

# St Mary's News



The Educational Ministry of St Fergal's Catholic Parish

## School Calendar

### MAY

- 22nd to 25th—PSSA AFL
- 23rd—ICAS Digital Technologies
- 24th—Year 6 GRIP Leadership
- 26th—Ukulele Performance
- 29th—Touch Football Clinic
- 30th—ICAS Science
- 31st—Benediction
- 31st—P&F Meeting (5.00pm)

## Term Dates 2017

|        |                     |
|--------|---------------------|
| Term 1 | 6/2/17 to 7/4/17    |
| Term 2 | 24/4/17 to 30/6/17  |
| Term 3 | 17/7/17 to 18/9/17  |
| Term 4 | 9/10/17 to 15/12/17 |

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## From the Principal

### Making Jesus Real

Today, Peter Mitchell visited St Mary's to talk to students and staff about Making Jesus Real. Peter is the founder of the initiative and provided some practical advice for our students on how they can demonstrate the values of MJR in their lives. This afternoon, Peter will lead an in-service for staff.

### GRIP Leadership

Tomorrow students in Year 6 will attend the GRIP Leadership Conference in Griffith. These conferences give our students ideas and concepts to use as leaders of the school and we have chosen to take all our Year 6 group this year. Miss Barker will accompany the group and I am sure they will come back with plenty of ideas and new initiatives to start at St Mary's.

### Balranald Ukulele Performance

Good luck to Emily Hill, Ella Jackson, Capri Tumolero, Charlotte Baird and Georgia Baird as they represent the school in Balranald on Friday night at a ukulele concert. Our students have all been working hard on improving their playing and they sound great during their Friday lessons. We are hopeful they might be able to play a few songs at our Art Show in Week 10.

### Uniform

All students are asked to be dressed in full winter uniform by next week. Please note this includes a tie for boys and girls. If you having trouble finding all uniform items, please contact the front office.

### Hay Sheep Show & P&F Meeting

Once again, St Mary's P&F is catering at the Hay Sheep Show on Saturday June 17. Tess Blair is co-ordinating the volunteers and is seeking helpers to provide manual hours manning the stall as well as donations of cakes, slices or money towards purchasing lollies or chips. A volunteer form can be found later in the newsletter—please return to the front office if you are able to help in some way.

All parents are invited to the Term 2 P&F Meeting next Wednesday 31 May at 5.00pm in the Meeting Room. Please come along and offer ideas for fundraising at the school.

### Semester One Parent Teacher Interviews

The Semester One Parent Teacher Interviews will be held on Wednesday 21 June 2017. At these interviews, parents will receive their child's Semester One report and will have an opportunity to discuss areas of improvement and celebrate the success of Semester One. Interview booking sheets will go out in the next few weeks for parents to make a time.

### Principal's Conference

I am away this week at a Principal's Conference and Mrs Veronica Tripney will be acting as Principal in my absence.

**Have a great week!**

**Mr Nick Baird**

## Religious Education News

### MJR

Today all classes were lucky to spend time with Peter Mitchell, the creator of MJR. The students and staff learnt about how we can Make Jesus Real in our everyday lives.

### Mary, Help of Christians Mass

**Tomorrow at 9am, 24th May**, we celebrate the Solemnity of Mary, Help of Christians, Patron of Australia. Our whole school will attend mass at for this celebration. All parents are warmly invited to attend.

### Benediction

Next Wednesday, the 31st of May, the whole school will attend Benediction at 10:00am. All parents are invited to attend.

## Canteen Special Menu

|            |                     |        |
|------------|---------------------|--------|
| Wed 24/5   | Steamed Dim Sims    | \$2.50 |
| Thurs 25/5 | Thai Chicken Wrap   | \$4.50 |
| Fri 26/5   | Chicken Goujons     | \$2.50 |
| Mon 29/5   | BBQ Chicken Roll    | \$4.50 |
| Tues 30/5  | Spaghetti Bolognese | \$5.50 |

## Birthdays

*The students and staff would like to wish the following people a very Happy Birthday*

**Georgia Baird for 25 May**



## Home Reading Awards

*Congratulations to the following students on their home reading achievements;*

*50 Nights:* Navieen Singh, Indyanna Wilson and Emerald Headon

*Keep up the great work!*



## Weekly Award Winners

Congratulations to the following students for being this weeks award winners;

Kinder: Isabella Perrotta

Year 1: Daniel Green

Year 2: Sophie Corliss-Gee

Year 3: Robert Kelson

Year 4: Kodi Scott

Year 5: Navieen Singh

Year 6: Olivia Perrotta



### PULSE YOUTH GROUP

THEMED NIGHT  
"FOOD GLORIOUS FOOD"

THIS FRI 26<sup>TH</sup> MAY  
7-9.30PM @  
HAY BAPTIST CHURCH OF HOPE  
FOR STUDENTS IN YEARS 6 TO 12

ENQUIRIES TO RUTH  
0428 437 779.

**NSW PSSA AFL Championships**

Bohden is in Parkes this week representing our Polding side at the NSW PSSA AFL Championships. Bohden has been chosen to Captain the team. The carnival is going to be held over 4 days with 13 teams from across NSW being represented.



Bohden is competing for a place in the NSW State team. Good Luck Bohden.

**Missing School Jumper**

**Missing Jumper**

**Could everyone please check your school jumpers, the Perrotta family are missing a Size 8 jumper with their name on it.**

**We also have a number of small sandwich containers left at the school. Please make sure your child's name is on all containers.**

**Hay Sheep Show Volunteers**

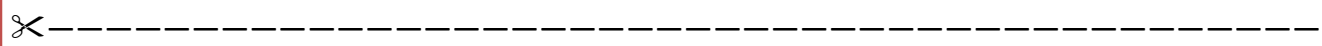
Sheep Show Catering-17<sup>th</sup> June, 2017

Once again, St. Mary's will be catering for the 2017 Hay Sheep Show this year. This event has previously been a fabulous opportunity to raise funds for the P & F. We will be providing tea, coffee, water, slices, cakes, lolly bags, sandwiches, sausage rolls and bacon/egg rolls.

We are asking for any donation of cakes and slices for the day. We are also seeking volunteers who are willing to give up 2 hours to do a shift on the canteen. If you were unable to do either or are perhaps away, a cash contribution to put towards the purchasing of lollies/chips would be greatly appreciated.

Please see below a timetable for the catering & donations, return to school or feel free to text/call Tess Blair on 0429232259.

Thanks



**Canteen Roster**

**TIME VOLUNTEER FAMILY Cake/slice/donation FAMILY**

|         |  |  |  |
|---------|--|--|--|
| 6am-8am |  |  |  |
| 8-10am  |  |  |  |
| 10am-12 |  |  |  |
| 12-2pm  |  |  |  |
| 2pm-4pm |  |  |  |
| 4pm-6pm |  |  |  |

# The simplest way

...to know the serves you need.

*Eat It To Beat It* helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

**How many serves a day?**

|                     | Veg | Fruit |
|---------------------|-----|-------|
| Adults              | 5+  | 2+    |
| Breastfeeding women | 7½  | 2     |
| 12-18 (boys)        | 5½  | 2     |
| 12-18 (girls)       | 5   | 2     |
| 9-11                | 5   | 2     |
| 4-8                 | 4½  | 1½    |
| 2-3                 | 2½  | 1     |

**A serve of fruit** = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

**A serve of veg** = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
 or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)