

# SCHOOL NEWSLETTER

**Term 3 Week 4 2024  
Thursday 15<sup>th</sup> August**

Rosary Park Catholic School  
Station Street, Branxton NSW 2335

P: (02) 4938 1541 E: [admin@branxton.catholic.edu.au](mailto:admin@branxton.catholic.edu.au)

Website: [www.branxton.catholic.edu.au](http://www.branxton.catholic.edu.au)

*We acknowledge the Wonnarua people-the first custodians of this land*

Built on Faith, Knowledge, Respect

*The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults - particularly those who participate in the life of the Diocese. All employees are required to undergo a National Police Check and, where legislated, hold a Working with Children Check. Diocesan workers are expected to personally adopt and enact the Diocese's Safeguarding Commitment Statement.*

## IMPORTANT DATES

**Weekly Mass Times: 6pm Saturday Branxton; 8am Sunday Greta**

AUGUST		SEPTEMBER	
Fri 16 <sup>th</sup>	Year 3 Excursion – departs 6:00 am returns approx. 4:30 pm	Wed 4 <sup>th</sup>	Learning Fair. Visit classrooms from 9:05 to watch Maths activities NO AWARDS
Thu 22 <sup>nd</sup>	Years 3 & 4 Touch Football Gala Day	Tue 10 <sup>th</sup>	Years 5 & 6 Soccer Gala Day
Mon 26 <sup>th</sup>	Father's Day Stall	Tue 10 <sup>th</sup>	Science & Engineering Excursion
Tue 27 <sup>th</sup>	Years 3 & 4 Soccer Gala Day	Wed 11 <sup>th</sup> - 17 <sup>th</sup>	Sallyanne Long Service Leave
Wed 28 <sup>th</sup>	Catholic Schools Visit (brief assembly – no awards)	Fri 13 <sup>th</sup>	Polding Athletics in Sydney
Thu 29 <sup>th</sup>	Years 5 & 6 Touch Football Gala	Wed 18 <sup>th</sup>	Awards assembly 9am
Fri 30 <sup>th</sup>	Father's Day celebrations. Sausage sizzle @ 11:30am followed by a game's afternoon.	Friday 20 <sup>th</sup>	PUPIL FREE DAY

## ADVANCE NOTICE FOR YOUR DIARY

**Wednesday 27<sup>th</sup> November** – Christmas Concert with Andrew Chinn starting at 5:30pm

**Tuesday 10<sup>th</sup> December 2024** – Year 6 Farewell Liturgy and Dinner

**Friday 13<sup>th</sup> December 2024** – Whole school End of Year Awards at 9:45am (school hall)

**Monday 16<sup>th</sup> December 2024** - Swimming carnival (Singleton). Year 6 participation in MAT workshop at school on this day.

## Principal's Message

Dear Parents/Carers

Today we celebrate the Feast of the Assumption of the Blessed Virgin Mary. On this Feast, Catholics traditionally celebrate Mary going to heaven. The tradition is that 'God took Mary, body and soul, to heaven after her life on earth had come to an end'.

The Feast of the Assumption celebrates both the happy departure of Mary from this life by her natural death, and her assumption bodily into heaven.

Mary the mother of Jesus is the Patron saint of our school Rosary Park, as the Rosary is the prayer we pray to Mary. Praying the Rosary allows us as Catholics to encounter Mary and to enter the mysteries of Jesus Christ.

### **Catholic Schools Office Annual Visit**

On Wednesday 28<sup>th</sup> August the Religion and Learning and Wellbeing teams along with Steve Lemos (Head of Catholic Schools) and Lisa Tierney (Chief Operating Officer - Diocese Maitland-Newcastle) will visit Rosary Park.

This is their annual school visit (as they do with all schools) where the various teams meet with the executive to talk about our school, share our success and challenges and visit classrooms.

On this day we will NOT have an awards assembly but will meet briefly with the team to welcome them to our school.

### **Learning Fair**

Mathematics is our school improvement focus area for 2024, and we want to share with you how we teach and learn in this KLA.

So, on Wednesday 4 September we will NOT have an awards assembly. Instead, we invite parents to our school from 9:05am to visit their child's class and see firsthand what (and how) they are learning in Maths. This is also an opportunity for your child to share with you some of their learning and goals for this term.

### **Summer uniform transition**

Full summer uniform will be worn from Monday 9<sup>th</sup> September. The week starting Monday 2/9 is a transition week dependent on the weather. If it is warm starting the week of 2/9 children can wear the summer uniform.

### **Staffing**

Both Alanna Seysener and Victoria Prosser have relinquished their teaching positions at Rosary Park and will not return to work here. We thank them for their work and contribution to our school and wish them every success for the future.

Mr Heath Turner will remain teaching 4 White for the rest of the year.

Jack Montgomery is still unwell and undergoing further testing, in the hope he can soon be cleared to return to work.

## **Remembering Zane**

Last Monday 5 August we held a liturgy with our year 5 children for the 2nd anniversary of Zane Slomka's passing. Zane was a year 3 student of Rosary Park when he died on 5/8/22 following a 9-month battle with brain cancer. It was lovely to spend some time remembering our friend Zane, praying and sharing memories together. At the conclusion of last week's liturgy his year 5 friends enjoyed doing what Zane loved so much and played a game of rugby league!

## **Working Together**

We are stronger as a school community when we work together, and that parental input enriches the work that our staff undertake in supporting all students to thrive.

I welcome the opportunity to hear from parents and carers directly, whether it be with compliments, constructive ideas on how you think the school could approach things differently or, even grievances. By coming to me in the first instance, often I can work more swiftly if there are areas of immediate concern or, even support you to deliver your ideas to the broader school community.

If you do want to reach out to me, in the first instance please email [admin@branxton.catholic.edu.au](mailto:admin@branxton.catholic.edu.au) This email address is regularly monitored and will ensure you receive a response within 2 business days, even if I am on leave and unable to personally get back to you straight away.

## **Safeguarding information for parents**

The Catholic Diocese of Maitland-Newcastle has an absolute and abiding commitment to promote the safety, welfare and wellbeing of children. As a parent sending your child or children to a Diocesan school, you should be aware of your rights and obligations in protecting your child and all children in our schools.

Rosary Park has implemented a Safeguarding Promoter to ensure that our families are provided with information about the schools' approach to safeguarding children and its compliance with the Church and State child safe Standards. I as the principal currently fill this position.

The Children and Young Person's (Care and Protection) Act 1998 In NSW we can report certain information to the Department of Communities and Justice (DCJ). If we are concerned for one or more of the children in the school, we can discuss our concerns with a teacher, Assistant Principal or Principal.

We can report our concerns to the Child Protection Helpline (Ph. 132 111, 24 hrs/7 days) if we have reasonable grounds to suspect that a child or young person is at risk of significant harm and our concerns are current.

Risk of significant harm may occur from a single act or omission or to a series of acts or omissions. When determining how serious your concerns for a child may be, always consider whether that child has any particular risk factors, including:

- age, the younger the more dependent
- physical disabilities, developmental delays or medical conditions
- social isolation
- culturally diverse background
- diverse sexuality and gender
- nobody looking out for the child they could depend on.

It is better to be safe than sorry, so if uncertain, talk to a staff member at the school. As parents you are entitled to contact the Office of Safeguarding directly about any concerns you have about the safety, welfare, or wellbeing of a child or if you are concerned that the school isn't addressing allegations of reportable conduct or abuse. (Ph. 4979 1390 Mon-Fri).

### **Rights of the Child**

As with all peoples, children have human rights across the full spectrum of civil, cultural, economic, political, and social rights.

Because children are recognised as having inherent needs and dependencies, they also have particular rights. Both the Commonwealth of Australia and the Vatican (Holy See) ratified the Convention on the Rights of the Child in November 1990, this is the central international instrument that underpins both Australia's and the Church's approach to safeguarding children.

The Australian Human Rights Commission's child friendly summary of children's rights state that children.

1. be treated fairly no matter what
2. have a say about decisions affecting them
3. live and grow up healthy
4. have people do what is best for them
5. know who they are and where they come from
6. believe what they want
7. privacy
8. find out information and express themselves
9. be safe
10. be cared for and have a home
11. education, play and cultural activities
12. help and protection if they need it.

### **Child Protection**

As a staff our duty of care is always to maintain the safety and wellbeing of our children. If as a parent, you are sending another person to pick up your child early from school (who is not listed on our records as an emergency contact) please notify the office staff beforehand that this is happening. If we do not have this information, our office staff will need to call the parent to verify this person's identity. Thank you in anticipation for your cooperation with this to maintain our children's safety and wellbeing.

### **Father's Day**

We are pleased to be able to hold our Father's Day sausage sizzle from 11:30am on Friday 30 August. This will be followed by a game's afternoon.

### **Student Leadership Policy**

As well as being a buddy for our new Kinders, year 5 children will in coming weeks prepare for 2025 leadership opportunities. The main principles of our Student Leadership policy are:

-In order to encourage a more shared approach to leadership and service amongst our senior (year 6) children, our policy requires that year 6 children join one of four teams. This will not be compulsory for all students however it will be for those who wish to run for election as a school leader. Throughout the year, they will meet as a team with the school executive/teacher in charge of this team, to discuss issues and organise school initiatives.

-Students elected as leaders of these four teams, following the delivery of a speech and voting by children in grades 2-5, would form the leadership team at Rosary Park. All students wishing to run for a school leadership position will prepare their one-minute speech at school with support and input from year 5 teachers, to ensure a fair and equitable process.

-Election of sports leaders remains the same, where students running for this position deliver a speech to their house colour peers and children in Years 2-5 vote. Students may wish to run for a formal student leader role and a sport leader role. Their success as a student leader would take precedence over the sport leader role.

-School and sports leaders are announced at the end of year Liturgy.

Kind regards,  
Sallyanne Stanbridge (Principal)

## Assistant Principal Message



### Understanding Bullying

Bullying is complex and difficult to define. It is necessary to understand exactly what bullying is and isn't, in order to take appropriate action.

A formal definition of bullying for Australian schools has been developed by the Safe and Supportive School Communities Working Group. This group includes all state, territory and federal education departments, as well as national catholic and independent schooling representatives. It states,

**“Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.”**



National definition of bullying for Australian schools -

<https://www.youtube.com/watch?v=0k7PfhgNFnU&list=PL8UeNKK-858foeKh8B00TmdleTN6Evf8g>

Bullying No Way: National week of action is 12<sup>th</sup> -16<sup>th</sup> August – this week! The theme for this action is – **Everyone Belongs!**

At Rosary Park we actively teach children about bullying, what it is, what it looks like, what to do about it and the importance of speaking up.

Our PBL rule this week is – I am Respectful

Our Behaviour focus is – I am just and give everyone a fair go. (This will have a focus on educating about Bullying and Racism this week)

This rule will be explicitly taught in classrooms throughout the week. Children will be rewarded with 'gotchas' for displaying behaviours of inclusion and our Mercy awards in each class this week will be given in relation to displaying justice and including everyone.

# Bullying prevention for schools

**What we know**

Bullying is an **ongoing** and **deliberate misuse of power** in relationships through **repeated verbal, physical and/or social behaviour** that intends to cause physical, social and/or psychological **harm**

Read the full definition at [www.bullyingnoway.gov.au/understanding-bullying](http://www.bullyingnoway.gov.au/understanding-bullying)

**Bullying**

- is a challenging social issue
- should be taken seriously
- is dynamic and complex
- involves students in varying roles in peer groups
- can be reduced and prevented
- can have lasting negative impacts
- requires multifaceted approaches
- needs individual and group level responses

**Effective practices**

- Explicit teaching of **school values** and **positive behaviour**
- Fostering a **positive school climate**
- Integration of **social-emotional learning**
- Proactive support and teaching of **practical strategies**
- **Whole school** and **multifaceted** approaches
- **Involving students and families** in bullying prevention and policy
- Teaching **bystander strategies**
- Being prepared with **effective responses**

**What works**

- Positive teacher-student relationships**
  - **Respect** for students
  - **Shared understanding** of bullying
  - Appreciation for **students' perspectives** about their social interactions
  - **Consistent, calm and respectful** responses
  - A focus on **lasting, positive solutions**
- Positive family relationships**
  - Parenting that is **calm and firm**
  - **Proactive discussions** at home about bullying
  - Learning about **effective responses**
  - A focus on **lasting, positive outcomes**
  - **Collaboration** with the school

Sources can be found at: <https://bullyingnoway.gov.au/understanding-bullying/bullying-research>

Read more about effective ways to prevent bullying at [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

If you would like more information about bullying or you want to support your child to find more information you can contact me at school or look at Kids Helpline Online. Anyone can locate information, watch informative videos or chat safely online at - <https://kidshelpline.com.au/> or call 1800 55 1800.

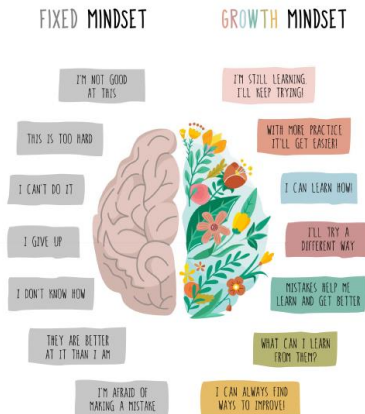
## Supporting Wellbeing in Children

As always at Rosary Park we focus on developing the whole child. That means a focus not only on the academic development of each child, but also supporting their wellbeing.

In classrooms teachers focus on having a growth mindset. This helps children to accept that tasks will sometimes be challenging, however with perseverance and effort, children can succeed beyond what they feel they are capable of today.

# GROWTH MINDSET

SUCCESS BEGINS WITH BELIEVING YOU CAN



BELIEVE IN THE POWER OF

# YET

- I can't do this ..... **YET**
- I don't understand this ..... **YET**
- I'm not good at this ..... **YET**
- This doesn't make sense ..... **YET**
- It doesn't work ..... **YET**

One important way to see this is through the power of "yet!" In class, when a child says, "I can't do this," we add the word "YET!"

## Raising Healthy Minds App

This is a good App that can be downloaded onto your phone. It has useful content to support wellbeing and resilience in children. Short videos and suggestions are offered to answer questions you might have and help parents to best support their child at varying stages of development. The link to this app was shared with parents at our recent PEG presentation evening.



If you have any questions about supporting your child's relationship building, resilience and mental health, please do not hesitate to reach out to the school.

Warm Regards,

Janelle Dixon  
Assistant Principal

## Religious Education Coordinator's Message

Last Monday 5th August we held a liturgy with Year 5 children and families for the second anniversary of Zane Slomka's passing. It was a beautiful afternoon remembering all the wonderful memories we shared together and finishing the afternoon off with a game of football which Zane always loved.

You may like to use the following reflection to spark a conversation with your child about remembering our loved ones in Heaven.

Bubbles are magical. They make us smile. They make us giggle. They remind us of simple joys and simple times. Bubbles are brief. They are here for just a moment, sparkling, bouncing, shimmering. Then having completed their task, they are gone. Left behind is the memory of the joy and the experience. So, as we watch these bubbles dancing in the air, let us be thankful for Zane's time on earth. While it makes us sad to not have him in our world, we can remember this sparkling life that bounced through your lives and left memories that will stay with us forever.



### Parish Mass:

This term we have re-commenced attending our parish mass on a Thursday. Every grade will have the opportunity to attend Mass at 9.20am led by Fr Thomas. See below dates when classes are attending Mass. Parents are more than welcome to join us at the church on a Thursday.

Week and Date	Grade to attend Mass
12 <sup>th</sup> September Week 8	Year 1, 3 and 5
19 <sup>th</sup> September Week 9	Year 2 and 4

### Religious Literacy:

Next week our Year 6 students will sit the Diocesan Religious Literacy test.

### What is Religious Literacy?

If we define the word literacy using a dictionary, we will find the simplistic but accurate definition: literacy means the ability to read and write, but when we delve deeper into the word it means competence or knowledge of a particular subject, or a particular type of knowledge. So, in Religious Literacy we are talking about a knowledge of the core teachings, Scriptures, history and tradition of our Catholic faith.

When we ask what a religiously literate person is, this is what we are referring to. Even if students are not religious or have no religious affiliation, they can still be religiously literate. They can have a basic understanding of all the components that make up a religious tradition.

A religiously literate person will possess:



- a basic understanding of the history, central texts, beliefs, practices, and contemporary manifestations of several of the world's religious traditions as they arose out of and continue to be shaped by particular social, historical and cultural contexts.
- the ability to discern and explore the religious dimensions of political, social and cultural expressions across time and place.

### **Why is it important to be Religious Literate?**

"To be well educated in today's world, students need to be aware of the religious diversity of our social context. This requires a level of religious literacy to enable them to function effectively in our current environment. Learning about religion can break down barriers, assist us to understand the social contract and encourage social cohesion. Students, therefore, need to learn about and from religion."

Professor Peta Goldberg Catholic Schools Guide February 6, 2013

### **How can parents and families help?**

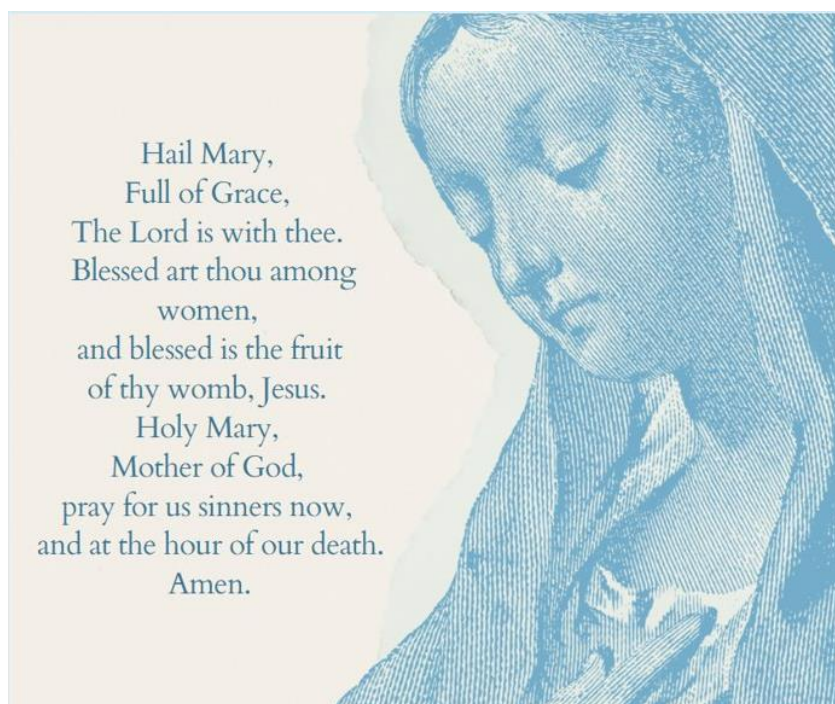
Students who feel Religious Education is important to them, are more likely to engage in lessons. Have conversations with your child around what they are learning about in Religion and help them connect ideas to the world around them. The following questions might help prompt some conversations:

1. What are you learning about?
2. How are you going?
3. How do you know?
4. How could you improve?
5. Where can you go for help?

### **The Assumption:**

Today we celebrate the assumption of the Blessed Virgin Mary which is celebrated on the 15th of August. The Assumption means that Mary was taken up into the glory of heaven not only with her soul but also with her body.

Together we prayer the Hail Mary



## Don't attend Sunday Mass regularly? Tell us why

The Australian Catholic Bishops Conference (ACBC) is running a survey to investigate why some Australian Catholics do not participate regularly in Sunday Mass.

As the Diocese embarks on a journey of mission and evangelisation, share your views to help the ACBC and Church leaders understand why Catholics don't regularly attend Mass.

This is an opportunity to share your experiences, and we encourage you to share your feedback. Complete the anonymous survey in 10 minutes.

The survey will close on 20 August 2024.

[Read more detail about the survey and complete it here.](#)

God Bless,  
Mackenzie Gageler  
Religious Coordinator

## Aboriginal Education

In Week One, we celebrated NAIDOC Week with traditional games and Indigenous Jersey Day. NAIDOC Week is a time to celebrate the histories, cultures and achievements of Aboriginal and Torres Strait Islander people. It is important as it gives First Nations people and non-Indigenous people the opportunity to celebrate and connect with community and Country. NAIDOC Week is a chance for everyone, not just First Nations people, to celebrate all aspects of First Nations histories and cultures.



## Year 4 Baiame Cave Art Project

In the final weeks of Term 2, Year 4 worked on a clay project to follow up from their excursion to Baiame Cave. Here are some examples of their amazing masterpieces!



## Sporting News

On Friday 9<sup>th</sup> of August, 22 girls from Stage 3 participated in the NGS Super Schools Cup Netball Competition at Singleton. The girls had an amazing day, they played well and displayed great sportsmanship against all schools that they played against. Team 2 finished equal third in their Pool. Team 1 was undefeated in their Pool, progressing to the second round which will be held on Friday 20<sup>th</sup> of September at Maitland. A special mention to Ruby Carter, Sophie Fox, Charlie Cole and Maddie Smith who gave up their time to umpire and Coach on the day as well as all the parents and family members who helped support the girls. We cannot have days like this without you. Good luck to the squad of 11 who will play in Round 2 next month.



On Wednesday 7<sup>th</sup> of August, Ellie Young, Jesse Cavanagh, Logan Carroll and Annie Harris represented Rosary Park at Dio Athletics at Glendale. It was a lovely day with some great successes! Jesse finished first in his age group for 1500m and will progress to Polding for this event and the 800m. Annie will progress to Polding for 100m sprint and Logan for shotput. We wish them the best of luck for Friday 13<sup>th</sup> of September!



## Year 6 Canberra Excursion 2024

During week 3, our year 6 students visited Canberra. We all had a lot of fun and learnt so much about our nation's history and how the Australian government runs. We visited places such as the War Memorial, Parliament House and the Governor General's house and the students took a selfie with the Governor General herself! Here are some of the students highlights of the trip:

My favourite thing about Canberra was probably the bus rides and Geoscience because I've always loved the study of geology since I was about 3-4. Elara

I really loved Questacon because it had all these fun activities and lots of mesmerizing things to look at. I couldn't believe how many clocks were inside our Parliament house! Aden

My highlight of Canberra was definitely going to the AIS because we got to do lots of fun activities, my favourite was probably the jumping one because we got to see how far we can jump plus the teachers got some funny photos of people jumping (including me). Mila

My highlight of our Canberra excursion was AIS and the War Memorial, the reason why I liked the AIS because it full of sport games like soccer, cricket and etc. Then the War Memorial was my second favourite because it shown what Australia has used in the first and second World War it was very interesting. Sam

My highlight of our Canberra Excursion was Questacon. I loved doing the slide, it was lighthearted and terrifying at the same time. I also loved doing AIS. I liked doing basketball and soccer and football but I don't do those things in normally. Madeleine

My highlight for our Canberra was AIS because we got to try sport simulators and Questacon because I tested my science knowledge. Korban

My highlight from Canberra was, going to the Governor General's house I wasn't expecting her to be there but she was, she was super nice and quite funny, she told us about herself and how she

got the role of Governor General, And I feel very honoured to have been able to take a 0.5x photo off the Governor General's phone and overall Canberra was an excellent experience. Saige





## Weekly Awards

Congratulations to those children who have received awards this past fortnight.

Week ending 2<sup>nd</sup> August 2024 (Week 2)

<b>Class</b>	<b>Class Award One</b>	<b>Class Award Two</b>	<b>MJR Award</b>
<b>Kinder Blue</b>	--	--	--
<b>Kinder White</b>	Olivia M	Scott N	Isla H
<b>Year 1 Blue</b>	Connor T	Abbey A	Johan C
<b>Year 1 White</b>	Darcy J	Carter A	Armaan S
<b>Year 2 Blue</b>	Alexis I	Dylan R	Koa VW
<b>Year 2 White</b>	Leo B	Tommy E	Aba M
<b>Year 3 Blue</b>	Stanley H	Reni S	Mackenzie H
<b>Year 3 White</b>	Brailyn L	Emily S	Indy M
<b>Year 4 Blue</b>	Shahaan S	Linda P	Liam R
<b>Year 4 White</b>	Luke H	Addison S	Levi C
<b>Year 5 Blue</b>	Sylvester R	Sophie C	Shelle C
<b>Year 5 White</b>	Halle G	Jacob L	Owen G
<b>Year 6 Blue</b>			
<b>Year 6 White</b>			

Week ending 9<sup>th</sup> August 2024 (Week 3)

<b>Class</b>	<b>Class Award One</b>	<b>Class Award Two</b>	<b>MJR Award</b>
<b>Kinder Blue</b>	Blaine S	Archer M	Bruno B
<b>Kinder White</b>	Ivy T	Emily G	Angus M
<b>Year 1 Blue</b>	Mason B	Leilani D	Evie E
<b>Year 1 White</b>	Miya W	Madi N	Carter M
<b>Year 2 Blue</b>			
<b>Year 2 White</b>	Dom P	Reeve W	Amelia H
<b>Year 3 Blue</b>	Matilda M	Caelan G	Campbell C
<b>Year 3 White</b>			Annie H
<b>Year 4 Blue</b>	Jackson A	Liam D	Jaiden X
<b>Year 4 White</b>	Ellie A	Hunter B	Tao D
<b>Year 5 Blue</b>			
<b>Year 5 White</b>	Kyson C	Darcy H	Kendra C
<b>Year 6 Blue</b>	Jaegar D	Aliyah P	Hudson R
<b>Year 6 White</b>	Bryce B	Saige M	Eamon H

## Principal's Awards

Jackson A, Armaan S, Amarlie K, Indy M, Alfie T, Sonny R, Jaegar D, Hallie D, Ayla D, Astrid C, Nic L, Sawyer D, Blaine S, Willow J, Hunter G, Baylee H, Teren G, Scarlett C, Emmett C.

# Strengthening children against anxiety

A FREE webinar for parents and carers with guest presenter and internationally respected child development expert and author, Karen Young.

WED 18 SEPTEMBER 2024



What could our children do if they knew in their hearts they were brave enough? All children are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential - but it doesn't have to be this way.

This transformational session will provide the essential information and strategies to help all parents and carers support children to build courage and resilience, uncover their strengths, and take anxiety back to small enough. This is not 'just another anxiety talk'.

The session will explore:

- A new, empowering way to think about anxiety;
- The different ways anxiety can manifest, and how to respond to bring calm and courage;
- The powerful reframe for young people to build their felt capability and willingness to approach challenge;
- The connection between anxiety, learning, and performance (exams, on stage, sports) and how to shift anxiety out of the way to maximise learning and potential;
- How to respond to anxiety and big feelings (including anger, sadness, defiance); and
- The profound power of parents to move children towards brave behaviour, and how to do this when anxiety is in the way.

**DATE** Wednesday 18 September (Week 9)  
**TIME** 7.00pm-8.00pm (presentation)  
8.00pm-8.30pm (Q&A)

*If you are unable to take part in the webinar at the designated time, you are still encouraged to RSVP. Approximately one week following the webinar, a recording will be made available to everyone who has RSVPd and they will have two weeks to watch it.*

**VENUE** Online (Zoom).  
Link provided when you register.

**COST** FREE

**WHO** Parents and carers of primary school aged children

*Importantly, parents and carers of high school children are also welcome to attend but may not find the strategies in the session as relevant. Karen will host a session on the same topic, aimed at parents and carers of high school aged children, in Term 4.*

**RSVP is essential, prior to the event**  
<http://mn.shor.tn/KarenYoung>

**This webinar is proudly hosted by the Diocese of Maitland-Newcastle's Federation of P & F Associations for parents and carers of children enrolled in local Catholic schools.**



[mn.catholic.edu.au](http://mn.catholic.edu.au)



# eSafety parent webinar

## Wellbeing and digital technologies



Join the eSafety Commissioner's expert education and training team for a FREE live webinar

**Tuesday 20 August from 7.30pm – 8pm**

## Consent and online boundaries: how to support your primary-aged child

This Term 3 webinar is designed for parents and carers of young people in primary school

As children begin to navigate the online world, they need to know how to make decisions around consent and boundaries. This 30-minute webinar will outline strategies for parents and carers, as well as support those hard-to-have conversations.



**CLICK TO REGISTER FOR THE WEBINAR:**

<https://register.gotowebinar.com/register/1244428795787444059>



eSafety Commissioner

[ccsp.catholic.edu.au](https://ccsp.catholic.edu.au)

[esafety.gov.au](https://esafety.gov.au)



## Indoor activities to keep the body moving

**Did you know that children who are active are healthier, sleep better and perform better at school?**

It's important to encourage children to move their body in a range of ways and directions. It can be challenging to meet physical activity needs on days when children aren't able to be outside.

Why not try these indoor activities to keep children moving:

### Balloon Volleyball

Using balloons, have kids hit the balloon back and forth over a "net" which can be outlined using string, tape or objects i.e. chairs. For an extra challenge, add more balloons or restrict body parts from touching balloon i.e. Only use left hand.



### Laundry Basketball

Take turns throwing rolled-up socks into a laundry basket. Move back further each time to make it more challenging!



### Obstacle Course

Set up an obstacle course around the house. You could use chairs, pillows, plastic cups etc that kids need to manoeuvre around (side to side, under and over). To increase difficulty, have kids crab crawl or bear walk the course.



### Indoor Bowling

Use plastic or paper cups as the pins and a lightweight ball or rolled pair of socks as the bowling ball. Set the cups up in a triangle format. Bowl the ball towards the cups to knock them down.



Developed by Hunter New England LHD



@HNELHD-GoodForKids@health.nsw.gov.au

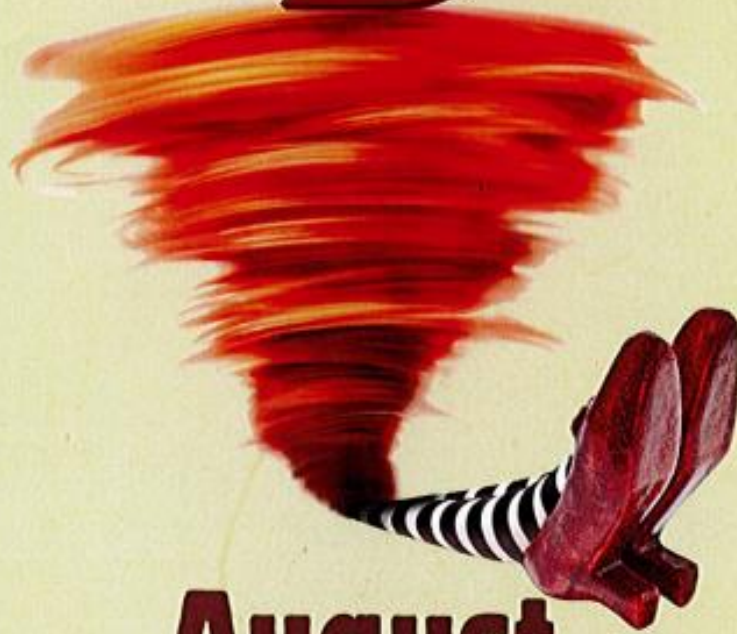
<https://goodforkids.nsw.gov.au>



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

**St Catherine's Catholic College Presents**

# THE WIZARD of OZ



**August**  
**16th & 17th**

THE WIZARD OF OZ By L. Frank Baum With Music and Lyrics by Harold Arlen and E. Y. Harburg  
Background Music by Herbert Stothart Dance and Vocal Arrangements by Peter Howard Orchestration by Larry Wilcox. Adapted by John Kane for the Royal Shakespeare  
Company Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.  
\*The Wizard of Oz\* is presented by permission of ORUGENT<sup>TM</sup> Theatrical on behalf of Tams-Witmark LLC, A Concord Theatricals Company

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