

Subscribe to Online Newsletter! <http://stritasbabinda.schoolzinenewsletters.com/subscribe>

10 July 2012

Principal's Pen



Welcome back to all our families to term 3. A special welcome back to Jordan and Kale Lock, after their amazing adventures overseas. I trust that everyone had a nice time relaxing and doing family activities.

SETTING UP FOR SUCCESS IN SEMESTER TWO



With the Olympics just about to begin, it is fitting to use athletes to highlight the importance of rest to our well-being.

“Most athletes know that getting enough rest after exercise is essential to high-level performance, but many still over train and feel guilty when they take a day off. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes.

Rest days are critical to sports performance for a variety of reasons. Some are physiological and some are psychological. Rest is physically necessary so that the muscles can repair, rebuild and strengthen. For recreational athletes, building in rest days can help maintain a better balance between home, work and fitness goals.” (About.com 6.7.12)

Just having had 2 weeks of rest and relaxation, a much slower pace than term time, students will most likely be feeling refreshed and re-energized, ready to tackle another term of learning. To assist us all with giving our students optimum chance of success, I offer these reminders:

- **Prayers of Gratitude...** have an attitude of gratitude and thank God for the many blessings and gifts of the day, particularly in this year of Grace
- **Sleep...** ensure your child gets enough uninterrupted sleep. They need this to process learning and memory from the day's activities.
- **Nutrition...** as much non-processed foods as possible. Avoid foods high in sugar as this affects concentration, energy levels and ability to learn. Brain break food is fresh fruit or vegetables only and we don't allow chips and lollies in lunchboxes. Water is best!!!

- **Omega 3...** we strongly endorse and encourage parents giving their children fish/krill oil daily as this assists the brain and can also have a positive effect on behaviour.
- **Be supportive and always speak positively about school...** if and when your child comes home and reports a problem, always reassure them that they have done the right thing telling you and that there is something that can be done to help them. Either encourage them to speak to their teacher or make a time yourself to see the teacher.
- **Organisation and Routines...** being at school on time is very important for children to start the day positively, allowing time to socialise, get belongings organised for the day and build friendships with staff and students. If your child is away then we ask that you courteously contact the office via email or phone.
- **Homework Routines...** ensure your child has a quiet place to do homework and that adequate time is set aside for this. If homework becomes a stressful and unpleasant time, please make an appointment to see your child's teacher to review the situation.
- **Uniform...** ensure your child has the correct uniform and if for any reason, they are out of uniform, a note to the teacher is required. Uniform is important to our school culture and identity.
- **Communication...** communicate in a timely and appropriate manner with the classroom teacher if you have any concerns. This is most effective when it is face to face and at a time suitable to both parent and teacher. I refer you to the St Rita's Communication Guidelines for further information.
- **Balance...** as best you can, ensure there is a balance of work, rest and play in your child's life... oh and you might like to do the same for yourself...

WHAT'S ON THIS TERM

While this term is considerably quieter than last, there are still come notable events planned for the community. Seeing as though the reporting period is over, it is a good time to set goals for learning for the term. The teaching and learning in the classrooms each day is most important and is at the core of what we do. Complimentary to this we have the following planned:

- Training and Launch of the Peer Support Program



- Opening of the BER Funded Buildings (Monday 30 July 9am)
- 2013 Prep Interviews
- Catholic Education Week Celebrations 23-27 July
 - Tues 23rd Southern Deanery Mass and Activities at Sth Johnstone (Whole School)
 - Thursday 26th Diocesan Mass at St Monica's Cathedral (School Captains)
 - Friday 27th U8's Day and Activities at St Michael's, Gordonvale
- Parent Maths Workshop Tuesday 31 July 7pm
- ICAS Maths and English Competitions (Yr 3-7)
- School Photos Tues 31 July
- Book Fair and Book Week Aug 13 and 20th respectively
- Mrs Hession begins maternity leave and an Acting Assistant Principal, Religious Education joins St Rita's
- Gymnastics Program starting Friday 3 August for 5 weeks
- Diocesan Parents and Friends Association Meeting held at St Rita's 5 August
- Student/Parent/Teacher Learning Conferences (end of term)
- NAIDOC – Wednesday 19 Sept
- St Rita's Got Talent Show – Thursday 20 Sept
- Pupil Free Day – Friday 21 Sept

3rd PLACE in the SHOP FOR KIDS – CAIRNS CENTRAL SHOPPING PROMOTION



An amazing effort to the community and friends and acquaintances of St Rita's – up until the last 30 seconds, we were coming 2nd. Nevertheless, the \$5000 which will be coming our way this term will do well to supplement the school budget and assist in the provision of resources and meet needs in the school. Thank you to everyone for your amazing support. This brings money into the school, which we otherwise wouldn't have.

WOOLWORTHS AND COLES PROMOTIONS

Keep collecting the Woolworth stickers and bringing in the cards to the office. We have until the 12th of August. Points earned, allow us to choose resources from an Educational supplier.

October 18 is the cut off for the Coles Sports for Schools promotion so continue to send in the vouchers as well. Once we have the vouchers counted, we then get to choose sports equipment.

DANCE FEVER FINALE



The term finished on a high with the awesome 'movin' and 'grooving' of the students, staff, parents and friends of St Rita's at the Dance Fever finale. Here you see some of the action. In comparing the student's level of skill at the end from the beginning of the term you can clearly see massive improvements. This is such a worthy program and we intend to offer it next year... thank you P&F for your sponsorship of it.

NEW HOME READERS

With the money from the Spellathon, we were able to take advantage of a great special on home readers. These have arrived and now need processing and levelling and we anticipate them being in circulation soon.

2013 PREP ENROLMENTS

Prep interviews are being conducted in the next few weeks. If you are a current parent and have a child eligible for Prep in 2013 and you haven't lodged your enrolment form, you need to phone the office to let Julie know and to arrange an interview time. The confirmation of these enrolments is crucial in the planning process for the school for next year. If you have any friends or know of anyone wanting to have a no obligation chat and tour, please send them our way and refer them to our website.

SUBSCRIBING TO OUR ONLINE NEWSLETTER and OUR WEBSITE

As you know, we are on the cutting edge here at St Rita's wanting to provide parents with the best quality in communication, particularly online. We have begun producing our weekly newsletters online and to be able to access them you simply have to subscribe. Currently, you can log into the website to access newsletters and this will continue as well. In reducing printing costs as well as being environmentally minded, our aim is to have as many parents as possible accessing the newsletter this way. It is also possible for other family members to subscribe – both Mum and Dad as well as Grandparents who might be interested can each have their own subscription.

Subscribe to Online Newsletter!

<http://stribasbabinda.schoolzinewalletters.com/subscribe>

I also met with the website developers over the holidays and am hopeful that in the not too distant future, the school public calendar will be fully functioning. This will enable parents to have access to a 'live' calendar with the latest dates and events. The homepage has been updated with a new story about our National Week of Reading celebrations – check it out!

NEW COLOUR SCHEME FOR ST RITA'S

You may have noticed as you pulled up, that the Library has had a facelift and a new coat of paint over the holidays. This is in preparation for the Opening later this month as well as to introduce

a new colour scheme to the school. As the rest of the school is repainted over the coming years, this scheme will be used. It keeps with the heritage of the school as well as freshening it up. This is joint P&F and School funded project.

TUCKSHOP

Due to a clash of dates, Tuckshop will not be commencing until Friday 3rd August.

ASSESSMENT & REPORTING FOLDERS

A reminder that folders need to be returned to teachers by the end of this week.

IN CONCLUSION



My prayer for our community is for a rich and successful semester of learning and community building. I encourage everyone to be true witnesses of our school values – community, respect, faith and learning.

Cheers Gavin

P & F NEWS

The next P&F Meeting is being held on Tuesday 17 July at 7pm in the Library. All parents are encouraged to attend and if so desired, submit any agenda for discussion. There is a book in the office to do so and if so parents need to be present to speak to it. Looking forward to a fruitful meeting.

Regards

Jeremy Hillard (President)

SEL/APRE News



Welcome back to Term 3. Once again, our St. Rita's has many exciting opportunities planned for the term – and many of these will

focus on and celebrate our sense of **Community**, one of our school's core values.

In Week 3 all Catholic Schools in the Cairns Diocese will celebrate Catholic Education Week. 'Catholic Education Week in Queensland is a special opportunity for all Catholic education ministries to celebrate their distinctive mission and share the great things they are doing with their school, parish and wider communities. Catholic Education Week 2012 will be held from Sunday 22 July - Saturday 28 July and will focus on the theme: Celebrating Community Family Parish School' (www.catholiceducationweek.com.au)

St. Rita's will connect with our communities in the Southern Deanery through attending a Mass at St. Rita's South Johnstone, join St. Michael's in Gordanvale for celebrations and participate in classroom and whole school activities throughout the week. Our school captains will also attend the Diocesan Mass in Cairns. A terrific opportunity for families to become involved is being offered in Innisfail through a family concert; please refer to the flyer attached today.

Below is a reflection from the Bible highlighting the importance of Community to our lives. Together we chose Community as one of our core values, and as this passage teaches us, it is our individuality as separate parts that when brought together creates a strong unit.

Looking forward to a great term!

© Sarah

1 Corinthians 12 Unity and Diversity in the Body

12 Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. 13 For we were all baptized by[c] one Spirit so as to form one body—whether Jews or Gentiles, slave or free —and we were all given the one Spirit to drink. 14 Even so the body is not made up of one part but of many.

15 Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. 17 If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18 But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. 19 If they were all one part, where would the body be? 20 As it is, there are many parts, but one body.

21 The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" 22 On the contrary, those parts of the body that seem to be weaker are indispensable, 23 and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, 24 while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, 25 so that there should be no division in the body, but that its parts should have equal concern for each other. 26



GROUNDS AND GARDENS ROSTER

Thank you to the following families who are rostered on:

SALVESTRIN 7th - 20th July

ROSS 21st July - 3rd August

Please be sure to check the roster so that you can organize to pick up and drop the mower key to the office.

MUNRO THEATRE BABINDA

Screening at 7.30pm on 13th , 14th & 15th July, 2012

BRAVE...3D Movie (G)

Admission \$7.00 Info line 40671032

Coming Soon: What to Expect When You're Expecting (M)

Screening 20th, 21st, 22nd July, 2012

4th	P & F Meeting 7pm
19th	NAIDOC
20th	St Rita's Got Talent Show
21st	Student Free Day

Date Claimers

JULY	
13th,16th,18th	Prep Interviews
17th	P & F Meeting 7pm
20th	Cairns Show Holiday
23rd - 29th	Catholic Education Week - Tue 24th Tues 23rd Southern Deanery Mass and Activities at Sth Johnstone (Whole School) - Thursday 26th Diocesan Mass at St Monica's Cathedral (School Captains) - Friday 27th U8's Day and Activities at St Michael's, Gordonvale
30th	Official Opening of the BER Funded Buildings 9am
31st	School Photos English Competition Parent Maths Workshop Tuesday 31 July 7pm
AUGUST	
3rd	Gymnastics Program commences for 5 weeks
7th	P & F Meeting 7pm
5th	Diocesan Parents & Friends Meeting
13th – 20th	Book Fair and Book Week
14TH	Maths Competition
SEPTEMBER	