

DIARY DATES

Week 10

Wednesday 29 March

- QCS Surveys—paper copies due today

Friday 31 March

- **Cross Country**— Stages 2 & 3. students turning 8 (optional) Lake Parramatta
- **QCS** Online survey closes
- **Sushi Day Lunch** (pre-ordered)

Week 11

Monday 3 April

- Pow Wow—9am-10:30am
- "The Paschal Mystery" Liturgy 9:15am Learning Space

Tuesday 4 April

- S2 & S3 Shrine of the Holy Innocents excursion, Kellyville

Wednesday 5 April

- PBL Product Launch Stages 2 and 3 8am-9:15am
- Infants Holy Week RE Projects 8:30am-9:15am Infants classrooms.

Friday 7 April

- 2018 ES1 enrolments close
- Dance Fever—parents welcome
- Term 1 finishes at 3pm

SCHOOL HOLIDAYS

TERM 2

Week 1

Monday 24 April

- School resumes for Term 2
- 9am Resurrection Liturgy

Tuesday 25 April

- **ANZAC Day** - Public Holiday

Wednesday 26 April

- 9am ANZAC Day Liturgy

Friday 28 April

- School Athletics Carnival at Barton Park (whole school)
- 2pm Church Cleaning

School timetable

8:20am	Morning supervision
8:50am	Morning bell
10:40am—11:10am	Recess
12:50pm-1:30pm	Lunch
3:00pm	Dismissal
3:00pm—3:30pm	Afternoon supervision



Monica's Matters

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Dear Parents, Staff and Students,

In the last newsletter our school counsellor, Madeline Patrick, shared some helpful strategies to assist parents when their child is feeling anxious. As a follow up to these strategies I have found these phrases that *Michael Grose*, founder of 'Parenting Ideas' and a leading parenting educator, has created that may assist parents in building their child's resilience.

Resilient parents (**and teachers**) focus on building children's strengths for the future, while helping them cope with the present difficulties and challenges they experience. The key to promoting resilience lies in the language that parents (**and teachers**) use. The challenge is for all of us to make resilience an integral part of proprietary language.

1. "Come on, laugh it off"

Strategy: Humour

Good for: Kids who experience disappointment, failure and even loss. Humour is a great coping strategy and a powerful tool to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own.

2. "Don't let this spoil everything"

Strategy: Containing thinking

Good for: Kids who feel overwhelmed; kids who experience rejection; perfectionists. The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. "Let's take a break"

Strategy: Distraction

Good for: Kids experiencing stressful situations; kids who think too much; kids with busy lives. When kids are troubled by events or spend too much time brooding, it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective.

4. "Who have you spoken to about this?"

Strategy: Seeking help

Good for: Kids who experience social problems; handling all types of personal worries. Resilient people seek solace in the company of others when they experience difficulty. If kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. "I know it looks bad now but you will get through this" **Strategy:** Offering hope

Good for: Kids experiencing loss, change or extreme disappointment. There are times when parents can do nothing else but keep their children's chins up and encourage them when life doesn't go their way. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person.

6. "What can you learn from this so it doesn't happen next time?"

Strategy: Positive reframing

Good for: Kids who make mistakes, let others down or experience personal disappointment. One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. It helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”

Strategy: Acceptance

Good for: Kids who worry about performing poorly in any endeavour; pessimists. If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”

Strategy: Maintaining perspective

Good for: Kids who catastrophise or blow things out of proportion. While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at the party but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about ... ”

Strategy: Flexible thinking

Good for: Kids who catastrophise; experience extreme feelings; who exaggerate. Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”. “I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?”

Strategy: Taking action

Good for: Kids who mope; who experience disappointment; who feel inadequate. Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it.

As we come to the end of Term One I would like to thank the children for all their hard work, particularly with their application to their learning.

The teachers have been committed to providing quality teaching for their students. Being an educator and working in an education setting can be physically, mentally and emotionally challenging. I thank them for their focus on our school goals and for stepping up to leadership. In a small school it is essential that every staff member takes on extra responsibilities and I am very grateful that this happens. Thank you to Mrs Cattermole and Mrs Abood for their constant support and for working above and beyond their role descriptions to ensure the smooth running of the school. To all the St Monica’s staff, please know that all your efforts to help our students, seen and unseen by others, are much appreciated.

Finally thank you to our parent community for your continued support in working with us together for the benefit of your children. Thank you for supporting us in the myriad of ways you do ensuring your child gets to school on time, in uniform and laden with adequate food. Thank you for coming along to school events and by your presence showing your child that you value their learning, their teachers, other staff, their friendships and their community.

I hope that the two week break from school gives you the opportunity to go a little more slowly and enjoy your children. School resumes on Monday 24 April.

Yours sincerely,

Louise O’Donnell
Principal



Peer Review

Last week our school took part in the Catholic Education, Diocese of Parramatta Peer Review which is a process used to establish areas of compliance within our school’s teaching program. The process involved sharing the current Kindergarten teaching program in Religious Education and Science with three other schools from within our Diocese. Thank you to Miss Shaw and Miss Clough who were required to present a significant amount of evidence, including student work samples, to determine compliance. All the documentation is checked against the NESA (NSW Education Standards Authority) requirements.

As part of the process the school had to provide evidence to ensure that we were compliant also in the following areas: timetables, attendance, policies for student wellbeing, complaints and grievances, assessment and reporting.

With only 7 days left of this term there are some very important events that need to be in your diary:

Date & Time	Event	Location
Friday 31 March 9:30am – 11:30am	Stage 2 and Stage 3 Cross Country Carnival	Lake Parramatta
Friday 31 March Lunch time	Sushi Day Year 6 fund raiser for Graduation	School
Monday 3 April 9:15am	Holy Week Liturgy 'The Paschal Mystery'	Learning Space
Tuesday 4 April 9:00am – 12:30pm	Stations of the Cross supporting Stage 2 & Stage 3 RE PBL	Shrine of Holy Innocents 8 Greyfriar Place Kellyville
Wednesday 5 April 8:00am—9:15am	Stage 2 & Stage 3 Project Launches	Learning Space
Wednesday 5 April 8:30am-9:15am	Infants Holy Week RE projects	Learning Space (Infants)
Friday 7 April See page 6 for the timetable	Dance Fever Athletics Showcase	Playground
Friday 7 April	ES1 2018 enrolments close Last day of term	School resumes Monday 24 April

Term 2

Monday 24 April 9:00am	School resumes for Term 2 Resurrection Liturgy	Playground
Tuesday 25 April	ANZAC Day– Public Holiday	no school
Wednesday 26 April 9:00am	ANZAC Day Liturgy	Playground
Friday 28 April 9:30am – 2:00pm	Athletics Carnival (whole school attending)	Barton Park, Gladstone Street, North Parramatta

Attendance—'Every Learner, Every Day'

As you would be already aware the Catholic Education, Diocese of Parramatta has a strong focus on attendance every day— **'Every Learner, Every Day'**.



In each 2017 newsletter I will be publishing an accurate representation of the student attendance as it stands on newsletter day so that parents are kept informed of student attendance in relation to our target.

Our school is currently sitting at 93.5%. This is **above** the expected **minimum target of 90%** set by the Catholic Education, Diocese of Parramatta.

Below is the student grade data as at 29 March 2017

Kindergarten	92%
Year 1	92.9%
Year 2	89.7%
Year 3	100%
Year 4	93.3%
Year 5	94.3%
Year 6	92.6%

We all need to remain mindful that attending school every day throughout the term, on time every day is what is important and most essential for the students' learning.

Kindergarten (ES1) 2018

Applications close Friday 7 April 2017

A reminder to families who may have children ready to commence ES1 in 2018 that the closing date for Enrolment Applications is **Friday 7 April (Week 11)**.



Enrolment applications are available from the school office. **Original requested documentation must be provided with your enrolment form when applying.**

Notice of Intention to Remove a Student from St Monica's School

The Catholic Education, Diocese of Parramatta Office has developed a Policy relating to the notice required from parents to terminate their children's enrolment in the schools of the Parramatta Diocese.

In part this states "A term's notice (10 weeks) in writing must be given to the principal before the removal of a student or a full term's fees will be paid. The notice can be given any time during the term for the next term." This means that unless the school receives a term's notice no pro rata adjustment will be given for part term tuition.

Application for Extended Leave 5 or more days (Important changes)

Parents are advised that the guidelines for Applying for Extended Leave have now changed. Parents must now complete and submit the Application for Extended Leave form (A1) if their child/children will be away for **5 or more days**. Applying for Leave must be done **prior** to commencing leave.

Previously this form was only necessary for student absences for 10 or more days. If approved, the Principal will issue a Certificate of Extended Leave (C1). If the Principal declines this application (ie it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.

NAPLAN (National Assessment Program Literacy And Numeracy) Years 3 and 5 (Term 2, Week 3)

The dates for NAPLAN testing are:

- **Tuesday 9 May** (Language Conventions—Spelling, Punctuation and Grammar)
- **Wednesday 10 May** (Reading)
- **Thursday 11 May** (Numeracy)

It is important that all students in Years 3 and 5 attend school during the 3 days of NAPLAN testing.

NAPLAN online

Commonwealth, State and Territory Education Ministers have agreed that the annual NAPLAN tests will move from pen and paper to online testing from 2017, with full participation by all Australian schools by 2019.

In 2017 NSW will conduct NAPLAN as a pen and paper test.

Some schools in other states and territories will do NAPLAN online in 2017. NSW will have the chance to review the research and learn from other states and territories participating in NAPLAN Online in May this year. In 2017 NSW will also start to prepare our schools for the transition to NAPLAN Online. Moving NAPLAN online will have a wide range of benefits for our students and teachers, including reduced time between testing and reporting, and a tailored test design that targets questions to student ability and improves the precision of the assessment. The three NSW school sectors and the NSW Education Standards Authority are planning together to ensure that the move to NAPLAN Online will be a success for all. A major activity is NSW schools' participation in an online practice run, known as the readiness test, in August and September. Schools will be provided soon with details about the readiness test and support and training that will be available. A final decision about when to transition to NAPLAN Online for NSW will be made after the August and September readiness test.

Dealing With Playground Issues

Please go through the correct channels when an issue arises concerning your child and another student. Let matters relating to children be dealt with at school by our staff. **Do not approach children or other parents when an issue occurs.** Approaching someone else's child translates into a **Child Protection issue** that can be avoided if the issue is brought to the attention of the child's teacher or a member of the School Leadership Team. Please contact the school office if you are unsure of who to contact regarding a playground matter.

Books

This Friday 31 March, the children will be bringing home their **Maths** books in order to share their learning. You are invited to spend some time talking with your child about their work, record a comment and send the books back ready for Monday morning.

ALL books must be returned on **MONDAY**.



QCS Survey—closing date Friday 31 March

Thank you to those families who have completed the QCS survey. To date we have had a response from **30 of the 60 families** who were sent a survey. **It would be greatly appreciated if you could return the completed paper survey immediately so that the responses can be returned to the survey consultants in Melbourne.** The closing date for the **online survey is Friday 31 March**. Thank you for participating in this important survey for our school.

Lunchtime - spoons / forks

Numerous children have been attending the office at lunchtime requesting spoons and forks to eat their lunch. **If your child requires a spoon or fork to eat their lunch could you please ensure that you provide one for them as the office does not cater for these supplies.** Thank you.



School Cross Country

Students in Stages 2 and 3, and students turning 8 this year (optional) will be participating in the School Cross Country event to be held on **Friday 31 March (Week 10) at Lake Parramatta**. A note has been sent home with students with all the relevant details for the day. A copy of the note is also on the school website. Parent helpers are required to complete the Child Protection requirements (see page 10).

Stage 3 children will leave school at 9:00am as their age group is required to run a further distance. Stage 2 and Year 2 children will leave school at approximately 9:50am.

School Athletics Carnival

The School Athletics Carnival will be held on **Friday 28 April 2017 (Term 2, Week 1)** at Barton Park, (Gladstone Street, North Parramatta). Please note the *back-up date* for the Carnival is *Friday 5 May 2017*. Parent helpers are required to complete the Child Protection requirements (see page 10).



Car park—Afternoon Pickup

It has been brought to our attention that **some parents are parking in front of the Church** blocking the exits to both Church Street and North Rocks Road during the afternoon pick up.

Parents are requested to park in the designated parking bays in the carpark so as not to jeopardise your child and other family's safety. Please consider delaying your pick up time as there is teacher supervision until 3:30pm.

Congratulations

To the Anish Family on the birth of their son Antony. A baby brother for Anna Maria, Yr1.

To the Wong Family on the birth of their daughter Jasmine. A baby sister for Amelia, Yr1.



School Banking

A reminder that our School Banking day is on **Tuesday (mornings)**. Please ensure your child's bank book is handed in on Tuesday morning and the deposit forms are filled out. School banking will recommence in **Week 2** of **Term 2** due to the Anzac Day public holiday.

Tuckshop2U—no lunch orders Friday 31 March.

Parents are advised that due to our Year 6 Sushi Day lunch fundraiser **this Friday 31 March**

no lunch orders will be available through Tuckshop2U.

Orders for recess/morning tea will still be available.



Happy birthday to the following Staff and students who celebrate birthdays in April



Jason Grey	Sophie Stoker	Ezekiel Logo	Jessica Ishak
Liam Sciacca	Eva Sentas	Pinar Helena Unver	Charles Sentas
Isabella Younes	Allegra Jammo	Kael Sciacca	Sakina Kunambi
Annabelle Boasiako	Nika Naeme	Jayden Wilson	Jacob Kandalajt
Gabriela Andrade	Lucas Dacian Scurtu	<i>Staff: Miss Maria Rosa, Mrs Hope, Miss Farrelly and Miss O'Donnell</i>	

Merit Awards

Congratulations to the following students who have received Merit Awards.

- ES1:** Yuna Shin, Enzo Inigo
Year One: Anna Maria Anish, Georgia Fernandes
Year Two: Noah Day, Shubbh Chugh, Alicia Youssef, Ryan
Stage 2: Charles Sentas, Charbel Sadek, Jacob Kandalajt, Nika Naeme, Neave Sciacca, Ashley Roberts, Sophie Stoker
Stage 3: Jordan Basha, Gene Kneipp, Henry Corcoran, Amelia Furjanic



Winter Uniform Changeover

Students return after the holidays on **Monday 24 April**. There will be a 2 week changeover into the Winter School Uniform.

If you feel the weather is still too warm, your child may continue to wear their Summer Uniform.

All children must be wearing the Winter School Uniform by Monday 8 May (Term 2, Week 3)

Please refer to the Parent Handbook or the school website for the school winter uniform requirements.

All uniform items are available for purchase through **Oz Fashions**. Details are on page 10 of this newsletter or visit <http://www.ozfashions.com.au>

Sport Days for Term 2

All Stages (ES1—Stage 3) will have their sport day on

FRIDAYS

Students will again be participating in the Dance Fever program during Term 2.



Dance Fever

Parents are invited to attend their child's Dance Fever lesson on **Friday 7 April (Week 11)**. Please see the timetable below:

- 11:50am—12:20pm (ES1)**
12:20pm—12:50pm (Year 1 and Year 2)
1:30pm—2:15pm (Stage 2)
2:15pm—3:00pm (Stage 3)



PBS4L: Positive Behaviour Support For Learning

St Monica's Famous bee-haviour Week 8:

I am walking up and down the stairs quietly and safely

Awarded to: Year 2

St Monica's Famous bee-haviour Week 9:

I am being a problem solver on the playground.

Awarded to: Stage 2



St Monica's Famous bee-haviour Week 10:

I am listening and ready for morning assembly

***This will be presented at Monday afternoon assembly**

Miss Emily Clough

Special Projects Co-ordinator promoting PBS4L





PEOPLE OF PARRAMATTA

POOL PARTY



MAKE A SPLASH and show how much **YOU** the people of Parramatta love and need a pool in **YOUR** community.

You are invited to join the people of Parramatta for the pool party to end all pool parties 6pm till 8pm Friday March 31st. Bring your togs, towels, party food and your LOVE for Parramatta.

The gates of the pool are proposed to close FOREVER on April 1st with no plans and no funding committed for a new pool for Parramatta. **This is your last chance for a swim before our Pool is demolished.**

FRIDAY MARCH 31st 2017 6PM-8PM
Parramatta War Memorial Pool

In each newsletter we will be publishing Top Tips for Kids from the Cyber Safety Lady—Leonie Smith (copyright Leonie Smith 2011)

Top Tips for Kids



Monitoring Computers

Placement

- Keep kid's PCs and mobile devices in family rooms. Discourage use in child's bedroom.
- Make agreements for mobile device use in bedrooms and time limits for older teens.
- Buy desktop PCs rather than laptops to discourage mobility. Use a laptop cable lock on laptops if you want to prevent them being moved to a private room.

Screen Time Limits

- Set time limits on computer digital device use. Stick with them as much as practical.
- Ask kids to help set time limits. If they go over time, deduct time for the next session.
- Put computer timetable on a notice board or on fridge to prevent disputes.
- Allow online social time including emails, Facebook, Skype, phone calls (age appropriate).
- Limit gaming time on computers and devices during school week with timetable.
- Give rewards for times adhered to, e.g., gift cards or a special outing.
- Avoid excessively harsh punishments. Fear of consequences may make a child clam up.
- Keep rewards and consequences easy to implement - follow through.

Monitoring

- Check your child's browser history if concerned. Be concerned if child has deleted history.
- Keep control of your child's passwords.
- Use family shared accounts or built in operating software for monitoring - parental controls.
- Monitoring software like "Family Zone" is great for families with younger children.
- Get involved in your child's computer time. Ask questions. Have fun with them and keep dialogue open. Don't disparage their interest.
- Download and sign up for the same apps as your child uses, and "friend/follow" your child, at a distance.
- Find the blocking and reporting tools and find out if the platform has adult supervision/moderating that is reliable.
- Find game reviews and ask opinions. Are they too violent or sexual in nature?
- Stick with age classification recommendations on games and apps.

In each newsletter we will be publishing Top Tips for Kids from the Cyber Safety Lady—Leonie Smith (copyright Leonie Smith 2011)

Top Tips for Kids

Get Involved!

- Find out what online words and acronyms mean and have fun with that. LOL, YOLO etc.
- Ask kids to teach YOU about what they know - guide you through a game.
- Teach children how to block and report on every online program they use.
- Talk to kids about online privacy, bullying and predatory behaviour BEFORE issues arise.
- Share information about new games and updates.
- Find creative, exploratory and educational games on my website:
- <http://thecybersafetylady.com.au/category/family-game-reviews/> and www.common sense media.org.
- Set boundaries around online behaviour inside and outside your home. Be clear about your expectations of what games and apps they are allowed to use.
- Give your children ideas for how they might avoid playing games or using apps they are not allowed to use if pressured by friends.

Supervision Has Its Limits

Note: Supervising and “friending” your child on apps and social media is no guarantee of their ongoing safety. Your child’s content can be shared beyond their friends’ lists. Nasty comments can be added to your child’s post to upset your child and then shared publicly or privately, regardless of your supervision.

Your child is only as safe online as their friends allow them to be. If your child’s friends don’t have adequate adult supervision, are immature and unkind, then your child is at risk.

Children who use apps designed for an older age group may not be mature enough to handle the environment that they are signing up for, despite your supervision. Only allowing age appropriate apps and games is vital for a safer online experience.

Although the iTunes and Google app store age restrictions are often not very accurate, if an app is listed as being for 17+ or R18+ there is usually a very good reason for this. Find out why!

Search online for the name of the game or app your child wishes to use to see what other parents and reviewers say about it.

Or search for the app/game on either of these websites-

The Cyber Safety Lady
<http://www.thecybersafetylady.com.au>

Common Sense Media
<http://www.common sense media.org>

To report cyber bullying to the platform/app concerned see this list of reporting links for the most common apps and social media from “Cyber Bullying US”.
<http://cyberbullying.org/report/> Report Child Cyber Bullying <https://esafety.gov.au> (Aus only)

To report cyber crime and serious adult cyber bullying to Australian police, report to your local police and fill out the step-by-step form at -
Australian Cybercrime Online Reporting Network <http://acorn.gov.au>

ARIA MUSIC

Quality investment in your child's future

Would your child like to learn Guitar or Keyboard?

Please email: ariamusicschool@gmail.com Phone: 0402 780 130

Qualified, friendly teachers encourage serious musical skills in a fun learning environment.
Group classes at school **\$23:10** (incl GST) per lesson. Individual tuition is also available.

Keyboard Classes!

Days: **Tuesday** lunchtime
Time: 12:30pm-1:30pm
Location: The Community Room

Guitar Classes!

Day: **Wednesday** lunchtime
Time: 12:30pm—1:30pm
Location: The Community Room

Music Lessons have the Power!

Develops musical talent
Develops self discipline
Encourages self esteem
Enhances co-ordination & concentration
Is lots of fun!!

www.ariamusic.com.au



**A reminder that the
Uniform Shop is no longer
located on the
school grounds.**

Parents are required to purchase all school
clothing items through Oz Fashions.

No uniform items including school bags or
hats are available at the school office.

Oz Fashions is located at:
115-127 Parramatta Road, Granville
Phone: 9897 3121

Opening Hours:
Monday-Friday 9:00am - 5:30pm
Saturday 9:00am - 4:00pm

Parking is available on site.

<http://www.ozfashions.com.au>

TUCKSHOP2U
HEALTHY - AFFORDABLE - CONVENIENT

We're proud to announce
Tuckshop2U will be
serving St. Monica's
Primary School North
Parramatta starting
Term 1, 2017.

Tuckshop2U is an
easy-to-use school
lunch ordering
service that delivers
healthy, affordable and
convenient lunches
directly to schools.

Please visit tuckshop2u.com.au
for more information.

Child Protection Requirements

All Parent Volunteers / Helpers are required to complete the following Child Protection requirements **prior** to assisting in the classroom or on excursions ('Building Child Safe Communities—Undertaking for Volunteers')

These can be accessed by visiting the Catholic Education Diocese of Parramatta homepage
<http://www.parra.catholic.edu.au> then scroll down to '**Volunteers and Contractors – click here**'

- **Volunteer Form**
- **Online Training Module (every two years)**

(Links are also available on the homepage of our school website www.stmonicasparra.catholic.edu.au)

Please contact the school if you require any assistance.

We thank all volunteers for their continued support.