Catholic Education Week

Music Recital
COMING EVENTS……

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<td>31st July</td>
<td>9am National Evangelisation Team Performance</td>
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<td>5th Aug</td>
<td>9am St Mary MacKillop Mass</td>
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<td>26th Aug</td>
<td>Curriculum Celebration Day</td>
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<tr>
<td>27th Aug</td>
<td>St Augustine’s Music Performance</td>
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<td>Every Wednesday</td>
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Student of the Week

Prep One Two Class
Emma Palmeri for concentration and persistence in all class tasks.
Riley O’Shea for excellent problem solving in maths.
Dustin Hatfield for excellent listening and careful following of instructions.
Alexandra Serafin for careful listening about Australia
Rowan Turnbull for careful measuring with a ruler
Sam Williams for excellent knowledge in Geography

Year Three Four Class
Nate Campbell for creative journal writing.
Clancie Sivyer for paying careful attention during maths.
Bronson Exton for listening and participating in classroom discussions
Amber Jerome for reading with fabulous expression during reading groups

Year Five Six Class
Kaiden Anning for presenting outstanding cursive writing and for concentrating on set tasks.
Julius Srhoj for his attentiveness and diligence towards learning—an exceptional effort and model.
Toby Brown for providing thoughtful responses in Ms Steele’s lesson and working diligently in Maths
Desarea Turnbull for outstanding responses and illustrations when describing the coming of The Holy Spirit in the Acts of the Apostles
Dear Parents,

What a fantastic day we had yesterday at St Anthony’s as staff, students, parishioners, community members and Catholic Education Services staff came together to celebrate Catholic Education Week. The Mass yesterday gave us the chance to acknowledge the wonderful work that is done in our schools and to pause, pray and proclaim the Spirit of the Living God who is alive and lives within each of us. I would like to thank Ms De Iacovo for putting together the beautiful Mass. My thanks also to the many parents and staff who assisted in the preparation of morning tea and the cleaning up afterwards.

Our CEW celebrations will conclude tomorrow with a performance by the National Evangelisation Team at 9:00am, followed by a presentation of goods donated to Rosie’s at 10:30am. I would like to thank the many parents and community members who have kindly brought in essential items that will be distributed to those on the Tablelands who are less fortunate than us.

Life Education Van
On Monday and Tuesday of this week our students had the opportunity to participate in a health program in the Life Education Van. Our P-2 class were involved in a session titled ‘All Clued Up’, the 3/4 class a session titled ‘All Systems Go’ and the 5/6 two sessions, ‘On the Case’ and ‘Think Twice’. Each session was held in the unique mobile learning centre which provides students with a stimulating, interactive learning space.

Mareeba District Athletics
Congratulations to all students who participated in the Mareeba District Athletics Carnival last Thursday and Friday. A special mention to Toby Brown, Kaitlyn Scapin, Georgina Serafin and Beau Hatfield who have been selected to participate in the Peninsula Regional Championships at Barlow Park on Sunday, 23rd and Monday, 24th August. We wish them all the best of luck!

My thanks to Mr Wilcox for giving up his time to help prepare the athletes for the carnival and to the parents who assisted him.

School Fees
Accounts for Term 3 Fees and Levies were issued last Tuesday. If you have any questions about school fees I would encourage you to contact us. Please remember that payment of school fees and levies are due within 14 days unless you are paying via direct debit.

Families experiencing genuine financial hardship are asked to make an appointment with me as a matter of priority.

Thank you for your continued support with this matter.
From our Principal

Music Recital
I would like to congratulate Lynda and all of her music students for the performance they put on last week. It was great to see the talent on show and to see so many parents and family come and support the students.

Next Newsletter: Friday 14th August
Next Assembly: Monday 3rd August – Year 3/4 Class to host

Yours in Catholic Education,

Brad Williams
Principal,
St Anthony’s Catholic School

Principal’s Award
Dear Parents/Carers,

Thank you to the wonderful parents and staff who gave up their time to assist in the preparation and clean up of our Catholic Education Week Mass on Wednesday. The celebration was beautiful with all the children from our school and from the surrounding schools showing tremendous reverence throughout the Mass—it was wonderful to see and even more special when staff from other schools commented on how amazing our students were. On Friday we will be presenting our donated goods to Rosies and once again, thank you to everyone for bringing along an item to help with our Catholic Education mission “Serving Others”. We are truly blessed here at Saint Anthony’s School to have such a giving community.

Next week we celebrate the Feast of Saint Mary of the Cross MacKillop. Mary MacKillop’s story is a heart-warming one that is especially precious for children and us, Saint Anthony of Padua as we are a Josephite school.

Mary was an ordinary Victorian farm girl who was born in 1842 and was the eldest child in her family and had 3 sisters and 4 brothers. As her father was excellent in religious education, most of Mary’s education was at home. After her first job as a clerk and working as a governess looking after her cousins and teaching them and other farm children, she became a school teacher. It was in South Australia that she met a priest named Father Julian Tenison Woods, who shared her passion, wanting to help poor children attend school and together in 1866, they started the “Stable School.” Here the children had lessons in reading, writing, math and singing. The girls also enjoyed learning to sew whilst the boys enjoyed woodwork. Mary and her sisters also taught the children about God and taught them to trust in Jesus. Mary became a nun – “Sister Mary of the Cross” in 1867, after Father Woods and herself started the religious order of the sister of Saint Joseph of the Sacred Heart (the Josephites). Mary devoted her life to the service of God and did great things for Australian and New Zealand families (set up schools, houses for elderly women, young girls and women without jobs, gave comfort to the sick and dying and even visited people in jail to give them whatever help they could).

The Mary MacKillop Feast Day is celebrated on the 8th of August. This is also the date of her death in 1909. At times in her life Mary MacKillop met people who made it hard for her to perform her good works, but she never gave up and today the Sisters of St Joseph are still doing the work that Mary MacKillop started all those years ago. Mary MacKillop was declared Australia’s first Saint on the 17th of October 2010 by Pope Benedict XVI.

May God’s Spirit be with you always

Rachelle De Iacovo

Upcoming Masses:

♦ 5th August—St Mary MacKillop Mass (whole school attending)
♦ 12th August—5/6 class anointing Mass
♦ 19th August—3/4 class Mass

Mary MacKillop Prayer

Ever generous God,
You inspired Saint Mary MacKillop
To live her life faithful to the Gospel of Jesus Christ and constant in bringing hope and encouragement to those who were disheartened, lonely or needy.

With confidence in your generous providence and through the intercession of Saint Mary MacKillop
We ask that you grant our request…….

We ask that our faith and hope be fired afresh by the Holy Spirit so that we too, like Mary MacKillop, may live with courage, trust and openness.

Ever generous God hear our prayer.
We ask this through Jesus Christ.

Did you know?

St Mary of the Cross MacKillop was known for pulling the occasional prank on the other sisters. When times were difficult she always remained cheerful and hopeful. She carried lollies in her pocket to give to the poor children she taught.

In the words of Saint Mary MacKillop

“Be Calm and Full of Hope”

1871
In Term 3 many curriculum celebrations occur on a national level. We have National Science Week, National Literacy and Numeracy Week, Book Week and eSmart Week just to name a few.

At St Anthony’s we are excited to be combining these important celebrations into one event that acknowledges the importance of all curriculum learning. To do this we are holding a whole day of activities that we would love for all families and parishioners to attend.

On Wednesday 26th August we will experience many hands on science experiments (including turning milk to stone, making lightning and marshmallow catapults) and collaborative literacy and numeracy activities, with students from all grades working together.

The highlight of the day will no doubt be the Book Character Parade. Held at 10am on the Basketball Court, students are asked to dress as their favourite book character and participate in a parade to show off their costumes. Finding old clothes and dress ups at home to recreate a character is such a fun thing to do. Showing them off to others is even more enjoyable!

Please feel free to join us for this special event on Wednesday, August 26th. For more information please see Trudy or Brad.
From our Counsellor

Guidance Counsellor News - Supporting SEL at St. Anthony’s.

Social Anxiety

The following information on Social Anxiety relates to an article from Kids Helpline (February 2015) which is a very useful website to obtain information about a whole range of topics related to children’s wellbeing.

Many people, both kids and adults, feel a sense of shyness around others, especially people they don’t know very well. For the most part, they get on with what they need to do anyway, but for some these feelings of shyness are more intense and it disrupts their lives and interferes with them being able to do the things that are important to them (like going to school or social events).

What is Social Anxiety?

Social Anxiety is an unreasonable fear of being with people you don't know well, being unable to do things with other people watching, or feeling extremely worried about being judged for the way you act.

Many kids with social anxiety come from a family where one or even both of their parents have social anxiety and therefore, they may have not learned from their parents, the skills that are needed to mix with others. For other kids their social anxiety has developed because they have a speech or language problem or an obvious physical problem which sets them apart from everyone else and this leads them to feel embarrassed or overly self-conscious in front of people who don't know them. For others, social anxiety may develop from them doing something embarrassing in class or elsewhere (tripping over in a school play or making mistakes during a class presentation and so on) which leaves feeling worried about what people will think of them.

Whatever the reason behind the development of a kid’s social anxiety, life can be very tough for them and not much fun at all.

The Impact of Social Anxiety.

Kids who are experiencing social anxiety have few friends and struggle with activities at school that involve others or are performance based. This means that these kids will often:

- Sit alone at lunch and recess.
- Not joining in or refusing to join in games other kids are playing.
- Friendship and social concerns.
- Avoiding or refusing to try new things for fear of failure or being made fun of by peers.
- Don’t like school or refuse to go to school.
- Find it difficult to look at people when they talk to them and mumble instead of speaking up.
- Avoid going to social events with unfamiliar people.

What Does it Feel Like for Kids with Social Anxiety.

Kids with social anxiety can experience many different feelings, such as:

- Panic when confronted with a new or difficult situation.
- Shyness in front of anyone who isn’t close family.
- “Freezing” by being so scared by something that they can’t move or speak.
- Fear.
From our Counsellor

Loneliness.
Anger and disappointment that they aren’t like the other kids.

Physical Symptoms:
Dizziness.
Blushing and sweating.
Tight muscles.
Feeling sick/nauseous.
Rapid heart rate.
Dry mouth.
Trembling.

How Do You Know if You May Have Social Anxiety Issues?

Everyone is afraid sometimes, but when you are afraid most of the time and this stops you from doing the things you would like to do or engaging in normal activities, then there may be concerns about social anxiety. Some of the things that might indicate social anxiety include:

- A fear of meeting or talking to new people.
- Few if any friends outside your family.
- Avoiding social situations.
- Lack of sleep through worrying.
- A fear of making mistakes or being embarrassed.

If some of these things sound familiar for your child then it may be worthwhile discussing with your GP to see what is going on for them.

Tips to Help.

The following tips may be useful in helping to lessen the effects of social anxiety so kids can participate in normal activities and social events, do better in school and not be blocked by anxious feelings:

- Take small steps toward making a change e.g. if you are afraid of speaking in front of the class, you might start talking to one child you don’t know at recess and build up from there.
- Change your response such as look at someone for a little while when they are talking to you and try and increase the time.
- Positive self-talk is very helpful in reducing anxiety levels.
- Breathing exercises can be a great relaxing and soothing strategy.
- Rate your anxiety from 0-10 (10 being the absolute worst possible fear) as this helps put your anxiety in perspective and understand that it is not as serious as first imagined.
- Discuss your anxiety issues with a parent or other trusted adult, your teacher or school counsellor.
- Talk to your family doctor if things don’t seem to be improving.

Most of these things that can start to make changes in how anxious you are feeling are going to need your parents/guardian, and your school support people on board to support you in your efforts. It is important to talk to someone about how you are feeling no matter how difficult you may find it.
From our Counsellor

I do hope you find this article of interest and the tips useful in helping your child manage their social anxiety. If you have any concerns in relation to the emotional well being of your child please contact me or the Principal, Mr. Brad Williams on 4093 5319 or by email bschofield@cns.catholic.edu.au.

Have a safe and happy week.

Bryan Schofield
Guidance Counsellor.

P&F News

The year is whizzing around and the time is nearing for our annual big fundraiser, “The Christmas Fair”.

We are once again having our Cent Sale which is proving to be a great one with a handful of generous donations coming in. We could do with plenty more and your gift would be so much appreciated. We would love to make it the best and biggest year yet. So please dig deep. Donations can be left at the office.

Many Thanks
St Anthony’s P & F

Thank you for your continued support
**District Athletics**

Last week a number of our Year 5/6 students represented the Walsh River District at the Mareeba District Athletics Carnival and we can all be rightly proud of the way they represented our school and the results that were achieved. Toby Brown (1st Shot Put), Beau Hatfield (1st 800m, 2nd Long Jump, 3rd High Jump), Kaitlyn Scapin (2nd Shot Put) and Georgina Serafin (1st Shot Put) were all selected in the Mareeba District Team to compete at the Peninsula Championships in Cairns on Sunday 23 and Monday 24 August at Barlow Park against the best Athletes across the region. Congratulations to all of our students who participated in Mareeba with some excellent results achieved all round. A special mention goes to those students who were placed in their 100m Heats but unfortunately missed out on making finals because these were judged on times, not placings. It was a credit to yourselves the way in which you responded to this disappointment by backing up to win/run places in the relays—well done!

Thank you to those parents who so willingly helped prepare students for their events.

**Mareeba District Athletics Representatives**

Neve, Marco, Cara, Beau, Kaiden, Danae, Georgina, Lauren, Kaitlyn S, Desarae, Joseph, Toby, Cody H.

**Ball Games Carnival**

All classes are preparing well for our Inter-House Ball Games Carnival where their ball handling and teamwork skills will all be on display to parents who are able to attend on the day. The date for this will be advertised when it has been confirmed and we hope parents will also join in with some of the games to be played.

**New Sports Equipment**

Thanks to the P&F we have been able to upgrade our sports equipment some of which has already arrived including new goals, tennis equipment, playballs, bibs and modified hockey gear. Our students have access to most of our sports equipment and it is very well used during recess times as well as PE lessons.
Woolworths Earn & learn is back and it is now easier than ever to earn valuable resources for your local primary school. Last year more than 14500 schools benefited from the program, boosting supplies in classrooms, libraries and music rooms to name a few. It’s simple to participate. From 15th July to 8th September 2015, when you shop at Woolworths you can collect a Woolworths Earn & Learn Sticker Sheet or you can pick one up from St Anthony’s. There’ll be one Woolworths Earn & Learn Sticker for every $10 spent. Once completed, simply place the Sticker Sheet in the Collection Box in the office at St Anthony’s.
FOR SALE

Quantity of second hand uniforms, shirts (5) red sports shirt, (1) track pants and school hat Sizes 8 & 10y.

$80 for the lot.

Please call into the school office to view.

Joanne Flaherty
Telephone 40935437
Mobile 0438 318 860.

DIMBULAH COMMUNITY KINDERGARTEN

Winter Family Roast Night

Dimbulah Community Kindergarten is holding a Winter Family Roast Night Fundraiser at the Mutchilba Community Centre.

Please Come and join us for a fun night of entertainment and a scrumptious Roast Dinner.

When: Friday 7th August
Time: From 6pm
Where: Mutchilba Community Centre
Price: Adults $10 Kids $5

Bar and Entertainment Provided by Mutchilba Community Centre
FREE! FREE! FREE!
We are offering FREE Certificate III in Business Administration & Adult Literacy, Numeracy and Basic Computer Course

We are offering a free Certificate III in Business Administration (CBA) for those who have not completed a Certificate III or higher qualification, through flexible delivery. Students will be following the General Administration stream and will have access to the trainer through support classes, one-on-one visits, email and phone.

We are also offering a free Adult Literacy, Numeracy and Basic Computer course (eligibility criteria apply) for those who would like to develop these skills to feel more confident in everyday life or in the current workforce. This course is catered to your personal need.

Classes for both courses run:
Monday 9.30am – 3.30pm at the Innisfail Baptist Church
Tuesday 10am – 1pm at the Dimbulah Community Centre
Thursday 9.15am – 2.45pm at the Mareeba FCYC
Friday 10am – 1pm at the Mucurn Community Library

You can join at any time and classes continue weekly throughout the year excluding school holidays.

There are limited places available so please contact me ASAP!
If you have any questions please don’t hesitate to contact Bryony on 0422 096 388

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Dimbulah Rhyme Time
Join us at Dimbulah Library for our NEW Rhyme Time Program

Enjoy songs, rhymes & stories while bonding with your baby & meeting other local families.

This is a fun filled session for children from 0-4 years designed to develop early literacy skills. This program is delivered by Mareeba Shire Library Service and is funded under the Best Start grant by the State Library of Queensland.

For more information see Helen, phone 07 4093 2963 or visit www.msl.qld.gov.au/libraries

The Dimbulah rhyme time sessions will run during school terms from 9.30am - 10.30am on the first Wednesday of each month (unless the first Wednesday falls during school holidays).
- Wednesday 6th May 2015
- Wednesday 3rd June 2015
- Wednesday 15th July 2015
- Wednesday 5th August 2015
- Wednesday 2nd September 2015
- Wednesday 7th October 2015
- Wednesday 4th November 2015

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2015 ASG National Excellence in Teaching Awards
Nominate an inspirational teacher or educator now.
Nominate online at asg.com.au/nominates by 31 July 2015
To request a promotional kit call 1800 354 000.
For general enquiries call 1800 515 487

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Mareeba Shire Council