



*Celebrating 90 years*

# St Cecilia's Catholic School, Balgowlah

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Number 14 15 May, 2019

## School Prayer

At St Cecilia's Catholic School we are committed to learning together within an environment that reflects the Gospel values. God of Love, Bless our school. Teach us to respect others and your Creation. Encourage us to be our best. Inspire us to treat others the way we want to be treated. Lead us to help people in need. Be with us as we celebrate the many gifts you have given us. St Cecilia, pray for us

**Core Value:** *Justice*

**School Rule:** Treat others as you want to be treated

**Scripture:** Blessed are they who maintain justice who constantly do what is right. Psalm 106:3

**Story:** The Good Samaritan: Share in the playground

## Principal's News



ST CECILIA'S CATHOLIC SCHOOL

**ENROLLING NOW FOR 2020**



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School tours can be arranged by appointment.

ST CECILIA'S CATHOLIC PRIMARY SCHOOL 59 Seaview St Balgowlah NSW 2093  
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*Jesus said: "I give you a new commandment: love one another."  
Love is the central theme of our Christian faith. Without love none of it works.  
We are challenged this and every day to love one another. When that love happens, Peter Scholtes' 1960s anthem comes true: "They'll know we are Christians by our love."*

*Community of Catholic Schools Broken Bay*



## Dear Parents

### ENROLLING NOW FOR 2020

Enrolments for 2020 are now open. If you have a young child ready to start school in 2020 it is important to collect an enrolment package from the office and return it at your earliest convenience. Be sure to spread the word to family and friends, we conduct tours every Wednesday at 10:30am through until the end of May. No need to book an appointment.



### MOTHERS' MONDAY

We celebrated Mothers' Day in a big way last Monday. It was delightful to witness the joy on the faces of both the children and the mums and grandmas who spent the morning with us at St Cecilia's. By all accounts it was a great success. Thank you to everyone who participated including the teachers who opened their classrooms, the volunteers who provided the hospitality and Fr Dave who led our liturgy. You were all very generous to give so much of your time.



### ASSEMBLY 20 MAY

We have invited James Griffin MP to attend our 2:30pm assembly on Monday 20 May to show our appreciation for the School Zone flashing lights recently installed in White and Wanganella streets and also for the State Government grant that helped fund the shade structure over the basketball court. Please join us at that assembly if you can.

### CHORAL EISTEDDFOD AT DEE WHY

Children from Years 3 to 6 who have elected to join the lunch time choir will compete at the Northern Beaches Choral Eisteddfod on Thursday 30 May at Dee Why RSL. The Choral Eisteddfod gives our children the opportunity to take performing arts to the next level.

We will get the opportunity to hear the choir perform on Monday 27 May at our Monday afternoon assembly. We wish them well and thank Mrs Roberts for the preparation that has gone into the choir.

### PLEASE NOTE CHANGE OF DATE

The pupil free day scheduled for the end of Term 3 (27 Sept) has been moved to Term 4, 14 October. Students will return to school in Term 4 on Tuesday 15 October.

### NATIONAL WALK SAFELY TO SCHOOL DAY

Healthy and active children live better, learn better and grow up to be more healthy and active adults. Parents are encouraged to walk their children to school on Friday 17 May to celebrate National Walk Safely to School Day.

### TRIVIA NIGHT

From everything I hear the trivia night was a great success last Friday night. I am told the school parent community banded together to have fun and enjoy the company of the wider community not just their own year group. Thank you also to the North Harbour Parish for the use of the parish facility.

### CLASSROOM FURNITURE

Due to the amazing work of the parent community we were able to replace some tired classroom furniture with a fresh look. All classrooms now enjoy new seating, a 'jellybean' table designed for small group instruction, more whiteboard table tops that can be used for learning at point of need, wobbly stools for children who find sitting on seats restrictive and ottomans that can be easily rearranged for collaborative work.

The purchasing of the furniture, designed to promote learning, was made possible by the fundraising from our annual gala dinner. Please save the date for this year's event to enable coding lessons to continue across the school as well as the continual improvement to the technology available to our children.



In Omnibus Glorificetur Deus  
In all things may God be Glorified.

*F Taylor*

Fran Taylor  
Principal

### RELIGIOUS EDUCATION MODULE: YEAR 3—FIRST EUCHARIST AND THE MASS

In this module students will explore Jesus' real presence with us when we participate and share in the celebration of the Eucharist and the way its various parts form a cohesive whole. Students are introduced to the way various ministries and roles within the celebration contribute to full and active participation.

Students will identify with and describe the words and actions of the priest during the Eucharistic prayer. Students will explain messages of key scripture passages and their relationship to understanding the Sacrament of Eucharist. Students will explore how we prepare for and receive our First and subsequent Communion.

### MOTHERS' MONDAY



Many thanks to all our wonderful mothers for coming to Mother's Monday. It was wonderful to have so many mothers here to spend some time with their children. Thank you to the Years 1, 3 and Stage 3 teachers for all they did to make the morning and liturgy special.



### ASYLUM SEEKERS HAMPER APPEAL

At St Cecilia's Catholic School we are committed to developing a connected and inclusive Catholic community that reflects the Gospel values. We strive to draw on and continue the work done by the founders of our school, the Good Samaritan Sisters, by reaching out with compassion and justice to people in need within and beyond our immediate community.

On Friday last week a letter was emailed to all the families at St Cecilia's. The letter provides you with more information about the Asylum Seekers Hamper Appeal. Students and staff are encouraged to bring in food and toiletry donations which will be given in support of the 'Asylum Seekers Centre' in Newtown.



**Final date for donations: Thursday 30 May**

**Sorting and delivery: Friday 31 May from 11am-1pm**

### VOLUNTEERS FOR SORTING AND DELIVERING ASYLUM SEEKERS' HAMPER APPEAL ITEMS

If you would like to help **sort** the donated items, or **transport** the items to the Asylum Seekers Centre on Friday 31 May, please sign up using the sign up genius link that is below:

<https://www.signupgenius.com/go/30e0949aaae2ca6f94-asylum>

Any help will be greatly appreciated.

### PARENT FAITH FORMATION: HEAVEN ON EARTH

On Thursday last week Father Paul led a wonderful mediation and prayer session. It also gave people the opportunity to reconnect with each other. Those who attended the morning with Father Paul thoroughly enjoyed the time for quiet time with God.

We strongly encourage you all to come to the next mediation and prayer session. Details about when the next Heaven on Earth session will be held will be published soon.

### WEDNESDAY PARISH MASS

**KW** attended the Parish Mass today. **Stage 3** will attend the Parish Mass on **Wednesday 23 May**. Everyone is welcome!

### 'FAMILIES COME GATHER' MASSES

Our next 'Families Come Gather' Mass is **Sunday 26 May**. Year 3B & 3W will be involved in this Mass. Year 3 families can volunteer for roles in the Mass and morning tea via SignUp Genius. Year 3 families received an email letter that included the link.

### PRAYER ASSEMBLY

Thank you to the Year 3 students who led our Prayer Assembly on Monday. The next Prayer Assembly will be led by **KB** on **Monday 20 May** at **2.30pm**. Everyone is welcome to join us.

### 'NATIONAL FAMILIES' WEEK 15 -21 May

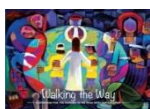
The aim of National Families week is to celebrate the vital role families play in Australian society. The theme is 'Stronger Families, Stronger Communities' which highlights the important role families play as the central building block of our communities and Australian society and that community wellbeing is enhanced by family well-being. More information can be found [here](#).





## National Families Week

### WALKING THE WAY



Walking the Way is a school-based initiative in the Catholic Diocese of Broken Bay, designed to encourage parents in their sacred task of accompanying their children on their journey with God. There are four elements: Book & video / E-Bulletin / Parent gatherings / Annual retreat. Click here to view <http://walkingtheway.dbbcsso.org/archive-2019-year-c.html>

### School News

### WEEKLY AWARDS

We congratulate this week's Awards' recipients.



Week 2	Justice Core Value	Merits
KB:	Olav S	Rafferty R and Serafina V
KW	Ola W	Campbell F and Isla W
1B:	Ella S	Jacob P and Lily E
1W:	Grace B	Angus M and Paola B
2B:	Lachlan C	Arthur L and Oliver T
2W:	Lucy M	Thomas E and Oscar L
3B:	Jack B	Pedro S and Rose F
3W:	Luisa A	Xavier F and Luca G
Yr 4	Benjamin H and Nicholas G	Annaliese O, Charlie M, Alessia Z and Harper F
Yr 5/6	Abigail K and Zoe M	Katelin B, Neisha M and Elise R

### UPCOMING DATES

<b>May</b>		Mon 17 <sup>th</sup>	Prayer Assembly – 1B
14 <sup>th</sup> -16 <sup>th</sup>	NAPLAN Year 3 and 5	Fri 21 <sup>st</sup>	Gala Video day
Mon 20 <sup>th</sup>	2.30pm Prayer Assembly KB	Fri 28 <sup>th</sup>	9.15am Feast of the most Sacred Heart of Jesus Reports home
Wed 22 <sup>nd</sup>	National Simultaneous Story Time		
Fri 24 <sup>th</sup>	2.30 – 3.30pm Millie Smith Uniform Shop	<b>July</b>	
Sun 26 <sup>th</sup>	FCG Yr 3	Mon 1 <sup>st</sup>	Athletics Carnival at Narrabeen
Tues 28 <sup>th</sup>	Broken Bay Cross Country	Tues 2 <sup>nd</sup>	Stage 2 Netball / Eagle Tag Gala Day
Thurs 30 <sup>th</sup>	Northern Beaches Eisteddfod – Choral	Wed 3 <sup>rd</sup>	2.30pm Prayer Assembly / Core Value Awards – Stage 3
Fri 31 <sup>st</sup>	Hamper Assembling	Thurs 4 <sup>th</sup>	Stage 3 Netball / Eagle Tag Gala Day
<b>June</b>		Fri 5 <sup>th</sup>	End Term 2
Mon 3 <sup>rd</sup>	2.30pm Prayer Assembly 4W	Mon 22 <sup>nd</sup>	Staff Development Day – pupil free
Tues 4 <sup>th</sup>	7pm P&F Meeting	Tues 23 <sup>rd</sup>	Students return for Term 3
Thurs 13 <sup>th</sup>	Good Sam Day		
Fri 14 <sup>th</sup>	9am Learning Together Playgroup (Pop up Play)		

## **BOOK CLUB**

Please place orders online by 17 May. Any questions please contact Emma Trueman or Emma Burton.



## **WOOLWORTHS EARN AND LEARN**

St Cecilia's is again participating in the Woolworths Earn and Learn scheme helping school to access free equipment. The promotion runs from 1 May to 25 June. Stickers can be left at the school or in the St Cecilia's box at Woolworths Manly Vale. *Sticker Sheets* can be downloaded [here](#).

## **Student Voice**

### **MOTHERS' MONDAY**

This past Monday, mothers and special women in the lives of Years 1, 3 and 5 students visited our school and participated in a range of different activities. Mothers Monday gave students valuable learning time with their mothers. Students were given the opportunity to show their parents their learning and classroom.



In Stage 3, we were given the opportunity to write detailed sentences which included figurative language and our mums gave us insightful advice which helped us to form our ideas into creative sentences. Having our mothers at school gave us a different perspective, pushed our learning and gave us a chance to bond and connect with our mothers. We were lucky to have Father David lead us in a reflective and meaningful liturgy and enjoyed the way he connected the liturgy to our daily lives. Some students shared their messages to their mums and what they mean to those students.

We believe that St Cecilia's students benefited massively by having our special mums at school for a day.

*Amelie D and Elise B*

## **Extra Curricula**

### **YOGA AND MINDFULNESS**

There are still some spaces available in our Yoga and Mindfulness classes on Monday mornings and we can arrange pro rata payment for the remainder of the term.

Does your child suffer from anxiety or stress? Do they have difficulties regulating their emotions or controlling their moods?

Maybe they have problems with their focus and concentration in class? Or maybe they just need to move their bodies, strengthening and stretching their muscles more?

Yoga, mindfulness and relaxation has been proven to have huge positive benefits for children.

Children are given the opportunity to learn to:

- connect with themselves and their emotions/feelings
- enhance their self-awareness
- move their body mindfully with presence
- develop tools to self-regulate
- experience positive interactions with other children
- have fun in a playful learning environment.

Our classes focus on movement, poses, yoga games, partner poses, mindfulness activities, breath awareness techniques and relaxation.

WHEN: Monday morning 7:45am - 8:30am (45minutes)

DATES: Commencing in Week 2 - 9 (8 weeks)

PRICE: \$120.00 (Mats and Props are included)

PLEASE BOOK by emailing: [connect@theheartofliving.com.au](mailto:connect@theheartofliving.com.au), visit the website [www.theheartofliving.com.au](http://www.theheartofliving.com.au) or call 0421552212. (Please note \*\* Be HAPPY Yoga has rebranded to The Heart of Living in July last year)

### **EVERGREEN MUSIC**

Evergreen is looking forward to another great term of music @ St Cecilia's. We meet every Friday morning for our group percussion, keyboard and guitar classes. Evergreen do have scope to take on another Year 1 Keyboard Class, so if anyone is interested in signing up for the rest of the year please contact Evergreen.

This term will see all of our musicians working towards a performance for the school at the end of the term!

Invoices for the Term 2 have been sent out, if you have not yet claimed your 'Creative Kids Voucher' you will be able to put it towards tuition for Term 3. For any more information feel free to contact Ben and Deb - [info@evergreenmusic.com.au](mailto:info@evergreenmusic.com.au)

## Parent Network News

**PARENT INFORMATION GUIDE:** Click [here](#) for the 2019 booklet.

### PRESIDENT'S MESSAGE

Hi Team!

By now you will have all seen the **2019 Fundraising Gala Save the Date!** So exciting! Please be sure to take note of the date, and if you haven't, join our Facebook Page – SCB Hub – for Fundraising Gala updates. "There's No Place Like St. Cecilia's!"

Next, how good was Trivia Night? (I'm rubbish at trivia, but having fun with all of you was amazing!) I hope you all had a wonderful night and cheers to the Kindy table that won! Well done! More than anything, thanks to Sheridan Millward who made the night possible. Sheridan, your efforts are so appreciated – thank you for all your work to make Trivia Night happen. Hopefully we can do this one again!

I hope you all enjoyed Mother's Monday. I know the kids just love when mum comes to school! Thank you to the teachers and Year 4 parents for putting this on, and to Yvette Wyeth for helping to spoil our mums with Active Skin gift bags. (I'm so jealous!) Enjoy!

One more thing! We are starting to gather prizes for Gala night! So, if you or your business are interested to help in fundraising for St Cecilia's by donating a prize to be won on Gala night, please let us know! You can simply email Barry Armstrong ([barry.armstrong22@gmail.com](mailto:barry.armstrong22@gmail.com)).



That's it from me. Have a good week! Xx Jamie

### CSO Parent Events

There are some great events in term 2 for parents to attend, please below for details:

- 'Messy Parenting, Catholic Conversations about raising a family' **Thursday 23 May – 9.30am -2pm Canisius Spirituality Centre Pymble**
- 'The Resilient Child' – **Tuesday 18 June 7pm – St Mary's School Manly**

### Volunteer for the Asylum Seekers Hamper Appeal

During May, St Cecilia's students and staff donate food and toiletries to the Asylum Seekers Centre. On Friday 31st May parent volunteers are needed to collate and distribute the donations. Please sign-up for one of the following tasks:

- **11am – 11:15am: Carry** (heavy) collection baskets from classrooms and staff room to the School Hall.
- **11:15am – 11:45am:** Sort like items into different hamper baskets in the School Hall.
- **11:45am – 12noon:** Carry collated (heavy) hamper baskets from the School Hall to cars in the Wanganella Street car park.
- **12noon – 1pm:** Transport Hamper baskets to the Asylum Seekers Centre in Newtown and unload them (4 cars are need with 2 people per car).

Thank you to those parents who have signed up so far. ***We still need volunteers, especially to transport the hampers to the Asylum Seekers Centre in Newtown:*** <https://www.signupgenius.com/go/30e0949aaae2ca6f94-asylum>

### **Volunteer for Meals on Wheels**

St Cecilia's assists our local Meals on Wheels program each Monday morning. It involves driving and accompanying the Year 5/6 students to deliver meals to recipients in our local area. It generally takes only 1.5 hours (11.40am - 1.10pm).

***We especially need volunteers for the remainder of this term on the following Mondays: 27 May, 3 June, 10 June and 17 June*** <https://www.signupgenius.com/go/30e0949aaae2ca6f94-meals1>

### **Volunteer for GIFT Cook-offs**

GIFT (Giving in Faith Together) organises fortnightly cook-offs to provide meals for families in need in our community. Year groups from schools in our parish come together at different times, see below. Ingredients are ordered and delivered to the kitchen beforehand and meals are frozen for collection/distribution at a later date. Please volunteer for this important social justice initiative.

Kindy: Monday 17 June (Coordinator Sally Virgona)

Year 3: Monday 29 July (Coordinator Gillian Hopkins)

Teachers: Monday 26 August (Coordinator TBC)

Years 5-6: Monday 14 October (Coordinators: Katharine Cook, Annette Paddison)

Year 4: Monday 11 November (Coordinator Sonia Walsh)

**Cook-offs are held on Mondays at 6-9pm in the Parish Kitchen at St Kieran's Manly Vale. Please sign up here to volunteer in your year group time slot...** <https://www.signupgenius.com/go/30e0949aaae2ca6f94-gift>

### **Millie Smith Pre-loved Uniform Shop**

Thank you to everyone who donated their pre loved uniforms to the Millie Smith Uniform shop. We are stocked up and ready to sell! All donations via QKR are given to charities chosen by the Social Justice committee at St Cecilia's.

**The next shop open day is FRIDAY 24 May. Payments via QKR!**

Access to the shop at other times via the school office.

**Sign up to volunteer to open and manage the shop from 2:30pm to 3:30pm on a Friday.**

<https://www.signupgenius.com/go/30e0949aaae2ca6f94-mille>

### **HEAVEN ON EARTH**

Last Thursday we had a beautiful morning with Fr Paul on 'The Pathway into Meditation'. We plan to continue offering introductory meditation for Heaven on Earth in Terms 3 and 4, so stay tuned.

***We're looking for a couple of parents to set-up morning tea (which is provided by the school) prior to our Heaven on Earth mornings in Terms 3 and 4 this year. It only takes about 20mins each term. Contact Tanya Fitzpatrick (via Sue in the office) or Robyn Wunder (on 0412695579) if you're interested.***



The roster can be found through the school website under the School Community/Volunteering tab or click [here](#)  
2019 Canteen Menu: click [here](#)

### **Upcoming Volunteers:**

Fri 17 May: Carryn Masluk and **1 Volunteer required**

Mon 20 May: Jodi Sampson

Wed 22 May: **1 Volunteer required**

Fri 24 May: **2 Volunteers required**

## **SACRAMENTAL PROGRAM NEWS**

### **First Communion Program**

- TryBooking Link for First Communion  
The link will be sent to all parents on Sunday 19 May or Monday 20 May and will be open from Monday 19 May at 8.00pm.
- Ritual: Presentation of the 'Our Father'  
Saturday 25 May Vigil 5.30pm or Sunday 26 May any Mass in the parish;

Families should attend one of these. Children are presented with an Our Father scroll during Mass and will ask the community to pray for them.

### **Enrolment for 2019/2020 Children's Sacramental Program**

Tuesday 21 May Parish Centre 9-10am **OR** 6-7pm

**Documentation:** Handing in of completed registration form, copy of baptism certificate (unless baptised at SK or SC), photo (with child's full name and Church for display noted on back) and **Christian name only on the front**, and a donation (usually \$100).

**Forming Family Preparation Groups:** Parents are asked to confirm membership of groups (that have been organised) or to sign up for a group.

Please contact Janette at [sacraments@northharbourcatholic.org.au](mailto:sacraments@northharbourcatholic.org.au) or 0408 866 521 if you have any questions.

## **Community News**

### **LIFELINE NORTHERN BEACHES GIANT BOOK FAIR 24 – 26 MAY**

St Augustine's College Sydney Cnr Federal Parade West & Alfred St Brookvale

Friday	24 May	4pm -- 9pm
Saturday	25 May	9am -- 5pm
Sunday	26 May	9am -- 2pm

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages. Also available is a wide selection of puzzles, jig saws, games, CD, DVDs, vinyls.

Entry by gold coin appreciated. Visa and Mastercard accepted. All funds raised support the activities of Lifeline Northern Beaches.

### **ANCIENT WISDOM FOR MODERN HEALTH: *the simple, timeless secrets to high energy, low stress, life balance and works success***

St Paul's Catholic College would like to invite all parents / caregivers to a presentation by **Mark Bunn**, former AFL player, author and motivational speaker, on **Thursday, 16 May 2019** from 6:30pm – 7:30pm. Mark is focussing on personal wellbeing, and we would like to offer the presentation to the wider parent community.

Through a blend of eastern and western health science Mark identifies the inhibitors to health, happiness and performance, and with a unique style of delivery encourages practice that supports high performance, work enjoyment, relationship building and community.



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A photograph of two people, a woman with blonde hair and a man in a suit, smiling. The man is wearing a blue and white striped tie and a dark suit jacket. A small logo for St. Cecilia's Catholic School is visible on his lapel.

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

**Telephone 02 9977 8164** Suite 3, 28 East Esplanade, Manly NSW 2095 (above Garfish, opp Manly Wharf)

Terms and Conditions: This offer is for parents and children currently enrolled at St Cecilia's. The offer is valid for the 2018/2019 financial year.



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