



St Patrick's Primary School Newsletter

4th May 2017 Term 2 Week 2

CEDP Attendance Benchmark Target Level = 90%

St Patrick's Current Attendance Level = 91.0%

Dear Parents,

*This week I have included in this newsletter an article entitled **Age of Distraction: Why It's Crucial for Students to Learn to Focus**. I found this a very interesting topic as I have recently noticed that children these days have the capacity to continually 'flit' from one device to the other at incredible speed. Surfing channels on TV is another version of this impulse to continually take small grabs of information. Parents of high school children often comment on how their children spend a significant period of their spare time on their devices, sometimes to the*

exclusion of family discussion and focusing on the people around them. I know that in my family the young members can watch TV at the same time as working on their laptops, as well as texting friends, checking out Facebook and taking selfies and posting on Instagram - all at the same time. I think that we are well past the point of denying our children access to devices, especially in the teenage years, as this will often lead to social isolation and prevent them experiencing the many advantages of owning and using Information and Communication Technology. I know that I would not know myself without my laptop and smartphone as it has assisted me to manage my work and personal life in immeasurable ways.

Some argue that the increased use of technology is effecting one's ability to focus. Children are particularly susceptible to this. An interesting observation I would like to share, is that children do not seem to lack an ability to focus when they are on their devices. In fact they usually get into a type of 'numb zone' oblivious to what is going on around them. There are an increasing number of research projects looking at the importance of focus as a life skill and as you can imagine a person's ability to focus is becoming an accurate predictor of success. In an article on a similar theme writer Sarah Wayland makes a few suggestions:

Build your child's focus

Children need to be given opportunities to build their capacity to 'stick' with a task. This is a matter of 'breaks and rewards', Ms Wayland maintains. Children need to learn the benefit of taking regular breaks when doing a task that requires deep concentration and the use of a timer can assist.

Remember it's all about the journey

In our performance driven society we can all be guilty of forgetting about the process. Encouraging children to simply enjoy the learning without continually worrying about the end product can be refreshing - just having fun! Experiencing the unpredictable and sitting with something previously perceived as unachievable can also be helpful.

In everything I have read the most common piece of advice is to schedule times with the family where it is strictly digital free; at the dinner table, restaurants for example. Spending time outdoors engaged in healthy physical activities such as walking, playing sport, camping also requires no devices. Striving for a manageable balance is key.

God bless you and your family

Bernadette Fabri
Principal

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Office hours 8.30am—3.30pm

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Honour Award

The Honour Award is awarded to the child who demonstrates outstanding behaviour shown in the Student Charter

KA	Annabella Remaili
KM	Shaneli Perera
1C	Joseph Maroon
1S	Phillip Ayoub
2M	Lewis Khalil
2Y	Samuel Navasardyan

st patrick's award



The St Patrick's award is given to the child who lives their life through Faith in Action

KA	Hunter Morson
KM	Elijah Skaf
1C	Troy Daniel
1S	Christina Brown
2M	Carmela Poblete
2Y	Jacob Wehbe

100%

INTRODUCING NEW ATTENDANCE CERTIFICATES



Improving student attendance has been a focus for Term One with some pleasing results for many students. This term, commencing in Week 2 children who have been able to attain 100% attendance for 5 weeks will receive a (Silver Level) Attendance Certificate. We have chosen 5 weeks as a benchmark as we know sometimes children will get sick and need to be absent from school for their wellbeing and the wellbeing of others. For those who are able to attain 100% attendance for the entire term however they will also get a Gold Level Attendance Certificate. We are hoping that we will be giving away hundreds of certificates at the end of each 5 week block and end of term. 100% Attendance means no sick days, leave or unexplained absences. School business such as attending CEDP gala days and CAPTIVATE is always regarded as attendance.

Footsteps Dance Presents

Family Disco 'Dancing Under the Stars'

Friday 5 May 6-9pm (gates opening at 5pm)

Why not have a night off cooking and grab dinner at the disco?

Food will be available from 5pm.

Outback Steakhouse Steak & Chicken Burgers, hotdogs, corn on the cob, ice-creams, tea, coffee, water and drinks

Glo-sticks on sale to help light up the dance floor.

We are asking for any drink donations to be dropped off at the office prior to the night. Any donations will be gratefully accepted.

Tickets can be purchased from the front gate \$3 per person (pre schoolers free)



NAPLAN Equating Test

Today children in Years 3L and 5C undertook the NAPLAN Equating Assessment for Reading. The classes from St Patrick's Parramatta were selected by ACER the testing body responsible for creating the assessment. Individual student and school results are not reported or published, and any identifying student information is destroyed. All children in Years 3 and 5 will be completing the regular NAPLAN Assessments next week.



Happy Birthday to the following children who will celebrate their birthdays in the following week:
Christina Kalouche, Erica Jurisic, Panayioti Yannakis

MORAN ARTS FOUNDATION

SCHOOL PHOTOGRAPHIC WORKSHOP PROGRAM

MORAN PHOTOGRAPHIC WORKSHOP

You will be pleased to know that St Patrick's Parramatta has been successful once again in being asked to host the Moran Photographic Workshop for Primary School Children. This workshop will involve Year 5 students who have been selected randomly by their teachers. For more information please see the details below.

As part of its patronage of the arts, the Moran Arts Foundation provides up to 100 **free photographic workshops** to schools around Australia each year. The Moran School Photographic Workshop Program is an ideal way to foster creativity amongst school students. By encouraging students to be imaginative and creative they build valuable skills and confidence.

The workshops are run in a fun and engaging way, providing important social development skills within the familiar school environment. Workshops are suitable for Years 3 to 12.

Images from school workshops are entered free of charge in the Moran Contemporary Photographic Prize – Students section. You may view prior finalists and winners on our website www.moranprizes.com.au



WHAT TO EXPECT

- A professional photographer will conduct the workshop from approx. 9.15am to 3pm (this gives time for recess and lunch)
- Basic photography skills will be taught along the theme of 'Visual Storytelling'
- A class of 30 students will be given a digital camera each to work with for the day
- Students will get to print their favourite shots of the day (5 photos each)
- Photos taken by the students on the day will be copied onto a DVD and forwarded back to the teacher, their best photos will automatically be entered into the Moran Contemporary Photographic Prize – Student section
- The Moran Arts Foundation will issue a press release to the local newspaper(s) advising of the workshop details, the name and location of the school, the class/year of students along with the name of the photographer and some photos from the day (the children think it's great if they get a picture in the local paper)



MORAN
Health Care Group

moran
prizes

MESSAGE FROM THE CATHEDRAL

SHOW YOUR LOVE FOR OUR LADY OF FATIMA PROCESSION

Come celebrate 100 years since the apparition of Our Lady of Fatima with a huge procession from Our Lady of Lebanon Co-Cathedral, Harris Park to St Patrick's Cathedral, Parramatta. The celebration is on Saturday 13 May 2017, coinciding with Pope Francis' visit to Fatima, Portugal and the canonisation of Francisco and Jacinta, two of the children to whom the Mother of God appeared that fateful day in rural Portugal. Pope Francis has a strong devotion to Our Lady of Fatima and was reported to be a frequent visitor to a shrine to Our Lady of Fatima in Buenos Aires.

The Feast and Procession are the day before Mother's Day in Australia. Families are encouraged to bring their mothers to celebrate the greatest Mother of all time.

9am Liturgy of Our Lady – Our Lady of Lebanon Co-Cathedral, Harris Park

9.30am Procession to St Patrick's Cathedral, Parramatta

11am Mass of the Feast of Our Lady of Fatima, St Patrick's Cathedral, Parramatta

12pm BBQ Lunch in the Cathedral cloister area

Full detail and live updates: www.facebook.com/OurLadyofFatima100Years

Diocesan Cross Country

On Tuesday, 2 May, 26 students represented our school at the Diocesan Cross Country at Eastern Creek. Students aged 8,9 & 10 ran 2 km and students aged 11 & 12 ran 3km. All students ran extremely well, many improving their times and place from previous years. Arabella Gittany placed 10th in her age group and will be a reserve for the next level of competition. Congratulations to all our students for their efforts and achievements on the day. We are so very proud of you!

A massive thank you to the many parents who supported our students on the day. A special thank you to Mrs Ayoub, Mrs Gittany and Mr Khreich who helped all day, pinning bibs and taking students to the toilets and marshalling areas.

Mrs Milic & Mrs Carroll



HAPPY MOTHER'S DAY



Mother's Day Stall

On Tuesday 9th May 2017 the children will be able to purchase gifts with prices ranging from \$1.00 to \$6.00. Please note that while we have endeavoured to have a mix of gifts, numbers are limited; so we ask that you explain to your child that they may need to have a second and third choice.

Mother's Day Raffle

Children will have an opportunity to purchase raffle tickets for 50 cents each or 3 for a \$1.00 in our Mother's Day Raffle. The raffle tickets will be sold before and after school in the playground up until the morning of 12th May. The raffle will be drawn after the Mother's Day Morning Tea on Friday 12th May 2017.

Mother's Day Mass and Morning Tea

There will be a Mother's Day Mass at St Patrick's Cathedral on Friday 12th May commencing at 9.15am. Following Mass there will be a Morning Tea in the school hall organised by our Year 2 families. All families welcome !!

Sports Days for Term 2

Children will be required to wear their sports uniforms on the following days for Term 2:-

Wednesday	KM, 1C, 2M, 2Y, 6P
Thursday	4B, 4G, 5C, 5T, 6W
Friday	KA, 1S, 3L, 3T

DON'T FORGET!



SCHOLASTIC
Book Club

orders are due:
15th May 2017

SPONSORSHIP PROGRAM

Just to let you know that our St Patrick's Parramatta Sponsorship Program is slowly going. I wish to publicly thank Mrs Diala Semaan and Mrs Natalie Kalouche for all their efforts behind the scenes in helping the school to set this up and to canvas interest. Once again if you know of any businesses in the local area who would be interested in supporting the school please pass on the information. Special appreciation is extended to our current sponsors:

Westmead Dental
CK Lawyers
Arab Bank
Devcon Partners
Insure US

If you need any help with ordering online please drop into the office or call Mrs Jones on 9630 1421.

Winter Uniform Changeover

Dear Parents,

With such unpredictable weather of late we have delayed the start of the Winter Uniform. Last year we had a long spell of hot weather and found that many of our students were uncomfortable in their winter uniform. Summer uniform can be worn until week 4 but maybe extended if we have a change back to warm weather. Please use your discretion regarding the changeover to winter uniform the weeks leading to week 4 (Monday 15th May)

If you have any questions or concerns please contact the school office.

Age of Distraction: Why It's Crucial for Students to Learn to Focus

www2.kqed.org/mindshift/2013/12/05/age-of-distraction-why-its-crucial-for-students-to-learn-to-focus/

Katrina
Schwartz

Digital classroom tools like computers, tablets and smartphones offer exciting opportunities to deepen learning through creativity, collaboration and connection, but those very devices can also

be



distracting to students. Similarly, parents complain that when students are required to complete homework assignments online, it's a challenge for students to remain on task. The ubiquity of digital technology in all realms of life isn't going away, but if students don't learn how to concentrate and shut out distractions, [research](#) shows they'll have a much harder time succeeding in almost every area.

"The real message is because attention is under siege more than it has ever been in human history, we have more distractions than ever before, we have to be more focused on cultivating the skills of attention," said Daniel Goleman, a psychologist and author of *Focus: The Hidden Driver of Excellence* and other books about social and emotional learning on [KQED's Forum program](#).

"Children I'm particularly worried about because the brain is the last organ of the body to become anatomically mature. It keeps growing until the mid-20s," Goleman said. If young students don't build up the neural circuitry that focused attention requires, they could have problems controlling their emotions and being empathetic.

"It's about using the devices smartly but having the capacity to concentrate as you need to, when you want to."

"The circuitry for paying attention is identical for the circuits for managing distressing emotion," Goleman said. The area of the brain that governs focus and executive functioning is known as the pre-frontal cortex. This is also the part of the brain that allows people to control themselves, to keep emotions in check and to feel empathy for other people.

"The attentional circuitry needs to have the experience of sustained episodes of concentration — reading the text, understanding and listening to what the teacher is saying — in order to build the mental models that create someone who is well educated," Goleman said. "The pulls away from that mean that we have to become more intentional about teaching kids." He advocates for a "digital sabbath" everyday, some time when kids aren't being distracted by devices at all. He'd also like to see schools building exercises that strengthen attention, like [mindfulness practices](#), into the curriculum.

The ability to focus is a secret element to success that often gets ignored. "The more you can concentrate the

better you'll do on anything, because whatever talent you have, you can't apply it if you are distracted," Goleman said. He pointed to research on athletes showing that when given a concentration test, the results accurately predicted how well each would perform in a game the next day.

[With Tech Tools, How Should Teachers Tackle Multitasking In Class?](#)

[How Does Multitasking Change the Way Kids Learn?](#)

[How Meditating Helps with Multitasking](#)

Perhaps the most well known study on concentration is a [longitudinal study](#) conducted with over 1,000 children in New Zealand by [Terrie Moffitt and Avshalom Caspi](#), psychology and neuroscience professors at Duke University. The study tested children born in 1972 and 1973 regularly for eight years, measuring their ability to pay attention and to ignore distractions. Then, the researchers tracked those same children down at the age of 32 to see how well they fared in life. The ability to concentrate was the strongest predictor of success.

"This ability is more important than IQ or the socio economic status of the family you grew up in for determining career success, financial success and health," Goleman said. That could be a problem for students in the U.S. who often seem addicted to their devices, unable to put them down for even a few moments. Teachers say students are unable to comprehend the same texts that generations of students that came before them could master without problems, said Goleman. These are signs that educators may need to start paying attention to the act of attention itself. Digital natives may need help cultivating what was once an innate part of growing up.

"It's very important to amp up the focus side of the equation," Goleman said. He's not naive about the role digital devices play in society today, but he does believe that without managing how devices affect kids better they'll never learn the attention skills they'll need to succeed in the long term.

"There's a need now to teach kids concentration abilities as part of the school curriculum," Goleman said. "The more children and teens are natural focusers, the better able they'll be to use the digital tool for what they have to get done and then to use it in ways that they enjoy."

Some argue that the current generation of students grew up with digital devices and are much better at [multitasking](#) than their parents. But the idea of multitasking is a myth, Goleman said. When people say they're "multitasking," what they are really doing is something called "continuous partial attention," where the brain switches back and forth quickly between tasks. The problem is that as a student switches back and forth between homework and streaming through text messages, their ability to focus on either task erodes. That trend is less pronounced when the actions are routine, but it could have significant implications for how deeply a student understands a new concept.

"If you have a big project, what you need to do every day is have a protected time so you can get work done," Goleman said. For his part, when he's writing a book, Goleman goes to his studio where there is no email, no phone, nothing to distract him. He'll work for several hours and then spend designated time responding to people afterwards.

"I don't think the enemy is digital devices," Goleman said. "What we need to do is be sure that the current generation of children has the attentional capacities that other generations had naturally before the distractions of digital devices. It's about using the devices smartly but having the capacity to concentrate as you need to, when you want to."



2017 School Calendar

Term 2

Week 2

Friday 5th May	Year 5 Excursion to Hyde Park Barracks Infants Assembly—2.15pm—Year 1 School Disco— 6pm—9pm (Gates open 5pm)
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Week 3

Tuesday 9th May	NAPLAN—Language/Writing—Years 3 & 5 only Mother's Day Stall
Wednesday 10th May	NAPLAN—Reading—Years 3 & 5 only Nursing home visit—Year 6
Thursday 11th May	NAPLAN—Numeracy—Years 3 & 5 only
Friday 12th May	Mother's Day Mass and Morning Tea St Patrick's Cathedral 9.15am Following Mass Morning tea will be served in the school hall NO ASSEMBLY

Week 4

Friday 19th May	Primary Assembly—2.15pm—Year 5
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Week 5

Tuesday 23rd May	ICAS—Digital Tech 7.40am
Thursday 25th May	Stage 3 Girls Soccer Gala Day
Friday 26th May	Choir Assembly—2.15pm

Week 6

Monday 29th May	Captivate Rehearsal
Tuesday 30th May	ICAS—Science 7.40am
Friday 2nd June	Primary Assembly—2.15pm—Year 3

Week 7

Friday 9th June	NO ASSEMBLY
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Week 8

Monday 12th June	Public Holiday—No school for students
Tuesday 14th June	ICAS—Writing 7.40am Captivate Rehearsal
Friday 16th June	Year 4 Excursion—Two Cultures Infants Assembly—2.15pm—Kinder Captivate Evening Performance



sub tuum praesidium

Our **VISION** is to be a child centred faith community within an innovative, interactive learning environment.

Our **MISSION** is to –
Live out the Gospel Values in a visibly Catholic tradition
Nurture students for Christian Leadership
Create a range of learning experiences which allow children to progress at their own level
Assist our students to develop into independent thinkers with a deep sense of responsibility and justice

Lead each individual towards reaching his/her potential
Generate a sense of community and compassion in which all Experience belonging.

Opportunity for all

MASS TIMETABLE FOR ST PATRICK'S CATHEDRAL PARRAMATTA

Weekend Masses

Saturday	8.00am, 6.00pm (Vigil)
Sunday	8.00am, 9.30am (Family) 11.00am (Solemn), 6.00pm

Weekday Masses

Mon to Fri	6.45am, 12.30pm
Public Hol	8.00am

Pastoral Team

Bishop of Parramatta Most Rev. Vincent Long Van Nguyen OFM CONV

Very Rev Fr Robert Bossini
Fr George Azhakath
Rev Deacon Willy Limjap
Margaret Gale (Sacramental Coord)
Milli Lee (Parish Admin Asst)
Patricia Preca (Parish Secretary)

DR JUSTIN COULSON RAISING RESILIENT CHILDREN



WHEN: Monday, 29 May 2017 (Doors open 6.30pm for 7:00pm start)

WHERE: Catholic Learning Communities of St John XXIII – St Mark's College,
Meeting will be held in the staff room – entry via main school foyer.
160 Perfection Ave, Stanhope Gardens (parking available)

The PRC General Meeting will be held prior to our seminar.

What others have to say:

"...an engaging and dynamic presenter..."

"...are we getting him back next year? He's fantastic!..."

FREE PARENT/CARER SEMINAR!

Registrations are open – visit:

www.prc.catholic.edu.au/news-events



One of the most frequent questions Kidspot parenting expert Dr Justin Coulson is asked is 'How can I help my child become resilient?' Friendship problems, bullying, physical changes and parenting styles are just some of the issues that can affect our children's ability to bounce back from difficulty and adapt to challenging situations.

Helping our children develop resilience can have lifelong effects.

www.prc.catholic.edu.au



@prcparra



@prcparra



www.floralexpressions.com.au

Thank you to our sponsors!



School Banking 2017 is off to a flying start.



This year's School Banking adventure is well underway, as the new-look Dollarmites lead the journey up towards the amazing Savings Hover Park. Students are demonstrating a remarkable saving behaviour.

New reward items

There are two new reward items to keep students saving in Term 2: the 3D Chalk Set and Tablet Case. Your child can redeem one of these, while stocks last, after making 10 School Banking deposits.

Modern ways to teach money skills with the CommBank Youth app
Through the School Banking program, CommBank has been offering engaging ways for Australian children to learn the value of saving and smart money management since 1931. In 2017, the introduction of the CommBank Youth app, an innovative digital banking tool, will help enhance the School Banking program.

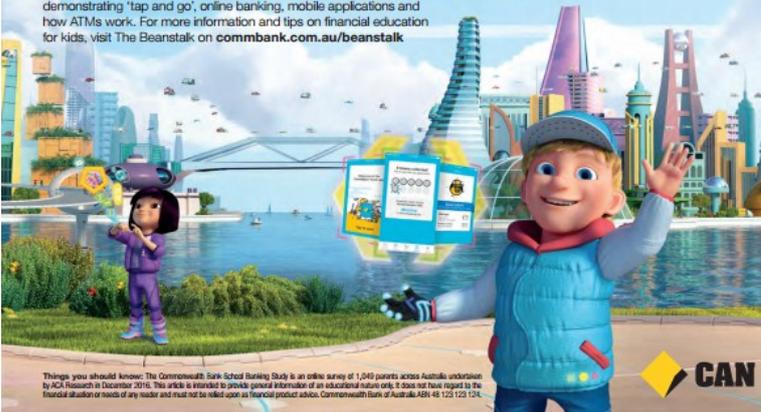
With the CommBank Youth app, your child can:

- Check the balance of their Youthsaver account.
- View School Banking deposits in their transaction history.
- Track the number of Dollarmites tokens they collect.
- Set up savings goals and monitor their progress.
- Create a list of chores they can do to earn pocket money.

Explore more about the CommBank Youth app, and how to get your child started, by visiting commbank.com.au/schoolbanking

Learning the value of digital money

Did you know that approximately one in five parents are trying to teach their children about cashless transactions and digital money management? CommBank research shows parents are alternating between cash and online bank transfers when giving their children pocket money, and actively demonstrating 'tap and go', online banking, mobile applications and how ATMs work. For more information and tips on financial education for kids, visit The Beanstalk on commbank.com.au/beanstalk



Things you should know: The CommBank Safe School Banking Study is an online survey of 1,040 parents across Australia undertaken by ACA Research in December 2016. This article is intended to provide general information of an educational nature only. It does not have regard to the financial situation or needs of any reader and must not be relied upon as financial product advice. Commonwealth Bank of Australia ABN 48 125 125 124.



LEONIE SMITH

The Cyber Safety Lady
SPEAKER • AUTHOR

The Catherine McAuley Parents & Friends Committee is proud to sponsor a special cyber safety presentation for parents. All parents are invited to attend this free event which has been funded by the P&F Committee.
Please note: This event is NOT for children.

www.thecybersafetylady.com.au



RAISING RESPONSIBLE DIGITAL CITIZENS:

A Practical and positive approach to safety on digital technology.

Leonie Smith gets results where others often fail. Parents, teachers & students say they leave her talks feeling empowered, determined to succeed with online safety. They actually make changes!

Leonie's presentations and workshops are not just scary stories, she gives real practical advice on how to protect you & your family from cyber bullying, scams, and frightening adult content.

Leonie's heartfelt, sometimes humorous stories, help to illustrate why it is so important for everyone to understand how the digital world works, and how to use it safely. She's done the hard yards.

She Covers:

The latest popular apps - Social media & kids - Safer messaging - Cyber bullying - Adult content filters - Screen time solutions - Privacy settings - Smart phone issues - Scams & traps online - Online Strangers - Smart online behaviour - Gaming - Your child's digital world.

BIO:

An online multi media pioneer Leonie Smith, "The Cyber Safety Lady" has been passionate about digital technology & building in internet communities since 1995. Helping everyone stay safer online is her passion.

Leonie has spoken to thousands of parents, students, teachers, business and community groups all over Australia. She works closely with the Australian Northern Beaches Area Police Command giving talks on Sydney's Northern Beaches. She is a highly sought after media spokesperson on Cyber Safety.

Leonie is the Author of the very popular "Keeping Kids Safe Online", the parent step-by-step cyber safety manual, and "Keeping You Safe Online", the Teen "do it yourself" Cyber Safety manual.

The Cyber Safety Lady

Appearing at: McAuley Forum, Catherine McAuley Westmead
Darcy Road, Westmead, (entrance and parking via Gate 3 off Darcy Road)

Date: Tuesday, 9th May 2017

Time: 7.30pm - 9.15pm

As Seen On



"Keeping Kids Safe Online"
Parent/Teacher Manual
A Step By Step Manual For
Safety Online. Parental
controls, manage screen time,
cyber bullying & privacy. Adult
content filters.

"Keeping You Safe Online"
Teen Manual
Safety & privacy settings and
security tips, without all the
"Secret Parent Business"

"I recently attended your Cyber Safety seminar at Manly Village Forum Public School. I just wanted to write to you to say thank you. I found the evening incredibly informative, practical and so valuable in terms of safeguarding and educating my children about staying safe in this fast moving and ever changing cyber world..."
Karen Wooldridge Parent



OUR LADY OF MERCY COLLEGE PARRAMATTA

College Open Morning Tour

Monday May 8, 2017

expanding beyond what we know we can be

Annulment Information Seminar - Solo Parent Services will be holding our annual seminar on Annulments in the Catholic Church for anyone interested in learning more about this process.

Date: Tuesday 23rd May **Time:** 6.45pm for 7pm start to 9pm. **Venue:** 38 Prince St, Blacktown (cnr First Ave) **Cost:** \$7.00. **Registration Essential:** Contact Rita Chater Ph: 8822 2222 or email: soloparentservices@ccss.org.au

Younger Widowed Support Group - This monthly support group is for men and women aged approx. 55 years or younger, who are facing life after the death of a spouse or partner to come together for support and sharing. **Date:** Third Tuesday of each month - next gathering 16th May. **Time:** 7pm - 9pm **Venue:** 38 Prince St, Blacktown (cnr First Ave) **Cost:** \$5.00. For details and registrations please contact Rita Chater Ph: 8822 2222 or Email soloparentservices@ccss.org.au