



FRIDAY 20th March, 2026.

RAVENSHOE



From the Principal's Desk

It has been a busy couple of weeks at St Teresa's, with students and staff engaged in a range of learning activities and events. As we move towards the end of term, we would like to share some important updates and reminders with our school community.

NAPLAN 2026

NAPLAN testing for 2026 has now concluded. Our students demonstrated great persistence and resilience throughout the testing period, and we are extremely proud of the positive way they approached the challenges. We commend all students for their efforts and the confidence they showed in giving their best.

Staffing Update

We wish to advise the school community that our Indigenous Liaison Officer, Latitia Briggs, has resigned from her position. Latitia has made a valuable contribution to St Teresa's over the past two

years, and we sincerely thank her for her dedication and support of our students and families. We wish Latitia all the very best in her future endeavours. A recruitment process is currently underway to appoint a replacement.

Parent–Teacher Interviews

A reminder that parent–teacher interviews are coming up soon. Parents can book an appointment by following the link included in the broadcast sent last week. These interviews are a wonderful opportunity to connect with your child’s teacher, discuss progress, and ask any questions you may have. We strongly encourage all parents to make an appointment.

School Fees

Thank you to the families who have already paid their Term 1 school fees. For those who are yet to finalise payment, we kindly ask that fees be paid before the end of term. School fees assist us in continuing to provide quality resources and learning opportunities that support the education of our students.

Cross Country

St Teresa’s Cross Country event will be held on Tuesday, 31st March. Students aged 5–7 years will compete on the St Teresa’s oval, while students aged 8–12 years will walk to the Ravenshoe Rugby League field for their event. We hope parents and families are able to join us to cheer on the children and share in the day.

St Teresa’s Fete – Tonight!

Our annual St Teresa’s Fete is happening tonight, and we are looking forward to seeing you all there. Thank you to everyone who has contributed to making this event possible—we can’t wait to celebrate together as a community.



Dear parents and carers,

As we approach Holy Week, our school community prepares to journey with Jesus through the most significant days of the Christian calendar. Holy Week invites us to pause, pray, and reflect on Jesus’ love and sacrifice, beginning with Palm Sunday and continuing through the Last Supper, the solemnity of Good Friday, and the hope of Easter Sunday.

Throughout the week, students will be encouraged to show kindness, compassion, and gratitude in their daily actions—small reminders of the love Jesus showed others. This is a meaningful time for us to come together in faith, remembering that Easter brings the promise of new life and renewed hope.

Masses times during Holy Week

Ravenshoe Parish:

- **Holy Thursday:** 7 am Mass of the Lord's Supper
- **Easter Sunday:** 7 am

Atherton Parish:

- **Holy Thursday:** 6:30 pm Mass of the Lord's Supper
- **Good Friday:** 10 am Stations of the Cross and 3 pm Passion of the Lord
- **Holy Saturday:** 6:30 pm Easter Vigil and Mass
- **Easter Sunday:** 9 am

Caritas Walk for Water:

Last week saw a number of students participate in the *Caritas Walk for Water*. Thank you to everyone who has donated milk jugs to support this initiative. The mission behind this act of almsgiving encourages our students to walk daily throughout Lent, raising awareness of the struggles many families face each day.

For every lap completed, each child earns a house point for their colour house—and so far, it is very close! This week is a double-points round, and next week's tally will be based on the number of litres carried: the more litres, the more points earned.

Liturgies and Masses:

The last two Tuesday's have seen our school community celebrate either a Mass or a Liturgy. Years 3–6 students gathered reverently to celebrate the Eucharist with Fr Mathew, deepening their understanding of faith and community as we journey through Lent. It was a meaningful opportunity for students to come together in prayer and reflection.

Prep – 2 enjoyed celebrating St Patrick's Day with plenty of singing and praying. The classroom work of Prep with their shamrocks, learning about St Patrick and how he used them symbolise the Trinity.

Upcoming Year 6 Caritas Project Compassion Stall:

Our Year 6 students are excited to be hosting a special lunchtime fundraiser for Caritas on the last day of term, Thursday 2 April. The event will take place during first break in the Sports Shed and will feature seven creative student-led stalls. Students have been busy planning a variety of activities, including caricature drawings, a second-hand "reject shop," a sweets stall, colourful hairspray makeovers, handmade bracelets, a lucky dip, and a ring-toss game. Each stall has been thoughtfully organised by the students, with prices ranging from 20c to \$5.

Funds raised will support the important work of Caritas, and we are proud of the leadership, teamwork, and generosity displayed by our Year 6 cohort. Families will receive further information about any items needed for stall preparation. We look forward to a fun and meaningful final-day celebration.

Have a wonderful fortnight!

Nathan

Dear School Community,

The Parish of Atherton warmly invites **all Parishioners and members of the community** to join us for a very special occasion — the **Blessing of the Atherton Presbytery** on:

Sunday, 22 March 2026

Atherton Presbytery

8.30am Mass followed by the blessing of the Presbytery and morning tea

This blessing marks an important moment in the life of our parish community, and we are grateful to gather in prayer and thanksgiving. We look forward to welcoming all who wish to attend as we celebrate the life and mission of the Church in our region.

Your presence will be a true blessing and a wonderful sign of our shared faith, unity, and support for the work of the Church.

We hope you will join us for this joyful event that Bishop Joe will be presiding over.

With every blessing,

Father Mathew Kochuveetil



From the School Counsellor

Fuel for Learning: Why Breakfast and a Healthy Lunchbox Matter

As we move through the school year, it's important to remember that one of the most powerful tools supporting your child's learning isn't found in a classroom, it's in their breakfast bowl and lunchbox. Ensuring children arrive at school with full tummies and nutritious food for the day sets them up for success socially, emotionally, and academically.

The Power of Breakfast

Breakfast truly is the brain's morning fuel. After a night of sleep, children's bodies need energy to kickstart concentration, memory, and problem-solving skills. A nutritious breakfast helps:

- **Improve focus and attention**
- **Stabilise mood and behaviour**
- **Boost school performance**

Ideal breakfast options include wholegrains, fruit, yoghurt, eggs, or protein-rich smoothies.

A Healthy Lunchbox Keeps Energy Steady

A balanced lunchbox helps children stay focused right through to the afternoon. Great lunchboxes include a mix of fruit, vegetables, whole grains, lean proteins, and water as the main drink.

Avoiding sugary or highly processed foods helps prevent energy spikes and crashes that make learning more challenging.

Why Fuel Matters

Children's brains grow rapidly, and they require consistent, nourishing fuel to do their best. When students eat well, they are more likely to stay engaged, regulate their emotions, participate positively, and retain new information.

If You're Struggling, You're Not Alone

We know that many families are feeling the impact of rising grocery prices, busy schedules, and the general cost of living. Packing a full lunchbox each day or providing breakfast before school can sometimes feel overwhelming, both emotionally and financially. If your household is finding it difficult to keep up, please know that you're not alone, and there is no judgment.

Our school community is here to help. Whether it's accessing support programs, exploring low-cost meal ideas, or simply having someone to talk to, reaching out can make a big difference. Many families benefit from small, practical strategies such as preparing bulk snacks, choosing affordable staples, and connecting with local services that support food security.

If you're finding it hard to provide breakfast or lunch at the moment, please contact the school. We can work together, confidentially, to ensure your child arrives each day ready to learn with the nutrition they need. Your child's well-being is our priority, and we are committed to supporting families through challenging times.

We're Here for You

If you would like ideas, support, or guidance around healthy eating, routines, or wellbeing, please reach out. Together, we can ensure every child is nourished, energized, and ready for a positive day of learning.



HEALTHY LUNCHBOX IDEAS

 Fruit salad	 Vegetable sticks & dip	 Muesli or cereal bar	 Broccoli & Cheese Frittata	 Lentil nuggets
 Fruit slinky	 Mini quiches	 Tortilla	 Cheese & crackers	 Nuts
 Fruit Smoothie	 Pumpkin & corn roll	 Pizza	 Cooked omelette	 Skewers - veg & meat, cold meat, olives & cheese
 Fruit with yoghurt	 Salad - Beetroot and fetta	 Burgers	 Cheesy stick	 Tuna
 Muffins - Apple, Sultana, Banana	 Zucchini, carrot & honey muffin	 Oats - Fruit, cinnamon, honey etc	 Custard	 Egg sandwich

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HEALTHY LUNCHBOX IDEAS

Fruit	Vegetables	Wholegrains	Dairy	Meat/Protein /alternatives
 Banana Bread	 Celery & Peanut butter /cream cheese	 Sandwich	 Yoghurt	 Chicken bites
 Dried Fruit	 Kid wraps	 Noodle dishes	 Cottage cheese	 Tofu
 Fresh sliced fruit	 Rainbow Fried rice	 Hidden Vegetable Cakes	 Milk	 Sushi
 Frozen fruit	 Veggie pot	 Pinwheel	 Cheese- sliced, grated sticks	 Chilli con carn
 Fruit skewers	 Corn fritters	 Pasta cups	 Ricotta- fresh, baked, filler	 Hardboiled egg

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HEALTHY LUNCHBOX IDEAS

 Pikelets with fruit	 Corn - chips, popped, cob	 Pretzels/pop corn	 Haloumi	 Rissoles
 Tinned fruit	 Vegetable fritters	 Cereal Bracelet	 Frozen Yoghurt	 Baked beans

More Information:

- **Healthy Kids:** <http://healthy-kids.com.au/food-nutrition/guidelines-recommended-intakes/>
- **Eat for Health:** www.eatforhealth.gov.au
- **EQ:** <http://education.qld.gov.au/schools/healthy/food-drink-strategy.html>
- **QLD Health:** <https://www.health.qld.gov.au/healthyeating/>
- **Food Balance Game:** <http://www.eatforhealth.gov.au/>

Some great recipe websites:

- <http://mylovelylittlelunchbox.com>
- <https://kidredients.com.au/>
- <http://www.taste.com.au/>



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