FROM THE PRINCIPAL

School Captains visit Parliament House
On Wednesday the Maria Regina School Captains Coco and Milo were invited to Parliament House for morning tea by Rob Stokes, State Member for Pittwater. Primary school leaders from all schools in the Pittwater Electorate were represented and Rob presented each student with a Certificate of Appreciation to acknowledge their work and commitment in this role. I was very proud of the way both Coco and Milo spoke confidently about what they had learned as leaders at Maria Regina.

A gentle reminder that the canteen will NOT be available for any on-line lunch orders this coming Monday due to our Japanese visitors.
Instead, the school will be providing each student with lunch, a sausage sizzle, drink and treat which will be available from the canteen.
All over the counter service items WILL still be available for both morning tea and lunch time with all our usual goodies on offer!
Kay and Marie

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>Week 5</th>
<th>7 November</th>
<th>8 November</th>
<th>9 November</th>
<th>10 November</th>
<th>11 November</th>
<th>12 &amp; 13</th>
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<tbody>
<tr>
<td>Term 5</td>
<td>Japanese Student visit-lunch provided, no online lunch orders. Canteen open for over counter purchases</td>
<td>F &amp; F 1st Meeting</td>
<td>Stage 3 Debating Matron</td>
<td>8:45 Assembly</td>
<td>Remembrance Day Ceremony</td>
<td>Starfish 3</td>
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<tr>
<td>Week 6</td>
<td>14 November</td>
<td>15 November</td>
<td>16 November</td>
<td>17 November</td>
<td>18 November</td>
<td>19 &amp; 20</td>
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<tr>
<td>Term 6</td>
<td></td>
<td></td>
<td></td>
<td>Parish Mass Yr 5/6E</td>
<td>8:45 Assembly</td>
<td>Starfish 3</td>
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<td>Reconciliation Yr 5</td>
<td>F &amp; F AGM and General Meeting</td>
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<td>Stage 3 Debating Matron</td>
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Mrs Kathy Gee
**FROM THE REC**

**Upcoming Events**

**Week 6**
Thursday 17th November – **Year 5/6 Earth** will be attending Mass with the Parish at 9:15am.

**Year 3** will be attending Reconciliation

You are warmly invited to attend Mass with us!

**Christmas Hampers**
It’s that time of the year when our Maria Regina community reaches out to help bring hope, comfort and joy to families in need at Christmas time. Every year each class prepares a Christmas Hamper for needy families in Sydney. Details will be coming home soon!

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**FROM THE LIBRARY**

Today, stage 3 was very lucky to participate in a writing workshop with Australian author Wendy Fitzgerald thanks to Sarah Cassidy’s winning entry in the Lunch with the Stars writing competition. Wendy presented Sarah and our school with a book pack each! She gave us some tips to help us with our writing:-

- Weave what you love into your stories, cooking, music, dance, surfing, painting or gardening.
- Think about an idea and an interesting problem.
- Use rhythm and rhyme, especially in poetry.
- Stories can be told through poems or songs.
- Make sure your first sentence hooks the reader.
- Strong main character.
- Paint a picture with words.
- Surprise twist at the end.

Don’t forget to keep checking under beds, on bookshelves or in the car for any overdue Maria Regina library books. Thank you to those who have turned the house upside down, lots of books have been returned already. Raffle tickets will be handed out for each book returned and drawn later in the term.

Happy reading

Mrs Alexis Conn
This year's Avalon Beach Market Day is being held on **Sunday 20 November 2016** from 9am to 4pm.

Carnival rides are returning along with an animal petting pen and face painting. Dodgems cars, jumping castle, big inflatable slide, a pirate ship and classic carousel will be located at the western end of Dunbar Park. Unlimited all day “rider” pass for only $30 are for sale via Eventbrite: [https://avalonmarketdayridetickets.eventbrite.com.au](https://avalonmarketdayridetickets.eventbrite.com.au)

**FROM THE CANTEEN**

**Reminder:** For all hot or large lunch orders may we ask that you add an extra bag for any drink orders. Also, if your child is celebrating a Birthday and you would like to celebrate, please remember that the canteen can provide various ice blocks (50c-$1.20 each) or chocolate iced cup cakes @ 50c each. Please provide us with 24 hours notice.

**Volunteers:** Please see Week 5 roster below. If you are unable to make your rostered day, please contact either Kay 0416262458 or Marie 0410566777 anytime.

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<tr>
<td>5</td>
<td>07.11.16</td>
<td>11.11.16</td>
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<td>Kay Toni Marrianne</td>
<td>Kay Sue A</td>
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**AWARDS**

**K**
Estelle Eloise

**1**
Lulu Inthi-Kim

**2**
Luccia Charlotte

**3**
Sam Holly

**4**
Jack Alex

**5/6 Earth**
Sarah Sophie

**5/6 Ocean**
Tom Maren

**BIRTHDAYS**
Lachlan W
Do you feel like you have run out of answers for parenting your child? Are you feeling stressed and overwhelmed?

The Health Psychology Unit, UTS is offering a free treatment research program for families who have children with behavioural problems.

Clinical psychologists from the Unit located near Royal North Shore Hospital will see families with children aged 7–14 for up to 16 sessions.

For more information please contact Dr Rachael Murrity on 9514 4077 or at Rachael.murrity@uts.edu.au
Website: www.uts.edu.au/research-and-teaching/our-research/health-psychology-unit

Hornsby Child and Youth Mental Health Service (CYMHS)

Parenting Anxious Children
SEMINAR FOR PARENTS - TERM 4, 2016

A seminar for parents of children aged 4-10 yrs discussing:

The nature of anxiety and the different ways it may present in children, risk factors and potential implications for parents and children, as well as identification of practical strategies & resources to assist.

Thursday
17 November

Time:
10am-12pm

- The seminar will be facilitated by CYMHS staff (which includes Psychologists, Social Workers & family therapists).
- The seminar will be run at Hillview Community Health Centre 1334 Pacific Highway Turramurra. Entry via Boyd Ave. Please allow enough time for parking and arrive 10 minutes before the registered start time.
- Unfortunately, we cannot provide childcare facilities and are unable to have infants/children attend with their parents.
- The seminar is available to families who live in the Hornsby Ku-Ring-Gai local government area.
- The cost of the seminar is $10 but there will be no charge for concession card holders.
- Registration is essential as groups fill quickly.
- To confirm your place please call CYMHS on 9485 6155.
- Participants will be asked to complete feedback forms.
- The service reserves the right to postpone or cancel seminars in the case of insufficient registrations.