



Term 4 | Week 4 | October 2021

PRINCIPAL'S MESSAGE

I am so happy that we are all back together!

The vibe from the classrooms and playground as I walk around has been fantastic.

The happy faces and cheerful greetings from the kids at Kiss & Drop, those getting off the bus or walking and riding to school has been wonderful to experience. I left work yesterday with a real sense of contentment that the hard work from parents, grandparents and staff has paid off and our children have come through the "Covid period" positively.

I pray that we will all be able to gather as a community in the near future so that we can celebrate the wonderful way we have worked together for our children.

Have a great fortnight,

Craig McNee

Principal

RELIGIOUS EDUCATION



We understand the Parish has contacted all families who have students making their confirmation this year. They are aiming for the new ceremony date to be Saturday, 21 November and Saturday, 4 December 2021. Please keep these dates free and we will confirm them once further information has been provided.

Mass will be celebrated in our churches as per the usual schedule:

St Mary's

Weekdays & Saturday: 9am

Saturday Vigil: 6pm

Sunday: 7.30am, 9am, 6pm

St Brendan's:

Wednesday & Thursday: 9am

Saturday Vigil: 5pm

Sunday: 8am


IMPORTANT POINTS:

- Check-in is MANDATORY, preferably by QR code using your smartphone (see below)
- If you cannot check-in via QR code, please sign in on the paper sheets provided
- Face masks must be worn by those 12 yrs and older
- Hand sanitise upon entry
- Sit where marked on pews/seats to ensure physical distancing
- Currently subject to the 4sqm rule. Capacity at St Mary's = 117. Capacity at St Brendan's = 160.

CHECK-IN via QR CODE on your smartphone

- The NSW Government is urging people to check-in via QR code (instead of signing-in on paper) to ensure a speedy facilitation of contact tracing, if required. If you absolutely cannot check-in via the QR code, there are paper sheets available. Please write neatly and give your full name and best contact number. This needs to be typed into the computer soon after you attend so we need to be able to easily read your writing.
- If you have a smartphone and have not already done so, please download the Service NSW app and set up a log-in (free) so that you can quickly and easily check-in via the QR code. This app can be used to check-in at shops, cafes, restaurants, basically any business in NSW, not just our churches. Check-in is mandatory everywhere you go at the moment so why not make it as quick and easy as possible for yourself?

The Bulletin (and previous Bulletins) can be found on our website:
<https://www.bbcatholic.org.au/toukley/news-events/parish-bulletins>




OUR LADY OF PERPETUAL SUCCOUR

Catholic Parish Toukley/Lake Munmorah
St Mary's Church 458 Main Rd Noraville
St Brendan's Mass Centre 29 Carters Rd Lake Munmorah

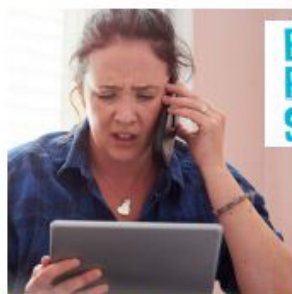
VISION

To be A Vibrant Eucharistic Community



CATHOLICCARE SUPPORTS

FOR CATHOLIC SCHOOL BROKEN BAY FAMILIES



1800 324 924

EMERGENCY RELIEF SUPPORTS

Times are tough. You might have lost work due to the lockdown, or you might be finding it hard to put food on the table, or pay the bills. CatholicCare can help with Coles or Woolworths vouchers. Call us 1800 324 924 or email info@catholiccaredbb.org.au for more information. We are here to help our school families.

Please note this support is able to be offered due to Government funding so we will require ID and some documentation to access assistance but can walk you through the requirements.



1800 066 757

FAMILY CONNECT & SUPPORT

Family Connect and Support is a free service which helps children, young people and families with parenting challenges, family breakdown, mental health, financial stress, substance use, domestic and family violence supports and more. This is a joint initiative of Barnardos and CatholicCare. Visit <https://www.barnardos.org.au/our-centres/family-connect-and-support/> for more information.



HOME BASED LEARNING SUPPORTS

0481 602 005

We understand home based learning is difficult for families. Contact us to discuss your needs and to see if we might be able to provide supports to your child whilst learning from home. We are a registered NDIS provider but can also provide supports for children without NDIS funding. We might also be able to assist with paid supports for children without additional needs. Call Monique Beange on 0481 602 005 or email monique.beange@catholiccaredbb.org.au for more information.



DOMESTIC VIOLENCE SUPPORTS

1800 324 924

CatholicCare provides a range of services to assist women and children experiencing domestic and family violence. For more information call 1800 324 924 or email info@catholiccaredbb.org.au.

www.catholiccaredbb.org.au



CATHOLIC SCHOOLS
Broken Bay

CatholicCare
Diocese of Broken Bay

THE COMMUNITY COTTAGE



Welcome back to School!

The next couple of weeks are going to be busy, getting into a new routine, catching up with friends, and learning new information. To help with this The Community Cottage want to discuss what we spend one-third of our lives doing: SLEEPING! What happens in this third really impacts how you spend the other two-thirds of your life.

Sleeping impacts everything we do!



School-aged children need between 9-11 hours a night of sleep, 30% of primary school students suffer from a lack of sleep each night.

Good quality sleep helps to:

- Optimise learning, memory and concentration
- Supports emotional wellbeing
- Promotes positive behaviours and helps decision making
- Improves energy levels
- Promotes healthy body functions
- Helps improve exercise and sports performance

Signs that children are tired are often overlooked or misinterpreted:

- Difficulty focusing on activities
- Problems with short-term memory
- Teachings go “in one ear and out the other”
- Increased headaches
- Bags under the eyes
- Weight gain, not interested in physical activity
- Mood swings, difficulties managing emotions
- Seem to be more irritable, anxious or down
- Become excitable, hyperactive, disagreeable, or throw tantrums



Tips to implement for children:

- Plan and prioritise sleep – make it important, know how much sleep you need
- Create a regular sleep routine – make sure you get your child to go to bed and get up the same time each day, even on the weekends
- Relax before bedtime – read a book, practise some mindfulness or relaxation breathing
- Keep naps short – most children stop napping by the time they go to school, if your child does have a nap keep it to 20 minutes
- Make sure your child feels safe at night in their bedroom
- Limit noise and light into the bedroom – stop screen time 1-2 hours before bedtime, limit devices in the bedroom
- Watch food and drink before bed – you don’t want a full stomach or bladder
- Get plenty of sunlight during the day – get some exercise outside, especially in the morning

For Parents:

- Be a good role model – make sure you follow the above tips and lead by example for your child
- Observe for tired signs and check-in with your child’s teacher regarding these, it may be beneficial to use a sleep diary for a couple of weeks, here is an [example](#) from thesleepconnection.com.au
- Sometimes it isn’t a sleep problem – think about your child’s sleep in the context of other areas of their lives. If you suspect anxiety or depression, seek help
- Help your child with effective time management – we can all be so busy, time allocated to sleep is often the first thing compromised.
 - Plan your day and help your child plan theirs too.

This [link](#) has some relaxation tips to help with sleep, there are pictures to guide your child in what to do.

If you are concerned about your child’s sleeping patterns or if you are having trouble sleeping please reach out to The Community Cottage.

COMMUNITY NOTICEBOARD

Friday, Oct 29 - Crazy Sock Day



St Brendan's will be socking it to poverty! We encourage all students to wear crazy socks and bring in a gold coin donation. All funds raised will support Catholic Mission and the Good Shepherd Sisters in reaching out to vulnerable mothers and children in Thailand. Students will be learning about Catholic Mission and this initiative in Religious Education lessons in the classroom.

Book Fair and Book Parade

We are very excited to be at school and back in the Library. We have been lucky enough to secure a date for our Book Fair and Book Parade during this term.

The Book Fair will be operating during Week 7 (Monday 15 November - Friday 19 November)

Due to COVID restrictions, parents will be unable to come onto the school grounds so we will photograph the books, their shelf locations and prices. The children will be able to create wish lists and payments can be made online or with cash. More information will follow.

We will have the **Book Parade on Tuesday 16 November** so it's time to start thinking about a COVID safe Book Parade.

We are looking forward to a fun filled term,
Mrs Devlin and Mrs Anderson



School Photos Monday, 15 November



Orders and payments will be facilitated through the Compass app & Compass parent portal, an email will be sent to parents directly including ordering instructions.

Please Note: If you have already ordered and paid for your photos this will be valid for Monday, 15 November.

Displaying your name - Kiss and Drop

When picking up your child from Kiss and Drop please have your surname displayed on your sun visor, as shown in the picture. This makes it easier for the teacher on duty to read and have your child/ren ready.



If you have any changes to your contact details (phone, address or email) please contact the school office on 4358 1501 or send an email to sblm@dbb.catholic.edu.au with your new details.



Just a reminder we have closed off the water bubblers for safety. All children on-site will need to bring their own water bottle. These can be refilled at the Office or canteen. Thank you for your cooperation.

Vinnies is here to help. If any family needs help with food, bills and/or housing during this difficult time, please contact our Helpline on 13 18 12 or call your local Vinnies Support Centre.

Here 
to help

Call the Vinnies Helpline on
13 18 12

School Travel for 2022

2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before the end of Term 4. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home.

Note: some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass

Tell Them From Me

As we value the role of parents and carers within our School Community we would greatly appreciate your feedback. We would like to invite you to complete the Tell Them From Me (TTFM) Partners in Learning Survey. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device by using the URL below:

[TTFM SURVEY](#)

DOES YOUR BUSINESS NEED ATTENTION?

We would love to help businesses in our community that may be struggling due to the lockdown.

Now is the time to let everyone know about you so they can support you.

Send us your business details, you can include a graphic or just your contact details and a description of your business to:
sblmedbb.catholic.edu.au.
with subject heading: **St Brendan's Shout Out**

We will create a booklet to distribute on Oct 29 throughout our community and on social media to get your business seen.



SPORT NEWS

The Central Coast Cricket Association is inviting all students across the area to enter their 'Design your own cricket bat' competition. There are prizes available for individuals, as well as the school that has the highest number of students who enter.

Design your bat and scan the QR code to submit your design. Or follow this [link](#).

Entries close on November 1.

CENTRAL COAST



DESIGN YOUR OWN CRICKET BAT COMPETITION

The Central Coast Cricket Association invites boys and girls of all ages to participate in our 'Design your own cricket bat' competition.



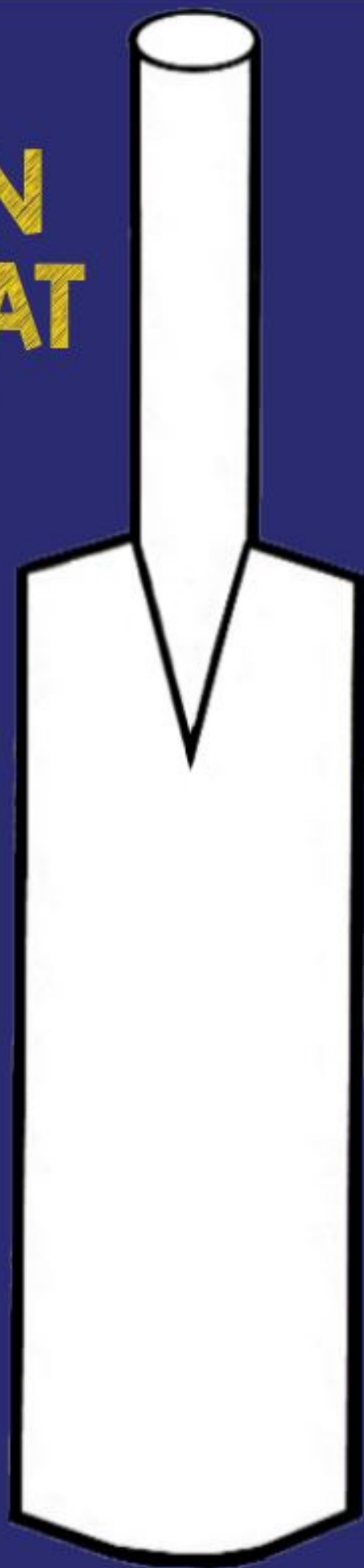
WIN a signed Cricket NSW bat or a \$50 Rebel Sport voucher

To enter, print this page and design your cricket bat. When completed, scan the code below to upload your entry.

The school with the highest number of students who enter will win a Syd Sixer visit.



Entries now open and close 1st Nov 2021



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET



IMPORTANT DATES FOR YOUR CALENDAR

TERM 4

29 Oct:	Crazy Sock Day
15 Nov:	School Photos
15 Nov - 19 Nov	Book Fair
16 Nov:	Book Parade
13 Dec:	Thanksgiving Mass
15 Dec:	Last Day Term 4

2022

TERM 1

31 Jan - 2 Feb:	Best Start - Kindergarten
31 Jan:	MAI - Years 1 - 6
1 Feb:	Years 1 - 6 Return to School
3 Feb:	Kindergarten Commence

School Timetable

7.50am:	Teacher Supervision begins
8.20am:	Morning Bell
2.30pm:	End of Day Bell <small>(no supervision after 3.00pm)</small>

**School Office is open from
7.45am till 3.00pm**

Telephone: 4358 1501
email: sblm@dbb.catholic.edu.au

ENROLLING NOW FOR 2022

Private Tours Available



If you know a family who are wanting to enrol for Kindergarten 2022, they are welcome to come to the school office to pick up an enrolment pack. Places for 2022 Kindergarten are filling fast.