



**ST BRIGID'S**  
Catholic Primary School  
EMERALD

# ST BRIGID'S NEWSLETTER

**WEEK 10**

**TERM 3**

**2025**

## FROM THE PRINCIPAL

Dear Families,

As Term 3 draws to a close, I want to take a moment to reflect on the incredible achievements, events, and celebrations that have marked this term at our school. From our engaging Book Week activities to the sporting carnivals, excursions, and classroom projects, our students have consistently demonstrated enthusiasm, participation, and an exceptional commitment to representing our school values. I extend my heartfelt thanks to all our students for their hard work, as well as to families and staff for their unwavering support.

We also have some exciting news to share! Firstly, we would like to congratulate Miss Hodgson and her partner Josh on the wonderful announcement of their pregnancy. This is a truly magical time, and we wish them every blessing as they prepare for this new chapter. Secondly, we are delighted to welcome Miss Ruby Mattsson, who will be joining us as the Year 5 teacher for the remainder of the year. We look forward to Miss Mattsson becoming a part of our wonderful school community.

As we approach the holidays, I encourage families to maintain some routines at home to ensure a smooth transition back to school for Term 4. Simple structures like regular sleep schedules, balanced meals, and consistent reading times can make a significant difference in helping students feel ready and refreshed for the new term. At the same time, holidays are a valuable opportunity for students to unwind, pursue their interests, and spend quality time with loved ones.

For many children, this downtime includes using devices and engaging with social media. While digital technology can offer wonderful opportunities for creativity and connection, it's important for parents to remain present and engaged with their child's use of these platforms. Research highlights the significance of open and transparent communication around digital device use, including setting clear boundaries and ensuring children feel comfortable discussing their online experiences. The Australian eSafety Commissioner advises that creating a supportive environment where children feel they can talk to parents openly about online interactions is key to fostering safe and healthy digital habits. You can find more tips and resources for supporting your child's digital wellbeing on the [eSafety Commissioner website](#).

Thank you once again for a fantastic Term 3. Wishing everyone a safe, happy, and restful holiday break. I look forward to seeing you all in Term 4, ready for another exciting chapter in our school year.

Warm regards,

*Tegan Green*

Principal



## FROM THE A.P.R.E

### Congratulations

Over the last few weeks, a number of our students have been fully initiated into the Catholic church after completing the 2025 Sacramental Program and the Rite of Christian Initiation for Children program. These programs, run through St Patrick's Parish, are a significant commitment by these families and I wish our students every blessing as they continue on their faith journey.

Isabella	Piper	Brady	Tilly	Harriet	Esther
Aliza	Carter	Hayden	Jobe	Isabelle	Ella
		Willow	Ivy		Beau

### Season of Creation

The month of September marks the Church's Season of Creation—a time to celebrate God's natural beauty and to engage in prayer and action as our earth faces significant challenges. At St Brigid's, our morning prayers have centred on how we can care for our common home, both locally and globally. We are blessed with expansive, well-maintained school grounds in a beautiful part of the world. Our students have reflected on how fortunate they are and have considered what more they can do to care for creation. How can you create the same at home?

### Have you purchased the winning ticket yet?

It won't be long until the St Patrick's Parish car raffle is drawn. Please show your support to our local Catholic community as this is their only fundraiser for the year. Who wouldn't want to have a new car for Christmas?

God bless

Meaghan Tucker



The poster features logos for St Patrick's Parish Emerald, Emerald Catholic Primary School, St Brigid's Catholic Primary School Emerald, and the Emerald Catholic Community Fundraiser. The main text reads: "CATHOLIC COMMUNITY FUNDRAISER 2025 Major Raffle". Below this, it says "Win a sleek Toyota Corolla Hatch Hybrid Ascent Sport – where cutting edge hybrid tech meets sporty design!". A silver Toyota Corolla is shown with "1st Prize" written above it. Prizes listed are: "2nd Prize \$1000 cash" and "3rd Prize \$500 cash". A QR code is present with the text "Scan QR Code To Purchase Tickets". The ticket price is "Tickets \$20". The draw date is "Drawn 10am Sunday 2 November 2025". At the bottom right, it says "Raffle Open to Qld Residents Only".



## CURRICLUM NEWS

As we come to the close of Term 3, I would like to congratulate all of our students on their wonderful efforts across so many areas of school life. Academically, we have seen growth in classrooms and persistence in learning. On the sporting field, our students have shown teamwork, energy and great school spirit. Culturally, we have enjoyed seeing creativity shine through performances and events. Spiritually, we especially celebrate those students who participated so reverently and joyfully in the Sacramental Program – a very special milestone in their faith journey.

The end of term is a perfect time for families to pause and reflect together. A great way to start is by asking your child, “What went well for you this term?” or “What are you most proud of?” These conversations help children recognise their growth and celebrate their achievements.

Looking ahead, you might also like to talk about how next term could be “even better if...”. This encourages your child to set a simple goal or two. Writing them down, breaking them into steps, identifying who can help (and how), and sharing them with their teacher are practical ways to make these goals meaningful and achievable.

As we move into the holidays, I encourage all families to prioritise rest and relaxation. Please keep an eye on screen time, and balance downtime with plenty of movement, fresh air, and opportunities to socialise with friends and family. And of course, keep reading with and to your children – it is one of the most powerful ways to support their learning.

I wish all families a safe, restful and joy-filled holiday. We look forward to welcoming everyone back for Term 4 and all the wonderful opportunities it will bring.

Warm regards,

*Mr Francey*

### SCHOOL UNIFORM SHOP

Opening Hours (Term Time Only)

Tuesday afternoon  
2:00pm - 4:30pm

Thursday morning  
8:00am - 10:00am

Email: [stbrigids@wearitto.com.au](mailto:stbrigids@wearitto.com.au)

### TUCKSHOP

Every Friday  
Orders close 10am Thursday

Wednesday- Subway  
Orders close Wednesday 8am



# THE RESILIENCE SHIELD

## Recent Presentation & Parent Session

A few weeks ago, Dr Pronk delivered a presentation to our staff and facilitated a parent session on resilience. His session was both highly relevant and practical—engaging, insightful, and filled with strategies that can be readily applied in everyday life. Staff feedback has been overwhelmingly positive, with many noting the value of these strategies not only in supporting students but also in enhancing our own personal wellbeing.



## Who is Dr. Dan Pronk?

Dr. Dan Pronk is one of the co-founders of The Resilience Shield along with Ben Pronk and Tim Curtis. He is a former special operations doctor, medical director, and has drawn on both his professional and personal experiences to help develop a research-informed model of resilience. Dr Dan

## Key Messages: How to Build Resilient Kids

From The Resilience Shield and the Building Resilient Kids resource, here are some of the core ideas and strategies Dr. Pronk shared. These are supported by peer-reviewed research and years of real-world experience.

### 1. Resilience is multi-layered

The Resilience Shield breaks resilience into several “layers”—Innate, Mind, Body, Social, Professional, and Adaptation. Each of these layers contributes to how well children can cope with stress and adversity. We can strengthen each layer with intention.

### 2. Stress is not the enemy

Experiencing manageable stress helps build resilience. It's not about avoiding stress, but helping children learn how to respond to it, cope with it, recover from it and grow as a result. Over-protection can inadvertently reduce opportunities for children to build their capacity to handle challenge.

### 3. Everyday practices matter

Small, consistent habits count. Things like enough sleep, good nutrition, physical activity, having a supportive social circle, learning to adapt to change, and developing a mindset that sees setbacks as growth opportunities: all these are part of daily life.

### 4. Role modeling & community support

Children learn by observing those around them. When parents, caregivers and educators model resilient behaviour—how to cope with challenge, how to recover, how to adapt—it gives children real examples to follow. The home and school community are both vital in supporting resilience.

### 5. Adaptability and flexibility

Being able to adjust when things don't go as planned, embracing change, and learning from setbacks—all these are part of resilience. Helping kids develop these skills equips them to deal with life's uncertainties.

## What This Means for You and for Us at School

At school, we will continue to embed these resilience-building practices in how we teach, how we support student wellbeing, how we respond to setbacks, and how we foster supportive relationships.

As parents/carers, there are many practical ways to help your child build resilience: allowing controlled challenges; encouraging them to try things even when there is risk of failure; maintaining routines (sleep, rest, nutrition); talking about failure, worry, coping; being a model of resilience yourself.

If you'd like to read more about the model and strategies, I recommend visiting the Resilience Shield – Building Resilient Kids page, which provides evidence, stories, and tools for strengthening resilience in children.

More information here: <https://resilienceshield.com/kids/> The Resilience Shield

## LIBRARY NEWS

Adventure awaits these holidays—in a book! Pop into the town library or dive into eBooks on Sora.



### Overdue Books

Lost books love to play hide-and-seek! They can turn up under the bed, in the couch cushions, tucked on a bookshelf, or hiding under the car seat. All St Brigid's books have a barcode like the one below. If you find one, please send it back —I'm always glad to see them again, even years later!



If you have any enquiries, please email me. [Kristy\\_strong@rok.catholic.edu.au](mailto:Kristy_strong@rok.catholic.edu.au)

Happy Reading!

*Mrs Strong*

# St Brigid's Catholic Kindergarten Emerald

## ENROLLING NOW FOR 2026

### Call 1800 228 433



Catholic Education  
Diocese of Rockhampton



Early Learning & Care



## UPCOMING EVENTS

### TERM 3

- Monday 15<sup>th</sup> Sept & Tuesday 16<sup>th</sup> Sept - Storyfest
- Friday 19<sup>th</sup> Sept - Last Day of Term 3

### TERM 4

- Tuesday 7<sup>th</sup> October - School recommences
- Wednesday 8<sup>th</sup> - Friday 10<sup>th</sup> October - Year 5 Camp
- Wednesday 15<sup>th</sup> October - Prep 2026 welcome BBQ
- Wednesday 15<sup>th</sup> October - P&F meeting (5:00pm)
- Friday 17<sup>th</sup> October - Soctober (gold coin donation)
- Tuesday 21<sup>st</sup> October - Grandparents Mass 12:00pm
- Sunday 26<sup>th</sup> October - Grandparents Day
- Tuesday 28<sup>th</sup> - Thursday 30<sup>th</sup> October - Swimming 3P/4/5/6
- Friday 31<sup>st</sup> October - World Teachers Day
- Tuesday 4<sup>th</sup> - Thursday 6<sup>th</sup> November - Swimming 3P/4/5/6
- Monday 10<sup>th</sup> November - Remembrance Day Assembly 1:30pm
- Tuesday 11<sup>th</sup> - Thursday 13<sup>th</sup> November - Swimming P/1/2/3I
- Wednesday 12<sup>th</sup> November - P&F meeting (5:30pm)
- Friday 14<sup>th</sup> November - Prep 2026 Orientation morning
- Tuesday 18<sup>th</sup> - Thursday 20<sup>th</sup> November - Swimming P/1/2/3I
- Friday 21<sup>st</sup> November - Yr 3 - 6 Swimming Carnival (P-2 wet day)
- Wednesday 26<sup>th</sup> November - Christmas Concert (5:00pm food available - 6:00pm concert start)
- Thursday 27<sup>th</sup> November - Yr 6 retreat day
- Tuesday 2<sup>nd</sup> December - Yr 6 Marist transition day
- Tuesday 2<sup>nd</sup> December - P-Yr5 Uplift day
- Wednesday 3<sup>rd</sup> December - Mass of Thanksgiving and Graduation
- Wednesday 3<sup>rd</sup> December - Last day of school

Have  
an enjoyable  
holiday!

## STUDENT PROTECTION

At St Brigid's any concerns or reasonable suspicions about a student's safety and wellbeing or the behaviour of a staff member or volunteer which a student considers to be inappropriate, will continue to be managed in accordance with Rockhampton Catholic Education Student Protection Processes.

The Student Protection Contacts at St Brigid's are:

Mrs Tegan Green - Principal  
Mrs Meaghan Tucker - APRE  
Mrs Josephine Carew - Year 6 Teacher  
Mr Michael Smale - Counsellor

Further information about Rockhampton Catholic Education's commitment to Student Protection is available on the link below.

<https://www.rok.catholic.edu.au/our-schools/student-protection/>

CAN YOU SPARE 30 MINUTES?

**TUCKSHOP**  
**VOLUNTEERS**  
*NEEDED*  
**TERM 4**

**CLICK HERE**

