FROM THE PRINCIPAL

Thank you to P and F Executive Team and Class Parents

I take this opportunity to thank the representatives of our P and F executive team Jules, Sue, Vianney and Jo and Class Parents for their dedication, passion and commitment during 2016. I am forever grateful for the generosity of our families who offer their time and energy to drive our parent team activities such as Welcome Drinks, Walkathon, Mother’s Day, Father’s Day, Rio Night, Kids Disco and Art Show. The successes are only possible because of the tremendous commitment of our parents.

P and F Team for 2017

At the AGM this morning the new P and F Team was elected for 2017. Congratulations to the following parents who have generously given their time and commitment.

President: Jules D
Vice President: Vianney
Treasurer: Jo M
Secretary: Margarita
Class Parent Co-ordinator: Sue Fisk

Qkr! Coming soon

Maria Regina School is constantly seeking ways to improve its operations and the services we offer to our families. With this in mind, we are introducing a new mobile phone application and online service called Qkr! (pronounced Quicker). Qkr! is an application which allows you to order and pay for items such as school events, school payments and your child’s lunch using your Smartphone, tablet or computer.
FROM THE ASSISTANT PRINCIPAL

Mrs Caitlin Remeeus

Gratitude

Our Well Being Team worked collaboratively with me to create a fabulous Well Being Week which will take place during week 7. We have decided to make this week a celebration of Gratitude. We hope the week fosters moments to stop and be thankful and grateful for what we have at school. Additionally at home we hope the week isn’t as busy with no home learning and more moments to be thankful for as a family.

The following activities have been planned for the week.

Monday: School liturgy, mediation and extra play at the reserve.
Tuesday: Gratitude activities in class
Wednesday: Buddy reading with another student
Thursday: Lip Sync competition at lunch
Friday: Sharing our experiences during assembly

We will create a wishing tree of symbols of gratitude and hope for our planet. We hope this experience will instil the message that a more peaceful planet can be created as young people work together around the world, because connecting with each other builds caring.

We ask our parents to participate in Well Being week with us. Here’s a few starting points:

Visit Smiling Minds – a fabulous meditation tool. This activity is about practising gratitude. By focusing your attention on things you’re grateful for, you can positively transform your thoughts and feelings.


What are the benefits of gratitude?

- Opens the door to more relationships
- Improves physical health
- Improves psychological health
- Enhances empathy and reduces aggression
- Grateful people sleep better.
- Increases self esteem
- Increases mental strength

A prayer we will be using next week-

Thank you God for the gifts and miracles you bring to me each and every day.
I welcome more tomorrow.
Thank you for giving me the ability to recognise and be grateful for all the miracles and gifts I am blessed with.

BIRTHDAYS

Isla
Austin

AWARDS

Market Day – Sunday 20th November

Our band will be performing at 8:30am bright and early at Dunbar Park. Please come before ‘Nippers’ or before breakfast to enjoy our sounds!
Upcoming Events

On **Sunday 4 December** Pittwater Parish is celebrating Bishop Bernard O'Grady’s 60th Anniversary of Priestly Ordination and 21 years of Episcopacy at the 9am Mass at Maria Regina Church Avalon, followed by morning tea. All Maria Regina children and their families are invited to attend this very important Mass.

If you are able to help with serving at the morning tea please call the Parish Office on 9997 7311.

**Week 7**

- **Thursday 24th November**  **Year 5/6 Ocean** will be attending Mass with the Parish at 9.15am.
- **Saturday 26th November**  **Blessing of Kindergarten 2017 and Year 5 Family Mass** at Maria Regina Church followed by a sausage sizzle. Please RSVP to Mrs Labone at jane.labone@dbb.catholic.edu.au indicating how many sausage sandwiches you need for your family.

**Week 8**

- **Thursday 1st December**  **Kindergarten and Year 6** will be attending Mass with the Parish at 9:15am. You are warmly invited to attend Mass with us!

**Christmas Hampers**

Many thanks to all of the families who have returned items for their class hamper already. The response has been fantastic! All presents and donations of non-perishable food can be brought to the classrooms. Please check your notes sent home last week.

FROM THE CANTEEN

Volunteer notes for canteen duty in 2017 have now been sent home. In order to complete the term 1 roster may we kindly ask that all interested volunteers complete the form and send back asap. Normal hours for canteen help are from 9.30am -1.50pm but, if you are short of time and would still like come in, please let us know as we would love to have a few hours than none at all!

many thanks

Kay and Marie

**Volunteers:** Please see Week 7 roster below. If you are unable to make your rostered day, please contact either Kay 0416262458 or Marie 0410566777 anytime.

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<th>21.11.16</th>
<th>25.11.16</th>
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<tbody>
<tr>
<td>7</td>
<td>Kay Neale</td>
<td>Kay Neale</td>
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<td></td>
<td>Margarita</td>
<td>Sue A</td>
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**SCHOOL CALENDAR**

<table>
<thead>
<tr>
<th>Week 7</th>
<th>21 November</th>
<th>22 November</th>
<th>23 November</th>
<th>24 November</th>
<th>25 November</th>
<th>26 &amp; 27</th>
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<tbody>
<tr>
<td></td>
<td>Parish Mass Yr 5/60</td>
<td>Reconciliation Yr 4</td>
<td>8:45 Assembly</td>
<td>Starfish 4 and Assembly</td>
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<td>28 November</td>
<td>29 November</td>
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School Student Transport Scheme
Applications open 10 October 2016

From Monday 10 October 2016, parents, guardians and students over 16 years, will be able to apply for a 2017 School Student Transport Scheme (SSTS) travel pass by visiting www.transportnsw.info/school-students

Information for parents and students
School travel passes only need to be updated when a student:

- changes address, or
- changes school or campus.

A new application is required when:

- applying for an SSTS pass for the first time,
- enrolling in Kindergarten,
- progressing from Year 2 to Year 3,
- progressing from Year 6 to Year 7, or
- requesting an additional pass as a result of a new shared parental responsibility situation.

For more information on planning your school travel, visit www.transportnsw.info or contact your local operator.

Passes for 2017 travel

Opal network: Please remind ALL your students to keep their School Opal cards for travel in 2017. These cards will be automatically deactivated for school holidays and then reactivated for school travel in term one. Students’ current School Opal cards can be updated with changes of school, home address or operator.

Rural and regional travel: Students travelling with operator-issued passes will receive a new pass in the new school year.