REFLECTION

Dear Parents,

When you were in school, did you “sit up straight” and, in your best voice, recite the following:
“We say, ‘Thank you’
We say, ‘Please’.
We don’t interrupt or tease.
We don’t argue. We don’t fuss.
We listen when people talk to us.
We like to share and take our turn.

Good manners aren’t too hard to learn.
It’s really easy once you find,
Good manners means:- Just Being Kind.”  Author unknown.

The best aspect of the verse is that it is a very positive statement of how to behave and interact with other people; it is not a litany of rules. Good manners is about showing kindness and consideration to others and using these good manners as a lubricant for the daily interactions in which we all engage.

In our society and in our school we have a great variety of cultural backgrounds and in as much as we value greatly the person we are, so does each other person with whom we come into contact. We need to emphasise the idea that it is good to treat other people the way we would like to be treated.

The wonderful Greek writer of the short moral story, Aesop, once wrote that, “No act of kindness, no matter how small, is ever wasted”.

“Lord, we are all made in Your image and likeness. Whenever and wherever we want to see Your face, we will see it.
Help our interactions with other people to be based on kindness and consideration. Amen”

Peace and Best Wishes.
Robyn Bourne (APRE)

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PRINCIPAL’S NEWS

Dear Parents

On Friday, our staff joined with staff from the Catholic schools and colleges, Centacare and Mercy Health and Aged Care at our annual Bishop’s In-Service Day. We had the opportunity to engage with some quite notable guest presenters. One of the workshops that I attended was delivered by Fr Elio Capra, a priest from the ‘Salesian’ order who lectures at the Catholic Theological College in Melbourne. Fr Elio is a straight-shooter and one of the gems that he challenged us with was:

“I really only love God as much as I love the person I love the least.” — Dorothy Day

It really made me think really hard about who I loved the least and how little that ‘least’ was. I thought I was doing pretty well until Fr Elio brought me back down to earth. The season of Lent is a great time to take stock and write ourselves a spiritual report card!

Thank you to our Parents and Friends Association and in particular to Kate Miles and Kelly Hutton for their part in organising the Welcome BBQ and Big Screen Movie Night on Friday evening. It was exciting to see so many families coming out for our first social event. While technical problems meant it was an earlier finish than expected, it was a great concept that was well-supported by families.

I have included in this newsletter two new events that will be hosted by our P&F Association. One of these is the Inter-house Swimming Carnival (11th March) and the second is a family camp-out (10th September).

Bookings for parent–teacher interviews will be open on Parent Lounge from 4th-14th March. The interviews themselves will occur from 17th—23rd March. I strongly encourage all parents to make the most of this formal opportunity to meet with your child’s teacher.

Tuckshop is urgently requiring volunteers on a Friday. Please see Chantelle if you are able to help.

Mike
Catherine McAuley was born in Dublin, Ireland, in September, 1778 and went on to establish the Sisters of Mercy in December 1831. When Catherine McAuley was born in Dublin on September 29, 1778, the sorrows and blessings of her next forty years were still hidden in what she would later call the Providence of God. Her father James died in 1783, and her mother Elinor, in 1798. Catherine then learned the purifying lessons of personal poverty and daily dependence on the mercy of others, especially the mercy of God. In 1803, when she became the household manager and companion of an elderly, childless, and wealthy Protestant couple, at their home in Dublin and then at their estate in Coolock, she did not dream that when William Callaghan died in 1822, Catherine Callaghan having died in 1819, she would become the sole residuary legatee of their estate and much of their savings. In 1824, her inheritance now settled, Catherine implemented a longstanding desire: she built a large house on Baggot Street, Dublin, as a school for poor girls and a shelter for homeless servant girls and women. But in August 1827, a month before the House of Mercy was opened, her sister Mary died of consumption, leaving her husband, Dr. William Macauley, a surgeon, and five young children, ages six to sixteen. Thus a new wave of responsibilities and losses began to affect Catherine’s life. On December 12, 1831, Catherine McAuley, Mary Ann Doyle, and Mary Elizabeth Harley professed their religious vows as the first Sisters of Mercy, thereby founding the congregation.
**TUCKSHOP**

The tuckshop is looking for volunteers. If you are able to help out on any day please call Chantal on 0415 398 994.

**BIRTHDAYS**

Olivia Lapraik, Hayden Winter-Morris, Isaac Muller, Harrison Taylor, Jonah Russell and Jacob Sellars

**SPORTS NEWS**

**SPORTS FIXTURES—Friday 26th February**

**SOCCER**

Year 5 vs TBA
Year 6 vs TBA
Girls vs TBA

**AFL**

*Kele Park*
St Mary’s vs Allenstown Yellow KP1, 12.30pm
St Mary’s vs Frenchville KP1, 1.30pm

**OZTAG**

*Saleyards park*

**GIRLS**

St Mary’s Navy vs Mt Archer Blue Field 1, 12.45pm
St Mary’s Red vs Mt Morgan Black Field 3, 12.45pm

**MIXED**

St Mary’s vs Cresso Blue Field 2, 1.35pm

**ROCKHAMPTON DISTRICT TRIALS**

I have Trial Information and Permission to Trial forms that have to be taken to the trials. Please see me to get more detailed information and the Permission to Trial forms that have to be taken to the trials. Please note the trial dates:

* 12 yrs Boys Soccer—Friday 11th March
* 12 yrs AFL—Wednesday 9 March
* Tennis—Tuesday 15th March
* Rugby League 10,11,12 Boys 13th March
* Rugby League 11,12 Girls 13th March

**INTERSCHOOL SPORT**

**AFL.** Coach—Mr Müller. Training on Thursday from 3:10pm—4:00pm on the school oval. **OZ Tag.** Coaches—Mr Shillington and Mrs Phillips. Training on Tuesdays from 3:15pm—4:15pm on the school oval. **Soccer.** Coaches—Miss McNamara and Miss O’Neill. Training on Mondays from 3:10pm—4:00pm on the school oval.

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**SAINT MARY’S RUNNING GROUP**

Starting NEXT WEEK Mrs Messersmith and myself will be conducting running sessions for any children interested in gaining fitness for other sports or who are interested in cross country running.

These sessions will be conducted twice a week at Elizabeth Park on Nobbs Street.

**FIRST SESSION**—MONDAY AT 7:30AM TILL 8:15AM

(Mrs Searles)

**SECOND SESSION**—FRIDAY AT 7:30AM TILL 8:15AM

(Mrs Messersmith)

Children are required to bring comfortable running shoes and a water bottle.

Once the session is completed we will walk back as a group to Saint Mary’s. Children will be offered breakfast on these two mornings.

The running sessions are only for children turning 10 or older.

At the end of this week we will be asking children, who are interested, to meet with us. This will be announced on morning assembly.

If you have any further questions don’t hesitate to contact Angela or Linda.

**SOCIAL EVENTS 2016**

By now I am sure that you are all settled in to 2016 and although a scary thought we are now well into week five of a very short nine week term.

Firstly we would like to say thank you to all the families who came, helped, assisted and enjoyed our first social event of 2016 and although we did have some unfortunate technical issues it did turn out to be an enjoyable night. Next term hopefully we can do a re-run of the movie night and I know we can get it to go off without a hitch. Attached to this week’s newsletter are two posters we would like to draw your attention to.

Firstly is our upcoming swimming carnival which we have made a few changes to this year since we are lucky enough to have a very skilled and generous family who run Aquafit Fitness and they have kindly donated their time and venue for us to try something new for our 2016 swimming carnival. Please if you could fill in the form ASAP and remember these nights do not run without helpers so please if we could get as many helpers and competitors on the night that would be great.

Lastly attached to the newsletter is our term three, new and exciting social event. We have once again been supported by another local business who has heavily discounted their prices and made their venue available to us, so please read this poster and book your spot ASAP as spots are very limited……. If you want to know what I mean by spot, you’ll have to download the attachment and find out.

Well I wish you a great remainder of the term and look forward to seeing you all at our swimming carnival…..only 10 days till the starter gun fires. SEE YOU ALL THERE.

**KELLY HUTTON AND KATE MILES**

**SOCIAL EVENTS COORDINATORS 2016**

**ST PATRICK’S RACE DAY TICKETS**

Can you help out by selling a book of multi-draw tickets for the St Pat’s Race Day? First prize—Return flights for two to Brisbane, tickets to a Broncos Home game and a weekend for two at the Royal Albert Hotel, Brisbane. Some other really great prizes.

Come and grab a book from the office.
**A life-changing 90 minutes!**

**FREE SEMINAR**

Free Triple P – Power of Positive Parenting Seminar with Professor Matt Sanders

Ever wondered: ‘why does my child do that?’ Find out how to get more of the behaviour you like – and less of the behaviour you don’t like!

Is this you?

Parenting is usually lots of fun. But sometimes things can get a little tricky. Like when kids throw tantrums, or toys, or won’t do as you ask without a major battle. Maybe you’re just sick of repeating yourself. This Triple P seminar, ideal for parents and carers of kids under 12, will offer a range of ideas to help.

The Power of Positive Parenting Seminar can help you:

- Raise happy, confident kids
- Mange kids’ behaviour
- Set rules & routines that everyone follows
- Get on well with your kids and argue less
- Balance work and family stress

Thursday March 3 – 6.30pm

Central Queensland University, CQIRP Conference Centre, 361 Ibis Avenue, North Rockhampton

Come early for tea and coffee – seminar starts promptly at 6.30pm

Proudly hosted by Keppel MP Brittany Lauga & Rockhampton MP Honourable Bill Byrne

Register at www.triplep-parenting.net

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Sign-on Information: **Central Qld Athletic Club** will be holding their Sign-on at the CQ Uni Oval on Friday 26th Feb. from 5.30p.m. for ages 4yrs to Masters. Contact Carolyn Johnson on 0407763552.

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**Drakes Community Dollars for St Joseph’s Cathedral**

Please remember to use your keytag each time you shop.

Keytags are available at your local church, school or any Drakes Supa IGA supermarket.

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**Mathers**

**Support for Growing Feet AND Your School**

Mathers & Williams will be donating to schools in 2016 for every approved school shoe purchase made by a member of that school’s community. This program will run until 29 Feb 2016.

When parents bring the barcode below in to either Williams or Mathers stores, they will donate 5% of the price paid to our school for every pair of shoes you purchase. The barcode must be scanned at the time of purchase for the donation to be registered.

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**ENROLMENT INFORMATION EVENINGS**

**Year 7 2017**

Tuesday 23 February and Monday 29 February

Emmaus Hall, Yaamba Road Campus

Campus tour at 6.15pm

Information Session at 7.00pm

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**Emmas is a co-educational Catholic college in the Diocese of Rockhampton**