



## ***Friday, 9<sup>th</sup> August 2019***

Dear Parents

Our School Board has been working on a proposal to council to address current traffic issues on Grendon Street during school pick-up times. New signage has now been installed in the carpark and over the coming months we will continue to work with council to identify ways that we can improve the safety and efficiency during pick-up time. It is essential that all members of our school community are observing the rules regarding the pick-up zone:

1. Do not park in the designated pick-up zone spaces during the key times before and after school. PLEASE NOTE – cars are permitted to park along the entrance ONLY BEFORE SCHOOL. After school, this area not for parking.
2. Please ensure that you have your family name displayed on the visor or you can hold up the name for staff to call out student names as quickly and efficiently as possible.
3. Please continue to follow the direction of staff at pick-up and ensure that your car moves as far towards the end of the pick-up zone as possible.
4. Please observe the new LEFT TURN ONLY rule when exiting the car park. This rule keeps the flow of traffic moving through the carpark and cars can easily turn around at the roundabout at Ungerer Street.
5. Parents are our best resource in ensuring the safety of our students. Your active supervision of students in this area is key, especially when walking out of the gates and crossing the road to parked cars. Drivers can also assist with this by ensuring that you are vigilant and also not blocking the crossing areas with cars. Every precaution is taken to make this area as safe as possible, however we cannot control driver behaviour and we have observed instances of parents distracted and driving while using mobile phones or driving away before doors are closed and children are properly restrained.

It is also timely to remind all families that student drop-off and pick-up is in the Church car park only. If you wish to use the front entrance, you must park on the street in a designated parking area and walk your child in to the school. There is no parking in the staff car park or in the vacant block beside the office due to Workplace Health and Safety concerns. Parents should also not be walking through the carpark to enter and exit the school, as we have had a number of near misses. Thank you for your assistance with these procedures. Please help us to ensure that safety of all members of our school community.



## Sustainability Project

The next meeting to discuss upcoming initiatives in our School Sustainability Project is set for Wednesday 21 September. Any interested parents are welcome to attend. It will be held in the library at 3.30pm.

We are a registered collection point for the Containers for Cash program. Funds raised from this initiative are being used to purchase resources to support our School Sustainability Project. All families who are willing to do donate containers to our school are welcome to bring these in and place them in one of the dedicated bins which are placed in key locations across our school. Alternately, they can be dropped in to the office. Parents can also donate at any of the dedicated donation points around Mackay, by simply attaching a label to your donation with our collection number listed:

**REGISTRATION NUMBER: C10003793**

Below is a great graphic to illustrate what types of containers can be exchanged as part of the program. Also a little reminder of what can go in our waste management bins. We thank you for your support!



Bianca Hodges  
Principal

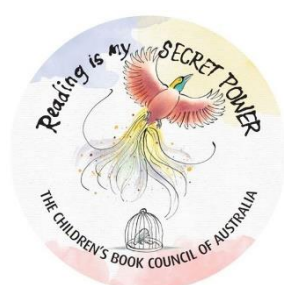
## DATE CLAIMER

### AUGUST



- 12 Pizza & Subway Day – Orders through Quickcliq by 9<sup>th</sup> August.
- 13-16 Year 6 Camp
- 19-23 Book Week

## HELP US CELEBRATE



Families and friends are invited to join us on Thursday 22<sup>nd</sup> August to celebrate our Book Week Parade and Performances. Come and see our students dressed in their Book Week costumes and enjoy a morning of fun!

## ENROLMENTS 2020 PREP

Enrolments for Prep are currently being taken for the 2020 school year. If you have a child due to commence Prep next year born July 1, 2014 and June 30, 2015 please complete an enrolment form available from the school office or download from the school's website. When returning the enrolment form, please ensure there is a certified copy of your child's birth certificate, baptismal certificate & immunisation records. It is essential that we have our current families accounted for so that we know the number of places available for new families. **We need to sight the original birth certificate or have a certified copy please.**





### IMPORTANT DATES



Fri 9 Aug

Midday Mass Years 2 and 6  
Practice for First Communion 3.30pm

Fri 9 Aug

Midday Mass Years 2 & 6  
Year 3C assembly

Sat/Sun 10/11 Aug

First Communion

Thu 15 Aug

Whole school mass 9.00am – Feast of the Assumption (Holy day of obligation)

Fri 16 Aug

Prep W assembly



# MJR

Over the next few weeks, at St Joseph's, all students will be focusing on what it means to be a WESTIE and why it is so important.

What does it mean to be welcoming?

Why is encouragement important?

It can be hard to say sorry but it is so important that we do.

Everyone loves to be appreciated for what they do.



### ENCOURAGE



Some days and tasks are difficult. We put a lot of effort into the things that we do and it is really nice to be and feel appreciated. To encourage others is very simple. It can be in the words we say like: well done, keep up the good work, sensational!

It can be in our actions: high five, fist pump, thumbs up, smile.

We might even take the time to write a note or send an email. The exciting thing is about taking the time to do it. These are also the best comments to make on social media.

### Gospel Reflection – Sunday 11<sup>th</sup> August

If you knew next Saturday was the last day, how would you live this week? What would be different? This is the attitude Luke is trying to arouse in his community; live each day as if it was your last! The parables speak of employees having everything right when the 'boss' returns, or an owner staying up and being prepared because he has been warned about a burglary.

Luke provides a saying with great wisdom, 'Where your treasure is, there will your heart also be.' Sometimes people discover too late that they have spent their time and energy in the wrong place. Here, particularly for parents, getting the balance is crucial. Work is necessary in order to provide the necessities for the family, but it may be worth considering what is really necessary. If time and energy is not also given within the family, to building good relationships, then the house may be filled with many things, but not really be a home. Where your treasure is – there is your heart. What do you treasure most? Where do you put your best time?

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**Prep J Vogue Gunning**

For working exceptionally well during Literacy Groups. You are focused and work successfully with your peers. Well done.

**Prep W Violet Turpin**

For being the epitome of resilience. Each and every day, you arrive at school determined to try your best even though you find it hard. Thank you for trying hard every day.

**1M Adele Single**

For being a helpful and compassionate member of our class. You help your classmates and care for others if they are upset. Your kindness shows the spirit of Jesus. Well done Adele.

**1B The Whole of 1B**

For a fantastic effort performing at assembly last week. Thank you 1B.

**2WE Mitchell Searle**

For the respect that you show everyone you meet and the excellence that you have applied to your work this week. Well done and keep it up!

**2J Lochlan Sampson**

Thank you for being a wonderful helper and for displaying the value of service when Miss Jeston was feeling unwell and needed a classroom helper. You showed maturity and respect. Well done.

**3C James Kay**

For a great effort with your paragraph writing. You've been trying really hard and following all the steps and as a result your writing is blooming! Keep up the great effort James.

**3PM Thomas Kachel**

For the wonderful effort that you are putting in to all of your school work. It has been fabulous to see you gain confidence in your own work and ideas. Keep up this fantastic attitude!

**4B Mia Peake**

For always being so helpful. You often do things in the classroom without being asked. What would we do without you Mia?

**4HP Austin Armitage**

For treating your classmates with such respect and kindness. It was so nice to witness you standing up for your peers this week. Thank you Austin.

**5D Max Hinschen**

For showing the Spirit of Jesus in your kindness and compassion towards a fellow student this week. Well done Max!

**5N Noah Neilson**

For the thoughtful reflections you have written in response to our novel study "Wonder". Your kind, considerate thoughts and understanding of Auggie's feelings have blown me away and I can't wait to see what you write in your final journal entry.

**6GG Lauren Whitmore**

For your impressive work ethic. You are giving 100% in lessons and the quality of your work is excellent. Keep up the great work Lauren!

**6R Lucas Scott**

For the amazing work ethic you showed when writing your Descriptive Character piece. You used excellent imagery to create a visual character for the reader. Well done Lucas!

# TUCKSHOP NEWS

Book week is fast approaching. Tuckshop has a special menu planned so please keep an eye out for the event. Thank you to those families who have tried our family take home meals and I look forward to helping more families who jump on board. We are short of volunteers this term. If you are able to help bake a batch or two of chocolate slice or pikelets or help on an event day during the term please contact the office. Your help is greatly appreciated.

## HELP NEEDED IN TUCKSHOP FOR BOOK WEEK

Help is needed in the tuckshop on Wednesday 21st August. Please contact me if you are able to offer your support.

Monday 12 <sup>th</sup> August	Anna Deguara & Stephanie Ferris
Tuesday 13 <sup>th</sup> August	N/A
Wednesday 14 <sup>th</sup> August	N/A
Thursday 15 <sup>th</sup> August	N/A
Friday 16 <sup>th</sup> August	Anna Deguara & Stephanie Ferris
<b>HOMEBAKE ROSTER</b>	
Chocolate Slice	<b>NEEDED – PLEASE SEE WEBSITE FOR RECIPE</b>
Pikelets	<b>NEEDED – PLEASE SEE WEBSITE FOR RECIPE</b>



## FROM THE COUNSELLOR

### Building Resilience in Children

The world can be a frightening place. As parents, we are constantly making choices for our children to keep them safe and to protect them. However, it is not possible to protect our children from all the ups and downs of life. They need to develop the ability to cope during stress or adversity, when things go wrong or different to how they planned. This is **RESILIENCE**. Creating a more resilient child is not about clearing diversity out of their way. As much as we want to swoop in and protect them every time they stumble (trust me I know this feeling), we will not be doing them any favours. A little bit of stress can help develop strategies to deal with life.

We all have different levels of resilience and different ways of responding and recovering to stressful times. We also have different ways of showing when the demands placed on us outweigh our capacity to cope. This is the same with children. They may become emotional, withdrawn, or angry. Even the most resilient person will have days when it gets too much.

**So where does resiliency come from?** The individual characteristics we are born with, and the environment we grow up in – our family, community and broader society, shape resilience.

Now for the how. There are so many strategies that we can use to help build strong and resilient children. Each week look out in the newsletter for a new strategy that you can try with your kids. You can adapt them to make them fit your families own needs. If you want any more details about any of the strategies I include, feel free to email me on [donnetta\\_trannore@rok.catholic.edu.au](mailto:donnetta_trannore@rok.catholic.edu.au)

Let's start with ourselves: Modelling resiliency

- Children learn from us. They watch everything we do. Next time you get disappointed, or things are going your way, be conscious of how you react and respond. Did your response suit the situation? Was your emotion appropriate? As parents sometimes we get overwhelmed and overreact, not because of that one incident, such as a glass of milk beings spilt, but because of the ten other incidents that occurred before that and we have reached our limit. That is fine. Talk to your child about what happened and why. Normalise the emotions. However, if you find you are not coping and often overreacting, then maybe it is time to think about a little bit of self-care. Parents often forget that they need to look after themselves sometimes too.

Keep an eye out for more strategies to build your child's resilience in next week's newsletter.



# HOCKEY

On the weekend we had a number of St. Joseph's students selected to play for Mackay in the annual U11 CQ Championship held here in Mackay.

## Congratulations to:

Olivia Russell, Mitchell Searle, Caitlin Edwards, Logan Doyle, Isaac Quartly, James Neubecker, Madeleine Searle, Olivia Downes, Hayley Merritt, Abbey Jacobs, Molly Pace and Connor Quartly

3 players were awarded "Spirit of the Championship": Connor Quartly, Madeleine Searle & James Neubecker.

Finally in the Boys Division 1 Final, Mackay Broncos were named joint Champions with Townsville Blades. Well done to James Neubecker and his team for reaching the final.



## POSITION VACANT



### Mercy College, Mackay Full Time Counsellor (38 HPW) Commencing 8 October 2019

Mercy College, Mackay invite applications from suitably qualified Counsellors for the position of **Permanent Full-time Counsellor**. This position will commence on Tuesday 8 October 2019.

The Counsellor has a focus on fostering the development and mental health of all students, including those considered at-risk and those with special needs. This focus is achieved by applying counselling skills and engaging in individual interventions. This leads to more equitable educational access, participation and outcomes for all students. The counsellor is a certified professional who works with the school by contributing specialised knowledge and skills in a collaborative, collegial manner.

The successful candidate will also be required to:-

- Have a commitment to the ethos and values of Catholic Education
- Have relevant tertiary qualifications
- Have highly developed counselling skills
- Have a valid 'positive notice blue card' issued under the Commission for Children and Young People and Child Guardian Act 2000 as revised from time to time

We offer generous incentives including:-

- Access to additional Employer Superannuation Contributions of up to 12.75%
- Access to a free Employee Assistant Program (24 hour counselling service)
- Access to corporate health schemes with either Bupa or Westfund Health Insurance

For further information and to apply, a position description and application information is available from our website [www.mercymackay.qld.edu.au](http://www.mercymackay.qld.edu.au). Applications are to be submitted via email to:-

The Principal  
Mercy College Mackay  
[principal@mercymackay.qld.edu.au](mailto:principal@mercymackay.qld.edu.au)

Applications close 9am, Monday 26 August 2019.

Catholic Education is committed to best practice in student protection policies and procedures and is an equal opportunity employer.



# MACKAY FUTSAL 2019/2020



**Wednesdays-Academies -  
Beginners and development  
starting term 4**

**Thursdays - Junior competition  
starting October - March**

**Mondays - Senior competition Men, Women  
starting September - March**

**Tuesdays - Mixed competition starting  
September - December**

**Venues: Candlestick Park, Victoria Park  
School, Mackay SHS, Pioneer SHS**

**To Register Go To  
[www.joinfutsal.com](http://www.joinfutsal.com)**

**Scan the code with your phone camera**



**Contact Germano for more info 0409 473 437  
Email [mackay@australianfutsal.com](mailto:mackay@australianfutsal.com)**



## JUNIOR SIGN-ON



### WEDNESDAY 28<sup>TH</sup> AUGUST 2019

## HARRUP PARK

### 4PM - 6PM

JOIN THE FUN!  
GIVEAWAYS



SAUSAGE  
SIZZLE

INCLUDING BRISBANE  
HEAT PLAYER  
APPEARANCES!

JUNIOR CRICKET CLUBS	
<b>BROTHERS CRICKET CLUB</b> E: <a href="mailto:brotherscricketmackay@gmail.com">brotherscricketmackay@gmail.com</a> Location: Mackay	
<b>MAGPIES CRICKET CLUB</b> E: <a href="mailto:magpiescricketmackay@gmail.com">magpiescricketmackay@gmail.com</a> Location: Glenella	
<b>NORTHS CRICKET CLUB</b> E: <a href="mailto:juniorexecutor@northsmackaycricket.com.au">juniorexecutor@northsmackaycricket.com.au</a> Location: Beaconsfield	
<b>PIONEER VALLEY CRICKET</b> E: <a href="mailto:pvcricet1@gmail.com">pvcricet1@gmail.com</a> Location: Pioneer Valley/Andergrove	
<b>SARINA CRICKET</b> E: <a href="mailto:sarinaicricketassociation@mail.com">sarinaicricketassociation@mail.com</a> Location: Sarina	
<b>SOUTHS CRICKET CLUB</b> E: <a href="mailto:southscricketmackay@gmail.com">southscricketmackay@gmail.com</a> Location: South Mackay	
<b>WALKERSTON CRICKET CLUB</b> E: <a href="mailto:scrubby.junior.cord@gmail.com">scrubby.junior.cord@gmail.com</a> Location: Walkerston	
<b>MACKAY HURRICANES</b> E: <a href="mailto:mackayhurricanes@yahoo.com">mackayhurricanes@yahoo.com</a> Location: Mackay	

Website: [mackaycricket.qld.cricket.com.au](http://mackaycricket.qld.cricket.com.au)

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