



Term 1 Week 2 Newsletter 2023

Important Dates

Parent Teacher
Interviews February
13-17
Monday 13 February 2023

9am Mass 4/5KL
Tuesday 14 February 2023

Sushi Lunch
Friday 17 February 2023

Shrove Tuesday
Tuesday 21 February 2023

Ash Wednesday
Wednesday 22 February
2023

11.30am R-2 Ash
Wednesday Liturgy
Wednesday 22 February
2023

12.10pm Year 3-6
Ash Wednesday
Mass
Wednesday 22 February
2023

9am New Students
Welcome Assembly
2CF
Friday 24 February 2023

1st Sunday of Lent /
10.30am Parish
Picnic at Oakbank
Sunday 26 February 2023

9am Liturgy RB
Tuesday 28 February 2023

6pm School Board
AGM
Tuesday 28 February 2023

SAPSASA Hills
Swimming Carnival

9am Mass 6O
Tuesday 7 March 2023

Year 6 Student Reflection Day

Friday 10 March 2023

10.02.23

From the Principal

Dear Parents, Friends, Staff and Students of St Catherine's,

Welcome to the 2023 school year and our first newsletter for the year. A very warm welcome to our newest families joining the St Catherine's community. We look forward to getting to know you and your child and working together to help them grow and flourish as capable and confident young people. It has been a fantastic start to the year with students getting to know their teachers and classmates during these first two weeks of term.

Throughout the holiday break we undertook several maintenance items at the school, including new carpet in the classrooms in our main building as well as some painting work at the front of the school. It is great to have these works completed and the buildings and grounds are looking fantastic. We turn our attention now to the repair and upgrade of our outdoor play equipment which we anticipate will take place in March.

This year we welcome the following new staff to the St Catherine's community:

- Jessica Barolo - Reception teacher
- Ashley Bell - Year 4 teacher (Term 1)
- Susan Lindholm - Year 4/5 teacher (part-time)
- Laura O'Connell - Year 6 teacher
- Nikki Snell - Speech Pathologist (Fridays)
- Rachel Vince - Occupational Therapist (Thursdays)
- Tanya Verrall - Curriculum ESO

COVID-19 Protocols

- COVID-19 continues to affect the community and we all have a part to play in keeping our school community safe and minimising the disruption to learning that can occur when illness circulates at school.
- Students/staff who are unwell should stay home if they have cold or flu-like symptoms and get tested for COVID-19.
- If students/staff have COVID-19, please advise the school as soon as possible, and stay at home until all acute symptoms (runny nose, sore throat, cough and fever) have cleared.

R-4 Water Safety Program

It has been an exciting week for our Reception to Year 4 students who have participated in Water Safety lessons at the Woodside pool each afternoon. The children have thoroughly enjoyed their time at the pool and we were blessed with good weather each day. Thank you to all the parent volunteers who were able to assist throughout the week.

1/2F Liturgy

Well done to all the students in Miss Foote's class who hosted the first liturgy of the year on Tuesday this week. The theme of their liturgy focused on welcome and community and Fr Fred spoke about how we can learn from the example of Jesus, Mary and Joseph in how we love and care for each other. A great message to start the year with.

Parish and School Picnic

As a Catholic school, we have a strong connection with our local Adelaide Hills Catholic Parish. Fr Fred Farrugia, the Parish Priest, visits

our school weekly to celebrate Liturgies and Masses with the students. On Sunday 26th February, we are holding our first Parish School event for the year. The Parish School Picnic is held at the Oakbank Racecourse from 10am and is a wonderful opportunity for families to gather, meet new people and enjoy a range of activities. We look forward to seeing you there.

Parent Teacher Learning Conversations

Next week, Parent Teacher Learning conversations will take place across the week from Monday 13th to Friday 17th February. I am pleased to say that these meetings will take place face to face and this is an important opportunity for you to meet your child's teachers, discuss their character strengths, how they have settled into the year and what goals and aspirations you have for their learning this year. Parents should have received information about how to make a booking via Skoolbag last week. For any queries, please contact Cathy Fischle: cfischle@stcaths.catholic.edu.au

School Board

St Catherine's has a School Board consisting of the Parish Priest and Parish representative, School Staff and parents of the school. The School Board lies at the heart of a Christian community where all share in rights, dignities and responsibilities. The Board works towards this vision of community, striving to build a place where all people feel supported and valued. The School Board meets twice each term and members hold their position for two years. In 2022 we have four vacant parent positions on the Board. If you are interested in joining the School Board, please contact Sam Ellul (sellul@stcaths.catholic.edu.au) for a nomination form. Nominations are due by Friday 23rd February with elections to be held at the AGM on Tuesday 28th February.

P&F

We are very fortunate to have a very active Parents and Friends team at St Catherine's, creating and coordinating various activities throughout the school year to build our school community. Our Monday Tuck and Friday Lunch very much depend on the support of our parent volunteers. I encourage you to consider being involved in what ever capacity you have, be it baking or donating goods, acting as the P&F class rep and so. Please take a moment to review the P&F Term 1 flyer which has everything you need to know about the work of the P&F [HERE](#)

2023 Learn to Play After School Sports Program Reception to Year 2

This year, children in Reception to Year 2 have the opportunity to participate in various after school 'Learn to Play' sports. There is a different sport focus each term. See details [HERE](#)

Further information regarding cost and times will be shared via Skoolbag throughout the year. For any questions about the program please contact Steven DeGiovanniello (PE teacher): sdegiovanniello@stcaths.catholic.edu.au

2023 Instrumental Program

If your child is interested in learning a musical instrument, details of the tutors who come to St Catherine's is available on our website [HERE](#). For any queries, please contact Kathryn Thomson (Performing Arts teacher): kthomson@stcaths.catholic.edu.au

Term 1 Calendar

Our calendar of events for Term 1 was sent to all families via Skoolbag last week. If you have any queries about particular events, please contact Cathy Fischle: cfischle@stcaths.catholic.edu.au

Warm regards,

John Low

Principal

Together in Faith, Learning and Community

Upcoming Events

- **Monday 13th to Friday 17th February:** Parent Teacher Learning Conversations
- **Sunday 26th February:** Parish School Picnic at Oakbank Racecourse
- **Tuesday 21st February:** Shrove Tuesday
- **Wednesday 22nd February:** Ash Wednesday
- **Friday 24th February:** 2CF Assembly
- **Tuesday 28th February:** AGM

Recent News

10.02.23

From the APRIM

We gladly welcome our students, families and staff back to the 2023 school year. It is with great joy that we have started the year in what feels like more normality. It is hard to believe that this time last year we had a combination of online learning and face to face teaching due to the covid restrictions being managed across South Australia. The potential of what 2023 brings is indeed an exciting prospect.

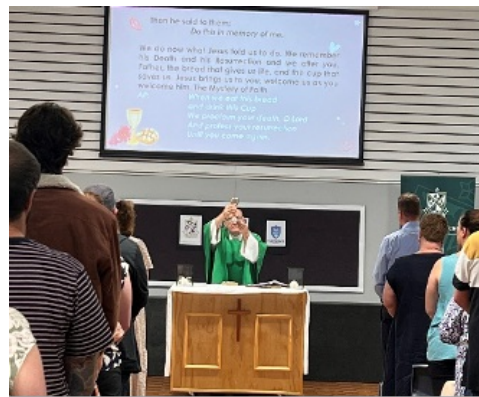
Staff Commissioning Mass

Ahead of students returning to school, our staff gathered with those from St Joseph's School, Murray Bridge and St Francis de Sales College to officially commission our school communities. Each year, these three schools share in what is known as the Commissioning Mass, taking turns to host each one. This year St Catherine's School was pleased to host at our school site with Fr Fred officiating our shared Mass. Our Siena Hall was transformed into a sacred space and staff worked together to prepare a beautiful morning tea.

The opportunity we have to come together collectively is an important part of celebrating our faith tradition and the responsibility bestowed upon those of us who work within Catholic Schools. It is through this Commissioning Mass that we renew our commitment to this vocation, and to our work within schools and parishes. The year the occasion also fell on the Feast of the Conversion of Saint Paul, and the readings of the day were used to draw out attention to our ability to trust in God's plan, and plant the seeds of faith wherever we go, as we never know just how greater impact we may have.

Through Father Fred sharing with us his own reflections about the impact that education has had on his life, we could clearly see the responsibility that we have as educators and the importance of ensuring that genuine connection to faith is not overshadowed by only teaching about faith rituals. We were challenged to consider how we make sure we do not miss opportunities to help young people find a connection with God through the shared experiences we provide to those in our care.

There is no doubt that a celebration such as this is a key part of our staff formation and spiritually nourishes us ahead of the school year. Thank you to Fr Fred for leading us in this celebration and to the many hands that worked together in preparing for the occasion.



Tabernacle

Recently we were thrilled to receive a hand made tabernacle which has been beautifully crafted by John Leeton. This piece is a beautiful addition to our school Prayer Room and will help in appropriately housing communion between Masses. It is our pleasure to have such a piece and we are truly thankful to John for his handy work in creating the tabernacle.



Sacramental Program 2023

Students who are in Year 4 or higher are welcome to join the 2023 Sacramental Program which will prepare them for the sacraments of Reconciliation, Confirmation and First Communion. This year the format of the program is different with the preparation workshops being held on three Saturday afternoons. While many registrations have already been received, if there are any other students wishing to participate, they are encouraged to make contact with Krystina Dawe (kdawe@stcaths.catholic.edu.au) as soon as possible. Registration forms are also available at the front office.

Family Gardening Club

After the success of last years Family Gardening Group, there will again be an opportunity for families to join in this initiative. Currently we are blessed with fine weather which will help make gardening more enjoyable so if you are interested in join, please feel most welcome, and I look forward to seeing you there.



Wednesday Mornings
8.00 – 8.45am
Weather permitting

Calling any 'green fingered' parents and their children !

We are hoping to have parent volunteers and their children working together with Krystina Dawe on our school garden projects to keep it looking it's best.

BYO appropriate clothing / footwear and gardening gloves!

Parent volunteers must have up-to-date volunteer documentation (current WWCC + RRAH) to be able to assist

Kind Regards,

Krystina Dawe
Assistant Principal, Religious Identity and Mission

R-4 Water Safety Program



10.02.23

School Board AGM

6.00 PM Tuesday February 28 2023 in the Treehouse

To register your attendance please complete the Parent Attendance

Registration Form available on the school website :

<https://www.stcaths.catholic.edu.au/community/parent-attendance-registration-form>

ALL WELCOME



School Board AGM

6.00 PM | Tuesday | February 28 2023
Treehouse

To register your attendance please complete the Parent Attendance
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ALL WELCOME

10.02.23

Around the Classrooms

RB

Welcome to our newest students at St Catherine's – Reception RB! We have been very busy this week, getting used to our new space, new faces and wondering what school is all about!

We have been exploring different Character Strengths, our feelings and how we can look after each other, our school and ourselves.

Here are some pictures of our first week together!





R/1BP

In R/1BP we have welcomed our new friends into our classroom.

We have explored our new learning spaces and created a classroom community where everyone feels connected, respected and valued. These photos are some of the highlights from the beginning of our year together.





1/2F

Welcome to our wonderful Year 1 and 2 children to the 2023 school year. The children have enjoyed settling back into the school routine and have loved seeing their friends daily. We are very lucky to be surrounded by the natural environment at St Catherine's. The children utilised our outdoor spaces and created nature names out of natural materials.

We have been exploring character strengths and how we all possess different strengths. We focused on the character strength of gratitude where the children made an artwork on what they are grateful for.



2CF

We are off to a great start in 2CF! Here is a snapshot of some wellbeing activities that children have been involved in recently:

We spoke about what it means to be a Catholic school and we also spoke about our Dominican tradition at St Catherine's. In addition to this, we discussed how much God loves us and that all children are unique and a gift from God. We then needed to complete this sentence: "The best part of me is"

- Bodhi - "The best part of me is my hands so I can hug my Mum."
- Abby - "The best part of me is my mouth so I can taste food."
- Ned - "The best part of me is my eyes to see my Mum and Dad."
- Indi - "The best part of me is my heart so that I have my feelings."

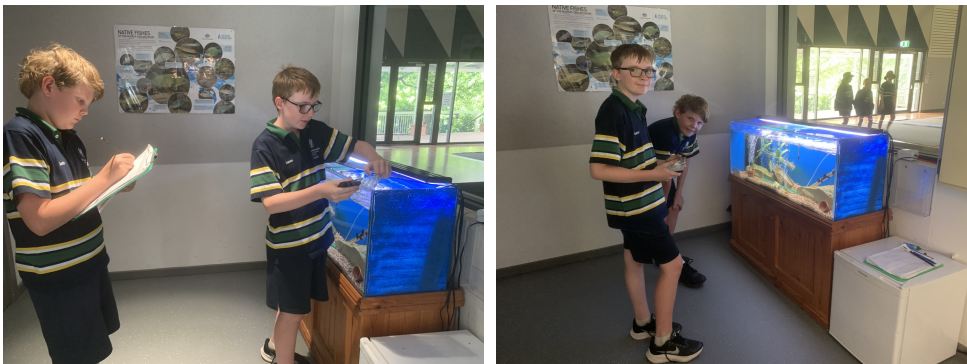


Following on with our theme of being unique and different, we also read a picture book called "The World Needs Who You Were Made To Be" by Joanna Gaines and we linked this to our work on Character Strengths. The book celebrates how creativity and acceptance can come together to create a bright and beautiful adventure. It follows a group of children as they each build their very own hot air balloons. Here we are in our own hot air balloons with our signature strength (that we identified ourselves) written on the basket.



60

Thank you to Lucas and Jamie who have been taking care of the fish this year. They feed the gudgeon fish bloodworms, Oscar pellets, check the temperature, record the pH level and clean the filters.



10.02.23

Partners in Practice

We are pleased to introduce Nickki and Rachel who have joined our Staff this year. Here is some information about them:



My name is Nikki and I am a speech pathologist with 5 years of experience working across several schools and preschools in the Department for Education. This has given me experience supporting children with diverse needs including speech, language, literacy and communication needs in the classroom setting. I have a particular interest in working with classroom teachers and implementing oral language groups. On the weekends I enjoy hiking and spending time in nature. I am really looking forward to building connections with students, staff, and families across the school community.



My name is Rachel and I am an Occupational Therapist who has experience working with children within the home, school and clinic settings. My role has included working with children to address developmental delays, sensory processing challenges, regulation difficulties and other challenges that impact on the child's ability to participate fully in their lives. When I am not at work, I enjoy spending time with my husband and four daughters, coffees with friends, going for walks and reading a good book with a hot cup of tea! I am excited to be joining your community and working with the incredible teachers and staff to support your child's learning.

10.02.23

Curriculum

New Australian Curriculum -Version 9

This year the teaching staff at St Catherine's School have started to plan teaching and learning programs, including assessments, to implement the newly release Australian Curriculum Version 9.0.

The latest Australian Curriculum Review made improvements to the Foundation to Year 10 curriculum by refining, realigning and decluttering the content. The Australian Curriculum, Version 9.0, is a more stripped-back and teachable curriculum that identifies the essential content our children should learn.

Overall, there's a reduction in content, as well as better alignment between achievement standards and content descriptions, and improved links between learning areas and both the general capabilities and cross-curriculum priorities. Some of the major changes that applies to our R-6 curriculum include;

- the removal and reduction of content so the curriculum can be taught with depth and rigour, including a 21% reduction in the number of content descriptions, which describe what is to be taught and what students are expected to learn
- a stronger focus on phonics in English
- a stronger focus on students mastering the essential mathematical facts, skills, concepts and processes, and being introduced to these at the right time

- making clear what mathematical computations need to be done without a calculator, reinforcing the importance of achieving proficiency in foundational skills
- a revision of the sequencing of content in Mathematics; in particular, telling time, introduction of fractions, recall of multiplication facts (“times tables”) and solving equations
- lifting standards for Mathematics in Year 1 in relation to addition and subtraction, with additional content setting expectations about recall and proficiency with multiplication facts, beginning in Year 2
- deepening students’ understanding of First Nations Australian histories and cultures, the impact on - and perspectives of - First Nations Australians of the arrival of British settlers as well as their contribution to the building of modern Australia
- addition of privacy and security in the Digital Technologies curriculum
- strengthening the focus on students being physically active and increased content with a focus on activity in natural and outdoor settings.
- strengthening the Foundation year by identifying the essential content to teach in the first year of school across all 8 learning areas.

Source: <https://v9.australiancurriculum.edu.au/>



This term when you receive the term overview for your child's class you will notice that the content now matches version 9 of the Australian Curriculum, with information included about not only the content being taught but also the skills that assist in transferring this knowledge into a range of processes, creating a deeper level or transfer learning.

Surface Learning

“Surface learning does not mean superficial learning. Rather, surface learning is a time when students initially are exposed to concepts, skills and strategies. Surface learning is critical because it provides a foundation on which to build as students are asked to think more deeply” (Hattie, Fisher, & Frey, 2017).

Deep Learning

“We define deep learning as a period when students consolidate their understanding and apply and extend some surface learning knowledge to support deeper conceptual understanding...We think of this as a ‘sweet spot’ that will often take up more instructional time, but can be accomplished only when students have the requisite knowledge to go deeper” (Hattie, Fisher, & Frey, 2017).

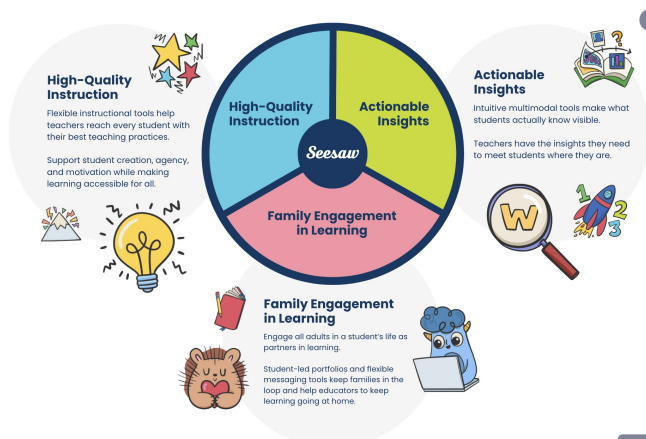
Transfer Learning

“Transfer learning is the point at which students take their consolidated knowledge and skills and apply what they know to new scenarios and different contexts. It is also a time when students are able to think metacognitively, reflecting on their own learning and understanding” (Hattie, Fisher, & Frey, 2017).

SeeSaw

This year we will continue to use SeeSaw as a tool for communication across our R-6 communities. SeeSaw helps continue to build connections between school and home as it shares a child's individual school portfolio with their parents. As students become familiar with the tools within this platform they are able to independently upload and share their work and achievement with their family.

You may already be familiar with SeeSaw and if you have already connected to this in previous years you will continue to be able to log in through the same method. For those who are new to our school, information will be sent home via classroom teachers to help connect you with your child's portfolio.



CyberSafe Families

With the return of the school year, our attention has again returned to the use of Information and Communication Technologies and how best to use these as a tool for learning. While the devices can be a means of adding enrichment to learning, the reality is that being a safe digital citizen requires a range of learning and building of strategies to help navigate the different dynamics of online platforms. Our commitment to students and families is to engage with external agencies such as Cybersafe Families to help educate both students and families about potential issues they may face and how they can manage these situations. Our year 5 and 6 students again attended a student session which looked at how to conduct themselves appropriately online, cyberbullying, online gaming, how to identify unsafe situations and where to seek help. Parents were also invited to attend a parent sessions which provided a wealth of knowledge about popular online platforms, how to set up various security settings, managing online bullying and a range of other key topics.

Work within this area will continue throughout the school year with class teachers across reception to year 6 also reinforce key messages and reviewing strategies to help empower students as they spend time using digital technologies. We know the value that ICT can bring to learning both at school and at home, however staying in touch with current information remains extremely important if we are to equip our students adequately to become responsible digital citizens.

<https://cybersafefamilies.com.au/>

National Assessment Program - Literacy and Numeracy (NAPLAN)

This year students in Year 3 and Year 5 will undertake the yearly NAPLAN assessment in March with the official testing window beginning on March 15th. NAPLAN includes four different tests including writing, reading, conventions of grammar, and numeracy. Families have received information regarding the privacy procedures in place however further information regarding the NAPLAN assessment can also be found within the flyer found [HERE](#).

Kind Regards,

Narelle Brine and Krystina Dawe
Leaders of Learning – Curriculum and Assessment

10.02.23

Wellbeing

Dear Families,

As we begin the new school year, I extend a warm welcome to what I am sure will be yet another busy and exciting year at St Catherine's School. I hope all families enjoyed the quieter pace of the recent holiday break and found some time for relaxation, recharging, connection and fun!

Wellbeing Weeks - Setting up for Success

As you may be aware, the first two weeks of each school year are essentially devoted to wellbeing at St Catherine's. It's a beautiful and unique time of the year where curriculum is not the focus, and rather it's the relationships, team building and the development of a sense of belonging in a new classroom dynamic and environment which is prioritised.

Teachers are skilled at cultivating a positive classroom culture through taking the time to build a cohesion between students and also formulating that powerful teacher / student connection early on. This ultimately sets them and their students up for success in 2023.

Placing an emphasis on this is vital, as is encouraging as much student involvement and voice as possible, ensuring that they feel safe, valued and supported in their learning and within their classroom throughout the year.

Educator Wellbeing with Madhavi Nawana Parker

In Week 0 before school resumed, our staff were so very fortunate to spend a day with Madhavi Nawana Parker, director of Positive Minds Australia. Madhavi is one of Australia's leading experts on Wellbeing and Resilience who brings over 25 years of experience and evidence based approaches to her work as an author, coach, public speaker, regular podcaster and radio guest. The focus of our day was on Educator Wellbeing.

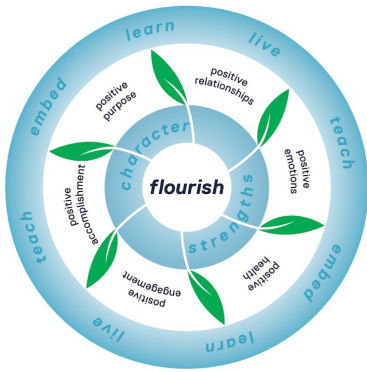
This was a special day because it was a day focused on ourselves. As educators, it is in our nature to go above and beyond for our students and while we wouldn't have it any other way, sometimes our wellbeing can be impacted or challenged if we are not careful. Madhavi provided us with a toolbox of preventative and responsive strategies to help us all look after our wellbeing so that we can continue to be dedicated in supporting our students.

In the afternoon, we tried something different and we had such a fun Kung Fu session with Nick Bennett, who also works for Positive Minds Australia. There was so much laughter and team building going on in Siena Hall in that afternoon! Overall, we all came away from the day thinking about what a wonderful start this was to our 2023 school year at St Catherine's.

We will continue the work that Madhavi started on this day as a staff throughout the year, building on what we learned using Madhavi's book on Educator Wellbeing as a reference point.



Positive Education Parent Homework



To kickstart our year regarding Positive Education, you will have recently been notified on SkoolBag of some special 'Parent Homework' that we would like for you to undertake in preparation for our upcoming Learning Conversations in Week 3. You are asked to come prepared for your meeting, ready to discuss how you view your child in relation to their Character Strengths. It would be wonderful if you could also bring in a photo of your child engaging in a signature strength for your classroom teacher which will be used to create a whole school display of our 'Image of the child' in the Treehouse.

Action for Happiness - Friendly February

We all want to feel connected and supported – and for a good reason! It's a known fact that the quality of our relationships is the best predictor of lifelong wellbeing. Super important!â€

The friendly February calendar is full of actions to give your relationships a real boost!



Should you want to know more about Friendly February, check out the link below.â€

https://www.youtube.com/watch?v=Ygn3NyeuA_I

I hope this month's calendar encourages you to increase the number of tiny micro moments with those that you know and also with those that perhaps you don't know, or don't know very well. Being friendly / kind towards others throughout the day can make a huge difference to their wellbeing, and ours too!â€

Mission Australia Partnership 2023

Last year, Catholic Education South Australia teamed up in a collaborative partnership with Mission Australia to provide information around how Mission Australia could potentially support families in Catholic school communities. There are many ways that Mission Australia can assist students with additional needs and their families to gain access to and engage with relevant supports and services, including the National Disability Insurance Scheme (NDIS).â€

Following the success of our partnership with Mission Australia last year, we will continue to host Jacqui Hamilton for one morning each Term from 9am – 11am. This time is for Jacqui to meet with families 1:1 and provide a personalised service. The dates that Jacqui will be visiting St Catherine's are below:â€

- Thursday 16thâ€March
- Thursday 15thâ€June
- Thursday 7thâ€Septemberâ€
- Thursday 30thâ€November

A SkoolBag reminder will go out to all families two weeks before each visit, reminding interested parents to communicate their intention to meet with Jacqui through filling out the Parent Attendance Registration form on our school website.â€

Reception Speech Screening

We are so fortunate this year to welcome Nikki Snell and Rachel Vince as new staff members at St Catherine's in 2023. Nikki is a Speech Pathologist and Rachel is an Occupational Therapist. Both Nikki and Rachel will be working in classrooms among teachers and students to strengthen our learning programs with their unique skill sets.

Part of the work that Nikki will be undertaking this term will be to screen our new Reception students and all other children who are new to the school in the Early Years for their speech and language skills. More information about the Speech Screening process is available on SkoolBag, including the permission form which is required for students to be able to participate. I highly encourage you to take up this opportunity, because the insight it provides into a child's speech and language development is so beneficial for the successful planning of their ongoing education. If parents have any questions or concerns, please don't hesitate to contact me.

Mark Le Messurier - Our children are under construction

An interesting read from Mark Le Messurier which recently appeared in the summer edition of the Kiddo Magazine. To read the whole magazine, go to kiddomag.com.au

OPINION

Our children are under construction

WORDS: Mark Le Messurier

When I present workshops to parents and educators, I often show an image of a building under construction. This is a subtle reminder that our children have bricks, beams, and girders in a precious process of construction. Their bricks, quite literally, are undergoing a profound 50-year win-up.

Our children are genetically naive, experiencing, participating, and preparing for life. And as they learn and gather experience, they are bound to make poor judgments from time to time. It is what being inexperienced humans brings. Do. You did it. I did it. We swung between being unbecomable at various in our search for identity, independence, and purpose. Developmentally, at every age, there is a clumsy and vital tension between our children seeking greater autonomy and living within thoughtful limits we have created. Our mission is to support them to learn through every interaction, observation, success, and mistake, in a home-free, fully supported environment.

Consequently, this is the perfect time to build children with a deep reverence around consistency and persistence.

How do we model and build these important foundations?

CONSISTENCY

- We use language that is constructive, logical, and connecting.
- We give praise responses – a thoughtful, beautiful blend of kindness, acceptance, strength, and belonging.
- We acknowledge the behaviours we do not – model all consequences in the strongest shape of desirable behaviour.
- We model their emotions and create opportunities for them to do their greatest success.
- We teach new skills so they can function more effectively, every day.

PERSISTENCE

A while back, I had a consultation with two parents about their sons. They had three boys (aged 11, 13 and 15 years). The eldest boy frequently quipped his brother back in the morning to annoy them. He thought it was funny because I got a big reaction: they would rise and attempt to hit their brother. Dad did not think it was funny. Dad was unsure whether it was a problem. Mum was a school principal who worked enormous hours and had moved from home, part-time, and was mostly at home. Out to the chime and replaced Mum with the place where each person's safety must be guaranteed, and the work day job.

"Well, how do you expect me to do that?" I haven't got eyes in the back of my head!" he countered.

I nodded, and suggested he follow up every time there was a punching incident with a private conversation with the perpetrator as well as supporting the unsuspecting victim.

"Usually they come in and get their things from under the table. It's just a phrase!" he complained, asking his wife, then shooting his wife a dark stare.

I looked up and saw and to the last tonight we have been free of punching. You know, give up on enough part of things – I can remember coming home to bring to sleep about a light for me and a lot of sleep. I was all around getting his approval. If he thought it was well needed, he would be a person on his face. I had been there, had my hand on my back again to sleep up. I think I got into my DNA and missed up my thinking. "I am persistent!"

The amazing man's love for his boys carried his heart and soul into this apartment. He persisted for his boys, for his wife and for his family. I sense that his resolve saved much more than he ever knew.

Remember, every day is a new day, and with it, comes the opportunity to reset a promise you made to yourself even today. If they have fallen short the day or day, before. New days invite our hope and wishes to become real. Please persist!

Mark is a teacher, orator, public speaker, and the author of 12 publications, with a new parenting book just around the corner. He works to create positive in Adelaide as a mentor to children and educators, and is a good to parents. Mark is the recipient of SA Senior Achievement of the Year 2022.

marklemessurier.com.au
whatifshuts.net.au

Wishing you all a wonderful weekend!

Warm Regards,

Kerry Cornelius

Leader of Learning (R-6) – Wellbeing and Inclusion

kcornelius@stcaths.catholic.edu.au

How beautiful would it be if we said to people we loved: "I'm not feeling like my best self today, can you remind me of who I am?" And that person said a few reasons why they appreciate you, for you.

Appreciation and connection heal us.

[@theholisticpsychologist](https://www.instagram.com/theholisticpsychologist) | [@Psychopposites_au](https://www.instagram.com/Psychopposites_au)

Community Notices



RAIDERS FOOTBALL CLUB

Junior Come & Try
 Sunday 12th and 19th FEB 2023
 Bridgewater Oval
 10 - 11am
 Boys and Girls,
ALL WELCOME

Enquiries:
 RCFRSecretary@gmail.com
 0402 781 767

Live Local, Play Local

MEET THE COACHES
 BOOTSWAP TABLE
 MOUTH GUARD FITTING BY HILLS DENTAL
 FREE SAUSAGE SIZZLE & DRINKS FOR PARTICIPANTS
 BOUNCY CASTLE

Green Kippax
 MOBILE: 0480129125
ENROL NOW
 AGES 2-12

TEST & RICE OFF 4 FEBRUARY

AUSTRALIA'S #1
Non-Competitive Soccer Program

LOCATIONS
 LINLEY BUSH - ATHLETONE
 LOCHLEY - CORNABALLA - HECTORVILLE
 RESERVE HEIGHTS - FLAGSTAFF HILL

We would greatly appreciate it if you could include the announcement below in your next newsletter.

KIDS TAEKWONDO
 Craefers Hall Craefers
 Tuesdays and Thursdays
 6.00p.m.

Resilience, Confidence, Fitness, Respect.

- Olympic Sport Martial Art
- Children can start at the age of 5
- Experienced & Qualified Instructors & WWCC approved.
- Enrol Now - classes near you.

Enquiries Ph: 0412 909 500 or 0417 802 196
 Website: www.worldtaekwondo.com.au Email: info@worldtaekwondo.com.au



Courage to lead

Mary MacKillop College

FIRST NATIONS NETBALL CLINICS
 SUNDAY 26 MARCH 2023
 MOUNT BARKER
 ST FRANCIS SPORTS & COMMUNITY CENTRE

AGE GROUP 7-12 YEAR OLDS
 1.00PM - 3.00PM

AGE GROUP 13-17 YEAR OLDS
 3.15PM - 5.15PM

SCAN THE QR CODE TO REGISTER FOR THE FIRST NATIONS NETBALL CLINICS

STIRLING DISTRICTS FC

Join Stirling Districts Football Club for the 2023 Season!

All ages, genders and skill levels welcome
 Junior teams from age 7 to 17

Senior Men & Women's pre-season begins Jan 2023

Junior Club Registration open Feb 2023 (dates to be confirmed)

A great club with a bright future
 Be part of our growth and development!

Volleyball South Australia

EMERGING TALENT HUB

WHAT IS THE EMERGING TALENT HUB?
 • PERFORMANCE TRAINING ENVIRONMENT FOR ATHLETES WITH POTENTIAL FOR INDOOR AND BEACH VOLLEYBALL
 • IMPROVE VOLLEYBALL EXPERIENCE NECESSARY FOR ATHLETES AGED 10+
 • PROVIDES ENTRY INTO THE VOLLEYBALL SA PERFORMANCE PATHWAY
 • SUPPORTED BY VOLLEYBALL AUSTRALIA (VA)
 • DIRECTLY MONITORED BY THE SOUTH AUSTRALIAN SPORTS INSTITUTE (SASI)

LOCATION: HEATHFIELD HIGH SCHOOL
 START DATE: MONDAY 20TH JANUARY
 START TIME: 5:50PM

chs.sa.gov.au

Ink Pot Arts Workshops - ARTS FOR LIFE

TERM ONE 2023

SHARVA & MINDI WORKSHOPS
 SHARVA: SHARVA SINGH, SHARVA SINGH, SHARVA SINGH
 MINDI: MINDI SINGH, MINDI SINGH, MINDI SINGH

SHARVA & MINDI WORKSHOPS
 SHARVA: SHARVA SINGH, SHARVA SINGH, SHARVA SINGH
 MINDI: MINDI SINGH, MINDI SINGH, MINDI SINGH

The Wizard of Oz

Directed by Lauren Fiebert

LIVING ARTS CENTRE
 Mount Barker Waldorf School, 27 Sims Road, Mount Barker 5251

Saturday 25th February 7pm • Sunday 26th February 2pm
 Saturday 3rd March 2pm • Sunday 5th March 2pm

Tickets: \$25.00 - Concessions: \$10.00 - OMS: \$15.00 - Family: \$70.00
 Bookings: adelaidefringe.com.au/fringe/the-wizard-of-oz-2023

AUSTRALIAN GIRLS CHOR

Is this your daughter?

Look no further than the Australian Girls' Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.

Join us at our FEBRUARY OPEN DAY!

Learn to be Bushfire Ready

Onsite Bushfire Ready events

- February 12 (Sunday) 10:00 - 12:00 noon
Bridgewater Community Hall
- February 15 (Wednesday) 7:00 - 9:00pm
The Summit Sports Park
- February 23 (Thursday) 7:00 - 9:00pm
Woodside Institute Hall
- February 27 (Monday) 7:00 - 9:00pm
Strathalbyn
- March 7 (Tuesday) 6:00 - 8:00pm
Yankalilla
- March 15 (Wednesday) 6:30 - 8:30pm
Belair
- March 24 (Friday) 7:00 - 9:00pm
Mt Compass

Online Bushfire Ready events

- February 20 (Monday) 7:00 - 9:00pm
Online Bushfire Ready
In partnership with Adelaide Hills Council
- February 22 (Wednesday) 7:00 - 9:00pm
Online Bushfire Ready
In partnership with the City of Mitcham
- March 9 (Thursday) 7:00 - 9:00pm
Online Bushfire Ready
In partnership with Mt Barker District Council
- March 20 (Monday) 7:00 - 9:00pm
Online Bushfire Ready
In partnership with the City of Onkaparinga

How do you prefer to learn?

Onsite: in person at a meeting venue
 Online: from the comfort of my home

Living in a bushfire risk area means that danger is on your doorstep.

We offer both online and onsite events at which you can learn to be Bushfire Ready. These two-hour info sessions are free and for everyone.

Learn about:

- Bushfire behaviour and warnings
- Property preparation
- Where to go and when
- Your Bushfire Survival Plan

Remember to register

Ironbank Bridgewater Cherry Gardens Football Club

COME & TRY Women & Kid's Footy

Cnr Ackland Hill & Cherry Gardens Rd
Friday 24th February 2023
 6.30pm

FREE Sausage Sizzle
 Auskick Fun

Register to Play in 2023
 Women play FREE

Kids play FREE with Goal Sports voucher

SUMMERTOWN NETBALL CLUB

WELCOMES NEW AND RETURNING JUNIOR AND SENIOR PLAYERS TO THE 2023 SEASON.

Junior training commences Wednesday 8 March

Location:
 Summertown Netball Courts
 Tregarthen Reserve, Cnr of Greenhill and Tregarthen Road,
 Summertown, 5141

Times:
 9 & Under, 11 & Under: 5pm - 6pm
 13 & Under, Intermediate (17 & Under - 15 & Under): 6pm - 7pm

Contact info@summertownnetballclub.com.au for additional details or questions regarding Senior team preseason training.

St Cath's Gardening Group starting Week 3



Wednesday Mornings
8.00 – 8.45am
Weather permitting

Calling any 'green fingered' parents and their children !

We are hoping to have parent volunteers and their children working together with Krystina Dawe on our school garden projects to keep it looking it's best.

**BYO appropriate clothing / footwear
and gardening gloves!**

Parent volunteers must have up-to-date volunteer documentation
(current WWCC + RRAH) to be able to assist

Parish School Annual Picnic Sunday Feb 26



PARISH/SCHOOL ANNUAL PICNIC

Where: Oakbank Racecourse, Oakbank
Date: Sunday 26th February 2023
Time: 10am for a 10:30am Family Mass

BYO Picnic lunch, dessert to share,
blanket, chairs and drinks.

Sausage Sizzle provided!

ALL WELCOME!

FACE PAINTING

TREASURE HUNT

MAGICIAN

GAMES



9.15am School Tour Thursday 9 March or Monday 20 March

ST CATHERINE'S SCHOOL

STIRLING

JOIN US FOR A SCHOOL TOUR

THURSDAY 9th March 9.15-10.15am

MONDAY 20th March 9.15-10.15am

*Additional tour dates available in Term 2 & 3, visit our
School Website for further information*

Enrolling now for 2024

Discover more at
stcaths.catholic.edu.au



St Catherine's
SCHOOL | STIRLING



[Read More](#)

St Catherine's Parent Cocktail Party March 24

Please join us for

ST CATHERINE'S COCKTAIL PARTY

FOURTH HILL PROVIDORE VERDUN

FRIDAY 24th MARCH 2023
6:30-11 pm

Canapes and first drink included
Entertainment and bar open

\$65 per person

\$5 fundraising for children's activity

Tickets now available on QKR

Specify dietary requirements when you purchase your ticket(s)

Any questions, contact Sally Hicks Phone: 0438 726 661



St Catherine's
SCHOOL | STIRLING



Book on Qkr

Learn to be bushfire ready

Learn to be Bushfire Ready

Onsite Bushfire Ready events

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Bridgewater
Bridgewater Community Hall
- **February 15 (Wednesday)** 7.00 - 9.00pm
Mount Barker
The Summit Sports Park
- **February 23 (Thursday)** 7.00 - 9.00pm
Woodside
Woodside Institute Hall
- **February 27 (Monday)** 7.00 - 9.00pm
Strathalbyn
Strathalbyn Community Centre
- **March 7 (Tuesday)** 6.00 - 8.00pm
Yankalilla
Club Fleurieu
- **March 15 (Wednesday)** 6.30 - 8.30pm
Belair
Belair Community Centre
- **March 24 (Friday)** 7.00 - 9.00pm
Mt Compass
Mt Compass Memorial Hall

How do you prefer to learn?

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Learn about:

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- Property preparation
- Where to go and when
- Your Bushfire Survival Plan
- The New Australian Fire Danger Rating System

Online Bushfire Ready events

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Online Bushfire Ready
In partnership with Adelaide Hills Council
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In partnership with Mt Barker District Council
- **March 20 (Monday)** 7.00 - 9.00pm
Online Bushfire Ready
In partnership with the City of Onkaparinga

Remember to register at cfs.sa.gov.au/events

Cricket Australia Pop Up after school Cricket Clinic for Yrs 3-6

woolworths CRICKET BLAST

ST CATHERINE'S SCHOOL

POP UP BLAST

3.10PM - 4.00PM WEDNESDAY'S

STARTING - 1/3/2023

YEARS 3-6

SPORTS VOUCHERS
sportsouchers.sa.gov.au

ADELAIDE Strikers

SCAN ME

[Read More](#)