Dear Parents and Carers,

As this is Sabbath week I thought it might be a good time to explore the art of Mindfulness. The following is an article from the KidsMatter website. Smiling Mind modern meditation for young people is a free web app-based program designed to make mindfulness meditation readily accessible to people of all ages. Dr Richard Chambers, clinical psychologist and mindfulness consultant, talks about the benefits for the whole community.

“Smiling Mind has been designed and promoted in a way that normalises Mindfulness Meditation and presents it simply as an everyday activity, like checking the weather or updating your Facebook status. The app includes a number of simple, yet effective, age-specific mindfulness meditation practices of varying lengths, adapted for different age groups. It includes both 'plug-and-play' mindfulness meditations and a more structured program for schools. We have even made a sporting version, in conjunction with Cricket Australia, to make the benefits of mindfulness more accessible and engaging to males. Smiling Mind is a great resource for the actual practice of mindfulness meditation - which is where the benefits come from. It is a great resource for individuals, schools and families wishing to capitalise on the benefits of mindfulness.”

There is no doubt that we live life at a hectic pace, rushing from one commitment to another. I know that sometimes I arrive at a destination and realise that I had not been mindful during the journey and operating on auto pilot. The trouble is that I become so busy in the day to day that I can miss the important things. Mindfulness is simply a tool that allows us to live in the here and now and to be present.

When you're mindful, it:
- Helps clear your head
- Helps you to be more aware of yourself, your body and the environment
- Helps to slow down your thoughts
- Slows down your nervous system
- Helps you to concentrate
- Helps you relax
- Can help you cope with stress.

Perhaps this week might be the perfect time to introduce some mindfulness mediation to your family. I recommend Smiling Mind website as a great place to start www.smilingmind.com.au

I would be interested in hearing any feedback from families about Smiling Mind.

May you always be aware of the richness of God’s love.

Claire Frazer
Principal
From the Principal......

PRAYERS: We continue to pray for the children of our parish who are currently preparing to receive the Eucharist for the first time. Lord Jesus, Bless the children preparing to receive Holy Communion for the first time. May that first time be the initial step towards a life-long love of the Eucharist, give them a hunger for this sacred food so that they turn to you for comfort, guidance, and wisdom as they grow in full discipleship.

CONGRATULATIONS: To all the students who represented St Gregory’s in the Reconciliation Walk last Tuesday. From all accounts the students’ behaviour was exemplary showing respect for all.

MESSAGE FROM CATHOLIC EDUCATION: It is the policy of the Catholic Education Office to provide a process for the review of all Principals’ performance towards the end of each contract period. Ms Claire Frazer, St Gregory’s Primary School, Queanbeyan will participate in this review process during July this year. A review panel has been appointed by Moira Najdecki, Director Catholic Education, comprising of Helen Casey, Deputy Director and Head of Human Resource Services and Dr William (Bill) Maiden, a former school Principal with 23 years’ experience working across all sectors. Your assistance with the community consultation part of this process would be appreciated by completing a short survey by 24 June 2016. Please click on the following link to complete the survey. https://www.surveymonkey.com/r/8GQYJK7 Thank you for being part of this process.

NR ATHLETICS CARNIVAL: Congratulations to the more than 50 students who represented St Gregory’s at the NR Athletics Carnival in Goulburn last Friday. My thanks especially to Matthew Maloney, Brad Brown and Marian Wells who accompanied the team. We are also most appreciative of the support of the parents and friends who were able to attend. The students who have been selected to represent the NR at the Archdiocesan Athletics Carnival will be announced in the newsletter next week. Well done to all participants.

SABBATH WEEK: As this is Week 7 of the term it is our Sabbath Week. This week there will be no formal meetings for teachers and students can enjoy a week free from homework. The week is supposed to provide a break in routine that allows for some recharging of energy. It is well timed as at the moment we are noticing a lot of children – and some staff – are suffering the effects of illness – colds and sniffles as well as a nasty gastric bug.

PERSONALISED PLANS: Many parents and carers would be familiar with the personalised plans (previously known as IEP’S) that are prepared for some students at St Greg’s. Personalised plans are prepared using an online tool and are for students who require adjustments or accommodations in order to achieve success at school. Goal statements are a critical element of the personalised plans and are developed in collaboration with the classroom teacher, student and parents/carers. These goals have three components: identify the student’s targeted learning outcome; outline the conditions under which the student will demonstrate the learning outcome and set criterion that will demonstrate the learning outcome has been achieved. At St Greg’s there are currently 120 students with personalised plans. As part of the ongoing review and renewal copies of these plans will be sent home to families this week. This provides the opportunity for parents/carers to preview the plans and to offer any adjustments, suggestions or to seek clarification. If you are expecting a Personalised Plan and one has not arrived by Friday, please contact Erin Taylor – erin.taylor@cg.catholic.edu.au

TLC: This Friday the teachers will particiapate in the 5th of 9 TLC workshops to be held this year. All teachers will be release from class for a 90 minute session. Relief teachers will be teaching during this time.
**OUR SCHOOL RULES**

Stay Safe,  
Be Fair,  
Show Respect.

Congratulations to the following students who received a blue band in May for following the school rules: Michael Cawthon, Darcy Chacos, Bianca Chase, Darcy Madden, Samantha Shelley, Cooper Giteau, Millicent Hindmarsh, Sophie Quade, Zoe Butterfield, Jayden Dunn, Isaac Iriilli, Hannah Netting, Harris Rhule, Mackenzie Rootsey, Jay Stonham, Tara Willis, Campbell Madden, Sienna Hamlin, Angelo Staltari, Brydie Beasley, Hayden Lasker, Mia Roberts, Stella Rosin, Alexis Lyons, Naomi McInnes, Tristan Stewart, William Hall, Chris Hodges, Marko Joveski, Dylan Sandner, Sarah Taloni, Patrick Bielecki, Phoebe Beckett, Heath Herr, Emily Zutt, Joshua Ireland, Charlie, Miller-Bramwell, Jorja Nicolson, Lily Stubles, Dominic Trinidad, Emily O'Grady, Sarah Fleming, Charlotte Hill, Riley Minchin, Trisha Salazar and Eden D'Souza.

**BASKETBALL CHAMPIONSHIP**

Thank you to all the parents who have volunteered to help out with the Challenge on the weekend of 22nd and 23rd October. Please contact me if you are interested in helping out. Merchandise order forms will be coming out soon and we will have some great products for sale. We are still seeking sponsorship so please get in touch if you know anyone who is willing to assist. To keep up to date with information regarding the tournament please like the challenge facebook page: 2016 CPS Basketball Challenge.

Thanks
Ryan Matchett Challenge Convener 6297 2221

**KAYE LOWE**

Adjunct Professor Kaye Lowe will be conducting a parent workshop on Tuesday 21st June from 7-8pm at MacQuoid Street. The workshop will have practical and effective suggestions for assisting children with reading. Please check out the website:  
For more information contact the school:  
office.stgregs@cg.catholic.edu.au

**LIBRARY NEWS**

Premiers Reading Challenge 2016

We currently have 277 students enrolled with 65 students finished and another 145 completing online records. Congratulations to the following students who completed their challenge this week Milly Killaly KGold, Cameron Bojko KRed, Samantha Shelley KBlue, William Hall 1WHite, Oliver Morgan 1Blue, Vivian Tao 1Blue, Caleb Birch 2Red, Hamish Canestrari 2White, Keith Curtneey Mangipay 2White, Jackson Hall 3Gold and Meagan Shand 6Blue. Any queries can be directed to rosalind.wythes@cg.catholic.edu.au but please ensure you include your child’s name and class in your email.

Children's Writing Competition

“Do you love story books? Have you ever wanted to create your own? Now is your chance! The ACT Branch of the Children's Book Council of Australia is proudly presenting the Make Your Own Story Book Competition. Write and illustrate your own picture or chapter book for the chance to meet one of Australia's best loved authors, Jackie French, and win great prizes too! Entry is open for all local students from Year 1 - Year 8. See the website http://cbcaact.org.au/myosb for more details and get ready to be our next Andy Griffiths or Alison Lester.”

The Children's Book Council of Australia ACT Branch
PARISH NEWS

REGISTRATION FOR THE SACRAMENT OF CONFIRMATION

Dear Parents/Carers of Year 6 children
Your child will be bringing home a registration form the Sacrament of Confirmation to be returned to the parish before the 27 June. If you do not get a registration form, they can be downloaded from the parish website at: http://www.stgregorysparishqueanbeyan.com/sacred-room/sacraments/confirmation/

Thank you
Rita Pelle,
Sacramental Officer St Gregory’s Parish

CANTEEN NEWS

Helper at Lowe Street this week are:
Thursday 9 June  Erika O’Brien
Friday 10 June  Maureen Ward

Helper at MacQuoid Street this week are:
Friday 10 June  Kellie Stokes

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

NOTICEBOARD

NORTHERN MISSION

Incorporating Queanbeyan, Michelago, Bungendore and Braidwood Parishes

<table>
<thead>
<tr>
<th>Day &amp; Weekend Masses</th>
<th>1st Wednesday</th>
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<tr>
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<td>9:30am</td>
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<td>Wednesday</td>
<td>1:30—3pm</td>
<td>Prayer Group, Parish Meeting Room</td>
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PARISH OFFICE DETAILS:
Open: 9-3pm Monday, Tuesday, Thursday, Friday (closed for lunch 1-1:30pm and all day Wednesdays)
Address: 47 Lowe St, Queanbeyan
Postal: PO Box 175 Queanbeyan 2620
Phone: 6299 461
Email: queanbeyan@cg.org.au
Web: www.stgregorysparishqueanbeyan.com