



MATTERS

ART SHOW COMING SOON!!

Date: Friday 26th/27th/28th October



We hope everyone is getting excited about the up and coming Art Show. A reminder that **Friday 26 October is the opening night (parents only).** We hope to see you anytime between 6 and 9pm. This is a great night to celebrate your child as an artist whilst enjoying a canape and a drink.

Dinks available to purchase – cash only.

This year we are proud to be exhibiting a variety of art from past students that have gone on to pursue art as a career. Also on display for purchase will be screen printed canvas tote bags, designed and printed by our Year5/6 students. These Australian made bags were created as a result of the student's belief that they could raise awareness in a practical way of alternatives to using plastic bags. The bags can be purchased at any time over the weekend for \$10.00.

SPONSORED BY



On Sunday there will be a cake stall and art activities for the children. We noticed at the last Art Show so many children returning many times over the weekend to proudly show off their work to their grandparents and family friends. We look forward to seeing you there!

Reminder: Purchase/donation for your child's artwork is to be made on QKR. It would be appreciated if you could find time to do this prior to the night.

CHILDREN'S ART RAFFLE

From this **Monday 22nd October there will be a raffle** with tickets on sale for \$1.00 per ticket or 3 for \$2.00. Tickets will also be available to purchase over the Art Show weekend. The winning ticket will be drawn at the following week's assembly.

GRANDPARENTS AND SPECIAL FRIENDS MASS AND MORNING TEA

Thank you for supporting our Grandparents and Friends Mass and Morning Tea last term. Father George said a beautiful Mass and the musicians were outstanding. Thank you to Alexis Conn for organising the Mass and the wonderful PowerPoint reflection. A big thank you to Kea and her team for organising an amazing morning tea. There is such a lot of behind the scenes work that goes to make days like these such a success - the flowers and decorations, the fabulous food, the hampers, the MC, the set up and pack up. Thank you Kea, Alexis, Gemma, Skye, Jeramane and Tristan. The classrooms showcased the children's work over the last term and I would like to congratulate all the teachers on a very productive term.

REMINDER: CATHOLIC WORLDVIEW PHOTO COMPETITION 2018

Please find information attached. The closing date is Friday 26 October.

NO Assembly Next Week Friday 26 October

POSITIVE BEHAVIOUR FOR LEARNING AND SOCIAL AND EMOTIONAL LEARNING

At Maria Regina, we value social and emotional learning and teach the children the importance of identifying their feelings. In kindergarten, we use the chill out zone to calm ourselves if we are feeling upset, angry or disappointed and we use this space autonomously. In this space we can meditate, unwind and use the feelings book to identify what we are feeling and where we are on the feelings thermometer. For more information about Social and Emotional Learning follow the following link:

<https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning>.



The Positive Behaviour for Learning focus in Week 2 is be a good listener. When we have good listening skills we are developing our relationship skills and self-management skills. In Week 3 the focus is Speak and Act with Kindness. Kindness is being friendly; it is smiling at other people and speaking in a friendly voice. It is noticing when other people are sad, hurt or in trouble. It is feeling that you would like to help them. Kind people are thoughtful towards others. They think of nice things to do for others and enjoy making people feel special. We respect others when we speak and act with kindness. When we speak and act with kindness we are developing responsible decision making and our relationship skills.

 At Maria Regina we **respect ourselves and others** by being a good listener

A good listener...
looks at the person who is speaking

does not speak while someone else is speaking



 At Maria Regina we **respect others**

We speak and act with kindness

Would you mind helping me?

Well done! You did great work.

Remember 'Please', 'Thank you' and 'Excuse me'. Remember to use a person's name. Ask "Can I help you?" Smile.



KISS AND DROP

It is important to follow the "No Stopping" Signs when waiting to turn into the Kiss and Drop driveway. There have been parking rangers in attendance in the afternoons on a regular basis and you will be booked.

GENERAL PARKING RULES

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) on or across a driveway or footpath or in a bus zone. Please don't wait across the driveway when turning into the church. If there is a queue please continue along Central Road and return to Kiss and Drop. When turning in to Kiss and Drop move as far forward as you can (in line with the gum tree), so there is room for others to wait behind you. Also the rangers report that there are cars stopping in the bus stop beside the school which is not only dangerous but against the law.



NO STOPPING/NO STANDING

These signs mean that in the area in the direction of the arrow you must not stop your vehicle at any point on the road or kerb, unless there is a medical or other emergency.

You must not stop and queue to enter Kiss and Drop after this red No Stopping sign except if you are stopping at the crossing.



For further information see the following web link.

<https://www.rms.nsw.gov.au/roads/safety-rules/road-rules/parking.html>

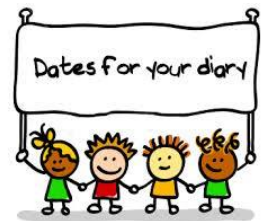
RETURN AND EARN

Last term Stage 2 investigated the effects of plastic on the environment and suggested a variety of ways that we can reduce these effects. One of these initiatives was to recycle our plastic bottles and milk cartons. These are collected at school and then taken to the Return and Earn for a refund. The money raised this term will help us purchase new games for our Kidszone.



RE DATES FOR YOUR DIARY

- Year 5 & 6 Parish Mass- Thursday 25 October 9.15am at Maria Regina Church.
- Year 4 Reconciliation- Thursday 1 November.
- Year K & 6 Family Mass- Saturday 10 November 6pm at Maria Regina Church.



MISSION MASS

Yesterday I had the privilege of taking 5 year 6 children to Our Lady of the Rosary Cathedral in Waitara to celebrate Mission Mass with Father David Ranson. The children heard from Dorothy, a Catholic Mission representative from Zambia. She spoke about how we can all make a small difference in the lives of others and spoke about the amazing work Catholic Mission is doing this year supporting education Myanmar. The children represented our school beautifully! Mrs Conn





On Tuesday 30 Oct the staff and students will celebrate Pink Ribbon Day as part of the National Breast Cancer Foundation Awareness Month with a **PINK MUFTI DAY**. Each family will bring home an empty envelope that may be decorated and your donation enclosed and returned to school. Don't worry if you're not top to toe in pink, a splash of pink is fine!



1, 2, 3 MAGIC RESILIENCE REMINDER

Next Tuesday 23rd October at 9am we will be holding our final workshop in the library for those of you who were unable to attend the final session last term. Please email Shane in the office if you will be attending.

FRUIT AND VEG MONTH 2018 PARENT SURVEY

Our school has been involved in Fruit & Veg Month 2018. The program managers, Healthy Kids Association, are seeking feedback from parents/carers about the program to help with future planning.

Please take some time to fill out this short survey –
<https://www.surveymonkey.com/r/fruitandvegmonth2018parentsurvey>

The survey should take no longer than 15 minutes to complete. As an incentive, a \$20 gift voucher is available for the first 70 eligible responses from across the state.

If you have any questions about the survey, please contact Healthy Kids Association on 02 9876 1300 or 1300 724 850.

Rebecca Billing
Fruit & Veg Month School Coordinator

CANTEEN NEWS

In Term 4 the canteen will be offering 2 new additions to our menu!

Available Monday 22nd Oct

Emma and Tom's green power smoothie!

The children were offered a taste testing back in term 2 and although a little hesitant due to the green colour, they were very excited about the taste.

It comes in a 250ml size, no added sugar, no concentrates, nothing artificial and flash pasteurised.

Ingredients: Apple juice, banana puree, passionfruit pulp, plum puree, lemon juice, spirulina, chlorella, alfalfa, kelp, spinach. The cost is \$2.80.

Available Monday 29th Oct

Patties sausage rolls 165gms same size and cost as our large meat pies.

In keeping with the healthy canteen association the sausage rolls will be offered on Mondays and pies- large and small on Fridays.

The canteen needs a volunteer on Monday 10 December.

Please call Marie if you are able to assist on 0410 566 777.