



# Newsletter

## Events

### Week 10

Wednesday 16th Sept  
**Cross Country - At School With No Spectators**

### **SSHS Transition Day**

Thursday 17th Sept  
**SSHS Transition Day**

### **Friday 18th Sept**

Term 3 Concludes -  
Have A Great Break

### Term 4 Week 1

Term 4 commences  
Tuesday 6th October

## CLASS OF THE YEAR 5PM

*Week*



**Year 5PM attended Action Challenge from Tuesday 1st to Thursday 3rd of September for their Leadership Camp.**

**The camp was focussed on wellbeing, understanding ourselves, leadership, decision making, appropriate behaviours and team building. Students learned responsible behaviour not only for themselves, but for each other, whilst on camp. The skills learned will then be carried back into the school and home, where students can understand and support each other.**

**This camp was a wonderful experience for all to develop leadership skills, build self-esteem, and be open to a whole new focus on life. Everyone was faced with the challenges of the low ropes course, medium ropes course, giant swing, milk crate stack and damper making.**

**We would like to thank Mrs Morrison, Mr Presley, Mrs Goodman, Mrs Schulte and Mrs Galea for taking us on camp. We also thank Noel, Sandra and Ashleigh from Action Challenge for guiding and supporting us through the activities. We had such a great time! Check out the camp photos on the following pages!**

**Year 5PM Students**



4994 8285



3 Range Rd,  
Sarina, 4737



[www.sasrok.catholic.edu.au](http://www.sasrok.catholic.edu.au)

<https://313sas.rok.catholic.edu.au/parentlounge/>



# FROM THE Principal



GRATITUDE | So the question for parents is: how do we help our kids to thrive? How can we set them up for life, so that they are not just happy and contented, but also people of virtue, able to engage with the community and contribute to it? One of the simplest and most effective things parents can do to promote wellbeing is to foster a habit of gratitude in their children. Like a pair of X-ray glasses, gratitude transforms the way we see our situation; instead of feeling overwhelmed and hopeless, gratitude highlights the positive and mobilizes our resources to make the best of any situation.

Thus, people of gratitude are more resilient, more optimistic, more joyful.

## The Science of Gratitude:

We've all heard of the saying "count your blessings". It's simple, practical advice that fosters gratitude and optimism. Turns out, that science now backs up this age-old wisdom. Here are some of the reported benefits when subjects kept a gratitude journal\*:

1. They exercised more regularly
2. They had fewer physical symptoms
3. They felt better about their lives
4. They felt more optimistic about the upcoming week
5. They were more likely to have made progress toward important personal goals (academic, interpersonal and health-based)
6. They had higher reported levels of alertness, enthusiasm, determination, attentiveness and energy
7. They were more likely to report having helped someone with a personal problem or having offered emotional support to another
8. They had a greater sense of feeling connected to others
9. They had longer sleep duration and better sleep quality

*Ref: Emmons & McCullough, 2003*

You are all tasked with instilling gratitude into your children's daily lives - research shows the benefits. If you would like to share some of the ways you do this please let me know and I will publish these in our newsletter. Jesus, during his time on earth, taught the importance of this.

In Luke 17:11-19, we read the story of the 10 lepers. Jesus was traveling between Samaria and Galilee. As He was journeying, 10 lepers implored Him from an appropriate distance to have mercy on them. Jesus responded by instructing them to show themselves to the priests. This was not a cure but the promise of a cure. Lepers could be readmitted to society only after they had been certified by priests that they were completely clean.

Obedient to the Master's instruction, the lepers made their way to the priests. En route, miraculous cures began to transpire. One of the 10, a Samaritan, returned to Jesus to express his gratitude.

**What are you doing to instill gratitude into your lives and those of your children?**

**GOODBYE LEWIS** | Last week we bid a sad farewell to Lewis (prep )and his Mum Ceilidh and Dad Paul as they forge a new path in their journey. It has been an absolute pleasure having you here and wish you all the best as you navigate your life journey.

*May the road rise up to meet you.  
May the wind always be at your back.  
May the sun shine warm upon your face,  
and rains fall soft upon your fields.  
And until we meet again,  
May God hold you in the palm of His hand.*

**WATCHING THE BIRD WATCHERS** | Watching the bird watchers watching birds!



**HOLIDAYS** | This is the last week of term 3. It has been a hectic term and we hope that you all get the chance to slow down and smell the roses. **We return Tuesday 6th October 2020.** Don't forget the Queen's Birthday public holiday on the Monday.

# ACROSS THE Curriculum



## BIRDS OF A FEATHER

MAGPIE-LARK (Peewee): by Jacob Mack and Jemma

The Magpie-lark is a small white and black bird. They are smaller than Magpies. The young ones have dark eyes, but the adult birds have light eyes. You can tell the difference between the male and female because the female has a black stripe going downwards over her eye while the male's stripe goes sideways across his eye.



A male Magpie-lark



A female Magpie-lark

When they sing, their wings go out and you can see the pattern on their tails.

They build their nests from mud and grass. We have not seen any nests at school yet, but that would be nice.



## Sunday's Gospel Reflection - Matthew 18:21-35

### **Parable of the official who, receiving mercy, does not show it to others.**

This gospel passage follows directly from last week's passage. It concludes the whole of Matthew Chapter 18 that deals with sin, forgiveness and reconciliation. Peter's question to Jesus and suggested answer is a reflection of the view that there is a limit to the number of times we should forgive someone. Seven is a significant number in scripture and implies a 'perfect' amount. Even though by his use of seven, Peter is suggesting that he should forgive someone many, many times, Jesus quickly corrects Peter and says not seven, but seventy-seven times (or seventy times seven). Jesus plays on the use of the number seven and multiplies it to indicate that one should forgive as many times as is required – without keeping count; without keeping score.

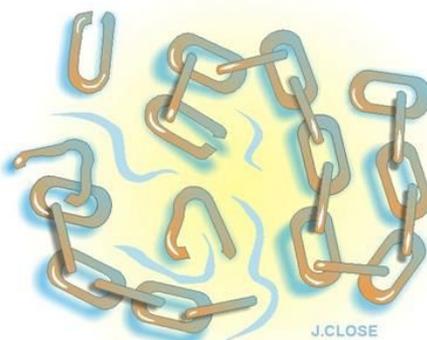
The story of the unforgiving servant is a familiar one of forgiveness and mercy being shown but not passed on. The sting in the tail of this parable is Jesus' final warning that, 'So will my heavenly Father do to you, unless each of you forgives his brother from his heart.' This is an unsettling statement, as we believe God's forgiveness to be without measure and without end. Jesus warns that unless we seek to imitate God's forgiveness and forgive others 'from our heart' (with compassion) then we are not going to recognise the forgiveness of God and will cut ourselves off from it.

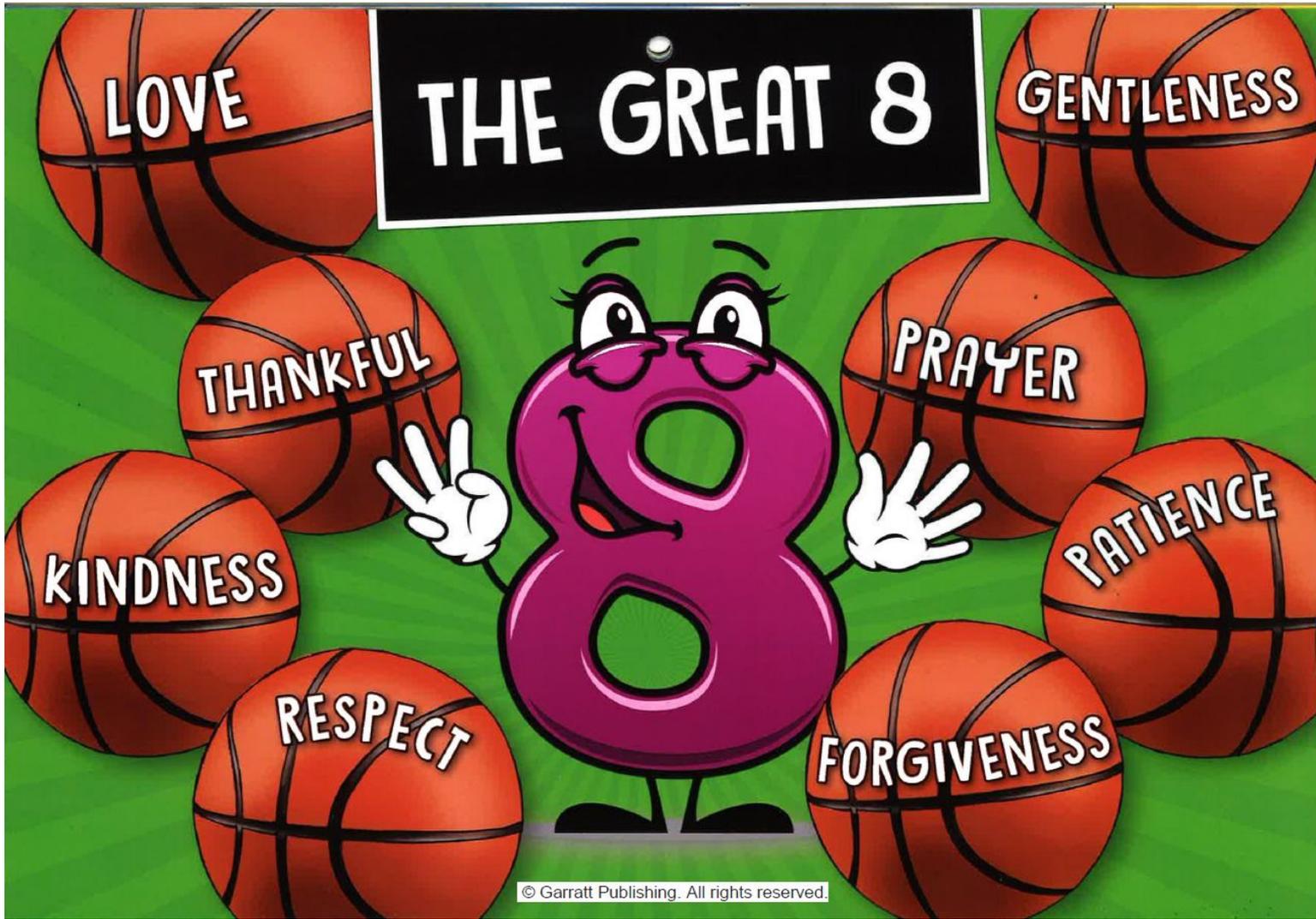
The whole idea of forgiving from the heart is a powerful contradiction of a popular concept: 'I can forgive, but not forget.' Is it really possible to forgive but refuse to forget? Surely holding on to a memory of hurt is holding on to the hurt itself and does not display that any forgiveness has occurred at all. To forgive but not forget is to keep count.

**How many times should I forgive the one who has hurt me? As many times as it takes!**

### Prayer

**Loving God, open our eyes to the mercy that surrounds us, open our hearts to the need that surrounds us and open our lives to your love that we may be channels of your compassion to that need. We ask this in Jesus' name confident that you will hear us. AMEN.**





## WHAT ARE THE GREAT 8?

Our focus for this last week of school is 'The Great 8'.

The Great 8 are the actions that we use to show who we are as a person and how we are blessed by the spirit of Jesus in our hearts. These are words that you can do, not just say.

How do you demonstrate:

*LOVE*

***RESPECT***

THANKFUL

GENTLENESS

KINDNESS

FORGIVENESS

PATIENCE

PRAYER

**Over the holiday break, take the time to reflect on how you can Make Jesus Real by following the Great 8 in your daily life!  
Every time you do, it brings you closer to Jesus!**

# St Anne's Virtues

**"You, therefore, must be perfect, as your heavenly Father is perfect" (Matthew 5:48)**

A virtue is an interior disposition, a positive habit, a passion that has been placed at the service of the good.  
[Catechism of the Catholic Church, 1994. 1803, 1833]

**Respect   Responsibility   Kindness   Compassion**

During 2020, the St Anne's staff have been working collaboratively on realigning our school virtues to reflect our Catholic identity, Mercy Charism and the Catholic Social Teachings. These virtues will be explicitly taught during Religion Education lessons and will have a visible presence in our school.

## Respect

- ★ We show respect by speaking and acting with courtesy.
- ★ We treat others with dignity and honour the rules of our family, school and nation.
- ★ Respect yourself, and others will respect you.
- ★ Our three school rules are about respect.

## Responsibility

- ★ Being responsible means others can trust you to do things with excellence.
- ★ You accept accountability for your actions.
- ★ When you make a mistake, you offer amends instead of excuses.
- ★ Responsibility is the ability to respond ably and to make smart choices.
- ★ Responsibility means that you also say sorry when you do the wrong thing.

## Kindness

- ★ Kindness is showing you care, doing some good to make life better for others.
- ★ Be thoughtful about people's needs.
- ★ Show love and compassion to someone who is sad or needs your help.
- ★ When you are tempted to be cruel, to criticise or tease, decide to be kind instead!

## Compassion

- ★ Compassion is understanding and caring when someone is hurt or troubled, even if you don't know them or aren't friends with them.
- ★ It is also wanting to help, even if all you can do is listen and say kind words.
- ★ You forgive mistakes.
- ★ You are a friend when someone needs a friend.

We must work at forming our character so that we can freely, joyfully, and easily accomplish what is good. A firm faith in God, in the first place, helps us to do this, but also the practice of the virtues, which means developing within ourselves, with God's help, firm dispositions, not giving ourselves over to disorderly passions, and directing our faculties of intellect and will more and more consistently toward the good. [Catechism of the Catholic Church, 1994. 1804-1805, 1810-1811, 1834, 1839]

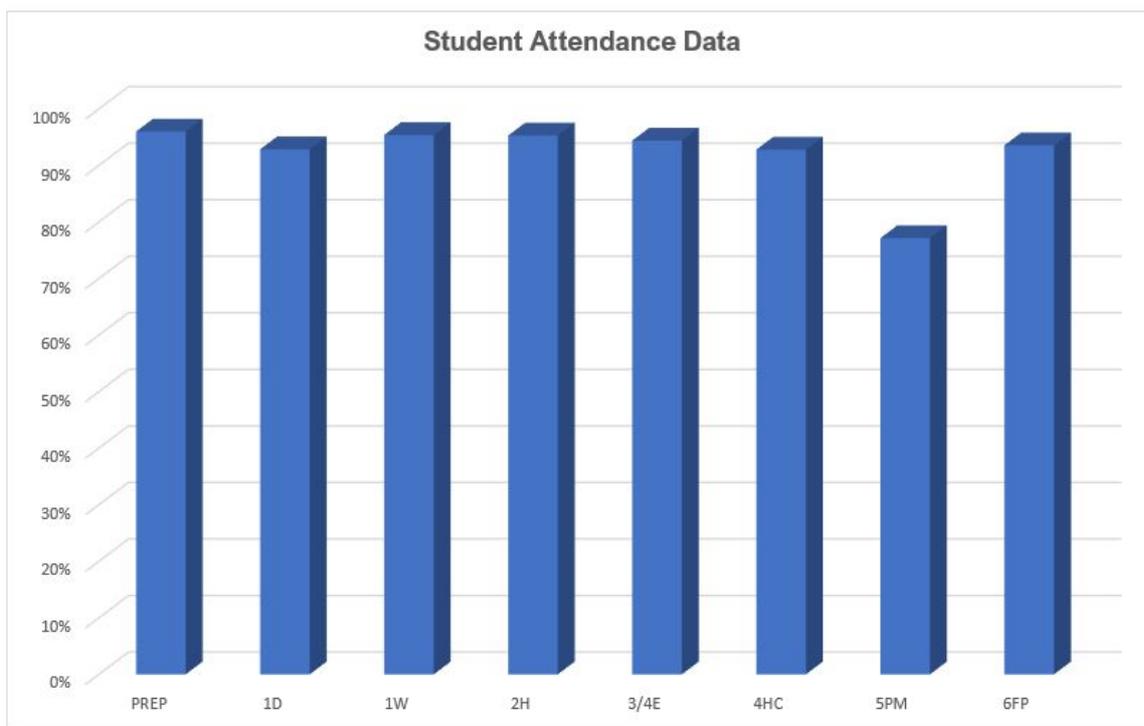
# General NEWS

## Week 9 - Attendance Data 'Every Day Counts'

A big thank you to parents and caregivers for notifying the school of absences!

PREP	1D	1W	2H	3/4E	4HC	5PM	6FP
96%	93%	95%	95%	94%	93%	77%	94%

Day	Mon	Tues	Wed	Thurs	Fri	AVG
# Students	154	156	153	161	153	155
% of School	91%	92%	90%	95%	90%	91%



### Reminders for parents and caregivers about student absences:

- ❖ All absences from school must have a reason and be acknowledged by parents and caregivers.
- ❖ Text messages to advise of absences are sent daily.
- ❖ Please phone 4994 8285 or email [sas@rok.catholic.edu.au](mailto:sas@rok.catholic.edu.au) to advise of your child's absence.

# General INFORMATION

NO HAT  
NO PLAY



NOTES			
Date	To	Topic	Author
07/09	All Parents	Newsletter T3 W9	Admin
07/09	Yr. 4HC	Website Permission	Mrs H

BIRTHDAYS			
14/09	Zan'eisha M	15/09	Toby M
15/09	Makinley M	16/09	Darci K
16/09	Bella R	18/09	Payton H
22/09	Charlotte B	25/09	Axl BJ
25/09	Emma L	28/09	Matilda W
29/09	Samson M	02/10	Shaylee W



# Tuckshop Helpers

Day	Helpers (please contact office if you can fill a spot)
Thursday 17th September	Angela Squillari <b>Helpers Needed</b>
Friday 18th September	Michaela Giddings, Jill Cotter

# STUDENTS OF THE *Week*



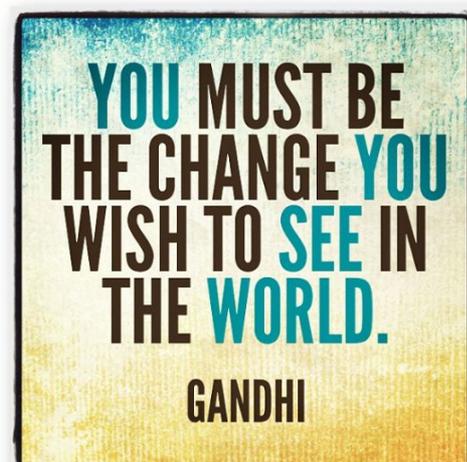
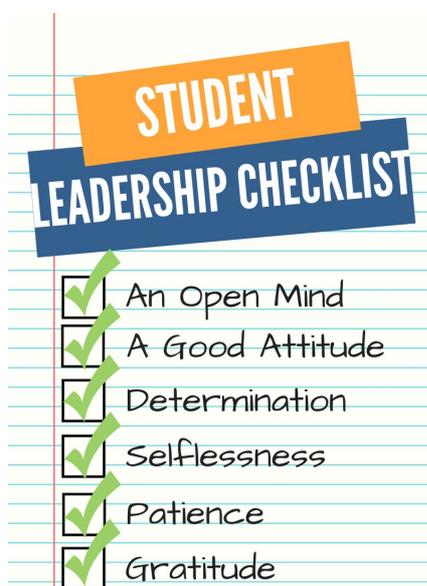
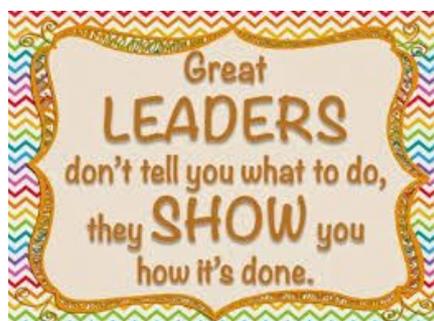
**Congratulations to our Students of the Week |** Emily B, Lewis W, Xander BJ, Year 1D, Chad M, Montana W, Lucas B, Carter R, Ella F, Katie B, Charlotte B, Mitchell A, Year 5PM, Poppy G, Wyatt D, Charlise M, Jack M, Jasmine c, Dylan G

**STUDENT LEADERSHIP** | Leadership is a quality that all students at St Anne's Catholic Primary School are encouraged and supported to develop. These experiences ensure that students perceive themselves as leaders and have the opportunity and confidence to take on leadership roles and find their voice.



Newsletter Report	Welcomers	Assembly Leaders	Assembly Report
Week 9 - Poppy	Seth, Lachlan G, Morgan	Lachlan G, Morgan	Wyatt
Week 10 - Wyatt	Toby, Rhys, James	Adrian, Toby	Charlise

**NEWSLETTER REPORT BY Wyatt** | Recently I have noticed that the school yards are looking really tidy with just a few things lying around. It was also great to see everyone cheering and being a good sport on Sports day. Thankyou. Last of all it looked really good to see how many people bought and wore crazy socks.



Remember to like our Facebook page to keep up to date with information. : “St Annes Catholic Primary School P&F Association”



## ST ANNE'S CATHOLIC PRIMARY SCHOOL

### P & F Committee Raffle, 2020

**MAJOR PRIZE**



Honda CRF50,  
from Redline Motorsports



\*\* PLUS MANY MORE \*\*

**\$5.00 each**



\*\*Prizes drawn on Friday 23<sup>rd</sup> October. Winners will be notified by phone.

# Community NEWS



**MACKAY  
GYMNASTICS INC  
GYMNASTICS  
HOLIDAY CAMP**

**EARLY BIRD DISCOUNT**  
2 Days FOR \$70 per MGI Member  
2 Days FOR \$90 per Non Member  
Early Bird ends 18th September 2020

**PREP - 13 YEARS**  
MGI Members \$45/Day  
NON Members \$65/Day  
Payment required at time of booking

**9AM - 3PM**  
Week 1 - 21, 23 & 25 September 2020  
Week 2 - 28, 30 September & 2 October 2020

**5 Snow Wright Crt Beaconsfield**  
To book call 49420032 or email  
[admin@mackaygymnastics.org.au](mailto:admin@mackaygymnastics.org.au)



# SCHOOL HOLIDAY FUN DAYS



INSIDE FUN,  
OUT OF THE SUN

2 - 4 YEAR OLDS  
for younger boys & girls  
9.15am - 10.00am

COST  
\$15.00

5 - 12 YEAR OLDS  
primary school aged  
boys and girls  
9.00am - 10.30am

COST  
\$ 25.00

WHERE: At our facilities  
5 Snow Wright Crt,  
(Off Beaconsfield Rd)

WHEN : Mon 21st Sept 2020  
Wed 23rd Sept 2020  
Fri 25th Sept 2020  
Mon 28th Sept 2020  
Wed 30th Sept 2020  
Fri 2nd Oct 2020

## COME AND HAVE FUN IN THE GYM

Bookings Required

Phone: 4942 0032

Or Email

[admin@mackaygymnastics.org.au](mailto:admin@mackaygymnastics.org.au)





**MACKAY CRICKET**  
EST. 1891

CREATE YOUR OWN CRICKET MOMENT  
PLAYCRICKET.COM.AU

# JUNIOR SEASON Launch

WEDNESDAY • 16TH SEPTEMBER 2020  
4PM - 6PM  
HARRUP PARK CC, ENTRY VIA BRIDGE ROAD ONLY

Sign up for Season 2020/21 with our Junior Club Reps who will be in attendance on the day!

INCLUDING INFLATABLE ACTIVITIES, BRISBANE HEAT MASCOT APPEARANCES, CRICKET BLAST ACTIVE ZONES & BATTING, BOWLING & WK MASTERCLASSES

Website: [mackaycricket.qld.cricket.com.au](http://mackaycricket.qld.cricket.com.au)  
Facebook: [www.facebook.com/MackayCricket](http://www.facebook.com/MackayCricket)

### JUNIOR CRICKET CLUBS

<b>BROTHERS CRICKET CLUB</b> E: <a href="mailto:brotherscricketmackay@gmail.com">brotherscricketmackay@gmail.com</a> Location: Mackay	
<b>MAGPIES CRICKET CLUB</b> E: <a href="mailto:magpiescricketmackay@gmail.com">magpiescricketmackay@gmail.com</a> Location: Glenella	
<b>NORTHS CRICKET CLUB</b> E: <a href="mailto:northscricketmackay@gmail.com">northscricketmackay@gmail.com</a> Location: Beaconsfield	
<b>PIONEER VALLEY CRICKET</b> E: <a href="mailto:pvcricke1@gmail.com">pvcricke1@gmail.com</a> Location: Pioneer Valley/Andergrove	
<b>SARINA CRICKET</b> E: <a href="mailto:sarinacricketassociation@gmail.com">sarinacricketassociation@gmail.com</a> Location: Sarina	
<b>SOUTHS CRICKET CLUB</b> E: <a href="mailto:southscricketmackay@gmail.com">southscricketmackay@gmail.com</a> Location: South Mackay	
<b>WALKERSTON CRICKET CLUB</b> E: <a href="mailto:scrubbyjuniorcood@gmail.com">scrubbyjuniorcood@gmail.com</a> Location: Walkerston	
<b>MACKAY HURRICANES</b> E: <a href="mailto:mackayhurricanes@yahoo.com">mackayhurricanes@yahoo.com</a> Location: Mackay	



**MACKAY CRICKET**  
EST. 1891




## MCA JUNIOR 2020/2021 SEASON LAUNCH

### HARRUP PARK FIELD 2 – WED 16<sup>th</sup> Sep

#### FREE ACTIVITY SCHEDULE

TIME	ACTIVITY	AGE
4.15pm to 4.45pm	CRICKET BLAST COME & TRY Session 1	5-11
4.30pm to 5.00pm	Bowling Master Class	11+
5.00pm to 5.30pm	WK Master Class	11+
5.15pm to 5.45pm	CRICKET BLAST COME & TRY Session 2	5-11
5.30pm to 6.00pm	Batting Master Class	11+

\*Master Class sessions will be led by Level 2 Coaches\*



SCAN THE QR CODE TO REGISTER FOR AN ACTIVITY

\*Entrance to the Season Launch will be via Field 10 (Bridge Rd Entrance)\*

Cricket Qld information video - <https://www.youtube.com/watch?v=lcMKnYRrLds&t=1s>