FROM THE PRINCIPAL

Family Mass – A Huge Thank You

Thank you Ms Dunk, Mr C, Mrs Conn and Miss Mulvenna and everyone who worked to make last Saturday night’s Family Mass so successful. We had very positive comments from parishioners praising the children for the way they participated in the Mass and carried out all of their ministries so well. So, thank you to the children and their parents who bought them.

Thank you to the teachers who planned the Mass and prepared the children so beautifully.

Thank you to the musicians and the choir for such beautiful music. Thank you to the brilliant Sausage Sizzle team who shopped, set up, cooked, served and cleaned up at the end.

Maria Regina Band performs at Pittwater Palms

On Monday, students from Maria Regina Catholic Primary School Training Band (Years 3 & 4) and Concert Band (Years 4, 5 & 6) visited and performed at the Pittwater Palms Retirement Village in Avalon. Band Captains Harrison and Aiden introduced the Bands and their pieces that were played with enthusiasm under the leadership of the School’s Band director Claire Belford.

The students’ musicianship was applauded by the residents at Pittwater Palms and the children really enjoyed the experience and sharing information about their instruments with the residents.

Congratulations to the Yr 5/6 Debating Team

Maria Regina defeated St Martins Davidson yesterday at Mater Maria.

The adjudicators said both teams did well but congratulations go to the Negative Team (Maria Regina) for presenting the stronger and more persuasive case!
Mr Grant Colquhoun

FROM THE ACTING ASSISTANT PRINCIPAL

International Competitions and Assessments for Schools (ICAS) Competitions
Congratulations to the following students who received Certificates of Merit, Credit and Distinction awards in the ICAS Mathematics and English Competitions:

**MATHEMATICS**

<table>
<thead>
<tr>
<th>Year 2</th>
<th>Year 3</th>
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<tbody>
<tr>
<td>Max Merit</td>
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<tr>
<td>Sam Merit</td>
<td>Josh Credit</td>
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<td>Caitlin Merit</td>
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**ENGLISH**

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**Mental Health Month**

To address Mental Health Month, in each October newsletter, Maria Regina will address a topic. This week's topic is to "Stress Less!"

Stress Less Day in 2015 is being held on **26 October 2015**, so check out this year's 10 Tips and plan to spend your Sunday doing something fun and healthy to improve your mental health and wellbeing.

Please click on the **link** for more information.

**Here are some Stress Less Tips!**

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**Stay Smart Online Week**

This week is Stay Smart Online Week. Stay Smart Online is the Australian Government's online safety and security website, designed to help everyone understand the risks and simple steps we can take to protect our personal and financial information online.

For more information, **click here**.
FROM THE REC

Family Mass – A Huge Thank You

Thank you again to everyone who worked to make last Saturday night’s Family Mass so successful. Our final opportunity to celebrate Family Mass together is on Saturday 28th November when we have the Blessing of the Kindergarten children for 2016. We are already planning to make this a very special celebration – so please put the date in your diary now and join us. (*Of course, Mass is on EVERY weekend and you are always welcome!)

FIRST EUCHARIST - FIRST HOLY COMMUNION

Congratulations to our Year 3 students Lukas, Alex, Anna, James, Charlotte, Zannah, Josh, Luca, Mila, Nathan & Tom who were presented to the Parish last weekend as they begin preparation for the Sacrament of Eucharist.

While there are seven Sacraments altogether – there are four Sacraments of Initiation – Baptism, Confirmation, Reconciliation and Eucharist which bring us to full initiation into the Church.

We keep these children and their families in our prayers as they prepare for this milestone in their faith journey.

Upcoming Dates:

First Holy Communion Reflection Day – Saturday 24th October – 1:00 – 4:30pm at Mater Maria.

For those students enrolled to receive the sacrament of First Holy Communion. See further information on events in the Parish notices below.

Outreach News

Pink Ribbon Day – Friday 23rd October

It’s time to get out all of your pink things... (or raid your sister’s or your mum’s cupboard!)

Next Friday, 23rd October, we will be holding our Pink Ribbon Day.

The children will all come in pink mufti and bring a gold coin donation. Wear pink from head to toe – or just wear a pink ribbon or pink socks – it’s up to you.

Year 2 are organising a pink lolly guessing competition – 5 guesses for a $1 and we will be having some “pink” team games after lunch.

All proceeds from the day will go to support the Cancer Council’s Pink Ribbon.

The Parish Pulse - The Catholic Parish of Pittwater

Second Ritual for First Holy Communion

The Second Ritual for children preparing for First Holy Communion will be held this weekend at all mass times. The children will all be called to the Altar where they will receive a special Blessing.

Mass times over the weekend are as follows:

Maria Regina Avalon: Saturday 6pm
Sunday 9am
Sacred Heart Mona Vale: Saturday 5pm – Sacred Heart School Golden Jubilee Mass
Sunday 8am, 9.30am and 6pm

Pittwater Parish Melbourne Cup Lunch

Please join us for the Pittwater Parish Melbourne Cup lunch on Tuesday 3 November 2015, Sacred Heart Church, Mona Vale, Parish Centre from 12.30pm to 3.30pm. Tickets are $45 per person and include a glass of champagne on arrival, a three course meal, cash bar, sweeps and prizes. All proceeds go towards World Youth Day. For more information please contact the Parish Office on 9997 7311

Angela Smit – Pittwater Parish Sacramental Coordinator

SCHOOL CALENDAR

<table>
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<tr>
<th>19 October</th>
<th>20 October</th>
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<tbody>
<tr>
<td>Week 3</td>
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<td>11am Mission Mass OLOR Weilana Stage 3 Debating Master</td>
<td>No Assembly Pink Ribbon Day 7pm Polish Dinner for World Youth Day (SHMV)</td>
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</table>

24 & 25 October

8am Yr 6 BBQ fundraising Mitre 10

Reflection Day
1st Eucharist
FROM THE OFFICE

SCHOOL ACCOUNTS
Just a reminder that all school accounts are due to be finalised by November 15. The Catholic Schools Office keep an eye on all our overdue accounts this also included families paying on time payment.

CANTEEN
We only have two volunteers for this Monday October 19. If you could spare from 9am – 11.05 only please contact Denise to let her know. Unfortunately on Monday October 26 we only have 1 volunteer. This means that on Monday October 26 unless we get 2 more volunteers the canteen can’t be open. Please have a look at the canteen roster and if you can help let Denise know.

UNIFORMS
We are in desperate need of any 2nd hand size 4 & 6 summer dresses/ boys shirts or pants please as we have our Starfish programme starting soon. Also any larger size summer uniforms would be gratefully received for our 2nd hand uniform shop. Please note that Pickles the Uniform Shop has a new price list that is at the end of this newsletter. Thank you.

CHOIR
All Maria Regina children are welcome to join the choir. We meet at 8am on Thursday mornings in the Japanese Class Room. Please call me on 0401 343569 if you’d like any further information. Sam Brown.

DEBATING NEWS

Debating News
By Cooper Johnson
Every year four students from year 5/6 represent Maria Regina at the Peninsula debating competition.

Yesterday Asher, Sarah, Genevieve and myself travelled to Mater Maria where we versed St Martin’s Davidson to debate whether zoos do more harm than good. We were the negative team so we had to disagree with the topic. Our case included extinction, loss of natural habitat and education.

Fortunately we won and I would like to thank Mrs Seve-Kelly, Mrs Pike and Mrs Conn, our coach for helping us with examples and advise. A special thankyou to Asher and Genevieve for filling in this week and congratulations to Sarah for participating in her very first debate.

PAST STUDENT NEWS
Congratulations to Maria Regina past students
Patrick Flynn
Bayley Matthews
Luke Sheppard
Jacob Smalley
On becoming Mater Maria College Prefects for 2016

AWARDS

BIRTHDAYS
Sofia E
Sarah
Charlotte
Mikkel
Thomas P

K
Charlie C
Charlie R

1
Pippa
Alec

2
Xavier
Sam

3
Bella
Charlotte

4
Imogen
Evan

5/6 Earth
Sarah
Harry

5/6 Ocean
Sebbie
Bella P
Canteen Volunteers for Term 4 2015

If you can help in canteen during Term 4, on a Monday, please complete the form below and return to school so a roster can be made up.

Dads, Grandparents and special friends are also welcome. Even if you can only come in from 9am till 11.05am that is of great assistance.

Unfortunately if we do not have enough helpers the canteen will not be able to open on that date.

If you would like to join this fun team of volunteers please complete the tear off slip below and return to Mrs Sprakel in the school office. Please tick when you are able to assist in the canteen and return the form to the office. Thank you.

Term 4 Mondays 9am – 1.30pm

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<th>Week 1 5th October</th>
<th>Week 2 12th October</th>
<th>Week 3 19th October</th>
<th>Week 4 26th October</th>
<th>Week 5 2nd November</th>
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<td>Elyse J</td>
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<td>Skye B</td>
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<td>Week 6 9th November</td>
<td>Week 7 16th November</td>
<td>Week 8 23rd November</td>
<td>Week 9 30th November</td>
<td>Week 10 7th December</td>
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<td>Kea P</td>
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Name: _____________________________ (Please print)

Contact Number: ____________________

Signed: ____________________
## Uniform Order Form 2016

**Maria Regina Catholic School**  
**UNIFORM ORDER FORM 2016**  
Valid from 1 Oct 2015 to 30 Sept 2016

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