Welcome to Week 4

Mindfulness Program: Once a fortnight over Term 1 all students from K - 6 will have an opportunity to participate in a Mindfulness Program facilitated by our School Counsellor, Nick Hurford, from Centacare in Dubbo. The aim of the program is to teach ‘Mindfulness’ practices to each class. The short sessions look at nurturing a healthy mind and body via Mindfulness techniques such as Deep Diaphragmatic Breathing and Progressive Muscle Relaxation. These simple strategies empower students and staff to become aware of their physical and psychological response to stressors, and give a positive action to defuse them. These evidence-based strategies have as their focus: ‘Courage’. The students are being encouraged to be courageous when faced with tasks at school that may seem daunting. Using Mindfulness techniques, they are learning to control their physiological and psychological responses in such situations and approach any task with a renewed mindset. The program will be conducted at St Michael’s on a Thursday at 9am Years 2-6 & 9.30 for Kinder/1. If you have any questions or concerns or you do not wish for your child to participate in this program please contact Sr Margaret before Thursday 25th.

School News:

SACRAMENT MEETING: This is for all families with children in Year 2, Year 3 & Year 6 who wish to receive the Sacraments this year. Please note change of date. The meeting will now be held on Thursday 17th March at 3.30pm. All parents are asked to attend, as this meeting will take a different format then in the past. If you know any children at Dunedoo or Mendooran Central School who fall into these age brackets please let their parents know. Many thanks.

Mum’s Night Out: We look forward to a great night tomorrow night at Peta & David Brennan’s. There are always lots of stories and many laughs. If you need a lift or directions please give the school a call. I am only too happy to assist.

Enjoy the week.  Sr Margaret

Thought of the Week:

“Have courage no matter what your crosses are.” Mary MacKillop 1/5/1890

“God will help you.” Julian Tenison Wood’s letter to the Sisters 1870
Anointing Mass: You are invited to join the students & parishioners for Mass this Friday at 10.15. Everyone is welcome.

Catholic Development Fund School Banking: If anyone wants their child to bank at school please send it in on Thursdays.

Thursday School Banking.

Old Student Desks: There are some available looking for a home. If interested please contact the school.

Head Lice: Please check your child’s hair. It may not hurt to treat your child. Many thanks.

SABBATICAL WEEK: Next week 22nd -26th February there will be no written homework. Please remember to read with your child. Enjoy the break from homework.

Loreto Partnership:
The week 29th February to 4th March. Six Year 10 students and two staff, from Loreto Normanhurst will spend the week immersed in our community. The six girls will work with our students in the classroom using their skills in ICT, Sport and Creative Arts.

On Monday 29th February we will be holding a Welcome BBQ at Mark & Sally Dent’s to which every family is invited. Going home with the Newsletter will be an invitation seeking numbers etc. Please make every effort to attend.

Just a quick reminder. Students are required to bring their own set of head phones this year. A number of students still do not have them which makes it hard to access the full curriculum. Could you please make sure your child has a set for school ASAP.

Bush Poetry Festival: Once again the P & F have been asked to do the Welcome BBQ on Thursday evening and the students have been asked to contribute to the entertainment. Therefore, we need as many students as is humanly possible to be there.

A note will go out next week.

Sport:

Northern Region Swimming Carnival: All the best to our swimmers, who are today participating in the carnival at Gulgong against other students from this end of the Diocese.

Merit Awards – Jack Guan
This young man has been a caring and helpful buddy to the new Kinders. Jack has been aware of their needs and has helped tie shoelaces, lead them to where they need to go and generally be a good friend. His good manners and helpfulness, as well as his responsible attitude towards his work make him a worthy Aussie of the Week. Congratulations Jack!

Merit Awards

K/1 Stella Valler, Cooper Baker
2/3 Annabelle Brennan, Toby Deutscher, Kurt Inder
4/5/6 Jack Guan, Ned Inder, Patrick Reid, Jamie Spargo

Calendar 17th February – 26th February

17th Northern Region Swimming Carnival
18th Mum’s Night Out @ Peta & David Brannan’s
19th Anointing Mass
22nd - 26th SABBATICAL WEEK
What is the Best Thing I Have Ever Done?

The best thing that I have ever done is gone to St Michael's School. In 2009, Mum packed my bag and I set out for my first day of school. St Michael's was FANTASTIC. I immediately fell in love with its kindness and humor. I met awesome friends that will be friends for life. They watch out for me, care for me and I know I can always trust them. We had fun on the oval and even in class. The teachers were the ones that made our school fun. Anyway I grabbed my bag and went home. Nothing but a BIG smile on my face. Mum said "how was your day", Mum is used to the old, "Good" because she had had three girls and one boy. But I had heaps more to say then, "good". Good couldn't have explained it. And then she wanted to test me even more. " So what did you learn", again she thought I was going to say, "nothing", typical children. But I said so much I thought my jaw was broken. I think I started to speak French, well who knows we learnt that much so I probably did?

On the second day it was stormy so all the kids stayed in and played with lego and other toys. Back then, and still now, I am scared of storms so the older kids told me that the thunder was God clapping, the rain was to help the farmers, and the lightning is to help the trees grow. So I told everyone about how good St Michael's is. I might have even told a random lady down the street? I remember my first few day's at St Michael's so easily. So the answer to your question is Going to St Michael's.

Written by Jack Guan for the Dunedoo Show 2016.

Parish News:

SACRAMENT DATES FOR 2016

17th March Parent Meeting for All Sacraments @ 3.30 in St Michael's Hall.

(Eucharist, Confirmation & Reconciliation)

FIRST EUCHARIST
3rd Apr Enrolment 1st Eucharist
29th May 1st Eucharist Celebration

CONFIRMATION
15th May Enrolment for Confirmation
26th June Sacrament of Confirmation

FIRST RECONCILIATION
7th August Enrolment for Reconciliation
22nd Sept 1st Reconciliation Celebration

Week-end Mass Times:

Coolah: Saturday 6pm
Mendooran: 2nd & 4th 8am
Elong Elong: 1st, 3rd, 5th 8am
Balimore: 2nd & 4th 8am
Dunedoo: Sunday 10am
Binnaway 1st & 3rd 11.15 am

Altar Servers:

February 21st – C Abbott & J Spargo
February 28th – Z Brennan

Birthdays:

Congratulations and Happy Birthday wishes to the following students who celebrate over the coming week:

Matthew Rout
**Annual Dunedoo Preschool Trivia Night**

When: Friday 26th February 2016  
Where: Dunedoo Central School Hall  
From: 6:30pm  
What: Trivia and great auction items  
Grab 10 Friends, come along and have a great night answering FUN questions and buying up BIG in the Auction! (Don’t worry if you do not have 10 friends, come along anyway!) Bring: Supper and a wineglass. Bar facilities will be available and fabulous Auction Items.  
Tickets on sale at the Dunedoo Newsagency for $20 or at the door on the night.

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**Mum’s Night Out Tomorrow Evening**