



Term 4 | Week 8 | November 2021

## PRINCIPAL'S MESSAGE

Thank you to those who have completed the Tell Them From Me Survey. I appreciate that we have had a few surveys over the course of the year but it does help guide us for the future. All schools in the Diocese have been asked to complete this particular survey and we have included a QR-code below to make it easier for you to access.

Staff are currently looking at class structures for next year and will begin conversations with their students around friendship groups.

Have a great fortnight,

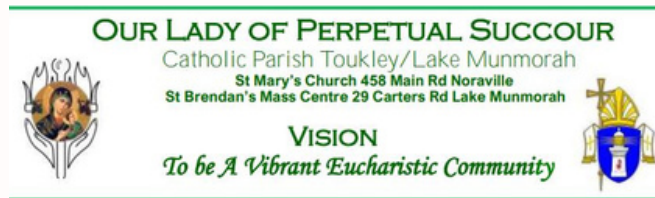
Craig McNee

Principal

## RELIGIOUS EDUCATION

### **Are you interested in becoming a Catechist?**

Do you enjoy working with children? Toukley/Lake Munmorah Parish are in urgent need of five new Catechists in our Parish, to teach Catholic scripture in local public schools. You can either lead a class or be a helper for one of our current Catechists. Classes run once a week for approx. 30 minutes. If you've ever considered this rewarding Ministry, please speak with Fr Tomy or Fr Baby after Mass or contact the Parish Office for more information [toukleyparish@bbcatholic.org.au](mailto:toukleyparish@bbcatholic.org.au) or ph 4396 4455. Training & support provided. We'd love to hear from you!



#### 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

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



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.

## Christmas Hamper Appeal

Thank you to the families who have already contributed towards our annual St Vincent de Paul Christmas Hamper Appeal.

Our donations directly support those in our local community who have fallen on hard times. It really puts the "Christ" back in **Christmas!**

Each class is asked to bring in an item as listed below. Our Mini Vinnies team will create personal hampers and these will then be sent to St Vincent de Paul where they will be distributed to those in need in our local area!

**Please continue to send in your donations; we will be collecting until Week 9 (26 November).**

We thank you in advance for your wonderful giving spirit. Let's work together to share the light of Christ with those in need this Christmas!

<b>Class</b>	<b>Items for Donation</b>
Hive and Hub	Bon Bons and Christmas Decorations
Kindy Green	Tinned fruit/Long-life fruit
Kindy Blue	Lollies
Kindy Red	Potato chips
1 Blue	Box of tea
1 Red	Jelly crystals
1 Green	Mince tarts/fruit cake/pudding
2 Red	Tinned Milo
2 Blue	Family sized shampoo
2 Green	Family sized conditioner
3 Red	Bottle of oft drink or juice
3 Green	Freez-able ice-blocks
3 Blue	Cereal
4 Blue	Tinned ham
4 Red	Christmas serviettes
4 Green	Pasta
5 Blue	Pasta Sauce
5 Red	Toothpaste
5 Green	Family pack of toothbrushes
6 Blue	Coffee
6 Red	Biscuits
6 Green	Long-life milk

# THE COMMUNITY COTTAGE



Now that we have been back at school for a few weeks sometimes we start to see the “wobbles” in our children. They may have initially settled back well but things can change. It is important that we understand all children are going to have ups and downs, sometimes we just need to manage this a little more.

Are you finding it difficult to do drop off?

Are your children clinging to you in the morning?

Are they wanting to avoid doing things they normally enjoy?

Are they irritable, quick to anger, overtired or seem to be in a bad mood?

When things change, are they showing frustration and intolerance to these changes?

These are signs of stress. Stress is a normal and unavoidable part of life; we all experience it. Short-term bursts of stress (e.g., having an assessment due, sitting a test, an upcoming stressful event, or facing a problem or challenge) aren't harmful and can give us a boost of energy to deal with what we're facing. However, going through prolonged periods of stress or dealing with major or unexpected life situations or events, can begin to affect your physical and mental health.

When we go through a major change that has several uncertainties (e.g., COVID) we find ways to cope, we are resilient and these work...for a while. Over time we get fatigued and if we cannot return to normal functioning or process these changes it can add to the stress.

## TIPS TO HELP WITH THE WOBBLES/STRESS:

- If your child is struggling at drop off, the best thing you can do is remove yourself from the situation as quickly as possible. They will settle once distracted and that is why The Community Cottage and teaching staff are around. We are there to help with distracting your child and focusing on what they will enjoy in the day
- Practise controlled breathing and teach your child. There are a number of ways you can do this (provided is an example); just remember to breathe in and out deeply and into your belly

### How To Do Controlled Breathing



Sit or lie down somewhere quietly, where you're unlikely to be disturbed.



Start to breathe in and out gently through your nose.



Breathe into your diaphragm, rather than your upper chest (your stomach should rise and fall as you breathe, rather than your chest).



Breathe in for three counts, and out for three counts. As you breathe out, notice the tension leaving your body.



Continue for at least three minutes, or until you feel calmer.



- It is important to focus on routine and scheduling activities. Make sure you make time for positive activities but don't overcrowd your schedules. If a routine needs to be changed explain it to your child so they can prepare themselves
- Talking to your child is important. Talk to them about their worries and concerns. Tell them worries and concerns you had as a child
- Remind yourself and your children **all strong emotions eventually pass**. The less you resist, avoid or fight an uncomfortable feeling the quicker it will pass. Remember to acknowledge that their fear and worry is real for them
- Praise your child when they do things that make them anxious, or they are worried about
- Distraction is sometimes necessary – keeping yourself busy with something can help.

- Kids can often get caught up in what if thinking – remind them of times they have dealt with similar issues and help to challenge the thoughts they have with facts and evidence
- Model helpful coping for your children – they learn from us, so show them how you cope with your worries and stresses
- Consider downloading the Smiling Mind app – it has a number of resources broken down in age ranges or engaging with The Brave Program (where there is also a parent session)
- Encourage a healthy lifestyle for your child – plenty of physical exercise, good quality sleep, healthy food and water

## Mental Health Services and Support

<b>Beyond Blue</b> 24/7 mental health support service 1300 22 4636 <a href="http://beyondblue.org.au">beyondblue.org.au</a>	<b>headspace</b> Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For webchat, visit: <a href="http://headspace.org.au/headspace">headspace.org.au/headspace</a>	<b>Kids Helpline</b> 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	<b>1800RESPECT</b> 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 <a href="http://1800respect.org.au">1800respect.org.au</a>
<b>Lifeline</b> 24/7 crisis support and suicide prevention services 13 11 14 <a href="http://lifeline.org.au">lifeline.org.au</a>	<b>Suicide Call Back</b> 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	<b>Mensline</b> 24/7 counselling service for men 1300 78 99 78 <a href="http://mensline.org.au">mensline.org.au</a>	<b>QLife</b> LGBTI peer support and referral 1800 184 527 (9pm-10pm daily) <a href="http://qlife.org.au">qlife.org.au</a> (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

If you are facing challenges, feeling stressed, struggling with returning to school or just need to talk to someone please reach out to The Community Cottage.

# WHAT'S HAPPENING

**Thursday 9 December**

## **St Brendan's Family Christmas Picnic**

**4:30 pm - 6:30 pm**

**Adults attending must check-in upon entry and show double vaccination certificate. Social distancing is required on the school oval.**

## SPORT NEWS

### **St Brendan's Swimming Carnival**

**On Tuesday, December 14** at **Swansea Pool** we will hold our Carnival for students from 7 years of age to 11 years (Yr 1 to Yr 5) who are very capable swimmers (can swim at least 50 metres competently). Year 6 students, except for sports captains, will not be attending. A bus is available to transport the swimmers from school to the pool and back again. More information and carer permission for your child to attend is on Compass.



# WHAT YOU NEED TO KNOW

## IMPORTANT - Administration

If you as a parent/carer know that your child/ren will be leaving the school permanently at the end of 2021, you need to notify the school ASAP.

You will need to print out your children's Reports as you will not have access to Compass once you leave. This includes all Year 6 students.



## Feedback Extended!



The Tell Them From Me (TTFM) Partners in Learning Survey has been extended until **3 December**

[TTFM SURVEY](#)

Please scan the QR code to access the survey or follow the link provided



We would greatly appreciate your feedback on the Tell Them From Me (TTFM) Partners in Learning Survey.

The information you provide will be used to improve student learning and wellbeing.

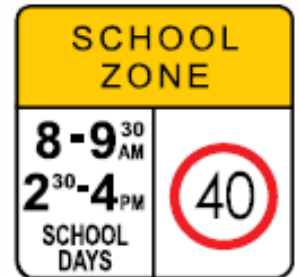
The survey is anonymous and will take approximately 20 minutes to complete.

# IMPORTANT!

## Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others.

A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



**School Bus lights** - buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



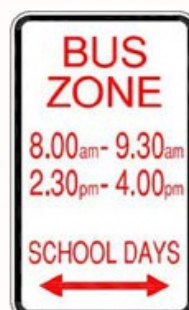
**THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF/ PICK UP**

**BUT YOU MUST**

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones. HEAVY FINES and DEMERIT POINTS APPLY**

A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



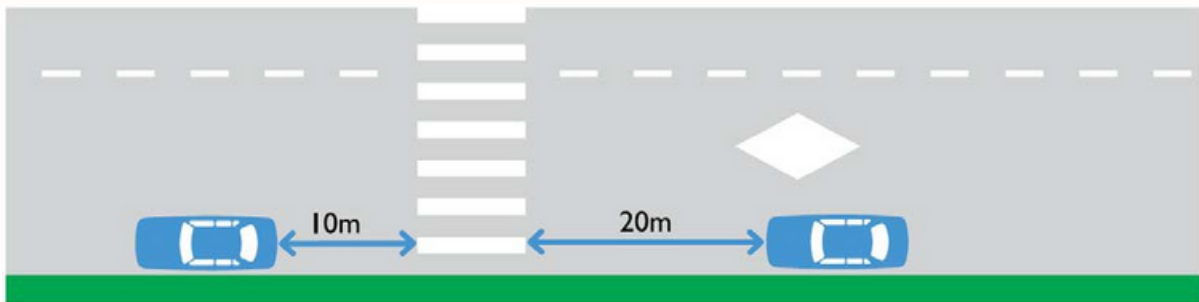
A **No Stopping Zone** means no stopping at any time.



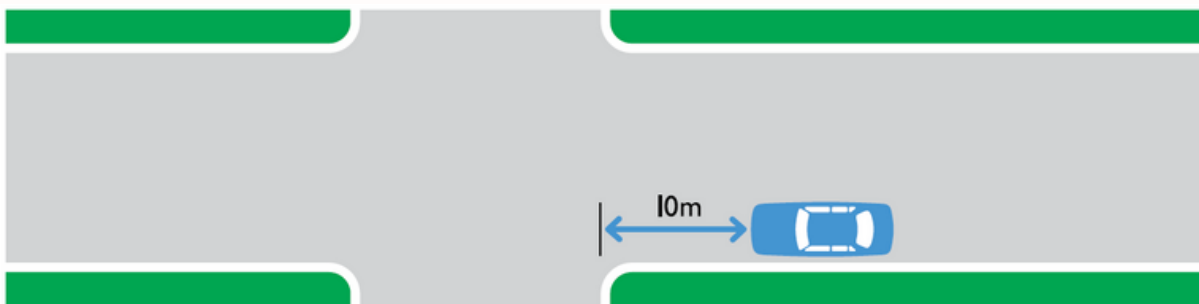
## Other times when you must not stop...

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

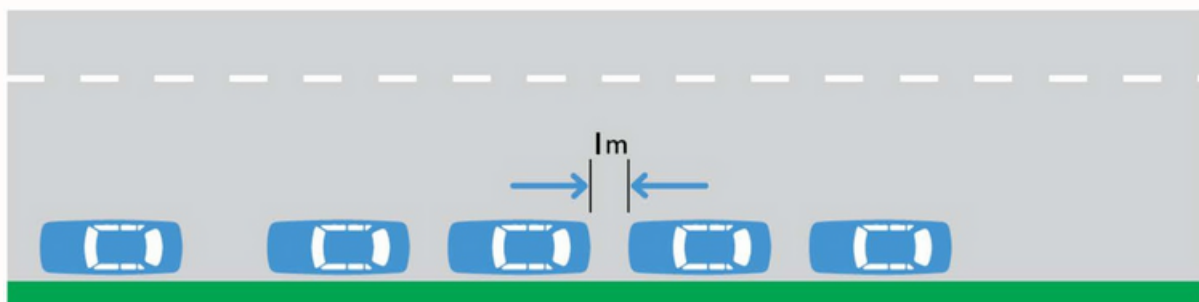
- Double parked (that is in the road alongside a car that is parked)
- Across a driveway or footpath
- On a median strip or traffic island
- On footpaths and nature strips
- On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- Within an intersection
- Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- Within three metres of any double centre lines
- Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.

**THANK YOU!**



## SCHOOL HOLIDAY PROGRAMS

**SIGN UP TODAY**

Play Cricket

+Fun for all ages and abilities  
+Learn ball skills and stay active  
+All girls groups where possible  
+Coached by our trained Cricket NSW staff

**Sydney Sixers Holiday Program - Central Coast**

**Date:** Thursday 13th + Friday 14th January  
**Time:** 9am - 12pm each morning  
**Location:** Adcock Park, Gosford  
**Who:** Boys and girls groups  
**Ages:** 5-11

**Inclusions:** 6 hrs of fun + blast participant pack  
**Cost:** \$69  
**Register today:**  
<https://www.playhq.com/cricket-australia/register/6f9ec7>

**Contact**  
 Matt 0478 285 757  
 Paige 0478 285 758

**CatholicCare**  
 CHILDREN'S SERVICES

**VACATION CARE PROGRAM**  
 December 2021 & January 2022  
 St Brendan's Outside School Hours Care, Lake Munmorah  
 Hours: 7:30am - 6:00pm  
 P: 0408 789 189 or (02) 43 588 157  
 E: oshc.lakemunmorah@catholiccareddob.org.au

## Christmas Vacation Care

To access the booking form and itinerary for the December 2021 and January 2022 program please follow this [link](#).

We would like to take this opportunity to thank the following local businesses who have supported our Year 6 end of year Mass, farewell and gift to the school.

## Central Coast Summer Chess Tournament for ages 6 to 17

**Monday 10 January**

**Entry fee \$20**  
**Includes Lunch-pack**

For payment details and food options please contact

**Gary Losh**  
[glosh6090@gmail.com](mailto:glosh6090@gmail.com)  
 0432 453 726

**Must pre-enter by Wednesday 5 January**

**New Venue** - Coast Community Church, Adelaide St, Tumbi Umbi  
 9.30am - 4.00pm

With an educational chess puzzle competition and lots of prizes. Practice puzzles provided on entry.

**Minimum ability:** Must know how to move the pieces and complete games largely unassisted.

# IMPORTANT DATES FOR YOUR CALENDAR

## TERM 4

29 - 30 Nov:	Year 5 Camp
29 Nov:	Year 6 Farewell Mass
9 Dec:	St Brendan's Christmas Family Picnic
13 Dec:	Thanksgiving Mass
14 Dec:	Swimming Carnival - Swansea Pool
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



Donations of current uniform items in clean, presentable condition are always welcomed for the clothing pool. These items can be dropped off at the office.

