccer Indoor Beach Volleyball

Every Tuesday night

We open at 6pm games will start at 6.15pm.

Every week a Different Indoor Sports



Ages-Primary Schools  
(younger can play)  
Cost-\$5 a game

(Parents are welcome  
to participate)



Oakey Indoor Sports Centre  
35-37 York Street  
46911691







# Be Well @ St Monica's



## *How can you help your child flourish?*

Raising children can be one of the toughest, but most fulfilling jobs in the world. We all want our children to flourish because that means they will be: happy and joyful, curious and eager to learn without feeling stressed, connected with their peers, empathetic, creative, confident, good team players, resilient and positive, and have a healthy self-esteem. How can you help your child to flourish and perform to the best of their ability at school?

**Sleep** - Poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact on the ability to learn in school, so the Department of Health recommends an uninterrupted 9 to 11 hours of sleep per night for those aged 5 –13 years. Some sleep tips for school-aged children include: teach school-aged children about healthy sleep habits, continue to emphasize need for regular and consistent sleep schedule and bedtime routine, make your child's bedroom conducive to sleep – dark, cool and quiet, keep TV and computers out of the bedroom and avoid caffeine.



**Diet** - It is important that we provide our children with a healthy diet, including school lunches, as poor nutrition has been associated with a number of physical and mental issues including: chronic health problems, tooth decay, obesity, poor sleep, lack of concentration, low energy levels and poor academic performance. School lunches need to be high in nutrients and should include items such as: fresh fruit, sandwiches or wraps, crunchy vegetables, lean meats, dairy - such as cheese or plain/natural yoghurt, home-made fruit muffins and water. Processed and pre-packaged snacks should be limited as they are high in sugar and salt and have very few nutrients.



**Exercise** - Being physically active is good for children and adolescent health, and creates opportunities for making new friends and developing physical and social skills. There is a profound impact on mood, cognitive behaviour, energy levels and self-esteem. For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and limited recreational screen time each day.



**Develop Independence** - By allowing your child to pack and carry their own bag to school, you are teaching them about responsibility, independence and self-regulation. They will learn to spend each day prioritising what they do and don't need to bring with them.

**Take care of their emotional health** - Everyone speaks of happiness as the ultimate goal, but humans were designed to endure all emotions; happiness, sadness, guilt, anger. We have all these emotions within us, and more, and in a normal, healthy human, all are acceptable within reason. In order for your child to regulate these emotions, healthy discussion and an open channel of communication between parents and child are crucial.



**Focus on their strengths** - They are your children, but they are their own person and they are born with their own sets of strengths and weaknesses. Let go of the weakness and focus on their strengths. Try to figure out what is it that your child is exceptionally good at and help them develop their skills.

**In challenging times, help is just a phone call away! Who can you call 24/7?**

Lifeline 131114, Kids Help Line 1800 551800, Beyond Blue 1300 224636



# St Monica's School Oakey

The 2020 School Fees and Levies schedule will be:

	Annual amount	Per Term (You will be billed 3 times for the year)	Total amount per week over 39 school weeks	Total amount per week over 52 weeks Starting 01/01/2020
<b>1 Child</b>				
Tuition	\$1,159.00			
Capital Levy	\$ 242.00			
P&F Levy	\$ 168.00			
	<b>\$1,569.00</b>	<b>\$523.00</b>	<b>\$40.25</b>	<b>\$30.20</b>
<b>2 Children</b>				
Tuition	\$2,069.00			
Capital Levy	\$ 282.00			
P&F Levy	\$ 177.00			
	<b>\$2,528.00</b>	<b>\$843.00</b>	<b>\$64.85</b>	<b>\$48.65</b>
<b>3 Children</b>				
Tuition	\$2,626.00			
Capital Levy	\$ 318.00			
P&F Levy	\$ 189.00			
	<b>\$3,133.00</b>	<b>\$1045.00</b>	<b>\$80.50</b>	<b>\$60.25</b>
<b>4 Children</b>				
Tuition	\$2,648.00			
Capital Levy	\$ 349.00			
P&F Levy	\$ 201.00			
	<b>\$3,198.00</b>	<b>\$1066.00</b>	<b>\$82.00</b>	<b>\$61.50</b>

In 2020, the preferred method for the payment of School Fees and Levies is via Direct Debit. We use the free direct debit services of the Arch-Diocesan Development Fund Brisbane (ADF). Although the ADF does not charge for the actual service there is a charge for payment rejections (currently \$1.10 per rejection). This is considerably cheaper than what banks charge. Furthermore, families are urged to set up a continuous Direct Debit arrangement over the 52 weeks of the year to break the fees down into manageable amounts to assist with the family budget. This will also ensure that the School Fees are paid within the school year in which the debt is incurred. A copy of the application form is available from the school office, so you can commence direct debits at the start of