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St Michael's Newsletter Term 3 Week 10 22 September 2025

2025 Jubilee Pilgrims of Hope



Congratulations George! Awarded the Mayor's Prize for, "We Three Kings" at the Bathurst Diocesan Christmas Art Competition, 2025. We will publish our other fantastic winners on each of the coming newsletters.

*We respect and embrace the
Wiradjuri people of this region
as the traditional custodians
and cultural knowledge
holders
of this land*

IMPORTANT DATES

P&F Meeting

Monday 22 September
at 6pm All Welcome

Moorambilla Voices Camps

Birray/Mirray 24-26

September

Birrallii 25-26 September

St Michael's Feast day

Celebration Afternoon

Sausage Sizzle, Mufti Day, and
Parents/Teacher Handball
Comp

Friday 26 September

End of Term

Friday 26 September

First Day Term 4

Monday 13 October

Save the Date:

End of Year Celebration, Year

6 Farewell and Christmas

Mass

Friday 5 December

Loreto Sydney Excursion

Monday and Tuesday 15/12
and 16/12

LIVING • LOVING • LEARNING

Principal News

Term 3 has flown! It is hard to believe that there are Christmas decorations in some shops! This means that we are already casting our eyes forward to T4 and the many important events and learning we have planned. It's always so exciting to have our Kinder transition days, learn to swim intensive swimming lessons, our excursion to Sydney, our end of year festivities for Year 6 and our preparation for Christmas. We will have a focus on Missions Week in W3 to raise money and awareness for those in need. Staff will undertake lots of Professional Learning to continue keeping abreast of and to implement the huge curriculum reforms taking place in all Key Learning Areas. Teachers will continue to assess and report on student achievement throughout the term and prepare reports at the end of term. We look forward to seeing our parents and friends at our many events, thank you for your support!

It's also a great time to thank our parents and community for supporting us in so many ways this term. I know that having a school review, an executive review (for me) and our strategic planning has resulted in a lot of surveys, panels and feedback. Thankfully, school reviews and strategic planning only happen every five years and executive reviews every three to four years!

Pupil Free Day - Collaborative Strategic Planning

On Friday's pupil free day, staff worked together with our consultant Steve Muller and Dane Fitzpatrick (Diocesan Primary Religious Education) and Kristi Ryan (Diocesan Literacy) to make very good headway in our planning for the next five years, in the pillars of Faith, Learning and Stewardship. We worked together to evaluate our Vision and Mission to underpin our goals, we worked to identify our key academic, pastoral and wellbeing goals and we worked to identify how we plan to be a sustainable school, now and in the future. It is an ongoing process that we will continue to refine. St Michael's has an incredibly stable, committed, highly skilled and motivated staff, so we are building on a very strong base. We will continue this work to publish a strategic plan by the end of T4.

St Michael's - BBQ and P&F Barefoot Bowls. P&F meeting tonight at 6:00pm

The P&P are to be congratulated for running a fantastic BBQ at the Made and Grown Spring Market on 13/9. Not only was a really fun day to be working together, they raised \$459.10 for St Michael's! Thank you to all who volunteered, donated or helped in other ways.

Our Halloween Barefoot Bowls night is on Friday evening 31/10/25. Please come to the meeting tonight to find out what's going on and to get involved! It will be a great night!

Community Service

St Johns College Year 11 students, Charlee and Cooper, gave their service to St Michael's last week. As part of their service learning, Charlee and Cooper worked at St Michael's for the week. They gardened, worked in classrooms helping students, cleaning up and preparing material. They listened to students read. They refereed games and really loved helping our students in lots of other small ways. Both said it was great to give back to a school they love! Thank you Charlee and Cooper, we loved having you here!

Parish Connections

I have published the new October Parish Roster in this newsletter. Please check and diarise your roles.

Family Prayer

During the school holidays, please set aside time for eating together at the family dinner table twice a week and **say a family Grace and Gratitude prayer**. Giving thanks is a very powerful way to connect with family and God. There is also lots of research that feeling grateful and being thankful actually makes us feel happier and have improved health.

ICAS

Almost all the ICAS results are in! It was great to see students gaining valuable exam experience and also doing rather well.

Congratulations to:

Digital Technologies - Merit to Naomi

English - Credit to Marly and Charlie, and Merit to Stella

Mathematics - Credit to Marley and Merit to Charlie

Writing - Merit to Annie

We will have a presentation when the certificates arrive. The detailed feedback given is diagnostic and provides teachers with information about where students have achieved well and where they can focus on specific skills.

School Holidays

School holidays are a time to relax and spend time with family and friends. With the spring weather, lots of us will be outdoors. Most students have been learning about keeping safe and making good decisions about safe behaviours. Please ask and prompt your children to tell you about what they can do to stay safe around water, the sun, in the home and on farms, and online. Reiterate how important it is to look after themselves and each other, and to ask for help! It is a timely reminder that online environments need to be supervised and monitored carefully. Too much screen time is harmful.

Have a safe and happy holidays. I will send a holiday memo and a draft calendar at the end of the week.

I will be on **Long Service Leave from 13/10 to 22/10** as I have a son getting married on 18/10. Mrs Foran will be school manager for this time. Please contact Mrs Foran through the office if you need assistance with anything during that time.



NEVER BEND YOUR HEAD.
ALWAYS HOLD IT HIGH.
LOOK THE WORLD
STRAIGHT IN THE FACE.

HELEN KELLER

www.theyarethefuture.co.uk

This Fortnight P&F Meeting

Monday 22 September
at 6pm All Welcome

Moorambilla Voices Camps

Birray/Mirray 24-26

September

Birralii 25-26 September

St Michael's Feast day Celebration Afternoon

Sausage Sizzle, Mufti Day,
and Games

Friday 26 September

End of Term

Friday 26 September



Happy Birthdays to:

Marley, Beth, Madison,
Archer P & Walter

Claim the dates:

P&F BBQ & Halloween

Barefoot Bowls

Friday 31 October

Well done students, parents and teachers

REC News

The feastday of our school's patron saint, St Michael, is October 29th and we are celebrating this important event this Friday.

The celebrations start off with a small liturgy at 12.40 in the hall.

We will then have a sausage sizzle for lunch, followed by some fun games on the top oval.

We will be holding the inaugural Student vs Parent/Teacher handball game, so I am asking for any parents to bring their handball skills to the game. Mums and Dads, please contact Monica if you are interested in being a part of this amazing team.

See you next Friday to celebrate our amazing school.

Monica Foran -REC

KidzFix



Last week, Pam and Brian Bowman, representing Kidzfix, donated \$2500 to St Michael's! Kidzfix are running their annual rally this week. Their vision is that their small foundation is dedicated to supporting sick and disadvantaged Aussie kids, and they do community support that is highly visible in the changes they make. Kidzfix give to smaller organisations and communities where they can have the biggest impact. Kidzfix site is here.

Barefoot Bowls - A bit More About Halloween!

In the 8th century, Pope Gregory III moved All Saints' Day to November 1 and dedicated a chapel to all saints. The dedication of this chapel to all the saints on November 1 marked the origin of the holiday of Halloween. Fr. Wauck tells us that the tradition of dressing up on Halloween can be traced back to medieval practices. One practice was 'guising,' a medieval practice where children would dress up and go door-to-door asking for sweets. Some people wore frightening costumes to ward off evil spirits. These ideas merged over time with the Catholic celebration of All Hallows' Eve, creating the holiday we recognize today. These traditions likely travelled around the globe with immigration, people, traditions and stories, eventually transforming Halloween into a cultural event now celebrated worldwide.

Dressing up for Halloween is lots of fun. Please chat about the Catholic traditions of Halloween with your children and remember some of the costumes available may not be appropriate. We support dressing up, and thank you in advance for sensible and respectful costumes.

Inspired by the example set by St Mary MacKillop and Julian Tenison Woods, St Michael's Catholic School aims to foster a love of learning, allowing all children to reach their full potential through a supportive partnership of school, parents and parish.

Principal's Award Term 3 Week 8 Serina



Do you know someone who always says, "Yes, you can play" and "Yes, you are welcome in my game" and "Yes, I will play with you and help you to be good at playing". Serina is always a supportive and generous friend. She is always sensitive to others' needs. Serina is always kind and inclusive. Well done Serina, and thank you for being so special.



MERIT AWARDS

Years K/1/2:

Harry, Archie D & Aubrey

Years 3/4:

Parker, Walter, Sebastian,
Cooper Austin, Archer P,
Charlie P, Charlie D, Maddox
& Archie T

Years 5/6:

Katie

Well done students, parents and teachers

Christmas Art Bathurst Congratulations to our Diocesan Christmas Art participants, who travelled to Bathurst last Friday to attend the opening of the Diocesan Art Exhibition. This is a competition for students in our Diocesan schools and 10 of our students were in the exhibition

We are very proud to announce that out of 20 prizes awarded, our school received 4 awards.

George received the Mayor's Award for his string art and Zeke received the Catholic Observer Award, with his artwork appearing on the front page of the Diocesan Observer. Marley received a Highly Commended for her beautiful tapestry and Elodie received third place for her amazing lino print.

These artworks will now travel to Sydney to compete against artworks from the Sydney Diocese.

Well done to all our artists.

We are so proud of all your achievements.

Thanks Spuz for driving us to Bathurst.



Completion of Mural

Wow, how fantastic is our new mural! Mrs Beer applied for a cultural grant from the CEDB and this beautiful mural is the artifact! Sandan worked with our students to gather their ideas. He will share the written story and artist's explanation with us. I will publish this as soon as I can. Huge thanks to Sandon Gibbs-O'Neill. Thank you to Mrs Beer and the CEDB for their generous grant.



Principal's Award Term 3 Week 8 Olivia



It's easy to shine when you are really good at something! It's much more challenging to shine if you have to apply lots of energy to work hard at getting better skills, to be better at something. This is called setting a goal and working to achieve it. Olivia has used every bit of her thinking and working energy into being the best listener in Maths and the best at stepping through her strategies in Maths and the best at checking her workings in Maths. Keep shining Olivia!!

Principal's Award Term 3 Week 9 Naomi



Naomi continues to set an example to all the students of St Michael's. She is what we call an exemplary student. Thank you Naomi, please keep modelling your high level of effort and achievement in all areas of study and the way you live your life.

Well done students, parents and teachers

Doo September Singing



The Doo September campaign has been a wonderful success for Dunedoo! St Michael's were so delighted to have Ann come in twice and give every child a singing and music lesson. Thank you so much Ann!

St Michael's P&F BBQ Fundraising

On Saturday 13/9, the St Michael's P&F ran a delicious BBQ at the Made and Grown Spring Markets. Our wonderful P&F members donated an hour or a whole morning to helping at our BBQ fundraiser! From ordering the goods, packing and carting all the food and bits to the markets, the early morning pick up for the BBQ, to donating homemade cakes, Dill Pickle Relish, bread and eggs, some even donated money, to cooking and serving all day, to packing up and washing up at the end of the morning, thank you so much!! Ange from Dubbo Pet and Stock Feed donated 12 dozen eggs, and Charlie washed, checked and reboxed every egg! Jimmy, Coco and Aubrey carried all the left over eggs and cakes around to sell at the end of the day. It is great to see our students also working so hard for our school.

Thank you to the P&F for working for our school !



Principal's Award

Term 3 Week 9

Beth



Beth, you continue to be an independent thinker and an independent worker. You are working hard to listen to others and take on advice. Thank you for the sunshine that you shine at St Michael's and the strengths you share every day!

Well done students, parents and teachers

Aussie of the Week Term 3 Week 9 Sebastian



Sebastian is consistently inclusive and welcoming to all people on the playground, in Lego club, and Puzzle Club. He always comes to school enthusiastic and ready to learn and greets everyone he meets with a cheery smile. He always applies himself, even to things he finds challenging. An example of this is joining the others on the oval, even when there might be a lizard around. Thank you for making our school a more joyful place to be, just by being yourself.

Parish roster

Dunedoo Liturgy Rosters OCTOBER, 2025 10.00am.

If **NOT Available** on your **ROSTERED** day, please **organise a swap** and tell the **Welcomer**.

	5 th October	12 th October	19 th October	26 th October
Commentator	Peta Brennan	Donna Lane	Claire Frampton	Anne O'Leary
Readers	Peta Brennan Monica Foran	John Portelli Connie Portelli	Beth Smith Claire Frampton	Judy Gibson Marley
Preparation of Gifts	Anthony Sullivan John Portelli	Christine O'Leary Donna Lane	Frampton family	Anne O'Leary Sandra Hamilton
Prepare Morning Tea	////////	////////	////////	Judy Gibson Anne O'Leary
Sacristan	Monica Foran	Volunt	Monica Foran Mia	Elodie Sr Margaret
Collection	Warren Yeo Greg Sullivan	John Portelli Rachael Hogden	Shaun Coe George Frampton	Michael Court Elodie
Music	Peta Brennan	////////	Monica For	Sr Margaret
Altar Servers	Volunteers	Volunteers	Mia Audrey	Lexie George
Welcomer	Monica Foran	Beth Smith	Frampton family	James family
Altar Linen	Volunteer	Volunteer	Jacqui Coe	Sr Margaret
Money Counters	Michael Court Volunteer	Donna Lane Volunteer	Shaun Coe Volunteer	Claire Frampton Judy Gibson

Thanks to Aunty Karen

Huge thanks to Aunty Karen. We feel so lucky to have had Aunty Karen here for two terms, to teach us all about Culture through Language. Aunty Karen has inspired students to use language in small ways in classroom and the playground. One parent reported that they have made labels for common objects around their home so they all use Aboriginal Language words! Karen generously shared artifacts and her story with students.



Learning at St Michael's

Last week, there was lots of learning happening at St Michael's. Year 3-6 are enjoying learning about Japan. Year 3 made lanterns and look at Y6's paintings.



The **ZONES** of Regulation®

Concept 8: Choosing the Right Tool

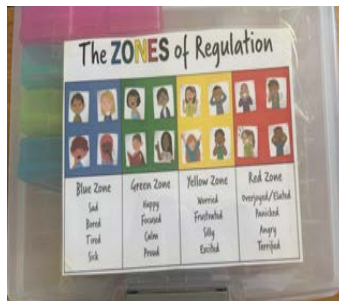
For the last 2 weeks in our Zones of Regulation program, we have been learning about **Concept 8: Choosing the Right Tool for Regulation**.

Students are practising how to recognise which strategy or “tool” can help them best in different situations. Just like using the right tool in a toolbox, it’s important to match the strategy to what they need.

For example:

- If a student feels **worried or restless**, they might try deep breathing or squeezing a stress ball.
- If they feel **tired**, they might choose to get a drink of water, stretch, or take a movement break.
- If they feel **frustrated or angry**, colouring, listening to music, or taking space might help.

The goal is for children to build **independence** in choosing strategies that work for them, so they can return to the **“green zone”, calm, focused, and ready to learn**. You can support at home by talking about which tools help your child feel calm and practising them together.



At school we are supporting students to **independently** work through the process in a variety of ways, including the new **regulation stations** which will be in each classroom.

ATTENDANCE MATTERS

When students attend school consistently, they have more **opportunities** to develop and maintain **positive friendships**.

EVERY DAY AT SCHOOL COUNTS



Women's Collective workshop

Thriving before, during and after menopause

Menopause is a natural stage of life, not a taboo

With the right knowledge, support and self-care, women can navigate this transition with strength and confidence.

Let's break the stigma and put menopause health at the centre of wellbeing for every woman.

You're invited to join our free Women's Collective workshop to learn more about menopause health.

When:

Wednesday 8 October,
5.30pm - 7.30pm

Where:

Feathers Cafe,
Coonabarabran

Light refreshments
will be available.



Community News



MENDOORAN CARP MUSTER

19TH OCT
2025
GONE FISHING DAY

SUNDAY OCTOBER 19
CAST A LINE & CARE FOR OUR RIVERS
CASH & PRIZE POOL UP FOR GRABS!



O. L. MILLING PARK
DUNEDOO, NSW

MADE 'N' GROWN

3 RIVERS REGION
PRODUCE AND ARTISAN

SUMMER MARKET

2ND SATURDAY IN DECEMBER

8.30 - 12.30

Free Event!



4 PERSON 9 HOLE AMBROSE

September
28th

* 9:30AM
REGISTRATION
FOR A 10AM
START

* LEOS BBQ
LUNCH 12PM-
1:30PM

*Come along for a day of
fun on the fairway!*

Finale of all DOO events- drawing of various prizes and the writing competition E.g., Taronga Western Plains Zoo Family Pass, vouchers for Dunedoo businesses

***Singing** will be happening with the school children during class times. Annie Capare

***All DOO activities are free to attend.** For most events the food and drinks are at one's expense or a gold coin donation.

*All who participate in any DOO activity go into the draw to win various prizes.

*Please contact the nominated person if you wish to know more about that activity or to book your spot.
Contact Cathy Bowman for more information 0428752329

Gentle exercise classes

Every Monday
and Wednesday

From
11am
to
Noon

@ the gym
(old cinema
building,
Bolaro St)

FREE
all welcome

run by Sharon
Martin

DRLFC AGM + MND BIG FREEZE



27TH SEPTEMBER
2025

DUNEDOO
SPORTS CLUB

ICE BATH
CHALLENGE - 12PM

AGM - 3PM

All welcome!

MND Ice Bath Challenge - begins at 12pm

AGM - to follow at 3pm

LINK TO DONATE:

<https://support.fightmnd.org.au/.../dunedooswansandswanet...>

All donations go towards FightMND to help them beat the beast that is Motor Neurone Disease