



PRINCIPAL'S NEWS

17 March 2023

This week we celebrate St. Patrick's Day. When I grew up attending St. Patrick's, I remember celebrating with green cochineal doused foods, shamrock colouring activities and the story of an extraordinary man, who chased snakes away from Ireland. I am sure there was a whole lot more teaching and learning that occurred around this traditional feast day, but these were the highlights my young memory clung to. I never did understand the snake part of the story, but it made Ireland a desirable place to visit and increased my curiosity.

Many years later, I realised my dream of visiting this lovely 'snake free' destination. With the name 'O'Shea' it felt like returning home and the locals were so very welcoming. Not unlike our own St. Patrick's community. My visit to Ireland included a visit to Baggot Street. In the picture opposite, you'll see the renowned red hinged door of the 'House of Mercy'. This little gem of a school, strategically placed in the most affluent part of town, forced the 'haves' to rub shoulders with the 'have nots' and still runs today. Catherine McAuley used a large inheritance to build this school, in her bid to break the poverty cycle for many women and saw the birth of the 'Sisters of Mercy' who would go on to spread out across 40 countries and forge the humble beginnings of our very own school, St. Patrick's. Sullivan (2005) states how Catherine believed that the development of girls' and women's talents was conducive to the good of society and she saw religious education as the centrepiece of a truly merciful education. She could also see that an inclusive community, could be built from giving vulnerable woman skills that the wealthy would seek. She acknowledged a natural right to human dignity for all, despite financial status, and a passion to educate all children in unison. Catherine encouraged a strong sense of community and a mutual respect.



On Bishop's Inservice Day, we wondered why our own Mercy school was called St. Patrick's? It may have been our strong Irish connection, but I believe the parallels run much deeper. Both characters were separated from their parents at a young age, making them vulnerable but resilient individuals who were able to overcome life's struggles. Similarly, they were both able to call on the inner strength gained, from negative life experience. They then used the byproduct of courage, to carry out God's work for the benefit of those, also made vulnerable due to life circumstance. St. Patrick was less of a 'reptile repellent' than of a man who strove for human rights and justice. Hoyt (2019) goes as far to suggest that St. Patrick, who was captured to slavery early in life, was the first Christian voice calling for the end of this practice. St. Patrick and Catherine McAuley were both drawn to a life of charity and answered a vocational call. This unearthed for me, on a much deeper level, the Mercy connection to our St. Patrick's school.

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Click our
school crest
to go our
school
website



Click the
Parish logo
to go to the
Parish
website



Click the
Facebook
icon to go to
our Facebook
page



Absentees

4994 8336

spb_absentees@rok.catholic.edu.au

PRINCIPAL'S NEWS CONTINUED

Catherine McAuley was an avid writer and was known to enjoy spending time with others, through the sharing of a good cup of tea. She challenged peers to 'waste time with people...as a good beginning is of great importance'. This week staff members found a 'tea moment' in their pigeonhole and were encouraged to share this with another from our community. Catherine McAuley also suggested that one should 'dance every evening', so it was fitting that students got to perform the dances they had worked on this term with Mrs. Gollshewsky. It was disappointing that we didn't get to celebrate 'Dance Night' but when outside providers become nervous about their expensive equipment, we get nervous about our people. It was wonderful to see how resilient our students truly are, and the spirit captured today would warm Sister Catherine McAuley and Saint Patrick's hearts. This St. Patrick's Day, we have managed to celebrate not only our Irish heritage, but more importantly the mercy connection of our school and parish. I am sure you will hear more about our special day from your children, including our very own Sr. Mary's appearance (and some sneaky leprechauns), but we will feature much more in next week's newsletter. Sr. Mary and Sr. Catherine McAuley would have got on famously, to be sure! To be sure!

Online enrolments for Prep 2024, have been escalating quickly through our new system. If you are an existing family, you are given priority, but need to **ensure you have enrolled siblings by the end of next week, Friday 24th of March**, to avoid disappointment. Interviews will begin over the coming weeks. When asking new applicants why they wish to join our St. Patrick's community, the response has been largely due to the wonderful reviews you give our school and due to the people, you are. Thank you!

Happy Saint Patrick's Day to all!

Kim O'Shea-Hard





ST PATRICK'S DAY

Today is our feast day – St Patrick's Day where we celebrate our patron saint. Patrick was born in Roman Britain in the 4th century and was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped slavery and returned to convert the Irish to Christianity. By the time of his death on March 17 461CE he had established many churches and schools. Most famously Patrick used the shamrock to explain the Holy Trinity to the people he preached to.

Our students had a wonderful day starting with our Liturgy, followed by presenting our school dances and then had fun trying to complete a challenge set by our resident leprechaun. Thank you to the many parents who were present today to help us celebrate.

MINI FAIR

This term during Lent, we will be learning about those less fortunate than ourselves through the stories of Project Compassion. As in previous years we will hold our annual Mini Fair as the major school fundraiser for Project Compassion. The aim of the Mini Fair is to have our children be involved in the planning and management of an event in which their ideas can help out others. The Mini Fair will be held on the last day of school this term (March 31st at 11am). You will receive information letters about the fair from class teachers. You are most welcome to attend the Fair with your children and they are permitted to go home with you at the conclusion of the fair.



Go to the Survey Site:

www.ecsi.site/au/user/ and enter Ghj654

Your school Group code: i1289

Your school Survey Access Code: j7346x

CATHOLIC IDENTITY SURVEY

One of the most important things about being a Catholic school in the 21st century is knowing who we are and what purpose we serve. We need to have a clear understanding of our role as a Catholic school. To assist with this and as an important part of our School Improvement process, St Patrick's will shortly participate in a Catholic Identity survey which is conducted by Leuven University in Belgium. The research project is aimed at assisting us with understanding how our Catholic identity is expressed in work and practice as well as supporting plans to further enhance our Catholic Identity for the future.

All staff, along with our students from years 5 and 6 will participate in the survey at school. We would also like to give parents a voice by inviting and encouraging you to take part in the survey, which will be conducted online and is not identifiable.

CROSS COUNTRY CARNIVAL (YEARS 3-6)

WHEN: Monday, 24 April 2023

WHERE: Shalom College

Event Times:

| | | | |
|----|----------|---|------------------|
| 1. | 9:10am: | Boys & Girls Born 2012 & 2011 (11 & 12yrs) | 3km – A Division |
| 2. | 9:40am: | Boys & Girls Born 2013 (10yrs) | 2km – A Division |
| 3. | 10:10am: | Boys & Girls Born 2015 (8yrs) | 1km – A Division |
| 4. | 10:20am: | Boys & Girls Born 2014 (9yrs) | 1km – A Division |
| 5. | 10:30am: | Boys & Girls Born 2013, 2012 & 2011 (10-12yrs) | 1km – Fun Run |



Boys in each age group will start first, with the girls starting 30 seconds later.

PRESENTATIONS: Age Champions (10-12yrs) and Overall Champion House will be presented immediately after the event at Shalom.

ALL STUDENTS

MUST run in school sports uniform with house coloured shirt.

MUST run in footwear. The course will be clearly marked and supervised.

MUST bring their school hat and water bottle. Sunscreen will be provided by the school upon leaving the school grounds on the morning of the carnival.

Students placed first and second in A Division Born 2011, 2012 & 2013 will be considered for selection to compete at the Bundaberg District Cross Country trials to be held at Avoca State School on Friday 12th May. Qualifying times need to be met to participate in the District carnival.

'A' Division students are invited to attend a '*Walk the Course*' afternoon at Shalom on Thursday, 20th April at 3:45 pm. This is a great opportunity for students to familiarise themselves with their respective events. There will be no changes to the 1km, 2km and 3km courses that were run in 2022.

All students finishing 1st-10th place and competing in A Division races will receive a ribbon for their place in the event. All other students will be advised of their final position in the race on the day. A warm invitation is open to all interested parents to support their child/children during this event. Approximate times have been outlined above, although please understand that there may be a need for flexibility with these times. Parking will only be made available in the Arts Precinct carpark (the first carpark to the left off Brother Hogan Drive). Please note the Staff toilets in the Shalom Sports Centre will be available to adults on the day. The toilet facilities in the 'Hangar' Sports Shed are for student use. Your cooperation with this is greatly appreciated.

Children will travel by bus to Shalom College with their class teacher who will supervise students in travel and throughout the carnival. Lunch and afternoon tea will be at normal times at school.

HOW TO NOMINATE YOUR CHILD

2014-2015 Born Competitors - Individual nominations are not required as all students in these age groups participate in a 1km event. Action Required - Login into Parent Lounge to approve their participation in the 1km event only.

2011, 2012 & 2013 Born Competitors – Nominations need to be made for students born in these age groups for either the 3km/2km or 1km event. All students are expected to participate unless there is a health matter that may preclude their involvement in this carnival. Please discuss the course options with your child to ensure they are aware of their nominated event on carnival day. Action Required – Login to Parent Lounge to nominate your child in **either** the competitive (2km/3km) event or the Fun Run (1km) by Friday 31st March.

We look forward to an enjoyable and supportive event for all competitors. Please do not hesitate to contact Annette Hammermeister if you have any queries regarding this event.

CROSS COUNTRY TRAINING—EVERY TUESDAY AT 7:45AM

Interested students are to meet Miss G in the multi-purpose shelter. Students are to wear comfortable training clothes and can change into their school uniform at the end of the training session. The training sessions will be offered to all students in Years 3-6 and cater to all ability levels.

SPORTS NEWS

BUNDABERG DISTRICT U12 SCHOOL SPORTS TRIALS

| BDSS Sport | | Age Group | Date | Venue | Time |
|--------------|--------------|--|--|--|-------------|
| Soccer | Boys | Born 2011 & 2012 Exceptional 2013 players | Tuesday 21 March (Boys born 2011) Wednesday 22 March (Boys born 2012 & 2013) Thursday 23 March (all boys invited from previous week) | North Bundaberg High School | 4:00-5:30pm |
| | Girls | Born 2011, 2012 and 2013 | Monday 20 March | North Bundaberg High School | 4:00-5:30pm |
| Tennis | Boys & Girls | Born 2011 & 2012 Exceptional 2013 players | Friday 24 March | Rotary Tennis Courts—George Street | 8:45-3:00pm |
| Rugby League | Boys | Born 2011, 2012 & 2013 Exceptional 2014 players | Monday 20 March Monday 27 March | Waves Sporting Complex (Thabeban Road) <i>All players must wear a mouthguard.</i> | 3:30-5:30pm |
| Hockey | Boys & Girls | Born 2011, 2012 & 2013 | Monday 20 March Monday 27 March | Hinkler Park North Bundaberg | 4:00-5:00pm |

SECOND-HAND UNIFORM SALE

\$5 PER ITEM

FRONT OFFICE

EFTPOS OR CASH

SECOND HAND UNIFORM SALE

NEXT WEEK
Monday to Friday
8:00am - 8:30am
3:00pm - 3:15pm

SALE

PRaise AND GROWTH MINDSET

I read an interesting article on **praise and growth mindsets** and so I thought I would share that with you today. I have included a link to a great quick video clip on the topic. There's nothing wrong with being positive and providing our children with plenty of praise, however, we should consider the impact that different types of praise has! Research has shown that the way we praise a child can have a significant impact on their mindset, and this in turn can have a significant impact on the way they approach learning. There are two main mindsets, a growth mindset and a fixed mindset. A growth mindset is where we believe that abilities can be developed through dedication and hard work and this helps to create a love of learning as well as resilience. Whereas, a fixed mindset is where we believe that intelligence or talent is fixed and cannot be improved with effort.

For over a decade, Carol Dweck and her team have been researching the effects of praise on students. This particular study involved a series of experiments on over 400 Year 5 students from all over the US. The students were given a series of tasks and tests. After the first task, half the students were praised for their intelligence (*Wow, great job, you must be really smart at this*) while the other half were praised for their effort (*Wow, great job, you must have worked hard at this*). This simple difference in the way they were praised had a HUGE impact on the way the students responded to and performed on subsequent tasks! Many more of those who were praised for intelligence chose not to progress onto a more difficult test, they held a much more fixed mindset on their abilities, they gave up sooner when attempting an impossible task, and on the final task (which was exactly the same as the very first task they did) their performance dropped by 20%! Whereas, those children who were praised for their effort were much more likely to persevere, work hard and even enjoy an impossible task and on the final task (which was exactly the same as the very first task) their scores improved by over 30%! So yes, it's important to praise your children frequently but keep in mind the positive impact from a focus on process and effort rather than intelligence and abilities.

Watch this quick [clip](#) for all the details!

Modeling a growth mindset means being willing to try hard even when failure is likely *because that's how growth happens*. For example, parents should try to get excited when their children make mistakes because these mistakes can reveal important conceptual gaps that should be filled. When adults get excited about the learning that mistakes can facilitate, children start to think of mistakes as a natural part of the learning process. This leads to a few important changes in learning behavior:

1. Children stop avoiding challenging work just because it could mean making more mistakes.
2. Children become less likely to try to "sweep mistakes under the rug" because they stop thinking of them as something to be ashamed of.

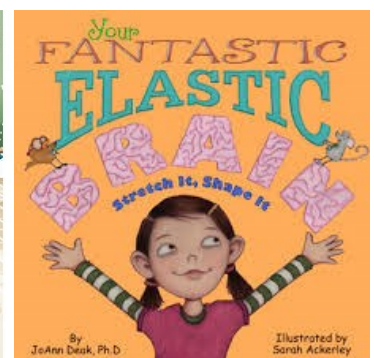
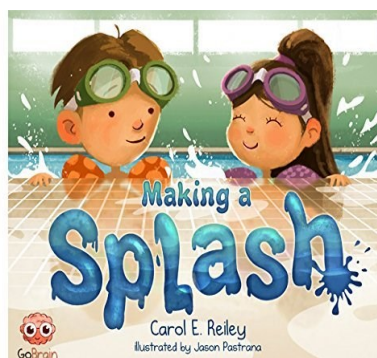
Action Ideas

- Make mistakes in front of your kids, have a positive reaction to those mistakes, and openly reflect on what could be learned from the mistake. Try to show that *it's all about learning*, not about *being right*.
- At the dinner table, talk about a time that you struggled with something and how hard it is and how you overcame it. Then ask your kids if there's anything they struggled with, how they overcome it, and what they learned from the experience.
- Get excited when your child makes a mistake and help her think through what could be learned from it. Even mistakes that seem careless can be good learning opportunities. For example, if your child forgot to study enough for an important test, it might be an opportunity to learn about prioritization and to-do-lists.

Dojo has developed some animations on growth mindset for children, click on this [link](#).

And here are some books on growth mindset:

- * Making a Splash By Carol E. Reiley and Your Fantastic Elastic Brain By JoAnn Deak are both great books for teaching early and middle years primary children about growth mindset.



OUT AND ABOUT

Netball
REVOLUTION
is coming to...

BUNDABERG

SATURDAY 25TH MARCH

830am-10am: Future Champs Clinic
(Years of birth 2013, 2014, 2015 only)

1030am-12pm: Rising Stars Clinic
2012 and older

[Click here for More](#)

Arrows Athletics Hockey Club

AGE GROUPS:
UNDER 7, 9, 11, 13, 16
SENIOR MEN AND WOMEN.



2023 Season

COME AND TRY WEDNESDAYS, 5PM @
HINKLER PARK



Contact details

LIKE AND FOLLOW US ON FACEBOOK.
SEND US A FACEBOOK MESSAGE FOR A
PROMPT REPLY.

BRANCH MANAGER: GENENE BRAYSHER
0418 799 874



Arrows Athletics Hockey Club

Raiders Rovers Hockey Club

FREE COME AND TRY SESSIONS
THURSDAYS 4-6PM (JNR) & 6-7PM (SNR)

WE WANT YOU!!

LOOKING TO GET INTO A NEW SPORT
THAT IS FUN AND REWARDING?

Then HOCKEY is for you!

We have vacancies in all teams!

We are especially looking for new
players aged between 5 -11 years!

Also looking for Men 17+
(so kids, get your dad involved too)!

REGISTER NOW

SEASON STARTED MARCH 11

Follow us on Facebook
Raiders Rovers Hockey Club Bundaberg

Registration - Raiders Rovers
Hockey Club Inc -
Invoicing/REPORT is an online end-to-
end online platform for sports...

Contact Us
Susan:
0428794144

2023 REGISTRATIONS
ARE OPEN



FAMILY FRIENDLY CLUB
QUALIFIED COACHES

NEW PLAYERS RECEIVE CLUB
SHIRT, SHORTS, SOCKS AND
TRAINING GEAR

Eastern Suburbs Magpies Jr1c

Interested in trying Rugby League?

Under 6's born 2017

Under 7's born 2016

Under 8's born 2015

Under 10's born 2013

Register now online @
playrugbyleague.com

2023 SPORTING CALENDAR

| CROSS COUNTRY | | | |
|--|--------------------|--------------|---------------------------|
| Obstacle Course P-2 | Friday 21 April | 9:00-11:00am | St Patrick's Jnr Oval |
| Cross Country 3-6 | Monday 24 April | 9:00-11:00am | Shalom College |
| District Cross Country | Friday 12 May | 12:00-2:30pm | Avoca State School |
| ATHLETICS CARNIVALS | | | |
| Athletics—Field Event (born 2011-2013) | Monday 19 June | 9:00-2:30pm | St Patrick's |
| Senior Athletics (born 2011-2014) | Wednesday 21 June | 9:00-2:30pm | Shalom College |
| Junior Athletics (born 2015-2018) | Friday 23 June | 9:00-12:00pm | St Patrick's Snr Oval |
| District Athletics | 10 & 11 August | 9:00-3:00pm | St Luke's Anglican School |
| 1500m Trials | 18 August | 9:00am | St Luke's Anglican School |
| SWIMMING CARNIVALS | | | |
| Junior Swimming Carnival | Friday 24 November | 9:00-11:00am | Bundaberg Swim Academy |
| Senior Swimming Carnival | Friday 24 November | 11:00-1:00pm | Bundaberg Swim Academy |

TERM ONE PLANNER

| WEEK 4 | Week 13th February—17th February | | |
|--------------------|-----------------------------------|-----------------|----------------|
| Tuesday—Thursday | Courtyard Prayer | 8.40am | 5P |
| Friday | PUPIL FREE DAY | | |
| WEEK 5 | Week 20th February—24th February | | |
| Tuesday & Thursday | Courtyard Prayer | 8.40am | 3B |
| Wednesday | Ash Wednesday | 8.40am | Year 6 |
| Friday | Sausage Sizzle | | Year 5 |
| WEEK 6 | Week 27th February—3rd March | Time | Year Level |
| Monday | Parish Mass | 9.00am | Year 6 |
| Tuesday—Thursday | Courtyard Prayer | 8.40am | 3C |
| Friday | Sausage Sizzle | | Year 4 |
| WEEK 7 | Week 6th March—10th March | Time | Year Level |
| Monday | Parish Mass | 9.00am | Year 5 |
| Tuesday—Thursday | Courtyard Prayer | 8.40am | 3L |
| Friday | Sausage Sizzle | 9.00am | Year 3 |
| WEEK 8 | Week 13th March—17th March | | |
| Monday | Parish Mass | 9:00am | Year 3 |
| Tuesday—Thursday | Courtyard Prayer | 8.40am | 2C |
| Thursday | Dance Night | 5.00pm-6.00pm | Whole School |
| Friday | St Patrick's Day Liturgy (Year 6) | 9.00am | Whole School |
| | Sausage Sizzle | | Year 2 |
| WEEK 9 | Week 20th March—24th March | | |
| Monday | Parish Mass | 9.00am | Year 4 |
| Tuesday—Thursday | Courtyard Prayer | 8.40am | 2L |
| Friday | Sausage Sizzle | | Year 1 |
| WEEK 10 | Week 27th March - 31st March | | |
| Tuesday | Palm Sunday | 8.40am | 4M & 4K |
| Wednesday | Last Supper | 8.40am | 4C |
| Thursday | Good Friday | 8.40am | Year 5 |
| Friday | Easter Liturgy | 9.00am | Year 6 & Prep |
| | Easter Hat Parade | 10.15am | Prep to Year 3 |
| | Mini Fair | 11.00am-12.15pm | Whole School |