



St Margaret Mary's School

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Newsletter No 8

Update

Wednesday, 23rd March, 2022

Diary Dates

Thursday, 24th March

- Years 3-6 School Cross Country for students only.

Friday, 25th March

Annunciation

- P&F Raffle Tickets Due back today.

Monday, 28th March

Tuesday, 29th March

Wednesday, 30th March

Enrolments

Enrolments for Kindergarten 2023 are now taking place. If your child was born between 1st August, 2017 and 31st July, 2018, please collect an enrolment application from the school office.

Applications need to be returned before the end of Term 1. Interviews will commence in May. Last year we had a waiting list with over 120 applications.

Skoolbag App



All parents are encouraged to have the Skoolbag App, as this will be the main preference for communication to all parents. Our **School Name** for Skoolbag App is **SMMPM**.

School Website

The school website is www.stmmerrylands.catholic.edu.au

Principal's Message

Dear Parent, Carers & Students,

This week at STMM's our focus has been on students and staff wellbeing. I thought I would search the internet for some information about 'Parent Wellbeing'. An important part of being a parent is looking after yourself too. The following information is from 'Parentline' a free counselling and support service for Queensland and Northern Territory parents.

Wellbeing is more than just physical health - it involves your emotional, social and mental health too! It's the overall satisfaction you feel about yourself and your life – which can go up and down depending on what's happening in your life. Good wellbeing can include:

- Feeling able to cope with daily stresses
- Having a sense of purpose and generally enjoying life
- Feeling able to manage negative emotions
- Feeling connected to your community
- Having supportive relationships
- Being able to do and enjoy things that are important to you

Take time to reflect on your own wellbeing. Thinking about these questions might help you figure out what area you need to focus on or give you some ideas on how to improve your wellbeing.

Ask yourself:

- * Do I have someone I can talk to about my feelings, thoughts & experiences?
- * Do I do things that I enjoy or make me feel good?
- * Do I get regular physical activity?
- * Do I set aside regular time for relaxation and activities that I enjoy?
- * Do I eat regular and healthy meals?
- * Do I get enough sleep?
- * Do I get breaks from my daily responsibilities?

Looking after yourself doesn't need to take up a lot of time or involve big changes. You can:

- | | |
|-------------------------------------|---|
| ✓ Pray and reach out for support | ✓ Say 'yes' when someone offers you support |
| ✓ Plan time for yourself & God | ✓ Talk about how you feel with family and friends |
| ✓ Don't be hard on yourself | ✓ Eat regular, healthy meals and exercise regularly |
| ✓ Build supportive relationships | |
| ✓ Do things that you enjoy | |
| ✓ Take opportunity to get some rest | |

So, it is important to look after yourself as you are the foundation to your family's wellbeing.

God Bless, take care & keep safe

Mr Kevin Mills
Principal

happy
healthy
parents
make
happy
healthy
children.
Dr. Marian Strappard



Administration

End of Term Celebration

StMM's Welcome Back Parents Celebration

We have planned to coordinate the drawing of our 2022 Easter Raffle on Friday, 1st April with the opportunity to welcome parents back onsite at StMM's. The day will be a Mufti Day for the children who are asked to bring in Easter Eggs & Chocolate for our 2022 Easter Raffle. With great support from several parents, the P&F has arranged to wrap and have ready all the prizes for the drawing in the afternoon. At 1 pm the school gates will be open. Parents and carers will be able to visit learning spaces and enjoy a picnic lunch in the grounds of our school. The 2022 easter raffle will be drawn at 2 pm and afterward, parents will be able to take their children home.

School Fees

Term one school fees are now over due unless you have entered into an arrangement with the school or with CEDP. Details as per your school statement. Any queries with regards to your 2022 Statement or arrangements, please contact Maria Pagano in the school office.

Safety Concerns

Drop off and Pick-up.

- Parents/carers please do not double park on Chetwynd Road or Henson Street when dropping your child/ren to school. This is a safety issue for all concerned. Double parking is also an offence.
- If you are parking in the Parish car park you must walk your child/ren to the school gate.
- No Parent/carer are to take other children out of the school grounds unless permission has been given via the school office.
- We ask that parents exercise patience when entering/exiting the Parish car park.
- We continually suggest staggered pick up from 3:00pm - 3:30pm to avoid crowding.
- Parishioners use the Parish car park for morning mass at 9am. Please be mindful of young students and elderly parishioners at all times

Partnership

P&F Easter Raffle

All sold and unsold tickets are to be returned by Friday 25th March. Any donations of baskets or trays are greatly appreciated. The raffle will be drawn on Friday 1st April, which will be a mufti day for students. In return they are asked to donate an 'Easter Egg' on this day.



Open Day
Wednesday 23rd March
4.00pm - 7.00pm

- College Tours
- Lesson Demonstrations
- Parents & Friends Association
- Staff & Students available to answer your questions

Phone: 02 8468 3700
Facebook: www.facebook.com/stpaulsgreystanes5145
www.stpaulsgreystanes.catholic.edu.au

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Personal Growth

Sports News

Cross Country Reminder,

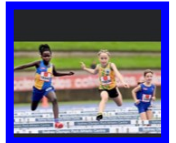
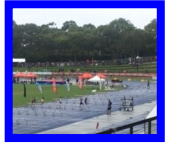
Tomorrow is our school cross country for years 3-6. Students, in these grades are reminded to wear their sports uniform, hat and apply sunscreen. They are also encouraged to be well hydrated and have a good breakfast in the morning of the carnival. Unfortunately, parents will not be able to join us on this occasion. We wish all students the best of luck.

NSW State Little Athletics



Congratulations to Claire F, Claire L and Jacob L for outstanding performances at the NSW State Little Athletics Championships. Claire F competed in shot put, Claire L in 60m hurdles 70m sprint finals

and Jacob L made the final in hurdles, 70m and 200m sprints. Well done and what a great experience for you all!



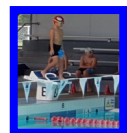
Diocesan Swimming Carnival



Here are some of the photos from the amazing students who competed at the Diocesan Swimming Carnival. Congratulations on your efforts -Isabella H, Ruby S, Ryan C and Jay S.



NSWCPS Swimming Carnival



Congratulations to Jay S and Ryan C, who competed at the NSWCPS Swimming Carnival yesterday at SOPAC. Both boys represented StMM's proudly and displayed wonderful sportsmanship.

Kindergarten 2023 Tour Guides

On Thursday, 17th March Year 5 and 6 partnered up to be tour guides for our 2023 Kindergarten. We took the parents and children around the school and showed them every learning space. They were surprised how Years 3, 4 and 5



cooperated with the building renovations and changes. When they reached the kindergarten building, they were all so excited to see their classrooms and new teachers. They all had so much enthusiasm and wanted to play in the infants area.

These future kindergarten children were so energised and cute, some people even gave them stickers & pencils. We had so many families come to visit our school and many people liked our school and were very impressed. The tour guides worked very efficiently helping families around the whole school. All the children and parents were very impressed with what we shared about our school. The Kindergarten tour was a tour for our new families, during which they learnt about our school.

We are so happy that all of the 2023 future kindergartens liked our school. All of our tour guides worked very efficiently. The tour guides had a mufti day on Friday, 18th March for participating in the tours.

Year 5 are very happy that they are going to meet them next year and be their role models.

By: Laura Fakhr and Ruby Shrestha

