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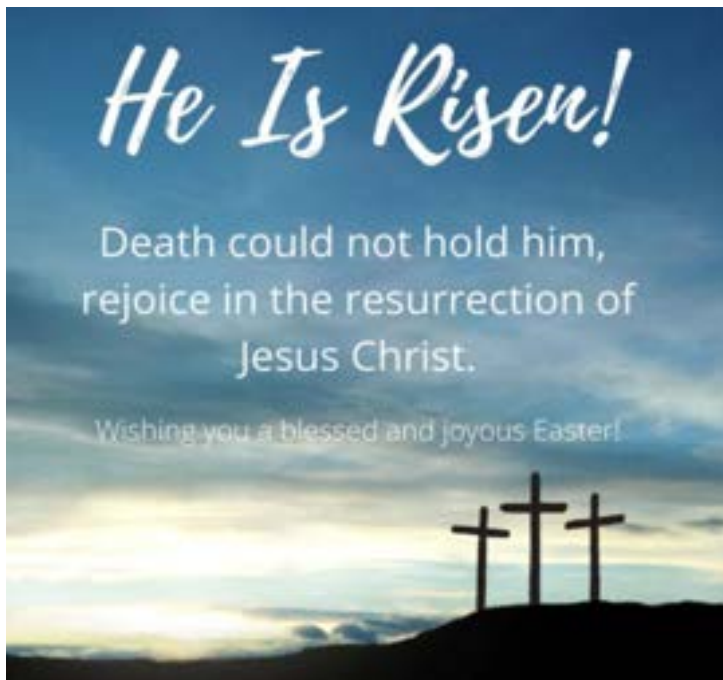
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St Michael's Newsletter

2 April 2024 Week 10 Term 1



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

IMPORTANT DATES

Polding Swimming - Sydney
Wednesday 3 April

Cross Country at Dunedoo
Sports Club 5 April 2pm

P&F Working Bee following
Cross Country 3:30 here at
School

PSSA Swimming 11-12 April

P&F Meeting 8am 9/4/24
byo coffee

29 April PUPIL FREE DAY
First day Term 2

2nd May Parent Teacher
Interviews

Dio Crossing Country - Coolah
Tuesday 7 May

Yr 6 Christian Living Camp
8-10 May

School Photos
Wednesday 29 May

Spelling Bee
Thursday 30 May

National Reconciliation Dio
Mass - Mudgee
Friday 31 May

End of Celebration
Friday 6th December

We celebrate with joy and faith the resurrection of Jesus. The light of Christ dispels all darkness and we can be sure of His love and guidance in our lives.

I have risen, and I am with you still, alleluia.
You have laid your hand upon me, alleluia.
Too wonderful for me, this knowledge, alleluia, alleluia.

For Peace in Countries Experiencing War - Please pray with your families

God of comfort, send your spirit to those whose lives are torn apart by violence.

God of Justice, give strength to those who work for a just peace. Help all leaders to support their efforts.

God of love, we place before you the people whose countries are ravaged by war, that they may experience love and compassion.

God of hope, help your troubled people to recognise you in their misery and despair.

God of Mercy, soften the hearts of those who fight so that all your people may live unafraid of the future.

God of Nations, give wisdom to those who pursue Peace in the face of unjust leaders.

Heavenly Father, strengthen our faith in You, even when we don't have answers, because You are always with all Your people.

We ask in the name of Jesus, our peace with God and one another.

Amen

Principal News

The season of Easter is upon us. During the liturgical season of Lent we have prepared for the sacrifice and death of Jesus. Easter Sunday is an enormous celebration for Christians as it confirms that the light of Christ in our lives defeats the darkness and that our faith in the resurrection of Christ is rewarded by His unfailing love and forgiveness for us.

Easter Sunday is the start of the Easter season. The Easter season is a period of 50 days for us to celebrate the joy of the Risen Lord, and concludes with Pentecost Sunday. During the Easter season, all in our Church rejoice in the resurrection and ascension of the Lord, and the bestowal of the Spirit. It is a period of renewal and commitment to that same mission taken up by the early Christian communities. Easter is a time to for all Catholics to reflect on their experiences of God's love for them and to move towards spiritual growth, entering more fully into the life of the community. The themes of the Easter season are rejoicing and celebration of Jesus. The liturgical colour is white, and red for Pentecost.

We have two weeks of Term 1 left! During this time, we have some important school events and important reasons to celebrate our wonderful school. Our magnificent swimmers, George, Marley, Tom and Elodie, will represent St Michael's in Sydney at Polding level. This is truly a testament to their and their parent's dedication to valuing and embracing all the experiences that small schools offer. We wish them every success and pray they have a wonderful experience and that they may progress to the next level.

Last week, our students in the Environment Ministry attended a Landcare event, where Graham Ross spoke about sustainable gardening. This week, students will walk down to the Dunedoo Courthouse to learn about Dunedoo History and our justice system. Both these events exemplify the amazing opportunities our town offers and gives us an insight into the unique context that education in Dunedoo encompasses. Thank you to Mrs Dent for bringing your community connections to St Michael's.

In Week 4's newsletter, I expanded on the theme of managing screen time addressed at our parent information evening, earlier in Term 1. As we move the end of Term 1 and contemplate the beginning of Term 2, it is a good time to reflect on another theme we raised. Sleep. The modern term for good quality sleep and sleep environments is sleep hygiene. It is surprising how much sleep scientist recommend for children. It is equally surprising their recommendations for adults - 7 hours as a minimum. Adults need to set boundaries for their children's sleep habits and model good sleep habits.

Age	Recommended sleep hours per night	Regular, long term sleep deprivation can cause poor concentration, lower academic achievement, lower happiness and more mental health issues. All the research says that good sleep hygiene means calm time before bed and no screens in bedrooms. This really helps children not feel the pressure of responding to digital messages, a huge cause of sleep deprivation and unsafe behaviours.
Infants (4 to 12 months old)	12-16 hours	READ MORE AND MORE
Toddlers (1 to 2 years old)	11-14 hours	
Children (3 to 5 years old)	10-13 hours	
Children (6-12 years)	9-12 hours	
Teenagers (13-18 years old)	8-10 hours	

2024 the Year of Prayer is "a year dedicated to rediscovering the great value and absolute need for prayer in one's personal life, in the life of the Church, and in the world."
"Dear brothers and sisters, the coming months will lead us to the opening of the Holy Door, with which we will begin the jubilee," Pope Francis said. "I ask you to intensify your prayer to prepare us to live this event of grace well and to experience the power of God's hope. That is why today we begin a Year of Prayer."



This Fortnight

Polding Swimming - Sydney
Wednesday 3 April

Cross Country at Dunedoo
Sports Club 5 April 2pm

P&F Working Bee following
Cross Country here at School
5 April

PSSA Swimming 11-12 April
P&F Meeting 8am 9/4/24
byo coffee

Parent Calendar



Happy Birthdays to:
Archie D and Austin

Claim the dates:

Fr Pius Ordination
Anniversary Morning Tea
for staff
Friday 5 April

P&F Working Bee
following Cross Country
here at School
3:30pm 5 April

Well done students, parent and teachers

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.

St Joseph's Feast Day

On Tuesday 19 March, St Michael's celebrated the Feast of St Joseph. As a proud Josephite school, one of our important service learning and leadership programs for our Year 3-6 students is being a Junior Joey. We celebrated the feast of St Joseph with a Mass, and included the induction of our new Junior Joeys. Many thanks to Mrs Foran and the Junior Joeys for their contributions to this beautiful Mass. Miss Gauci and our Year 3/4 students added an extra quality to our Mass with a reenactment of part of the story of Jesus as a boy in the temple. The story really demonstrated that Joseph was a loving father, a hard worker and had great faith in God.



Aussie of the Week Week 8 Nash



Nash enjoys greeting the school community when he arrives each day. He makes an effort to say Good Morning to adults when he sees them - always using beautiful manners. This week he noticed a lot of work needed to be done in the playground, he didn't need to be asked, he helped to clean it up with his friends. We are so lucky to have you in our school Nash!

Harmony Day

Week 8 was Harmony Week. Harmony Day invites us all to recognise and respect the differences and dignity of all peoples. St Michael's students celebrated Harmony Day with a liturgy and learning activities about how important human harmony and Harmony Day is.



Big Veggie Crunch

On 21 March, students participated in the Big Veggie Crunch. This program is designed to help students learn about vegetables, especially varieties they may have not tried. Students all tried freshly cut up veggies. Radishes were declared rather hot and everybody loved cucumbers!



MERIT AWARDS

Years K/1/2:

Harry, Aubrey, Yoseph, Sophie, Olivia, Serina, Lexie, Nash, Stefan, Maddox, Audrey & Parker

Years 3/4:

Charlie, Zeke & Jack

Years 5/6:

Tom, Marley, Gus, Cohen & Mrs Berry

Well done students, parent and teachers

Landcare Event - Sustainable gardening using sustainable plants

Last week, the Environment Ministry attended a very special Landcare event at the Dunedoo Library. Students listened to Mr Graham Ross discuss sustainable farming methods and sustainable gardening strategies. They also chatted to locals, joined in a marvellous morning tea and really felt part of the Dunedoo community.



Aussie of the Week Term 1 Week 9 Tom



Tom is the definition of a leader. He exemplifies leadership by consistently stepping in to ensure fairness in playground games and offering creative solutions to enhance the enjoyment for all participants. We are grateful to have Tom as a valuable member of our school community. Congratulations on this well-deserved recognition!

Holy Week Liturgy

Last week, students learned about the special events of Holy Week leading up to Easter. Students have all been learning about the events of Holy Week in classroom Religious Education lessons. The Religious Education Ministry have spoken to students at assembly every day, about the importance of giving to Project Compassion, so the Catholic Missions can help other in developing nations, people who have nearly nothing. Cohen and Mitch told stories of individual people that Project Compassion has helped. Students celebrated a Holy Week liturgy on Thursday afternoon. It was a beautiful service. There was a meditation and teachers washed students feet. Students created an image of the three crucifixes on the hill, using the coins donated in Project Compassion boxes. Thank you to K-2 for your presentation of the liturgy.



Well done students, parents and teachers!

Birthdays - We celebrate our teachers and volunteers

Staff birthdays are always very special at St Michael's, as our teachers and volunteers give so much to our students and our school. This week we celebrated Mrs Dent's birthday and our wonderful canteen volunteer, Mrs Coe. Happy birthday to you both.

Tree Planting



Thanks Environment Ministry, for planting our new lemon tree. The ground was very hard and swinging the pick was hard work. Everybody helped and we finally got it done. Well done.



Friday Leadership Lunch

Friday is Leadership Lunch Day. Our school captains, vice captain and Ms Gibson have a lunch meeting. Student leaders share their insights about issues they have experienced, where they have successfully applied their leadership skills and where they would like some advice. Leaders set goals for their growth. We also have a connect four tournament - Mitch is the current reigning champion!

St Michael's is accepting enrolments for 2024 and 2025!

We are accepting enrolments for 2024 and 2025 for all year groups.

Through knowing our students and working collaboratively to create an environment where every student can flourish, we strive to create a school community that embodies Christ centred values. We offer exemplary pastoral care, academic excellence and innovative curriculum. We focus on the central goal of growing life long learners who contribute to bettering our world.

We invite you to consider St Michael's as an excellent place to educate your children. We would love to welcome you and your children to visit our school. Please contact the office on 0263751387 to arrange a tour.

Do you have any **quality St Michael's uniforms** you can donate to the Clothing Pool? Do you have a **good quality cubby house**, in excellent condition, looking for a new, loving home? We would love to hear from you!

Principal's Award Term 1 Week 8 Cohen



Everywhere you see someone leading, helping, building up others and showing kindness, I bet Cohen is there. His growth into leadership, how he offers his ideas and how he puts his ideas into action is fantastic. Thank you Cohen, you are a model for many students here in our school.!

Principal's Award Term 1 Week 9 Walter



Have you seen kindness and sharing in the playground? Even when there are not enough toys to go around? I have, Walter. Walter knows that some things are everybody's favourite and he know that kindness means sharing. Thank you for your generous spirit Walter and keep up the kindness and sharing.

Screen Time Recommendation:

- *no screen time for under 2s
- *no more than one hour per day for 2-5 year olds
- *no more than two hours per day for 5-17 year olds (not including school work)

<https://aifs.gov.au/resources/short-articles/too-much-time-screen>

Student Wellbeing

Wellbeing Boost Grant

Mrs Catherine Sweeney has applied for a Boost Grant to bolster our Wellbeing program. She has planned a great range of wellbeing enhancing activities for staff and students, including an art excursion to Dubbo, yoga classes and lego club. Thank you Mrs Sweeney!

Easter Celebrations

Easter can be celebrated in lots of different ways

The Borcena family travelled to Sydney for Easter. Our beautiful Naomi Borcena sang a magnificent solo to their community. We hear that Noel also played the guitar and an uncle played the piano. Wonderful that you shared your gifts Borcena family. All of our students listened to your singing today and felt so inspired Naomi!



Easter Colouring in Competition Winners - Huge thank you to Delta for their sponsorship

Congratulations to all our student for their quality colouring in to celebrate Easter! And thank you to Delta for your generous support.



Junior Joeys bring Easter to Kahkama House Residents

Huge thanks to our wonderful Junior Joeys and Mrs Foran, who made gorgeous Easter bags and Easter eggs for the residents of Kahkama House. Unfortunately some residents had covid, so they were unable to work with the residents to make the chocolate eggs.



NSW Centre for Effective Reading

Free online Parent learning Webinar

(Via MS TEAMS)

1 Supporting reading and language difficulties

[Register Here:](#)

WHEN: 9th April
TIME: 7:15 to 8:00 pm EST
PRESENTED BY: Magdalen Rozsa
Speech Pathologist NSW CER
Registration closes Wednesday 9th April 6:00pm



2 Resources to support reading difficulties

[Register Here:](#)

WHEN: 25th June
TIME: 3:30 to 4:15 pm EST
HOSTED BY NSW CER with special guests including George Perry, Executive Officer SPELD NSW
Registration closes Monday 28th June 6:00pm



nswcer@det.nsw.edu.au

Huge Thank You to Dunedoo Sports Club - \$1000 Donation to St Michael's

The Dunedoo Sports Club hold monthly raffles to support many different organisations in Dunedoo - they really do their bit! On Thursday 28/3/24, the club sold their raffles and donated the proceeds to St Michael's Catholic Primary School. They raised \$1000! We would also like to thank all our families and their Easter guests who supported the club raffles and therefore St Michael's.



Dunedoo Area Community Group

Junior Active Leader Landcare Program – **Keep Active and Learn About Our Environment- 'YOU CAN MAKE A DIFFERENCE!' IN CONJUNCTION WITH DUNEDOO LIBRARY KIDS HOLIDAY PROGRAM- 'SEED GROWING USING RECYCLED CONTAINERS'**

APRIL KIDS HOLIDAY PROGRAM- 2 DAYS Junior Program (7-14yrs- boys and girls) will encompass physical activities with exploration and discovery of our native birds, fauna, flora, aboriginal culture and astronomy at our Dunedoo Woodlands. **APRIL – Wed 17th and Wed 24th 3-5pm; Afternoon Tea provided and pick up from Dunedoo Sports club at 2.45pm.** Program will be lead and facilitated by passionate Landcare members. Sessions will run for 2hrs. **Cost- \$10 per day or 2 days for \$15. Places are limited to 8 participants and we need a minimum of 6 Juniors for program to run.** Please phone Sharon Nott to book your place. For further information, contact- Dunedoo Coolah Landcare Junior Activity Officer-Sharon Nott 0428859509/ nottsharon@hotmail.com

DUNEDOO LIBRARY KIDS HOLIDAY PROGRAM- 'SEED GROWING USING RECYCLED CONTAINERS' will run on Thursday 19th April and Friday the 26th 2.30-4pm – No Cost



**DUNEDOO COOLAH
LANDCARE**



TAFE NSW-DUNEDOO

Espresso Coffee Making Skills

June 13th and 14th

The poster features a photograph of a man in a suit and a woman in a cafe apron working at a coffee machine. There are decorative illustrations of coffee beans and leaves.

Warrumbungle Ranges **The Coolah Valley** The Liverpool Ranges

Est. 1822, 200 years ago, by explorer and boaster Mr. Allan Cunningham

A 200 YEAR CELEBRATION

Of the establishment of Pandora Pass via the Coolah Valley

On Saturday, 6th April 2024

The Coolah District Development Group invite you for a celebration of this **Bi-Centennial Cunningham Event**

From 11.30am on Saturday, 6 April in the Coolah Creek pub/club near the site of Allan Cunningham's last camp



Allen Cunningham - the man credited with forging the route from Bathurst to the Liverpool Plains through the Coolah Valley and naming Pandora Pass.

A great opportunity to gather together to celebrate our local history. The event is fully funded by Foundation for Rural & Regional Renewal (FRRR) and free to all!

- Camp oven cook up:** Come and enjoy a delicious cook up from our local camp oven specialists.
- Re-enactment:** On horse back and in carts, watch or join in as we re-enact the arrival of Cunningham's party!
- Dress up:** Best dressed awards for period costumes, prettiest petticoat, longest or bushiest beard!
- Old school treats:** Dig out your old recipes and make something to share for afternoon tea with a billy tea.
- Family Fun:** Stagecoach rides, three-legged race, sack race, egg and spoon races and gumboot throwing!
- Live Music:** Authentic country bush band **November Shorn** throwing down tunes!

Register your attendance to help us attract visitors: Visit the Coolah District Development Group Facebook Page



The Coolah District Development Group acknowledges the traditional owners of Country and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures, and to Elders past and present.



DUNEDOO COOLAH LANDCARE

Homestead and Garden Tour – Bus Trip Friday the 19th April 9am-3pm

Dunedoo Coolah Landcare

9am-3pm Cost \$15- 'Pine Ridge' Leadville, Leadville Town Hall, Leadville Cemetery, Denison Town Cemetery and 'Mayfield' Birriwa. Spots limited on Bus so please reserve your seat with Sharon Nott 0428859509. Bring your own lunch and morning tea. Hat, water bottle, enclosed shoes and a smile!

**NEW
EDITION
AVAILABLE
NOW**

DIGITAL CHILD SAFETY HANDBOOK

We are pleased to advise that a new edition of this valuable safety resource is now valuable online with updated safety content.

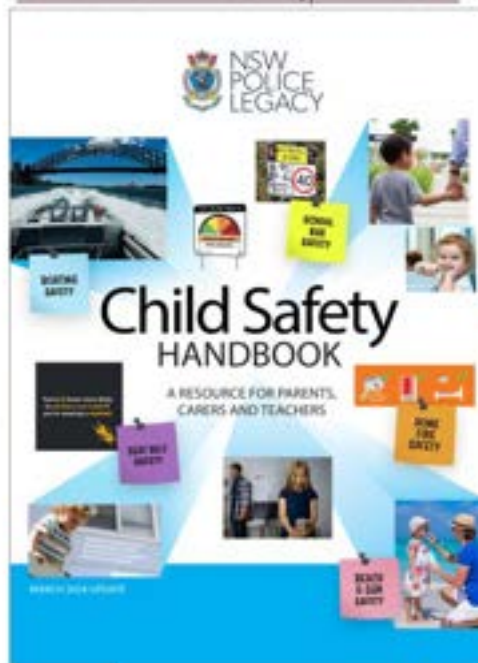
We urge all parents and carers to download this latest edition and discuss the safety content with your children.

Child Safety Handbook App available for download:



[Visit the Child Safety Hub](#)

Read the **Child Safety Handbook**



Bubble Soccer Dunedoo

**Free
Event**

School Holiday fun Tuesday 23rd April 2.30-4.30pm Robertson Oval



**Ages 7-24 years
7-12 years parent/carer to stay
Register on day. For more info call or
text Lee 0429 855 096**

BYO DRINK BOTTLE