

From our Principal

Mrs Janelle Heffernan

Dear Families,

I have recently had both the privilege and pleasure of meeting some of our new Kindergarten students and their families for 2020. The majority of them are new to our school community and when asked why they have chosen St Carthage's for their child/children they have unanimously said that they have heard great things about the school. Word of mouth is our best advertisement and it is affirming to hear that our parents are speaking so highly of our school to others and I thank you for continuing to support St Carthage's.

Mothers' Day Breakfast

Thank you to the many mums who came along and shared the Mothers' Day breakfast with us. It is always a great event and it is an opportunity for us as a staff, to say thank you to our mums and significant mother figures of our students. We were blessed with a beautiful sunny morning and it was lovely to see families socialising together outside the school hall. I have included a couple of emails I received after the breakfast;

I just wanted to say a big thank you to you and all the amazing staff for arranging another wonderful breakfast for all the mums in our school community. Your outstanding work and extra time spent preparing and organising this event doesn't go unnoticed. So thank you from the bottom of my heart. You are all fabulous! Have a blessed Mother's Day!

A very big thank you to yourself and your amazing staff for the wonderful Mother's Day Breakfast this morning. The tremendous effort, preparation and service is greatly appreciated!! It was such a lovely morning.

I hope you enjoyed your Mother's Day gifts which were put together by the Carmelite Sisters in Goonellabah. The sisters take great delight in supplying them to us. Proceeds from our Mothers' Day stall are sent to the Carmelite Sisters in Goonellabah who take great delight in putting these special gifts together.

NAPLAN

Congratulations to our Year 3 and Year 5 students who completed the National Assessment in Literacy and Numeracy last week. This was the first time that our students have sat the online assessments (except Year 3 Writing). We were very fortunate to have had a generally seamless experience and hopefully your children came home feeling quite relaxed with the experience.

We thank Miss Egan and our Year 3 and Year 5 teachers for ensuring the assessments went smoothly.

School Reports and Interviews – advance notice

School Reports will be sent home in Week 9 and interviews with teachers will be held in Week 10. We will again be using the online booking format for Parent/Teacher interviews and more information will be sent home with the Event Code and a reminder on how to book these interviews electronically in the near future.

Professional Development Day Reminder

A reminder that our next Professional Development Day for this year will be on **Monday, 3rd June. There will be no school for students on this day.** Staff will be involved in Proclaim Staff. This is a Catholic Schools Office initiative and a collaborative adventure to engage all staff in parish schools and the Catholic Schools Office in major cultural and structural change promoting the New Evangelisation. It is an opportunity in which all who wish to make an eternal difference in the life of each student can make both a deeper personal commitment to Christ and ensure there is a new ardour, new message and new method around promoting the Catholic way of life.

Active Kids Care will be available. For further information or to make a booking please go to our School Website Active Kids page or phone Wendy Pizzol on 0417 276 407.

Family Online Agreement Workshops

Thank you to parents who have come along to learn more about establishing a Family Online Agreement with their children. We are very grateful to Karen Evans and Shane Weekes from the Catholic Schools Office who have come along to share their knowledge and wisdom in this important area. We have one more workshop next week.



Janelle

From our Assistant Principal

Miss Amanda Egan

For the remainder of the term we are going to explore some topics in more depth. This week we will look at social media. There are many web applications that allow users to create and share content or to participate in social networking.

Should my child be on social media? Advice from the eSafety Commissioner.

You need to consider your child's level of maturity and resilience as it can have an impact on their social media experiences. When are they ready for social media accounts?

Both the physical age of your child and their level of maturity and resilience can affect their ability to have positive experiences on social media.

Each social media site and app has its own criteria for minimum age requirements. Most require users to be at least 13 years of age before they can register, although some sites are created especially for children under 13.

Key questions to help determine your child's readiness for social media

We suggest considering these questions to determine whether your child is ready for social media.

1. Is your child able to withstand negative online experiences?
2. If you think your child would be very upset by a negative experience online, you may need to guide them closely if you allow them to establish a social media account.

Look through online profiles and public feeds together, and talk about how some people behave differently online. Teach them how to filter abusive comments, block and report people. 2. Does your child understand the importance of protecting their personal information?

Explaining to a child why privacy is important can be difficult. Start by describing what personal information is. Emphasise that it includes anything that can identify them, such as their mobile number, email address, photos, the name of their school, and any sporting clubs they belong to. Remind them that photos can contain information that could be used to identify them, such as a photo taken right outside your house or a photo of them in their school uniform.

Let them know that if they share personal information online, it could mean that others, including strangers could use it in ways they may not have thought about. Someone could even post bullying messages or inappropriate photos on social media while pretending to be them.

3. Does your child understand how privacy settings for social media work?

Show your child how to view the privacy settings for each social media service you use and talk them through how you decided on which settings to use in your own accounts. If you would like help with technology, including how to use social media services yourself go to <https://beconnected.esafety.gov.au/topic-library/essentials/more-online-skills/socialising-online>

4. Does your child understand what is safe to share online?

If you are concerned your child may post personal information that allows people to identify and locate them — even after you have talked through the dangers — then they may need your help to use social media sites. Talk about the risks of 'checking in', tagging people in photos, sharing nude or sexually suggestive pictures, meeting online friends in person, making offensive comments, and what is not acceptable.

5. Does your child know how to report cyberbullying and other kinds of abusive content? Although there are huge benefits to being connected through social media, your child may experience some form of online bullying or harassment. If this happens, it is important that they know what to do.

6. Is your child willing to let you establish clear rules and supervise their social media activity?

It is a good idea to supervise your child's online activity, at least initially and certainly with younger children. Be clear on things like when and where online devices can be used and when they need to be switched off. The way a preschooler or younger child begins to use connected devices will instil good online habits from the start and help them transition to using social media later on. Talk with your child about which social media services they would like to use and come to an agreement you are both comfortable with about how they can use these services. You might discuss the following:

- Which types of content they can post — it is a good idea to look at examples together and discuss the pros and cons of different posts.
- How often they should post.
- How often you are comfortable with them checking social media.

Finding the right balance about how much to supervise your child's online activity will depend on your family's culture and the individual needs of your child. Be prepared for your child to need more support from you at particular times, and to resist your support at other times. Eventually they will be ready to explore on their own — but keep the lines of communication open so they can come to you with any concerns they may have.

Source: <https://www.esafety.gov.au/parents/skills-advice/are-they-old-enough#social-media>



Get in the know
– research the 'terms of use' and age requirements on social media services and explain them to your child.



Keep it private
– show your child how to use privacy settings to control what others can see.



Play nice
– encourage your child to respect others online and to always think before posting.



Report
– show your child how to report inappropriate content, especially cyberbullying.



Beware of bad eggs
– teach your child that not everyone they meet online can be trusted, even if they seem nice or friendly.

Should my child be on social media?
Parents can sometimes feel the pressure of pester power to allow their children on social media, even if they don't feel comfortable doing so.
While these services are a fun way to stay connected with others, there can be downsides like cyberbullying, risks to privacy and contact from strangers.
If you allow your child to sign up to a social media service, consider these handy tips.



Join in
– create an account yourself and find out what your child is likely to encounter.



Talk
– maintain open communication with your child so they feel safe talking to you about any concerns.



Learn more
– keep up to date with popular social media sites at esafety.gov.au/quickguide

esafety.gov.au/iparent

From our Assistant Principal - Mission

Mr Danny Hatchman

Developing a sense of 'partnership' between family and school is very important at St. Carthage's. Research in education continually links student success and wellbeing with the building of community between families and the school and the Catholic Church strongly encourages parental involvement in the education of students. An important initiative in this area is our **Community Conversation** which will be held on the evening of June 11 from 6pm-7:30pm in the School Hall. The evening will commence with a presentation by Mrs Janita Thomson from the Catholic Schools Office to speak about the recently developed Parent School Partnership Statement and the focus of the **Community Conversation** will be around the area of **Communication**. A response form will be sent home to seek names of those who would like to attend. Every family in the school will be invited.



5

SERVES OF VEGGIES

60

MINUTES OF PHYSICAL ACTIVITY

2

SERVES OF FRUIT

+

WATER AS A DRINK

KEEPS CHILDREN
HEALTHY!




Illawarra Shoalhaven Local Health District

SPORT NEWS**AFL Stage 3 Clinics**

During Weeks 1-4, Year 5 and 6 have been participating in AFL clinics. These clinics focusing on providing opportunities for the students to participate in a range of games that develop the skills of hand balling, kicking and marking. These clinics have been a valuable experience that the students have enjoyed thoroughly. As a school community we are extremely grateful for the time and resources that AFL Queensland provide to our school.

**AFL Gala Day**

On Wednesday 5th June, 50 students from Year 5 and 6 will travel to Byron Bay to compete in the AFL Queensland Schools Cup. Thank you to Laura Connelly for helping to prepare the boys team for the gala day. We wish both the boys and girls teams the best of luck and hope that they enjoy the experience.

Lismore Diocesan Primary Rugby Gala Day

On Tuesday 28th May the St Carthage's Rugby Union Squad will travel to Coffs Harbour to compete in the Lismore Diocesan Rugby Union Gala Day. Two teams have been entered in the competition and we wish them the best of luck. Thank you to Mr Sheridan and Mr Gordon for their tireless preparation of both teams. The numerous training sessions after school will serve them well when they compete next week.

**800m**

The 800m event will be held for students in Year 2-6 on Friday 31st May. Students are required to wear their full sports uniform (colour house shirt) to school on this day, including their normal black shoes. They may bring a pair of shoes to school to run in.

1500m

The 1500m is a new event which has been introduced as a representative pathway in Athletics. Participation in this event will be by nomination only. As it is a new event this year, points will not be awarded for age champion or colour house champion. Students are encouraged to nominate if they have displayed excellence in cross country or 800m (top 5). The 1500m will be held at 4:00pm on Thursday 1st August at Riverview Park. If your child is successful at our school level, private transport will need to be arranged for the Thursday afternoon. Students will compete in the following divisions:

Junior	8 – 10 years (2011 – 2009)
11 years	(2008)
Senior	12 – 13 years (2007 – 2006)

If required, the 1500m trials will be held at lunchtime during Weeks 7-9. Nominations close on Friday 7th June. Students from Year 2 – 6 have been emailed the nomination form. The following link can also be used to nominate

<https://forms.gle/v574AJonqYmJNh27>

NSW PSSA Carnivals

During Week 5, Timmy Auld and Joseph Mackney will travel to Bathurst to participate in the NSW PSSA Boys Football Carnival. During Week 6 Jimmy Bradford will travel to Grafton to compete in the NSW PSSA Boys Hockey Carnival. The dedication, effort and determination of Timmy, Joseph and Jimmy have enabled them to reach this high level of competition. All three boys should be extremely proud of this accomplishment. We know they will continue to display their outstanding skills and sportsmanship on the field. We wish them the best of luck and hope they thoroughly enjoy this experience.

Athletics Carnival

The St Carthage's Athletics Carnival will be held on Friday 7th June. If you are yet to do so, we ask that the permission slip and \$2 is returned to your child's classroom teacher by this Friday. Thank you to the parents and family members who have volunteered their time to help on the day. We still require additional helpers. If you are able to help on the day, can you please notify the office. Located below is the order of events for the day:

9:10 – 9:25	Students arrive at Riverview Park via bus		
9:30	Prayer and welcome		
	12 – 11yrs	10 – 9yrs	8-5yrs
9:35 – 10:00	<u>Track</u> 100m	<u>Field B</u> Novelty events	<u>Field A</u> Novelty events
10:00 – 10:25	<u>Field A</u> Novelty events	<u>Track</u> 100m	<u>Field B</u> Novelty events
10:25 – 10:50	<u>Field B</u> Novelty events	<u>Field A</u> Novelty events	<u>Track</u> 100m (8yrs) & 50m (7-5yrs)
10:50 – 11:05	Morning Tea		
11:05 – 11:35	<u>Track</u> 200m	<u>Field C</u> Long Jump & Discuss	<u>Stands</u> Lunch
11:35 – 12:05	<u>Stands</u> Lunch	<u>Track</u> 200m	<u>Field C</u> Long Jump & Discuss
12:05 – 12:35	<u>Field C</u> Long Jump & Discuss	<u>Stands</u> Lunch	<u>Track</u> 200m (8yrs) & 80m (7-5yrs)
12:45	100m Finals		
1:10	200m Finals		
1:45	Relays		
2:00	Presentations – Age Champion & Colour House Champion		

Master Chef for Years 4-6

Students in Years 4-6 who would like to participate in 2019 Master Chef are asked to have their recipe to Mrs Barratt no later than the 6th June.

St Carthage's School CANTEEN ROSTER TERM 2

Week 5

Thursday 30 May

S. Volpato, T. Donnelly

Friday 31 May

S. Osborne, S. Brady,
M. Nowlan

Week 6

Thursday 6 June

K. McDonald

Friday 7 June

M. Fowler, B. Callister.
ATHLETICS CARNIVAL

2019 Pupil Free Days

Monday 3rd June—Staff Proclaim

Friday 5th July

Monday 22nd July

Friday 27th September

Monday 14th October

2019 Important Dates

Term 2

Thurs 23rd May	Year 6 Visual Arts Excursion
28th May	Rugby Union Gala Day Coffs Harbour
Wed 29th May	Online Safety Session— 2:00pm—3:00pm Yr 2 Confirmation Retreat
Friday 31st May	St Carthage's 800 event
Mon 3rd June	PUPIL FREE DAY—PROCLAIM FOR STAFF
Wed 5th June	AFL Gala Day—Byron Bay
Thurs 6th June	Confirmation Evening - 6pm Cathedral
Fri 7th June	ST CARTHAGE'S ATHLETICS CARNIVAL— RIVERVIEW PARK
Mon 10th June	LONG WEEKEND
Tues 11th June	Community Conversation —Hall—time TBC
Mon 1st July	Polding Rugby Union travel to Forbes

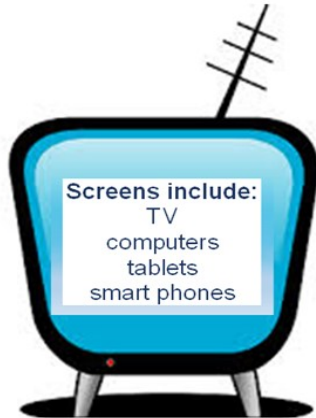
ENROLLING NOW FOR 2020

Enrolments are now open for Kindergarten 2020. Enrolment information and forms are available on the [School Website](#) or call in to the School Office to collect an Enrolment Package. Please inform your friends and families if they have a child ready to commence school next year. We are also accepting enrolments for Years 1 - 6, 2020.

We have started interviewing new families for 2020 enrolments.

Go "Screen Free"

- Make meal times "SCREEN FREE" and enjoy eating at the table as a family.
- Make a family "SCREEN FREE" hour or day each week.
- Create a "SCREEN DEPOT" in your house where all small screens go at a certain time each day/evening.



Sympathy



Please keep Ethan Byerlee and his family in your thoughts and prayers, following the recent loss of his father.

Happy Birthday!



Happy Birthday to the following students and staff who have celebrated their birthdays.

Brody Johnson, Zack Connolly, Adrian Brickhill, Logan Drew, Jak Scofield, Noah Watt, Emmanuel Woods, Masen Murray, Dylan Waters, Lachlan Marshall, Liam Byrne, James Collins-Bray, Bianca Hodges, Lachlan Wu, Patrick Maginnity, Augustus Norwell, Archie Sauer, Mali Cooper, Laura Dennett, Harvey McPhee, Shyra Santin, Jonah Hudson-Sheaffe, Sophie Lane, Lily Peters, Talisha Stone, Lewis Allen, Lara Carlson, Eli Connolly, Jake Fowler, Nicholas Toohey.



YEAR 3

Grade Gathering

When: Sunday 26th May

Time: 2:00pm—4:00pm

Where: Nesbitt Park,

Casino St , South Lismore

Bring a plate of food to share. Feel free to bring along your child's bike, scooter or a ball.

CONGRATULATIONS



To Ty Lippett and his family on the birth of their baby daughter/sister Ella.





HEALTHY
LUNCH
BOX

The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au

