FROM THE PRINCIPAL

Kindergarten Teacher Terms 3 and 4
As you know Caroline Mulvenna will be taking leave in terms 3 and 4 of this year. I am pleased to announce that Steph Munro and Rebecca Billing will be taking up the Kindergarten teaching position during this period. Steph Munro will teach 4 days - Mondays to Thursdays and Rebecca Billing will teach the class on Fridays. Many of you will know Steph Munro as the PE teacher; however, she is also a very talented and experienced classroom teacher having had extensive experience teaching Kindergarten. Due to her commitments with the Northern Beaches and Diocesan Sport Council she is unable to teach the class for 5 days. Rebecca Billing, a very well regarded teacher with experience teaching year 1, is returning to part time work after maternity leave and will complement Steph in this teaching role. Both teachers are known to the students and we look forward to them taking up this position.

Welcome
We warmly welcome Holly G (Yr3) and Debra and Matthew to the Maria Regina School Community.

Congratulations
Congratulations to Lynne Pike on the birth of her grandson. Lynne’s daughter Sarah, gave birth to Teo 3 weeks early. All doing very well!!

Walkathon
Sausage sizzle orders
Please place your sausage sizzle order/s via School24 asap so that we can arrange catering. Cut off for orders is Tuesday 14th June. Remember there is no canteen next week.

Sponsorship forms and money
There are over 20 prizes to be won by students this year due to the generosity of our major sponsor, Sydney Building Renovations! And, there is a good chance of winning because for every $20 raised students will receive 3 tickets in the prize raffles. So take advantage of the long weekend and find more sponsors.

All monies raised from the Walkathon will fund improvements at Maria Regina. It’s going to be a great day.

Art Show Term 3
Cathy Penning is going to have an initial meeting about the Art Show in Term 3. Any interested parents are invited to attend on Thursday 16th June at 8am in the Year 1 Room.

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>Week 8</th>
<th>13 June</th>
<th>14 June</th>
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<th>18 &amp; 19 June</th>
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<tr>
<td></td>
<td>Public Holiday</td>
<td>Staff Development Day</td>
<td>Pupil Free Day</td>
<td>SPORTS UNIFORM TODAY</td>
<td>Children return in Winter Uniforms</td>
<td>Rehearsal for Sacrament of 1st Eucharist</td>
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FROM THE ASSISTANT PRINCIPAL

Mrs Caitlin Remeeus

“Every Face Has a Place

FROM THE ASSISTANT PRINCIPAL

Mrs Caitlin Remeeus

“Every Face Has a Place

Mr. Remeeus

This week we have enjoyed thinking about our well-being. With less to do after school we hope our students have made time to connect with their families and focus on recharging their minds. As an additional way to support our students to foster our school community and to help our students build resilience to deal with pressure, we have reflected on our feelings.

In our school community "Every face has a place".

How Thinking Affects Feelings

Understanding that what we think affects how we feel and how we behave helps children and adults learn effective ways of managing emotions. As shown in the following examples, unhelpful thoughts lead us to feel bad and can stop us from doing what we want to do. Helpful thoughts lead to more positive feelings and effective behaviours.

Kinds of unhelpful thinking to look out for | What a child might think or say | A helpful alternative
--- | --- | ---
Overgeneralising | "I failed this maths test – I am hopeless at EVERYTHING." | "I may have failed this maths test but I’m good at other things." |
Black or white thinking | "I forgot to say my line. Now the whole play is ruined." | "I made one mistake. It doesn’t mean the whole thing is ruined." |
Should and musts | "They should have known not to start the game without me." | "I would have liked them to wait for me, but I can still join in." |
Personalising | "It’s my fault she got hurt. I should have warned her." | "It was an accident. It’s nobody’s fault." |
Magnification | "This project is so huge I don’t know where to start. I might as well give up." | "I can manage this if I take it step by step." |
Minimisation | "Who cares if I won an award for ‘most improved’? It doesn’t mean anything." | "I may not have got the best marks, but I’ve still done well." |
Catastrophising | "The other team looks so good. There’s no way we can win." | "It will be a tough match, but we can still try our hardest. We might do better than we think." |

National Buddy Day is an initiative developed by NAB and The Alannah and Madeline Foundation to celebrate friendship and help raise awareness of bullying in Australian primary schools. During Drop Everything And Read next Wednesday 15th June our students will be buddy up with a partner to share a book and learn the buddy hand shake. Fun times ahead!
During Wellbeing Week many classes take the opportunity to participate in meditation and relaxation. Some classes have been using the Daily Examen as a way of prayerfully reviewing our day. The Daily Examen is a technique of prayerful reflection on the events of the day developed by St Ignatius of Loyola. Many people practice the Daily Examen by following the five steps below:

**Stillness: Recalling God’s presence**
Relax in God’s presence in your favourite place. Breathe deeply and be aware of God’s love.

**Gratitude: Expressing thankfulness**
Review your day and give thanks to God for his gifts. Think about the concrete details of your day – the food you ate for breakfast, the greeting you received from someone, a kind word spoken, your sense of humour, your patience, God’s gift of nature. Pause and express gratitude to God.

**Reflection: What went well and what could I have done better**
Think about what you did to help others today - did you ask someone to join your game? did you stop what you were doing and help someone with a task? did you wait your turn? did you share? Then think about the times you could have improved. What can I do to be more positive? How can I be more sensitive to the needs of others?

**Sorrow: Asking for forgiveness**
Express sorrow for the times you could have done better and pray to God and ask for his forgiveness.

**Hopefulness: Resolving to Grow**
Ask God to help you as you look forward to a new day tomorrow. Resolve to do better.

Finish with a prayer for example the Our father or Glory be to the Father.

You might like to practice the Daily Examen by following these steps.

**Upcoming events**
Thursday 16th June – Kindergarten and Year 6 will be attending the Parish mass at 9.15am.
Year 3 will be attending Reconciliation at 10.00am

Thursday 16th June — Rehearsals for Sacrament of First Eucharist 5pm and 6pm Maria Regina

Saturday 18th June — 5.00pm and Sunday 19th June 9.00am - First Eucharist in Maria Regina Church.

Pleases pray for the following students who will be receiving the Eucharist for the first time.

Xavier, Kai, Sasha, Max, Sofia, Isabella, Millie, Ruby, Dashiell, Sam.

Congratulations to Isabella D. and William D. who received the Sacrament of the Eucharist last weekend at Sacred Heart Mona Vale.

**SCHOOL ACCOUNTS**
Thank you to the families who have paid their accounts after receiving their latest statement. There are still a number of families who have not finalised Schedule 2 Accounts. The Catholic Schools Office keeps in contact on a regular basis with us regarding overdue accounts. Please ensure that your payments are up to date. If you are aware that you are behind in your payments please contact Mrs Sprakel in the office. It just saves an embarrassing phone call coming from CSO.

**CANTEEN VOLUNTEERS**
The roster for Term 3 is about to be drawn up. If you would like to help out on either a Monday or a Friday even if it is only for a couple of hours please contact Kay Neale on 0416262458 or email her at SMRPA.canteen@dbb.catholic.edu.au

**LUNCH ORDER BAGS**
Just a reminder that a second bag is required for **LARGE** lunch orders/**HOT** lunch orders that also require a drink.

**HEAD LICE**
The long weekend maybe a good time to give the school hats a wash as our not too friendly Head Lice are on the move again.

Denise Sprakel
Senior Administration Officer
FROM THE LIBRARY

**Library News**
Congratulations to Charlie. C in year 1, Millie in year 3 and Bella and Zannah in year 4 for completing the Premier’s Reading Challenge! If you haven’t signed up yet here is the link- [https://sso.det.nsw.edu.au/sso/UI/Login?goto=https%3A%2F%2Fonline.det.nsw.edu.au%2Fprc%2Flogon.html%3Fssosource%3Dlogin](https://sso.det.nsw.edu.au/sso/UI/Login?goto=https%3A%2F%2Fonline.det.nsw.edu.au%2Fprc%2Flogon.html%3Fssosource%3Dlogin)


Due to the Walkathon on Friday next week, all classes will have their library lesson on Thursday. Please ensure you pack all books for returning and library bags on Thursday. There are lots of children who have overdue books at the moment. Could you please check at home for school library books and return them so others can borrow our beautiful library books.

Happy Reading
Mrs Alexis Conn
alexis.conn@dbb.catholic.edu.au

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**BIRTHDAYS**
Estelle M
Sophia M

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