Dear Parents, Friends and Guardians

**40 Year Anniversary Mass & Archbishop’s Visit - Friday, 22 August**

Our Archbishop, Mark Coleridge, will be visiting our school on the above date as part of his general visit to our Burleigh Heads parish. Archbishop Mark will be here to preside at the mass for the celebration of the sacrament of Confirmation on the Friday evening and to also lead masses over the weekend with children celebrating the sacrament of Eucharist for the first time. It will be great to have His Grace here and he will be coming to our school at around 1.00pm. He will have the opportunity to meet members of our staff and move around to various classes during his visit.

Earlier in the day Fr Ken Howell, our Parish Priest, will be leading our school in the celebration of a mass to commemorate 40 years of Catholic schooling here at Marymount Primary School. We will have the mass in the Doyle Centre and parents are most welcome to join us. Mass will start at 9.00am and should conclude by about 10.00am. After Morning Tea our classes will break into groups for fun activities on the ovals. Some classes will do these games in the middle session and the rest will come out in the afternoon session. We will look to join classes with their respective ‘Buddy’ classes for these activities and more information on these groupings will be forthcoming. Please mark this date down in your diaries as it would be great to see as many parents here for our mass as possible.

**Class Placement for 2015**

We are about to begin the process for formulating our classes for next year. Our process is a very thorough one which takes in many considerations and our decisions for placing children in certain grades are not made lightly. We have decided once again to consider feedback from parents should parents feel the need. As such I would ask for this input to be made over the next few weeks so that all details are in by Thursday, 28 August. Please note that this information forms only one part of our process and often requests cannot be accommodated. It is our professional responsibility to place the children where we believe that their educational needs can be best met. Once our decision is made and the class lists are sent home we will not be changing them as one change may cause a knock-on effect for other placements. We have confidence that the system we use best meets our overall school needs as well. I would ask that parents not nominate respective teachers as our staffing (i.e. teacher placements) will change from what it is for this year. Any information for requests should only be on medical or specific educational grounds. We would look to send out our class lists on the Monday of our second last week of Term 4 (24 November) and then hold our ‘New classes for 2015’ day on the last Tuesday (2 December) of the year. I would like to point out that once these lists are finalised and sent out no changes will be made.

All class placement details need to be either emailed to pburleigh@bne.catholic.edu.au or sent to our Parent Reception office in a written form so that we have a hard copy form of your request.

**August Parents and Friends Meeting – Monday, 11 August**

Our monthly P & F meeting is set down for this coming Monday evening at 7.00pm in the Staff room. As well as our usual reports – Treasurer’s and Principal’s – we will be discussing the possible construction and establishment of a new shelter shed and drink trough area on the main oval. We will also have a review of the recent Art Show with a view to provide feedback to our Art Show committee when they have their final meeting. All parents are most welcome to come along. Our meetings are usually concluded by 8.30pm.

**Final Art Show Committee Meeting – Wednesday, 13 August**

At this meeting we hope to have a final wrap up of our recent Combined Schools Marymount Art Show. We will look to finalise accounts and have a figure on how much was raised through this exciting community event. These profits will then be disbursed to the two schools P & F Associations before the end of the year. We would love to have your feedback if we could and the link below gives you access to a simple survey which gives all parents the opportunity to commend the good things and make recommendations for future Art Shows. These responses will be tabled at our meeting and help us to plan for even better future events (https://www.surveymonkey.com/s/MarymountArtShow2014). All parents are most welcome to attend this meeting in the College boardroom which starts at 6.00pm and should be finished by 7.30pm.

**Mass Times**

- **Childrens 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
- **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 each Sunday (school term at St Benedict’s, Mudgeeraba)
  - 8.30am at Mudgeeraba & Miami;
  - 10.00am at Doyle Centre;
  - 5.30pm at Doyle Centre

P0Box 2506 Burleigh BC 4220  Phone:(07) 5535 1803  Fax: (07) 5535 1819  Email: pburleigh@bne.catholic.edu.au  http://www.marymountprimaryqld.edu.au
**After School Supervision**

I would like to remind our parents that if you pick up your children from the classes after school finishes that you need to continue to supervise them. There has been a growing number of children of late who have been running through our verandahs and play areas whilst under the supervision of their parents and this has caused disruptions to class meetings and individual parent meetings. This has particularly been the case in our Prep playground area where children have been left unsupervised in the sand pit area and on the play equipment. Whilst this may appear harmless play there can be serious consequences especially if accidents occur and there is no one around to care for them. This also applies to some of our children who like to play on the Adventure playground area or in the grassed area in front of the Doyle Centre at the end of the day. These areas should not be utilised for play unless there are supervisory staff there and at the day’s end this is not the case. If children are waiting to be picked up they need to be seated and waiting for the arrival of their parents. Thank you for your expected adherence to these simple safety measures.

**ACARA Data Request 2014**

Brisbane Catholic Education has the annual request from the Queensland Catholic Education Commission (QCEC), on behalf of the Australian Curriculum Assessment and Reporting Authority (ACARA), regarding the provision of selected student and parent information. This information is requested for all students with a current enrolment at Marymount Primary School.

Please note that student names have not been requested. ACARA has requested this information under the Australian Curriculum, Assessment and Reporting Authority Act 2008. If parents/legal guardians request to withhold their child’s information, please advise the school by the close of business Wednesday 20th August. The Privacy Notice issued by ACAR is below.

**Brisbane Exhibition Peoples’ Day Holiday – Wednesday, 13 August**

I would like to remind our parents that Gold Coast Catholic schools do not have this day as a holiday any more. It will be a normal school day and we will enjoy our gazetted Gold Coast Show Holiday on Friday, 29 August.

Thanks for reading this week, I hope that you enjoy the rest of the week.

Yours in Christ

Greg Casey

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**Thoughts from your School Counsellor**

This week our Insights article reminds us that our brains need some time out from our “constantly connected world”. Dr Jenny Brockis explains the link between quiet time and the development of calm in children and adolescents and offers one technique to help parents to teach their children how to enjoy some quiet time.

Best wishes for the coming week.

Mary Sanders

msanders@bne.catholic.edu.au
August is Dental Health Awareness Month

Dental Health Month aims to raise public awareness as around ¼ of Australians have untreated dental decay and only 39% of Australian adults visit the dentist for a yearly check up.

As most dental diseases are completely preventable, we need to focus on early intervention and prevention to keep enjoying good oral health. Let’s keep our teeth for life, and help our children do the same!

Read more at www.dentalhealthweek.com.au

Gold Coast Child and Adolescent Oral Health Service
In the case of a dental emergency, telephone the Oral Health Client Service Centre 1300 300 850
Monday to Friday 8:00am – 4:30pm excluding public holidays.
**District Athletics**

Congratulations to all the Marymount students who competed at the ‘A’ schools District Athletics Carnival last Thursday. The carnival was held in near perfect weather conditions which made for plenty of great competition. From the 45 students that competed on the day 13 qualified to compete at Championship Day.

Special congratulations to Ellie Beer and Jayden Wright who were both named District Age Champion for the 11 year old girls and boys respectively.

**Regional Athletics**

From the 13 students who qualified to compete at Championship Day, 9 have qualified to proceed to the Regional Athletics Carnival on 2 September at the Gold Coast International Athletics Centre.

Listed below are the Marymount students who have qualified to compete at the Regional carnival. Congratulations and best of luck at Regionals.

- Polly Deane-Johns – High Jump
- Nalani Beckley – Long Jump
- Hannah Mitchell – Shot Put
- Ellie Beer – Tetrathlon, 100m, 200m, 800m, Long Jump
- Tatiana Wright – Tetrathlon
- Lewis Teggiden - Long Jump and High Jump
- Joseph Nelson – Tetrathlon
- Jayden Wright – 100m and 200m
- Toby Mayes – Shot Put

**Catholic Athletics Carnival**

The Annual Catholic Athletics Carnival will be held at Pizzey Park Athletics Centre on Thursday 4 September.

**Paul Hill**

Dylan Nolan received his certificate for a New Record at the recent Athletics carnival. Dylan now holds the record for the 9yr Boys Shotput (1.5kg) at a distance of 8.25m. Tom Cervenak received his medal for equal 1st place 9yr Boys Age Champion at today’s assembly.

Congratulations to the Senior AFL team winning the Suns Cup for the third consecutive year. The boys won both games convincingly and also enjoyed the day at Metricon Stadium with members of the Gold Coast Suns AFL team.
Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

**TIPS FOR QUIET TIME**

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
NIPPER SIGN ON DAYS 2014/15 SEASON

Sunday 31st August 2014 8.30am -12pm
Sunday 14th September 8.30am – 10.30am
Burleigh Heads Mowbray Park Clubhouse Level 3
Age group & Pool Proficiencies for 2014/2015 Season
Born Between

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Proficiency</th>
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<tbody>
<tr>
<td>1/10/08-30/09/09</td>
<td>Under 6</td>
<td>Kick on the wall - face in the water &amp; 30sec float</td>
</tr>
<tr>
<td>01/10/07-30/09/08</td>
<td>Under 7</td>
<td>Torpedo (push off wall) face in water &amp; 30sec float</td>
</tr>
<tr>
<td>01/10/06-30/09/07</td>
<td>Under 8</td>
<td>25 metres (freestyle) &amp; 1min float</td>
</tr>
<tr>
<td>01/10/05-30/09/06</td>
<td>Under 9</td>
<td>50 metres (freestyle) &amp; 1min float</td>
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<td>Under 10</td>
<td>100 metres (freestyle) &amp; 1.5min float</td>
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<tr>
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<td>Under 11</td>
<td>100 metres (freestyle) &amp; 2min float</td>
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<tr>
<td>01/10/02-30/09/03</td>
<td>Under 12</td>
<td>200 metres (freestyle) &amp; 2min float</td>
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<tr>
<td>01/10/01-30/09/02</td>
<td>Under 13</td>
<td>300 metres (freestyle) &amp; 3min float</td>
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<tr>
<td>01/10/00-30/09/01</td>
<td>Under 14</td>
<td>400 metres (freestyle) under 9 mins &amp; 3min float</td>
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New Members Only - You will need to bring an Original Birth certificate or Proof of age (eg. Passport). We cannot accept membership without these documents. Please remember goggles, swimwear and towel.

MEMBERSHIP FEES
$190.00 Family membership fee covers up to 4 persons. Eg. 2 parents/guardians and 2 children, or one parent and 3 children. OR $65.00 per child plus $120.00 per parent + Nipper Levy $20.00 per child (capped at $50.00 per family)
At least one parent/guardian in each family must be a member ($70 for a parent if an active member *Active Member is a person that holds a current Bronze Medallion and is actively patrolling*) for all membership prices, please refer http://www.burleighslsc.com.au/membership

POOL ENTRY FEE $2.00 PER SWIMMER

The Get Started QGrants provides members with vouchers to the value of $150 per child to use in their chosen sports for participation costs. Our Club is a registered organisation that can accept the $150 voucher per person towards Club membership fees for the upcoming season. The voucher can only be used for participation fees and not any other item. (If you claimed in Round 3 for a winter sport then you will not be eligible for Round 4). Simply visit http://www.nprsr.qld.gov.au/funding/getinthegame/voucher-application.html

FIRST NIPPER SUNDAY - 21st September 2014 from 8.15am to 10.30am

Need more information email: juniornominations@burleighslsc.com.au