Dear Parents, Friends and Guardians

Farewell & Thanks to Kevin
On Friday of next week, the last day of the term, Kevin Yates will finish his time with us as Acting Assistant Principal – Religious Education. Kevin’s contract ends on this day and Bernadette Christensen will return to this role in Term 3 after six months of Long Service Leave. I would like to thank Kevin for the wonderful job he has done over these last two terms. He has contributed a great deal to the everyday running of our school and been an integral part of our school’s Leadership Team. Kevin has played a leading role for our school and the southern Gold Coast Catholic schools with the implementation of Brisbane Catholic Education’s new Religious Education Guidelines. This is the first time that these guidelines and teaching strategies have been revisited for 15 years and it has involved a lot of teacher Professional Development which Kevin has helped to lead and facilitate. Kevin will be taking some Long Service Leave next term before returning to his teaching position at St Vincent’s School at Clear Island Waters for the rest of the year. Our thanks go with Kevin for a job well done and our best wishes go with him for his Long Service Leave.

Beachathon Changes – New Venue
We have decided to change the venue for our annual Beachathon due to the condition of the beaches from Nobby’s Beach northwards. Our new starting and finishing point will be from near the Tugun Surf Club. We will head south towards Kirra Beach with the usual checkpoint and turnaround areas spaced out along the way. Fuller details will be forthcoming through our website and in next week’s newsletter so please take the time to check these out. Below are the estimated departure times that each class will be leaving from the beach start so if parents wish to join us for the walk you can work your times around these. The children will need to be in sports uniform with their school hat for the day. It would be very advisable to bring along some sunscreen and a water bottle for the walk. The children will be traveling to and from the venue by bus and there will be a sausage sizzle on their return to school. If you wish to take your child home with you after the beach proceedings have finished you will need to see your child’s class teacher so that he / she can be crossed off our roles. Please note that if you are taking another child home for friends we will need to have written permission from them before we will release the child into your care.

START at - Tugun Surf Life Saving Club (O’Conner Street) - Walk south
9.30am Year 1 and Year 7 depart 10.00am Prep and Year 6 depart
10.30am Year 4 & 5 depart 11.00am Years 2 & 3 depart

Tuckshop Major Change for Term 3
From the start of Term 3 our school tuckshop will be commencing an online ordering facility which we hope will make the whole ordering process simpler for parents and children. We will be utilising a company called Munch Monitor which is used in a number of other schools across the Gold Coast and Queensland. Eventually we would be looking to have all main meal orders done via the online ordering system and have just limited over-the-counter sales. The new system will save a great deal of time in compiling the daily orders and allow us to do more cooking and eventually provide more healthier options for the children. A flyer will be going home early next week with more details about the new system. There is also a link to the new system on our website under the ‘Quick Links’ section giving more information about the new plan. Please be aware though that we are not yet linked on to the Munch Monitor’s facility as this is to be completed in the holidays so the log-in component will not yet be working. This is an exciting new innovation for our Tuckshop and I congratulate Vicki, our Convenor, for taking up this exciting challenge.

Athletics Field Events Days – Tuesday & Wednesday, 18 & 19 June
On the above two days we will be holding our Field events for children turning 8 to 13 years this year. The nominations for these events are due in today and we will then organise a timeline for the events over the two days. This will be placed on to our website by the end of the week so that parents can make arrangements to come along to watch. With the weather playing a key part in our co-ordination, this draw may change so please check the website regularly for the latest timetable. Please note that the times will be approximate as sometimes events can run longer than expected and this can push times back a little.

Mass Times
Children Mass
(Doyle Centre - children read at Mass)
5.30pm 1st Sunday each month
Children’s Liturgy of the Word
(Doyle Centre - children are withdrawn for brief lesson)
10.00am 2nd & 4th Sundays;
7.30pm 3rd Sunday
3.30pm each Sunday (school term)
at St Benedict’s, Mudgeeraba

Parish Mass Times
Sat—5.00pm Miami;
6.00pm at Palm Beach;
Sun—7.00am at Palm Beach &
Burleigh;
8.30am at Mudgeeraba & Miami;
10.00am at Doyle Centre;
5.30pm at Doyle Centre
**Tuckshop Closure – Friday, 21 June**
Please be aware that our tuckshop will be closed on the last day of this term for cleaning / stocktaking purposes. It is important that we have these regular cleaning days so that we can provide a safe and healthy area for the provision of our tuckshop services. We hope that this does not inconvenience our families too much.

**New Automated Phone System – Term 3**
From the start of Term 3 we will be moving to an automated phone system for all incoming calls. Upon calling our school lines you will be welcomed and directed to a number of menus such as Student Reception, Finance, Tuckshop, Parent Reception and so on. You will be required to press a number to connect you with your relevant desired point. Parents would be aware of similar phone systems in use in many other workplaces so we hope that it doesn’t cause too much early disruption.

**End of Term & Start of Term 3**
School will close for the June school holidays at 2.55pm on Friday, 21 June. Classes will reopen on Monday, 8 July, for the commencement of Term 3. Please note that the Monday will not be a Pupil Free day as these days are now accessed in the two week Easter break.

Enjoy the rest of the week

Greg Casey

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**Prep Puppet Show Recounts**

"We went to the still rock? puppet show. We liked it!"

"We went to the puppet show. We liked it too!"

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**Thoughts from your School Counsellor**

Although Anxiety is the most significant mental health issue in childhood, it often goes undetected, untreated and at times it is misdiagnosed. Our attached Insights article for this week addresses this common issue and is titled “Getting a grip on worry-warts”. The author (Maggie Dent) describes Anxiety, shares some of the symptoms of separation anxiety disorder and provides several tips for reducing anxiety. She reassures us that “parents can build their child’s capacity by gently walking them through some of the things they need to face with lots of love, lots of reassurance and lots of soothing”.

My best wishes for the week ahead.
Mary Sanders
msanders@bne.catholic.edu.au

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**PATRON PARENTS EVENTS**

1A - 13 June - 3.30pm - Park end of 6th Avenue, Burleigh
0A - 13 June - 9am - Zarraffas, Stocklands
0P - 14 June - 5pm Family dinner Robina Tavern, RSVP to Michelle 0435 203576 by 17 May.
OM - 14 June - 7pm - Elephant Rock Cafe, RSVP Kate 0414612904
1P - 14 June - 7pm - Justin Lane, RSVP Kim 0449969105
Silly Sock Day for the Annual Catholic Campaign
It was great to see so many students today in silly socks supporting a great cause – the Annual Catholic Campaign. This fundraiser is being supported in all schools and parishes across the Archdiocese. The Annual Catholic Campaign gives us the opportunity to act together as one Church family to support ministries and services that no single individual, parish or school can offer. Every gift, regardless of the size, is vital to the success of the Annual Catholic Campaign. The gold coins contributed today will mean a great deal to those who are supported by the ministries and services of the Archdiocese.

Junior and Senior Band Performance
The Marymount Junior and Senior Bands performed last night for family and friends and also this morning at our school assembly. The musical talent of these students is most impressive and their performances were thoroughly enjoyed.

Participation in the Instrumental Music Program and school bands provides students with many rich opportunities. Participation offers so much more than simply the opportunity to learn how to play an instrument. The Instrumental Music Program offers students an opportunity to work as part of a team and to develop the qualities of perseverance and dedication.

My thanks go to Mr Col Hoy and Mr Paul Radford for their dedication and leadership of the program. Another performance will take place later in the year and I would recommend attendance to families of children interested in participating in the Instrumental Music Program.

Class Liturgies
The final class liturgies for the term were held this week with Year 1 classes praying with Fr Huong. All year levels have celebrated a simple liturgy this term, other than Year 4 and Prep classes who will celebrate with our Priests next term.

These liturgies are intended to strengthen our relationship with Burleigh Parish clergy and provide children with more opportunity to participate in liturgical celebrations. Thanks go to our teachers who have been most supportive of the liturgies in preparing students to participate through their prayer and through their understanding of expectations in our Sacred Space.

Caritas Update!
I am very pleased to announce that between student collections, the fried rice fundraiser and the St Patrick’s Green & Orange day, Marymount Primary has raised $5000 to contribute to Caritas this year.

Caritas is one of the key fundraising efforts we focus on here at Marymount Primary. These funds will benefit many people and families across the world. My thanks to our families for their support.

Woolworths Earn & Learn
Thanks to all families who have supported Marymount Primary by collecting points stickers at Woolworths. We have collected more than 33000 points so far with a massive number now coming in from our collection boxes at various stores.

The promotion has now ended. However, our collection box will remain at Student Reception until the end of term. Please send any stickers or completed points sheets to Student Reception before the end of term.

Beachathon Sausage Sizzle - Volunteers Needed
Next Thursday, 20 June, we are holding our annual Beachathon. Volunteers are needed to help with the Sausage Sizzle for walkers on their return to school. Helpers will be needed from approximately 9.30am on the day. Please contact me through the office if you are able to help.

Tuckshop Closure - 21 June
A reminder that the tuckshop will be closed on 21 June – the last day of term. Please ensure that children are sent to school with Morning Tea and lunch on this day.

Best wishes for the week ahead!

Kevin Yates
A very big thank you to all students who participated in our State of Origin Sausage Sizzle. Over 550 snags were served up! The children loved their sausage sizzle and yummy footy pop treats. A very special thanks to the volunteers on the day; not only did they work hard they brought great fun to the day. All dressed in state colours, we even lived the day with a life-sized female cockroach! Lots of laughs and a great result ended off the day!

Due to popular demand we will be having a sausage sizzle to celebrate game 3 State of Origin. This will take place on Wednesday 17 July. A note will be sent home with your student. Please ensure you return your order as soon as possible. Once again helpers are needed on this day. There will be no other tuckshop menu available this day.

Online tuckshop ordering will be up and running in July. A new menu has been put together offering some new items. Hot food will be available for both Little and Big lunch. Pasta cups, mini cheese burgers along with bacon and egg rolls will make up some of our winter warmers. A letter explaining the online procedure will be sent home with your student next week. It is an exciting time for the tuckshop and I am sure we will all benefit from this new incentive. It is my intention to cook from scratch many of our food items. This will provide your children with healthier, tastier meals. Please support the tuckshop during this transition period. Thank you very much, Vicki.

**TUCKSHOP WILL CLOSE FOR CLEANING ON FRIDAY 21 JUNE.**
Please provide your child with Little and Big lunch on this day. There will be no food, drinks or treats available from the tuckshop.

Roster for next week
Monday 17 June.........Carla Brosnan
Tuesday 18 June........Deb Hopkins and Sharni Hamilton
Wednesday 19 June...Mel and Marg & Trish Young
Thursday 20 June.......Renae Buckby ***HELP PLEASE
Friday 21 June..........**TUCKSHOP CLOSED**

Roster for first week of Term 3
Monday 8 July............Tanya Allomes
Tuesday 9 July..........Aimee Collins
Wednesday 10 July.....Trish Young
Thursday 11 July.........Christina Heaton, Lesley Gamble
Friday 12 July..........Stacey, Silvia, Luciana and Chris

Thanks to all our fantastic helpers. Have a great week.
Vicki Turner

**SPORTS NEWS**

Sophie Moore (7R) competed at the State Gymnastic Championships at Chandler Sports Complex from the 31st of May until 2nd June. She competed in Vault, Beam, Uneven Bars and a Floor Routine. She won each category and was named State Champion for Level 7. She will now represent Queensland at the Border Challenge which is a National competition in August. Congratulations Sophie!

AFL
MMP 67 defeated Varsity 30
Juniors and Seniors played together as the Juniors didn’t have a game this week.

Soccer (Boys)
5A defeated St Vincent’s 9-0
5B lost to St Brigid’s 5-0
6a defeated Mudgeeraba Creek 3 -1
6B lost too St Brigid’s 4-0
7a defeated Caningeerbah 7-1
7b lost to St Brigid’s 9-0

Rugby League
U/10 MM defeated Elanora 38 – 16
U/11 MM lost to Worongary 12 – 30
Open A MM defeated Worongary 22-10
Open B MM defeated Worongary 30 -4

**Friday Sports Results**

Soccer (Girls)
Marymount 7B defeated St Vincent’s 1-0
Marymount 6A defeated Merrimac 6-2
Marymount 6B drew with St Vincent’s 0-0
Marymount 5A drew with Caningeeraba 0-0
Marymount 5B lost to Worongary 1-0

Netball
5B defeated St Augustine’s 7-0 7A lost to St Andrews’ 11-0
5C defeated Burleigh 8-2  7B lost to Palm Beach 16-1
5C(2) defeated Elanora 6 - 1 7C lost to St Andrews 9-3
6B defeated St Andrews 16-1
6C lost to Broadbeach 7-2

Congratulations to Sean Lunney for placing 1st in the 8yr Age Championships for swimming.

**BURLEIGH HEADS CATHOLIC PARISH**

Parish Office Hours 9.00am to 5.00pm
Parish Manager; Mr Jim Littlefield
Parish Pastor; Fr Ken Howell
Associate Pastors; Fr Huang Van Nguyen & Fr Lucius Edomodi

3 Sunlight Drive, Burleigh Waters (Postal PO Box 73, Burleigh Heads)
Parish Pastoral Team
Phone: 5576 6317/5576 6466 FAX: 5576 7143
EMAIL: burleigh@bne.catholic.net.au
Pastoral Associates: Sr Patricia Tomlinson
Early anxiety is developmentally normal – in fact, being fearful or anxious is an essential human survival response. However, as parents we need to know how to soothe our children to help them get a handle on their anxiety. Otherwise it may interfere with their wellbeing.

In fact, anxiety is the most significant mental health issue in childhood and yet it frequently goes undetected, untreated and is frequently misdiagnosed as one of the attention disorders.

Anxiety can begin as early as age two but we see a significant rise when children enter the school system. Unless it’s addressed many will go on to suffer their whole lives.

**Why kids worry**

We must remember that children under 6 or 7 see the world through children’s eyes. This often means they find plenty to fear as the parts of their brain that rule rational thinking are not fully developed.

Research shows that the number one thing that children fear is feeling separated or unloved by their parents.

This means going to childcare or school, going to sleep, seeing mum or dad walk out the door, sharing mum or dad with a new baby, or not feeling connected to their parents can be huge triggers for anxiety.

While separation anxiety is normal, it’s important for parents of sensitive children to really be on the lookout for when it becomes excessive.

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**Symptoms of separation anxiety disorder include:**

- Worrying about bad things happening to loved ones and being separated as a result
- Persistent reluctance to go to preschool/school, to be alone, to be without adults or loved ones (e.g. at home or when going to sleep)
- Repeated nightmares with themes of separation
- Physical complaints/symptoms when separated or anticipating separation
- Obvious distress.
How to help an anxious child

Many parents I speak to wonder if they should try to ‘toughen up’ their sensitive worriers, but I would caution against this approach. Sometimes pushing a fearful child who’s not ready can just make the fear even more real.

Rather, I think parents can build their child’s capacity by gently walking them through some of the things they need to face with lots of love, lots of reassurance and lots of soothing.

Assess the environment

If a child is experiencing anxiety, or even to prevent anxiety, try to look at their environment through their eyes and ears.

For example, a huge trigger for children is listening to or watching the news. We must be very mindful of not leaving TVs or radios on around children, exposing them to reports and/or images of disaster, death or trauma. Even online, be mindful if your home page is a news page that may sometimes feature horrific images.

To help prevent anxiety becoming an issue we can make childcare choices that suit our children, particularly being mindful of our sensitive children or children under two who are often developmentally unable to manage environments that cause them stress.

These children really need a ‘mothering’ influence. This can come from mum, dad or someone else. I encourage parents to co-parent around work schedules as much as possible and seek care with trusted relatives, friends or family day care.

What does anxiety look like?

Symptoms of general anxiety can include: stomach aches, headaches, difficulty sleeping, avoiding school, nail biting and physical reactions such as increased heart rate or breathing.

Canadian researcher Dr Lynn Miller has also found that there are many frequently overlooked symptoms of anxiety:

- Angry outbursts
- Oppositional and refusal behaviours
- Temper tantrums
- Aggression
- Attention seeking behaviours
- Hyperactivity and difficulty sitting still
- Attention and concentration problems
- Scholastic underachievement or excessive resistance to doing work
- Frequent visits to school nurse
- High number of missed school days
- Difficulties with social or peer group (i.e. worrying obsessively about what others think of you).

Top tips for reducing anxiety:

- Slow things down, leaving plenty of time for transition between activities.
- Have good routines particularly around eating and sleeping.
  
  Soothe your child with safe, loving touch and warmth – lots of cuddles, and rubbing the ‘tickle point’ at the base of their neck.
- Don’t overschedule your children’s lives or put too much pressure on them to perform/achieve.
- Make time for silence and relaxation every day. Research shows 10 minutes has proven benefits for the whole family.
- For separation anxiety, make an effort to build ‘love bridges’ with kids: take a small bite out of their sandwich before placing it in the lunchbox; place kisses in their hands to hold onto all day; lay with them at night. Little things are big things to kids.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She is the author of five books. Learn more about Maggie at www.maggiedent.com

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