

# St Maria Goretti Primary School – Inglewood

Elizabeth Street, PO Box 59, Inglewood, 4387.

Phone: (07) 46521109 Fax: (07) 46521321

Email: [inglewood@twb.catholic.edu.au](mailto:inglewood@twb.catholic.edu.au) Website: [www.inglewood.catholic.edu.au](http://www.inglewood.catholic.edu.au)



Thursday 2nd February, 2017

Dear Parents,

St Maria Goretti School is a community of care!

This is our Catholic Education theme for this year. Do you feel the care that is given to your child each morning when they arrive? Does your child feel that care when they arrive? Have you taken the time to check in with your child's teacher about how your child is settling into their school year? Have you touched base with other parents that maybe you haven't spoken to over the holidays? These are all the actions that show we are a community who cares!

Huge thank you to Mike and Mandy Price for their wonderful care of our school grounds over the holidays. We showed our gratitude on assembly this morning by acknowledgment and an applause.

Thank you also to all of you who turned up to support our students at the swimming carnival last Friday and to the information session with teachers and Anna Chandler on Monday. We are very lucky to have such great support from you all!

I have started a box for "Attitude of Gratitude" nominations to be placed in throughout the month on February. This is one of Mary MacKillop's special attributes that always got her what she needed! Everyone is welcome to contribute a ticket saying who demonstrates this type and place it in the flowery covered box near the tuckshop.

Congratulations to all swimmers last week! You all swam very well and were great ambassadors for our school. Four students will compete at the Mac Zone trials tomorrow in Goondiwindi. We wish Ryan, Lachlan, Erin and Chloe all the best for tomorrow.

Each week at assembly, each classroom has a turn to present some work that they have been doing in class to everyone. This week the Prep to Year 3's presented fantastic self-portrait super heroes with "onomatopoeia words". We look forward each week to seeing what students share with us.

Today we also had a visit from WIN News. Look out for our story on the news tomorrow night at 6 pm.

Reminder to parents that if your child is absent from school, that we require a phone message about the absence, that day (if you haven't already informed us that the child/ren will be away). We will send a SMS if you haven't contacted us by 9:30 am.

*Mary MacKillop's reflective saying for this week is "Gratitude is the memory of the heart". 1907*

Stay cool!

Yours in God's love

Paula

## STUDENT PROTECTION CONTACTS:

Paula O'Rourke

Mandy Mead

## Next week at a glance:

Wed: P and F 3:30pm

Board 5:30pm

Thurs: Assembly

Library borrowing

Fri: Tuckshop

Swimming

The Prep—3 class are currently looking for magazines. If you have any used magazines lying around, could you please drop them to the office.



Well done to Jacob and Calais on their achievements this week!



**3rd Feb:**

**Worker: Rochelle Bynon**  
**Home Cooking: Mandy Mead, Zala Smith**

**10th Feb:**

**Worker: Carla Trevisiol**  
**Home Cooking: Sandra Beard, Jodie Campbell**

Tobacco Road / Greenup

Bus Committee Meeting

Wednesday 15th February at 4pm

Venue: 1708 Tobacco Road, Inglewood

P and F Meeting

Wednesday 8th February

3:30pm

Seven Mile Convenience Committee

Annual General Meeting

Monday 6th February at 5:00pm

Venue: Inglewood Bowls Club

Board Meeting

Wednesday 8th February

5:30pm

## Swimming

Swimming begins tomorrow! The students will be receiving coaching through Naomi as per last year. (7 weeks)

Students need to bring:

- ♦ **\$2.30** or season pass (note from parents)
- ♦ towel
- ♦ swim shirt
- ♦ togs
- ♦ swimming cap (optional) or long hair must be tied up

in a bag and all labelled with student's name. Please remember to also label the sports uniform, including underwear and socks.

## Toowoomba Catholic Schools Visiting services

**6th Feb**

Jayne Farquharson (School Counsellor)

**7th Feb**

Angela Travers (Education Officer—Religious Education)

**13th Feb**

Jorja Foster (Speech Therapist)

Eileen Moyle (Inclusive Education)





# Welcome Mass and Leaders Commissioning



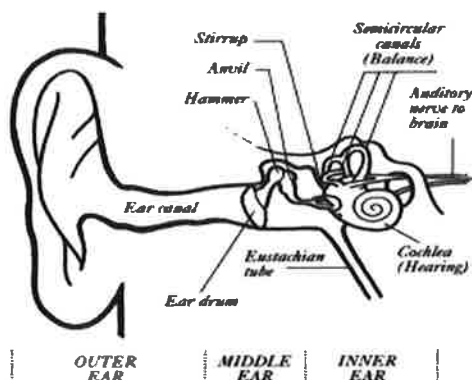








# BLOW, BREATHE, COUGH, WASH & CHEW (BBCWC) for Healthy Ears



## WHY?

- To clear the nose – this helps unblock our ears so we can hear better.
- To clear the lungs – to get lots of air for the energy we need
- To teach kids why and how

## IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER

You need: Tissues, Garbage Bag, Kids, Soap and water

## BLOW, BREATHE, COUGH, WASH & CHEW

Blow your nose till it's empty!

Take deep breaths

Cough to clear the lungs

Exercise to get the air into our lungs

Wash your hands

Chew yummy crunchy fruit & vegetables



## HOW? FOLLOW THESE SIMPLE INSTRUCTIONS:

### 1. To Clear the Nose (Blow)

Sit down with tissues and bin.

Blow each nostril, one at a time into a tissue until the nose is empty.

Check by pressing against one side of your nose (nostril) with a finger and give a good blow out of the other nostril.

Check to see if the air is getting in. Take a big breath in through your nose (remember to keep your lips together).

Pop the ears by pinching the two nostrils together, take a deep breath, close mouth tightly and blow gently against the fingers keeping the nose blocked.

**2. To Clear the Chest (Breathe & Cough)**

Take five deep breaths counting with the fingers. Give two strong coughs to get the rubbish out.

**3. Exercise**

Do ten big jumps.

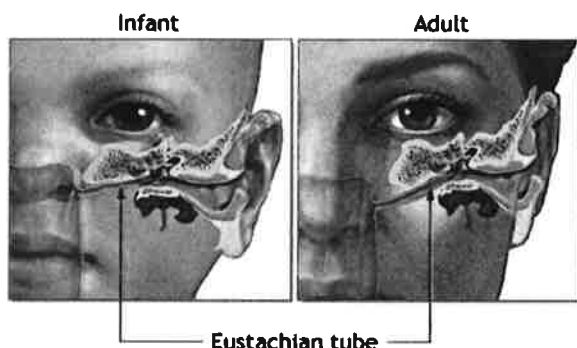
**4. Repeat 1, 2, 3 several times**

**5. Wash your hands after you blow & cough**

**6. Chew**

Chewing hard crunchy fruit and vegies helps open the Eustachian tube and allows air into the middle ear space, therefore keeping the middle ear healthy.

Sometimes when a child has a cold, croup or a runny nose the Eustachian tube gets blocked. This can be the start of ear disease.



The Eustachian tube is the tube that allows air into the middle ear space to keep it healthy. It is the space between the back of the nose & throat and the middle ear.

When children are very young, this tube is very narrow and doesn't drain well so it easily becomes blocked. As they grow up the tube becomes wider and changes angle to drain better.

ADAM

**IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER.**

**IF KIDS HEAR BETTER THEY LEARN BETTER**

For further information contact your local  
Community Health Centre

# WARWICK & DISTRICT JUNIOR NETBALL



## Come & Join us in 2017

Netball is a fantastic team sport for girls and boys.  
Ages born 2012 – 2003

Fixtures & Training Saturday afternoons

Sign-on day Saturday 11<sup>th</sup> Feb 10am – 1pm  
Season commences 18<sup>th</sup> February 2017

### Four Age Divisions

NetSetGo Netters	5-7yrs
NetSetGo Setters	8 & 9yrs
Junior B	10 & 11yrs
Junior A	12 – 14yrs

Please visit our Facebook page for full details.

<https://www.facebook.com/warwicknetball/>

Or ring Linda Bunch 0407 734 380

Netball is a wonderful team sport (no individual pressures).

We promoting learning and skill building with fellow players in a positive sportsmanship and an enjoyable environment.

Our focus at Junior Fixtures level is assisting the players to develop their skills whilst gaining an understanding of all positions on the court and the overall game of netball.





SOCCER Season is here again. We encourage all existing players to sign up again and for those keen to try football out for the first time, to have a go.

REGISTRATIONS for the Warwick District Football Association's 2017 season are now open – and can be done online at [www.myfootballclub.com.au](http://www.myfootballclub.com.au).

The Saturday club competition at Queens Park will start in April and there will be several carnivals around the south-west region.

Age groups in 2017 are Cubs (under 5), Under 6's, Under 7's, Under 8/9's, Under 10/11's, Under 12/13's, Under 14-17's, Colts (under 18's) and Senior Men and Senior Women (18+).

The club will hold a 2 registration information days; on Saturday February 11 at Rose City Shopping world, and on Saturday February 18 at the clubhouse at Queens Park.

Check out our website : <http://www.warwickwolves.com.au> or look us up on Facebook for more info.

We'll hope to see you on the pitch.

