



St Mary MacKillop School

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Mini-Newsletter

Wednesday, 26th October 2022 (Term 4, Week 2)

Dear Parents and Caregivers,

TERM 4 LEARNING

R-6 class teachers have provided Term 4 curriculum letters to keep parents informed of the learning that is planned for students across this term.

Curriculum letters from primary specialist teachers will be sent home next week.

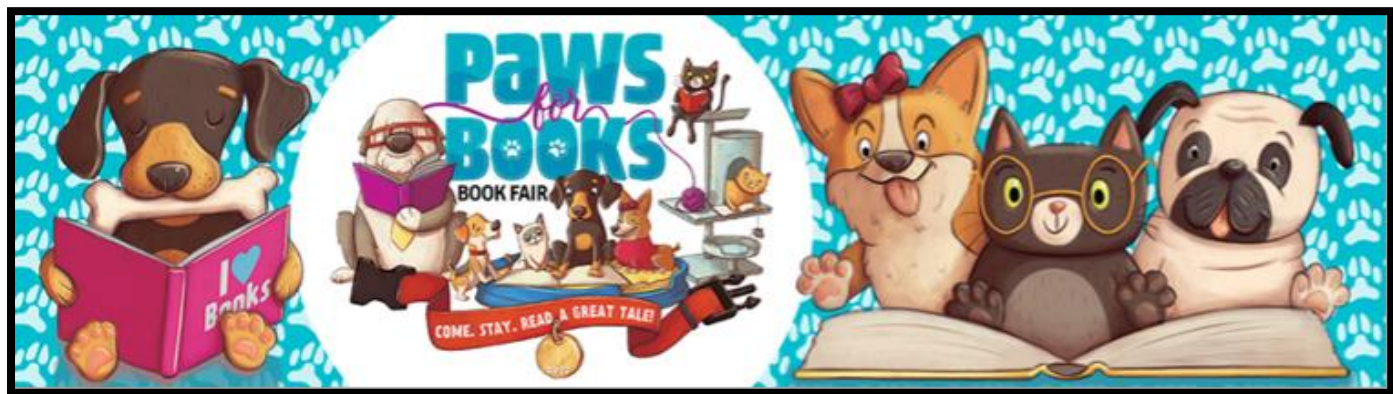
BEGINNING OF TERM MASS

A reminder that we will celebrate our beginning of term Mass tomorrow morning, Thursday, 27th October at 9.30am in the Star Of The Sea Church in Wallaroo. Parents and friends are most welcome to join us.

YEAR 3 ASSEMBLY

Mr Hamra's Year 3 class will host Assembly Friday morning, 28th October at 9.00am. Families are welcome to join us in the MPLA.

BOOK FAIR



The Scholastic Book Fair is Here!!

Theme: Paws for Books: Come, Stay, and read a great Tale!

Book Fair dates: 31st October – 4th November 2022

Shopping hours: 8:30–9:30 am Tuesday, Wednesday, Thursday and Friday

From Monday 31st October, students are invited to bring along a soft toy animal that might relate to the theme of our Book Fair. They can "dress it up" or bring a book from home that relates to the toy and we will put them on display in the library. There will be a \$10 prize for the best dressed toy! (make sure you put your name on them)

Special activities: There is also a colouring in competition for each Year level with a chance to win \$10 to spend at the book fair.

P & F MEETING

The next P & F meeting will be held Tuesday, 1st November at 7.00pm. Everyone is welcome to meet in the Meeting Room.

SCHOOL BOARD

We have a School Board meeting next week, Tuesday, 8th November: 7.00pm for Finance and 7.30pm for Board. We will meet in the Meeting Room.

MUSIC RECITAL

Mrs Michele Giesecke's music students will hold a celebration of their year's learning with a Music Recital evening next Tuesday, 1st November in the MPLA. We are looking forward this celebration of our young people's music talent.

COVID-19 UPDATE

The vaccination policy, requiring our employees, volunteers and visitors to have double vaccination is still in place. The policy is currently under review and I will let you know the outcome of the review as soon as possible.

ANXIETY STUDY

With this Mini Newsletter there is a flyer inviting parents to participate in a free study on anxiety in children. The study is conducted independently of our school and the Catholic Education system, however all of the checks and requirements have been met for this to be offered to parents.

Blessings for the week ahead,

Michelle Miller

Principal

michelle.miller@stmm.catholic.edu.au

TWILIGHT MARKETS – BAKE SALE – DONATIONS REQUIRED

The Parents and Friends committee are preparing for our Inaugural Twilight Market on Friday, 18th November. The Parents and Friends will be having a bake sale at the markets and are seeking donations from our school community. Please complete and return the below slip indicating what item you plan to bake and donate. Donations need to be labelled with ingredients and dropped off at school on Friday, 18th November by 3.00pm. Ideas could be biscuits, bliss balls, honey crackles, cakes, toffees, sausage rolls, quiches. We thank you for your kind and generous donations.

Parents and Friends Committee

Bake Sale Donation – Friday, 18th November – Please indicate item to be donated- return the slip or email emily.donnell@stmm.catholic.edu.au with details

Family Name _____

Item to be donated _____



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



cadrp@griffith.edu.au



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council



Queensland, Australia

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