



# St Patrick's Catholic Primary School

Cnr Melbourne & York Street (PO Box 4085) East Gosford NSW 2250

T: 4325 1159 E: [speg@dbb.catholic.edu.au](mailto:speg@dbb.catholic.edu.au) W: [www.spegdbb.catholic.edu.au](http://www.spegdbb.catholic.edu.au)

## Enews 2

February 2022

### Family Mass

Children's Liturgy every 9am Mass  
except in school holidays

### P & F Meeting

Wednesday 2 June 7pm

### St Patrick's Hall

Enquires and bookings please call the  
school office

### Outside School Hours Care

E: [eastgosford.oshc@dbb.org.au](mailto:eastgosford.oshc@dbb.org.au)  
or phone 0408 165 671  
or visit the school website

### The Uniform Shop

phone 0412 087 696

opening hours during school terms

*Tuesday*

8.30am – 10.30am

*Also 1<sup>st</sup> Friday of every month*

2.00pm – 4.00pm

The uniform shop can be contacted  
outside of business hours by email  
[stpatrickprimary@alinta.com.au](mailto:stpatrickprimary@alinta.com.au)  
payments can be made direct to

Alinta Apparel in the form of cash,

credit card, or debit credit card

**NO CHEQUES**

uniform price list & online shopping  
available at

<http://www.alintaapparel.com.au/alinta/>

2nd Hand Uniform Shop

Fortnightly Friday 2pm

or as advised.

Contact Louise 0407 100 433

### Canteen

*Infants: Wednesday & Friday*

*Primary: Wednesday & Friday*

Rostered volunteers please give

24 hours' notice if you are unable to  
attend

Dear Parents and Carers,

We are nearly halfway through the term already and it is wonderful that from Monday our parents, regardless of their vaccine status, are welcome back on the playground and at our celebrations as the restrictions are changing once again. So, when you drop off your children on Monday morning you can come onto the playground with them and wait around if you wish until the bell rings. Then you might like to stay and join us in our morning prayer.

Volunteers and anyone working onsite though still need to follow the PHO and be fully vaccinated.

### COVID Restrictions Update from CSBB

From **Monday, 28 February**, schools will align with community settings of 'symptomatic testing', and CSBB will provide four rapid antigen tests for students and staff today with more RAT Kits to come next week.

Students and staff can use their allocation of RATs at their discretion, such as if they are experiencing COVID-19 symptoms.

- If a student has even mild COVID-19 symptoms, they must get tested with a RAT or PCR (nose and throat swab) test.
- They must isolate until they receive a negative test result, in line with health protocols. If symptoms continue, they should stay at home and take another RAT in 24 hours or have a PCR test. If the second RAT or initial PCR test result is negative, or another confirmed diagnosis, such as hay fever, they can return to school.

It is recommended that staff and students that return to school after recovering from COVID-19 do not participate in rapid antigen test surveillance for 28 days (4 weeks after recovery) following release from self-isolation.

This is due to NSW Health advice that people who have recovered from COVID-19 have a low risk of contracting it again in the following 28 days. After 28 days (from week 5 after recovery), staff and students may resume participation in RAT surveillance.

### **FOR POSITIVE COVID-19 CASES**

If there is a positive case in your child's class, year or other grouping, your child can continue to attend school in line with NSW Health advice.

If a student or staff member receives a positive RAT test, they need to:

record the positive RAT result through the [Service NSW website](#) or [Service NSW app](#)—please add details of your child's school or early childhood education centre when prompted

- notify the school of the positive RAT or PCR test result as soon as possible follow [NSW Health advice](#) to isolate for 7 days.

Registering your child's positive RAT with Service NSW is a requirement of the Public Health Order and helps NSW Health track COVID-19 in schools and address any public health issues early on if required.

Negative results do not need to be reported to Service NSW or to the school.

Schools will inform their community when there is a positive case in the school and guide families on NSW Health advice, including monitoring for symptoms. Parents should expect regular communication.

## Visitors on school grounds

From **Monday 28 February**, schools and early childhood education can invite visitors – including parents, carers and families – to their sites regardless of their vaccination status, in line with settings in the broader community.

Workers and volunteers must meet mandatory double vaccination requirements including:

- volunteers or staff operating uniform shops and canteens
  - visitors supporting school operations and curriculum delivery
  - allied health partners for the wellbeing of students
- university and TAFE students coming on school sites to complete their practicum or teacher training.

## Cohorting

From **Monday 28 February**, schools will no longer need to keep students in their class or year group cohorts.

## Masks

From **Monday 7 March**, masks will no longer be mandatory for staff in primary schools and early childhood settings. This staggered change recognises the lower vaccination rates in primary school-aged students.

Staff and students will be supported to wear a mask if they choose to do so.

Masks continue to be mandatory on public transport. This applies to students aged 12 years and older, and staff when travelling to and from school and during school excursions by public transport or by chartered transport services.

# Bentornato Signora Ryan!

## Welcome back to Ms Ryan

We would like to welcome back Ms Ryan to her Year 4 class this week. She won't be back just yet for Italian but we are very lucky to have Mrs Chin continue in this role until Ms Ryan is well enough to return.

## Parent Teacher Interviews

Thank you to all those parents and carers who completed the 'google form' and made time to meet with your child's class teacher. I hope that you found this time as valuable as the teachers have. The teachers have all expressed to me how wonderful it was to meet the parents of their children and to get to know them a little better. Please remember that if at any time you would like to have a meeting with your child's class teacher this can be organised with prior warning.

The next formal time we will meet with parents will be at the end of term 2 when the Semester One Reports go home.

## P & F Meeting

Next Wednesday night at 7pm we have our first P & F Meeting. I would like to encourage all families, especially our new ones to come along and see what these meetings are about. We have some wonderful parents who volunteer for a lot of things at school, but we always need more. So, don't be afraid and come and join us.

## Parish Discernment

This Saturday 26<sup>th</sup> February after 9am morning mass, the parishioners are meeting to discuss:

### *Central Coast Pastoral Discernment Project*

*As part of the 35th anniversary of our Diocese of Broken Bay, Bishop Anthony Randazzo invites the community of the church on the Central Coast to journey forward together as pilgrims and missionaries. Bishop Anthony has identified the Central Coast as a particular context for a renewed proclamation of the Gospel, for evangelisation and catechesis, and for innovative pastoral creativity. Our pastoral discernment is an invitation to recall how the Spirit has guided our journey.*

This is a great opportunity for you to be involved in the life of the parish.

## Whole School Family Mass

This Sunday is our first whole school family mass at 9.30am. Please come and join us for mass. An invitation has been sent home to all families.

## Enrolments for 2023

We will start the enrolment process once again for Kindergarten 2023. Please keep a look out for the information if you, a friend or a family member has someone to start Kindergarten in 2023.

### 2022 School Captains

Helen S  
Chloe M  
Tommy St  
Nat O'S  
Zoe W

### House Captains

Red: Tully S and Lincoln M  
Blue: Sasha B and Cooper S  
Gold: Soraya V and Robbie F  
Green: Jemma-Jade S and Jasper H



## Visit from Shadow Minister for Education: Hon Tanya Plibersek, MP



We had visit today from Shadow Minister for Education: Hon Tanya Plibersek, MP who talked to Year 6 about the positives and negatives of Lockdown.

Take care everyone, stay safe and thank you for your continued support

Cheryl Walsh

### **CANTEEN**

IF YOU WOULD LIKE TO OFFER YOUR HELP IN THE CANTEEN please follow the link [Facebook link](#)

### **2ND HAND UNIFORM SHOP**

Will not be open next  
Friday 5 March



## FROM OUR RELIGIOUS EDUCATION CO-ORDINATOR MS BOLTON

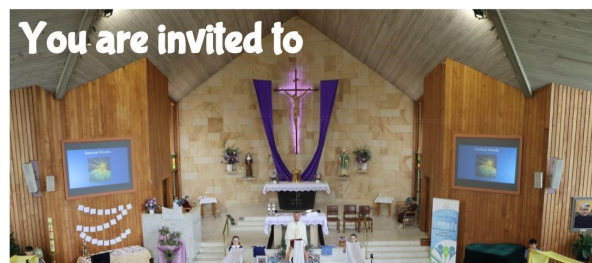
Welcome everyone to another year at St Patricks. 2022 has a great ring to it and we pray that it will be a year of great promise and reflect the beautiful community that is evident at St Patrick's.



In Week 3 we celebrated our opening school mass on the primary playground. We welcomed all members both old and new, present and not present to our school community. We especially acknowledged our new school leaders and our Year 6 leaders and their kindergarten buddies. We encourage them to follow in the footsteps of Jesus, serving our school community with truth, compassion, and kindness. Thank you, Father Paul, for presiding over this school mass at St Patrick's.



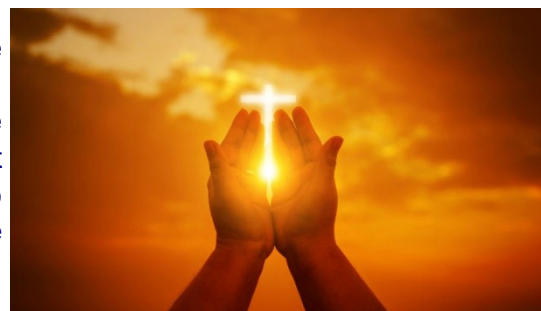
This Sunday, 27<sup>th</sup> February, we have a family mass at 9.30 for the whole school and we encourage all students from Kindergarten to Year 6 to attend. The readings for this day encourage us to join in building a more loving community. The readings are a reminder to consider where we look to for guidance as we try to navigate the challenges we face in our lives and our world. Are we guided by those loud and angry voices, or are there other quieter and more peaceful voices we might turn to?



**St Patrick's Family Mass  
9:30am this Sunday 27th Feb**

'Every tree is known by its fruit.' Today we pray that we might seek out those people who are working to make the world a better place, rather than people who are sitting back and offering only criticism. May we join with them in building a more loving community, both online and in the real world.

Sacramental information is available from the Parish Office. The first sacrament celebrated this year will be Confirmation so if you have a child in Year 3 or older and you want them to receive Confirmation, please contact the parish office for enrolment forms. Every year we also have a number of families who wish to have their children baptised. Please let me or the parish office know if you wish to embark on this journey.



*Let us Pray.*

*Almighty God We give you our school.*

*We give you all the teachers and staff who work here. We give you all the children who study here and their parents.*

*We pray our school would be place of great discovery, adventure and creativity. May it be a place where we love to learn and where we learn to love, A place where everyone is respected and all are deeply valued.*

*We ask all this through Jesus Christ our Lord. Amen.*

**SWIMMING CARNIVAL**—Congratulations to all of our students who represented St Patrick's at the CCC swimming carnival held at Mingara on Monday.

The students represented our school community with pride and showed great sportsmanship. St Patrick's finished in 6th place out of 11 schools attending the carnival.

A very special mention to the following students who will go on to represent the school at the Broken Bay trials next week.

Kayden F – 50m Freestyle

Cooper S – 50m Freestyle, Backstroke, Breaststroke

Boys Relay Team - Lincoln M, Jack R, Cooper S, Tommy S

Well done!

\*Absent from photos: Amelia H, Lincoln M and Amelia N.



**Thank you to our swim team for representing us so well!**



**Congratulations**



## FROM OUR ST PATRICK'S PARISH OFFICE

Dear Parishioners,

We are only three weeks away from our community consultation for the Pastoral Discernment project which will be held on 26 February after 9am mass. Our Parish Team has chosen the theme of Participating in Mission. We are very excited about this theme following the launch of the Parish Mission and Vision statement last weekend. If you would like more information to help prepare for our community consultation, copies of the guiding questions that will frame our consultation day, will be available on the information table in the Church Foyer.

God Bless, Scott

You can learn more about the Pastoral Discernment project at:

<https://www.bbcatholic.org.au/our-faith/pastoral-discernment-central-coast>

For more information or questions, please contact Scott Beattie, Parish Project Facilitator at [sbeattie@stedwards.nsw.edu.au](mailto:sbeattie@stedwards.nsw.edu.au) Keep an eye of the Parish Bulletin for further updates over the coming weeks.

**ST PATRICK'S PARISH GOSFORD**  
YEAR OF COMMUNITY  
**Parish Picnic**

**Postponed due to inclement weather!**  
**New date will be announced soon**

Join us for Mass & Parish Picnic  
Mass starts at 12:30 pm  
Sunday, 27th February 2022  
At St Francis of Assisi  
Lutana Road Somersby

Lots of activities on the day

- Jumping Castle
- Face painting
- Outdoor games under supervision of the youth group
- Wandering Minstrels to entertain us

**Bring your own:**

- food
- Picnic blanket
- Picnic table & chairs

**Available for Purchase:**

- Sausage Sizzle
- Drinks
- Popcorn

### WOMENS FAITH CIRCLE A GROUP FOR YOUNG WOMEN WITH SCHOOL AGED CHILDREN.

Meet twice monthly on 2nd and 4th Thursday of the month. Next Meeting 10th March.

All young mothers of school aged children are very welcome to join in with the group for Mass followed, in the Jordan Room, for fellowship with like minded women.



## Parish Consultation

26 February 2022

following 9:00am Mass

Our consultation theme is

**Participating in Mission**



## ST PATRICK'S PARISH Community FUNDRAISING

**Breakfasts are coming back!**

Beginning 6th March

Join us in the Jordan room on the first Sunday of the month after 7:30 am and 9:30 am Masses

Bacon or sausage & egg sandwich	\$5.50
Coffee	\$4.50
Tea	\$3.50
Hot Choc	\$4.00



# SEASONS FOR GROWTH 2022

Change and loss are issues that affect all of us at some stage in our lives. At St Patrick's Catholic Primary School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We have therefore been offering a very successful educational program called *Seasons for Growth*.

This program is facilitated in small groups and is based on research, which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. Please read the Information sheet on the Program BELOW

*Seasons for Growth* runs for eight weeks and each session is 40 minutes. The program concludes with a "Celebration" session. Teachers who are trained companions in the program facilitate the groups.

*Seasons* will commence in Term 2 at St Patrick's. **If your child has experienced significant change or loss, that has occurred a year ago**, and you would like him/her to participate in this program please **CONTACT THE SCHOOL by Friday Week 7 (11<sup>th</sup> March)** so that the correct amount of journals can be ordered.

**Please indicate why you would like your child to participate in this program and the nature of loss experienced.**

Thank You  
Ms Turnbull  
Seasons Coordinator



*Seasons for Growth*  
CHILDREN & YOUNG PEOPLE'S PROGRAM



More information on next page

# Seasons for Growth

## CHILDREN & YOUNG PEOPLE'S PROGRAM



An innovative grief and loss program that uses the imagery of the seasons to illustrate the experience of grief.

The program was first developed 20 years ago and has been revised and updated to incorporate new evidence and ensure that it continues to provide relevant and valuable experience for participants.

It does not provide counselling or therapy.



### What does it do?

*Seasons for Growth* aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

### Who is it for?

Anyone who is living with the effects of change and loss. Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

We suggest that anyone affected by bereavement wait 6-12 months before participating in a *Seasons for Growth* program.

### How does it work?

*Seasons for Growth* is a small group program that combines psychology and education with peer support, within a person centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief, and is underpinned by William Worden's tasks of grieving. The Children and Young People's program contains developmentally appropriate discussions and activities. *Seasons for Growth* normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

### How is it delivered?

The Program is run over 8 sessions with small groups of 4-7 participants and is facilitated by trained adult "Companions". The participants are provided with a safe space to learn, share and reflect and are supported by richly illustrated participant journals. Companions may be school staff, agency staff, endorsed parent volunteers or other suitable adults who have undertaken a two-day training workshop and receive a subsequent accreditation for Good Grief Ltd to deliver the program.

### Outcomes

*Seasons for Growth* provides the support and space for children and young people to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others

### Evidence

*Seasons for Growth* has been evaluated extensively over the last 15 years. The most recent evaluation was conducted by Southern Cross University in 2010 and concluded that the *Seasons for Growth* Program:

- Builds understanding and skills
- Improves participants' emotional wellbeing
- Enables participants to express their views, thoughts and feelings
- Strengthens participants' social and support networks.

The complete Southern Cross University Evaluation is available at [www.goodgrief.org.au/research](http://www.goodgrief.org.au/research)

The *Seasons for Growth* Children and Young People's Program has a 4 Star rating in the Mind Matters Program Evidence of Effectiveness Ranking: [read more](#)

The *Seasons for Growth* Children and Young People's Program is now listed with the Australian Government, Child Family Community Australia website as an evidence based program.



## FROM THE LADIES IN THE OFFICE

- **PLEASE REMEMBER TO FILL IN YOUR CHILD'S INTERNET, PHOTO AND CROSSING THE BRIDGE/LOCAL PERMISSIONS ON THE EVENTS TAB ON THE COMPASS APP**
- **BUS** — Each year we like to update the list of students who catch the individual bus numbers home in the afternoon to ensure that they board the correct bus. [Please click here to complete the survey form](#) if your child catches the bus home from school in the afternoon by Wednesday 9/2/22. You only need to complete this form if your child catches the afternoon bus.
- **Qkr!** Our School is using a mobile phone application and online service called **Qkr!** (pronounced Quicker). **Qkr!** is a secure and easy way to order and pay for school items at any time. These items may include fundraising for school events, school fees or ordering your child's lunch using your Smartphone, tablet or computer <https://qkr-store.qkrschool.com/store/#/home>
- **Invoices for your 2022 School Fees were emailed out on Monday 7<sup>th</sup> February. If you have not received this, please contact the school office on 4325 1159.**
- If you have any changes to your residential address or general contact details please let us know by an Email to the office.
- TO AVOID DISRUPTIONS TO CLASSES ON THE PRIMARY CAMPUS WE ASK THAT WHERE POSSIBLE PLEASE USE THE SIDE GATE NEAR THE CHURCH TO PICK UP OR DROP OFF STUDENTS DURING SCHOOLS HOURS



**Remember!!!**



## St Patrick's Catholic Primary School East Gosford



# OPEN DAYS 2022

**Inspiring your child to love learning and be the best they can be.**

St Patrick's is a supportive and nurturing community where the wellbeing of your child is pivotal to everything we do. Supported by a dedicated, professional team committed to providing a well-rounded education based on the Catholic values which underpin our curriculum. Our community is multicultural in nature which brings a unique quality to our school. Before and after school care available onsite.

### Thursday 24 March

Open Day Expo: 9.00am to 10.30am  
Information Sessions: 9.30am & 10.30am  
Primary Campus, Victoria Street

### Tuesday 29 March

School Tours: 6.30pm - 6.45pm  
Information Session: 6.45pm - 7.30pm  
Infants Campus, Melbourne Street

### Wednesday 27 April

School Tours: 5.00pm - 5.15pm  
Information Session: 5.15pm - 6.00pm  
Infants Campus, Melbourne Street

- Discover how each and every child has a unique learning experience
- Take a first hand look at our learning environment
- Meet with our Principal

Scan to register



### For More Information

St Patrick's Catholic Primary School  
Cnr York & Melbourne St, East Gosford 2250  
02 4325 1159 | [www.spegdbb.catholic.edu.au](http://www.spegdbb.catholic.edu.au)



**ST EDWARD'S  
COLLEGE**  
WHERE YOUNG MEN ACHIEVE



13 Frederick St, East Gosford, NSW 2250



(02) 4321 6400



[info@stedwards.nsw.edu.au](mailto:info@stedwards.nsw.edu.au)



[www.stedwards.nsw.edu.au](http://www.stedwards.nsw.edu.au)

## "A Day in the Life at St Edward's College"

**Thursday 24 March 2022**

St Edward's College would like to invite students to attend "A Day in the Life at St Edward's College".

Throughout the day, each student will experience a program that may include Music, Visual Arts, Science, PDHPE and Industrial Technology. Students will meet members of St Edward's staff and senior students from the College.

The College has arranged buses to collect students from their Primary School in the morning and return in time for their normal bus connections in the afternoon. In the case of St Patrick's Primary School, East Gosford, students will walk to and from the College. Your school will provide bus departure times closer to the date.

Students should wear their school sports uniform (including hat), and bring recess, lunch, and their own water bottle.

**[TO REGISTER YOUR SON'S ATTENDANCE PLEASE CLICK HERE](#)**

*Please note: The online event registration will request parent details, this information will be used for contact information ONLY, this is a student event and parents are not required to attend. Also, if you have previously registered for this event via the College website, there is no need to re-register again.*

[Enrolment Applications for Year 7, 2023 are now open](#) Applications will close Tuesday 26 April 2022.

If you have any questions, please do not hesitate to contact our Enrolment Team on 4321 6420.

This event will be held in accordance with any current NSW Health COVID-19 Public Health Orders and the St Edward's policies and procedures.

Yours sincerely,

Mark Bonnici  
Principal

## 2022 TERRIGAL TROJANS JUNIOR RUGBY CLUB

# BE PART OF THE COMMUNITY!



The Trojans are looking for players from u6's to U17's both boys and girls for the 2022 Season



If you are interested please contact

Junior Vice Presidents

Christian McKeon 0408 708 208

Brent Mungovan 0488 985 040

Coach Development Officer

Lee Sullivan 0414567706

<https://www.facebook.com/terrigalrugbyjuniors>

facebook

we don't just  
teach drama,  
we teach life

0403 368 517

O'GRADY  
DRAMA

[ogradydrama.com.au](http://ogradydrama.com.au)



ST PETER'S  
CATHOLIC COLLEGE

## ST PETER'S OPEN EVENING

Monday 7 March 2022  
4.00pm to 7.00pm

Applications open for places in  
Years 7 2023 and limited places in  
Years 8 to 11.

Enquiries and bookings for open  
evening via the  
[stpetersdbb.catholic.edu.au](http://stpetersdbb.catholic.edu.au)  
website



# Register now!



**GOSFORD  
TIGERS  
JAFC**

Lara Davis 0410 236 828

[gosfordtigersjuniors@gmail.com](mailto:gosfordtigersjuniors@gmail.com)

Auskick (5-10)

Juniors (9-17)



Sign up for junior footy **play.afl**

**ST. EDWARDS RLFC**

**Players wanted for**

**2022 Season**

**U/6s to U/12s**

**Boys and Girls**

**Register online:**

**My sideline/register**

**Phone:0431633344**