



ST TERESA'S  
— SCHOOL —

RAVENSHOE

FRIDAY 20<sup>th</sup> FEBRUARY, 2026.



## **From the Principal's Desk**

As we enter the season of Lent, our school community gathered on Wednesday for a beautiful and reverent Ash Wednesday Mass. It was truly special to come together as a whole school to mark the beginning of our Lenten journey—a time for reflection, compassion, and renewal. Thank you to everyone who joined us for this meaningful celebration.

### **Stay Connected – Download the MyCE App**

A reminder to all families to download the MyCE app, which is quickly becoming our central hub for school communication. The app offers easy access to:

- Parent Portal
- School calendar
- Student report cards
- Timetables
- Parent slips and broadcasts
- Absence notifications

As we shift our school Facebook page toward more public-facing information, the MyCE app will increasingly be our primary platform for sharing updates, reminders, and important notices with parents. If you haven't done so already, please take a moment to download the app and ensure your notifications are enabled.

### **REMINDER - Medication Administration Forms**

If your child requires medication at school, please ensure you have completed the Medication Administration Form, available on the St Teresa's website under:

***School Community → Downloads and Resources → Forms***

This process ensures that all medications are stored, handled, and administered safely and accurately.

## Second-Hand Uniform Donations

We are once again seeking donations of good-quality school uniforms and shoes that your children may have outgrown. These items will be added to our second-hand uniform pool in the Wellbeing Hub, where they are freely available to families who need them. Your contributions are always appreciated and make a genuine difference to our community.

## Date Saver: Family and Community Connect Afternoon

**12th March**

**3:00–4:00pm**

Please join us for our first St Teresa's Family and Community Connect event for the year. The Leadership Team will share a snapshot of what's happening in and around our classrooms, and it will be a great opportunity for parents to ask questions, enjoy a cuppa, and connect with one another. We look forward to seeing many families there.

## Fete Preparations & Volunteers Needed

Planning is well underway for our annual school fete, and excitement is already building! To make this event a success, we still need volunteers to assist with organising and running stalls. If you can help in any way, please sign up at the office or Wellbeing Hub, or contact Renae in the office.

To support our preparations, students are invited to participate in Free Dress Fridays for the next four weeks. Students may wear sun-safe free dress with closed-in shoes in exchange for the following items:

Friday 27 <sup>th</sup> February	Gold Coin Donation
Friday 6 <sup>th</sup> March	Chocolate Bring a share pack, bar or block of chocolate for our Choc Dip stall
Friday 13 <sup>th</sup> March	Gold Coin Donation
Friday 20 <sup>th</sup> March	Baked goods for Sweets & Cakes stall

## STUDENT COLLECTION

A friendly reminder about student collection. If you need the school to notify your child/ren of a change to how they are going home – please ensure you call the office by 2:30pm. This then gives our office enough time to deliver the message. Thank you for your co-operation with this.

Have a great weekend!

Katrina



**St Teresa's School & Parish**

# **St. Patrick's Day**

# **FETE**

**5pm - 8pm**

**20th March 2026**



**BBQ & Hot Food / Bar / Face Painting /  
Crazy Hair / Sweets & Cakes / Choc Dip /  
Bust a Balloon / Prizes / More**



**St Teresa's Primary School  
Ravenshoe.  
Rankine Steet entrance.**





## **NAPLAN**

Dear Year, 3 and 5 Parents and Caregivers,

It's that time of year again when we start to prepare for NAPLAN at our school.

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students can undertake.

Students sit assessments in writing, reading, conventions of language (spelling, grammar, and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

The NAPLAN test window starts on Wednesday, 11 March, and finishes on Wednesday, 18 March 2026. **Please see the attached schedule we have in place for the upcoming tests at our school and ensure your child attends school these days for the tests.** However, if unavoidable, we have catch-up sessions available (The writing test catch-up window for year 3 is only open until Monday, 16 March).

	<b>Monday (9/03)</b>	<b>Tuesday (10/03)</b>	<b>Wednesday (11/03)</b>	<b>Thursday (12/03)</b>	<b>Friday (13/03)</b>
Week 6	Normal School Day	Normal School Day	Writing	Reading	Catch up test
	<b>Monday (16/03)</b>	<b>Tuesday (17/03)</b>	<b>Wednesday (18/03)</b>	<b>Thursday (19/03)</b>	<b>Friday (20/03)</b>
Week 7	Normal School Day	Conventions of language	Numeracy	Catch up test	Normal School Day

Students are not expected to study for NAPLAN. You can support your child by reassuring them that NAPLAN is a part of the school program and reminding them to do their best. Both Miss Leia Almond (Grade 3/4 Classroom Teacher) and Ms Wendell Majer (Grade 5 Classroom Teacher) are ensuring students are familiarising themselves with the types of questions in the tests by providing practice tests so that students become more familiar with the kind of online environment NAPLAN has, whilst also providing appropriate support and guidance before the actual tests.

There will be an information session on what to expect with NAPLAN next Thursday (26<sup>th</sup> of February). Please join me in the assembly hall for all the information required on what your child will expect.

Please feel free to read additional information about NAPLAN by using the link <https://nap.edu.au/naplan/for-parents-carers>. If you have any further queries, please do not hesitate to contact the school.

Warm Regards,

**Mr Nathan Zahra**  
**NAPLAN Test Co-ordinator**

# Queensland Government Customer Services

*Helping Queenslanders make the most of digital services*

Our customer service team is coming to provide regional Queenslanders with information and training on accessing Queensland Government services online.

Our team brings government services to you by providing face-to-face support to help you access the services you need online.

We will guide you through simple steps to access a range of services and information, so you can confidently use online services anytime, anywhere.

## These services include:



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Find Queensland Government grants and assistance programs.  
[www.qld.gov.au/grants](http://www.qld.gov.au/grants)



### Disaster preparedness

Find out what you need to do to prepare for a natural disaster.  
[www.getready.qld.gov.au](http://www.getready.qld.gov.au)



### Queensland Digital Licence

Learn how to set up your licence or ID, right on your phone.  
[www.qld.gov.au/digital-licence](http://www.qld.gov.au/digital-licence)



### Apply online

Online applications and payments for government products and services.



### Online Payments

Find out how to make online payments for a range of products and services provided by the Queensland Government.



### [www.qld.gov.au](http://www.qld.gov.au)

Be introduced to all Queensland Government information and services in the one place online.

## Find out when we will be in your area

Visit [qld.gov.au/digitalaccess](http://qld.gov.au/digitalaccess)

## Contact details

Email: [DigitalAccess.North@qld.gov.au](mailto:DigitalAccess.North@qld.gov.au)

Phone: 13 QGOV (13 74 68)

**DELIVERING**  
FOR QUEENSLAND



**Queensland**  
Government

## **TABLELANDS RUGBY LEAGUE / TABLELANDS SPORTS SPECTACULAR**

Henry, Lawrence and Jett took part in the Tableland Rugby League Trials in Atherton last Wednesday. They boys put in a great effort. Then on Thursday O'Shea, Henry, Lawrence, Jett and Remmer took part in the Tablelands Sports Spectacular in Atherton. The weather was hot with a little rain to cool them down. Our boys said they had the best day playing different sports.



## **School Councillor News**

### **Supporting Students with Anxiety: Why Staying Home Isn't the Solution**

As a school community, we all want our young people to feel safe, confident, and supported. When a child experiences anxiety, whether it shows as stomach aches, headaches, emotional distress, or refusal to attend, it's completely understandable that parents feel the urge to keep them home "just for today." This response comes from a place of care and protection.

However, when anxiety becomes the reason for a child regularly staying home, it can unintentionally reinforce the very fears we are trying to help them overcome.

#### What Message Does Staying Home Send?

Avoiding school may provide short-term relief, but over time, it strengthens a child's belief that school is overwhelming, unsafe, or unmanageable. Each day they stay home, the anxiety-linked avoidance grows, making returning even harder.

When we allow anxiety to dictate attendance, we may be sending messages like:

- "Your feelings are dangerous."
- "You can't cope."
- "School is something to fear."

Children learn through experience that they can handle difficult feelings, and the safest place for them to learn these coping skills is often at school, surrounded by supportive adults who understand what they're going through.

#### Why Attendance Matters for Wellbeing

Consistent attendance:

- Builds resilience and confidence.
- Supports social connection, routine, and predictability; key elements that reduce anxiety.
- Helps students develop strategies for managing uncomfortable feelings in real time.

- Prevents academic pressure from building up, which can worsen anxiety.

## How Families Can Help at Home

Here are some simple, effective ways parents can support a child experiencing anxiety:

### 1. Acknowledge; Don't amplify their feelings

Try: "I can see you're feeling anxious this morning. That's okay. You can do hard things, and I'm here to help you."

### 2. Keep the Morning Routine Calm and Predictable

Structure reduces uncertainty, which reduces anxiety.

### 3. Encourage Attendance, even if it's hard

The goal isn't a perfect morning; it's getting to school. Even partial attendance is progress.

### 4. Stay Connected with the School

Teachers, counsellors, and support staff can put practical plans in place, such as:

- Check-in/check-out routines
- Safe spaces
- Supportive adults available on arrival
- Gradual exposure plans for specific worries

### 5. Celebrate Effort, Not Perfection

Recognise bravery in the small moments: getting in the car, walking through the gate, or attending part of the day.

## We're Here to Help

Anxiety is common and treatable. With teamwork between families and school, students can build the confidence and coping skills they need to thrive.

If you have concerns about your child's anxiety or their attendance, please reach out. We're here to support you and your child every step of the way.

# Library News



Hello Everyone,

This month is Library Lovers Month and some of our students have told us what they love about libraries. Here are some of their responses:

“My favourite things are the books, and it is quiet.” – Kesley

“Reading Books.” – Claire

“I love all the scary books and Miss Morgan.” – Arianna

“My favourite thing about the library is all of the amazing books you can find and all the cozy spots to read.” – Aela

“What I love doing in the library is sitting on the bean bags and reading the sports books.” – Stella

“I love that I can borrow books to take home to read.” – Payton

“My favourite thing in the library is that it is very quiet.” – Shiloh

“I love how Miss Morgan gets new books.” - Asta

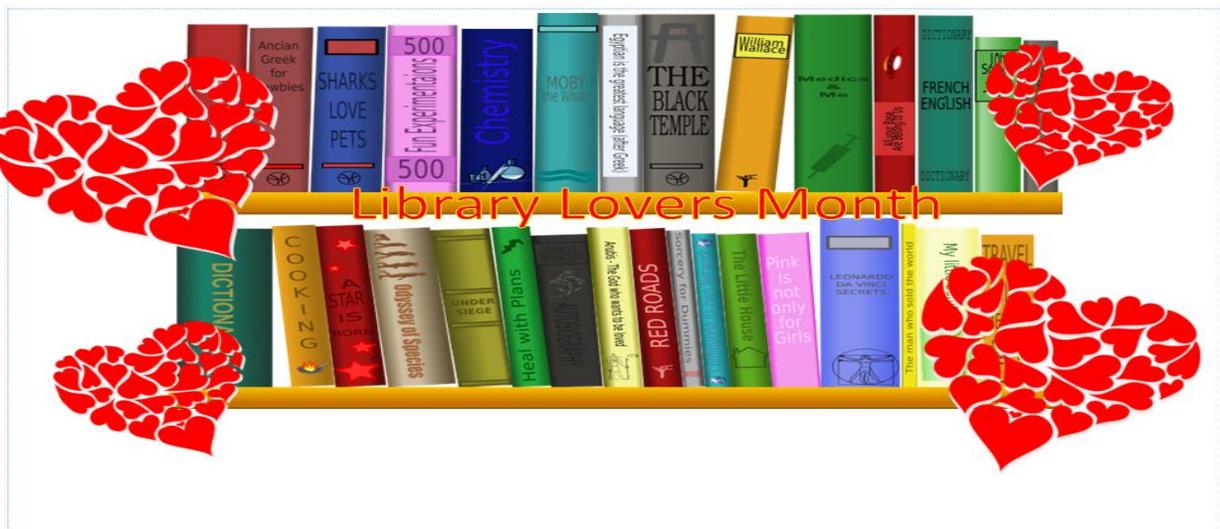
“I love the library because of all the wonderful books and all the wonderful staff and kids in the library.” – Hannah

Book Club orders went out last week. Orders should start to arrive next week. Thank you for supporting Book Club, our school library benefits by getting to use the rewards earned on new books for our library. We choose books based on student interests.

***“Whenever you read a good book, somewhere in the world a door opens to allow in more light.” — Vera Nazarian***

Have a great weekend!

Warm regards,  
Morgan Reynolds



Ravenshoe Raiders Football Club

IS HAVING A

**SOCCER**

**OPEN DAY!**

to gather interest in 2026 season

**MARCH 14 • 10AM TO 1PM**

**RAVENSHOE HIGHSCHOOL OVAL**

**BBQ and drinks**

**Novelty and Outdoor games  
Inflatable Soccer field  
+ Raffle**

FOR MORE INFORMATION

Contact Brett on 0439265888 or  
Visit or Ravenshoe Raiders Facebook page



# LIVE WEBINAR



CATHOLIC SCHOOL PARENTS  
QUEENSLAND

## THE RELATIONSHIP ADVANTAGE

### How Connection Shapes Behaviour, Resilience & Wellbeing

In this practical, neuroscience-informed session, Psychologist Karen Young, 'Hey Sigmund', explores why strong relationships are the most powerful driver of children's behaviour, resilience, and wellbeing.

Parents and carers will gain simple, effective strategies to respond to big emotions, reduce anxiety, and set loving boundaries that build calm, trust, and connection.

Register today for this free event.



**Online**

**Thursday 12 March 2026**

**6.30-7.30pm + 30 mins Q&A**



**Register to attend**

After registering, you will receive a confirmation email containing information about joining the webinar.

