



All Hallows Catholic Primary School

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Term 1 Week 10 5th April 2023

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Dear Parents

We have made it to the end of a very busy Term 1.

It is great to have a busy calendar but myself, the staff and the students are exhausted and ready for a holiday.

Enjoy the time over the Easter holidays with your family and friends. It is a special time of the year where quality time with loved ones can be appreciated.

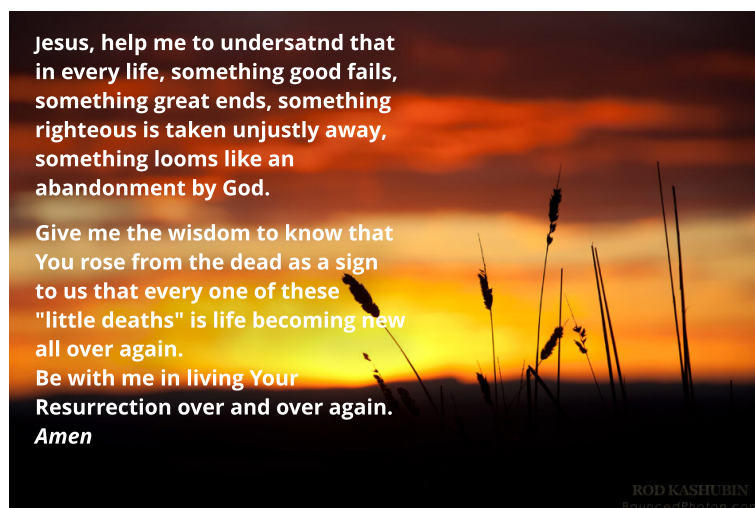
There are many events happening this week and I thank Kylie and all the class teachers for all their work organising Holy Week activities over the course of the week.

Have a great holiday everyone and we look forward to seeing you at ANZAC Day then when school returns on Wednesday 26th April.

Jesus, help me to understand that in every life, something good fails, something great ends, something righteous is taken unjustly away, something looms like an abandonment by God.

Give me the wisdom to know that You rose from the dead as a sign to us that every one of these "little deaths" is life becoming new all over again. Be with me in living Your Resurrection over and over again. Amen

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"



CATHOLIC SCHOOLS WEEK

What a wonderful week we had to celebrate our Catholic Schools last week.

Thank you to all who were able to join us for our liturgy, rugby league, tabloids, morning tea, lunch and assembly during Catholic Schools Week. The theme '*Share the Spirit of our Catholic Schools*' enabled our children to share their spirit of Creativity Generosity and Confidence, while reflecting on their own education.

We are very proud of the way our students represented us with pride over the week.



HOLY WEEK

'Holy' means "set apart." Christians set apart an entire week - Holy Week - to recall the events surrounding the suffering, death, and Resurrection of Jesus.

This week we have been pausing to commemorate the events of Holy Week with student led liturgies.

Please join us tomorrow at our Holy Thursday Liturgy at 10am, where each class will portray scenes from Holy Week. Scenes are set up from the school to the church. Main characters move into each scene, act the scene and move on. The school group will follow the story of Holy Week in silence by moving along and sitting (or standing) in front of scenes.

EASTER EGGS ON EASTER SUNDAY...WHERE DID IT START?

The custom of giving eggs at Easter celebrates new life. Christians remember that Jesus, after dying on the cross, rose from the dead. This miracle showed that life could win over death. For Christians the egg is a symbol of Jesus' resurrection, as when they are cracked open they stand for



the empty tomb. No-one actually knows when eggs were first used as symbols at festival times but it was long before Jesus' time. Eggs were always thought to be special because although they do not seem alive, they have life within them especially at springtime when chicks hatch out.

PROJECT COMPASSION



As we enter Holy Week, we continue to reflect on the lives of people vulnerable to extreme poverty and injustice and how we can respond through supporting Caritas Australia's Project Compassion appeal. Your generosity is the pebble that allows Caritas Australia to create the ripples that will improve the livelihoods of vulnerable communities, supporting them to flourish and create opportunities for future generations to live to their full potential.



'Thankyou' on behalf of Caritas Australia for the money raised this Lent through Project Compassion boxes at school and at home. Caritas Australia's annual Lenten fundraising and awareness - raising appeal brings thousands of Australians together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

If you have not returned your family's Project Compassion box could you please do so tomorrow.

So far we have raised **\$152.50** for Caritas Australia with our SRC raising **\$60.00** in their Easter Egg Guessing Competition.



PUPIL FREE DAYS

The following dates have been set aside for Pupil Free Days for Staff Development this year:

Mon 24th April	First day of Term 2
	Students return Wed 26th April
Mon 17th July	First Day of Term 3
	Students return Tues 18th July
Mon 31st July	Week 3 Term 3

And the news this week is...

TERM 1

6/4/23 Holy Week Liturgy 10am
Last Day of Term

TERM 2

24/4/23 Pupil Free Day
25/4/23 ANZAC Day
26/4/23 Term 1 begins
Confirmation Parent Meet
28/4/23 Yr 6 Leadership Day
30/4/23 Confirmation Commitment
2/5/23 Dio Cross Country Coolah
Moorambilla Visit
3-5/5 Yr 6 Christian Living Camp
12/5/23 Mothers Day Liturgy &
High Tea
24/5/23 Mary Help Christians Mass
25/5/23 Dio Spelling Bee
School Photos
31/5/23 Yr 6 Confirmation Retreat
4/6/23 Confirmation
6/6/23 Stage 1 Red Hill Exc
8/6/23 School Athletics Carnival
9/6/23 Rugby Gala Day

EASTER MASS TIMES - GULGONG

Good Friday - Liturgy of the Passion
@ 3.00pm

Easter Saturday - Vigil @ 5.00pm
(please note no Sunday Mass @
Gulgong)



ANZAC DAY

ANZAC Day will be on Tuesday of Week 1 in Term 2.

This is a Public Holiday so we won't be at school. We will be marching as a school community with other members of the Gulgong community and the Gulgong RSL sub-branch.

We will meet at 10.15am outside the town library. Students must wear full Winter Uniform including tie.

** Please note our first day of Term 2 will be Wednesday 26th April.

WINTER UNIFORM

We will have a two week transition into Winter uniform at the start of next term.

Students will need to transition into their Winter uniform including tie by Monday 8th May. We don't want students mixing and matching the summer and winter uniforms together.

Please contact the office if you have any questions regarding the uniform changeover.

We have our new 'zipper' ties and regular student ties available for purchase at the office.

The Uniform Shop will be open

Thurs 6th April 8.30am-10.00am & 2.00pm - 3.45pm

Fri 21st April 9.00am - 3.00pm (school holidays)

CANTEEN

Thank you to everyone who has volunteered to help with Canteen next term. A roster is coming home today.

Thursday 6th April

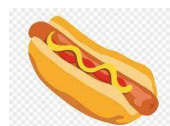
SAUSAGE SIZZLE MEAL DEAL

- **Sausage sandwich**
- **Popper**
- **Cupcake or Zooper Dooper**

\$5.00

(extra sausage sand \$2.00)

*NO regular lunch items available



And the news this week is...

CROSS COUNTRY

On Monday we held our school Cross Country at Red Hill. We are very proud of all those who participated with all students showing enthusiasm and good sportsmanship. Thank you to our many supporters who came to watch us run.

Congratulations to CLARE HOUSE who won the overall points score and to MacKillop House who won the points for the Hensley Shield (Sportsmanship) Here are the results from each race. Thank you to Red Hill for accommodating us again this year.

From this Carnival students will be selected to go onto represent All Hallows at the Diocesan Cross Country in Coolah on Tuesday 2nd May, 2023. All runners in this team are encouraged to train over the holidays.

AGE DIVISION	GIRLS	BOYS
INFANTS	1 st Aubrey Lugg	1 st Brycen Butler
	2 nd Ruby Pracey Holmes	2 nd Hunter Keevil
	3 rd Marley Wakeling	3 rd Lincoln Davis
9 yr	1 st Maddie Pracey- Holmes	1 st Noah Warren
	2 nd Lara Pilley	2 nd Jett Ryan
	3 rd Charlotte Adams	3 rd Rory Kinsela
	4 th Isabelle Coe	4 th Cambell Flower
10 yr	1 st Caitlin Britten	1 st Braxton Butler
	2 nd Tayla McKeown	2 nd Noah Thompson
	3 rd Olivia Seis	3 rd Dylan McKeown
	4 th Brooklyn Hall	4 th Frank Keevil
11Yr	1 st Arabella Davis	1 st Tommy Wisbey
	2 nd Lilah Gray	2 nd Dante Warren
	3 rd Sophia Burke	3 rd Lane Hobson
	4 th Lola Purcell	4 th Logan Jones
12 yr		1 st Jake McElligiott
		2 nd Patrick Fower
		3 rd Will Drury
		4 th Jake Fsadni

Check out our Facebook page "All Hallows Catholic Primary School" for lots of photos from the day.

SCHOOL FEES

Thank you to everyone who has paid their first instalment for school fees or has set up a payment plan.

A reminder that the first instalment is now overdue. The second instalment will become due 5th May 2023.

Please contact us if you are experiencing financial difficulty or need extra time to make a payment. There are various fee payment options and relief available to help.

STATIONS OF THE CROSS

This week all classes visited the church to learn about the Stations of the Cross. The Stations of the Cross introduce children to Jesus' Passion, breaking it down into stages that they can reflect upon and remember. The Stations are more than the retelling of a story: they are a prayerful participation in the event that lies at the heart of Christianity – Jesus' crucifixion and resurrection.



Merit Awards

Week 9

<u>Kinder</u> Airlie K, Jayce O	<u>Year 3</u> Oliver K, Hartley S, Anna T
<u>Year 1</u> Indie J, Oliver W	<u>Year 4</u> Braxton B, Lexi W
<u>Year 2</u> Audrey G, Amelia S, Miller P	<u>Year 5/6</u> Jake M, Levi R
Halos: Pippa L, Ruby P-H, Liam J, Hunter L, Winnie B, Hunter K, Pearl O, Wayne G, Hamish B, Lincoln D	

Student Wellbeing Tips


This week's tip is focusing on keeping your own mental health as a top priority. Taking care of your mental health is just as important as taking care of your physical health.

Mental Health Checkup & Toolkit

Taking care of your mental health is just as important as taking care of your physical health. These exercises can help you cope with emotions like worry, stress, or feeling upset, and help with situations that you feel you can't do much about. Give these exercises a try — they might help you feel better!


Distraction Tool

Doing distracting or fun activities focuses your attention in a helpful way — it gives you something else to think about instead of what is bothering you. Try playing a game, listening to music, spending time with a pet, talking to family/friends, or doing a craft.




Relaxation Tool

Slowing your body down calms your brain and relaxes your body. Try taking five slow deep breaths, tightening and releasing your muscles, or imagining being somewhere peaceful, like the beach or walking in the woods.



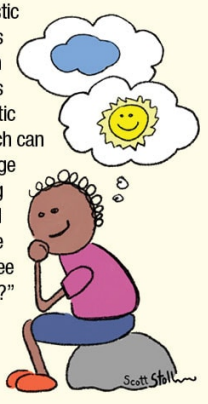
Action Tool

Keeping a good schedule and doing your everyday activities helps you stay on track and be healthy in your body and your mind. Try sleeping on a regular schedule, drinking plenty of fluids, eating nutritious meals, and exercising every day!



Thinking Tool

Noticing the realistic and positive parts of a situation increases optimistic thinking, which can help you change how you feel. Try asking yourself, "What are the good things that could happen?" or "These thoughts aren't helping me — how can I see this differently?"



Instructions

- 1.** Pause and take a moment to check up on yourself. How do you feel?
- 2.** Consider each tool. Start with the Distraction Tool and follow the arrows.
- 3.** Which tool do you think will help you feel better right now? (On a different day, it might be a different tool.)
- 4.** Now give it a try!

By Sara E. Williams PhD and Nicole E. Zahka PhD
More fun stuff: <https://dreamaplay.com>