



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 W: www.spegdbb.catholic.edu.au

Enews 3

11 March 2022

Family Mass

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

P & F Meeting

Wednesday 1st June 7pm

Wednesday 24th August 7pm

Wednesday 16th November 7pm

St Patrick's Hall

Enquires and bookings please call the
school office

Outside School Hours Care

E: 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 1st Friday of every month
2.00pm – 4.00pm
The uniform shop can be contacted
outside of business hours by email
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
Friday 2pm
or as advised.

Canteen

Infants: Wednesday & Friday
Primary: Wednesday & Friday
Rostered volunteers please give
24 hours' notice if you are unable to
attend

Dear Parents Carers,

It is wonderful to be able to welcome you back onto the school site. We hope that the activities planned this week for Wellbeing Week were enjoyed by the children. A big thankyou to our Wellbeing Team for organising all the activities this week.

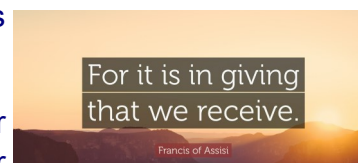
Thank you for your generous donations for Caritas on Monday and for the Flood Disaster Area of Lismore.

The Caritas money collected in class boxes will all be sent at the end of Lent to the Ukraine branch to support the families affect by the current conflict. Please continue to send in your loose change for your children to add to donation boxes until the end of term.

The money donated for the Flood Disaster, and **amazing \$1,350** will be used to purchase gift cards for Coles Myer or Woolworths/Big W. These will be sent to the Lismore branch of St Vincent de Paul next week. They were very thankful of your donations when I spoke to a representative today.

It was also wonderful to see so many parents and other family members at our first assembly for the year. Let's hope that we can continue to have you present for many of our celebrations in the coming months.

Congratulations to our Principal Award recipients who received their Award at Assembly today.



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St Patrick's Day - Thursday 17th March

St Patrick's Day – Thursday 17th March

We will be celebrating St Patrick's Day (weather permitting) next Thursday with a whole school mass at 10am in the church. Parents are welcome to join us for mass and then come and join us on the Primary side to spend some time with your child/children at recess. We will have a 'cuppa' for you from the canteen at the back of the hall and I think the P & F have something planned to sell at recess. Recess will be from around 11am and following recess the children will be involved in some rotating activities. **The children are asked to wear green to celebrate St Patrick's Day**

Information Sessions for Kindergarten 2023

I can't quite believe that we are starting the process for enrolling for Kindergarten in 2023, but we are. We have some Information Sessions in the coming weeks that if you have a child ready for Kindergarten next year or you know someone who has, then please join us for one of the sessions or call into the school office to collect an enrolment package.

Enrolment Expo and Information sessions:

Thursday 24th March from 9 – 10.30am. The Year 5 and 6 students will be sharing information about the school and there will be two opportunities to hear some information: 9.30 and 10.30am. The Expo will be in the Hall and the information Session in the LARC, both on the Primary side.

Then on **Tuesday evening 29th March** we have some tours of the Infants campus from 6.30 – 6.45pm and following this there will be another information session commencing at 6.45 – 7.30pm. Please join us for one of these sessions if you are interested. We will have another session early next term. (Wednesday 27 April)

Kindergarten and Year 6 Buddies Family Mass

We have a family mass for Year 6 and kindergarten on **Sunday 27th March at 9.30am** in the church. We hope to see many of our families at mass.

Cross Country Days

21 March - 8 year old's - Year 6—Hylton Moore Park (Info and permission sent via Compass Events)

25 March - Kindergarten to Year 2—St Edwards Oval (More information to follow)

Thank you for your continued support

Take care and God Bless

Cheryl



FROM OUR REC MS FIONA BOLTON

"Repent and believe in the Gospel."

Last Wednesday we came together to observe Ash Wednesday, the ashes being sprinkled over our heads as a visible symbol of penance. Ash Wednesday comes from the ancient Jewish tradition of penance and fasting and marks the beginning of the Season of Lent. This season of penance, reflection, and fasting prepares us for Christ's Resurrection on Easter Sunday.



Ash Wednesday also marked the beginning of our fundraising for Caritas' Project Compassion. The theme this year is "For future Generations" which entails 'Working together for justice and dignity. Walking together in hope. Building together a better future for all.' We remind our students that the good we do today will extend and impact the lives of generations to come.

Each week, as part of prayer and immersed within our Religious Education Units, students watch and reflect upon the stories from Project Compassion. All classes have received their project compassion boxes and students are encouraged to donate funds for people living in some of the most vulnerable communities across the world.



Caritas
AUSTRALIA



"Peace is a precious gift, which must be promoted and protected...

Never has the use of violence brought peace in its wake.

War begets war, violence begets violence."

Pope Francis

Caritas also operates within the Ukraine and this week student were encouraged to pray for and donate funds to help this initiative. The funds raised through this appeal will be used to provide immediate and longer-term humanitarian assistance to communities affected by the conflict in Ukraine, and to displaced Ukrainians in neighbouring countries.

The sunflower is the national flower of the Ukraine representing the warmth and power of the sun. Throughout Ukraine's history, the flower has been used as a symbol of peace. As a sign of solidarity for the Ukrainian people students coloured and made sunflowers, writing a prayer of peace within them.

Let us not forget those within our own nation devastated by rain and floods. Funds raised today will be sent to help those suffering and affected by the flood waters. Thank you for your generosity.

Next Thursday we celebrate St Patrick's Day with a mass at 10.00 and fun activities for the students afterwards. Keep an eye on compass for more details.

Compassionate God, source of all comfort,

We pray for the people whose lives have devastated by war, rain and flood.

Bring them comfort, we pray.

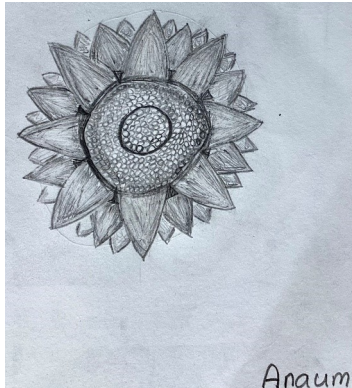
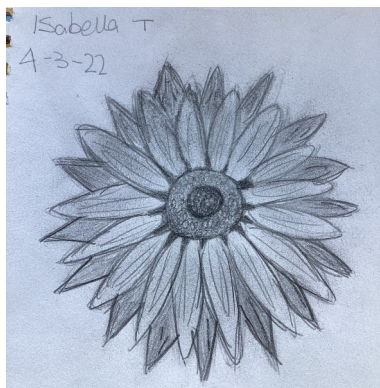
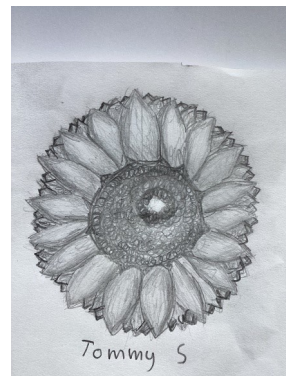
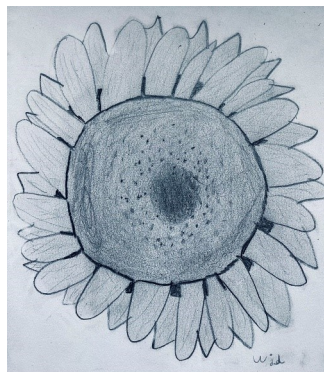
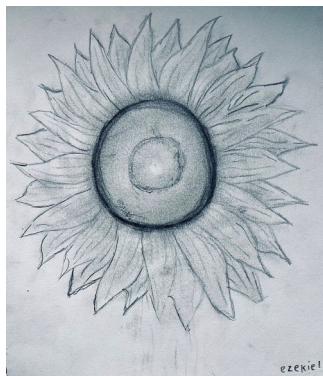
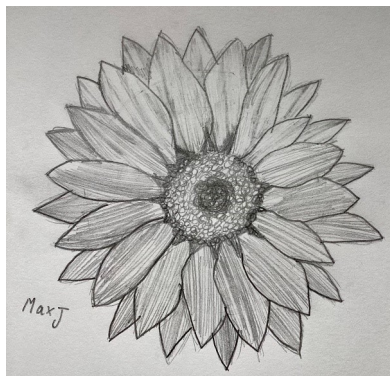
Protect the vulnerable. Strengthen the weak.

Have mercy on all those working to rescue the stranded.

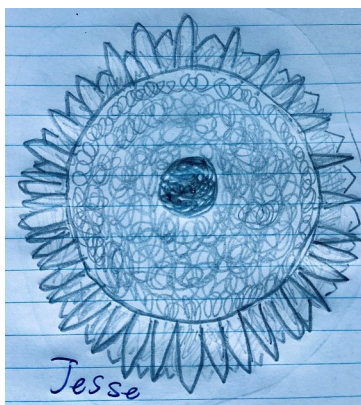
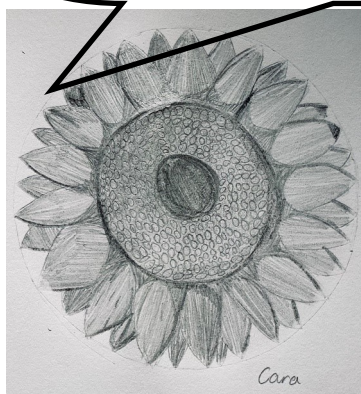
And may our response to their suffering be generous and bring you praise. Amen.



Thankyou for those families who came to our Family Mass last weekend.



In support of the tragedy in the Ukraine, Year 6 have drawn the sunflower which is the Ukrainian national flower. Our prayers go out to all of those affected by the war, and as we have been learning, whose basic human rights have been taken from them.





We're so loved in Year 1.

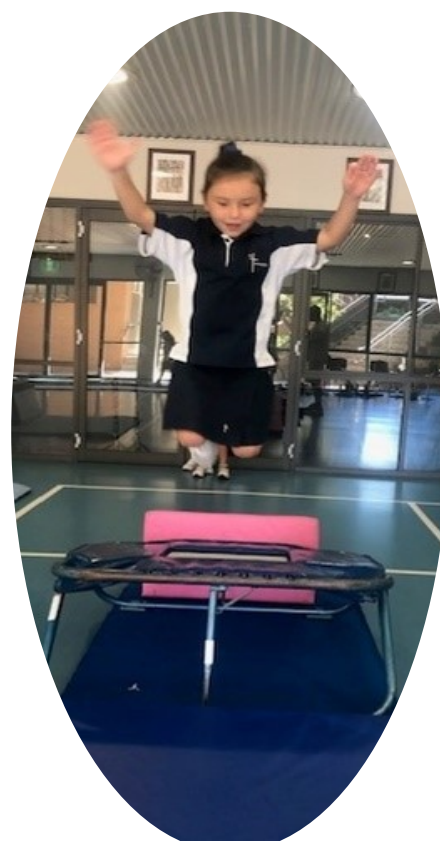
These hearts have beautiful messages from our parents reminding us everyday how loved we are.



"It is easier to build strong children than to fix broken adults."

African-American writer Frederick Douglass

We're always smiling at gymnastics!



CANTEEN ROSTER TERM 1, 2022

TWO volunteers are required for each canteen on Wednesday and Fridays.

Wednesday is recess only and shift is: 9.30am – 11:30am

Friday Split shifts or the full day is available as follows:

Full day: 9:30am – 2:00pm or Morning: 9:30am – 11:30 or Afternoon: 11:00 – 2:00pm
Current roster is posted on our Facebook Page: "Our Kids Canteen" and in School News

Please add your comment below this roster with your availability or please contact:

Karen Phillips M: 0412 549 922 E: missyk2606@yahoo.com

Sarah Jimenez M: 0402 155 126 E: sjimenez@y7mail.com

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

TRAINING WILL BE PROVIDED if required. Thank you.

Week	Date	Infants	Primary
		MARCH	
6	Friday 11 TH		
	9:30am – 12.30pm	Eileen Macpherson (9.30am-11.30am)	Sophie Noakes Flavia Stufano
	11:00am – 2:00pm	Danielle Williams	Bridie Monica Pam Magill (11.30am- 2)
	Or ALL DAY	Amy Clark	
7	Wednesday 16 th	Sarah Jimenez Pauline Nesbitt	Karen Phillips Sarah See
	Friday 18 th		
	9:30am – 11:30am		
	11:00am – 2:00pm	NEED 1	Karen Phillips
	Or ALL DAY	Victoria Carrahar Nichole Lindsay	Lorraine Hughes Christie Kissane
	Back Up	NEED 1	NEED 1
8	Wednesday 23 RD	Jeanine El-Azzi Sarah Jimenez	NEED 1 Judith Andrews
	Friday 25 th		
	9:30am – 11:30am		
	11:00am – 2:00pm		
	Or ALL DAY	Aida Reyes Cruz Kelly Paget Trish Noble	Lorraine Hughes Katie Talbot
	Back Up	NEED 1	NEED 1
9	Wednesday 30 th	Karen Phillips NEED 1	Sarah Jimenez Pauline Nesbitt
		APRIL	
	Friday 1 ST		
	9:30am – 11:30am		
	11:00am – 2:00pm		NEED 1
	Or ALL DAY	Yvette Zurek-Morris Trish Noble Bridie Monica	Amy Whitworth Victoria Carrahar
	Back Up	NEED 1	NEED 1
10	Wednesday 6 th	Jeanine El-Azzi NEED 1	NEED 2
	Friday 8 th		
	9:30am – 11:30am	NEED 1	NEED 1
	11:00am – 2:00pm	NEED 1	NEED 1
	Or ALL DAY	Alexa Marie NEED 1	Christie Kissane NEED 1
	Back Up	NEED 1	NEED 1

FROM OUR ST PATRICK'S PARISH OFFICE

ARISE Youth group leaders Sam, John, Johan, Gabbi, Lachie, and the Youth Coordinator Jaimi, from St Patrick's Parish joined us today to give Year 5 and 6 a taste of what youth group is like. We got to know each other, played some games, had heaps of laughs, and finished off with some prayer. All Year 5 and 6 students are invited to join us next Friday night for the launch of Arise.



Fun | Food | Formation | Friends | Faith

ARISE YOUTH IS LAUNCHING!

WHO: ALL YEAR 5 & 6 AGED STUDENTS

WHEN: EVERY FRIDAY NIGHT
DURING THE SCHOOL TERM | 7:00 - 8:45 PM

WHERE: ST PATRICK'S PRIMARY SCHOOL HALL

WHAT: DINNER, GAMES, FORMATION
+ MORE RUN BY YOUTH LEADERS
FROM ST PATRICK'S PARISH

BRING: A GOLD COIN DONATION

Week 7

Term 1

18/3/22

contact Youth Coordinator
Jaimi Andrews to express
interest or for more info
☎ 0452 480 112



St Patrick's Community Dinner International Food Night

Saturday March 19th 2022

Tickets on sale after Mass

Adults \$15 Child \$10
Family \$50 under 7 years FREE!

Enjoy some traditional homecooked food
and reconnect with your parish family.

All Welcome!

in the Parish Hall following the Vigil Mass

FOOD | FRIENDS | FUN | FAMILY

St. Patrick's Women's Faith Circle

A Welcoming and Supportive group
for women with school aged children



2nd and 4th Thursday of the month 9am mass
followed by faith formation and morning tea in the Jordan Room
Contact: Jane Eager 0417 660 078

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
- 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

For More Information

St Patrick's Catholic Primary School
Cnr York & Melbourne St, East Gosford 2250
02 4325 1159 | www.spegdbb.catholic.edu.au

Scan to register



FROM OUR ST PATRICK'S PARENTS AND FRIENDS (P&F)

St Patrick's Easter Raffle 2022

Once again, St Patrick's P & F will be holding our annual Easter Raffle this term. Raffle books will be sent home this week to each family member (via youngest child). More Ticket will be available at the front office. Parents can either put their full name and phone number or their child's name and class. All tickets sold and unsold need to be returned to school by Friday 1st April.

We ask parents to donate anything Easter themed Easter eggs, bunnies, easter craft, gift bags, easter toys, cane baskets, ribbons etc with their child or dropped at the front office by Friday 1st April. Over the years we have had 40 to 90 prizes to give away. Lets try to reach over 100 this year.

On Monday 4th April after school drop off we will need some help with putting the prizes together in the LARC. (Primary side library).

If you are available, please contact Rachael on 0421 048 099 or rach380@hotmail.com

This is the students favourite fundraiser as its all about them and they love to cheer on their classmates when they win a prize.

The draw will take place on Tuesday 5th April.

Winners will be published on Compass and Facebook.

Tickets – book of 10 - \$5.00 (more tickets available at the office)

Please return all tickets sold or unsold to the front office by Friday 1st April.

Drawn on Tuesday 5th April

All funds raised will go towards Playground Equipment

Thank you for your support.



Book of 10 for \$5.00.
(More tickets available at the office)

Please return ALL tickets (sold or unsold) to school by
Friday 1st April. Drawn Tuesday 5th April.
All funds raised go towards upgrading our Playgrounds.

Thank you for your support



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 (11th 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

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.



St Joseph's Catholic College

Russell Drysdale Street EAST GOSFORD

Open Afternoon

Book your tour at www.sjcc.nsw.edu.au
Meet our students and staff and tour our
college from 4pm by appointment

Choosing a high school for your daughter
is an important life choice. We invite you to learn
how becoming a **Joey's Girl** sets your
daughter up for a successful future.

The caring and supportive community of St Joseph's nurtures confident,
resilient and independent young women who act with courage, strength
and gentleness in the service of others and in the stewardship of our earth.

Empowering young women to make a difference in the world

**Thursday March
17th 2022**

**Enrolments now
open for 2023
& beyond**

www.sjcc.nsw.edu.au

Ph 4324 4022

2ND HAND UNIFORM SHOP

Open every Friday at 2pm

Thank you to our volunteers

We welcome donations

EASTER SCHOOL HOLIDAYS

APRIL 2022



MON 11 APR	8:30am-12:30pm Gymnastics & Tie Dye 12.30-4.30pm Multi Sports & Craft	WEEK 1
TUE 12 APR	8:30am-12:30pm Free G & Craft 12.30-4.30pm Archery & Games	
WED 13 APR	8:30am-12:30pm Gymnastics & Craft 12.30-4.30pm Easter Egg Hunt & Free G	
THU 14 APR	8:30am-12:30pm Trampoline & Games 12.30-4.30pm Cupcake Decorating	
TUE 19 APR	8:30am-12:30pm Free G & Games 12.30-4.30pm Archery & Craft	WEEK 2
WED 20 APR	8:30am-12:30pm Trampoline & Craft 12.30-4.30pm Ninja Wars & Boxing	
THU 21 APR	8:30am-12:30pm Gymnastics & Scavenger Hunt 12.30-4.30pm Archery & Multi sports	
FRI 22 APR	8:30am-12:30pm Free G & Games 12.30-4.30pm Craft & Multi sports	
TUE 26 APR	8:30am-12:30pm Free G & Games 12.30-4.30pm Craft & Multi sports	WEEK 3



LIFE CHANGING



HALF DAY \$30, FULL DAY \$50. AGES 5-12YRS.
PLEASE BRING LUNCH, WATER BOTTLE & ENCLOSED SHOES
PLEASE NOTE WE ARE CLOSED ON ALL PUBLIC HOLIDAYS
PCYCNSW.ORG.AU/UMINA-BEACH/SCHOOL-HOLIDAYS

**BOOKINGS
ESSENTIAL,
SPOTS LIMITED**





**GOSFORD
TIGERS
JAFC**

Lara Davis 0410 236 828
gosfordtigersjuniors@gmail.com
Auskick (5-10) Juniors (9-17)




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

Qualified coaches

Sponsored by



ELITE COACHING FOR ASPIRING PLAYERS





**3 DAY
AUTUMN SOCCER
DEVELOPMENT
CAMP**

Come and join our Junior Soccer training programs with qualified coaches, committed to the enjoyment and safety of all our players.

Location: Baker Park **Date:** 12th - 14th April 2022
Ages: 5 - 15 yrs (boys & girls) **Time:** 9am - 3pm

2 x Half Days 9-12pm: \$175
3 x Full Days 9-3pm: \$249
2 x Full GK Days 9-3pm: \$239

BOOK NOW
LIMITED AVAILABILITY
0491 443 100
info@eastcoastsocschool.com.au
www.eastcoastsocschool.com.au

**ELITE GOALKEEPING
CLINIC** 12th - 13th April



9-12pm GK training
12-3pm Outfield training




ST. EDWARDS RLFC

Players wanted for

2022 Season

Ages 5, 6 and 9

Boys and Girl

Register online:

My sideline/register

Phone:0431633344