



# ST GREGORY'S QUEANBEYAN NEWSLETTER

Week Ten, Term One, 2016

29 March, 2016



*Share the Spirit....*

## Dear Parents and Carers,

The St Gregory's School Walk against Bullying and Violence Walkathon is next Friday and we continue to celebrate the Year of Mercy. There is a connection between the two.

Teaching children to be kind, compassionate, forgiving, and merciful is important, especially in a world where bullying is such a huge problem. According to [BullyingStatistics.org](http://BullyingStatistics.org), approximately one out of seven students in school has been a victim of a bully or a bully. While there are currently many campaigns and programs to end bullying, bullying statistics continue to show that this is a serious problem. One of the best ways to stop the bullying problem is for parents to start teaching children important values and characteristics at home. Teaching children important values, such as showing mercy to others, can help stop bullying before it begins. Here's a closer look at the definition of mercy, the importance of leading your children by example, and some helpful ideas you can use to teach your children how to be merciful to others.

What is mercy? Before you can teach your child about this important characteristic, you have to define merciful. According to the Oxford Dictionaries, the definition of mercy is "Compassion or forgiveness shown toward someone whom it is within one's power to punish or harm." Mercy is all about a combination of compassion and forgiveness, even when it's possible to harm someone else. In fact, being merciful involves being compassionate and forgiving when someone else does not deserve it.

It is easy to be angry with someone and to treat that individual badly, which is why bullying often occurs. Sometimes bullies bully other children because they are angry at something else in their life and they take it out on someone else. In other cases, bullies may become angry at something another child does to them, so they lash back instead of showing mercy and compassion. Conflicts are bound to happen to children, no matter their age. As children grow older, conflicts are more likely to linger. It is important for children to learn to show mercy when conflicts occur instead of holding onto anger and bitterness.

One of the best ways you can teach your kids to be merciful, forgiving, and compassionate is to start leading by example. When children are young, they learn a lot from observation. If you want them to learn about mercy, then you have to show children how to be merciful in your own life.

Are you treating others with mercy? Do you treat your children with compassion? Are you forgiving when your children do something wrong? It's important to ask yourself these questions because your children will learn so much from your actions. Think about how you treat others, especially your children. For example, if your child drops a glass full of juice on the floor, do you get angry and yell at your child or do you show mercy and forgiveness? If someone at work does something unkind to you, do your children see you lash out at that person?

You will find that you can teach small lessons in mercy in everyday life. When your child forgets to do something and is genuinely sorry, your reaction will teach a lesson. If your spouse does something that upsets you, you have a chance to show compassion instead of anger. Start paying attention to the small things in life, taking every chance possible to show your children how to show mercy to others.

Mercy is often a hard concept for children to understand, but it's important for children learn how to be merciful to others. When parents lead by example, they can help their children learn how to show this characteristic to others. It is possible to teach your child more about being merciful, compassionate, and forgiving, preventing your child from turning into a bully in the future.

<http://nobullying.com/mercy/>

**May you always be aware of the great Mercy of God,**

*Claire*  
Claire Frazer

## IMPORTANT EVENTS

**Tuesday 29 March**

Easter Resurrection Liturgy  
12:30pm St Gregory's Hall

School Council Meeting  
6pm Lowe Street Staffroom

**Wednesday 30 March**

World's Greatest Shave - 9am MacQuoid St

**Thursday 31 March**

Merici College to visit Year 5 & 6 girls

CPS Swimming - Homebush

**Friday 1 April**

Author, Michael Salmon visit Year 2 & Year 3  
10am St Gregory's Hall

**Sunday 3 April**

Catholic Schools Soccer Carnival  
University of Canberra, Bruce

**Monday 4 April**

Second Hand Clothing Pool Open  
9am to 10am Lowe Street MPR

**Tuesday 5 April**

STAMP out Bullying incursion  
St Gregory's Hall  
(all students to start the day at MacQuoid)

**Wednesday 6 April**

Brumbies rugby union clinic - Kinder & Yr 1  
Lowe Street

**Thursday 7 April**

Netball NSW Schools Cup netball carnival  
Thornton Road Netball Courts, Queanbeyan

St Mary MacKillop College to visit Year 6

**Friday 8 April**

**WALKATHON** - all students to start and  
end the day at MacQuoid Street

### Last Day of Term One

**Monday 25 April**

Anzac Day March - Students to assemble at  
10am in Crawford St near Council Chambers

**Tuesday 26 April**

Pupil Free Day

**Wednesday 27 April**

**Students return for Term Two**

**Friday 8 April**

NR Cross Country - Crookwell



Focus Value for March - *'Showing Mercy by Practising Forgiveness'*

## From the Principal.....

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**PRAYERS:** We continue to hold in our thoughts and prayers Melissa, Simon, Patrick and Joseph Agius. The Funeral for Angel Alexis last week was a lovely tribute for a much loved baby girl.

**EASTER LITURGY:** The 'pilgrimage' liturgy that we all participated in last Thursday was a very special way to focus on the true meaning of Easter. I was very proud of how well the students participated in the singing. Special thanks to the students of Year 6 who led us so beautifully in the retelling of the Easter story. Today we had a wonderful celebration of the Resurrection. My thanks to our Religious Education Coordinator who led rehearsals and coordinated the year groups.

**ANZAC DAY:** All students and parents who are current or former members of the Armed Services are invited to participate in the ANZAC Day March on Monday 25th April. We will assemble from 10am near the Council Chambers in Crawford Street, Queanbeyan. Students participating are to wear full school winter uniform.

**ENROLMENT PERIOD:** For Archdiocesan Catholic Schools the Official Enrolment Period for 2017 is from Monday 2nd May till Friday 20th May. (Weeks 2, 3 and 4 of next term). Parents of Year 6 students will note that Catholic High Schools are advertising Open Days and Information Nights in our newsletter. Parents are responsible for securing high school enrolments for their children.

**WYD:** Ryan Matchett teacher of 3Gold and our Aboriginal Contact person has been invited by Catholic Education to attend World Youth Day this year. This year the event will be held in Krakow, Poland in July. St Gregory's Parish is fundraising so that other young people from Queanbeyan can attend. They currently have a raffle with the First Prize a Quilt that is hand appliqued plus machine pieced 165cmx160cm. Second prize is Porcelain Dolls. Tickets are \$3 each or 2 for \$5 and are available at school offices.

**WALKATHON:** We are really counting down now and our Walkathon is only 10 days away. This year the House that raises the most money will have a movie and popcorn session. This way everyone has a chance to have a reward for the hard work of collecting donations. There will be individual prizes for the highest individual sponsorship amount.

**WORLD AUTISM AWARENESS DAY:** Will be celebrated on Saturday 2nd April. Autism spectrum disorder, commonly known as ASD, affects how people communicate and interact with others. It affects how they make sense of the world. Autism is a developmental condition that typically lasts throughout a person's lifetime. People with ASD experience difficulties with communication, social interaction and restricted/repetitive interests and behaviours. These difficulties are often accompanied by behavioural challenges and sensory issues. We have a number of students that have been diagnosed with ASD. Sadly, often their symptoms are identified as bad behaviour. The more we know about ASD and how it impacts on the lives of our students the more we can be merciful and compassionate.



## MOTHERS DAY STALL



Don't forget to continue sending in your donations for the Mother's Day Stall please. Gifts are required at school by **Friday, 8 April**. Some ideas for donations include: candles, face washer and soap, chocolates, notebooks, diary, journals, pens, photo frames, hand lotion, jewellery, kitchen gadgets, cook books, tea towels, coffee mugs, etc.

For every donation students will receive a raffle ticket to win a wonderful prize basket. If you would like to volunteer to help with preparing gifts or on the stall on the day please email Di Smith at diannesmith82@gmail.com - Thank you.

## NAPLAN

In May 2016 the National Assessment Program - Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. The tests will be conducted across Australia on the following dates:

**Tuesday, 10th May** - Language Conventions & Writing

**Wednesday 11th May** - Reading

**Thursday 12th May** - Numeracy

**Friday, 13th May** - A 'catch-up' day is scheduled for any students who missed a test or were absent on a test day.

Please contact Erin Taylor if you have any queries relating to these tests.

## CANTEEN NEWS

Helpers at Lowe Street this week are:

Thursday 31st March Erika O'Brien  
Friday 1st April Maureen Ward

Volunteers are always welcome at MacQuoid Street, even if just for an hour or more. Please contact Rosemarie on 6297 2221. Thank you.

## SPORT NEWS

**CATHOLIC SCHOOLS SOCCER CARNIVAL** - We are expecting delivery of the following on Wednesday 30 March and they will be handed out to players.

\* A tote bag for each registered participant. The bags contain flyers from sponsors, a welcome booklet with the rules and water bottle to bring on the day.

\* A set of maps/draws.

\* Food Vouchers ordered by each participant. These must be taken on the day to obtain food/drink orders

\* Shin pads are expected for safety. Soccer boots are not essential and school sport shoes are welcome.

\* Size 4 balls will be used.

## LIBRARY NEWS

### Premiers Reading Challenge 2016



NSW Premier's  
Reading Challenge

We currently have 240 students enrolled with 15 students finished and 67 completing online records. What a great start!!! Congratulations to the following students who completed their challenge this week Rhys Ioppi KRed, Hayden Lasker 1Red, Charli Ioppi 2Gold, Charlie Watson 2Blue and Lucy Lasker 3Gold. The processing of PRC registrations is complete. If you have sent in a registration form and haven't received a user name and password, please email. It is not too late to register. Forms are available from the Notes tab of St Gregory's website <http://stgregsps.nsw.edu.au/notes/> Any queries can be directed to [rosalind.wythes@cg.catholic.edu.au](mailto:rosalind.wythes@cg.catholic.edu.au) but please ensure you include your child's name and class in your email - Rosalind Wythes.

## WORLD'S GREATEST SHAVE



Peter Taloni (5 White) has registered with the Leukaemia Foundation World's Greatest Shave.

The 'GREAT SHAVE' will take place tomorrow, Wednesday, 30th March at MacQuoid St 9am morning assembly. Please sponsor Peter by sending in donations to school or donating online at <http://my.leukaemiafoundation.org.au/petertaloni>

## WALKATHON

**ONLY 10 DAYS TO GO!!**



**Our 2016 walkathon will be held on Friday 8th April...Last day of Term 1!!!**

## YOUTH FUNDRAISER

St Gregory's Parish are holding a Youth Fundraiser on Sunday 24th April at St Raphael's Church after 9am mass. There will be morning tea, a bbq, kids activities, entertainment and mothers day stalls. Funds raised will go towards Youth activities in the Parish such as; Little Sparks, Youth Groups, Sacramental Programs and World Youth Day. The Parish are seeking donations of used toys and books that are no longer wanted by your children. Please send all donations to Ryan Matchett at MacQuoid Street or leave at the front office of either campus to be collected. Thank you, Ryan Matchett.



## NOTICEBOARD

### MERICI COLLEGE OPEN DAY



Wednesday 4 May  
2.00pm-7.00pm

YEAR 7, 2017  
INFORMATION EVENING  
Tuesday 10 May 6.00pm-7.15pm  
Enrolment forms will be available

YEAR 11, 2017  
INFORMATION EVENING  
Thursday 12 May 6.00pm-7.15pm  
Careers Expo 4.00pm-6.00pm  
Senior Information Handbooks will be available.

ADDITIONAL SCHOOL TOURS  
Saturdays 30 April and 7 May

Visit [www.merici.act.edu.au](http://www.merici.act.edu.au) for more information.

### ST CLARE'S COLLEGE ENROLMENT



Try a Day @ St Clare's, 10.00am – 2.00pm  
Friday 29 April

<https://stcc.act.edu.au/enrolment/become-a-st-clares-girl-for-a-day/>

Tuesday, 3 May 2016  
Year 7 2017 Open Evening, 4.00 – 7.30pm  
Tours: 4.00 – 6.00pm  
Information Session 6.00 – 6.30pm in College Hall  
Tours 6.30 – 7.30pm

Tuesday, 17 May 2016  
Year 11 2017 Information Evening, 6.00 – 7.30pm  
in the College Hall

Enrolment application forms & information about  
the College will be distributed at all these events.

### ST MARY MACKILLOP COLLEGE ENROLMENT



Year 7 2017 Information Night: 6.30pm, Monday 2 May @The  
Wanniassa Campus (Mackinnon Street, Wanniassa).  
Try MacKillop Day: Thursday 5 May @The Wanniassa Campus  
(Mackinnon Street, Wanniassa) during school hours. An online  
registration form will be available for Try MacKillop Day in April.  
Year 11 2017 Information Night: 6pm, Wednesday 11 May @The  
Isabella Campus (Ellerston Avenue, Isabella Plains).  
Includes the Careers Expo and Curriculum Stalls.

First day of enrolment period: Monday 2 May. Enrolment forms will be  
accepted from this date. Final day of enrolment period: All enrolment forms  
for Year 7 2017 & Year 11 2017 are due to the College by 4pm Friday 20 May.

If you require further information, do not hesitate to contact the Enrolment  
Secretary 6209 0100 or by emailing [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au)

### MARIST COLLEGE OPEN DAY



Enrol at Marist Open Day Sunday 1 May 2016.  
9am to 12noon

Enrolment Period for 2017:  
Year 4, Year 6, Year 7 and Year 11  
Monday 2 May - Friday 20 May 2016

Headmaster's Address at 10am  
Welcome by Head of Junior School: 10:30am

### ST EDMUNDS COLLEGE OPEN DAY



Whole school Open Day will be held on Saturday 7 May 2016.  
Two session times available.

Please ensure you register to assist with catering numbers.  
<http://www.stedmunds.act.edu.au/open-day-registration>  
We look forward to welcoming you to our College.

#### Session 1

10:00am Registration  
10:15am Principal's Welcome  
10:30am Tour  
11:30am Morning Tea

#### Session 2

12:30pm Registration  
12:45pm Principal's Welcome  
1:00pm Tour  
2:00pm Afternoon Tea

### Royals Netball Club Registration Day

Saturday 2nd April 10am-12noon,  
Queanbeyan Netball Courts

Come over to the Royals Banner to register!  
Alternatively email: [kaylaclairconnell@gmail.com](mailto:kaylaclairconnell@gmail.com) or phone  
Kayla on 0412 065 332  
Hope to see you there!



Schools as Community Centres

## Kindy Gym

Where: Schools as Community Centres,  
Queanbeyan PS, Isabella St  
When: Wednesdays 1:45-2:30pm

Gross motor skills are linked to building  
the foundations for early learning &  
literacy skills for young children.

Ages 3-5 years  
Cost: \$2— bring your fruit & water.  
No registration or joining fees—just turn up!  
Wear comfy clothes.  
Ph. 6297 2167 for more information

SaCC