

ST ANTHONY'S PARISH SCHOOL

NEWSLETTER

17th July 2014

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What a fantastic Day.....

Once again the Walsh River Athletics Carnival proved to be a wonderful opportunity for the Dimbulah cluster of schools to meet together and display the spirit that exists in our communities. The friendly atmosphere and support of teaching staffs, parents and other family members makes this day a special occasion that we should value and continue to foster. Although St Anthony's performed well in terms of results, I hope our success is gauged more on the involvement and participation of our students on the day.



COMING EVENTS.....

July 18	Cairns Show Holiday
July 23	P & F Meeting, 7.30pm
July 28– August 01	Catholic Education Week
July 23	District Athletics Carnival @ MSS P & F Meeting 7pm @ StA Bendigo Bank Masterchef Event
July 24	District Athletics Carnival @ MSS
July 31	Rugby League Clinic
August 6	Liturgy at 9am to celebrate the Feast of St Mary Mackillop

Term Dates 2014

Term 3 - Starts 14th Jul 14	Term 3 - finishes 19 Sep 14
Term 4 - Starts 7th Oct 14	Term 4 - finishes 5th Dec 14

Student of the Week



Prep & Year One Class

- ♦ Azali - for taking the initiative to tidy the classroom
- ♦ Ricki - for taking the initiative to tidy the classroom
- ♦ Dustin -for having a go and writing a better copy of his story
- ♦ Mia - for writing a better copy of her story

Year Two/Three Class

- ♦ Bronson - for using effective communication skills
- ♦ Cooper - for helping classmates during ICT lessons

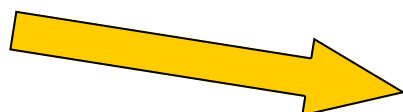
Year Six/Seven Class

- ♦ Tyrell - for excellent work in maths and for using his initiative.
- ♦ Koby - for excellent work in maths and using his initiative.

SKOOLBAG

Skoolbag is an excellent smartphone school to parent communication tool. It is a mobile app which allows us to communicate directly to parents and students.

We are encouraging Parents to download Skoolbag onto their Smartphone so that we can notify you immediately of any important information, alerts, important dates etc. For information on how to install Skoolbag, please refer to our website and all the information you require is available by clicking on this bar.



Our new website is also up and running. Newsletters will now be available on the website and on Skoolbag as well.



**From the
Principal
Scott
Whitters**

Dear Families and Friends,

Welcome back to the start of a new term. I hope everyone had a peace filled break with many opportunities to spend quality time with family and loved ones. I certainly enjoyed seeing my family in Adelaide and now feel refreshed and ready to start another exciting term.

Fundamentals

It is probably an opportunistic moment to reinforce the message that St Anthony's fosters the academic, social-emotional, physical and spiritual growth of each and every student. This holistic approach to the education of our children guides our key aim in assisting each individual student to achieve at their full potential. We encourage our students to strive for excellence in all endeavours, by being the best they can be. It is important to recognise that not all children excel in all areas. Please help build your child's self confidence by celebrating their successes and helping them to build resiliency surrounding failures. I make it very clear to all students that we often learn by making mistakes and that all people make mistakes. The important thing to remember is to always learn from mistakes and keep trying.

Fr Peter McHugh O.S.A

It is with deep sadness that I advise you of the passing of Fr Peter McHugh. Fr Peter was 82 years of age when he passed away peacefully on the 2nd July. He joined the Order of St Augustine and was ordained in 1961. I have only known Fr Peter for 3 months but quickly learnt that he was a very generous man with enormous Faith and a great sense of humour. Fr Peter had been asking God to take him home for quite some time and finally got his wish. He will be sadly missed by many as not just our Parish Priest but a great friend. I have his prayer card on my desk and it reads: *'Come, my brothers and sisters, let us sing. Not for our delights, as we rest, but to cheer us in our labour. As pilgrims on the way, sing in hope, but keep on marching'* (St Augustine Sermon 256,3).

Eternal rest grant unto him O Lord, and let perpetual light shine upon him. May he rest in peace.

New Website

I am very excited to announce our new school website is up and running. It has been a lengthy process to update the website and create a modern, interactive site for both existing and future families. Please take some time to explore the new site and become familiar with the features. The website will continually evolve and provide details of current and upcoming events. Exploring the website is a great way to learn more about our policies and procedures and become more familiar with our aims and objectives. The new Skoolbag App is a great way for the school to share important information about news and events. I hope you find the new site a valuable resource and bank of information about our school.

Chrome Books

Through the efforts of Mrs Pretorius and the generosity of Catholic Education Cairns, we have 16 Chrome Books available for our use throughout Term Three. Chrome Books are a relatively new Digital Technology that is currently being trialled in schools to ascertain their value as a medium for student learning. Chrome Books are a new, faster and lighter computer. They start in seconds and offer thousands of Apps. They have built-in virus protection and back up all information to the Cloud. They are perfect for sharing information with others and have been proven to work well in classroom environments. We will make extensive use of the Chrome Books we have on loan to us and hope to keep exposing our students to technology that is cutting edge and leading the way in education.

Scott Whitters



Walsh River Sports:

A special thank you is extended to Anna Srhoj for the effort her team went to in providing such tasty food and ensuring all needs were catered for. Thank you also to Ann-Maree Zugno and the Mareeba-Dimbulah Community Bank for sponsoring the Carnival and presenting trophies. Finally I would like to express our gratitude to all parents who were able to help out in collecting and setting up equipment and cleaning up at the end of the day. A special mention must again go to Megan Cappella and Lisa Tosoni who put in a lot of time organising paperwork and ribbons and determining award winners.

This was the first time we have included the Junior Carnival at the same location as the Senior Carnival and from all reports this was well received by both students and parents. Thank you to Shannon Grantley and Karen Rolfe for coordinating these activities and we would welcome any suggestions for future carnivals.

The fantastic photos of both the Walsh River and St Anthony's Carnivals are courtesy of Helen Yelavich.

Results:

Aggregate Trophy won by St Anthony's

Average Aggregate Trophy won by St Anthony's

Age Champions:

12 Yr Boys – Jonah Serafin

12 Yr Girls – Jett Reilly

11 Yr Boys – Jack Schincariol

11 Yr Girls – Sarah Cockburn

10 Yr Boys – Beau Hatfield

10 Yr Girls – Lauren Schincariol

New Record

Toby Brown - Boys 10 Yrs Shot Put - 9.08m

Sports News:

Mareeba District Athletics Carnival – Wednesday 23 July and Thursday 24 July.

Next week, athletes from our school will represent the Walsh River District and compete in the Mareeba District Athletics Carnival. We wish them well as they compete for positions in the Mareeba District Team to travel to Barlow Park in Cairns on 17/18 August.

Coral Coast Athletics Carnival

Last weekend 4 St Anthony's students participated in the Coral Coast Athletics Carnival with some wonderful results achieved. Congratulations to Toby Brown, Daniella Montagner, Kayleigh and Marco Cappella.

Kayla Montagner, a former student of St Anthony's recently returned from the Oceania Athletic Championships with a bronze medal in the 200m and a bronze medal in the 4 x 100m relay. She also won the \$300 Dash for Cash in the 300m race at the Coral Coast Carnival on the weekend. Congratulations!



From our APRE/SEL Co-Ordinator

Welcome back to everyone and I hope that you all had a lovely and restful break. This term we warmly welcome the Dryden family to our school community, who are coming to us from Karumba. We have Samuel in year 6 and Cara in year 5. We also have Steven Murador joining us in the six/seven class for two weeks, doing his second year practical experience.



A couple of date claimers to add to your calendar:

Week 3—Catholic Education week. We will be celebrating this during the parish mass on Wednesday at 9am (30th July). Other events and activities for this week will follow.

Week 4—Feast of Saint Mary MacKillop. The whole school will be attending a Liturgy on Wednesday at 9am (6th August)).

This term for my SEL corner, I have decided to focus on the “Habits of the Mind”. The Habits of the Mind are key cognitions that help the student to think in a positive way.

Confidence

- **Accepting Myself** means not thinking badly about myself when I make a mistake
- **Taking Risks** means thinking that it's good to try something new even though I might not be able to do it
- **Being Independent** means thinking that it's important for me to try new activities and to speak up even if classmates think I'm silly or stupid.
- **I Can Do It!** means thinking that even when my work is hard, I can still do it.

*You Are The Key To
Your Success
"YOU CAN DO IT!"*



Just a reminder to all that we have a library of useful resources in our front office that can be loaned by families.

"We can all work quietly doing our best for God" Saint Mary MacKillop 1883

May God's Spirit be with you always
Rachel De Iacovo

Catholic Education Week 2014 will be held from Sunday 27 July - Saturday 2 August and will focus on the theme:

"Come, live life in all its fullness"

This inspirational call is based on the Gospel of John (10:10), challenging those who answer it to "live fully".

Reflecting this Gospel call, Catholic schools strive to provide a learning experience through which every young person has the opportunity to reach their full human potential - spiritually, intellectually, emotionally, socially, culturally and physically - and know what it means to engage in all that life has to offer.

During Catholic Education Week 2014, Catholic education communities across Queensland are invited to celebrate and share how their communities are encouraging and providing opportunities for their members to ***"Come, live life in all its fullness"***.



Cooking recommences next week and here is the first recipe:-

Nasi Goring

Ingredients

4 Spring Onions
1 Carrot
2 Cloves of Garlic
100g Snake Beans
1/3 Capsicum
100g Chicken Meat
2 Eggs
2 Tablespoons Vegetable Oil
1 Tablespoon Chilli Sauce
1 Tablespoon Palm Sugar
300g Cooked Rice
Handful of Asian Herbs
2 Shallots



What to do

Cut the spring onion into diagonal slices.
Julienne the carrot, or grate it if you prefer.
Crush the garlic and thinly slice the snake bean, capsicum and bok choy or Asian green.
Cut the chicken (if using) into bite-sized pieces.
Whisk the eggs into a bowl.
Heat the oil in the wok and when hot, add the garlic and spring onion and cook for 1 minute.
Add the chicken, if using, and fry for another minute.
Now add the garden greens and cook for 1 minute.
Add the chilli sauce and palm sugar and mix well.
Add the eggs, stirring continuously for 30 seconds.

Increase to a high heat, then add the rice and salt to taste.

Fry for 3 more minutes, stirring continuously.

Chop up the Asian herbs and shallots, .

Garnish with mixed Asian Herbs and shallots.

Enjoy.



MAREEBA DISTRICT ATHLETICS 2014

Wednesday 23rd July

9.50am - 800m

Starter:	Michael O'Neill
Marshall:	BSS staff
Judges & Time Keepers:	(1+4) St. A staff (1 st & 4 th place Time Keeper) (2) St. T staff (2 nd place Time Keeper) (3) DSS staff (3 rd place Time Keeper)
Time Recorder:	Lois Miller
Bell Ringer:	Lois Miller

10.30am Girls High Jump

Mat 1 - 12yrs:	Michael O'Neill + Lois Miller
Mat 2 - 11yrs:	Terry Wilcox + BSS staff
Mat 3 - 10yrs:	Troy Brunjes or Tuki Brown + St T Staff

11.10am Boys High Jump

Pit 1 - 12yrs:	Michael O'Neill + Lois Miller
Pit 2 - 11yrs:	St T staff + St A staff
Pit 3 - 10yrs:	Ben Watson + DSS staff

Recorders + First Aid: Cassie

Thursday 24th July

Referees - Daniel Samanes & Terry Wilcox

9.35am - 200m Heats

Starter:	Michael O'Neill
Marshall:	Daniel Samanes
Announcers:	Daniel Samanes & Michael O'Neill
Judges & Time Keepers:	(1) St. A Staff (1 st place Time Keeper) (2) St. T Staff (2 nd place Time Keeper) (3) BSS staff (3 rd place Time Keeper) (4) DSS staff (4 th place judge only)
Chief Judge:	Helene Ciranni
Time recorder:	Lois
200m Lane Check (on curve):	BSS Staff
Recorders + First Aid:	Cassie + St T staff

100m/200m/Relays

10.10am - Boys Shot Put

Circle 1 12yrs:	Terry Wilcox + 2 x St A students
Circle 2 11yrs:	Daniel Samanes + Lois Miller + MSS Student
Circle 3 10yrs:	Ben Watson + MMSS staff/parent + BSS student

10.10am - Girls Long Jump

Pit 1 12yrs:	Michael O'Neill + Wendy KumYuen + MSS student
Pit 2 11yrs:	Troy Brunjes + 2 x DSS students
Pit 3 10yrs:	St. T staff + 2 x St T students

10.45am - 100m Heats

11.05am - Morning Tea

11.25am - 200m Finals

11.45am - Girls Shot Put

Circle 1 12yrs:	Terry Wilcox + 2 x St A students
Circle 2 11yrs:	Daniel Samanes + Lois Miller + MSS Student
Circle 3 10yrs:	Ben Watson + MMSS staff/parent + BSS student

11.45am - Boys Long Jump

Pit 1 12yrs:	Michael O'Neill + Wendy KumYuen + MSS student
Pit 2 11yrs:	Troy Brunjes + 2 x DSS students
Pit 3 10yrs:	St. T staff + 2 x St T students

12.15pm - Lunch

1.00pm - 100m Finals


1.25pm - Relays

Relay Changes: Judges one end + BSS other end

1.45pm - Presentations

Recorders + First Aid: Cassie + St T staff

**Missed it last year ?He's back
in CAIRNS with a brand New Seminar !
July 17th @ 7.30pm**



DR. PETER DINGLE
SPEAKER
MOTIVATOR
SUSTAINABLE HEALTH ADVOCATE

Dr Dingle (PhD) has spent the past 25 years as a researcher, educator, author and public health advocate for common sense. He is one of Australia's leading motivational health speakers and an Associate Professor in Health and the Environment for over 21 years. Dr dingle dispels myths and confusion around healthy eating and lifestyle and how to create long lasting wellbeing.

More and more people have heart attacks, stroke, diabetes, Alzheimer's and other chronic illnesses than ever before and they don't have to.
Sick of being sick or your family being sick or just want to stay healthy.
Based on his new book "Reversing Heart Disease, High Blood Pressure and Blocked Arteries".

In one short talk you will learn how to **REVERSE**:

- Diabetes
- Clogged Arteries
- High Blood Pressure
- Psoriasis
- Alzheimer's and
- Regain your Energy & Health

"Excellent! Very informative, entertaining presentation filled with lots of good information that can be applied into my life. I would recommend it to others who are interested in health and well being." - Monique

This is a NOT TO BE MISSED HEALTH EVENT!

Thursday, 17th July, 7.00pm for 7.30 pm start
CAIRNS SHERIDAN HOTEL
295 Sheridan St, Cairns
Only \$10 entry

Enquiries / Seat Bookings: Please call
Carmel on 0409 491 832 OR Cherie on 0448 836 900

Dedicated to the Health & Wellbeing of You, Your Family, Your Home & the Planet

COUNTRY FAMILY NIGHT

at the

Dimbulah Football Club



Entertainment provided by members of the
Tableland Country Music Club

Saturday 16 August @ 6.30pm

Bookings are essential

Tickets must be purchased at the
Dimbulah Health & Beauty Shop with Rosina

BUFFET DINNER

Adult Ticket - \$25pp

Child/ren Ticket- \$10pp (Primary School age)

FREE- child/ren under 5 years



MEASLES ALERT

There have been two recent cases of measles imported into Cairns from Papua New Guinea – one at a local school and one in the community. We ask that you be aware of the possibility of further secondary cases as the new school term begins.

Students returning from holidays overseas may develop symptoms in the next two weeks. Secondary cases from the most recent local case could occur up until 19th July.

People with measles are infectious prior to the appearance of the rash (from 5 days before until 4 days after it appears), so there may be transmission before children develop typical symptoms. Any suspected cases should be sent home while waiting for appropriate test results.

Typical features of measles are:

- ☐ One or more of cough, runny nose, conjunctivitis
- ☐ Generalised rash beginning on the face and trunk
- ☐ Fever present at the time of the onset of the rash
- ☐ (A history of vaccination with two measles-containing vaccines makes infection unlikely)

In the event of a confirmed case, any unimmunised students should be excluded for 14 days, as should any staff or student with impaired immunity. See the Time Out Guidelines: http://www.health.qld.gov.au/ph/documents/cdb/timeout_poster.pdf

If you have any questions, please contact Tropical Public Health Services (Cairns) on (07) 4226-5555

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