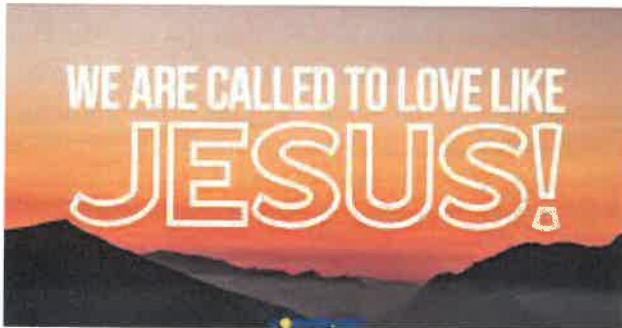


So, what are you thinking?

In a recent article on social media, the comment was made that we are 7-8 times more likely to be critical about someone or something than we are to be positive. I thought it a strange statement – how did they get the number? But the more important question is, is it true? How positive or negative are you to the people around you? The answer to that is something very personal. My mother was very critical and her default mode was negative. My paternal grandmother, on the other hand, never said a bad word about anyone behind their back. If she had an issue with you, she dealt with you directly. Sadly, I am more like my mother than grandmother and I have to deal all the time with my tendency to be negative about people.



In the Sunday Gospels at present, we are hearing many sayings from Jesus about loving others. One thing I have learnt in life is that you can't love someone if you are thinking negative thoughts about them. When are annoyed, or hurt or upset by someone, we easily recall the negative things they have done to us while their good deeds seem to fly out the window. If we want to love them, we have to accept that they are crazy mixtures of both good and bad, as we ourselves are.

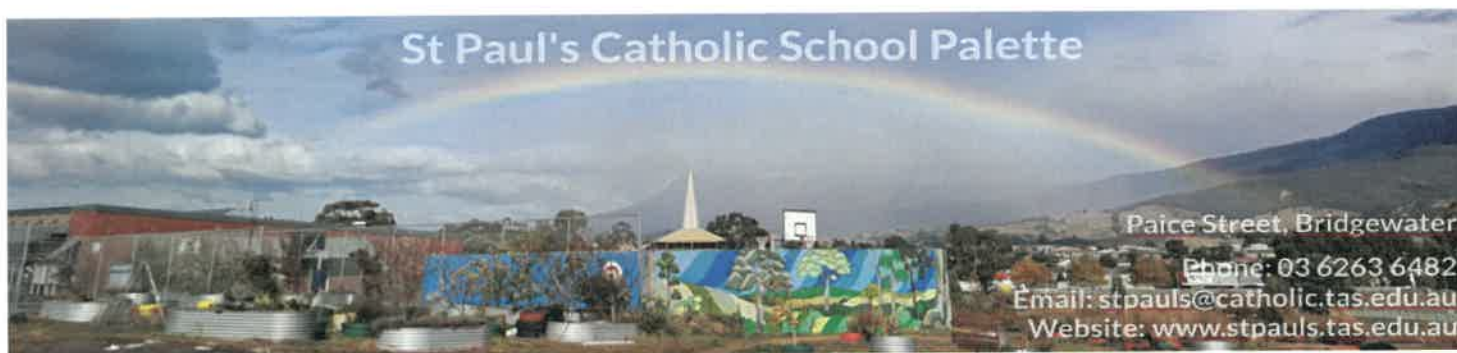


Cultivating good thoughts can have a profound effect on our lives. Imagine taking moments each day to recall the good qualities of your spouse, to ponder on the lovely aspects of each of your children, to notice the positive things your work colleagues do. If you are someone who tends to be negative, this exercise can feel like you are letting light into a dark place. Ironically, it might also give the inner strength to confront a negative behaviour in a positive way. This is the practical

loving of others that Jesus calls us to do.

Loving Father, you know how challenging loving others can be for me. Send me the wisdom of your Spirit that I may notice and celebrate the goodness of the people around me. I ask this in Jesus' name, confident that you will hear me.

Sr Kym Harris osb



Dear parents and guardians,

How wonderful it was to have families back into our school to celebrate our "Mother's Day High Tea". Thank you to everyone who came as it was a great celebration and a reminder of the energy and value of having you regularly celebrating with us. We hope that you all had as much fun as we did! We also have assemblies each fortnight now that everyone is welcome to attend.

With the weather getting colder, I remind everyone that school uniform is compulsory. We do have a winter jacket that you can purchase to keep students warm or you can wear other winter jackets in school colour but students **MUST** wear their school uniform under this. If students wear a jumper that is not a school uniform jumper they will be asked to wear one of our "loan" jackets (maroon polar fleece) which are being phased out over this year.

Congratulations to all our years three and five students who have completed NAPLAN for another year. Next year, there will be a few changes to NAPLAN nationally with testing occurring in Term One. I will keep you up-to-date as we move towards this date.

With literacy a focus across our school, we are checking the amazing progress that our early years students are making in phonemic and phonological awareness to ensure lessons are targeted for ongoing progress. As parents we encourage nightly reading for students and with students. If you have any questions, please do not hesitate to contact your child's teacher.

An important aspect of progress in all areas of the curriculum is attendance. Unfortunately, over the past few years COVID has had an impact on attendance. At St Paul's we have a focus on ensuring continuous and ongoing attendance for all students so please let us know if you have any concerns with health or if you are unsure whether to send your child to school. Close contact is no longer a reason for non-attendance and we will support attendance at school if your child is a close contact. If your child becomes COVID positive at any time please contact our office as Public Health are still keeping school-based records. Thank you for your continued understanding and patience.

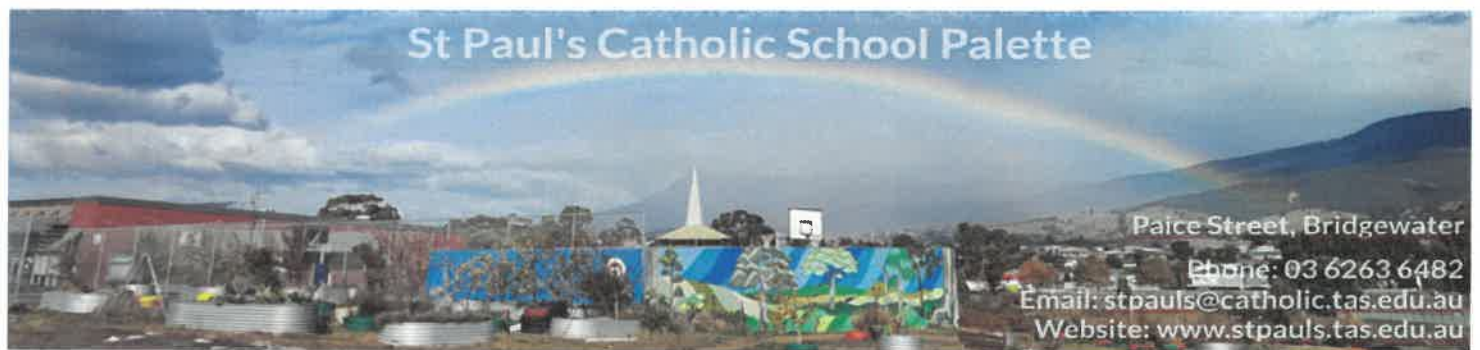
During Reconciliation Week, Mrs Wolff and myself will have the privilege of being joined by Joselle Griffin (parent) at a Reconciliation Week breakfast. During this week we will spend time with students to ensure they have an understanding of our aboriginal culture and heritage.

On Wednesday 1st June, Thursday 2nd June and Friday 3rd June, I will be attending the Catholic Council of Educational Leaders at a meeting in George Town. While I am away Kate Turner will be available if you have any questions or concerns.

With every blessing

Mrs Jo Clark
Principal

St Paul's Catholic School Palette



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: Hunter Wise

Year 1: Faith McCarthy

Year 2: Jack Quinn

Year 3/4R: Cooper Kennedy

Year 3/4B: Rocco Kaye

Year 5: Danikah Flakemore-Percey

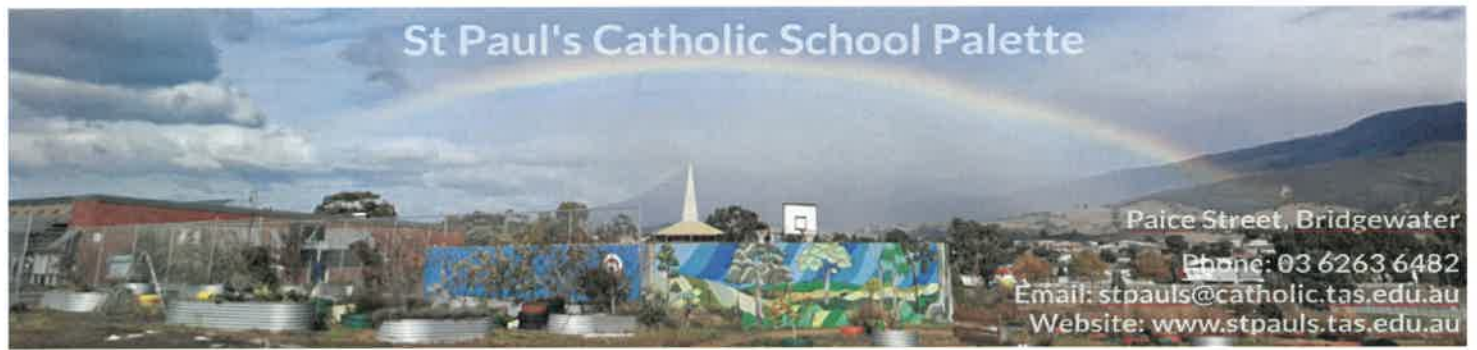
Year 6: Zara Wise

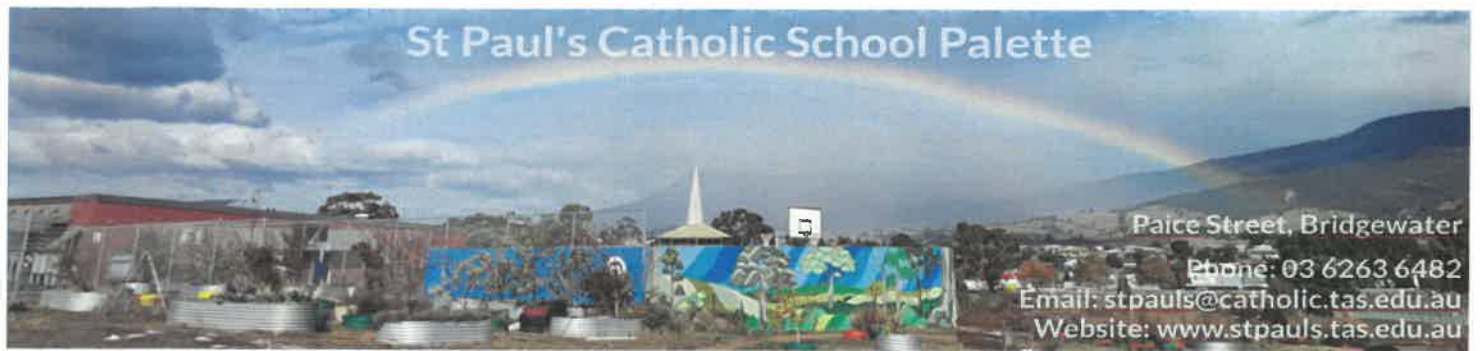


Mercy Merits

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.







COVID-19 Update - Term Two 2022

Thank you for your continued understanding and patience as we navigate all things COVID related. We receive our advice from Public Health and Catholic Education Tasmania.

COVID Safe Behaviours

- Please use hand hygiene (sanitising or hand washing), cough etiquette and social distancing.
- Stay away from school if unwell, take a RAT/PCR Test.
- Continue to notify us if a student is COVID positive and absent from school.

Testing Positive

- Any staff or student who tests positive either by RAT or PCR must isolate for 7 days as directed by Public Health.

Masks

- All adults must wear a mask inside.
- All adults who are close contacts must wear masks when outside the home.
- Primary students do not have to wear masks.

Household close contacts - Household close contacts of a confirmed case are no longer required to quarantine at home.

For a close contact to leave home they must:

- not be symptomatic (must remain at home if they are)
- return a negative test each day before leaving home for the 7 days following their last contact with the confirmed case.
- All adults must wear a face mask in all indoor settings when outside the home. Primary-aged students are not required to wear masks.

Cold and Flu symptoms

- If students present with cold or flu-like symptoms and are unwell they will be required to stay home or may be sent home.
- If symptoms are mild e.g. a runny nose or sneezing or the student is not feeling unwell, they will need to have two negative RATs on successive days to attend school.
- If students have allergies or asthma that presents as flu-like symptoms, they may be required to get a clearance from their doctor.
- All students with asthma require an up-to-date asthma plan.

Provision of RATs

Due to limited number of RATs available, we are permitted to supply:

- 1 RAT when a student is symptomatic
- 5 RATs to students and staff who notify St Paul's Catholic School of household close contact status
- Tas Government have free RATs available for close contacts via <https://www.coronavirus.tas.gov.au/keeping-yourself-safe/testing-for-covid-19/rapid-antigen-tests-rats>

Exemptions

- Exemptions from testing for COVID-19 are for 12 weeks since being released from isolation due to positive COVID status.

If you have any questions please do not hesitate to contact us at school on (03) 62 636482



Cross Country 2022

As part of our Health and Physical Education program all students will be participating in our annual Cross Country Carnival on Friday 10th June 2022.

Runners are to wear school sports uniform, which includes appropriate running shoes, school polo top or T-shirt in house colours, and shorts. A coat or jacket may be necessary while watching other races.

In the event of wet or muddy conditions, students will need a complete change of clothes and a plastic bag. Plenty of water to drink is essential. If your child has asthma, please ensure they have their necessary medication.

Our Cross Country Carnival is part of our physical education program and participation is compulsory. If your child is unable to participate in the run, they will have an opportunity to walk 1 lap of the track in their respective race and earn a point for their house. Please provide a signed note if you wish for your child to participate in the walk instead of the cross country run.

Approximate starting time (weather dependent) and distances.

- 10.00am Prep 320m (1 lap of the Oval Loop)
- 10.10am Grade 1 640m (2 laps of the Oval Loop)
- 10.20am Grade 2 900m (1 lap of the School Loop)

RECESS – 11:00am

- 11.25am Grade 3 1,220m (1 lap of School Loop + Oval Loop)
- 11.40pm Grade 4 1,800m (2 laps of the School Loop)
- 12.00pm Grade 5 2,120m (2 laps of School Loop + Oval Loop)
- 12:20pm Grade 6 2,700m (3 laps of the School Loop)

Supporters are more than welcome to attend however, it is important you follow the Covid Safe requirements and guidelines. This includes but is not limited to sanitising on entry, maintaining social distancing from all other spectators, school staff and students, staying in the assigned spectator area and making sure not to enter the competition area, and not attending the day if you are experiencing any cold or flu symptoms.

St Paul's Catholic School Palette

Palce Street, Bridgewater

Phone: 03 6263 6482

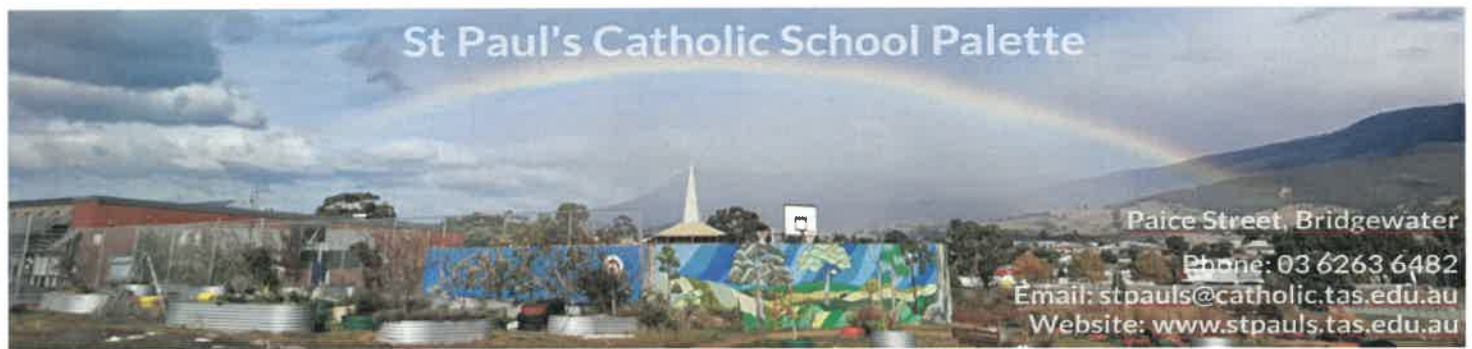
Email: stpauls@catholic.tas.edu.au

Website: www.stpauls.tas.edu.au

20 Mercy Merit Extra Play

When a St Paul's student earns 20 Mercy Merits, they receive 20 minutes of extra play on a Friday afternoon. Here are some of the kids enjoying their extra time in the sunshine. Well done to all the students who have earned this amazing reward!





FOGO Bins Going Strong

St Paul's continues to impress with our dedication to sustainability. Working with the Brighton Council, we dispose of all food waste into the special FOGO bin at the end of the day. This food waste is taken to be turned into compost for local farmers, reducing the amount of waste in landfills and chemicals in our soil.

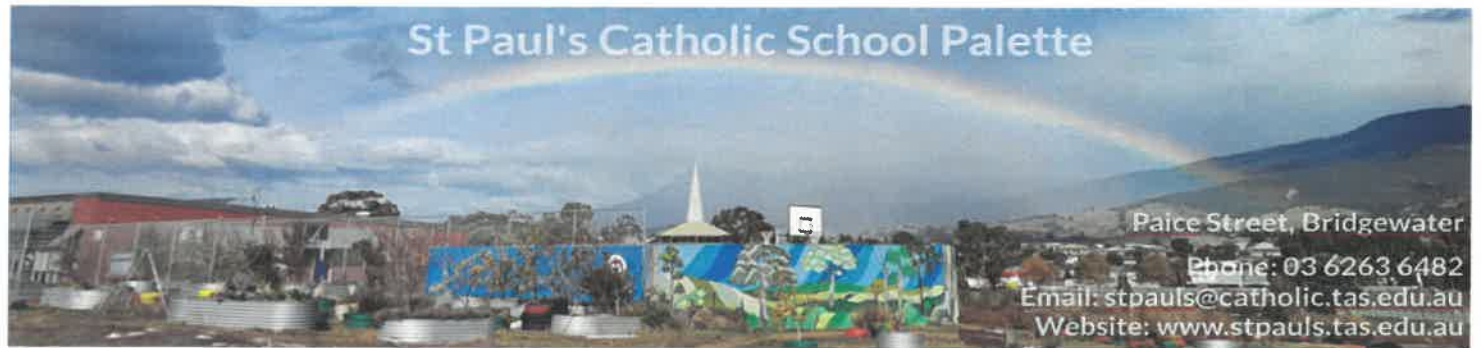
Recently the council dropped off some brand new vests for students to wear while they collect food scraps for the bin. We had a few lucky Grade 1 and Grade 2 students get to be the first ones to wear them.

Gwen Harper, who runs the FOGO program for the council, is always impressed by the dedication that St Paul's students have to this initiative.

Here are Nate, Zara, Noah and Heidi showing off the new vests:



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SETUP
for
SUCCESS



St Paul's Catholic School

Fridays 9-10.30am
(during school terms)

In the Early Learning Centre

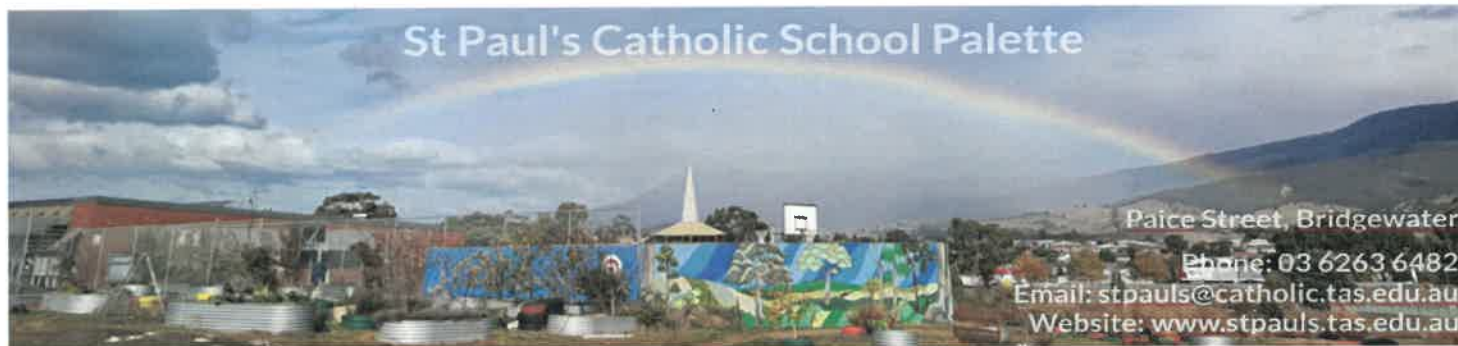
Open to all families in the community with
a child aged birth to five years.



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"



Paice Street, Bridgewater

Phone: 03 6263 6482

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Website: www.stpauls.tas.edu.au

Ludo



Early Learning for 3 to 5 year olds



Ludo
CatholicCare Tasmania

Ludo is a CatholicCare service delivered in partnership with Catholic Education Tasmania at Catholic primary schools.

Ludo offers:

- A play-based education program.
- Ludo is open 7am to 6pm, 50 weeks a year, including school terms and holidays.
- Children can be enrolled for short days or full days.*
- Indoor and outdoor learning spaces.
- Before and After Kinder care.
- Opportunity to access CatholicCare Tasmania's broad spectrum of social and support services, including counselling, family support and parenting programs.
- Ludo welcomes all children and families, regardless of the primary school your child will attend.

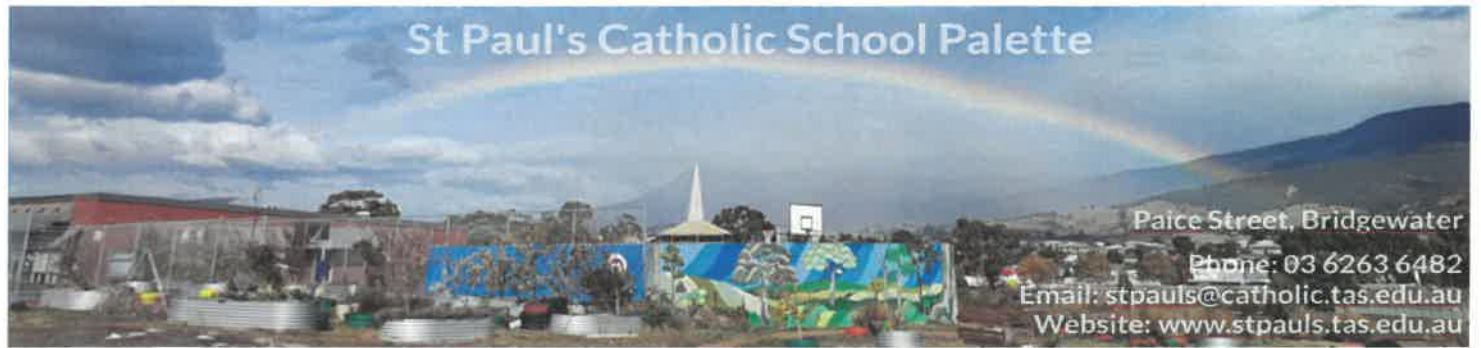
*Short days: 8.30am - 3pm. Full days: 7am - 6pm.

**To enrol your child in Ludo,
call 1300 119 455, visit ludo.org.au,
or email ludo@aohtas.org.au**



St Paul's Catholic School
2-4 Paice Street
Bridgewater

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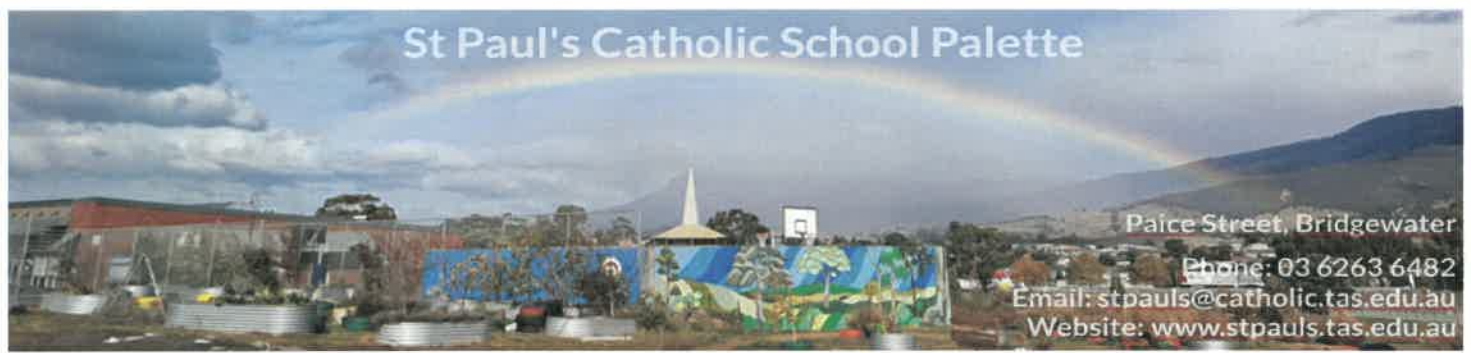


DO YOU HAVE A CHILD BORN IN 2018?

ENROL FOR KINDER 2023

CONTACT US ON 6263 6482





**WALK
SAFELY TO
SCHOOL DAY**

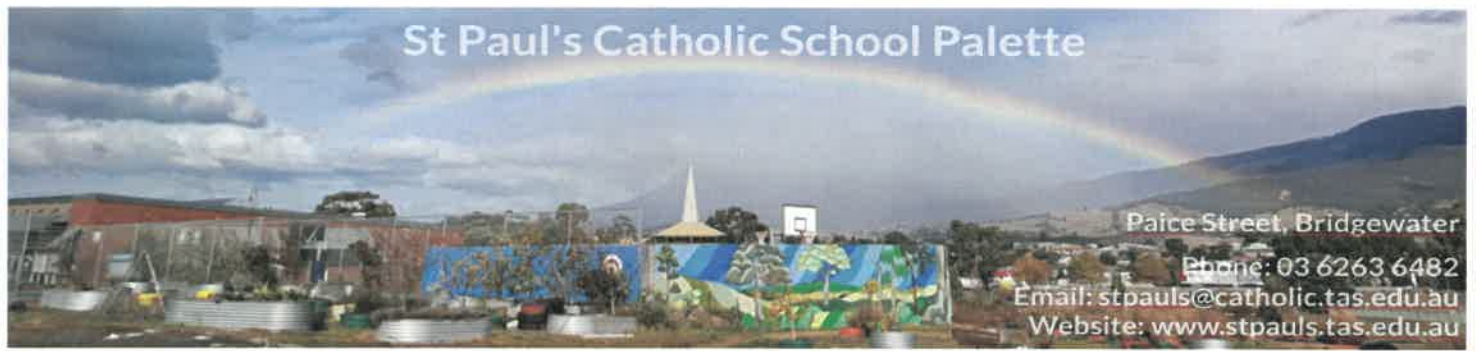
This Friday the 20th of May is National Walk Safely to School Day. Mrs Turner will be at the front gate in the morning to greet anyone who walks to school and give them a cool sticker. Remember that safety is the name of the game!! Children up to the age of 10 should hold an adult's hand when crossing the road.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Remember, Active Kids are Healthy Kids so plan your own Walk Safely to School Day journey for this Friday 20 May 2022 now!





49th City to Casino Fun Run & Walk

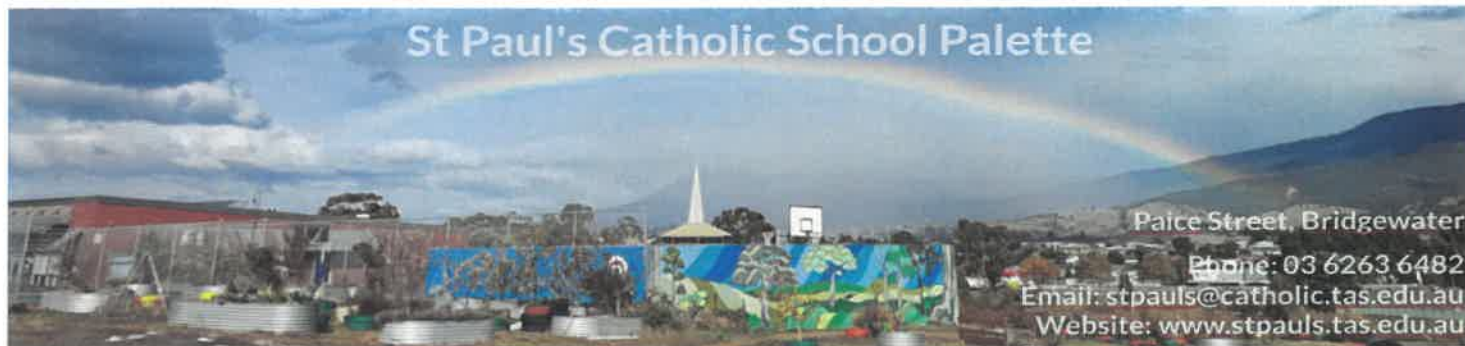
On Sunday, 15th May one of our Year 6 students, Arden Petersen participated in, and won his division in the 2.7km boys run. Arden puts a lot of time and effort into his training and preparation for his races, and he is to be congratulated for his win and his continued dedication to his sport. Well done Arden!



📷 Arden Petersen wins the boys 2.7km City to Casino Fun Run. Picture: Chris Kidd

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St Paul's Catholic School Palette



Free Dress Fundraiser

In Term 1 we held a Free Dress Day to raise money for Caritas Australia's Project Compassion. We raised **\$318.70**, which is an amazing amount! That money goes straight to helping people in Australia and beyond to have access to things we take for granted, like clean drinking water, build schools, and improve their daily lives. Well done to the St Paul's community. I am always impressed by your generosity and willingness to help others.
Mr Moore.



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. Care is available each school afternoon (Mon-Thurs) until 6.00pm. Please contact Catholic Care directly at <https://catholiccaretas.org.au/programs/st-pauls>

Are viruses, cold air or wood smoke triggering you this winter?

If you have asthma, a 'trigger' refers to anything that sets off a chain of events that sees your airways narrow or react. This often makes it difficult to breathe. Winter can be a difficult and frustrating season if you're living with asthma, and it can be daunting to pinpoint what your triggers are. For more information on the triggers you're likely to face this winter, and how you can best manage your asthma around them, visit asthma.org.au or call Asthma Australia's Support and Education Team on 1800 ASTHMA (1800 278 462).

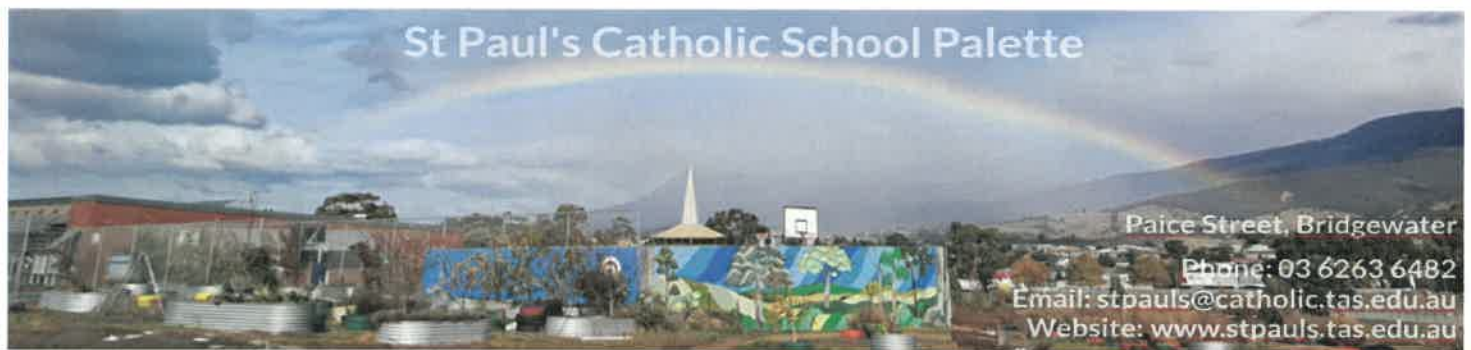
Reminder: Please update your child's asthma plan if you haven't already and please provide a copy to the school office.

Uniform shop

The QKR app is recommended for the purchasing of uniform items. Exchanges for sizing can be made by sending the item to the office with a note explaining what is required. If possible, please leave all tags on the clothing items when returning them. If QKR is not an option for you, purchases can be made over the phone through the school office, or alternatively an appointment can be made in the uniform shop.



**WHAT'S
TRIGGERING YOU
THIS WINTER?**



Grade 1 Transport Museum Excursion

During Term 1 and Term 2 for History, Grade 1 have been looking at the aspects of daily life and how they have changed over recent time while others have remained the same. We have been looking at transport and how transport in the present and past has changed. To help students gain an understanding of what transport was like in Hobart in the past, we visited the Transport Museum in Glenorchy. Here is what some of the students had to say:

Rylan- I really enjoyed the train ride- the whistle was great and loud.

Garrett- I liked seeing all the trains.

Zavier- I liked pretending to drive the train (Zavier was sitting right at the front)

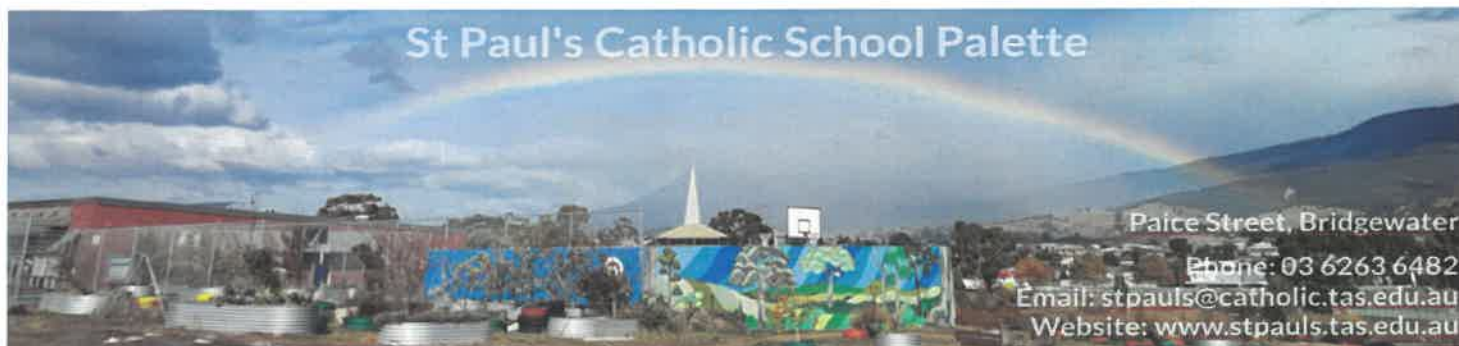
Jasmine- I really liked the train ride.

Sienna- I liked looking at all of the trains and riding on the train.

Frayah - Going up on top of the double decker tram.

Lily - Going on the trains.





Upcoming Events

Date	Event
Friday 20th May	National Walk Safely to School Day
Wednesday 25th May	Kinder and Ludo excursion to Bridgewater Library
Friday 27th May	Assembly - 3/4 Ryan leading
Wednesday 1st June	Kinder and Ludo excursion to Botanical Gardens
Friday 10th June	St Paul's Cross Country
Monday 13th June	Queen's Birthday Public Holiday
Tuesday 21st June	Tasmanian All Schools Cross Country - Symmons Plains
Wednesday 29th June	St Paul's Feast Day
Monday 4th July - Friday 8th July	NAIDOC Week
Friday 8th July	Last Day of Term 2

Term Dates 2023

Term One: Thursday 2 February 2023 - Thursday 6 April 2023

Term Two: Wednesday 26 April 2023 - Friday 7 July 2023

Term Three: Monday 24 July 2023 - Friday 29 September 2023

Term Four: Monday 16 October 2023 - Friday 15 December 2023