



Free Floating Anxiety

A few years ago, a niece of mine at university was walking to a major end of year exam when she got a message from her distressed best friend saying she had just broken up with her boyfriend, a cousin of the niece. My niece was so upset she did badly in the exam, very badly. As it turns out, the breakup was just another drama in the friend's volatile relationship. But it cost my niece, dearly. It wouldn't have happened in my time. We didn't have mobile phones. We weren't on a constant news cycle of the latest events, both in the world and close to home.



I find hearing about the Ukraine, the floods, even the constant details of Shane Warne's health, distressing. I am helpless in the face of these events. It gives an air of free-floating anxiety in the background of our lives. What does it do to our young people?

When I used to go on about bad or unjust things that happened elsewhere, our then parish priest used to say, 'I hoe my own row.' Over the years I have discovered what a wise thing that was. Most of the time, most of us can only influence the people around us but when we do good to those people it has a real and lasting effect in our lives. I cannot take in a refugee from the Ukraine but I can talk to a lonely person in the supermarket. I cannot clean out a flooded house but I can ring up an elderly relative for a chat. When we do the simple good things we can do, it lightens our hearts and give a sense of goodness to our lives. It is in these good actions that we can anchor our lives in peace. Practicing simple, daily acts of kindness strengthens our hearts and gives a quiet joy to our lives. It also gives us courage. One day, we might find ourselves in a hard situation and discover the strength within us to step up and do something that surprises.



Loving God, you know how the awful things happening in our world can distress me. Give me the wisdom to care for the people around me and be an example to my child/ren by my acts of kindness. I ask this in Jesus' name confident that you will hear me.

Sr Kym Harris osb



Dear Parents and guardians

Over the past few weeks we have had a few challenges with some students and staff absent from our school for COVID related reasons. We have endeavoured to keep you all informed of any changes and any information from Public Health. We hope that you feel that this has been the case but if you have any questions please do not hesitate to contact the office, myself or Mrs Turner (our Acting Deputy Principal). I would personally like to thank all the staff for their flexibility and support during this time.

For the above reasons we have had to reschedule the commissioning of our school leaders. This will occur next Wednesday 23rd March at 12 noon Mass.

Thank you to all the families who made themselves available for our parent/teacher conversations last Tuesday and Thursday. If you were unavailable on those dates or would like to discuss anything further with your child's teacher please do not hesitate to contact the office or your child's teacher directly through Seesaw or Storypark.

Thank you to Mr Hutchins, Anneka and all the staff for the planning, organising and running of our very successful Swimming Carnival at New Norfolk Pool on Wednesday. I believe it was great to see all the students involved and supporting each other. We were also grateful to all our families who turned up and followed our COVID-safe protocols. It is fantastic to be able to have you all back supporting the school. Let's hope we can have you at more and more events.

Kindergarten enrolments are filling fast so if you know any child who is turning 4 next year (2023) and is looking for a supportive, play-based learning environment please let them know to get their applications in as soon as possible. Siblings are high on the priority list but only if they get their applications in by Friday 6th May, 2022. If you can't find their birth certificate or immunisation forms don't delay applying as we can get these before the end of the year.

Parents and guardians of students in Year 5 (2022) need to start looking into high school for 2024 if we want to continue in Catholic Education. There are a few open days happening at a number of the schools. Applications close in September 2022.

This week, in conjunction with Brighton Council, we have started to use our FOGO bins which will be collected weekly. Fogo is for the collection of food scraps that can go to compost. As many of you would be aware, the staff and students at St Paul's already recycle most of the school's waste including soft plastics, paper, cardboard, recyclable items leaving us with less landfill. I thank you in advance for your ongoing support with this.

As I will be away for the next few days, please see Mrs Kate Turner, Acting Deputy Principal, if you have any queries, questions or concerns.

With every blessing,

Mrs Jo Clark
Principal



Paice Street, Bridgewater

Phone: 03 6263 6482

Email: stpauls@catholic.tas.edu.au

Website: www.stpauls.tas.edu.au

Principal Awards

Congratulations to the following students who received the Principal's award:

Prep: Mila Steele

Year 1: Thea Mayer

Year 2: Paisley Noakes

Year 3/4R: Bonnie Green

Year 3/4B: Jackson Fleming

Year 5: Ollie Pearson

Year 6: Max Bennett



Mercy Merits

Congratulations to our Mercy Merit recipients. Students receive Mercy Merits from a staff member at any time of the day when they are caught abiding by our three expectations –SAFE, RESPECT, LEARN. The teachers keep a check on the totals received and rewards are given at 10, 20, 30, 40, 50, 75 and 100.





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St Paul's Catholic School

KINDERGARTEN

2023

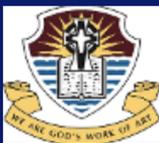
Applications close
Friday 6th May
2022



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**Paice Street, Bridgewater
TAS 7030**



**ENROL
NOW!**



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SETUP
for
SUCCESS



St Paul's Catholic School

Fridays 9-10.30am
(during school terms)

In the Early Learning Centre

Open to all families in the community with
a child aged birth to five years.



What to bring:

gold coin donation appreciated - healthy snacks for your child
clothing suitable for outside play - a hat and drink bottle

For more information please find our Facebook group
"Setup for Success @ St. Paul's Catholic School"

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St Paul's Swimming Carnival

On Wednesday the 16th of March we held our annual swimming carnival at the New Norfolk Pool. It was a fantastic day filled with some individual brilliance, loud cheering, a high level of participation and lots of fun. There were many highlights from the day and some great acts of sportsmanship, as students encouraged one another across the pool. Thank you to all the staff who helped put this day together and the families who came along to support our swimmers.

Congratulations to all who participated on the day, in particular the 19 students who have been selected to represent our school in the upcoming interschool swimming carnival.



St Paul's Catholic School Palette



Congratulations - Rose Smith

Rose Smith (Class of 2020) competed in the Melbourne International Judo Competition over the long weekend in the Senior Girls under 57kg Division. Rose took home the gold medal. She should be very proud of herself.



Soccer - WE NEED YOU!

Every student needs to be registered by tomorrow (18th March) so Mrs Terri can get the teams lodged. We especially need a few more 4/5/6's. Once teams are registered we will need volunteers for coaching positions. No experience necessary, you just need a current WWVP and a willingness to learn. You can find other information on the St Paul's Strikers Soccer Parents Facebook page. A big thank you to Mrs Terri and Dave Jones for all their hard work in getting all teams organised. Go Strikers!

School Photos

School photos will be on Tuesday the 29th of March. Every family should have received a hard copy notice by now on how to order photos. You will also find these instructions on your compass newsfeed. Prep to Year 6 students will need to wear their formal summer uniform. The cut off date to order sibling photos is Friday the 25th of March. Please phone the school office if you have any queries.

2023 Kindergarten Enrolments

Enrolment Applications for Kinder 2023 are now open. You can find information on our website or come into the School Office to pick up an enrolment pack. Applications close on Friday 6th May 2022. If you have any questions, please contact the School Office on 6263 6482.

Ludo Early Learning

Ludo is a play-based education and development program for children aged 3-5 years old. This is a CatholicCare service delivered in partnership with Catholic Education Tasmania. Ludo is open from 7am - 6pm, 50 weeks of the year including school term holidays. Long day care, short day care and after Kinder care are available. Ludo and Kindergarten staff work together to deliver developmentally appropriate, play based programs. Bookings can be made directly through <https://catholiccaretas.org.au/programs/ludo>



Outside School Hours Care

Catholic Care Tasmania provides after school care at St Paul's Catholic School each day. Please see the Facebook page to register for Friday as an additional day. Care is available each school afternoon until 6.00pm. Please contact Catholic Care Tasmania to register.

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Upcoming events

Date	Event
Friday 25th March	STCPSSA Swimming Carnival
Tuesday 29th March	School Photos
Thursday 14th April	Last day of Term 1
Friday 15th April	Good Friday

Year 7, 2024 Twilight Tours & Information Night

Monday 28 March - 5pm
Savio Centre - Dominic College

Kindergarten to Year 10 on one campus

To book your place please contact the College Registrar on 6274 6010
or book online at <https://www.dominic.tas.edu.au/enrolment/school-tours-1>

204 TOLOSA STREET GLENORCHY | 6274 6000

www.dominic.tas.edu.au

Find us on  

**DOMINIC
COLLEGE**





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CONGRATULATIONS!

St Pauls Catholic School is starting **FOGO***

DID YOU KNOW? (the 'why')

- **FOGO** waste (food scraps and garden waste) is really BAD in landfills – it decomposes anaerobically (without air) and emits large volumes of methane, a very potent greenhouse gas. The UN calculates that **global food waste** emits more greenhouse gas emissions than **every country** in the world except China and the USA.**
- But...FOGO waste in a FOGO BIN goes to a composting facility and is turned into compost for Tasmanian farmers and gardeners (plus no methane!).
- Hundreds of Councils all over Australia are providing FOGO to help reach the national target to HALVE food waste by 2030 (UN Sustainable Development Goal 12.3).

The 'WHAT' and 'WHEN' - FOGO starts 23rd March!

STEP 1: Brighton Council provides a free FOGO wheelie bin for St Pauls plus food waste buckets with lids for every classroom and staffroom. This 8 L bucket, called a **caddy**, is the same caddy all Brighton municipality residents received when FOGO launched in 2021. Importantly, the caddy is the visual 'cue' to remind and encourage everyone to stop sending valuable food scraps to landfill!

STEP 2: Students and teachers 'FOGO' their unwanted food e.g. uneaten fruit, sandwiches, crackers, veges, cheese etc. You can also FOGO paper napkins, paper towel, newspaper, scrap paper, paperboard. **NB NO** plastic packaging please (bad for compost!).

STEP 3: Your FOGO caddies will be collected by the *fabulous*, future-thinking, Sustainability Team! Give them a clap!! 🙌

STEP 4: *Congratulate yourselves* for FOGO'ing and helping reduce greenhouse gases and turn food waste back into a sustainable resource - healthy compost for better soil. **FOGO = an easy way to make a big difference.**



**Brighton
Council**



* FOOD ORGANIC GARDEN ORGANIC waste collection service

** Food and Agriculture Organization of the United Nations. <https://www.fao.org/food-loss-and-food-waste/flw-data>)

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Are you someone who talks to lots of people in your community?

Would you like to help people in your community have healthier babies?

Would you like to build your skills in having supportive conversations?

Then the **Healthier Families Brighton Project** might be for you.

You could be eligible for a \$100 voucher!

What: Healthy Families Brighton Community Members Workshop

When: Thu the **7th of April**, 10 am to 2 pm

Where: Gagebrook Community Centre

Who: Anyone living in the Brighton area with an interest in building their skill in supporting healthy families.

RSVP: www.surveymonkey.com/r/BrightonCM

For more information contact:

Marion Hale, Project Officer Healthy Families Brighton

E: marionhale@den.org.au, PH: 0447567317



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SEE US
AS WE
ARE



ST MARY'S
COLLEGE

ST MARY'S COLLEGE

OPEN DAY

THURSDAY 24 MARCH

We warmly invite Year 5/6 girls and their families to take a tour, speak with our students and staff, and see what we do during a regular day in the Senior School at St Mary's College.

Applications for Year 7, 2024 close in September 2022.

Tours depart regularly from Reception (at the lower Brisbane Street entrance) between 9.30am - 12.30pm. Bookings essential.

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Food, information & support

Bridgewater/Gagebrook Change of Service

Monday Night:

Stop 1: Gagebrook:

Community Centre,
Lamprill Circle
7:00pm to 7:20pm

Stop 2: Bridgewater:

Community Centre
Bowden Drive
7:25pm to 7:45pm

Wednesday Night:

Stop 1: Gagebrook

Community Centre
Lamprill Circle
7:00 to 7:20pm

Stop 2: Bridgewater

Civic Centre (Car Park)
Green Poin Road
7:25 to 7:45

What: Free Sandwiches, Soup, Bread, Pastries and sometimes hot meals etc. Come by and say hello!



St Vincent de Paul Society
TASMANIA
good works