



Newsletter 4th September 2019  
75 Lorrimer Street Oakey 4401

Week 8 Term 3  
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"Inspiring learning for a better world."  
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## Under 8's Day





# APRE

Last week I was fortunate to be able to attend a week-long course in Brisbane on the Enhancing Catholic Schools Identity Project. In 2017, Roly Poulton took part in the ECSI project in Leuven, Belgium, using data collected through surveys of staff, students and parents. Each year, Toowoomba Catholic Schools sponsors several school principals to attend the course in Leuven. I am grateful for the opportunity to attend the course in Brisbane along with two other APREs from TCS and many others from all of the Catholic Dioceses in Queensland.



Mr Barrett has now arrived in Papua New Guinea and has begun his trek along the Kakoda Track. He has taken with him our small "Digger the Bear" from Captain James Martin and will be sharing photos and stories with us when he returns. We wish Mr Barrett all the best and will be remembering him and his trekking group in our prayers.

## Child Protection Week

This week marks Child Protection Week. During this week, each class will be completing learning activities from the Daniel Morcombe Curriculum about staying safe. The main message of this curriculum is – **Recognise! React! Report!** This week is a great opportunity for families to have open discussions about staying safe in both their local environment and online. Please discuss with your children who they could go to for help if they need to **Report!** or if they are experiencing difficulties. At school, we have four Student Protection Contacts;



Cheryl Anderson



Luke Barrett



Kaylene Bruggemann



Susan Rodd

## Great Book Swap

Today we all participated in the Great Book Swap. For a gold coin donation, students could select a book to take home. Thank you to everyone who has supported our event by donating books and bringing along a gold coin. All funds raised will be sent to the Indigenous Literacy Foundation who do fantastic work in rural and remote Indigenous communities to purchase books for children, as well as publishing literary works by Aboriginal and Torres Strait Islander authors. Anyone wishing to donate directly can do so via this link <https://go.greatbookswap.org.au/EventDetail/7011J000001Ru5h/St-Monica's-Catholic-Primary-School-Great-Book-Swap>

Gold coin donations will continue to be collected until Friday.

# APRE

## St Monica's Day Mass Celebrations

This Sunday at 8am, the St Monica's school and parish communities will be joining together to celebrate the feast day of St Monica. After mass, we will be having a shared morning tea in the parish hall. At this morning tea, the St Monica's Award will be presented to one student from each class. This student displays the following characteristics:

- Has great patience with things that take time
- Joins in prayers regularly
- Shows great concern for others
- Shows interest/knowledge/respect for the Saints
- Shows respect/care and devotion to family
- Shares gifts/time/talents with others

Today each child received a colouring competition entry for St Monica's Day. At the bottom of this is the RSVP. Entries must be returned to school by Friday and the winners will be selected by Father Thomas and Father Mick on Sunday morning. **Please bring a plate of morning tea to share.** Last year we had quite a few families attending our celebration mass – I look forward to welcoming you again this year. This is our only school parish mass this term.

## Parent Teacher Interviews

Tomorrow night teachers will be conducting Parent Teacher Interviews. We are trialling a new system this semester with all the interviews being on one night, in one place. We are also trialling a new online booking system. These interviews are an excellent opportunity for you to meet with your child/ren's teacher to discuss their progress. If you have been unable to book a time or are unable to attend tomorrow night, please contact your child's teacher directly to arrange a time.

God Bless

Lisa Cavanagh

Acting Principal

# Teacher Talk

## Prep

We have had a busy week in Prep. Prep was visited by the Year 11 Early Childhood Studies students. Part of the High School student's curriculum was that they had to design and implement a story-reading activity of a short story suitable for a small group of four to five year olds supported with props to encourage literacy skills.

To prepare for the session the high school students visited the Oakey TRC library to find out information for their task and borrow suitable books. Dan Gardiner, First 5 Forever Project Officer, Toowoomba Regional Council visited Oakey SHS to show the class how he delivers his sessions in the community.

After our High School Buddies visited we wrote them letters to say thank you for visiting. We have also been practising reading our sight words and identifying them all around the classroom and in different texts.

If you have yet to book a parent interview please feel free to contact me regarding a date and time that would work. Thank you to everyone for the continued support down in Prep.

Just a reminder that sight word books, home readers and library bags are due back every Thursday.

Have a wonderful week,

**Mrs Ayden Ah Quay**

## Year 1

How good was Under 8's Day! Last Wednesday the children were able to engage in many sporting, art and craft activities for the whole day. Students had an opportunity to check out the emergency services when the Police, Fire Brigade and Ambulance Paramedics attended our morning activities. Thank you to everyone who made this a special day.

This Thursday Year 1 students will be presenting a special prayer for 'Indigenous Languages Day' at Assembly. Everyone is most welcome to attend.

As part of the Daniel Morcombe program students are looking at scenarios to help them learn to 'recognise, react and report' unsafe situations. They have also been very busy applying their skills to testing activities this week. It is incredible to see the progress of the students knowledge and skills. Don't forget Parent/ Teacher interviews on Thursday afternoon. I hope all dad's enjoyed their special day last Sunday and I am looking forward to seeing everyone at church this Sunday as we celebrate St Monica's Day.

**Mrs Chris Conneely**

## Year 2

The students have been working hard on completing their information report on an animal of their own choice. During reading groups we have been looking at the difference between a fact and an opinion and the students have been making sure they only have facts in their reports. Over the next couple of weeks Year Two students will be finalising this terms assessment pieces, if possible, could you please keep absences at a minimum.

Under 8's day was a huge success. The students enjoyed participating in a variety of sport and art activities.

God Bless

**Mrs Cheryl Anderson**

## 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

### September 2019

Wed 4th Sept	Indigenous Literacy Day
Wed 4th Sept	The Great Book Swap
Thurs 5th Sept	Parent Teacher Interviews
Fri 6th Sept	ICAS—Science
Sun 8th Sept	Mass 8am St Monica's Feast Day
Thurs 12-13th Sept	Year 4 Camp—Overnight
Thurs 19th Sept	Charlotte's Web Excursion
Thurs 19th Sept	Special Lunch-Sausage Sizzle
Thurs 19th Sept	Last Day of Term 3

### October 2019

Tues 8th Oct	First Day of Term 4
Mon 21st Oct	Pupil Free Day
Fri 25th Oct	World Teacher Day
Thurs 31st Oct	Beersheba Day

### November 2019

Tues 5-8th Nov	Year 5/6 Camp
Mon 11th Nov	Swimming Lessons
Tues 12th Nov	Swimming Lessons
Fri 22nd Nov	Swimming Carnival

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

**Flexischools.**

**Orders 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.**

### *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**

## SuperLEARNers Week 6 & 7



## P & F Notes

Thank you to all who attended the Trivia Night it was a huge success. Thanks to all who worked tirelessly behind the scenes, without these workers events like this would not take place.

A special Thank You to our sponsors, Tyreright Oakey, McCormack Industries, Bi Rite Electrical Oakey and to all the local business houses who donated auction and raffle.

To the winners of the best dressed man and lady on the night well done: definitely deserved, and to the winning table again a great effort.

Thank you to Katie and Linda for running the Father's Day Stall and a Special thank you to Antony from OMG your generosity is truly appreciated.

Next on the list for the P & F is preparing the artwork for the tote bags, I am sure every Mum would love one. The Cost of these will be \$20.00. A copy of your child's artwork will be sent home for you to give it the once over before you purchase.

The P & F are running a Special Lunch on September 19<sup>th</sup> Sausage in bread and a drink. Any helpers on the day to help cook and serve would be appreciated. Contact the office if you can help.

Camp Draft next weekend 21<sup>st</sup> and 22<sup>nd</sup> Oakey Showgrounds helpers needed for this please contact Matt Edwards. An hour or two of your time will be appreciated.

**Tuckshop please note that Ice blocks have been taken of the menu.**

If you fancy something cold try the frozen Yoghurt.

### Next P&F Meeting

Monday 14th October 6.30pm in Parish Meeting Room. Everyone is welcome to attend.



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)



## St Monica's Does Parkrun!

It was wonderful to see so many members of our St Monica's Community come together on Saturday morning to participate in parkrun! This family friendly, free event occurs every Saturday morning at 7am at Arthur Shooter Park.



# HAVE A GO!



PLAY JUNIOR CRICKET  
AT YOUR LOCAL CLUB  
AND DEVELOP YOUR  
SKILLS IN FAST,  
ACTION-PACKED GAMES!

- 1 Find your local club at [playcricket.com.au](http://playcricket.com.au)
- 2 Contact and find out more details.
- 3 Invite your friends!

join the fun at YOUR LOCAL CLUB  
register at [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)

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### Oakey Junior Cricket Club

Come & Try / Sign on Afternoon

When: Wed 4th Sept | 3:30 - 5:30pm

Who: Ages Prep - 15 years, Girls & Boys

[oakeyjuniorcricket@gmail.com](mailto:oakeyjuniorcricket@gmail.com)

Come give cricket a go, all levels catered for

JOIN THE FUN AT YOUR LOCAL CLUB  
REGISTER AT [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)

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## BOOK WEEK SUCCESS

The Library Staff would like to thank the St. Monica's School Community for their great support of our Book Fair during Book Week. Commission on sales has entitled the School Library to over \$800.00 worth of new books. These will be processed as quickly as possible for your children to enjoy.

We had a spectacular assortment of book characters on parade on the Friday and we congratulate everyone on their creative efforts.

### Winning Book Characters

Class	Highly Commended	Winning Character
Prep	Nash	Saj (Do Not Open This Book)
Year 1	Gabriel	Claire (Pippy Longstocking)
Year 2	Alex L Teliah	Arabella McC (The Princess and the Pea)
Year 3	Elanna	Ivyee-Grace (The Three Little Pigs)
Year 4	Lily-Ann	Chloe (Mrs Twit)
Year 5	Sam	Isabella A (Miss Swine, Grandpa's Great Escape)
Year 6	Norma Irene Tamayo	William (Carl from Up)





The whole school will be attending Charlotte's Web on Thursday 19th September, 10am session. This will be a whole school excursion at no cost to parents. Scifleet buses will generously transport Prep to Year 2 to the Cultural Centre.

Extra tickets are available to purchase (cash only) at the information centre at the Oakey Railway Station.

\$5.00 per child and \$10.00 per adult.

BY ARRANGEMENT WITH ORIGIN™ THEATRICAL, EXCLUSIVE REPRESENTATIVES OF  
THE DRAMATIC PUBLISHING COMPANY of Woodstock, Illinois

# Charlotte's Web


Based on the book by E.B. White  
Adapted by Joseph Robinette

*The unlikely friendship between  
wide-eyed innocent pig Wilbur and the  
worldly, wise spider Charlotte...*

Wednesday 18 Sept, 6pm  
Thursday 19 Sept, 10am

## Oakey Cultural Centre

Tickets Available from  
**empiretheatre.com.au | 1300 655 299**



The Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Toowoomba Regional Council to support local arts and culture in regional Queensland.



**FATHER THOMAS AREEKUZHAY M.C.B.S AND  
ST. STEPHEN'S PARISH PASTORAL COUNCIL  
INVITE ALL TO ATTEND**



# **ST. STEPHEN'S CATHOLIC CHURCH PITTSWORTH CELEBRATING 110 YEARS**

Our Church is at the heart of the community. Many parishioners and residents of Pittsworth and surrounding districts have been welcomed into our community. All are welcome to the celebration of 11 decades of our Church.

**The Mass will be presided over by Bishop Robert McGuckin**

**SUNDAY, 15<sup>TH</sup> SEPTEMBER 2019**

**MASS COMMENCING AT**

**10.00AM**

RSVP: St Stephen's Parish Pittsworth - Tel: 46 932559

Email: [ststephenspittsw@gmail.com](mailto:ststephenspittsw@gmail.com)

Light refreshments will be served after Mass



# Be Well @ St Monica's

## Let's Get Physical



The significant impact exercise has on physical health has been well documented.


This includes reducing the risk of chronic illness such as heart disease, Type 2 diabetes and some cancers, maintaining strong bones and muscles and lowering blood pressure. Sport and exercise also has many benefits that enhance emotional wellbeing and mental health. Scientific research has shown there is a positive impact on: **Mood** – exercise improves blood flow to the brain which results in the release of endorphins and serotonin, the body's natural antidepressants. It helps to boost immune function and control stress and anxiety.

**Cognitive function** – during physical activity the brain creates more neurotransmitters which results in improved memory, concentration and academic achievement.

**Sleep** – physical activity can lead to improved quality of sleep.

**Energy levels** – expending energy through exercise can actually boost energy levels.

**Self-esteem** – physical activity has been associated with an increased level of self-esteem, self-confidence and social interaction.



**Oakey**  
WELLNESS COMMITTEE

FREE WEEKLY Resistance Training  
& Meditation Classes

An initiative of the Oakey  
Wellness Committee

**SCHEDULE & VENUE**

**MIND BODY MOTION**

Classes commence **Thursday 5th September 2019**  
at 5.30pm and then every Thursday.

Classes will combine a resistance training session using bands and a meditation session, which focuses on awareness, and getting a healthy sense of perspective.

Venue for each session:  
Oakey Uniting Church -  
16 John Street.

Attire:  
Wear something that is  
comfortable and allows  
ease of movement.

Phone Roy on 0414256930  
roy@royblenkinmpt.com.au  
Bookings are essential as places  
are limited to 20 per session.

This activity is supported by funding  
from the Darling Downs and West Moreton  
PHN through the Australian Government  
PHN program

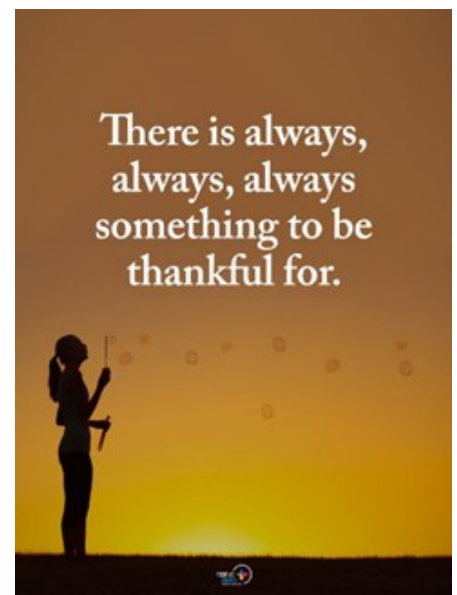
## Mind Matters An Attitude of Gratitude



One of the greatest, yet simplest, ways of improving emotional health and wellbeing is to demonstrate gratitude. People who adopt an 'attitude of gratitude' *experience higher levels of positive emotions such as joy, enthusiasm, love, happiness and optimism. They enjoy better sleep and are more resilient, recover more quickly from illness, experience greater physical and psychological health and enjoy more positive relationships with others.*

### **How to encourage gratitude in children?**

*Write in a gratitude journal each night, insist on the use of good manners, volunteer as a family, look for a positive in all situations, write thank you notes, express gratitude during dinner table conversations, reach out to those less fortunate.*



**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