



All Hallows Catholic Primary School

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Term 1 Week 6 8th March 2023

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THE IMPORTANCE OF SLEEP FOR CHILDREN

When we are sleeping, our brain is busy sorting and storing the information from the day and our bodies are physically rejuvenating.

For children, who are constantly growing, running around and learning new skills, getting enough sleep is essential for their development and for providing the energy they need to fully engage in their action-packed lives.

Without enough sleep, children have a particularly hard time with mental processing; they may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. As an occasional event, this may result in a cranky child, in the long term, lack of sleep can severely affect their mood, result in poorer school performance or impair their immune system.

So exactly how much sleep do our children need?

Sleep requirements vary, depending on a child's developmental stages: A general guide is below.

Age and recommended sleep hours per 24-hour period:

- | | |
|------------------------------|--------------------------------|
| • Infants: 4 to 12 months | 12 - 16 hours (including naps) |
| • Toddlers: 1 to 2 years | 11 - 14 hours (including naps) |
| • Pre-schoolers: 3 - 5 years | 10 - 13 hours (including naps) |
| • Grade-schoolers 6-12 years | 9 - 11 hours |
| • Teens: 13 - 18 years | 8 - 10 hours |

Source: Children's Health Qld

According to Children's Health Qld - "The most effective way to encourage the correct amount of sleep is to establish a consistent bedtime routine and stick to it every night". The better the sleep, the easier the school day is to navigate and the easier it is to concentrate.

Brad Toole, Principal

We acknowledge the traditional owners and custodians of the land on which we stand. We walk on a land of the Wiradjuri people. May we continue to love and respect the land as they have.

And the news this week is...

School Theme for 2023 is:

"One Heart, Many Voices"



During **LENT** we are asked to find ways that we can work together to share our mission - Showing love for all those in our life. May we not be afraid to 'be the voice' for those who may need to be heard.

A challenge for the week:

This week's act is incredibly practical and simple: Find a need and meet it. **Now. Today.**

Put the word out in your household or friendship group today - ask what needs people have right now. It might be simple - picking up some shopping, fixing a leaky tap, or a quick lift somewhere. They might just need a hug or a listening ear. Whatever small thing you can do for someone else today, do it.



Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ. Each of us meets people like this every day. Each life that we encounter is a gift deserving acceptance, respect and love.

Pope Francis, 2017 Lenten Message



Second Week of Lent



This week, through Project Compassion we learn about Teresa, a Gamilaroi woman from Western Sydney who struggled with homelessness while raising her four children. At just 16 yrs old,

*she had to leave school after falling pregnant with her first child. A single mother struggling with homelessness, Teresa's only concern was finding stability for her children. Seeking a better future for her family, Teresa joined Baabayn Aboriginal Corps Young Mums and Bubs Group, supported by Caritas Aust. Baabayn helped Teresa access housing and psychological support. Through Baabayn, Teresa was also able to hear stories from Indigenous Elders and reconnect with her culture. Today, Teresa is studying a certificate in Community Services so that she can give back to her community. Teresa now works at Baabayn, providing support to young mothers and mentoring the next generation of young people. Please support **Project Compassion**.*

PARENT/TEACHER MEETINGS

20th & 21st March

Thanks to those who have returned Parent/Teacher notes. Teachers will return a note to confirm your interview time next week. We will endeavour to set a time as close as possible to the times you indicated. If you were unable to return the note, please contact your class teachers to arrange a meeting.

RUGBY LEAGUE - DUNEDOO

The David Peachey Rugby League competition will be held in Dunedoo on Thursday 30th March. Notes came home this week and training will also commence this week. This is always a great day. There will be a bus available and Mr Rogers and Mr Toole will accompany the students to Dunedoo for the day.

LORETO NORMANHURST VISIT

Our students really enjoyed their visit from the Year 10 students from Loreto Normanhurst. The Loreto students have been supporting our students in their learning in the classroom. In the afternoon they prepared and taught lessons revolving around Drama, Italian and PD/ Health. It was an amazing opportunity and we are very happy that Loreto approached All Hallows to become part of the partnership. We look forward to their visit again next year.



NAPLAN - Week 7

Next week our Year 3 and Year 5 students will sit four NAPLAN tests. The tests will all be completed online with the exception of Year 3 Writing which is still completed on paper. We are proud of the effort the teachers and students have put into getting ready for the tests. Results will be sent home as soon as they are made available to the school later in the year. We are mindful that this is a snapshot of their learning on one particular day.

And the news this week is...

TERM 1

8/3/23	Diocesan Swimming
10/3/23	Primary Winter Trials
15/3/23	NAPLAN Yr 3 & 5 Writing
16/3/23	NAPLAN Yr 3 & 5 Reading/ language conventions
16/3/23	P & F Meeting 3.45pm
17/3/23	NAPLAN Yr 3 & 5 Numeracy
20/3-22/3	Parent/Teacher Meetings
23/3/23	Mass - Yr 4
27/3 - 31/3	Catholic Schools Week
27/3/23	CSW Liturgy/Morning Tea Open Classrooms
29/3/23	CSW Enrichment Day
30/3/23	Peachey Shield/Richardson Cup Dunedoo
30/3/23	Mass - yrs 1 & 2
30/3/23	Polding Swimming
31/3/23	CSW Tabloids/ Lawn Lunch
3/4 - 7/4/23	Holy Week
3/4/23	School Cross Country (change of date)
6/4/23	Holy Week Liturgy Last Day of Term

Leave footprints
of love and kindness
wherever you go.

EASTER HAT PARADE



Just giving you all some warning that we will be having an Easter Hat Parade this year on the last Wednesday of Term 1. We will be holding the Hat Parade at 9.00am as soon as the bell rings so families are able to watch. Children will make their own hats and home and bring them in on the day to wear. We will keep you updated with details as the end of the term draws closer.

SCHOLASTIC BOOK CLUB

Brochures are coming home today for this term's Scholastic Book Club. The brochures have changed this year to a 'newspaper' style but the ordering process remains the same.

You can place an order online using their "Loop" system or simply fill out the form on the back of the brochure and return to school with payment. Please ensure your child's name is noted on the order. Orders are due in by Friday 17th March.



Please note that there will be **NO CANTEEN** next **Thursday - 16th March**.

We are still looking for volunteers to assist Emma with Canteen. If you are available a couple of times per term on either a Tuesday or Thursday between 10.30am - 1.30pm and would like to assist, please let us know.

SCHOOL FEES

2023 School Fee Invoices are being **emailed** to families today and are also available to view in the Compass Parent Portal

Your invoice will show the amount owing for the full year, however payments can be made in instalments with the first instalment only being due this term.

You may make payments via **Direct Debit, BPay** or by using **Compass Pay** (available in the Compass Parent Portal).

Many of our families find that making regular weekly or fortnightly payments via direct debit allows them to keep on top of their fees without putting too much pressure on the family budget. Forms are available from the office.

Please contact us asap if you are experiencing financial difficulty as there are various fee payment and fee relief options available to assist you.

HEALTHY LUNCHBOXES

Research says that a child that is hungry will struggle to concentrate in the classroom. It is important to pack enough healthy and filling food to provide your child with the energy to last throughout the day. For a healthy lunchbox, pick and mix something from each food group 1 - 6.

Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

1. Fruit (fresh, frozen, pureed or canned in natural juice)
2. Vegetables, legumes and beans
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts, seeds
5. Grain (cereal) foods
6. Plain water



READING AT HOME TIPS

There is no magical formula for learning to read. Children learn in their own time according to their own pace. There is no critical age when all children should have mastered reading. When children are learning to walk and talk, we accept different levels of progress - it is the same with learning to read and write. Children need ongoing quality experiences with books. Providing a regular reading routine at home assists children in their quest for reading success.

Phonics is the relationship between letters and sounds and is not the only strategy children use when reading unfamiliar words. There are other effective ways to assist children identify unfamiliar words, which includes the practice of encouraging children to look for meaning. Prior to saying anything to assist the reader, allow sufficient wait time. Readers need to look around for clues. The aim is to move the reader towards independence as quickly as possible and that does mean getting out of the way. The reader has to look around to locate clues. Too often, their only clue is to look to the parent to fill the gap. Rescuing won't help! Keep your eyes on the book and avoid eye contact. After waiting sufficient time, try saying:

- Read on and collect other clues.
- Go back to the beginning of the sentence and re-read what you read.
- Look at the illustration and see if there are clues there.
- What do you think would make sense here?

10 best phrases to teach resilience to your kids

- | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 1
<i>Goal</i>
Humour
<i>Phrase</i>
"Come on, laugh it off" | 2
<i>Goal</i>
Contain thinking, perfectionism and anxiety
<i>Phrase</i>
"Don't let this spoil everything" | 3
<i>Goal</i>
Distraction
<i>Phrase</i>
"Let's take a break" | 4
<i>Goal</i>
Handling worry and asking for help
<i>Phrase</i>
"Who have you spoken to about this?" | 5
<i>Goal</i>
Offering hope
<i>Phrase</i>
"I know it looks bad now but you will get through this" |
| 6
<i>Goal</i>
Positive reframing
<i>Phrase</i>
"What can you learn from this so it doesn't happen next time?" | 7
<i>Goal</i>
Acceptance
<i>Phrase</i>
"Don't worry – relax and see what happens!" | 8
<i>Goal</i>
Perspective
<i>Phrase</i>
"This isn't the end of the world" | 9
<i>Goal</i>
Flexible thinking
<i>Phrase</i>
"You could be right. But have you thought about ..." | 10
<i>Goal</i>
Taking action
<i>Phrase</i>
"What can we do about this?" |

Merit Awards

Week 5

<u>Kinder</u> Albert T, Alice T	<u>Year 3</u> Rory K, Eloise B, Anna T
<u>Year 1</u> Alexis S, Rosie B, Lennon O	<u>Year 4</u> Pippa L, Dylan M, Frank K
<u>Year 2</u> Iyla F, Kaitlyn H, Madden R, Ruby T	<u>Year 5/6</u> Sophia W, Pat F, Hope S, Arabella D
Halos: Charlotte A, Reid C, Jack B, Mitchell O, Hartley S, Lara P, Iyla F, Jett R, Hamish B, Eloise B	



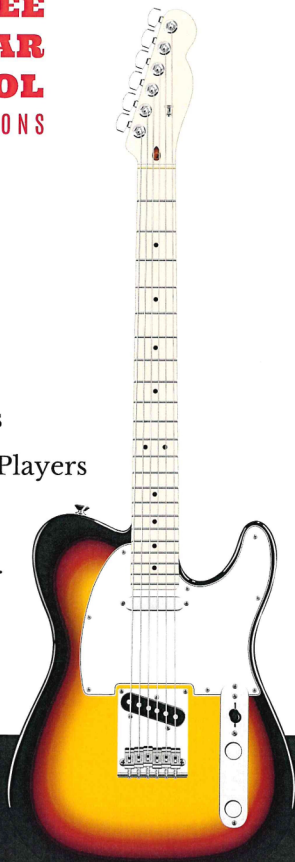
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BY APPOINTMENT ONLY



INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Wednesday, 5 April 2023

9:00 am to 2:30 pm

Memorial Hall car park, Herbert Street

GULGONG

For more information, go to servicesaustralia.gov.au/mobileoffice



Services Australia

servicesaustralia.gov.au/mobileoffice