FROM THE PRINCIPAL

New School Sign
During the holidays a new school sign was erected below the eaves outside 5/6 Ocean Classroom. The lights have been programmed to come on with other school lights from dusk until dawn. The sign reflects the great sense of pride that we all feel for our wonderful Maria Regina Catholic Primary School.

Playground maintenance
Also during the holidays we had some dead trees removed, a general pruning and tidy up of the play areas especially the top terrace. The sand has been replenished in the sand pit and the structures which have been generously built by the year 1 and 2 dads are nearing completion.

Welcome
We warmly welcome the following new students and families to Maria Regina.
- Millie Hutchins (K) and parents Joanne and Tim
- Sam (Yr 2) and Luke (Yr 4) Vitagliano and parents Triona and Tony
- Killian (Yr 1) and Maeve (Yr 3) Mulcahy and parents Dervla and Frank

Outside School Hours Care Update
As you will be aware from emails from your class parents, Donna Brooks is looking at establishing an Outside School Hours Care at Maria Regina. (Please see letter at end of newsletter). Expressions of Interest must be received by 1st August. The Cost will be around $22 (for 3 hours) and you will be eligible for 50% child care rebate.

Athletics Carnival
Maria Regina’s Athletics Carnival will be held at Sydney Academy of Sport and Recreation, Wakehurst Parkway Narrabeen next Friday 26th July. It is scheduled to commence at 9:30am and to conclude at 2:00pm. Every student is expected to attend and participate. All children will travel to the carnival by bus in colour house groups. There will be only 1 bus returning to school in the afternoon. Please make sure you have filled in the permission notes and entry form and return to school promptly. If you are able to assist at the carnival please indicate on your child’s permission note.

Term 2 Staff Development Day
We had a very successful Staff Development Day at Our Lady of Good Counsel at Forestville on the last day of term 2. All schools in the Broken Bay Diocese participated at different cluster days during the term. Two of our talented teachers, Caitlin Remeeus and Jane Labone were asked to facilitate workshops on the Australian Curriculum. We are very fortunate to have teachers on our staff that can lead this very important and significant professional development.

Free Seminar for Parents
We are very excited to have Kate Highfield from Macquarie University present a free parent seminar on using Apps for Learning and Creativity. This seminar is open to all interested parents. A letter box drop in the surrounding areas will be carried out between 29th and 31st July. Save the date - Thursday 8th August 7:00-8:30pm!

Updated Term 3 and 4 Calendar is included with this Newsletter
There will be no newsletter next week due to the Athletics Carnival.
FROM THE ASSISTANT PRINCIPAL

Professional Learning
This week I was fortunate to attend the Assistant Principals Conference in Mittagong at The Hermitage Centre on Wednesday 17th and Thursday 18th July.
It was a motivating two days with a focus on ‘Leadership’s call to mission’.
The Hermitage centre was founded by the Marist Brothers. I was inspired by the story of Marcellin Champagnat who founded the Marist Brothers.

Mrs Caitlin Remeeus

Born in France in 1789, the year of the French Revolution, Marcellin Champagnat was to lead an extraordinary life, and leave an even more extraordinary legacy. Marcellin dedicated his life to founding the Marist Brothers and establishing a way of life for his followers. Marcellin’s enthusiasm for teaching and spreading the gospel motivated his Brothers. He lived among them, teaching them how to live as a religious community, and how to care for and educate young people. His educational philosophy was a simple one: to teach children one must love them.

So from the start, Marist schools became happy places, with a friendly teaching atmosphere in which relationships among teachers and students were easy and open, and inclusiveness was the benchmark – everyone was welcomed and loved. This is what Marcellin referred to as “the family spirit” which, to this day, touches all who come under the influence of the Marist charism.

Marcellin Champagnat was a man of simplicity, compassion, open-mindedness and trust in God and Mary his Mother. His life is a witness to the truth that the actions of one man can make a difference. His legacy is the Marist charism which is the essence of the Marist school community – a family and an accepting place where all students, teachers, parents and helpers work together for the common good.

In reflection I concluded my experience by refining my call to lead mission.
I will continue to-

• commit to my personal faith journey, sharing it with the community of Maria Regina
• be of service as witness to the gospel
• engage in ongoing spiritual and theological development
• apply the schools mission
• integrate faith, life and display imagination, vision and hope.
Maria Regina Public Speaking Competition Term 3

Our Public Speaking competition will take place this term during the next couple of weeks. Each child is expected to prepare a speech following the duration expectations below. The students will present their prepared speeches to the class during oral literacy. The teachers will give each child feedback along with the class. The class teachers will inform the students of the finer arrangements. As this is a whole school competition we expect all students to have a go and enjoy the experience.

We encourage students to speak for the following durations
- Kindergarten: 30 seconds (A couple of points)
- Year 1 & 2 students: 1 minute
- Year 3 & 4: 1-2 minutes
- Year 5 & 6: 3 minutes with a warning bell at 2min 30 seconds.

A couple of pointers:
- Beginning a speech - No need to say your name
- The purpose of the speech is to communicate a message effectively.
- Students need to be comfortable with the words/vocabulary they are using.
- A good speech shows a clear understanding of the topic.
- Students should use their voice, eye contact, facial expressions and even a hand gesture to catch the audience's attention.
- Students are encouraged to have a steady pace when speaking giving the audience time to take in what they are saying.
- Students must stand straight and tall; this carries a strong message.
- Palm cards should be small enough to fit in your hands (especially Yr.3-6)

Topics – Each child can choose from the following topics-

1. Study nature, love nature, stay close to nature. It will never fail you.  
   Frank Lloyd Wright
2. Apps
3. A place for everyone.
4. Hear hear
5. ‘Don’t hate the media, become the media’. Jello Biafra
6. Animal Instinct
7. Light
8. Treasure from the past
9. Sport for fun
10. Make poverty history

All students will be acknowledged for participating in the competition.
Two students from each class will be chosen to present their speeches to the school community on Friday 9th August 2012 at 1:45pm.
Class teachers may modify the topics for the younger students please refer to home learning next week for more information from the class teacher.

Thanks for your support, Caitlin Remeeus
**FROM THE REC**

**Parish Mass**
Kindergarten will be attending the Parish Mass next Thursday 25th July at 9.15am. All family and friends are welcome to attend.

**Religious Education Conference**
On Monday and Tuesday Kate Wright and Jane Labone attended the Broken Bay Diocese Religious Education Co-ordinators’ annual conference. The theme of the conference was “Call to Leadership” and it focused on issues facing leaders in Catholic Schools today. The conference was a great opportunity to connect with other RECs in the Diocese to discuss challenges associated with student centred leadership.

**FROM THE OFFICE**

**SCHOOL ACCOUNTS**
Just a reminder that Account 3 is due for payment 27/7/13. Thank you to the families who have paid their accounts to bring them up to date. Families paying by time payments please ensure that your payments are paid by the due date.

**SCHOOL CONCERT COSTUME LEVY**
There are still a number of families who have not paid the costume levy of $15.00 per student. Reminders will be sent home.

**CANTEEN UPDATE**
New to the lunch orders we are now offering:

| Baked Bean Rolls | $3.00 |
| Egg and Mayonnaise Roll | $3.00 |

Please see the new canteen menu attached to this week’s newsletter.

**CANTEEN ROSTER**
We have new spare spots for volunteers on our roster. If you can spare a few hours on a Monday please let Mrs Sprakel know in the office so your name can be added to the roster. Thank you to the volunteers who help run our canteen.

| Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| 22nd July | 29th July | 5th August | 12th August | 19th August |
| Imelda Flynn | Sally Watkins | Imelda Flynn | Rhonda Horder | Imelda Flynn |
| Tania Mullis | Janette Stritt | Sarah Van Reyswood | Michelle Kerr | Sue Fisk |
| Sue Fisk | | Sarah Van Reyswood | Cassie Preziuso | Zorana Osborn |
| **SOS** | **SOS** | **SOS** | **SOS** | |

| Week 7 | Week 8 | Week 9 | Week 10 |
| 26th August | 2nd Sept | 9th Sept | 16th Sept |
| Sarah Van Reyswood | Imelda Flynn | Sarah Van Reyswood | Imelda Flynn |
| **SOS** | **SOS** | **SOS** | Sue Fisk |
| **SOS** | **SOS** | **SOS** | **SOS** |

**SCHOOL HOLIDAYS**

**FROM THE LIBRARY**

**Borrowing:** Thank you to all those who promptly returned Library books after the holidays. A big thank you also to those who found long overdue books during the holidays.

**Scholastic Book Club:** The children were given the catalogues today for the Book Club. Please return your order form to the Office by 2nd August. You can pay by credit card or cheque. All cheques should be made out to Scholastic Australia not the school. **No cash is accepted.**

**BIRTHDAYS**

Kyle Johnson  
Jacob Meacham  
Cooper Johnson  
Bayley Degotardi  
Cody Johnson  
Letitia Dwyer  
Taylor Bradac  
Lachlan McGrath  
Isabella Taylor  
Ethan McKechnie

**MARIA REGINA BAND**

<table>
<thead>
<tr>
<th>Training</th>
<th>Concert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aidan McKechnie</td>
<td>Taylor Burfitt-Williams</td>
</tr>
</tbody>
</table>

**Awards**

| K | Dashiell Osborn  
Millie Hutchins |
|---|----------------|
| 1 | Zannah Dixon  
Alexander O’Neill |
| 2 | Abigail Quinton  
Kai Bourke  
Charlie Johnson |
| 3 | Cody Johnson  
Sarah Cassidy |
| 4 | Colm Holmes  
Lara Walsh |
| 5/6 Earth | Keira Paine  
Lachlan McGrath |
| 5/6 Ocean | Oscar Browne  
Ethan Heyes |
Pre-Invitation

TO ALL NON-CATHOLICS AND CATHOLICS INTERESTED IN LEARNING ABOUT OUR FAITH

Pre-announcement: New Program to start in August 2013

We are happy to announce that we will start our next RCIA program in our Parish at the end of August 2013 (RCIA stands for 'Rite of Christian Initiation of Adults').

We are a team of enthusiastic lay Catholics who would like to share our faith with all those who feel drawn to our tradition or want to learn more about it.

In an informal setting of 23 evening sessions we reflect on who we are, what we believe in, where we have come from and where we are going to, how we get in touch with God and how He leads us. In short, how we strive to live life to the full.

A former participant testified:

"... I enjoyed every piece of it, from the simple fact that I met tremendous people ... to the deepest knowledge of our faith explained nicely, so completely. My intimate relationship with God went from nothing to an incredibly enjoyable daily need."

Please consider this in the Year of Faith and inform your friends about it. Thank you!

For further information please contact Father George, Julie or Laura at the Parish Office (9997 7311) or:

Erich Ott (9913 8051)
Maureen Suggitt (0422970151)
David West (0417488003)

Members of our Social Justice team along with Father Abel and Father Tiago met with Mater Maria’s Social Justice team on Friday 28th of June.

Ethan Heyes and Vaughan Harding both stood up and spoke confidently to a full Burn Theatre about our connection with Soibada. Well done boys.
Great Gatsby Trivia Night

When: Saturday August 24

What you need to know
- Tickets $25 per person including meal and welcome drink.
- Seating on tables of ten.
- Each table selects a theme (based on The Great Gatsby era) and dresses accordingly. Prizes for best costumes and best dressed table.
- Each group dresses its table from 3pm on the Saturday afternoon.
- Each group responsible for clearing the table after the event.
- Fully stocked bar with RSA-trained staff (the teachers!)
- If you’d like to come, but don’t want to organise a table, email Justine King (P and F President) on lilly.con@bigpond.com

Great Gatsby Trivia Night

When: Saturday August 24

Where: Maria Regina Speakeasy, 7 PM - LATE
(KNOCK THREE TIMES AND ASK FOR BUGSY)

NAME OF TABLE ORGANISER AND CONTACT NUMBER:

..................................................................................................................

NAMES OF THE OTHER NINE GUYS AND DOLLS ON THE TABLE (IF POSSIBLE)

..............................................................................
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PLEASE COMPLETE NOTE AND RETURN ASAP TO DENISE (THE MOLL IN THE OFFICE)
My name is Donna Brooks and I am the Manager of Outside School Hours Care for CatholicCare. We are currently looking at establishing an Outside School Hours Care service at Maria Regina Catholic Primary School Avalon and would like to gauge the level of interest for this type of service. We are looking at initially establishing an after school care facility in one of the existing classrooms and if the need arises then we can look at before school care as well. The service would be provided by CatholicCare and would ensure the ethos of the school community is continued. CatholicCare is a not for profit organisation and works with schools to provide high quality Outside School Hours Care services. We employ qualified and experienced educators, who are dedicated to developing strong relationships with children and their families, encouraging children to learn new skills and enjoy leisure time experiences with their friends. The service would operate from the end of the school day and close at 6pm.

If you would be interested in using this type of service please can you register your initial interest by completing this form and returning to: donna.brooks@dbb.org.au

Completing this does not imply a commitment, at this stage we just need to establish if there is an interest in this type of service.

If you prefer to phone I can be contacted on 9481 2676.

Kind Regards
Donna Brooks
Manager OSHC

Yes I would be interested in after school care to commence:

Term 4 or next year (please circle)
Family Name:
Number of children who would be attending:
Contact phone number:
## Maria Regina’s Healthy Canteen Menu For 2013

### Morning Tea Specials

- Garlic Bread: $0.50
- Cheese Toasty: $0.50
  
  *(Melted cheese & tomato paste on Lavash bread)*
- Pikelets with butter/plain/honey or jam: $0.50

### Lunch - Rolls only

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Salad (lettuce, tomato, avocado, cucumber &amp; carrot)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.00</td>
</tr>
<tr>
<td>Ham and Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Ham and Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.00</td>
</tr>
<tr>
<td>Turkey</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$3.00</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg &amp; Mayonnaise</td>
<td>$3.00</td>
</tr>
<tr>
<td>Cheese and Tomato</td>
<td>$3.50</td>
</tr>
<tr>
<td>Vegemite/Jam/Honey</td>
<td>$2.50</td>
</tr>
<tr>
<td>Extra filling per filling</td>
<td>$0.50</td>
</tr>
<tr>
<td><em>(beetroot/avocado/mayonnaise/cheese/ham)</em></td>
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Please note that no matter how much filling is in the roll the cost is $4.00.

### Hot Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Hot Ham/Cheese/Tomato Roll</td>
<td>$3.00</td>
</tr>
<tr>
<td>Hot Roll Combo (same fillings as cold rolls)</td>
<td>Same price as cold rolls</td>
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<tr>
<td>Hot Chicken Burger</td>
<td></td>
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<tr>
<td><em>(Chicken, mayo, lettuce on a bun)</em></td>
<td>$4.00</td>
</tr>
<tr>
<td>Hot Pie with or without sauce</td>
<td></td>
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<tr>
<td>90gms size</td>
<td>$1.50</td>
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</tbody>
</table>

### Salad Box

- lettuce, tomato, cucumber, carrot, cheese, beetroot with your choice of Ham, Tuna, or Turkey - choice of Mayo or Italian dressing: $4.00

### Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Flavoured Milk (Chocolate/Strawberry)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fruit Juice (orange/apple)</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

### Snacks

- Reduced fat popcorn (plain): $1.00

### Frozen Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Streets Paddlepops (chocolate/banana)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Moosies (chocolate/strawberry)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Calypo</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fruit Stacks</td>
<td>.50</td>
</tr>
</tbody>
</table>
free seminar for parents

The Digital Child: Apps for Learning & Creativity

Join Dr Kate Highfield, Teacher Educator - Institute of Early Childhood, Macquarie University, who will present her current research on the use of technologies for learning and play.

As multiple users of technology how can families support their preschool and primary aged children’s learning through digital technology?

Become informed about:
- What is good gaming?
- Screen time: how much is too much?
- How to assess the educational quality of apps
- The top 10 apps for learning and creativity

31% of Australian households own at least one tablet device – a figure that is expected to rise to 50% in 2014 (Australian Connected Consumers Report 2013, Nielsen).

Thursday 8 August
7.00pm – 8.30pm
Maria Regina Catholic Primary School, 42 Central Road, Avalon

All welcome

Free to attend
(supper provided)
RSVPs appreciated
Tel: 9918 2608
Email: mra@dbb.catholic.edu.au