From the Principal

Dear Parents,

Welcome back to Term 3, we have now passed the halfway point of the school year. The focus of this week’s article is the significance of drinking sufficient water.

Today one of the teachers commented as they hurried to fill their water bottle before going to class, “I don’t drink enough water when it’s cold and end up getting a headache.” Children can be more susceptible to dehydration than adults. That can lead to physiological problems such as neurological issues, increased demands on their kidneys and heat stroke. A recent study found, the likelihood of inadequate hydration was 76% higher in boys than girls. Nearly 25% of the participants said they drank no plain water at all.

Proper hydration is crucial for physical processes such as circulation, metabolism, temperature regulation and waste removal. Excessive dehydration can cause serious problems but even mild dehydration can cause headaches, irritability, poor circulation, reduced physical performance and poorer mental functioning.

However, the good news is that this is a problem with a simple solution. By helping children drink more plain water - a low-cost, no-calorie beverage - we can improve their hydration, which may allow many children to feel better throughout the day and do better in school. By increasing water intake by even 1 cup a day, hydration is improved.

Some tips to help boost children’s water intake:

⇒ Keep water cold. Add frozen water bottles to a child’s lunch pack. The bottles will keep the lunch cold and thaw throughout the day so the water is cool to drink. Cold water often tastes better to children than water at room temperature.

⇒ Don’t rely on a child’s thirst. Thirst is not always a good indicator of hydration. Children need to have access to water throughout the day. For this reason all students are encouraged to have a water bottle with them in class and drink from it as they wish.

⇒ If a child dislikes water, try infusing water with fruit (such as lemons), vegetables (such as cucumbers), or herbs (such as mint) to give the water a flavour without adding extra sugars.

Kind regards,
Rod Little, Principal

Reflection:
One day, someone showed me a glass of water that was half full. And he said, “Is it half full or half empty?” So I drank the water. No more problem.

We are hosting an exciting 'Book Fair' in our School Library next week!

Book Fair Selling Times will be:
8.40am—9.00am & 3.20pm—4.00pm

Every book you purchase helps us build resources for your children at McAuley. All books are discounted.
All family and friends are most welcome to share in the magic of matching children and books.
Please call into the Library at the above times with or without your child.
(enter via Carey Street—near the School Hall)
Credit Card facilities are available. No AMEX please.
Coming up this Week (Wk 1)

TOMORROW Friday 17th:
◊ School student banking
◊ Primary students to wear Sport Uniform
◊ ALL SKI NOTES AND MONEY are to be returned to school.
Please note, we have a ‘waiting list’ for this excursion and your child will lose their seat if payment and notes are not returned NOW. Thank you for your support.

Coming up next week (Wk 2)

Monday 20th July:
◊ BOOK FAIR
◊ Primary students to wear Sport Uniform
Tuesday 21st:
◊ BOOK FAIR
◊ Year 1/2C visit Blakeney Lodge
◊ Primary students to wear Sport Uniform
Wednesday 22nd:
◊ Mass 12noon presented by Yr 9
◊ BOOK FAIR
Thursday 23rd:
◊ BOOK FAIR
◊ School counsellor visit
◊ HELPING YOUR CHILD BOUNCE BACK—Resilience Session 6:30pm. McAuley Hall.
Friday 24th:
◊ BOOK FAIR
◊ School student banking day.
◊ Secondary Netball Carnival—Canberra.

Canteen Roster Wk 2

PRIMARY CANTEEN
Mon 20th: Ewan Watkins and Matt White
Wed 22nd: Sam Phillips
Friday 24th: Amanda Sutton and Narissa Watts

SECONDARY CANTEEN
Mon to Fri: Leanne Adams

Winter Warmer Casserole

WEDNESDAYS!
Don’t forget the lovey Wednesday Winter Warmer Casserole which is available from the canteen this term. $4.50 which gives you the yummy casserole, bread roll and a mandarin. Please order via the lunch bag system.

Secondary Homework Due
Yr 7.2 Weekly Homework Sheet due every Monday.
Yr 9.2 Geography—Assign and presentation due Monday 20th.
Yr 9/10 Woodwork Assign due September 9th
Yr 10 Major Woodwork Folio Part A due 26/8, Part B due 26/11

Year 1/2 Reading Groups
1/2C: Every Tues, Wed, Thurs from 10.20am
1/2K: Every Tues, Wed, Thurs from 9.20am
If you can spare 30 minutes on one, or more of these sessions, please contact Miss Cole or Mrs Kingwill.

K-6 Sports Uniform
Sports Uniform needs to be worn on Tuesdays and Fridays.
Please remember our ‘No Hat, No Play’ policy runs all year.

Please be Punctual

Please ensure your child is at school no later than 8:50am.
If your K-6 child is late, parents MUST WALK THE CHILD TO THE OFFICE.
We are noticing several students constantly arriving late. This is a major safety concern as after 9am teachers cannot supervise children as they cross the blacktop area.
Being constantly late is also very disruptive to morning assemblies and lessons. Children are missing messages and awards, as well as notification of changes to our normal school routines.

Afternoon Collection

PARENTS/CARERS—Please collect your children from the TREE in between the church and the hall in the afternoon.
Do not sit and wait for them under the tree (located facing Capper St, next to the bus lines). Children will be walked by teachers to the area BETWEEN St Mary’s Hall and the Church for collection.
Parents are then asked to walk their child through the black iron gate through to Carey Street.
Please do not walk with your child in front of congested bus lines.
Teachers are concerned a child may be collected by someone not authorised to do so without teacher (or parent) knowledge.
THESE PROCEDURES ARE FOR YOUR CHILD’S SAFETY!
And we would greatly appreciate your full support.

'Resilience Workshop’ at McAuley

Next Thursday—23rd July—6:30pm Hall Classroom—FREE!
This workshop aims to provide some practical strategies and resources to assist in increasing and promoting resilience and healthy coping strategies in your children. It will also provide opportunities to discuss your experiences, challenges and strategies you have found helpful with other parents.
Please contact Kerrin Henderson or the Primary Office, to RSVP—this is a wonderful opportunity for you to gain some helpful strategies.

Tumut Basketball Association
Team nomination forms for the 2015 Spring Competition will be available from schools, Pie in the Sky Bakery, Swans and Sportspower. Registration day will be Tuesday 28th July, 4pm to 6pm at Club Tumut. Any registration enquiries can be made to the Registrar, Debbie Webb on 0427 647027.
We have some updates from the McAuley Sporting Arena.........

TOUCH FOOTY:
This week we congratulate Piper Duck and Billy Skein who recently represented the Archdiocese in Touch Footy in Port Macquarie. Both Billy and Piper benefited from the experience and represented the Archdiocese well, narrowly missing further selection. Well done Piper and Billy.

WESTERN REGION ATHLETICS:
Following on from the Western Region Athletics Carnival last day of Term 2, Natasha Cullinger has been crowned Intermediate Age Champion. This is a great effort from Natasha who is a wonderful role model for our younger students—both on and off the sporting field. Well done Natasha.

RELAY SUCCESS:
All 4 McAuley Primary Relay teams placed 2nd at the WR Carnival and now advance to the upcoming Archdiocese Carnival. This is a fantastic result from our school—and we are all very proud!

The final Athletics Team to represent in Canberra will be announced next week. We are still waiting for some final results.

St. Therese of Lisieux.......
Devoted herself to living a life of holiness, doing all things with love and childlike trust in God. She decided to make an effort to be charitable to all. She performed little acts of charity always, and little sacrifices not caring how unimportant they seemed. “Charity gave me the key to my vocation. I understood that the Church had a Heart and that this Heart was burning with love. I understood that Love comprised all vocations, that love was everything, that it embraced all times and places...in a word, that it was eternal!
Since her death, millions have been inspired by her ‘little way’ of loving God and neighbour. St. Therese wrote once, ‘You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them’. Today, let us remember and honour St Therese by taking time to reflect on our vocation and how we can be inspired by her words and actions.

SKI TRIP
Snow has been falling, which is good news for our upcoming Ski Trip. Please ensure you have PAID IN FULL for this excursion and that all notes/consents have been returned. WE HAVE A WAITING LIST and your child’s seat will be lost if you have not complied with payment arrangements.

TRENT BARRETT SHIELD:
Year 3/4 children have the opportunity to participate in the annual Trent Barrett Shield Rugby League/Tag Competition. This first round will be played at Gundagai on Thursday 6th August. Cost will be $15-00. Note with full information has been sent home with your child.
SPOTLIGHT ON SRC REPS
This week we put the spotlight on
LILLY HOLTORF (Year 5 SRC Rep), CAITLIN BREWIS (Year 7 SRC Rep)
and BETHANY McNAMARA (Chisholm House Captain)

LILLY:

When did you commence school: Kindergarten 2010
What is one of your favourite school memories? Winning junior girl Sporting Champ at the end of year along with Natasha.
One thing you like about McAuley: The small and friendly atmosphere.
One thing you would like the SRC to achieve this year? Better sporting facilities for the school and better playground (slide, swings).
Interests and Hobbies: Swimming, basketball, netball, drawing, craft and hanging out with friends.
What are your dreams for the future: To meet my idols Michael Phelps and Cameron McEvoy. Also to somehow become famous!

CAITLIN:

When did you commence school: Kindergarten 2008
What is one of your favourite school memories: When the Year 7 class went to Borambola.
One thing you like about McAuley: We have a great friendly environment.
One thing you would like the SRC to achieve this year? More activity days.
Interests and Hobbies: Dancing and netball.
What are your dreams for the future: I haven’t really decided yet.

BETHANY:

When did you commence school: Kindergarten 2005
What is one of your favourite school memories: Our Yr 9 Pambula excursion and PASS trip.
One thing you like about McAuley: Rep sporting carnivals.
One thing you would like the SRC to achieve this year? New Jersey’s for our rep football/tag teams. New netball uniforms and new canteen food.
Favourite Novel: ‘Delirium’
What are your dreams for the future: To be a sports scientist.

Support Services for Teens
(Compiled by Lisa Armstrong—School Counsellor)

The following services offer a variety of supports for a range of issues including anxiety, depression, sexuality, family relationships and difficulties and Young Carers is for those young people who are living with a parent, sibling or any family member with a disability or mental health issue. The young person does not have to be the primary carer and there are a number of free services and activities to help link them in with supports and groups of people of a similar age in similar situations.

Phone Numbers:

- Kids Helpline 1800 55 1800
- Youth Beyond Blue 1300 22 4636
- Head Space (Wagga) 02 6923 3170
- Lifeline 13 11 14
- Young Carers 1800 242 636

Websites – These sites offer online counselling which seems to be very appealing to teens, probably because of the anonymity of it, but they also have blogs and helpful articles, tips, and information on the sites for teens:

- http://www.youthbeyondblue.com/
- www.eheadspace.org.au
- www.reachout.com

These sites offer more information for teens and indirect support. Some of them have blogs and info added by teens for teens and professionals monitor and maintain the site

- http://www.tuneinnotout.com/
- http://www.youngcarers.net.au/

Water!

Tap water makes the best drink!
Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger.
Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

Live Life Well @ School