



All Hallows Catholic Primary School

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Term 1 Week 6 9th March 2022

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14th - 18th March 2022

Dear Parents

Next week we celebrate Catholic Schools Week.

It's a time where we celebrate all of the elements that make our school wonderful. We are a faith based community that has a long and deep Josephite tradition. We follow St Mary MacKillop in providing education to all and being community minded and helping those in need.

Catholic Schools Week aims to raise awareness and celebrate the strengths and distinctiveness of Catholic schools across Australia. It provides an opportunity for us to celebrate our Catholic identity, the role we play within our local Gulgong community, and the many positive learning experiences that take place each and every day.

I'd like to offer my thanks to Kylie Statham for all her hard work and time spent organising our calendar of activities for Catholic Schools Week. Also, thanks to all the staff who have worked hard and been busily organising exciting activities for next week. All the staff will go above and beyond next week as they have done all year. I'm extremely grateful for their hard work. It is going to be an exciting week and we can't wait to celebrate with you!

*Brad Toole,
Principal*

We acknowledge the traditional owners and custodians of the land on which we stand. We walk on a land of the Wiradjuri people. May we continue to love and respect the land as they have.

And the news this week is...

School Theme for 2022 is:



**"SHARE THE SPIRIT
OF THE
ALL HALLOWS COMMUNITY"**

"Find happiness in making other happy"

Mary Mackillop



**Caritas
AUSTRALIA**



Lent is a time to remember those we support through Project Compassion. Classes will be learning about the work of Caritas Australia in their RE lessons throughout Lent. May our support of Caritas help our sisters and brothers who are in need around the world.

Anatercia, 12 was struggling to cope with adult responsibilities after her father died. Then she participated in Caritas Australia-supported training and gained access to psychosocial supports. Now her quality of life has improved and she can focus on school.



Please donate to Project Compassion to help young people succeed in the future and bring stability to vulnerable youth like Anatercia. You can donate through Project Compassion donation boxes or by visiting lent.caritas.org.au or by calling 1800 024 413

Catholic Schools Week will be celebrated in Catholic schools throughout the Bathurst Diocese from Sunday 13th March 2022 through to Saturday 19th March 2022. This annual event is held to promote the special ethos of Catholic Schools and to highlight the great things that take place in Catholic schools everyday.

Catholic education strives to make a difference in the lives of those in our schools and in the wider community by challenging young people to live out the message of Jesus and to reach their full potential as compassionate, contributing, life-giving members of society.

There are 33 Catholic schools in the Diocese of Bathurst that educate around 9000 students and most will celebrate Catholic Education Week in some way. Our school is planning a number of activities during the week. Parents are invited to join us for our Liturgy - Morning Tea - Open Classrooms (Monday), STEM afternoon (Wednesday) and Lunch on the Lawn (Friday).

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| Mon 14/3- | Liturgy 10.00am
<u>Morning Tea</u>
Open Classrooms |
| Tue 15/3 | Enrichment Day
Mufti Day
Canteen Hot Dog Day |
| Wed 16/3 | STEM afternoon - 1.45pm |
| Thur 17/3 | St Patricks Day
Lunchtime Disco
Rugby League David Peachey /
Russell Richardson Cup |
| Fri 18/3 | Lunch on the Lawn - 1.00pm
Dio Winter Sports Trials |



KEY DATES FOR TERM ONE

Key dates for events that we have planned on the calendar.

9/03/22	Dio Swim Carnival
10/03/22	Dio Softball & Cricket Summer Trials
10 & 11/3	Principals Meeting
14-18/03/22	Catholic Schools Week
18/3/22	Dio Winter Trials
17/03/22	St Patrick's Day
24/3/22	School Photos
23/3/22	School Cross Country
29-30/3	School Review
29/3	Moorambilla Choir
4/4/22	Staff Inservice - PUPIL FREE
6/04/22	Holy Week Liturgy
8/4/22	Easter Hat Parade
8/04/22	Last day of Term 1
Term 2	
25/4/22	ANZAC Day
26/4/22	Term 2 Begins
26/4/22	ANZAC Liturgy
27/4/22	Yr 6 Leaders Day Dubbo
29/4/22	Polding Winter Trials
3/5/22	Dio Cross Country Coolah
4-6/5	Christian Living Camp Yr 6
6/5/22	Mothers Day Liturgy & High Tea

Loreto Visit

Our students really enjoyed their visit from the Year 10 students from Loreto Normanhurst. The Loreto students have been supporting our students in their learning in the classroom. In the afternoons they prepared and taught lessons around drama, STEM, and PD/Health. It has been an amazing opportunity and we are very happy that Loreto approached All Hallows to become part of the partnership. We look forward to their visit again next year.

Rapid Antigen Tests

Last week your child should have come home with their last allocation of RAT's. These are to be used if your child starts to develop symptoms of Covid-19. Once your tests have been used, it will be the parents responsibility to source any extra tests that are needed. Please let us know if you didn't receive your child's tests.

Rugby League Dunedoo

This year All Hallows will be entering the Russell Richardson (Yr 3/4) and David Peachey Shield (Yr 5/6) at Dunedoo. Mr Rogers and Mr Toole are training the teams in teamwork and skills using the 'Playsafe' code of play. As this training involves tackling, any child playing must have a mouthguard. No mouthguard means they cannot practice tackles, a major component.

The carnival is set for Thursday 17th March 2022.

Pupil Free Day

Monday, 4th April will be a Pupil Free Day for our students. This is the last Monday of this term in Week 10. Our staff will be attending a day in Mudgee with Andrew Fuller who is a Behaviour Psychologist. Our staff are looking forward to working with Andrew on the day and continuing our learning.

Easter Hat Parade

Just giving you all some warning that we will be having an Easter Hat Parade this year on the last day of Term 1. Time is yet to be confirmed. Children will make their own hats at home and bring them in on the day to wear. We will keep you updated with details at the end of term draws closer.



School Photos



School Photos will be held on Thursday 24th March (Week 8). Order forms and information on how to order photos will be coming home today.

Family photo envelopes are available at the office. Please let us know if you would like one sent home.

Scholastic Book Club

Orders are due in by this **Friday 11th March**. You can order online through the Scholastic LOOP system or send in the order form and cash payments to the school office.

Diocesan Sports Trials

Diocesan Sports Trials are being held in the next two weeks and we have students trialling in Swimming, Cricket, Rugby, Rugby League and Netball. Students who have not returned their form to Ms Statham AND registered on the CSNSW Sport website will need to do this by Friday 11th March.

We wish Nikko Anderson all the best at the Diocesan Swimming Carnival on Wednesday and Will Drury all the best at the Diocesan Cricket Trials on Thursday.

Healthy Lunch Boxes

Research says that a child that is hungry will struggle to concentrate in the classroom. It is important to pack enough healthy and filling food to provide your child with the energy to last throughout the day. For a healthy lunchbox, pick and mix something from each food group 1 - 6!

Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day"

1. Fruit (fresh, frozen, pureed and canned in natural juice)
2. Vegetables, legumes and beans.
3. Milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans.
5. Grain (cereal) foods
6. Plain water



Cross Country Change of Date

Our school cross country carnival will now be held on it's original date of Wednesday 23rd March at Red Hill, not the Friday 25th as previously advised in last week's newsletter. The Friday would clash with some meetings for staff that have been rescheduled. Sorry for any inconvenience that this may have caused.

The Importance of Sleep for Children



When we are sleeping our brain is busy sorting and storing the information from the day, and our bodies are physically rejuvenating. For children, who are constantly growing, running around and learning new skills, getting

enough sleep is essential for their development and for providing the energy they need to fully engage in their action-packed lives.

Without enough sleep, children have a particularly hard time with mental processing; they may experience difficulties with concentration, memory, regulating their emotions, organising tasks and creative thinking. As an occasional event, this can result in a cranky child, in the long term, lack of sleep can severely affect their mood, resulting in poorer school performance or impair their immune system.

So exactly how much sleep do our children need?

Sleep requirements vary, depending on children's developmental stages: a general guide is below.

*Age & recommended sleep hours per 24 hour period - including naps for younger children

- *Infants: 4-12 months* *12-16 hours*
- *Toddlers 1 - 2 years* *11 - 14 hours*
- *Pre-schoolers 3 - 5 yrs* *10 - 13 hours*
- *Primary School 6-12 yrs* *9 - 11 hours*
- *Teens 13 - 18 years* *8 - 11 hours*

* Source: Children's Health Queensland

According to Children's Health Qld - "The most effective way to encourage the correct amount of sleep is to establish a consistent bedtime routine and stick to it every night". The better the sleep, the easier the school day is to navigate and the easier it is to concentrate.



Merit Awards



Week 6

<u>Kinder</u> Harper B, Jane T	<u>Year 3</u> Caitlin B, Tia T, Dakota W, David H
<u>Year 1</u> Emma W, Mackenzie R, Amalea M-B,	<u>Year 4</u> Lilah G, Arabella D
<u>Year 2</u> Cambell F, Jett R, Adalynn H	<u>Year 5/6</u> Tom O, Bailey T, Beau R

Halo Reward: Braxton B, Cooper S, Tommy W, Henry B, Grace O, Dylan M, Grace A, Dante W, Tayla M, Sophia B

<u>Assembly</u> We will advise when we will begin Parent Assemblies again	<u>Canteen News</u> Canteen open Tuesdays and Thursdays
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PARISH NEWS



Parish Mass each Sunday at 10.30am



HOT DOG DAY

Tuesday 15th March



*** Please note there is no regular canteen on this day.**

Hot Dog orders are to be placed in the tubs at the start of the day

1 x Hot Dog + Popper \$5.00

or

2 x Hot Dog + Popper \$7.50

Add Cheese \$0.50c

Please let us know if you would like Tomato or BBQ sauce