

### From our Principal

**Mrs Janelle Heffernan**

Dear Families,

Over the last two Terms, Amanda, Danny and myself, have had the privilege of meeting students and parents who will be joining our school community for the first time in our Kindergarten class of 2019. Last week we had our Kindergarten Parent Meeting and last Thursday we had the absolute pleasure of welcoming these children to St Carthage's for the first of their orientation visits. It is always wonderful to see their happy, smiling faces as they engage in the activities which the Kindergarten teachers have prepared for them. Thank you to Mrs Beirsteker, Mrs Yates and Mr Evans for their work in preparing for these visits. I have been reflecting on how lucky the children in our school are, to have such strong family support and parents who really take their roles seriously.

'A Parent's Prayer' is shared as a tribute to parents who model the intentions of this prayer.

#### *A Parent's Prayer*

*Help me to understand my children, to listen patiently to what they have to say and to answer  
all of their questions kindly.*

*Keep me from interrupting them, talking back to them and contradicting them.*

*Give me courage to confess my sins against them and to ask of them forgiveness, when I  
know I have done them wrong.*

*May I not vainly hurt the feelings of my children.*

*Forbid that I should laugh at their mistakes or resort to shame and ridicule as punishment.*

*So guide me hour by hour that I may demonstrate by all I say and do, that goodness produces  
happiness.*

*Reduce, I say, the meanness in me.*

*May I cease to nag, and when I am out of sorts, help me, O Lord, to hold my tongue.*

*Blind me to the little errors of my children and help me to see the good things they do.*

*Give me a ready word of praise for honest effort.*

*Help me to treat my children as those of their own age, but let me not exact of them the judgments  
and conventions of adults.*

*Allow me not to rob them of the opportunity to wait upon themselves, to think, to choose and  
to make decisions.*

*Forbid that I should ever punish them for my selfish satisfaction.*

*May I grant them all of their wishes which are reasonable, and have the courage always to  
withhold a privilege which I know will do them harm.*

*Make me so fair and just, so considerate and so compassionate to them that they will have a  
genuine esteem for me.*

*Fit me to be loved and imitated by my children.*

*Amen.*

I trust that we all take the time each day, to say thank you for the gift of our children.

#### **Year Six Canberra Excursion**

Our Year Six students, teachers and parent helpers left on Sunday evening for their excursion to Canberra. This is a wonderful learning and social experience for the students and I know that they are having a great time in Canberra. We look forward to hearing about their experiences when they return to school next week.

#### **Tournament of Minds Australasian Pacific Finals**

Tomorrow our TOM Team leave for Hobart to participate in the Australasian Pacific Finals in the Social Science discipline. This follows on from their win at the state finals at the end of last term. We wish our team; Sasha Bright, Noah Gilliland, Darcy Heffernan, Tallulah Ebejer (Year 6) and Mia O'Reilly, Elisha Lovell and Ziggy Lake (Year 5) all the very best of luck as they compete against the winning team from each state and overseas. A very big thank you to Jeni Thomson for her hard work in preparing our team for this event.

## EMU Maths Interviews 2020

Our school will again be undergoing Mathematics Assessment Interviews (M.A.I.'s) at the beginning of the 2020 school year. All schools in the Lismore Diocese will be conducting these interviews in the first week of Term One.

EMU is a research based program, which is used nationally and internationally and has received the accolades of many educators throughout various education systems. It is interesting to note that the 'EMU' bird never moves backwards and this is what we want to maintain at St Carthage's - all students moving forward with their mathematical learning.

### The Process:

1. Parents will make a booking during Term Four for their child's 2020 assessment interview. You will be notified via the Skoolbag app. and newsletter when this opens and the process involved in making the booking for your child for 2020.
2. The interviews for Years One to Year Six (2020) will take place on **Wednesday, 29th January and Thursday, 30th January. Therefore, the first day of Term One for Years One to Six will be Friday, 31st January 2020.** The interviews will take 40 minutes to complete for Years 1 - 6.
3. The Kindergarten interviews will run for 1 hour as they incorporate M.A.I.'s for Numeracy and Best Start for Literacy. **Our 2020 Kindergarten students will commence on Wednesday, 5th February 2020.**
4. Parents and carers are not required to remain with their child during the interview. Children will be taken to the classroom and, you can either leave and return after the interview, or you are most welcome to go to the School Hall and have a cuppa and some refreshments.

This valuable data on your child will be shared early in Term One, when the school conducts its Parent Meetings, which involve you, your child and their teacher.

### Reminder to Parents and Guardians

Please be mindful of informing the school of any diagnosis or change in medical condition for your child so that School Action Plans and records are current and accurate. This is especially important for those students with Asthma, Anaphylaxis, Diabetes and other medical issues.

*Janette*

## NOT RETURNING IN 2020

To assist with our projection of class numbers and placements for 2020, we ask that parents advise the School Office, in writing, if your child/ren (K-5) will not be returning to St Carthage's next year. Please include details of your child/rens' new school, new home address and new contact phone numbers where applicable.

## From our Assistant Principal - Mission

## Mr Danny Hatchman



YOU WILL NEED AN  
**INTERPRETER** SOON

We have been told that a **package** will be arriving at our school soon and that we will need an **interpreter** to understand what it is. If anyone knows a good interpreter, could you please contact Danny Hatchman in the Office. Thank you.

Sunday was Mission Sunday - a reminder of the need for us to remain faithful to the teachings of Jesus to care for those less fortunate. Later this term, our **Mini Vinnies students** children will start organising and asking for contributions to our Christmas hampers to help those who live locally. For those who live in other lands, our **Mini Vinnies students** are now organising CRAZY SOCKS DAY - an annual event aimed to raise money to support Catholic Mission - the international mission agency of the Catholic Church in Australia. Everyone is invited to wear some crazy socks to school and contribute a gold coin on THURSDAY, 31ST OF OCTOBER. This year our funds will go to support the Church in Ghana which supports children with disability, fostering their personal development for a brighter future. We encourage you to watch this video with your children

<https://youtu.be/nxYaGqGimVI>

**CRAZY SOCKS DAY** - Thursday 31 October

**Family School Mass** - Sunday, 3 November commencing at 5:30pm

**Year 4 Retreat** - 6 November

**Remembrance Day Prayer** - 11 November 10:40-11:00am School Hall

**Presentation Feast Day Prayer** 20 November 10:30am in the School Hall

**Year 5 Leadership Retreat** - 21 November

Save the  
**DATE**

Traditionally, October is the month of the Rosary and we have registered our school at the OZ Rosary - link <https://ozrosary.wixsite.com/ozrosary53> The tradition of saying the Rosary is important for many reasons - it is a prayer of devotion and, similar to Christian Meditation, can contribute to a positive sense of wellbeing. Each class will experience some sense of the Rosary before the end of October.



Our next **Family School Mass** is Sunday, 3 November commencing at 5:30pm in our Cathedral. We would love to see as many families as possible attend and stay to share in a sausage-sizzle after Mass. A note will be going home soon with further details.



## From our Assistant Principal

Miss Amanda Egan

### International Competitions and Assessments for Schools (I.C.A.S.) 2019

The results of some of our ICAS assessments have now been made available so we are pleased to be able to share them with you. The certificates and individual information for students who were involved in these assessments are yet to arrive and will be given out at an assembly when they arrive. Congratulations to all the students who sat these assessments. You should all be proud of your results.

#### Digital Technologies

**Participation Certificates** - Lily O'Sullivan, Connor Blainey, Darcy Healy, Ayden Holmes and Anthony Salaun.

**Merit Certificates** - Elijah Hogan, Darcy Hodges and Ethan Byerlee.

**Credit Certificates** - Georgia Herman, Thea Blok, Ziggy Lake, Chloe Ryall, Max Alcorn and Kieran Weekes.

**Distinction Certificates** - Ellie McKay and Lachlan O'Sullivan.

#### English

**Participation Certificates** - Murphy Ware, Emily Thornycroft, Ruby Lake, Isabel Schilling, Thea Blok & Liam Torrens.

**Merit Certificates** - Elijah Hogan and Scarlett Ware.

**Credit Certificates** - Jenna Ryall, Isobel Rose, Georgia Herman, Ziggy Lake and Sean Thornycroft.

**Distinction Certificates** - Ellie McKay, Chloe Ryall and Lachlan O'Sullivan.

#### Mathematics

**Participation Certificates** - Joel Tulk, Murphy Ware, Lily O'Sullivan, Hugh Martin, Georgia Herman, Ruby Lake, Ayden Holmes, Isabel Schilling, Stella Burke, Scarlett Ware and Sean Thornycroft.

**Merit Certificates** - Emily Thornycroft, Molly Cronin, Thea Blok and Ziggy Lake.

**Credit Certificates** - Elijah Hogan, Ellie McKay, Darcy Healy, Max Alcorn, Kieran Weekes, Mitchell Mayes, Lachlan O'Sullivan, Lani Blunn and Ronan Kirshaw.

**Distinction Certificates** - Chloe Ryall, Oliver Rose and Ethan Byerlee.

#### Science

**Participation Certificates** - Joel Tulk, Hugh Martin, Scarlett Ware and Liam Torrens.

**Merit Certificates** - Ziggy Lake.

**Credit Certificates** - Elijah Hogan, Georgia Herman, Ellie McKay, Connor Blainey, Chloe Ryall, Oliver Rose and Abraham Wilson.

**Distinction Certificates** - Lachlan O'Sullivan.

#### Spelling Bee

**Participation Certificates** - Jenna Ryall, Elijah Hogan, Ruby Lake, Ellie McKay, Scarlett Ware, Darcy Hodges, Sean Thornycroft and Liam Torrens.

**Merit Certificates** - Lachlan O'Sullivan and Makayla Yates.

**Credit Certificates** - Murphy Ware, Georgia Herman, Isabel Schilling and Ziggy Lake.

**Distinction Certificates** - Chloe Ryall.

**High Distinction Certificates** - Ronan Kirshaw.





## From our Leader of Pedagogy

### Kinder Orientation

St Carthage's first Kinder Orientation for our 2020 cohort was an amazing success! Thankyou to all our parents and families who prepared their children so well for their transition into St Carthage's. There were smiles all round and very excited 4 and 5 year olds as they started their "big school" learning journey.

#### **Some of the activities of the day included:**

- Fine Motor activities
- Writing our Name
- Nursery Rhyme Sharing
- Art
- Speaking and Listening Skills
- Playground fun
- Fruit Break

## Mrs Samantha Lynch





## Year 1 - Technology



## Spring Gardening

Spring is the perfect time to plant just about anything. The soil moisture is still high and plants can become established before the heat hits.

**HERBS** – Sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

**FRUIT & VEGETABLES** – Sow beans, beetroot, broccoli, cabbage, capsicum, carrot, cucumber, eggplant, lettuce, melons, onion, parsnip, potato, pumpkin, radish, silver beet, squash, sweet corn, sweet potato, tomato and watermelon.

### Recipe Ideas Using Spring Garden Produce

- Roasted carrot dip
- Pumpkin, spinach and fetta savoury twist
- Carrot, corn and capsicum fritters
- Fetta, carrot and herb loaf
- Veggie pikelets or frittata

Find these recipes and more at: -

<https://nswlhd.health.nsw.gov.au/health-promotion/healthy-eating-recipes/>



## Parking

### • Visitor/Disabled Carpark

The School Visitor/Disabled parking area (outside the Administration building) is for short term parking **ONLY between the hours of 9:15am – 2:45pm.**

You are welcome to use this carpark during these times if you have an appointment at the school.



Between 8:30am-9:15am and 2:45pm-3:30pm, use of the Visitor/Disabled Carpark is restricted to **only parents or students entitled to Disability Parking**. It is not a pick up or drop off area for parents use before or after school.

### • Staff Carpark (including the driveway access)

**This parking area is for the use of staff members only.**

Parents are also asked to avoid blocking bus zones or private driveways and are not to park in the Police Youth Club carpark OR the Service Station customer carpark. Double parking is also discouraged. We encourage parents to use the Cathedral parking and the underpass to deliver your children safely to school. Your child's safety is worth being a few minutes late to work!



## From our Leader of Sport

## Mr Brendan Tickle

### Basketball

On Thursday 26<sup>th</sup> September our St Carthage's Basketball teams attended the NR Marketing Basketball Challenge at the Lismore Basketball Stadium. The students played 4 pool games. The girls secured two wins and the boys progressed to the final undefeated. Both teams developed as the day progressed, competing in each game with determination but still maintaining outstanding sportsmanship. The boys team played Lismore Public School in the final. It was a fast paced game that had everyone sitting on the edge of their seats. The boys secured the win, closing out the game with clinical shooting and teamwork. Congratulations to Tom Ambrose, Zane Anderson, Nikki Andonov, Lani Blunn, Billy Drooger, Clancy Dunne, Elwyn Dunne, Zane Jones, Seth Landers, Lachlan Mallet, Charlotte McEwan-Brokensha, Kiarna Rogers, Jyoti Smith, Scarlett Ware and Allie Wilford on an outstanding day.

The school Basketball teams competed in a brand new Basketball strip. Thanks must be given to Donna Bashford, for accessing funding through Telstra and organising the strip.

Thank you Mr Condie for training both teams and coaching the boys on the day. Thank you to parents who gave their time to support our students, work in the canteen and coach on the day. Your time and support is very much appreciated!

### Diocesan Football Gala Day

The finals of the Paul Wilson Cup were held on Wednesday 25<sup>th</sup> September. The St Carthage's Football Team travelled to Grafton to compete in the finals of the Lismore Diocesan Football Knock Out.

The team progressed to the final after beating St Francis Xavier Woolgoolga in their first game. The final was an extremely close contest between St Carthage's and Mt St Patrick's, Murwillumbah. The skill level and physicality displayed in the game were far beyond what you would expect to see in an U12's game of Football. St Carthage's were up 2-0 when the final whistle blew and was awarded the Paul Wilson Cup.

Thank you to Mr Matthews for training and travelling to Grafton to coach our school team.

Congratulations Alex Robinson, Angus Faulkner, Darcy Heffernan, Heath Kavanagh, Jacob Mackney, Joe Parsons, Joseph Mackney, Matt Gillan, Patrick Maginnity, Riley Flood, Sean Thorneycroft, Timmy Auld, Tyler Packham and Mr Matthews on your commitment to your sport and your achievements in Term 3.



### Summer Sports Trials

The Richmond Zone Summer Sports Trials will be held on Thursday 24<sup>th</sup> October. These trials are for students from Years 4 and 5 who play their respective sport at a representative level. We wish the following students the best of luck at the Summer Sports Trials and look forward to hearing about your experience.

<b>Cricket</b>	Sam Cottee, Sam Ianna, George Jones, Tom Molloy, Augustus Norwell, Joe Parsons
<b>Tennis</b>	Thea Blok, Xavier Kay, Hayden Pigott
<b>Touch Football</b>	Max Alcorn, Jimmy Bradford, Jesse Cooper, Django Hudson-Sheaffe, Case McQuilty, Blake Paisley, Theo Rogusz Ellie Brady, Lily O'Sullivan, Jaylan Olivieri, Kate Wolton

### Polding Athletics Carnival

Thirteen students from St Carthage's travelled to Sydney on Friday 18<sup>th</sup> October to compete in the Polding Athletics Carnival. To have such a large number of students competing at this high level of competition is an outstanding achievement for our school. The students' events and results are as follows:

Nikki Andonov	11yrs Girls Shot Put (5th)
Lani Blunn	Senior Girls Shot Put (12th)
	Senior Girls Discus (6th)
Mali Cooper	8yrs Girls 100m (9th)
Lilly Comber	11yr Girls Long Jump (5th)
Billy Drooger	Senior Boys Relay (2nd)
Darcy Heffernan	Senior Girls 1500m (8th)
Django Hudson-Sheaffe	11yrs Boys 100m (8th)
Charlotte McEwan-Brokensha	Senior Girls High Jump (6th)
Patrick Maginnity	Senior Boys Long Jump (11th)
	Senior Boys Relay (2nd)
Jimmi Matthews	8yrs Boys 100m (12th)
Natasha Moretti	11yrs Girls 100m (4th)
	11yrs Girls 200m (12th)
	11yrs Girls Long Jump (3rd)
Oliver Rose	11yrs Boys 200m (6th)
	Senior Boys Relay (2nd)
Nicholas Toohey	Senior Boys Relay (2nd)



Competing at the Sydney Athletic Centre at Homebush is an experience which the students will remember for a long time. We congratulate them on their outstanding achievements and wish Natasha Moretti, Billy Drooger, Patrick Maginnity, Oliver Rose and Nick Toohey the best of luck at the PSSA Athletics Carnival in Sydney on 6<sup>th</sup> & 7<sup>th</sup> November.



## Go4FUN<sup>®</sup>

### HEALTHY ACTIVE HAPPY KIDS



**Go4Fun - FREE fun program to help kids become fitter, healthier and happier!**

**Do you have children between 7-13 years old?**

The Go4Fun program is a free healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above a healthy weight.

Go4Fun runs for 10 weeks over the school term for children, between the ages of 7-13 years and their parents. Sessions include games, activities, tips on healthy food, label reading, portion sizes plus much more!

**Locations for Go4Fun and Aboriginal Go4Fun:**

Term 4, 2019- Goonellabah, Tweed

Term 1, 2020- Lismore, Casino, Ballina, Grafton

To find out more and register visit  
[www.go4fun.com.au](http://www.go4fun.com.au) or contact us on 1800 780 900.

Northern NSW Local Health District





## 2019 Important Dates



### Term 4

<b>Thurs 24th Oct</b>	2020 Kinder Orientation Morning 9:00am—11:00am
<b>Thurs 31st Oct</b>	2020 Kinder Orientation Morning 9:00am—11:00am <b>Crazy Socks Day—gold coin donation</b>
<b>Sat-Sun 2nd &amp; 3rd Nov</b>	Family Retreat
<b>Sun 3rd Nov</b>	Parish School Mass 5:30pm—Sausage Sizzle
<b>Wed 6th Nov</b>	Year 4 Retreat
<b>Thurs 7th Nov</b>	2020 Kinder Orientation Morning 9:00am—11:00am Parent Café 6pm—7.30pm
<b>Sat-Sun 9th &amp; 10th Nov</b>	Family Retreat
<b>Mon 11th Nov</b>	Remembrance Day Prayer Service—10.40am
<b>Wed 13th Nov—Fri 15th Nov</b>	Year 5 Lake Ainsworth Camp
<b>Wed 20th Nov</b>	Presentation Feast Day Prayer - 10.30am
<b>Thur 21st Nov</b>	Year 5 Leadership Retreat
<b>Fri 22nd Nov</b>	Kinder Dental visit—11.30am-2.30pm
<b>Fri 29th Nov</b>	Year 2 Dental visit—9am-1.30pm Diocesan Summer Sports Trials
<b>Sun 1st Dec</b>	Parish School Mass 5.30pm
<b>Fri 6th Dec</b>	Swimming Trials—time TBA
<b>Thur 12th Dec</b>	Year 6 Dinner Dance—5.30pm
<b>Fri 13th Dec</b>	Final Assembly (Year 5)
<b>Mon 16th Dec</b>	Going up Day (Y1-Y6)—11.15am—1.15pm Going Up Day (Kinder) - 11.30am—1pm
<b>Tue 17th Dec</b>	Year 6 Fun Day
<b>Wed 18th Dec</b>	Final School Mass—9.30am <b>LAST DAY FOR 2019</b>

## Happy World Teacher's Day



### CONGRATULATIONS

To Mila Smith (1JC) and her family  
on the arrival of a new baby  
brother.



## BOOKCLUB

**BOOKCLUB is due back on  
THURSDAY 24 OCTOBER.**

If paying by cheque, please make payment to  
*Scholastic Australia.*  
No late orders can be accepted.



## Happy Birthday!

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

George Jones, Toby Conlan, Ella Kennedy,  
Lizzie Slattery, Kaytlyn Turner, Milla Zorzo,  
Maggie Lynch, Clara Miller, Elka Sykes, Abigail  
Challinor, Emily Marster, Aiden Coghlan, Finn  
Martin, Katrina McQuilty, Gigi Zorzo, Janelle  
Connelly, Steve Gray and Justine Brown.

## St Carthage's School CANTEEN ROSTER TERM 4

### Week 3

**Thursday 24th Oct**

K. McDonald  
H. Sandstrom

**Friday 25th Oct**

H. Green  
B. Callister

### Week 4

**Thursday 31st Oct**

K. Jackson  
T. Kirshaw

**Friday 1st Nov**

M. Fowler  
S. Osborne