St Mary's School Newsletter

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VISION STATEMENT
St Mary's School provides an education that endeavours to equip each child with the Christian values and life skills necessary to meet the challenges of a changing world.

21 March, 2013

FROM THE PRINCIPAL
Dear Parents

St. Mary's Parish Fete: Well the big event is finally here the St. Mary's Parish Fete. Tomorrow's event kicks off with a small performance from each of the four classes followed by the giving out of the weekly awards and then the stalls will be open for business. We certainly hope the change of day and time will add to the success of the Fete. We still need assistance with the supplying of items for the different stalls. If you can assist in any of the ways listed below it would be most beneficial:

1) Donation of a cake, slice or preserve for the cake stall.
2) Donation of a plant for the plant stall.
3) Donation of Trash and Treasure items.
4) Bottle Lotto – Filling a glass bottle with something interesting - lollies, hair lackies, little toys etc.
5) Ensuring Monster Raffle tickets are sold.
6) Parent assistance on the Friday afternoon (1.00pm) to assist with setting up shade tents and packing up of shade tents (5.30pm).
7) The loan fold-up tressle tables.

Thank you to all the parents who have offered their help. A roster for the afternoon is attached to this newsletter.

Reconciliation & Mass: Easter Thursday mass will be celebrated next Thursday 28 March at 9.00am. During mass the Catholic children in Year 3 will undertake their First Reconciliation. This is a joyous and spiritually uplifting event for these students and celebrating this sacrament not only with their peers but the entire school will surely make it an even more special time for them. Obviously any parents/guardians that wish to attend this mass are than welcome. At this mass we will also present to Fr. Larry money raised for Project Compassion so could I please ask that any money collected please be returned to school by Tuesday 26 March.

Thank you all for your generosity.

Easter: A reminder that there is no school on Friday 29 March (Good Friday), Monday 1 April (Easter Monday) and Tuesday 2 April (Easter Tuesday). Mass times and schedules are included in this newsletter.

Due to the fact that the Parish Fete and Easter is early this year we have decided not to have a school Easter Egg raffle. We feel that already with swimming lesson fees, footy tipping books and items of donation for the Fete we have already asked our families to commit significantly. Thank you to the parents who were very organised and had sent in their donation of Easter Eggs. These will be included in the Easter Egg Raffle prize at the Fete on Friday. On behalf of the staff of St. Mary's I would like to wish all students and families a happy and holy Easter.

Footy Tipping: A big thank you to everyone who harassed begged and drove relatives, neighbours and perfect strangers insane all in the name of selling footy tipping books. Well done! Final number of booklets sold was 91 which is a fantastic effort and will raise the P&F committee approximately $2200 Good luck to all tipsters. Don't forget tips need to be in by 4.00pm on the day of the first game.

Once again thank you for your support.

QCS Survey: A big thank you to all those that were able to complete the Quality Catholic Schooling survey over the last two weeks. Your input will

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**Dates to remember**

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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Week 8</td>
<td>Fri 22 Mar</td>
<td>PARISH FETE 2.30pm - 6pm</td>
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<td></td>
<td></td>
<td>ASSEMBLY AT FETE 2.30pm</td>
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<td>FOOTY TIPS TO BE IN</td>
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<td>Tues 26 Mar</td>
<td>PROJECT COMPASSION BOXES TO BE RETURNED</td>
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<tr>
<td>Wed 27 Mar</td>
<td>BLUE LIGHT DISCO BOARD MEETING 6pm</td>
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<tr>
<td>Thurs 28 Mar</td>
<td>Easter Thursday Mass including First Reconciliation 9am Assembly 2.55pm</td>
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<tr>
<td>Fri 29 Mar</td>
<td>GOOD FRIDAY PUBLIC HOLIdAY</td>
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<td>Week 9</td>
<td>Mon 1 Apr</td>
<td>EASTER MONDAY PUBLIC HOLIDAY</td>
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<td>Tues 2 Apr</td>
<td>EASTER TUESDAY SCHOOL HOLIDAY NO SCHOOL</td>
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<tr>
<td>Wed 3 Apr</td>
<td>Green Free Dress – No Wrap Wednesday</td>
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<tr>
<td>Thurs 4 Apr</td>
<td>NEWSLETTER</td>
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<tr>
<td>Fri 5 Apr</td>
<td>NCVISSA Swim Carnival NO ASSEMBLY</td>
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**PUBLIC HOLIDAYS**

- March 29: Easter Friday
- April 1: Easter Monday
- April 2: Easter Tuesday

**IMPORTANT DATES**

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<td>PROJECT COMPASSION MONEY BOXES TO BE RETURNED</td>
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<td>Wed 27 Mar</td>
<td>BOARD MEETING</td>
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<td>Holy Thursday Mass and First Reconciliation Mass</td>
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<td>GOOD FRIDAY</td>
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<td>Mon 1 Apr</td>
<td>EASTER MONDAY</td>
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<td>Green Free Dress – No Wrap Wednesday</td>
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<tr>
<td>Fri 5 Apr</td>
<td>NCVISSA Swim Carnival</td>
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<td>Fri 19 Apr</td>
<td>End of Term Mass 9am</td>
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**BIRTHDAYS**

Congratulations to the following people.

- Mar 13: Jacob Briers
- Mar 16: Jake Williams
- Mar 27: Digby Williams
- Mar 29: Caleb Hicks
- Apr 3: Ethan Smith
- Apr 4: Ace Mavier
- Apr 4: Isaac Harrington
Our current Fruit of the Spirit is Consideration

Consideration is being thoughtful of other people and their feelings. You consider how your actions affect them. You pay careful attention to what others like and don’t like, and do things that give them happiness.

You are practicing Consideration when you…

- Respect other people’s needs and feelings
- Consider others’ needs as important as your own.
- Stop and think how your actions will affect people.
- Put yourself in other people’s shoes.
- Give tender attention.
- Think of little things to bring others happiness.

AFFIRMATION
I am considerate of others. I stop and think about how my actions affect them. I do thoughtful things for people.
MERIT CERTIFICATE RECIPIENTS

Congratulations to the Merit Certificate recipients for Week 5.

K-P Caleb Hicks
For the improvements in your attitude and behaviour at school. Caleb it has been great to see you following our class rules by putting up your hand when you want to speak, listening to instructions, being nice to your friends and using your manners. I am very impressed! Keep up the fantastic work!

Year 1/2 Azania Nikora
For settling into St Mary’s and making new friends with such ease. Azania, you listen to the sounds in words when you are spelling. It is wonderful to see you use the word wall to help you in your writing. What a great start to your time here at St Mary’s. Fantastic achievement Azania!

Year 3/4 Cooper Smith
For a fantastic start to the new school year! Cooper, I am totally amazed at your achievements across all learning areas, but particularly in Literacy. You are reading with accuracy and fluency, you are writing great with detailed sentences and with correct punctuation. You are also spelling very hard words all by yourself! What a wonderful improvement. Cooper, I am so proud of you!

Year 5/6 Zara Johnson
Excellence in writing! Your writing project, Using Dialogue to Assist with Characterisation, was exceptional. You implemented all the writing techniques taught in class effectively and as a result produced a very creative and emotive piece of work. Congratulations!

PRINCIPAL’S AWARD Koby Davis

Items Wanted for Yr 1/2 Class

Please send in any of the following items to the Yr 1/2 class: Spray Bottles, buttons, balls of wool and wooden spools. Also, if any families know of someone wanting to throw out Lego, please get them to send the Lego into the school.

Parent Workshop on Children’s Speech Development

St Lawrence’s Primary School (350 Chapman Rd, Bluff Point)

A free parent information session on children’s speech development will be held from 5:30 – 6:30 pm on Wednesday 10th April in the library at St Lawrence’s Primary School in Bluff Point. Parents of children attending St Mary’s are also welcome to attend. It may be useful to attend this session if:
- you, or other people, sometimes have trouble understanding what your child is saying
- your child does not speak as clearly as other children of the same age.
This session will cover:
- the ages at which children usually develop speech sounds
- when to refer your child to a speech pathologist for assistance with developing their speech sounds
- simple ideas to help your child speak more clearly

RSVP’s are preferred, please RSVP via email to patricia.forbes@health.wa.gov.au
Patricia Forbes
Senior Speech Pathologist - Clinical Education Midwest WA Country Health Service (WACHS)
P (08) 9956 8635      F (08) 9956 2266

NOTES FROM THE SCHOOL NURSE

BE SUNSMART - ALL YEAR ROUND

Think you don’t need to worry about being SunSmart just because summer is officially over? Well think again! Ultraviolet exposure is potentially greatest between the hours of 10 am and 3pm because the sun is more directly overhead during these times, and the distance sunlight has to travel through the atmosphere (and be filtered by it) is shortest.

When the sun is lower in the sky, the path of the radiation through the atmosphere is much longer and more of the radiation is absorbed, or reflected back into space.

In Western Australia it is even more important to protect ourselves from the sun due to the depletion of the ozone layer, which allows more solar UVR to penetrate to the earth’s surface. Solar noon in Perth in summer is between 12 noon and 12:30 pm.

In Western Australia UV radiation levels are so high that fair skinned people need to be SunSmart most of the year. Keep the following in mind:
- In WA, UV radiation is extreme in November, December, January and February.
- During these months, UV radiation is still high before 10 am and after 3 pm.
- UV radiation is not directly related to heat. A 20 degree January day can have the same UV radiation levels as a 38 degree January day.
- Your skin can still burn on a day with thin cloud, which has little or no effect on UV levels. Heavy cloud can decrease the amount of UV radiation by 90% or more.
- UV radiation is lower in the middle of the year; however skin damage can still occur with prolonged sun exposure. In June, the lowest risk month, you can enjoy up to 1 hour unprotected in the sun during peak UV radiation periods. This does not relate to areas north of Geraldton, where UV radiation is high all year round.

EXCESS EAR WAX

Ear wax is a normal product of the ear which protects the skin of the ear from water and infection. Ear wax is formed from wax glands in the external ear canal as well as other components such as dead skin, sweat and oil. Different individuals vary considerably in the amount and consistency of their ear wax. Wax can be either soft or hard, the hard wax being more likely to be impacted. Too little ear wax increases the risk of infection. Too much wax also increases the incidence of infection and hearing loss.

WHAT CAN GO WRONG WITH EAR WAX?
- Wax can plug up the ear, causing hearing to be reduced, and a full feeling in the ear.
- Wax can trap bacteria in the ear, leading to infection. This is usually painful or at least itchy.
- Ear wax can obscure vision when the doctor looks in your ears, possibly hiding a perforation.
HOW IS EAR WAX TREATED?
Problematic wax can be removed with drops, water irrigation and with instruments by a doctor, audiologist or trained technician. Over the counter drops that help remove wax are basically water and oil solutions. These preparations are best for those with small to moderate amounts of wax. Warming of solutions used for wax removal sometimes is helpful. These preparations should NOT be used in persons who have an eardrum perforation.

EAR WAX MAINTENANCE
There are several methods to keep wax from blocking the ear. One is to put olive oil into the ear on a regular basis. Put a few drops in, let it sit in there for a few minutes, then lie down on a towel to let it drip out again. Be sure that the oil is clean, as you don’t want to introduce bacteria. This should not be done if you have an eardrum perforation or if you don’t know whether or not you have a perforation.

Another method is to have your ears cleaned out by your doctor on a regular basis. NEVER use cotton buds, hair clips, matches or any other foreign instrument. When cotton buds are used to clean out ear wax, there is a risk of perforating the eardrum as well as jamming wax deeper inside.

So look after your ears and they should serve you well.

Mary-Kate Walsh  School Health Nurse

PARISH NEWS

Palm Sunday – Year C
In our Liturgy today we commemorate Jesus’ entry into Jerusalem in joyful procession and follow his journey to Calvary.

Project Compassion: Your support for Project Compassion allows Caritas Australia to work through right relationships to bring everlasting positive change for some of our world’s most vulnerable communities. This week we meet Rollen whose path to education didn’t begin until she was 17. With assistance from Mercy Works, Rollen graduated school and received training in business and finance. Please donate to Project Compassion today so people like Rollen can enjoy open doors through education.

Our Parish Fete: Thank you to all those who contributed and assisted to make our Fete a success. Fr Larry will announce the approximate income from the Fete, at the end of Mass.

Knights of the Southern Cross will hold their monthly meeting on Wednesday, April 3rd at 5:30pm at St Johns Rangeway. Please note the change of date.

Kalbarri Parishioners are having a BBQ get together after Mass on Easter Sunday, at the church. Please bring some meat etc and a salad to share. All welcome.

Gala Day at the Cathedral Today – 11am to 2pm. Entertainment, Cathedral Tours, Devonshire Teas, Photo Display, Children’s activities, cake stall and more………..

Our Dead: Please pray for the repose of the soul of Cecily Williams who passed away recently. At this sad time also remember in your prayers her children Michelle, Tony, Donna (Bart), grandchildren Rikki & Darcie and all the extended family members.

Our Sick; Please pray for Sue Gravranish, Edward Constantine, Freda Reynolds, William Pedrick, Michelle Hine, Kevin Conway, Col Constantine, Policarp Rodillas, Hazel Bunter, Cecily Williams, Des Woodcock, Lisa Murphy, John Jupp, Gloria Simpson, Christine Kennedy, Pat Drage, Josie Cutrona, Sharon DeBeaux, Cliff Dyer, Jamie O’Leary, Betty Thompson, Biddy Maver, and all the residents of Brookview

HOLY WEEK & EASTER SERVICES

<table>
<thead>
<tr>
<th>Holy Thursday</th>
<th>March 28th</th>
<th>Mass of the Lord’s Supper</th>
<th>Northampton</th>
<th>7:00pm</th>
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<tr>
<td>Good Friday</td>
<td>March 29th</td>
<td>Stations of the Cross</td>
<td>Northampton</td>
<td>9:00am</td>
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<td></td>
<td></td>
<td>Stations of the Cross</td>
<td>Nanson</td>
<td>11:00am</td>
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<td>Passion Liturgy</td>
<td>Northampton</td>
<td>3:00pm</td>
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<td></td>
<td></td>
<td>Stations of the Cross</td>
<td>Kalbarri</td>
<td>3:00pm</td>
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<td>Holy Saturday</td>
<td>March 30th</td>
<td>Easter Vigil</td>
<td>Nanson</td>
<td>6:00pm</td>
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<td>Easter Sunday</td>
<td>March 31st</td>
<td>Mass</td>
<td>Northampton</td>
<td>8:00am</td>
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<td></td>
<td>Mass</td>
<td>Kalbarri</td>
<td>5:00pm</td>
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<tr>
<td>Easter Monday</td>
<td>April 1st</td>
<td>Mass</td>
<td>Shark Bay</td>
<td>5:00pm</td>
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COMMUNITY NEWS

**Easter Egg Raffle**

_Easter Saturday_  March 30th

9am Horrocks General Store

_Easter Egg Raffle_ drawn later that night at “Camp Oven Night” at Tennis Courts

_Locals to please donate an Easter Egg for the raffle and a delicious cake to the stall._

_Leave all donations at the shop or to Daniela before Good Friday._

**AUSKICK 2013**

WHEN: Auskick will commence on the first Friday of Term Two. The program will run for 9 weeks finishing with a barbeque windup and presentation on the 5th July.

WHO: Children between 5 and 9 years of age are able to participate.

HOW: Cost is $50 Funding is available through kids sport.


We are looking for **volunteers** to assist with running at least **one session** throughout the program.

Please forward a date you are available to nrauskick@hotmail.com, text or call Trin Suckling on 0427 382 159, 99362013

Super Eights starts week 5 of Auskick on the 8th June. If your child would like to participate please forward your contact details to nrauskick@hotmail.com.

Looking forward to a fun Auskick season.

Craig and Trin Suckling

**JUNIOR FOOTBALL – IMPORTANT CHANGE**

PLEASE NOTE: The GNJFL has decided to revise the start date for the 10’s & 12’s and revert back to the first week of next term so...

Northampton junior Football Club will also revert back to the original plan of training starting for the 10’s & 12’s on **Friday 12th April** (not this Friday as previously advertised).

14’s & 16’s games are still commencing on Saturday 6th April and training is already in progress being at 5pm every Wednesday & Friday.

Thank you to the following people who have put their hand up and taken on jobs so our junior footballers get to play football for the mighty Junior Rams:

2013 Coaches:
10’s
Coach: Craig Hasleby
Assistant: Brad Eastough
Manager: Jo Luxton

12’s
Coach: Brad Cripps
Assistant: Murray Simkin
Manager: Dale Diepeveen

14’s
Coach: Jeremy Heberle
Manager: Helen Williams

16’s
Coach: Deon Gould
Assistant: Paddy Walsh
Manager: Greg Payne

2013 Committee
President: Greg Payne
Vice President: Jeremy Heberle
Treasurer: Nathan Teakle
Secretary: Mel Bryer
Registrar: Cath Cripps
Committee Members: Garry Teakle, Jo Luxton, Brad Cripps, Raylene Burns, Tarsha Mitchell, Judith Brockwell & Murray Simkin

Portfolios
Rules and Disputes: Greg Payne
Kalbarri Liaison: Fran Scott
GNFL Contact: Greg Payne
Catering: Tarsha Mitchell
Club Merchandise: Raylene Burns
Website: Cath Cripps
Wind up Catering: Jo Luxton
Boundary Umpiring for 14’s and 16’s: Judith Brockwell

Easter Blue Light Disco
Easter Themed Disco, Best Costume Prizes.
DATE: 27th MARCH 2013
TIMES:
Kindy to grade 6 - 5:00pm till 6:30pm
Grade 6 and above 7:00pm till 9:00pm
VENUE: Northampton RSL Hall
ST MARY’S FETE
FRIDAY 22\textsuperscript{ND} MARCH 2013
PARENT HELP ROSTER

Thank you to all the parents who have offered their help

\textit{Set Up of shades and tables 1pm.}
Cindy Payne
Kelly Harrington
Natasha Whare
Mary Kate Walsh
Trin Suckling
Jan Eastough

\textit{Stalls 2.30 – 3.30pm}
Marlo Elsum-Beaumont
Jan Eastough
Cindy Payne

\textit{Stalls 3.30 – 4.30pm}
Mary Kate Walsh
Trin Suckling
Denise Combes

\textit{Stalls 4.30- 5.30pm}
Tash Heasman
Kelly Harrington
Kylie Dixon

\textit{Pack Away 5.30pm}
Jayde Teakle
Trin Suckling
Ben Green
Natasha Whare
Kate Hasleby