FROM THE ACTING PRINCIPAL

Dear Parents

This week has once again been full of exciting learning at Maria Regina. A highlight for me was accompanying the Maria Regina athletics team to the Peninsula carnival at Narrabeen on Thursday. The children from Maria Regina and their parents, grandparents and carers were a delight to be with because of their enthusiastic participation and support for each other as well as their beautiful manners and exemplary behaviour. They are kids you can all be very proud of. The overall carnival point score this year was won by St Rose Collaroy Plateau.

Two Maria Regina competitors have been selected from this carnival to represent the Northern Beaches at the Broken Bay Diocesan carnival at Narrabeen Academy of Sport on 29th August. Congratulations to Josh (Yr4) who will represent in High Jump, Shotput and Long Jump and to Aiden (Yr6 Earth) who will represent in High Jump, Discus and Shotput.

Science Workshop

Today a visiting Science Workshop shared fascinating objects from the past with children from all classes. Very early phones, computers, typewriters and other strange and wonderful devices for measuring and demonstrating natural phenomena were observed and handled. Students were challenged to investigate the objects’ underlying scientific principles and draw connections between the objects and their possible uses. Thanks to Catholic Schools Office Science and Technology adviser Ms Thorpe and local community treasure Mr Moran who provided his personal collection for the children’s benefit.

Farewell

My five weeks at Maria Regina have flown by and already it is time for me to say goodbye. I’d like to thank everyone who has helped make my time here one of the most enjoyable times I have had in a school. As I have said in previous newsletters, I have been so impressed by the vibrancy of teaching and learning at Maria Regina and the joyful enthusiasm of all who are involved. It’s a credit to Mrs Gee and her fine team and it really has been my privilege to be part of the school community for this short while. I wish you all every success and happiness in the future.

Yours sincerely

Peter Rafferty
Acting Principal

SCHOOL CALENDAR
From the Assistant Principal

To commemorate National Science Week, students participated in a Science Discovery Day on “Inventions”. Mr Bob Moran from the Discovery Shed at Mona Vale provided a range of fun, exciting and hands-on inventions that the children could explore. They had the experience of using telephones as old as 150 years, saw the first portable computer from 1981, pendulums and even used an old overhead projector.

“I’ve had the best day ever and learnt so much because I could touch everything!” said Charlie Yr1.

Public Speaking
We have had another successful Public Speaking Season. Our finalists were

**Kindy:** Macy B, Chloe G, Eliza F.

**Year: 1** Storm B, Ryan B

**Year: 2** Cooper M, Phillipa C

**Year: 3** Dash O, William D

**Year: 4** Charlotte K, Josh K

**Year: 5** Armelle H, Manon P

**Year: 6** Genevieve K and Coco G.

It was great to see many of our public speakers conquer their nerves channelling their anxieties to energy to further their purpose. We also saw many students knew their audience. They structured their speech so that they could learn it and remember it. “Practise, practise, practise” was evident.

Some key points to consider when public speaking:

- **Be yourself-** Ensure that you use your own presentation style when speaking. “Your audience won't buy what you're selling if they don't buy you,”

- If you rock from side to side or pace aimlessly, the audience will tune out and focus on your movement instead of the message.

- “Own your space” “If you're going to move, move with purpose.”

- Meanwhile, ensure you make eye contact with audience members.

- “Add value” - Your audience should walk away from your presentation filled with a sense of worthwhile gain.

- Breathe deeply, smile at yourself – remind yourself that public speaking is fun.

We have a history of doing well in Public Speaking. It’s pleasing to know our ex-students continue to shine in the Public Speaking domain. We would like to congratulate Maya P (Year 6 2015) for excelling in Public Speaking at Brigidine.

We wish Coco and Genevieve the best of luck at the Brother Tony Whelan Northern Cluster Public Speaking Competition held on Tuesday 23rd August at 9:15 am at Sacred Heart Mona Vale.

Please note– Uniform Change. All students are to wear their sports uniform next Monday 29th August.

There will be NO assembly next Friday due to the Book Fair and parade.

**Band News**

Music news- **SAVE THE DATE** our Annual Music Night will take place this term on Tuesday 13th September (Week 9) a note will go home next week about this exciting occasion.

**Sports news**

Congratulations to Josh K for making it into the development squad for the Sydney Swans. Well Done Josh!

Netball training will commence next Monday 22nd August at school at 8am for all interested Year 3-6 students.
Upcoming Events

**Monday 22nd August** The Queenship of Mary – The feast day of our school. We will celebrate with Mass at 9.15am and at lunch time we will have an extended play at North Avalon Reserve. Canteen will be as normal. **All children can wear their sport uniform on Monday.** Parents and friends are welcome to join us.

**Saturday 27th August** — Confirmation Reflection Day 1:30-4:30 Mater Maria College Warriewood – for those students preparing for the Sacrament of Confirmation

**Friday 2nd September** Father’s Day Mass and Breakfast
On Friday 2nd September we will be celebrating Father’s Day with breakfast and a special Mass at 9:15am. We traditionally have a special presentation with photos of the children with their fathers or special friends at Mass. If you would like to include a photo, please email it to me by Monday of Week 7 (29/8) at jane.labone@dbb.catholic.edu.au

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**The Parish Pulse**

**Second Ritual for Confirmation**
The Second Ritual for children preparing for Confirmation will be held this weekend the 20th and 21st of August, at all mass times. The children will need to bring along their Sacramental journey books.

Also a friendly reminder that your child’s chosen Saint and Sponsor names need to be emailed to me by this Friday the 19th of August.

Mass times over the weekend are as follows:

**Maria Regina Avalon:**
- **Saturday 5pm**
- **Sunday 9am**

**Sacred Heart Mona Vale:**
- **Saturday 5pm**
- **Sunday 8am, 9.30am and 6pm**

Angela Smit – Pittwater Parish Sacramental Coordinator

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**INVITATION TO ALL CATHOLICS AND NON-CATHOLICS IN OUR PARISH**

You may be aware of our yearly programme in our Parish addressed to all interested parties who would like to learn more about our faith tradition.

We would like to invite you on a journey as Jesus has invited people on a journey 2000 years ago who wanted to know him, to find out who he really was, what he was teaching and how he would answer many burning life questions.

Jesus once asked his disciples this question: Who do people say the Son of Man is? If we were asked today what would our answer be?

In our RCIA sessions which start in **early September** we will touch on the following questions:

- What does it mean to be Catholic today?
- How does God communicate with us?
- How can we have a personal relationship with Jesus?
- What can the Bible tell us today?
- What do we really believe?
- How is God present in my life?
- Why should I pray and how can I?

The objective for all of us is to grow in faith, hope and love and to discover a new and deeper meaning in our lives. In answering these questions we can draw from our rich tradition of 2000 years!

We can promise you an exciting journey, as many of our previous members have testified...

Would you please get in contact with the Parish Office for more information on 9997 7311

The RCIA team
SCHOOL ACCOUNTS
Thank you to the families who have finalised their outstanding accounts. The new Schools Accountant from the Catholic Schools Office will be visiting our school within the next two weeks. If paying by time payment please ensure your payments are up to date.

WHIS /FIRST AID INFORMATION
Reminder: All Broken Bay systemic schools require medical authorisation from a prescribing medical or health practitioner to administer any medication to students (including over the counter medications such as Paracetamol, Claratyne etc).

Additionally, any student health care need, action plan or health care management plan that may impact on school activities such as sports, excursions (including camps) must be provided in writing and supported by a medical practitioner / prescribing or qualified health practitioner’s advice.

(This information appeared in Term 2 Week 4 2016 Newsletter)

STUDENT VALIDATION INFORMATION
Student Validation forms were sent home today. To keep our records up to date can you please check the details and change if necessary and return the completed form to Mrs Sprakel in the School Office by Friday August 26. The updated information needs to be entered onto our system. Please check the emergency contacts as they may have changed since you informed us at the time of enrolment. This form also is for the leaving Year 6 students.

Denise Sprakel
Senior Administration Officer
FROM THE LIBRARY

Congratulations to Sophie in year 5 and Orlando in year 1 for completing the PRC. The PRC closes tonight, so if you haven't entered your books you only have a few hours left!

Ah, Book Week, the week of librarian’s dreams, begins next week!
You would have received an email with details about the day, but in case you missed it, here’s what you need to know (please note the minor change in Book Fair times)...

- Next Thursday 25th August we will be enjoying a visit from a guest author, Jen Truswell, who will talk to each class about Australian Wildlife and the process of publishing a book. She will also be judging the entries of the SUPERBUG drawing comp. Thursday is the deadline for Superbug entries. Attached is an order form for those of you wishing to purchase a copy of her book, it is a lovely picture book about unique Australian animals and it would be great if we could support this local author.

- Friday 26th August is the Book Parade. Children are encouraged to dress as an Australian animal, a character from an Australian book or their favourite book character. Please remember this is a fun, not stressful, school and community event! Costumes do not need to be elaborate. The parade will commence at 10am and parents/friends are most welcome to join us. The remainder of the day will be filled with fun book related activities, ending in a whole school mini-Olympics!

- The Book Fair will be running in the library from 8.15, lunchtime and from 2.45-3.15pm on Thursday and Friday, if you wish to purchase a book for your child or donate to the school. There is also an opportunity to pre-pay your book order online and simply pick up the books ordered from the library. I would highly recommend this option- see the step-by-step instructions below.

- There will be no library borrowing next week.

Today each family has brought home an invitation/catalogue, which contains the books available at our school Book Fair. They also received a small wish list slip.

Simply follow the steps to prepay your order. Once you have completed both sides of the wish list (payment details with receipt number and the books paid for), bring it to Mrs Conn on Wednesday, Thursday or Friday next week and she will give you the ordered books.

Alternatively, children will have the opportunity to browse the Fair on Wednesday to choose books they would like to purchase for themselves or donate to our school library. Parents are invited to accompany their children to the fair within the opening hours to purchase their books. Laptops will be set up for online credit card payments or cash is also accepted.

If you have any questions or queries about the day please contact me.
We are looking forward to a great week!

Happy reading
Alexis Conn
Alexis.conn@dbb.catholic.edu.au

BIRTHDAYS
Lois

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My name is Tahlia Bogg. I am a third year uni student from the University of Notre Dame Sydney, happily completing my practical experience at Maria Regina this term.

The reason I wanted to write something was to spread the world of a little local group that is trying to make a difference in our community and hopefully the bigger world. This local group of inspired youths are called the AV Green Team. We are a non profit, volunteer run group of community spirited ‘Avalonians’ that are trying to make a little change.

Every Saturday we join together with a bucket, a pair of gloves, a good attitude and comb through the local beaches picking up any rubbish or waste that could be detrimental to our environment or the animals that call this area home. Each week the clean up destination and time is posted to both our Facebook and Instagram pages. We welcome anyone young or old to bring along their cleaning hands and willingness to be involved.

On the 3rd of September we will be holding a sustainability event at Bilgola Surf Club. This event will be a representation of who we are as a group and what we are trying to achieve. Please come along to listen to some amazing speakers, nibble on some food and help us make a hopeful difference.

Thankyou,
Tahlia
YEAR 3 AND 4 COMPOSTING INCURSION

On Monday, 8th August Peter Rutherford from The Kimbriki Eco-house and Garden Education Centre came to talk to Year 3 and 4 about recycling.

He spoke about the importance of worms in our environment and how earthworms change the structure of their environments, that is: the soil.

He showed us the sign A-D-A-M which stands for:

- Aliveness - worms are alive.
- Diversity - there are many types of worms that make horizontal and vertical burrows in the soil.
- Aeration - worms create burrows which bring air (oxygen) to our soil and allow carbon dioxide to leave it.
- Moisture - earthworm burrows create holes (pores) through which water can enter which is needed for plants to grow.

We all held the worms to see how delicate they are and then Peter showed us how to use our compost bin at school correctly.

He encouraged us all to go home and try simple composting so that we can all make a difference for our future.

At the end of the session, Mrs Paine gave Peter a gift of some of Maria Regina’s garden produce and Peter was amazed at the incredible vegetables and fruits Maria Regina’s garden is producing, thanks to Mrs Paine, Mrs O’Neill and the students who love to spend their free time in the garden.
MARIA REGINA FATHERS DAY BREAKFAST

Please join the Maria Regina Mums as they host a delicious breakfast to honor our wonderful Fathers, Grandfathers & Special Men in our children’s lives.

Friday 2nd September 2016

7.00AM – 8.30AM  Breakfast will be served from 7.00am until 8.30am
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)

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

IMPORTANT - HOW TO ORDER:

2. Place your order under the SPECIAL EVENT ORDER SECTION (on the right hand side of your home page) for FATHERS 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 Father’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.

PLEASE DO NOT SEND IN ANY MANUAL PAYMENTS.

Volunteer helpers – We would love to have lots of Mums and Grandmothers or Special female friends to help out on the day. Please fill out the volunteer note below and return to the office ASAP.

MUM VOLUNTEERS – Please help!

Name________________________________ Phone & Email:________________________________________

Times available: Thursday (day before)  1st September  1.30 pm – 3.00pm  □
                                      Friday 2nd September  6.00 am – 7.00am  □  7.00 am – 8.00am  □
                                      8.00 am – 9.00am  □  6.00 am – 9.00am  □
WE ARE DELIGHTED TO INVITE ALL PARENTS AND FRIENDS TO SWING TO A SIZZLING SAMBA AT THE

MARIA REGINA

Rio
Carnival Games Night

WHEN MY BABY SMILES AT ME... I GO TO RIO

SATURDAY 10 SEPTEMBER 2016
6:30PM
THE HALL, MARIA REGINA PRIMARY SCHOOL AVALON EVERYONE WELCOME

$60 PER PERSON OR $500 TABLE OF 10 // WELCOME DRINK ON ARRIVAL // CANAPÉS
ENTERTAINMENT AND LIVE MUSIC // COPACABANA BAR // THIS IS AN OVER 18'S EVENT
DRESS // WITH THE INFECTIONOUS ENERGY OF THE LOCALS, CARNIVAL COLOUR IS CALLING
ENQUIRIES // DENISE SPRAKEL 9918 2608 DENISE.SPRAKEL@DBB.CATHOLIC.EDU.AU
ANNUAL FUNDRAISER // WE LOOK FORWARD TO YOUR COMPANY
GET YOUR TICKETS NOW // HTTPS://WWW.TRYBOOKING.COM/221142
At 30 years of age, Jennifer Truswell has already achieved her dream job working at Taronga Zoo alongside a plethora of unique and incredible animals. She has cared for everything from lions, tigers and giraffes to kangaroos and koalas however the critters that have intrigued her the most are the ones you would probably least expect; black-footed tree rats, tapirs, tree kangaroos, owls and bees (just to name a few).

She began seeing a pattern forming where the animals that caught her attention were the ones that weren’t as well known; generally these animals seemed to be the smaller creatures of each continent. This compelled her to begin writing books that highlighted these species, intent on making bongos and bats as cool as the well liked big cats!

Even a single ant, has an epic story to tell. ‘My son discovered that yesterday when two ants tried to steal his apple. His 19 month old face couldn’t have shown more expression as he pointed at the pair running off with his food.’

“Nature is something that every child should engage with every day at some point. It’s so important for our environment and for kids to stay connected with it.”

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**BOOK ORDER FORM**  Pouches, Paws, Tails & Claws  $20 per book

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<td>I would like to order __________ copies of Pouches, Paws, Tails &amp; Claws. Enclosed is the total amount of __________.</td>
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Thank you for purchasing a copy of my book! I hope you enjoy reading it and learning something new about our amazing wildlife. To show my appreciation I have sent a complimentary native seedling home with your child to plant in your backyard.