



Dear Parents, Friends and Guardians

Sacramental Programme – Confirmation and Holy Communion

Dear Parents

The second preparation session for Sacraments in 2014 will begin in June. Confirmation will be on August 22. This is early this year due to the Archbishop visiting the Parish in August). If your child is in Year 4 or above and has not received these Sacraments, please contact the Parish Office on 5576 6466 immediately for registration in this next preparation. Further information is available from Narelle Guyder, Sacramental Co-ordinator at the Parish Office.

We welcome your families participation as it is important that your child completes what you began at their baptism. This will enable your child to participate in Holy Communion at school and parish Masses in the future.

Praying God's blessing on your family,

Father Ken Howell *Parish Priest*

Year 6 Camp

Our Year 6 children and their teachers are heading off this weekend to Sydney and then Canberra for their annual camp. It promises to be an exciting time for them all as many of them haven't been to Canberra before and they are getting the opportunity to visit many things or places which they have only seen on the television or read about in books and papers. The itinerary is an extensive one which focusses around Canberra's main attractions such as Parliament House, the War Memorial, The National Art Gallery and Questacon Science Centre. The children fly out on Sunday morning and return home on Thursday evening. I would like to wish them all well for the trip and thank our staff who are giving up their own family time to help ensure a successful trip. The accompanying staff are – Leigh Dornan, Kathy Frost, Mary Petersen, Andrea Bedward, Diane Anderson, Mary Sanders, Fathem Webber (Student Teacher), Rena Harvey, Jackson Elliott, Ben Short and Julian Cotter. Please keep these children and our staff in your prayers for the coming week. I look forward to hearing some of the wonderful stories that I'm sure will eventuate.

Congratulations to Sacramental Program Children

As Bernadette pointed out in our last few newsletters, a number of children from our school completed their Sacraments of Initiation and became full members of our Catholic faith. The Sacraments of Initiation start with our Baptism and are completed when we receive the sacraments of Confirmation and then First Eucharist. Our children were confirmed by Bishop Joseph Oudemann on Thursday evening at Infant Saviour Church at Burleigh and then received their First Eucharist at their various parish weekend masses. I would ask that we please keep these children and their families in your prayers as they become part of our Catholic faith and share in the richness which it has to offer. Another program for Confirmation/Communion will be starting later in the year as Fr Ken has indicated above.

Marymount Combined Schools Art Show

Our next committee meeting is set down for next Wednesday evening at 6.00pm in the College Board Room. All parents and friends are most welcome to come along and any offers of help will be greatly appreciated. Thanks again to one of our Year Five teachers, Deb Cronin, who has been co-ordinating our primary school art works which will be displayed over the course of the show. Deb and our teachers have worked out some great responses to the theme for our school – "What the Gold Coast means to me". More Art Show news can be found attached to this newsletter.

Catholic Schools' Cross Country Carnival – Thursday, 29 May

Just a reminder that this annual carnival is on tomorrow at St Brigid's Catholic School at Nerang with a mid-morning start. Our children will be travelling to and from the venue via bus. Parents are most welcome to come along and support the children on the day. If you wish to take your child home you would need to see our team managers, Paul Hill or

Coming Events

Wednesday May 28

Yr 4Y - Whole School Assembly
Yr 2A - Ozanam Villa
Yr 6 Leadership Liturgy - Assisi
State of Origin - Game 1

Thursday May 29

Catholic Cross Country -
St Brigid's
Yr 4 Liturgies

Friday May 30

Sport & Musical Practice

Sunday June 1

Yr 6 depart for Canberra Trip

Tuesday June 3

Yr 7 Class Liturgies

Wednesday June 4

Yr 5A - Whole School Assembly

Thursday June 5

Yr 1 Class Liturgies



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;

5.30pm 3rd Sunday

8.30am each Sunday (school term)

at St Benedict's, Mudgeeraba

Parish Mass Times

Sat—5.00pm Miami;

6.00pm at Palm Beach;

6.15pm at Burleigh Heads;

Sun-7.00am at Palm Beach &
Burleigh;

8.30am at Mudgeeraba & Miami;

10.00am at Doyle Centre;

5.30pm at Doyle Centre

Jackson Elliott so that they can be accounted for. Parking at St Brigid's is fairly limited so please allow yourself some walking time if you have to park in the streets nearby. Good luck to the children for the day.

State of Origin One

Well it's on again tonight...the annual battle to sort out Rugby League bragging rights for another year. The Blues have picked a form side but I'm not sure that they'll have the class at the end to topple our champion team. I'll go Queensland by 8.

Spare a thought for our touring Assistant Principal, Tony Barron. He will be in Rome and he will be struggling to find somewhere to watch the game as it is a 9.00am kick-off time over there. We'll just have to text progressive scores to him!

Thanks for reading this week. Enjoy the game if you're watching it and the rest of the week.

Yours in Christ
Greg Casey

Thoughts from your School Counsellor

Today I am including an article from Michael Grose that addresses the need to practise good emotional management techniques ourselves (as parents and teachers). In so doing, we are better able to model healthy ways of managing our emotions for our children.

Best wishes for the week ahead

Mary Sanders
msanders@bne.catholic.edu.au

Our Trip to Infant Saviour by Emerson 2P

We went on a nice trip to Infant Saviour Church. When we got on the bus I sat next to Nate. The bus was comfortable. Nate and I talked about Minecraft the whole bus ride.

We were walking out of the bus then we lined up until we went into the Infant Saviour Church. Nate was talking about him being baptised.

We went into the Church. It had alot of interesting things. We saw the pews, the Monstrance and the Altar.





Marymount Primary School Musical 2014

"A Faerie Tale 2 – Return of the Dark Queen"

Written and directed by Mrs Meagan Curry

Performed by Year 6 & 7 students

We are pleased to announce that "A Faerie Tale 2 – Return of the Dark Queen" is to be performed in the Doyle Centre Theatre for family and friends on:

- Mon 16, Tues 17 and Thurs 19 June @ 6.30pm
- Tues 17, Wed 18 and Thurs 19 June @ 11.15am
- \$15.00 per seat

*Students from Years 4-7 will come as class groups to matinee sessions.
Please phone or call in to Parent Reception for ticket sales (cash only).

Patron Parents

Marymount thanks the Patron Parents who have arranged meet-n-greet sessions for parents this term. Please see the "Events" column in the newsletter each week for details. Working together to build community is a sign of God's spirit alive and well amongst our families.

Enjoy the rest of the week

Bernadette Christensen

Patron Parent Events

(Thank you to these volunteers who facilitate the building and strengthening of networks at Marymount Primary)



Prep 0Y - Coffee & Chat - Friday May 30 after drop-off - The Paddock,
20 Hibiscus Haven, Miami (off Christine Avenue)
Yr 1A - Coffee & Chat - Thursday June 5, 8.45am - Zarrafas, Stocklands
Yr 3A - Coffee & Chat - Friday June 6, after drop-off - Commune, Lower GC H'way
Yr 2M - Coffee morning - Tuesday June 10, 8.45am - Coffee Club, Stocklands
Yr 2P - Coffee & Chat - Thursday June 19 after drop-off - Coffee Club, Stocklands



Year 7
Cathedral Visit and
Geography excursion

Sport News

Disney Cup International

Congratulations to Lua Suero. Lua travelled to Sydney last weekend to participate in the Foxtel All-Stars Disney Cup International competition. She was one of 100 talented young male and female soccer players to take part in the event.

Lua has been selected by Tim Cahill's coaching team and talent scouts, to participate in the Disney Cup International competition in Orlando, Florida USA. Lua is one of 10 girls and 10 boys to be invited to the event.

An absolutely amazing effort Lua. Congratulations and we wish you safe travels and all the very best with the next level of competition.

Regionals Cross Country

Last Wednesday saw the running of our District Cross Country carnival at Pizzey Park. Megan Banner was our only Marymount student to qualify to compete at the Regional Cross Country Carnival in early June. Good luck Megan.

Catholic School Cross Country

The annual Gold Coast Catholic Schools Cross Country will be held at St Brigid's Primary School, Nerang on Thursday 29 May. Our team has been training hard and looking forward to the competition. Best of luck to all the Marymount competitors.

Paul Hill

Sport Results

Netball

7B def Caningeraba2	16 - 6
6C def Elanora2	9 - 6
5A lost Broadbeach1	5 - 8
5C lost Broadbeach	0 - 6

Rugby League

Open A drew with Broadbeach	10 all
Open B lost St Vincents	18 - 24
U11A def Elanora	12 - 10
U10 lost Merrimac	18 - 24

IMPORTANT NOTICE
BEACH-A-THON
CHANGE OF DATE
NOW
FRIDAY JUNE 27
(Last day of this Term)



Last day for orders is **Monday June 9.**
Please return your order form and receipt to the library by Friday.
No cash or cheques to be sent.

Tuckshop News



If your child has ordered Tuckshop and is either not coming to school or is being taken home before 9.30am you will need to let the Tuckshop ladies know. If no notice is given and food is cooked and supplied then no refund can be given. We appreciate your support with this.

Sushi will now only be available on Thursday and Friday due to the colder weather. Sushi will be back on the menu every day in the warmer months.

Should you wish to help out in the tuckshop please contact the Tuckshop on 55208413 or come and see the lovely ladies. It is sure to be a fun and eventful day!

We are always on the lookout for volunteers to help out in the Tuckshop. Should you wish to come and have some fun whilst meeting new people please contact the Tuckshop. We don't mind if you volunteer once a week/fortnightly or monthly. We appreciate the help!

BURLEIGH HEADS CATHOLIC PARISH

Parish Office Hours 9.00am to 5.00pm
Parish Manager: Mr Jim Littlefield
Parish Pastor: Fr Ken Howell

3 Sunlight Drive, Burleigh Waters (Postal PO Box 73, Burleigh Heads)
Parish Pastoral Team
Associate Pastors: Fr Huong Van Nguyen & Fr Lucius Edomodi

Phone: 5576 6317/5576 6466 FAX: 5576 7143
EMAIL: burleigh@bne.catholic.net.au
Pastoral Associates: Sr Patricia Tomlinson

MARYMOUNT ART SHOW UPDATE

ART SHOW DATES

Gala Opening and Announcement of Winners

Friday 25 July 7:00pm

Period of exhibition

Friday 25 – Sunday 27 July

The Marymount Art Show is an Exhibition open to all artists, except for the Student Encouragement Category, which is only open to Marymount College Students.

Overall Winner Prize
\$1000

To download Artist entry form - [click here](#)

For more information visit www.marymount.qld.edu.au > news and events > marymount art show

or email

artshow@marymount.qld.edu.au

Vounteers Needed

Do you have an interest in Art? Would you enjoy being part of a well organised team working to raise funds for the students of Marymount Primary and College?

We need your help:

- Hanging Art during the week of 21-25 July
- Organising raffle on Friday 25 July
- Assisting in Cafe over weekend of Art Show
- Collecting gold coin donations over weekend of Art Show

Next Art Show Committee Meetings

6:00pm
Wednesday 4 June
Marymount College Boardroom

Marymount Art Show is proudly sponsored by Bank of Queensland - Palm Beach

SPONSORSHIP OPPORTUNITIES

The 12th Marymount Art Show will be advertised:

- Marymount College and Primary newsletters
- Marymount College and Primary websites
- Marymount Art show facebook and instagram pages
- Within the wider community (events websites, local radio, newspaper)

Sponsorship packages are available for local businesses and for their generous contribution, they will be officially recognised as supporters of the 2014 Marymount Art Show and the Marymount Community. See the table below for further benefits.

We are thrilled to announce that Trent Williams from Bank of Queensland Palm Beach is continuing his support for Marymount, and is our first Diamond Sponsor for the 2014 Marymount Art Show.



	Diamond \$2500	Ruby \$1500	Sapphire \$1000	Emerald \$300
Number Available	2	4	2	unlimited
'Sponsored by' rights to event	yes			
Overall Winner Sponsor	yes			
Category Sponsor		yes		
Peoples Choice/ Encouragement Award Sponsor			yes	
Logo on advertising banners	yes			
Acknowledgement as sponsor by MC at Gala Opening	yes	yes	yes	yes
Signage at Event	yes	yes	yes	yes
Ad size in program	full page	full page	half page	quarter page
Art Dollars to spend	\$250	\$150	\$100	\$30
Tickets to Gala Opening	4	2	2	2

If you are interested in becoming a sponsor of this event, please email your expression of interest to artshow@marymount.qld.edu.au or call Sponsorship Coordinators Colleen Kinging 0408 883 896 or Margaret Donald 0415 847 854



Like [Marymount Art Show](#) on facebook / Follow [Marymount Art Show](#) on instagram

Marymount Primary School
P & F Meeting

MINUTES

12th May 2014

Meeting opened with a prayer at 7.00 p.m.

Attendance:

Jenny Mellifont, Suzanne Miao, Bernadette Hanna, Ros Knowles, Jenny Wood, Tricia Baumann, Mel Georgiou, Richard Treggiden, Shona Press, Julian Cotter, Greg Casey, Genevieve Sly, Sarah Price.

Apologies:

Anthony Touzell, Tony Barron, Bernadette Christensen, Lisa Capie, Annette O'Shea

Previous Minutes:

Minutes from last meeting read and accepted.

Tabled: Sarah Price Seconded: Genevieve Sly

- P & F end of year award - moved to June meeting
- After school swimming program - Jenny meeting with Rena 16/06/14
- conversation re fence surrounding new college building; temporary fencing to be removed when grass takes; won't be a designated play area for primary children - will be replaced with permanent barrier between the schools

Treasurers Report:

- \$55,700 in current account
- full donation to St Vincent de Paul of \$1085 of trivia night profits
- APF loan for laptops; correct documentation has been received & first payment made / statement received
- \$1800 monthly payments for laptops / \$62,000 over 3 years

Correspondence:

- Comm Bank Statement - Treasurer
- Charities regulatory body - Treasurer

- RPM seminars - voted no
- Entertainment book - already offered through the college
- College Newsletters

Principals Report:

- Beachathon date change - 27th June?? - clash with school sports; to be ratified
- EFTPOS - Art Show - returned to bank, only need one
- External Principals Appraisal - thanks
- NAPLAN happening this week
- Staff position in Admin - extra funding from BCE - finance section; accountability
- Budget - positive news at the stage - Gonski - Better Schools - Student First (4 year plan); funding programs up to 4 years, no major leaps / cuts from Fed Budget
- ANZAC Day support - thanks
- Class liturgies & masses - introduction to short liturgies, priests, structure of mass
- Special Needs Morning Tea - well supported & thanks to our LEC staff - every term; parents & families; guest speakers
- Musical for Year 6 & 7 children - Meagan Curry - Director - June 16 - 19th
- Term 2 Disco - Wednesday 21 May Doyle Centre
- Doyle Centre bank on line from next week; anticipate to be finished this Friday
- Year 7 & 6 Leadership Days - 30/04 (Pam Betts at Guardian Angels) & 28/05 (Assisi CC Coordinating; the Pope re role of leadership)
- Cross Country success & Catholic Schools' carnival - 29th May; St Brigids
- P & F Computers - 120 Netbooks - Julian explained these were to be introduced as required, in line with teaching curriculum - need to set up processes for monitoring behaviour / recording of individuals use - lead to a discussion costs of maintenance & replacement
- Archdiocesan Priests & Principals meeting - 12 June
- Staffing - Diane for Ton7 & Maree for Diane
- Maintenance updates & building issues - Yr 6 / 7 block & internal road - June hols to fix pot holes on internal road & E Block stairs showing movement from the building 20+ years old

General Business:

- External School Renewal - PP presentation - GC & JC; Tues 20/05 - supports internal review to ensure school improvement; archdiocesan responsibility; targeted conversations; provide independent / professional feedback; not judgements of school effectiveness; accountability to government

- Expenditure Requests - new shelter shed on oval & new softfall for prep area (blue grass); quotes for \$15,290 (with cement) / \$8,700 (without cement replacement) & soft fall under prep play equipment deteriorated \$10,000 - discuss at next meeting
- Trivia Night Review - GS - success; over \$1000 profit for Vinnies; **Action Required: Gen to arrange Thank You's**; thanks to Tricia for questions
- Art Show update - GC - BOQ major sponsor \$2500, package in newsletter, 4 artists featured, gala night on Friday; theme for primary school 'Whats GC means to me'; musicians / performing artists on Saturday
- New Church & surroundings plans - update GC - delayed with council; Sept due to start
- Year 6 Canberra trip change - accommodation issue re asbestos; new accommodation found
- P & F Yr 7 Parent Forum; 22th May
- Conversation re parking / traffic movement inadequacy at bottom car park; question over what measures will be taken while parish construction works are underway - angst noted; previous discussions have covered this point with no absolute solution available at the moment or until builder requirements have been negotiated; Susan made suggestion that gates be unlocked to allow access along the walkway from Sunlight Dr

Meeting closed at 8.55 p.m.

Next Meeting:

16th June 2014

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

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... healthy ways
for kids to manage
their emotions ...

2

Deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it..

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at Parentingideasclub.com.au

Michael Grose



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