



## Important Dates

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**TAFE Construction**

Monday 8 May

**Year 10 Careers**

**Expo Adelaide (10-12)**

Wednesday 10 May

**R-6 Mother's Day**

**Stall**

Wednesday 10 May

**Road Awareness**

**Program Year 11**

Wednesday 10 May

**R-2 KESAB**

**Excursion**

Friday 12 May

**Year 12 Workplace**

**Practices Careers**

**Expo Excursion**

Friday 12 May

**Year 11 Post School**

**Pathways 'Big Day**

**Out'**

Friday 12 May

**Caritas Cubs**

**Reception**

**Transition Program**

Friday 12 May

**Catholic Education**

**Week (15-21)**

Monday 15 May

**TAFE Construction**

Monday 15 May

**Caritas College**

**Board Meeting**

Tuesday 16 May

**Caritas College**

**Birthday (152)**

**Flinders Uni**

**Assessment Centre**

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## From the Principal, Mr Damian Smith

### Welcome Back

Welcome back to school for Term 2! I hope all of our families had a nice term break. The beginning of a new term is always a good opportunity to start afresh with new goals and aspirations. I have enjoyed talking to students over the course of this week and hearing what they are looking forward to for the term ahead. May students, staff and families all enjoy another positive term of school with lots of opportunities for learning and growth for everyone in our school community. All the best for Term 2.

*'Lord God,  
Creator of body, mind & heart;  
you have sent the Spirit of wisdom & knowledge to guide your people  
in all their ways.  
At the beginning of this term we implore your mercy: bless the  
students, staff and families of Caritas College, that together we may  
grow in faith, hope, and love  
as we learn from you & each other how to follow your Son Jesus.  
Expand the horizons of our minds, that we may grow in wisdom,  
understanding, and knowledge; deepen our commitment to seek the  
truth of your ways; and enliven our faith to reach out to those in  
need.  
Amen.*



## Caritas Cubs

Our Caritas Cubs Transition Program started this week. This program supports our mid-year reception students, and their families, prepare for the beginning of their schooling journey. It was lovely to see these young people have their first 'school' experience. Naturally, some of them were nervous, while others seemed like they were already experienced campaigners. They are all starting from a slightly different place, and, that is perfectly okay. It is one of our biggest privileges journeying with students and families through school. In particular, there is something special about being with people when they take their first steps into something new. We welcome all of our new students and families and wish them all the best as they engage in the Transition Program over the next 10 weeks.



## Staffing

I am pleased to welcome a number of new staff into the school community. Mrs Jessi Nickolai and Miss Emma Colebrook commenced teaching at Caritas College from the beginning of Term 2. Jessi is teaching Physical Education across Years 5 and 6, two days each week. Emma will be working alongside the Year 1 classes three days each week, while she continues aspects of her studies. Mr Milo Press and Mrs Renae Ranger have joined our staff as Education Support Officers and will be working across the primary and middle school. I know the college community will make our newest staff feel welcome.

## ANZAC Day

During the term break our School Leaders laid a wreath on behalf of our college at the ANZAC Day Commemorative Service at Gladstone Square to pay our respects to all those who have served our nation during war. Kimjoline Dunham, Hunter Press and Lilah Hill represented our college with pride at the special ceremony.

## GRIP Leadership Conference

The Year 6/7 Student Leaders attended the GRIP Student Leadership Conference at Lea Memorial Theatre today. The conference focuses specifically on training students for their role as leaders within a school community. This experience, along with many others embedded in the curriculum, forms just part of the learning that we provide students to support them to become leaders in our school and community.

## Post School Careers Excursions

To support senior students as they begin to make decisions regarding post school pathways and related subject selections for their senior years of schooling, the Year 10 students will participate in a Post School Pathway Excursion to Adelaide next week. The purpose of the excursion is to provide an opportunity for students to experience a wider range of options, through visits to both tertiary and vocational education campuses, as well as job and business sites. The Year 11 students and Stage 2 Workplace Practices students will join the Year 10s on Friday to attend the Careers and Employment Expo, which hosts over 150 organisations and employers, and other careers focussed experiences. This is a fantastic opportunity for our senior students to explore options and possibilities for post school pathways.

## College's Birthday & Catholic Education Week

On Wednesday 17 May (Week 3) we will celebrate the College's birthday. This special occasion marks the day the founding Sisters of St Joseph held the first lessons in a shed on the Port Augusta Wharf on 17 May 1871 - 152 years ago.

Serendipitously, our College's birthday falls in Catholic Education Week. This week is a celebration of the excellent teaching and learning that occurs in each of the 103 schools that make up Catholic Education SA.

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## From the Leader of Catholic Identity, Chloe Shanahan

### St Joseph the Worker

As we welcomed students back on Monday to begin the new term, we took time to celebrate the feast of St Joseph the Worker. St Joseph was a hard-working man, a carpenter by trade, who provided, cared for, and protected Mary and Jesus. He is also the patron saint of workers.

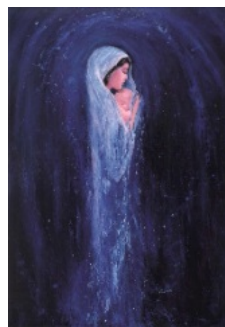
Through St Joseph, we learn the value, dignity and joy of what it means to earn an honest living and how to be proud of our achievements. St Joseph instilled strength which gave order, peace and courage to help others complete their work. We see these values lived out each day here at Caritas College.



### May - the Month of Mary

Throughout May, we celebrate and honour Mary, the mother of Jesus and the mother of the Church. She was the first disciple, and we hear of her triumphant "Yes!" to be the mother of Jesus when she was visited

by the angel who came to deliver the news. Mary continues to be a model of discipleship and holiness for us all today. Students across our community will have the opportunity to engage with the story of Mary and a variety of Marian prayers, artwork and songs throughout May. Mary is Mother - your mother, my mother, everyone's mother - and she cares deeply for all of us, day in and day out without fail, interceding for us, even in the tiniest of matters.



## Sacraments - First Eucharist

A number of students in our college and parish community will begin their formation and preparation sessions to receive their First Holy Communion later this term. This is an exciting time for these students and we continue to pray for them and their families as they continue their faith journey. The first session for these students and their families will be this weekend, Saturday 6 May at 6.30pm, or, Sunday 7 May at 10.30am at All Saints Church.



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## Learning and Wellbeing

### Brain Breaks

Most children struggle with homework from time to time, but kids who learn and think differently may struggle more. This could lead to homework being extra frustrating and harder to get through. Brain breaks act as a short break and are used to reduce stress, anxiety and frustration. During the school day these are utilised in a teacher facilitated, structured manner to support the cognitive load of our students. In middle school, students are experiencing 'double lessons' where they have 100 minutes of the same subject.

Brain breaks can help kids to learn self-regulation tools and to be more aware of their frustrations. The benefit of brain breaks brings confidence to ably get through a task, increase self-esteem and demonstrate the importance of listening to your body's needs.

Research shows that we all take time to process what we have been learning, so giving students time to do so is crucial in their memory processes and consolidation.

Quick Tips:

- Choose the right time for breaks -> be proactive before the frustration sets in.
  - Try a quiet activity -> breathing exercises, gentle stretching.
  - Move breaks -> for students with movement needs, a quick dance break could be good.
  - Make sure it is really a break -> the activity needs to feel like a break from what they are doing.
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# Out and About



Port Augusta SA Dental clinic is temporarily closing from 8th of May – 14th of July for building upgrades.

In the interim, clients can contact Whyalla Oral Health Centre on 7117 4493.



**WE'RE TEMPORARILY  
CLOSED**

**SORRY!**





REMEMBER TO  
LABEL YOUR  
PROPERTY





Don't forget to bring in your pocket money to buy something for someone you love on Mother's Day!

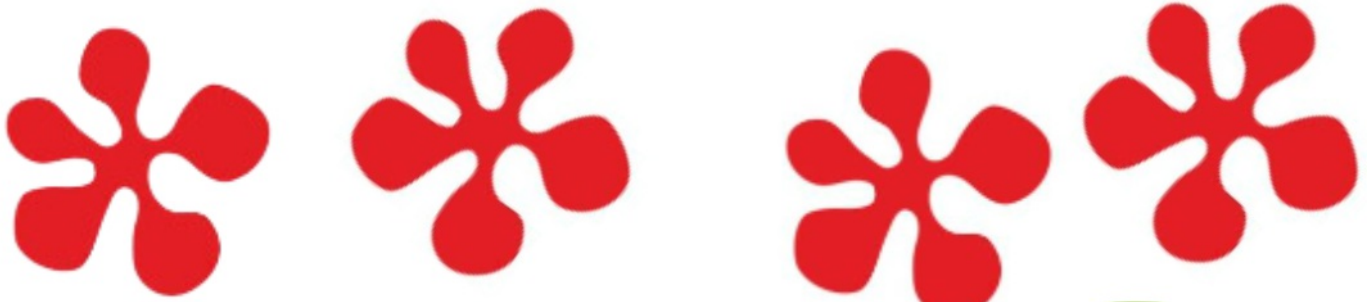
# Mother's Day Stall

Wednesday 10<sup>th</sup> May from 9:00am – 11:00am

R-6 Students to be given opportunity to purchase from stall, located in the Library

Gifts range between \$0.50 - \$10.00

We will also happily accept donations such as baked goods, or small gifts. If you wish to donate something, please deliver to the school prior to the day ensuring that baked goods, in particular, are labelled



# Paint Playgroups REaD

Paint Playgroups REaD's Book Swap Boxes aim to encourage communities to read, talk, sing and rhyme with children from birth, so that they are ready for reading and writing at school .

While visiting Caritas Cubs Playgroup, children and families are encouraged to share a book together and are then invited to take a book home, swapping the book next time they return to playgroup .





# CANTEEN ORDERS

A reminder to parents that all canteen orders through the Qkr! App must be made by 8.55am on the day. In the interests of reducing food waste, we ask that if your child is unable to attend school and an order has already been placed, that you please cancel this order via the Qkr! App.

By cancelling the order, your Qkr! App account will go into credit which can be used next time an order is placed.

Our Canteen begins processing orders from 8.55am and is unable to see if your child is unexpectedly absent from school. Therefore, any orders not cancelled are processed and, when not collected by the end of lunchtime, are generally disposed of.

Our aim is to ensure that families are not out of pocket and to minimise food wastage.