

From our Principal

Mrs Janelle Heffernan

Dear Families,

It is shaping up to be another very busy term with many religious, academic, cultural, sporting and social events either over, or coming up during the term. These provide opportunities for our school community to come together to experience the great diversity of learning which occurs at St Carthage's.

Congratulations

A very big congratulations to Mr Sheridan and Mr Gordon on the success of the boys Rugby team which competed at the NSW Catholic Schools 10's Rugby Schoolboy Carnival in Sydney last Monday. The boys were victorious in the grand final, beating Randwick 26 to 12 to be crowned 2019 champions! This is a remarkable result and testament to the boys' hard work at training in honing their skills and team work over the past months after school. Mr Sheridan remarked on the outstanding behaviour of the boys while they were away.

A very big thank you to Mr Sheridan and Mr Gordon for sharing their Rugby knowledge, expertise and passion with the boys as well as giving up their time to ensure the team was well prepared.

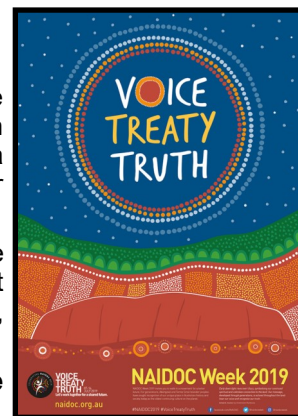
Thank you also to the parents who supported the team and coaches on all levels. Well done!

NAIDOC

This week we are celebrating NAIDOC at school. This celebration occurs nationally in the July school holidays. During NAIDOC celebrations our country is called to remember with respect and understanding the long history of our Aboriginal people. This special week is a great opportunity for our students to learn more about Indigenous culture and I thank Mr Condie for organising these events for us.

The 2019 theme **Voice. Treaty. Truth.** were three key elements to the reforms set out in the Uluru Statement from the Heart. These reforms represent the unified position of First Nations Australians. A flyer was sent home last week outlining our activities for the week, so please ask your children what they have been doing.

A reminder that tomorrow is a casual day when students can wear colours of the Aboriginal flag – red, yellow and black. There is no cost for this.



Thank You

Thank you to the parents who joined us for our Parent Café last Monday night and to our families who shared our Learning Walks last Tuesday morning with our special visitors George Otero and Janita Thompson. Whilst it was a small representation it was wonderful to hear the positive and constructive feedback we received.

Grandparents' Day Reminder - Everyone welcome!

Grandparents, throughout history, have always been important. Perhaps today, they are even more important. In a busy world, where many parents are both working and single-parent families, an involved grandparent goes a long way to filling a void for children.

A teacher was talking to Year Four students about their heroes one day in class. One girl said her grandmother was her hero. When the teacher asked why, the girl explained, "Because she's the only one in the whole world who can boss my parents around!"

There are many commercial T-shirts available in both children's and adult sizes: "When the going gets tough, I go to Grandma's." Ask many adults, men and women, to recall a couple of fond memories from childhood, and most often one of the memories will involve a grandparent. It's a very special relationship for people, one which can give them strength and comfort far into adulthood.

The special kind of love you get from a grandparent is a love you can't get anywhere else. It is an important kind of love. Parents have to worry about who children will become in the future - their role is to be providers and disciplinarians. Grandparents can just enjoy children for who they are in the moment. The love of a grandparent is often freer, more unconditional, and far less psychologically complex than a parent's love. The love of a parent and the love of a grandparent are different, and both are necessary. Just ask a child! If they were in charge of family holidays, their first choice would be to go to grandma/grandpa's house "because it's fun."

We will celebrate Grandparents' Day on Friday, 23rd August which will begin with a prayer service at 12:30pm in the School Hall followed by a B.Y.O shared lunch. Lunch is not provided.

*Grandparents are a family's greatest treasure,
The founders of a loving legacy, the greatest storytellers,
The keepers of traditions that linger on in cherished memory.
Grandparents are the family's strong foundation.
Their very special love sets them apart.
Through happiness and sorrow,
through their special love and caring
Grandparents keep a family close at heart. (Author unknown)*

Book Fair

The annual Book Fair will open in our School Library on Friday, 23rd August and close on Wednesday 28th August. Please note that the Book Fair this year will run over four days only. Parents and grandparents are welcome to buy books at any time over the four days. Please feel free to collect your child/grandchild from their classroom **prior to, or after the prayer service on Grandparents' Day and the Book Parade on Monday**, if you wish. The 2019 Book Week theme is "Reading is my Super Power".

Book Parade

It's that time of year again when we need to start thinking about our costumes for the Book Parade. The students are invited to choose a book character and come along dressed as that character. There will be a parade on **Monday, 26th August** in the School Hall at the start of school (approx. 9:00am). Everyone is welcome to come along.

The Sacrament of the Eucharist

We pray for our students who will be receiving their First Holy Communion this weekend and next weekend. We thank our Year Three teachers: Mrs Kane, Mrs Winkler and Mr Taylor for preparing our students for this very important sacrament and also Mr Hatchman for coordinating this program.

Don't forget our Parish School Family Mass and Sausage Sizzle next weekend, Sunday 25th August.

Tournament of Minds

Next weekend, Sunday 25th August, our Tournament of Minds Team will be performing at Murwillumbah. This team has been working hard in their lunchtimes and on the weekends to prepare for this competition. Tournament of Minds (T.O.M.) requires a great deal of time, commitment and enthusiasm leading up to the performance. Thank you to Jeni and Denis Thomson for their dedication and mentoring of our team during lunch breaks and on weekends. Our Social Science team members are: Sasha Bright, Noah Gilliland, Darcy Heffernan and Tallulah Ebejer, (Year 6) and Mia O'Reilly, Elisha Lovell and Ziggy Lake (Year 5). We wish you the best of luck next weekend.

Janelle



Happy Birthday!

Happy Birthday to the following students and staff who have had and will celebrate their birthdays:

Angus Faulkner, Harrison Marsh, Seth Landers, Makinley Darragh, Logan Kyle, Maya Volpato, Sam Ianna, Xian Muller, Tobey Rose, Jimi Bradfield, Ingrid Byrne, Luca Lombardo, Sophie Frost, Erika Graham, Luke Dwyer, Riley McNeil, Elly-Mae Hauser, Henry Hogan, Georgia Herman, Vaughn Matthews, Hugh O'Reilly, Isaac Barry, Mackenzie Clark, Darcey Connelly, Sofia Dimmick, Sammie Jones, Grace Hall, Lilly Klemm, Ruby Hall, Astrid Campbell, Shayla Smith, Stella Burke, Kony Maciek-Rong, Hudson Smith, Henry Jenkins, Liam Torrens, Logan Coghlan, Bailey Huxtable, Izaac Mallett, Thomas Ambrose, Isla Huet, Zane Jones, Hamish Bailey, Kieran Dwyer, Jacob Laing, Elsie Lynch, Kerri-Anne Kane, Wendy Dardengo and Lyniese De Maria.



DIOCESE OF LISMORE

CATHOLIC SCHOOLS OFFICE



1 August 2019

Dear Parents and Caregivers,

Building Positive School Communities

I would like to take this opportunity to remind you that our system of Catholic parish schools in the Diocese of Lismore has at its core, the fundamental value of bringing Jesus Christ into every interaction we have, with a special focus on every student so as to ensure they are able to achieve the fullness of life. As the newly appointed Director of Catholic Schools, I fully support this ethos and look forward to the opportunity to work with all school communities to ensure that our Mission of Catholic schooling in the Diocese is achieved.

In order to ensure that our schools are able to deliver our Mission, it is critical that we have the cooperation of every parent and caregiver in every school. To this end, I believe that it is appropriate that I remind you of your commitment to behave appropriately towards staff and other members of the School Community that delivers the Mission. This includes personal interactions at school, in the wider community and, social networks including technology.

Pope Francis, speaking in 2018, stated that families and schools must renew their commitment 'for a constructive collaboration for the good of children and young people'. To do this, he stressed the need for 'a new complicity between teachers and parents. Above all to renounce thinking like opposing fronts, blaming each other'.

The fostering of high quality interpersonal relationships among teachers, students, parents and ancillary staff is a responsibility shared by everyone. Principals are especially tasked with taking care for all those in the school community and to do this effectively they require the support, patience, care, understanding and respect of everyone.

Principals are responsible for ensuring a safe and secure workplace for staff and students within schools and to this end, they are mandated to explore and invoke the numerous legislative protections that will guarantee the safety of students, staff and parents. Whilst these protections are available, they are used as a last resort. It is my firm expectation that parents are able to afford school staff the support and respect they need and deserve to care for all students without fear of harassment, intimidation or threat.

Yours sincerely,

Dr Sally Towns
Director of Catholic Schools

From our Assistant Principal - Mission

Mr Danny Hatchman

Thank you to those parents and carers who were fortunate enough to join in either the **Parent Cafe** or **Learning Walk**. In the words of one parent who was able to walk through different classrooms,

"I felt privileged to be part of the group and to witness the wonderful learning, teachers and students at St Carthage's."



Being an engaged parent is a powerful way of helping your child achieve a full and meaningful life.

Research shows children whose parents are engaged in their education and are connected to their school community, do better in achieving better academic results, complete more homework, have fewer behavioural issues, have higher levels of well being and are more likely to go on to some form of further study. Even asking questions about their learning that day is a simple action you can make that is important to your child's success.

As part of the 'Better Together' program our Principal and George Otero will lead both of these events in partnership with Janita Thomson from the Catholic Schools Office. Thank you to the many teachers who offered their classrooms for the **Learning Walk!**

Parent views about classroom-family communication was a topic for discussion at the Parent Cafe and the staff meeting that next afternoon - both with a view to sharpening our practices.

Taking the time to communicate and discuss issues of interest - parents and teachers working together.

First Holy Communion 2019 - Congratulations to all children who are completing their preparation for the Sacrament of Holy Communion. Families are now invited to present their children at Mass over the coming weeks to receive their First Holy Communion.



Please note: There are four Masses at the Cathedral when teachers will be available for support if needed. By now you should have indicated which of those Masses your child will be attending so that Certificates can be completed and available. If you do not indicate to the school the actual date of your child's First Holy Communion, your child's Certificate will not indicate a specific date.



Sacrament of Eucharist Retreat - Thank you to the many parents and carers who attended with their children at this Retreat. This is a time which allows the children to learn about their faith in a fun but meaningful way. This also gives family members the chance to have a common discussion topic at home sparked by a shared activity during the Retreat. Thank you to the Yr 3 teachers who were enthusiastic leaders of each activity and to our student Youth Ministry students from Year 6 who were fantastic peer partners with the younger students!

FEAST OF ST MARY OF THE CROSS (MACKILLOP) - Thank you to Mr Sheridan and the children of 2KI who helped our school celebrate the life of Australia's Saint last week. Mary MacKillop founded the congregation of the Sisters of St Joseph and a "system" of "Josephite" schools responsible for the education of many, many children.



NAIDOC Week Assembly - Thank you to Mr Condie and our Indigenous children who presented a wonderful assembly for the whole school yesterday as part of our NAIDOC week celebrations.

Mr Condie concluded by reading the prayer of the Aboriginal People (Prepared by Aboriginal people for Pope John Paul II's visit to Alice Springs 1986).

*Father of all, You gave us the Dreaming,
You have spoken to us through our beliefs,
You then made your love clear to us in the person of Jesus,
We thank you for your care,
You own us, you are our hope,
Make us strong as we face the problems of change,
We ask you to help the people of Australia
to listen to us and respect our culture,
Make the knowledge of you grow strong in all people
So that you can be at home in us and we can
make a home for everyone in our land. Amen*



THE ASSUMPTION OF BLESSED MARY (Solemnity)

Years 4-6 will be attending 12 pm Mass in the Cathedral to mark this very special occasion in the life of Mary. On 15 August the Church celebrates the Feast Day of the Assumption of Our Lady when according to our faith, the Holy Mother, "having completed her course of her earthly life, was assumed body and soul into heavenly glory".

In the light of the Assumption of Mary, it is easy to pray her Magnificat (Luke 1:46-55) with new meaning. In her glory she proclaims the greatness of the Lord and finds joy in God her saviour. God has done marvels to her and she leads others to recognize God's holiness. She is the lowly handmaid who deeply revered her God and has been raised to the heights. From her position of strength she will help the lowly and the poor find justice on earth, and she will challenge the rich and powerful to distrust wealth and power as a source of happiness.



From our Assistant Principal

Miss Amanda Egan

How to build digital intelligence in children

Promote respectful communication

- Encourage your child to use the same positive manners and behaviour they would use offline, understanding that others may have different cultures, backgrounds or points of view. If it is not OK to say or do something face to face, it is not OK online.
- Remind them to avoid responding to negative messages and to tell you or another trusted adult if they receive them. Tell them it is OK to report others who are not being nice.
- Emphasise the positives

Encourage empathy

- Help your child to imagine being in someone else's shoes, so they can relate to diverse opinions and understand what might make people behave in different ways.

Teach them to question

- Encourage your child to think critically about what they see online. Teach them to ask questions so they can identify content or messages that may be misleading or exploitative.
- Talk to them about 'fake news', or false information that is designed to look like a trustworthy news report, and how quickly it can spread on social media. Teach them to fact check news sources and do their own independent searches on issues, so they can see the variety of opinions on a particular issue and make up their own mind.
- Remind them to be careful when making new friends online as people may not be who they say they are. We are increasingly seeing 'Finstas' (fake Instagram accounts) and other impersonation accounts. So it is important to question whether what they are seeing online from their friends is real or not. If it seems out of character, it could be from a fake account.
- Alert your child to the dangers of meeting someone in person that they have been talking to online. Advise them to never arrange to meet an online friend unless a trusted adult is with them and it is during the day in a public space.

Encourage safe and responsible behaviour

- Work on achieving a healthy balance in your child's online and offline activities and set boundaries for digital device use in your home.
- Remind your child of the importance of safeguarding personal information that can be used to identify or locate them.
- Explain why they should be suspicious of unsolicited messages and emails, and avoid clicking on pop-up ads on websites. Some pop-ups that seem safe can lead to inappropriate sites or ask for personal or financial information.
- Help them configure the strongest privacy settings on all social media apps and sites they use. It is best that only their circle of friends can view their information, tag them in photos or share posts. And get them to check their settings regularly as updates can sometimes change them back to the default.
- Ensure your child uses strong passwords on devices and accounts, and explain the importance of not sharing passwords, even with friends.

Help them build resilience

- Keep your cool if your child experiences a negative experience online. Remember, the choices they make as they navigate difficult situations can help them learn.
- Remind your child that they can screen who they accept as online 'friends'.
- Make sure they know how to block and report users or pages on the sites they use.
- If they have a negative online experience, find out how they are feeling about it, offer support and encourage them to keep things in perspective at the same time.
- Build your child's confidence and encourage positive ways of thinking — looking on the bright side, thinking rationally, understanding that difficult times are a part of life but there is help and support available.

Source:

<https://www.esafety.gov.au/parents/skills-advice/good-habits-start-young>



From our Leader of Sport

Mr Brendan Tickle

Northern Junior League Rep Basketball Finals



Seven students from St Carthage's travelled to Port Macquarie to represent Lismore in the Northern Junior League Representative Finals. Billy Drooger and Clancy Dunne competed in the U14s boys' division. Their team came up against tough competition from Coffs Harbour, but were able to secure the gold medal. Nikki Andonov and Indira Coble competed in the U12 girls' division.

They versed Tamworth in the final and were awarded the silver medal. Seth Landers, Elwyn Dunne and Darcy Drooger competed in the U12 boys' division. Their team finished the season in 4th place.

2019 John Davidson Country Jamboree

Congratulations to Nikki Andonov and Seth Landers who have been selected to attend the U12's John Davidson Country Jamboree for Basketball. Nikki and Seth were selected from the U12 Skills Days which were held on 13 & 14 July. Over 430 athletes participate in the skills days, across 11 venues (Albury, Bateman's Bay, Bathurst, Byron Bay, Gosford, Moss Vale, Newcastle, Port Macquarie, Queanbeyan, Tamworth & West Wyong). The Country Jamboree will be held from the 28th September – 1st October in Tamworth.

We congratulate the students from St Carthage's on their achievements on the Basketball court.

Diocesan Athletics Carnival

The students from St Carthage's continued to excel in athletics last Tuesday at the 1500m. Congratulations to Akony Maciek-Rong, Sienna Gorman, Rue Heffernan, Oliver Rose, Darcy Heffernan and Charlotte McEwan-Brokensha who placed in the top 3 and will now progress to the Diocesan Athletics Carnival for this event. The St Carthage's Athletics Squad has now grown to 30 students. We wish our students from St Carthage's the best of luck at the Diocesan Athletics Carnival on Friday 23rd August.

St Carthage's Rugby 10's Champions

St Carthage's Primary School 10's 2019 Rugby Union team was victorious in the recent finals of the NSW Catholic School Rugby Union competition. These finals which were held at St Joseph's College, Hunters Hill Sydney, provided the ideal setting for teams to have an enjoyable Rugby experience. The school's team performance was on a level with the school's teams from 2004, 2006 and 2007.

Teams from across NSW Catholic schools who had won their regional carnivals played in this tournament. These included teams from Randwick, Singleton, Tamworth, Terrigal, Orange, Forbes, Nowra and Lismore.

Our team started the day's game by losing 29-0 to Randwick. With each game our team improved their Rugby games with determination and team work. The closeness of the scores indicate how even the teams were in this competition. This included scores like; Orange (12-7), Tamworth (17-14) and Singleton (14-12). These wins allowed St Carthage's team to go to the grand final which was against Randwick again. The boys demonstrated a 'never give up' attitude with a try and conversion on the final siren, securing a win by 26-12.

The team work and skills from the boys was commendable. A few key moments were when Billy Drooger chased a player 50m and tackled him 5m from the try line in the grand final. The determined charges from Riley Flood and the constant backing up of Zane Taylor and Billy Beston were crucial to our overall game success. The consistent tackling efforts from Keenan Faber and Kody McQuilty deserves a mention as well. Overall, all the St Carthage's players put in action, commitment and drive which allowed them to make their best effort possible.

The success of this team has been built up over a period of time with the assistance of some very committed coaching volunteers. During this time the team has had the expertise of Dylan Tulk, a Year 12 student from Woodlawn, Liam McQuilty and John Gordon. The boys really appreciate the time and effort these people have willingly offered to assist them to reach their sporting potential.

The parental support for the St Carthage's 10's Rugby team was outstanding, which made this trip to Sydney and other venues previously, a very memorable experience for each of us.

On behalf of St Carthage's school Rugby 10's team and families I would like to thank our generous sponsors including: Telstra Lismore - for supplying the team with new jerseys, shorts and socks for the trip, Greg Clark Building, Evans Head Veterinary Service, La Baracca Espresso Bar & Trattoria - Lismore, Lismore Diocesan Investment Fund. This financial support was greatly appreciated as it assisted with the cost of travel, accommodation and meals for the boys' trip to Sydney.

Jack Sheridan - St Carthage's Primary School Rugby Manager



Netball NSW School Cup Competition

On Tuesday 13th August the St Carthage's Netball Team travelled to Casino to compete in the Regional Finals of the NSW TAFE Netball Schools Cup. The team remains undefeated after two stages and has continued to show outstanding determination, effort and sportsmanship. The girls will now progress to the State finals which will be held in Sydney on the 24th September. Thank you to Mrs McRae for your ongoing support of our school Netball team. Congratulations on your outstanding achievement!



Year Four MasterChef

Masen Murray, Emily Marsters, Theo Rogusz and Will Bullpitt showing Mrs Barratt how it's done in the kitchen.



St Carthage's School CANTEEN ROSTER TERM 3

Week 5

Thursday 22 August

S. Volpato

Friday 23 August

S. Osborne, S. Brady, M. Nowlan

Week 6

Thursday 29 August

K. McDonald

Friday 30 August

M. Fowler, B. Callister

2019 Important Dates



Term 3

	Assumption of the Blessed Virgin Mary Solemnity Day—Mass Cathedral 12.00pm
Thurs 15 August	Casual Day for students—wear red/black/yellow for NAIDOC WEEK
	NAIDOC Solid Mob 9am
Fri 16 August	Whole School Assembly Year 6—2pm (Please note change of Year)
Sat/Sun 17th & 18th August	First Eucharist Year 3—5:30pm Saturday 9:00am Sunday
	Grandparents' Day—BYO Shared lunch
Fri 23rd August	Opening of BOOK FAIR—Library Dioc Athletics—Riverview
Sat 24th August	First Eucharist Year 3—Mass 5:30pm
Sun 25th August	First Eucharist, Parish Family Mass & Sausage Sizzle—5:30pm
Mon 26th August	Book Parade—Hall Fathers' Day RSVP
Wed 28th August	BOOK FAIR Closes
Thurs 29th August	Fathers' Day Stall—gifts \$3.00 Fathers' Day Sausage Sizzle 4.30pm—6pm
Fri 30th August	Richmond Zone Multi -Sports Gala Day—Hepburn Park. Year 6 students
Year 6	Richmond Zone Netball Gala Day—Lismore Netball courts Richmond Zone Football Gala Day—SCU
Tues 24th Sept	Regional Netball Comp Sydney
Fri 27th September	St Vincent de Paul Feast Day PUPIL FREE DAY
Term 4 Mon 14th	Students commence Term 4
TERM 4	2020 Kinder Parent Information Evening 6:00pm Kinder classrooms
Tues 15TH Oct	
Thurs 17th Oct	2020 Kinder Orientation Morning 9:00am—11:00am
Thurs 24th Oct	2020 Kinder Orientation Morning 9:00am—11:00am
Thurs 31st Oct	2020 Kinder Orientation Morning 9:00am—11:00am
Thurs 7th Nov	2020 Kinder Orientation Morning 9:00am—11:00am

St Carthage's School
wishes to invite all Fathers
and their St Carthage's students
to a
FATHERS' DAY - SAUSAGE SIZZLE

on
THURSDAY 29th August

4:30pm—6:00pm

On the bottom playground.

We will also hold our Fathers' Day Stall on this day. Please bring along \$3.00 to buy a gift for dad or grandad.

TERM 3 2019 - DATES TO ADD TO YOUR DIARY

BOOK FAIR in the School Library

The BOOK FAIR will open on Friday 23rd August and close on Wednesday 28th August. This year the Book Fair will run over the four days. You are welcome to visit the BOOK FAIR during Grandparents' Day and the Book Parade or anytime over the four days.

BOOK WEEK THEME FOR 2019—"Reading is my Super Power"

FRIDAY 23RD AUGUST—GRANDPARENTS' DAY

All grandparents are invited to our special day on Friday 23rd August. The day will commence with a prayer service in the School Hall at 12:30pm followed by a **BYO** shared lunch in our school grounds.

Please bring a chair or blanket for your picnic lunch.

BOOK PARADE

Students are invited to choose a book character and come along dressed as that character. There will be a parade on **Monday 26th August in the School Hall at approx. 9am.** Everyone is welcome to come along.

ST CARTHAGE'S SCHOOL LISMORE



Fruit & Veg Month 2019

Did you know that only around 5% of adults and children eat the recommended amount of fruit and vegetables.

Celebrate fruit and veg month during September:-

- Keep ready cut veggie sticks in the fridge to grab for snacks
- Keep a fruit bowl stocked with colourful fruit
- Pack some veg as well as fruit for crunch & Sip
- Get the kids involved with choosing or picking and preparing fruit and veg
- Try to include vegetables at every meal e.g banana or other fruit on toast or cereal, add salad to sandwiches, add chopped or grated veggies to pasta sauces, soups, frittatas and stir fries.

