



SAINT MONICA'S CATHOLIC PRIMARY SCHOOL - OAKEY



"In Omnibus Glorificetur Deus"
"In All Things May God Be Glorified"

Newsletter 13th November 2019
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Week 6 Term 4

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"Inspiring learning for a better world."

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YEAR 5/6 CAMP



Last week was one of the greatest and busiest weeks of the year. On camp we went on the Wheel of Brisbane which was kind of scary because we were up really high but it had a great view! One of the best tours was the Suncorp Stadium tour because I'd never been there before and it had a really interesting history. The Queensland Museum was really cool because they had real dinosaur bones and a baby giant squid which I thought was pretty cute. We also went to SparkLab at the museum which was really fun because there was heaps of hands on science experiments. My favourite part was the spinning chair and seeing everyone's reactions after they hopped off. Rock climbing made everyone super tired, even the teachers, as it took a lot of strength to lift ourselves up the walls and it really put us to the test.

Camp was super tiring and everyone was out like a log each night after all the walking and eating but it was so much fun. In the end though we were all ready to go home and see our family.



On the first day of camp my highlight was the Wheel of Brisbane as it was very high and there was an amazing view. I also loved the Suncorp Stadium tour as we got to go behind the scenes. I like the Police Museum because we were detectives and I also loved the bowling that evening. On Wednesday my favourite activity was Parliament House because we had a role play and I got to be the Speaker. The City Hall was beautiful with its big bell tower. I liked the Aboriginal dancing in the Museum of Brisbane also. St Stephen's Cathedral was huge!

On Thursday we went to the Queensland Museum and had a self-guided tour. Then we went to SparkLab. It had so many experiments and there was a show that we watched as well. After lunch we went to Lego Education where we learnt to use robots. We then went on the City Hopper along the Brisbane river. On Friday we went rock climbing and everyone had so much fun. After lunch we went to Mt Coot-Tha Botanical Gardens for an art lesson before coming home to Oakey.

Eva



YEAR 5/6 CAMP



Last week my highlights were the Wheel of Brisbane, SparkLab, the Talent Quest, Police Museum, Suncorp Stadium, Ten Pin Bowling and Rock Climbing. I had an amazing time at all of the events. My biggest highlight was the Channel 7 Wheel of Brisbane. On Wednesday my highlight was St Stephen's Cathedral because it was amazing to see what the differences were in St Stephen's compared to St Monica's church. The food at camp was amazing and my favourite dish was the chicken schnitzel and chips. On the final night of camp I got first place in the talent quest when I performed the cup song with Amy, Isabel and Bella. It was a fantastic trip!

Cheyanne

"SparkLab was a fantastic experience because it made you think in ways you don't usually." Lilah



"Before we left Brisbane we went to the Botanical Gardens. It was beautiful and we got to do an art lesson there. I made a squirrel sculpture out of the clay." Cayla



Principal's Page

This week we commenced our swimming lessons for the year in preparation for our swimming carnival next week. Even after two lessons, there is some notable progression of skills with many of our students. Swimming is one of those sports/skills that needs to be developed and practiced regularly and while we as a school try our best to develop our students swimming skills in the time we have, the best opportunity comes from regular participation in Summer Swim Programs or through regular visits to the pool. I'd like to thank our instructors from the Oakey Pool for assisting with the running of this program. We have two more lessons next week on Tuesday and Wednesday prior to the carnival on Friday. Speaking of the carnival, Mrs Bruggemann and I are working through the final details for the format of the day and student nominations will be sorted in the next few days. We are encouraging students to at least attempt a couple of races such as Freestyle and Backstroke. Final details including an approximate event schedule will be made available early next week.

Last week, all families received a letter about the Teaching staff allocation for next year. If you haven't received one, please ensure that you ask at the office for one. On the 26th November, we will be holding a whole school transition morning where all students will have the opportunity to spend the morning with their 2020 classroom teacher.

Just a reminder about arrival times before school. Over the past couple of weeks, we have had a number of students arriving early to school, well before 8:00am. We understand from time to time that it might be necessary that your children need to be dropped off early however please ensure that you have notified the school of this. Our official supervision duty of students doesn't commence until 8:20am. We ask that you assist us with this small admin task as we manage our duty of care for your children.

Last week, the Year 5 & 6 students enjoyed a fantastic week away on school camp. They were kept thoroughly busy as you could see by the daily Facebook posts. The students had opportunities to visit a number of the museums, gardens and government buildings around Brisbane. I was impressed with our student's behaviour and conduct at the various places, they represented the school well. Special thanks to our teachers, Miss Keleher, Mrs Bruggemann and Mrs Brady for organising this experience and giving of their time to supervise.



APRE

The Australian Catholic Bishops Conference is asking us all to pray for rain to water our parched land. Like many of our St Monica's families, my husband and I are farmers, and understand the heartbreak of drought. Each student will get a bookmark this week with the following prayer. I urge everyone to pray this prayer at home, just as we will be here at school.

National Prayer Campaign for the Gift of rain,
for people affected by drought,
for support services

Eternal God,
In wisdom and love
You created our earth
To sustain us and give us life.

St Mary of the Cross MacKillop –
Pray for us.

We turn to you now
In faith, hope and love,
Asking you to look with favour
On our drought-stricken land,
On our starving animals,
On our failing crops.

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

In your loving providence,
Send abundant rain
And 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.

Thank you to all our families for your support of our Crazy Sock Day, where we raised much needed funds for Catholic Mission to assist with their work around Australia and the rest of the world. Our school community raised about \$200. Congratulations to our students who won the class prizes (Amity, Elsie, Jennifer, Amy, Tyeisha and Cayla) – I loved the home-made crazy socks.



APRE

Last Wednesday, we were very lucky to be invited to Oakey State School to listen to a presentation by Bruce and Denise Morcombe. The main message was keeping yourself safe and to RECOGNISE, REACT,



REPORT when something isn't right. Bruce and Denise Morcombe are inspirational speakers who, after their own personal tragedy, have made it their mission to educate children and families so that no one else has to go through what they have. One tip the Morcombes suggest for families is to have a

family password so that anyone collecting the children has to know the password before they get into the car with them. We have been given some large posters and a fantastic fence banner by the Daniel Morcombe Foundation so that this important message stays in the forefront of our minds at all times.

Since the last newsletter, I have heard again from Captain James Martin in Iraq. James and his crew were very excited to receive a package from the students at St Monica's that included our Digger books as well as some lollies for them to share.

Below is part of the message James sent to us here at school.



(Rhys, Connor, Ashleigh and James all came to visit us before they went to Iraq)

"Thank you very much for the letters and delicious snacks. Everyone really enjoyed the jelly beans. Training Team Sierra, as part of Task Group Taji IX, really appreciate your support whilst we are over here away from our homes and families. We absolutely loved reading about the adventures of "Digger the Bear" and "The Little Digger". We also enjoyed learning about the students and their families, and how they spent their time with the "Digger Bears".

Captain Martin will be coming home to Australia in the next fortnight and will be coming to our end of year awards ceremony (on Friday 6th December at 10am) where he will be making a presentation to the school and will assist Mr Barrett to hand out some of our awards. We look forward to catching up with him then.

The year 6 students and I went to the Oakey Remembrance Day service on Monday to represent the school. We took Digger the Bear with us and before the service met Captain Martin's mother and grandparents.



God Bless

Lisa Cavanagh

Teacher Talk

Year 3

Students have been exploring the effects of waste on our environment. We compared what we thought a beach looks, sounds and smells like with the world's dirtiest beach. This allowed us to reflect and think of the reasons why the beach may be so unappealing and how we may contribute to this.

Students have just finished their rhyme poems about their chosen animal, we had to make sure that although the poem may have some great rhyming words, it still needed to make sense. We had some great examples of patterning in the poems which demonstrated an understanding of the features of poetry.

Well done to those who are continuing to complete homework as we near the finish of year three.

Mr Callum Duncan

Year 4/5

What a wonderful time we had last week on the Year 5/6 Camp. I was very happy with the behaviour and enthusiasm shown by our students and I am sure they will have shared many stories of their experiences with you. I would like to thank Ms Keleher for her wonderful organisation in booking all of our activities in our jam-packed and fun—filled itinerary. Well done to the Year 4s who worked diligently throughout the week and stepped up to take on some of the leadership roles.

The students have enjoyed their first couple of swimming lessons and this will continue next week. Please ensure your child brings all of the necessary items. This week in class we have completed assessments in Maths, English and Religion and will start to read the novel Storm Boy. There is just over three weeks of the school year remaining and this will be a very busy and action-packed time.

Mrs Kaylene Bruggemann

BOOKLISTS FOR 2020 HAVE BEEN SENT HOME WITH THE CHILDREN TODAY

PLEASE CHECK YOUR CHILD'S HOMEWORK FOLDER OR BAG.

YOU CAN DROP THE COMPLETED FORM BACK TO THE OFFICE OR DIRECTLY TO THE OAKLEY NEWSAGENCY

PLEASE SUPPORT OUR LOCAL BUSINESS SO EVERY CHILD HAS THE CORRECT ITEMS FOR 2020

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

November 2019

Tues 19th Nov	Swimming Lessons
Wed 20th Nov	Swimming Lessons
Fri 22nd Nov	Swimming Carnival
Wed 27th Nov	Interhouse Ballgames Carnival
Thurs 28 Nov	Bush Dance School Sports Hall

December 2019

Wed 4th Dec	Year 6 Graduation Mass
Wed 4th Dec	Interschool Ballgames Carnival
Thurs 5th Dec	Year 6 Transition OSHS
Fri 6th Dec	Final Day 2019

**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.
If anyone would like to volunteer please
leave name at the office.**

School Fees

**All fees need to be paid in full
before
Friday 6th December 2019**

Weekend Masses

St Monica's Parish

1st, 4th & 5th Sunday – Saturday Vigil 6.00pm

2nd Sunday – 8.00am

3rd Sunday – 8.00am Celebration of the Word & Communion

Our Lady of the Annunciation, Peranga

2nd Sunday – 10.00am

4th Sunday – 10.00am Celebration of the Word & Communion

Oakey: Saturday 6pm

Peranga: Sunday 10am

SuperLEARNERS Week 4



P & F Notes

Tote Bags: I hope everyone was happy with the Tote Bags. I thought they all looked terrific.

Christmas Raffle: Keep the donations coming in. We have a great selection of Christmas Goodies. Someone is going to be very lucky to win this. Tickets available from the office.

Please support the last fundraiser of the year!

Bush Dance: This is a compulsory school event.

Thursday the 28th November, this is going to be a great night. The P & F are organising the food and drinks to be on sale for the night. Helpers will be required, please lend an hour or two of your time. Let us know in the office if you are available, many hands make light work.

REMINDER: Please if you are making a purchase from the Bernborough Hardware remember to mention St, Monica's School and the loyalty programme they have on offer for our parents, this comes back to the school through a points system and the school benefits.

Next P&F Meeting

Monday 18th November 6.30pm in Parish Meeting Room. Everyone is welcome to attend.

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)

The final Aussie Karate competition for 2019.

St Monica's students Henry received a bronze medal and Trinity received a gold medal.

Congratulations!



**Nags Rags
&
Roses**

Your Local School Uniform Stockist

**178 Bridge Street Oakey
Phone: 46 912 311**

Be Well @ St Monica's

You are what you eat!



The benefits of a healthy diet are well known but it can be a challenge for parents in today's busy world to find the time to shop for, prepare and pack nutritious school lunches. It is important that we provide our children with healthy school lunches, as poor nutrition has been associated with a number of physical and mental issues including: chronic health problems such as diabetes and heart disease, tooth decay, obesity, poor sleep, lack of concentration, low energy levels and poor academic performance.

A balanced lunchbox, high in nutrients, could 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. Pre-packaged snacks are very convenient and we can be misled by advertisers to thinking they are healthy choices, due to the use of words such as 'natural', 'fat free' or 'no artificial colours or flavours'. Most pre-packaged and processed foods, however, are very high in sugar and have limited nutrients. Ideally, processed snacks should be limited to one item and preferably a low-sugar choice such as rice crackers or unsalted popcorn. Things like chips and cream cakes should be left for parties and special occasions. To ensure food safety, don't forget to use an insulated lunchbox or ice-brick, especially in this hot weather.

FOOD PYRAMID for KIDS



At St Monica's we see lunchboxes filled with delicious and nutritious foods, but unfortunately we also see lunchboxes filled with pre-packaged, processed items. Opting for healthier foods is the best way to give children the energy and nutrients their bodies and brains need to perform well at school.

Here are some delicious and nutritious lunchboxes we have spotted at St Monica's!



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