FROM THE PRINCIPAL

Cross Country

Thank you to Steph Munro and Grant Colquhoun for organising the Cross Country Trials last Wednesday. A special thank you to Lucy Encina for all the training sessions in the lead up to the trials. Children that are competing in the Peninsula Cross Country Carnival on Monday, 16th May will receive a note today.

Broken Bay Representation

Congratulations to Josh and Aiden on representing the Diocese of Broken Bay yesterday at the Polding Swimming Carnival at Homebush. A big congratulations to Josh for winning the Polding Junior Breaststroke and coming 3rd in the Individual Medley and 4th in Butterfly. Josh will now go on to compete as a Polding Representative at the Sate Titles at Homebush next Wednesday. Congratulations to Aiden who came 4th in the freestyle. Aiden has also been selected in the Broken Bay Rugby Open Team. Well done boys, a fantastic effort.

Last Week of Term 1

Next week will be the last week of the term and on behalf of the staff of Maria Regina I would like to thank everyone for your support during this busy term. All students will return to school on Tuesday 26th April. Students will return in their summer uniforms. Our official change over to winter uniforms will be after the long weekend in June.

ANZAC Day March at Avalon

The Avalon Beach RSL Sub Branch has invited Maria Regina to participate in this year’s ANZAC Day March and celebrations on Monday 25th April. Please meet Mrs Labone in front of Avalon Primary School on Old Barrenjoey Road at 10.45am ready to March at 11.00am. The march will finish at Bowling Green Lane adjacent to Dunbar Park. The Commemoration Service then takes about 30 minutes. Children are to wear their full summer uniform. We look forward to seeing you at this very important event.

Mother’s Day Breakfast and Mass

Please see flyer at end of newsletter for details about Mother’s Day Breakfast and Mass on Friday May 6th. Please Note that to register to attend this wonderful breakfast all payments will be made through the School24 account.
FROM THE ASSISTANT PRINCIPAL

Anti - Bullying Play
On Thursday 31st March Mater Maria Year 11 drama students visited Years 4, 5 and 6 to share their Anti-Bullying play. It was a lively performance. The Year 11 students provided role plays of playground scenarios. Their content was very appropriate and relevant. They tried to get the students up at the end for a dance. This was the only time I have ever seen Maria Regina students shy to get up and dance. Perhaps they were taking in the huge energy levels of the senior students! Overall it was a valuable experience.

Pastoral Care
Our Pastoral care of our students is based around Positive Behaviours for learning and restorative justice. We expect our students to uphold our school rules which are – Respect Yourself, Respect Others and Respect the place we are in.
As a staff, we celebrate our students successes with behaviour and we follow a consistent appropriate to reward and manage behaviour.
A proactive, positive stance to resolving issues is undertaken before they become problematic.
Teaching, redirecting, forgiveness, reconciliation and the dignity of our students is paramount.

Many programs are in place to ensure that each child is physically safe, cared for and nurtured.
Some of the programs that are in place for students to access are:

KidsMatter
KidsMatter Primary is a mental health and wellbeing framework for primary schools and is proven to make a positive difference to the lives of Australian children.
KidsMatter Primary provides the proven methods, tools, and support to help schools work with parents and carers, health services and the wider community, to nurture happy, balanced kids.

SEL group activities take place from Term 2 – Term 4 for Years 4,5,6. Students participate in activities to establish and foster friendships across the grades, trust, leadership and resilience.

Well Being Week is celebrated each term during Week 7. This week renews much-needed family time for our school community.

Positive Behaviour for Learning
Is a whole school program where students are explicitly taught the school rules in a positive way and it’s our reward systems. Students are explicitly taught how to behave appropriately. Our school has our behaviour matrix in each classroom and outside spaces.

Student Representative Council
The student representative council meets as a group each term to discuss school initiatives. They represent their class and have an opportunity to celebrate their classes’ success and opinions of school life.

Meditation
All students are taught ways to pray, meditate and reflect as part of Religious Education at Maria Regina. We see these as valuable tools for life.

Buddy Program for Kindergarten
Each new student meets their Year Six buddy before they start school. The Year Six buddies guide the Kinder students in their first experiences of school, especially on the playground. They help their Kinder friends to grow in confidence and independence in their first year of school. New students from other grades also have senior buddies.

School Counsellor
If a child requires counselling for any reason they can be referred to the School Counsellor through Mrs. Gee.

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>Week 11</th>
<th>4 April</th>
<th>5 April</th>
<th>6 April</th>
<th>7 April</th>
<th>8 April</th>
<th>9 &amp; 10 April</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Soccer Gala day Yrs 3/4 Pittwater Rugby Park</td>
<td>Soccer Gala day Yrs 5/6 Pittwater Rugby Park</td>
<td>8:45 Assembly Last Day of Term 1</td>
<td></td>
<td></td>
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</tbody>
</table>

Return to school Tuesday 26th April
FROM THE REC

Holy Week Liturgy
Last Thursday each class dramatized part of Jesus’ journey beginning with his triumphant entry into Jerusalem on Palm Sunday, sharing His Last Supper with His disciples and washing the disciples’ feet on Holy Thursday, the betrayal of Jesus and his capture by soldiers in the Garden of Gethsemane concluding with his death on the cross on Good Friday. On Tuesday Year 1 shared with us Jesus’ Resurrection. Thank you to the children and teachers who worked so hard to make these events so meaningful and allowing us the opportunity to reflect on the events of Easter.

Thank you to the parents and friends who were able to share these occasions with us.

Project Compassion

Thank you to everyone who contributed to Project Compassion during Lent. If you have not returned your box, please send them in to school as soon as possible.

BIRTHDAYS

Lukas
Josh K
Charlie C
Aiden
Storm

MARIA REGINA BAND

Poppy
Nathan

Enrolment Applications for Year 7, 2018 close soon

We are now enrolling students currently in Year 5 for Year 7, 2018. Please visit the College website www.matermaria.nsw.edu.au or contact our Enrolment Registrar for a prospectus. Application for Enrolment or to register for a College tour. Applications for Year 7, 2018 close on April 6, 2016.
FROM THE OFFICE

SCHOOL ACCOUNTS
The Catholic Schools Office keeps a close eye on all our accounts. Please make sure that your account is up to date. Reminders were sent out by email and also a hard copy last week. Term 1 finishes next Friday April 8th, all accounts should be up to date as the Schedule 2 is due for payment by May 6th. Families who have opted to pay by instalments please also make sure your payments are up to date.

SCHOOL CANTEEN VOLUNTEERS
Yesterday a yellow note was sent home asking for Volunteers for the canteen. Also attached to this newsletter is the same note. **If you can help please complete the note and return it to the office early next week as the roster needs to be completed for Term 2.**

| CANTEEN ROSTER FOR WEEK 11 MONDAY APRIL 4th AND FRIDAY APRIL 8th |
|----------------------------------|------------------|
| 11                               | 04.04.16         |
|                                  | Marie Nero       |
|                                  | Margarita P-C    |
|                                  | Imelda F         |
|                                  | 08.04.16         |
|                                  | Marie Nero       |
|                                  | Alex G           |
|                                  | Alicia L         |
|                                  | Francesca R      |

BOOK CLUB
Scholastic Book Club Orders
All book club orders need to be finalised using the online ordering system (LOOP) by 5pm this afternoon (Friday) April 1st. Just a reminder that no cash money is accepted for Book Club. Thank you.
Michele Kerr (Book club contact)

WINTER UNIFORMS
We have had a few enquiries regarding the winter uniforms. The students return in winter uniforms after the long weekend in June – Wednesday June 15th. There are some second hand winter uniforms in the clothing pool for boys and girls. Sarah has the clothing pool open on Tuesday mornings from 8.20am – 9.00am. If you require new uniforms there are samples for you to try for the correct size. To save the last minute rush, why not order now for the winter delivery.

SPORTS UNIFORMS
An order has been placed for sports polo shirts and shorts. When the delivery has arrived a note will be included in the newsletter.

HEAD LICE
Just a reminder that Head Lice is on the move again. Please check your child’s hair and treat if necessary. Thank you.

Denise Sprakel
Senior Administration Officer

FROM THE LIBRARY

Library News
There are lots of overdue books at the moment. Many of these are popular books that other children are desperate to borrow! Could you please have a look at home and return any school library books as soon as possible.
Hopefully all students participating in the Premier’s Reading Challenge have logged on by now. If you are having problems please let me know and I can help you out. I’m so impressed with the numbers of students participating this year! Well done!
We have lots of new books that need covering, if you are able to help with covering books please let me know.
As always if you have some time to spare after assembly on Friday I would love your help in the library.
PRC website: [https://online.det.nsw.edu.au/prc/home.html](https://online.det.nsw.edu.au/prc/home.html)

Happy reading!
Alexis Conn
alexis.conn@dbb.catholic.edu.au
**Sport Update**

**Cross Country Trials**

Congratulations to all of the students who participated in our school cross country trials on Wednesday morning. It was great to see so many enthusiastic runners and a huge thank you to all of the parents that showed and supported the students too. The students ran exceptionally well and many will now go on and represent Maria Regina next term at the Peninsula Cross Country trials. Special congratulations to the following students on winning their age groups.

**8 years:** William and Isabella  
**9 years:** Jamie and Sofia  
**10 years:** Evan and Zannah  
**11 years:** Joey and Sarah  
**12 years:** Aiden and Poppy

Thanks again to Lucy Encina and all of the other parent volunteers who helped out with regular Wednesday morning training sessions. It was great preparation and this was evident at the carnival. Lucy has once again offered to lead the training on Wednesdays leading up to the Peninsula Carnival, beginning next Wednesday morning at 8am across the road. It is encouraged that all of our representatives find the time to do some extra training in preparation, particularly during the school holidays.

![Cross Country Trials participants](image)

**Swimming**

Congratulations to Josh and Aiden on representing the Diocese of Broken Bay yesterday at the Polding Swimming Carnival. It is a fantastic achievement for both of you and as a school we are very proud of your achievements. A special mention to Josh (KerrrPOW!) on winning the Polding Junior Breaststroke and coming 3rd and 4th in the IM and butterfly respectively. It is a great honour and you should be extremely proud of what you have achieved so far and we wish you all the very best in next week’s State Carnival. Maria Regina is right behind you every step of the way. Aiden came 4th in the freestyle which is another outstanding effort. This comes on top of his selection in the Broken Bay Open Rugby League team. Congratulations Aiden on a great all-round effort and we wish you all the best at next term’s Polding rugby league trials. Also, congratulations to all of the swimming age champions and runners-up who received their trophies and medals today.

![Swimming champions](image)
MARIA REGINA MOTHERS DAY BREAKFAST

Please join the Maria Regina Dads as they host a delicious breakfast to honor our wonderful Mothers, Grandmothers & Special Woman in our children’s lives.

Friday 6th May 2016

7.00AM – 8.15AM  Breakfast will be served from 7.00am and food will stop at 8.15am
8.15AM – 8.45AM  Prize draw
9.15AM            Mass at Maria Regina Church - please come and share the Eucharist as we celebrate the gift of the very special people in our lives.

$8.00 PER ADULT      $2.50 PER CHILD (aged 5-12 years)  $6.00 per gift

*****ONLINE ORDERING ONLY FOR THE MOTHER’S DAY EVENT*****

IMPORTANT - HOW TO ORDER:

1. Order under your registered school 24 account (www.school24.com.au) Please refer to registration details if you have not yet registered.
2. Place your order under the SPECIAL EVENT ORDER SECTION (on the right hand side of your home page) for MOTHERS DAY
3. Select STUDENT – place order under your eldest child only then select START ORDER
4. Select RSVP PAYMENT on the left hand side of the page under Mother’s Day Category
5. Select QUANTITY attending for ADULT TICKET select ADD TO CART
6. Select QUANTITY attending for CHILD TICKETS select ADD TO CART
7. Select QUANTITY of gifts (optional) ADD TO CART
8. Press the checkout tab, check your order, then scroll to the end and submit your order.

Any enquiries please contact Marie Nero 0410 566 777 or Kay Neale 0416 262 458
PLEASE DO NOT SEND IN ANY MANUAL PAYMENTS.

Volunteer helpers – We would love to have lots of Dads, Grandfathers or Special Men to help out on the day. Please fill out the volunteer note below and join Chris Boon (Y3, Y1) put on a wonderful morning.

DAD VOLUNTEERS – Please help!

Name: ___________________________ Phone & Email: ___________________________

Times available: Thursday (day before) 5th May 1.30 pm – 3.00pm
                     Friday 6th May 6.00 am – 7.00am 7.00 am – 8.00am
                     8.00 am – 9.00am 6.00 am – 9.00am
Dear Parents,

Working in the canteen is a fun and a rewarding way to see your child in his/her school environment and a great way to meet other parents.

The canteen is open 2 days a week – Monday and Friday. Volunteers are asked to commence at 9.30am and will finish at 1.45pm.

If you are able to assist, please tick your preferred option and return to the office. We will do our very best to accommodate your request based on the number of volunteers we receive.

If you have any questions, contact Kay on 0416 262 458 or Marie on 0410 566 777.

Kind regards,

Kay and Marie – Canteen Co-ordinators

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Canteen Roster

Name: ___________________________ Mobile Number: ___________________________

(please print)

Email: ___________________________

I am able to help in the canteen on a:

( ) Monday ( ) Friday

I would like to be rostered on:

( ) Once a month (2-3 times a term) ( ) Once a term

( ) As an emergency for contact for ( ) Mondays ( ) Fridays

I would like to be rostered on with if possible ________________________________

Dates that can’t be done: ________________________________

Signed ________________________________ Date ________________________________
CIRCLE OF FRIENDS is a nurturing small group program that gives children the skills, knowledge and confidence they need to make and keep friends.

Facilitator:continue Mescher Child Psychologist

Sessions must attend a preliminary session with the psychologist prior to the start of Circle of Friends to ensure that this small group program is the most appropriate clinical option for their child.

CIRCLE OF FRIENDS helps kids learn how to connect, compromise and manage conflict with other children.

In fun weekly sessions, held on Tuesday or Saturday afternoons, small groups of 6-8 and 8-10 year olds are guided by an experienced Child Psychologist.

With a focus on giving kids practical strategies so that they can cope with and overcome difficult social situations, CIRCLE OF FRIENDS teaches children how to problem solve their way through playground politics and find like-minded peers.

Visit our website

BOOKINGS OPEN NOW
Call for details
9938 5419

COURAGEOUS KIDS

Anxiety & Resilience Support for Children

Anxiety affects up to 20% of Australian children and teenagers. If a child’s anxiety is not addressed, it can significantly interfere with learning and development. Anxiety can also lead to serious problems in later life, such as social isolation, underachievement and depression.

COURAGEOUS KIDS supports kids who need practical help to develop better self-esteem, problem solving, self-expression and relationships with peers and adults.

In fun weekly sessions, held on Thursdays or Fridays at 4.00pm, small groups of children aged 6-8 and 8-10 are guided toward a more confident future by a qualified and experienced Child Psychologist.

COURAGEOUS KIDS is a health service and children who participate may be eligible for private health insurance or Medicare rebates.

Visit our website
www.kids-first.com.au

Call Kids First now on
9938 5419

Do you know a 6- to 10-year-old who
- Struggles to connect with other kids?
- Often experiences conflict with peers?
- Is easily hurt by playground politics?
- Is socially isolated and needs to learn strategies to meet like-minded children?

COURAGEOUS KIDS is an early intervention and anxiety prevention program that helps children and their families build effective strategies to deal with worry, stress and change.

“While I am quite a bit better now than I was, I still do worry but I can deal with that now. I do get upset but I don’t worry about it as much anymore.”

- Emily, Courageous Kids participant

Facilitator: Robyn Failshaw
Child Psychologist

Parents must attend a preliminary session with the psychologist prior to the start of Courageous Kids to ensure that this small group program is the most appropriate clinical option for their child.