

ST GREGORY'S QUEANBEYAN

Week Six, Term One, 2020 3 March, 2020

Share the Spirit....

Dear Parents, Carers and Friends,

Last week our focus for our Staff meeting was Cyber Safety and yesterday the parent community were presented with the same presentation from ThinkUKnow.

The presentation discussed technologies young people use, the challenges they may face, and importantly, how they can be overcome.

This program aims to provide you with the tools to create a safer online environment for young people in your care. The presentations cover what young people SAY, SEE and DO online.

Some days (or most days!) it is incredibly challenging to capture our children's attention, when they are more interested in an xbox, youtube channel, iPhone, iwatch or iphone! So how can we as Parents and carers educate our children around cyber safety?

ThinkUKnow is a free, evidence-based online safety program that provides presentations to Australian parents, carers and teachers and students. Topics included within the presentations are specifically aimed at educating and increasing awareness about online child sexual exploitation including avoiding unwanted contact, online grooming, self-generated content, sexual extortion and how to get help.

This week, Think You Know will be visiting Year levels across 3-6 to discuss Cyber safety with our students.

On the following page is some information about ThinkUKnow, along with some helpful links to support parents and carers with Cyber safety for our children.

This week I will be attending the Principals' retreat in Bowral until Friday. I thank staff for their support in being able to attend this conference. I look forward to sharing the information I learn upon my return.

God bless,

Erin Marmont Principal (Acting)

burnoyt.

Thursday 5 March Legends Shield rugby league Phillip District Playing Fields

Friday 6 March

Whole School Assembly (4Red & 4White) 12:30pm St Gregory's Hall

Saturday 7 March

Reconciliation Commitment Mass 5:30pm St Raphael's Church

Sunday 8 March

Reconciliation Commitment Mass 9am or 5:30pm St Raphael's Church

Monday 9 March

Yr3 excursion - National Zoo & Aquarium

Uniform Shop Open 9am to 10am Lowe Street MPR

Tuesday 10 March

Uniform Shop Open 9am to 10am Lowe Street MPR

Thursday 12 March

Matt Giteau Cup rugby union Campese Oval Queanbeyan

Friday 13 March

Netball NSW Schools Cup Thornton Rd Netball Courts Queanbeyan

Year 5 to Parish Mass 12pm St Raphael's Church

Saturday 14 March

1 Blue Class activity 10:30am Apex Park Queanbeyan

1 Red Class activity 10:30am Rodney's Nursery Cafe Pialligo

Year 4 Group activity - Ride The River 2pm Queen Elizabeth II Park

Reconciliation Commitment Mass 5:30pm St Raphael's Church

Sunday 15 March

Reconciliation Commitment Mass 9am or 5:30pm St Raphael's Church

Year 2 Group activity 2pm Queanbeyan Pool

Monday 16 March

Uniform Shop Open 9am to 10am Lowe Street MPR

Year 6 My Body My Life Parent session 6:30pm St Gregory's Hall





Some helpful links to support families with online safety...

Parental controls

WHAT IS IT?

Parental controls are designed to manage how children can use their devices in order to protect them from inappropriate or harmful content.

You can restrict access to certain apps, games or websites, the device's camera or can even choose the settings you want on their phone – including the privacy and location settings.

WHY IS IT IMPORTANT?

Tailoring access to specific sites, apps and features is one way to help protect your child from inappropriate or harmful content.

It's a good idea for adults to supervise the use of the internet for children who are under 10.

More information visit their page on age appropriate content.

https://www.thinkuknow.org.au/what-we-see-online#age-appropriate-content

TOP TIPS!

- Know the device your children are using
- Know how your children are using the device
- Know what parental control options are available

Factsheets for Parents and Carers

The fact of the matter is, both adults and children will be using social media and programs that require us to communicate with others online in some form on a daily basis.

The best way to ensure our safety is to be aware. We encourage parents to be aware of the purpose of apps and programs, aware of the risks associated and what to do if something does go wrong.

At St Gregory's we apply and use appropriate practices to facilitate and support ICT throughout the school. The practices are aligned under the organising elements of the Australian Curriculum: Information and Communications Technologies capacities.

All students who have access to ICT (including use of Chrome books) are to agree and sign an IT agreement which outlines the appropriate use of technology at St Gregory's.

Online bullying is not accepted and certainly won't be tolerated at St Gregory's. Cyber safety is paramount and all students at St Gregory's (including outside school hours) have the right to feel safe.

View and Download Factsheets for Parents https://www.thinkuknow.org.au/resources/factsheets-for-parents

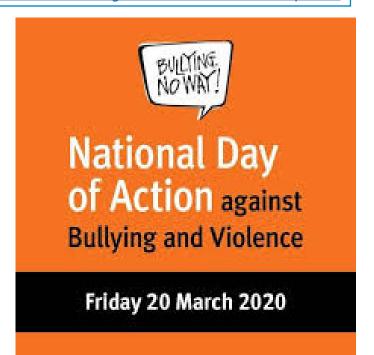
PROJECT COMPASSION



Project Compassion 2020 Let's Go Further, Together

Spanning through the six weeks of Lent each year, Project Compassion is an extraordinary, ongoing demonstration of the faith, love and generosity of Caritas Australia's caring supporters, all in the name of justice and peace. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity. St Gregory's proudly fund-raise for Caritas Australia through Project Compassion. Please encourage your child to donate throughout Lent; helping people in Australia and overseas. Thank you to the Year 5 teachers and students for leading this valuable program.

- Veronica Hall - REC (Acting)





From the Principal.....

PRAYERS: We pray for Carol Saad and family following the death of her Father. We pray for Issac Kirkpatrick (6 Gold) and family on the death of his Grandfather. We pray for Amelie Kruger (4 Blue) and family on the death of her Grandfather. We pray for Janelle Eagle and her son who is ill. We pray for our Year 3 Students who will celebrate their Reconciliation Commitment Mass over the next two weekends.

PARENT TEACHER INTERVIEWS: are being held this week for all classes except K Blue. If you have not made a booking and wish to meet with your child's class teacher please email them directly on firstname.surname@cg.catholic.edu.au or by phone 6297 2221.

WHOLE SCHOOL ASSEMBLY: All parents, carers and friends are invited to attend the Whole School Assembly this Friday beginning at 12:30pm. 4Red and 4White will be hosting this assembly helping us to understand what it means to be a community. Visitors are reminded to enter the hall via the back door thus allowing for student entry from the front and side doors.

MOBILE PHONES: Personal Devices are not to be used during school times. St Gregory's philosophy on devices is that the school should provide the necessary hardware, as BYOD initiatives place an unfair burden on parents and families and can enhance inequity based upon families' abilities to purchase such hardware.

A reminder to all families that students are not permitted to ring their parents using their own devices during school hours. To ensure the safety and well-being of all students all correspondence to families is to go through the front office.

PLAYGROUND EQUIPMENT: Please note - Students are not permitted on the playground equipment before and/or after school hours. This is for the safety and well-being of all students. Thank you for your understanding.

BUS STOP and BUS TRAVEL SAFETY: Please remind children of the importance of bus stop safety and appropriate behaviour when travelling to and from school, on the school bus. It has been noted that before school, students have been seen playing close to the road and throwing basketball/footballs at Bus stops. QCity has also notified the school of disrespectful behaviour including inappropriate language being used by some students. Whilst we have encouraged students to use appropriate behaviour at the bus stop and when travelling on the bus, your support in this matter is greatly appreciated.

To help keep our kids safe, it's important for drivers to: slow down in school speed zones during school times, be extra cautious around schools and be aware that young children can be unpredictable and difficult to see.

HOMEWORK CLUB: Barnardos Queanbeyan Homework Club is held each Thursday after school at St Greg's in the Parish Room at MacQuoid Street. The idea for Homework Club came from talking with Aboriginal families at Gatherings in the Park and Stories in the Street Programs, and has been successfully operating at other schools since 2009. Students take part in cultural activities, homework support, reading and writing support, healthy afternoon tea preparation and other group activities throughout the school term and resources are covered by Barnardos. To talk further about your child attending the Homework Club please phone Bronwyn Radford on 6124 3800.

STUDENTS DEPARTING SCHOOL EARLY - Parents/Carers are required to sign out students on the office IPad and then collect their child from the classroom. To minimise interruptions to classes the office staff will no longer call students from class via the PA system. Thank you for your understanding.

SUPPORT FOR OUR COMMUNITY - MORE WATER THAN FIRE: Elizabeth Shen, our school counsellor shares with us some information on Emotion Coaching and how we can support children after the recent bushfires. Please do not hesitate to contact Elizabeth if you have any questions or queries (<u>Elizabeth.Shen@catholiccare.cg.org.au</u>)









CONGRATULATIONS: Under the name 'Cuddles for Cows', Breonie Martin (2 Blue) spent a day last week fundraising for the Cobargo District Emergency Hay Fund. She offered those attending the morning tea an opportunity to 'put themselves in the cow's paddock' for a moment by demonstrating the types of things cows and livestock in general are in desperate need of following the bushfires.

Her cake stall included hay bales (lamingtons), fences (pretzel sticks and liquorice strings), grains and pellets (mixed nuts), water (blue jelly cups), rain (cloud lollies) and most importantly, love (sour heart lollies). An outstanding effort. Well done!



NO NUTS, EGG OR FISH

St Gregory's is a nut, egg and fish free school. There are students who have anaphylactic reactions to these products. If these students come into contact with foods they are anaphylactic to, they can suffer a severe rapidly progressive allergic reaction that is potentially life threatening. To make the environment safe for all, we aim to be a Nut, Egg and Seafood free school.



Please do not allow students to bring nuts or products containing nuts to school such as peanut butter, peanuts/nuts of all types, Nutella, nut snack bars, etc.



Foods containing predominantly egg are not to be eaten at school please. These include egg sandwiches, boiled eggs, meringue or pavlova. Non-allergic

students may eat baked goods that contain egg, such as cakes, slices, muffins, etc with care not to share.



No tins, sandwiches or sushi containing fish (e.g. tuna, salmon, etc) please.

SPORT NEWS

Archdiocesan Swimming Carnival

Congratulations to all our students who competed at the Archdiocesan Swimming Carnival at Narooma yesterday. Special mention to Sienna Hamlin, Phoenix Hamlin, Samantha Shelley, Naomi McInnes, Liam Carroll and Isaac Kirkpatrick who will go on to compete at the NSWCPS MacKillop swimming trials in Sydney on 25th March.

AFL

Well done to the Year 5/6 team who competed at AllInsure Oval last Thursday. They will now progress to the Regional Finals to be held in Term 2.

- Jamie Marmont
 PE Teacher & Sports Coordinator

ST GREG'S SCHOOL COUNCIL

18 February - SCHOOL COUNCIL UPDATE

St Gregory's School Community Council reconvened in Week 4 on 18 February 2020. The council's focus has been to set an events and fundraising agenda for the year, including the always popular discos (29 March), and (adults-only) trivia night, scheduled for Term 2.

The Council is consulting with school Leadership and items required across both campuses so that fundraising can be targeted and the school community can work towards a fundraising goal for the year.

Council members are keen to hear your ideas for school improvements, concerns, or would love to chat if you have any questions. If you are unsure who the council members are or what we do, visit the school website at: https://www.stgregsps.nsw.edu.au/school-community-council or please email stgregorys.schoolcouncil@cg.catholic.edu.au

Fundraising assistance needed

The School Council is seeking assistance from parents, carers or friends of the school community who would be interested in helping workshop fundraising ideas/strategies, marketing, and seek donors for larger school events, etc.

If you have fundraising or marketing experience or are keen to offer your assistance please email the Council: stgregorys.schoolcouncil@cg.catholic.edu.au_

OPEN School Community Council Meeting 23 June 2020

St Gregory's School Community Council welcomes you to attend an open council meeting on Tuesday, 23 June 2020 from 6:00 pm in the Music Room (upstairs) at Lowe Street.

This meeting provides an opportunity for members of the broader St Gregory's school community to see and hear the work being done by Council and participate in discussion.

For further information on the School Community Council visit the school website at:

https://www.stgregsps.nsw.edu.au/schoolcommunity-council or please email stgregorys.schoolcouncil@cg.catholic.edu.au

90's Disco

When: Sunday 29th March Where: St Gregory's Hall

Time: Kinder to Year 2 - 4:30pm to 5:30pm

Years 3 to 6 - 6pm to 7pm

Cost: \$5 per student (inculdes entry, drink & snack)

Please complete the permission note sent home and return with payment to school or pay via Qkr!

Entry tickets will be sent home with the eldest child on Tuesday, 24th March.



OUR SCHOOL RULES

Stay Safe, Be Fair, Show Respect.

Congratulations to the following students who received a blue band in February:

Max Muller, Amelia Slater, Olivia Buckley, Edith French, Jenson Gagliardi, Tyler Girvan, James Kerr, Stephanie Twardochleb, Martin Dixon, Poppy Passlow, Grace Amey, Sofia Brennan, Gary Dixon, Corazon Le Pavoux, Zachary Blyton, Nicola Bono, Penelope Darmody, Sebastian Hargreaves, Jorja Jambrecina, Grace Khourieh, Molly Mifsud, Evie Mills, Mary Yakimov, Anna Barnsley, Bailey Burgess, Maisie Canestrari, Brody Feeny, Daphne Gregerson, Margaret Kershaw, Pyloy, Long, Tilor, Marsie Timethy, New Johnson, Brody Long, Tilor, Marsie Timethy, New Johnson, Long, Tilor, Marsie Timethy, New Johnson, Long, Tilor, Marsie Timethy, New Johnson, Long, Lon Ryley Lopez, Tyler Morris, Timothy Newfield, Layla Perritt, Emily Sherd, Lucia Smith, Payton Williams, Damon Boyd, Douglas Dixon, Elliott Docking, Ryan Gutierrez, Laila Osborne, Stevie Reid, Callum Smith, Amelia Stumbles, Josh Taiseni, Ashlen Watts, Lilah Williams, Sabrina Guglielmin, Violet Harris, Sophie Khourieh, Oscar Lawrey, Joseph Luketic, Ella Stevens, Lucy D'Arx, James Gumm, Elijah Herbig, Riley McLean, Joséph Agius, Hugo Solomos, Matthew Taiseni, Mia Brennan, Sienna Crawford, Elissa Evans, Landan Hankin, Christina Khourieh, Gerry Lloyd, Luke Quigley, Aleirah Read, Aiden Stokes-Oldfield, Zoe Whitfield, Oliver Beutel, Lidia Celeska, Ethan Goodchild, James Heuchan, Sophie Mifsud, Noah Smith, Noah Carrick, Matilda Davis, Grace Flanagan, Brianna Henry, Jack Hoskin, Ethan Jarrett, Charlie Lane, Audrey Slater, Kylah Spindler, Mitchell Taylor, Zac Silson, Huntah Watson, Molly Townsend, Juliette Bibic, Olivia Staltari, Harvey Canestrari, Ruby Rosin, Lachlan Kitchin, Zoe Butterfield and Aprika Joshi.

FIRST EUCHARIST

SACRAMENT OF FIRST EUCHARIST 2020 Parents/Carers of Year 4 students

Your child should have brought home registration

paperwork for the Sacrament of First Eucharist which will be celebrated in June 2020.

Please complete and return the registration form and payment to the Parish Office before the 30 April 2020.

Please phone the Parish Office on 6299 4611 if you have any questions regarding this sacrament.

Thank you Rita Pelle, SACRAMENTAL OFFICER.

PREMIER'S READING CHALLENGE



Premiers Reading Challenge 2020

The PRC site opened yesterday, Monday 2nd March 2020 for students to log their reading online. https://online.det.nsw.edu.au/prc/home.html

I will be able to register new students and send an email home with their user name and password. Please keep this information safe because user names and passwords remain the same from year to year. It saves much administration time when registering students each year. It also allows your child to compete to be the first child to complete the challenge - books read from 1st September 2019 are eligible to be logged into this years challenge.

Each student will have their name published in our Newsletter and put on our Library page. The library has kept a loan history for each child and this dates back to 1st September 2019. I am able to send this to you if you request it.

CONGRATULATIONS to the first three students to complete the Challenge: **Ethan Goodchild** (2Red), **George Middleton** (1Red) and **Samuel Jeffries** (3 Red). They will receive a prize at this week's whole school assembly.

Any queries please email - <u>rosalind.wythes@</u> <u>cg.catholic.edu.au</u>

Rosalind Wythes - PRC Co-ordinator

CANTEEN

Canteen Helpers at Lowe St this fortnight are:

Friday 21st February Sandra Barac Friday 28th February Betty Crowe

Volunteers are required at MacQuoid Street, especially on a Thursday or a Friday. If you are available please contact the school on 6297 2221 or email office.stgregs@cg.catholic.edu.au Thank you.

PARENT CONTACT ORGANISED ACTIVITIES

Dear 1 Blue Parents and Carers

You & your family are invited to our first play date for 2020 ©

Where: Apex Park, 22 Campbell Street, Queanbeyan

Saturday 14th March 10.30 am - 12 noon

Apex Park has swings, slides, a crawl tunnel, sliding poles, hanging triangles & other fun equipment suited for all ages. There is plenty of shade, a BBQ, toilets, picnic table, seats, & the park is fenced from the main road.

Siblings & grandparents are more than welcome to attend. Feel free to bring along some picnic snacks to enjoy as you mix and mingle.

Don't forget to bring a hat & a drink ©

Hope you can make it!

Mistie Dal Molin

1 Blue Parent Representativ

Ph. 0407 577 484

Mistie_DalMolin@ServicesAustralia.gov.au

YEAR 1RED FAMILIES

The parent contacts of 1Red have organised an event to start the year.

Date - Saturday, 14th March

Time - from 10.30am

Place - Rodney's Cafe in Pialligo

This is a great opportunity for the children to get to know each other outside of school and for the parents and carers to meet over a coffee.

Please rsvp by the 7th March to Nicole or Sharla

sharlastevens1@gmail.com peisleyn@gmail.com

Year 4

Ride the River

(bridge 2 bridge)

Bring the family and enjoy the BBQ

Bring the whole family & meet new families

14 March 2020 Start @ Queen Elizabeth II Park Queanbeyan

2pm Start

FOR A FUN AFTERNOON AT THE POOL

Lets get together

Kinder

22nd March at gam Queen Elizabeth II Park (water play area beside the river) Queanbeyan

Bring the whole family and enjoy meeting some new families



YEAR 3 CATCH UP

You're invited to meet other Year 3 families. An afternoon to meet new people or catch up with those you haven't seen for awhile.

SUNDAY 22ND MARCH from 3pm The Paddock at Campbell and George Queanbeyan The bar will be open for snack/bar food and drinks.

Bring the family for an afternoon in the sun where the kids can play together and the parents/carers can have a chat!

RSVP TO: Lauren Morrison by Wednesday 18th March lguren.morrison@bigpond.com



We would like and your family to come join us in the Queanbeyan Park for kite flying and a play at the park.

> Queanbeyan Park 28 March 2020 12pm

Limited Kites avaliable or bring your own 1 White class rep Kvol (daniels dad) 0422 010 410



NOTICEBOARD

Sunrise Netball Club Registration 2020

Netsetgo players 5 - 9 years = \$110



website or email for further details.

Facebook: www.facebook.com/SunriseNetball Website: http://sunrise.nsw.netball.com.au/













2020 JUNIOR HOCKEY COME & TRY DAY

Come along and experience an Olympic sport in your own backyard.

When: Sunday 23/3/20. 9:00am to 12:00pm

Where: Tuggeranong Hockey Park. Soward Way, Greenway, ACT.

Cost: Free. Sausage Sizzle supplied.

What to Bring: Smiles. QUHC will supply all sticks, balls etc.

Contact: Shayne Monahan. shayne@quhc.com.au 0417799574

QUHC are affiliated with Hockey ACT and Hockey Australia.

Hockey is a fast paced, fun game for the whole family.

QUHC run programmes for Boys, Girls, Mums & Dads.

QUHC supply training by qualified coaches with years of experience.

Pathways exist in OUHC & Hockey ACT for Boys & Girls to play for hits & giggles to reach their full potential & participate in National Championships.

The choice is entirely yours, Experience it, Love it,

QCFC JUNIOR SOCCER



2020 Season (May to Sep)

U5/6 - U18 Males and Females

U10 and Up -Training commences in

Miniroos (U5-U9) training and Games commence early May 19

Miniroos (5-9yrs) \$140, Miniroos (10-11yrs) \$160 Juniors (12-18)

\$235 – we ACCEPT NSW Active kids vouchers (\$100 off your rego) - cost includes uniforms

ONLINE payments only

REGISTRATION NOW OPEN @ www.playfootballclub.com.au

Location: Letchworth Oval, Maloney St off Lanyon Dr www.qcfc.com.au or email juniors@qcfc.com.au More Info: Facebook: Queanbeyan City Football Club Juniors Junior Coordinator Mick on 0451 043 232





Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

laptops & tablets

uniforms & shoes

sports fees & gear

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an



none 300 610 355

The Smith Family



MERICI COLLEGE ENROLLING NOW CAMPAIGN

A wonderful opportunity for prospective families to see the College in action, meet our students and attend the Principal's Address, Year 7 and 11 Information Evenings and lots

We are enrolling now for 2021 and beyond!

Please visit www.merici.college for all dates and information for our Open Day, Be a Merici Girl Days and Talk and Tours. Register online now!

Open Day and Year 7 2021 Information Night: 7 May

Be a Merici Girl Days: 30 Apr, 4, 5, 12 May

Talk and Tours: 22 Feb, 4 Apr, 9 May, 15 Aug, 24 Oct





Do you like to Dance?

Then come and try Calisthenics with the Deanne Calisthenics Club. Calisthenics is a unique combination of sports and performing arts. It develops teamwork, friendship and self-confidence through enhancing skills in dance, performance, music appreciation, flexibility and strength. Calisthenics suits children from 3 years+. No experience required!

See our website for class times and age groups

Tinies, Sub-Junior or Junior classes:

Offer 1 - Try 2 classes for free. Just turn up at class.

Offer 2 – Enjoyed the classes and want to continue? Talk to the Team Manager and write the name of you school anywhere on the registration form to receive a \$40 discount.

Recreational classes - these are our non-competition classes for ages 3 to 12:

Offer 3 - Try 1 class for free. Just turn up at class.

Offer 4 – Enjoyed the class and want to continue? Tell the Team Manager the name of your school to receive a 25% discount. Save \$16 if you pay for a block of 8 classes in advance.

Please Note - Offers 2 or 4 can only be redeemed once in 2020 for new participants

More Info? Www.deanne.com.au president@deanne.com.au 0407 899 842







for your Schooli



ONE FREE DANCE OR DRILL LESSON

YOUR LOCAL DRILLDANCE CLUB, CAPITAL SPIRIT, CATERS FOR AGES 4 TO 106 TO BOOK YOUR FREE LESSON CALL ALISON ON 04397[0988 OR EMAIL CANBERRADRILLDANCECLUB@OUTLOOK.COM CLASSES START IN FEBRUARY 2020

VISIT CANBERRADRILLDANCE, WIXSITE, COM/CAPITAL SPIRIT FOR MORE INFORMATION

AUSTRALIAN ELITE FOOTBALL ACADEMY - AEFA

'Our AEFA Head Coach has a UEFA 'A' Licence and 25 years of experience working with Youth, Professional & International Players'.



AEFA Little Lions m 1 – 8 Week Program

Ages: 5 – 8 years nornings, commencing 8th Feb 2020





For more information contact us at: information.aefa@gmail.com



Queanbeyan Junior Brass



Calling all school children 9 years and upwards! Do you want to play an instrument and join a band? YOU CAN! Free instrument rental...free music tuition!

When and where? Tuesdays after school from 4 to 5pm at St Stephens Hall, 2 Morisset Street in Queanbeyan.

Music is great. It is challenging and fun. It also helps you to do better in just about everything you do. We aim to improve and encourage young lives through the enjoyment of music.

Call 0415 526 572 for more information or email us at gjbrass@outlook.com

