

# St Patrick's Primary School Newsletter

20th July 2017 Term 3 Week 1

CEDP Attendance Benchmark Target Level = 90%

**St Patrick's Current Attendance Level = 88%**

Dear Parents,

Welcome back for Term 3 of 2017. It is so good to see all the children back at school, ready and enthusiastic to commence the next semester of learning. I know for some children the idea of restarting school after a two week break may be a cause for some anxiety. They wake up with the feeling of 'butterflies' in their stomach without an explanation as to why they are feeling uneasy. Parents sometimes worry about their children reacting this way and are often confused as to what could be wrong. Often there is nothing wrong and their children actually love coming to school and have many friends. For these children the anxiety comes simply from a change in a familiar and comfortable routine. Some children may be shy in nature and have to work very hard to interact with others. These children are sometimes very confident when they are relaxed and have very good friends, but their natural state may be more on the introvert side of the social spectrum. Tamara Dalrymple, a Registered Clinical Counsellor on the 'Synergy' website makes a few suggestions to assist children beat anxiety when returning to school. These include:

- Avoid giving excessive reassurance: instead, assist your child in problem solving and planning (e.g., make a list of school supplies and plan a shopping trip, create a schedule).
- Let your child know it is normal to have concerns, but encourage coping and independence (versus rescuing).
- Assist your child with coping statements: When children or youth express anxious thoughts, encourage them to think of ways they can cope and plan ahead.
- The night before school, pack up the school bag ahead of time, including snacks.
- For anxious children, a reassuring note in their lunch or object that reminds them of home may also be helpful. In some circumstances, it may be helpful to connect your child with the school counsellor.
- It is also helpful for anxious children to learn breathing and relaxation strategies. Help them find fun ways to relax and encourage them to use these tools when they are feeling anxious.
- Monitor your own reactions and behavior. It is very distressing for parents to see their child in discomfort, and sometimes there is a natural inclination to reassure excessively or protect the child from their fears (i.e. by allowing the child to stay home). Parents may unintentionally give children the message that they do not have the resources to cope on their own, which may actually reinforce the anxiety.

I have also included an article by Educationalist and Parent Educator, Michael Grose entitled "Easing Children's Anxiety" for your consideration. If you have any concerns with regard to your child(ren) in relation to anxiety please feel welcome to come to school and discuss this with your child's class teacher, Mrs Benkovich or myself. The school counsellor can sometimes be of assistance if you are feeling concerned about your child and anxiety.

God bless you and your family.

Bernadette Fabri

Principal

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[www.stpatsparra.catholic.edu.au](http://www.stpatsparra.catholic.edu.au)

# SRC - Semester 2, 2017

Class	SRC Names	
KM	Boy: Joshua Jatani	Girl: Angelique Saliba
KA	Boy: Levi Jaitani	Girl: Bailey Grohs
IC	Boy: Joseph Maroon	Girl: Gabrielle Vella
1S	Boy: Liam Stojkovski	Girl: Christina Brown
2Y	Boy: Louis Wehbe	Girl: Emma Barrientos Salazar
2M	Boy: Lewis Khalil	Girl: Daniella Gereige
3L	Boy: Jack Gittany	Girl: Olivia Gebrael
3T	Boy: Malcolm Nasr	Girl: Maria Wahbe
4B	Boy: Jeremy Moussa	Girl: Isabella Moses
4G	Boy: Justin Mahkoul	Girl: Lucy Parkes
5C	Boy: Luke Takchi	Girl: Erica Jurisic
5T	Boy: Liam Abdallah	Girl: Sienna Volante

## Presentation of Badges to the new SRC Members

Congratulations to the newly selected Student Representative Council members. These children have been chosen by their peers to represent the school during the second half of the year. **The students will receive a SRC badge tomorrow at our special Whole School Awards assembly commencing at 2.00pm.**

As part of their role as SRC members the students will meet every Thursday and discuss ideas put forward by students of our school. They will also lead prayer during our morning assemblies. Congratulations to all of the students for being selected as you obviously show a commitment to our school values of Respect, Compassion and resilience and will be a valued member of the SRC group.

I look forward to working with you during Semester 2,

L Standing.



## *Honour Award*

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



3L	Ethan Bechara
3T	Peter Do
4B	Zachary Haddad
4G	Crista-Nicole Gahdmar
5C	Jessica Wehbe
5T	Stephanie Saab
6P	Kalysta Livia Maharani
6W	Zara Fong



## st patrick's award



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

3L	Catherine Said
3T	Shanelle Wambeek
4B	Zara Moussa
4G	Charlie Romanos
5C	Deo Cerillo
5T	Syrus Dig
6P	Pauline Said
6W	Michael Farah

## OOSH BUS PICK UP

We ask for your cooperation when parking in the Villiers Street 5min pick up zone. This space is used by the OOSH bus that services over 44 children at the school. As you can imagine finding a place to park a bus is challenging at the best of times in our area and the bus driver depends on this space to ensure that our children are picked up safely. I understand the complications of parking around the school is difficult however the system appears to be working very well. Can I encourage all parents to use the drive through, follow road and parking rules, park a little further away and walk, be mindful of the after school bus and refrain from dropping off and having to reverse at the Ross Street driveway. Thanking you as always in assisting us to work together to ensuring all children's safety.

## **SAFETY ALERT - NEW ARRIVAL AND DISMISSAL ARRANGEMENTS FEEDBACK WELCOME**

Last term, spurred on by a safety alert from the Catholic Education Office, we decided to corral access to the school before and after to the Ross Street gate. This enabled staff to better supervise children as they entered and left the school grounds. Feedback from the staff about this new procedure has been very positive. We are interested in your thoughts. If you would like to offer some feedback, from a parent's perspective, please email the school through the skoolbag app.

### 2017 Census Day

Dear Parents & Carers,

Friday 4th August (Week 3) is the annual Census Day. This forms a very important part of our funding and audit procedures. All children are required to be in attendance at school or written explanation be received. Can we please ask all parents to send either a skoolbag app or an email to the school explaining your child's absence on the 4th August, 2017. The earlier this is sent in the day would be greatly appreciated.



Congratulations to the Mendoza Family on the birth of their baby girl, Isabella, a new little sister for Gabriella (4G)

## **Woolworths Earn & Learn 2017**

Dear Parents,

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school/early learning centre – and all we need you to do is shop for your groceries at Woolworths.



From Wednesday 26<sup>th</sup> July to Tuesday 19<sup>th</sup> September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn)



**Happy Birthday to the following children who will celebrate their birthdays in the following week:** Jacinta Azizi, Afia Mundanmany Babu, Zoe Samar, Isabella Kozlowska, Noah Younan, Brooklyn Munro, Biaggio Volante, Matthew Tocher, Peter Do, Caitlin Maroun, Olivia Takchi, Sandra Moussa, Matthew Draybi



## Constable Chris comes for a visit to St Patricks Parramatta

Last Tuesday and Wednesday Constable Chris Liptyn from Parramatta Local Area Command came to speak to the children in years 1 to 6 about some important safety topics. He spoke to the primary children about Cyber Safety and to the infant's about Road Safety and Stranger Danger. We really appreciate Constable Chris taking the time to come and address the children on these very relevant topics.

## ATHLETICS CARNIVAL

Our Athletics Carnival is to be held on **Friday 28th July** at Barton Park North Parramatta. Permission notes were sent home on Monday and should be returned by the end of this week. We are once again asking for parent volunteers and would appreciate any support you can give us to assist on the day.

There will be **NO canteen** facilities available on the day so all students **MUST** bring their own lunch and recess, as well as water, with them on the day. Parents may wish to bring their children's lunch but all students need to have their recess and drinks with them on the day as parents will not be allowed inside the oval unless assisting with the carnival.



Parents Representative Council  
SUPPORT | CELEBRATE | EDUCATE



### PRC INFORMATION

The Term 3 PRC Meeting will be between 7-9pm on Monday 21 August at St Patrick's Catholic Primary School - Villiers St, Parramatta.

The PRC meets once a term providing an opportunity for all caregivers (parents, guardians, grandparents) to attend, network and contribute to discussions of interest. Meetings also assist parents to develop as educators through discussion and training, often delivered by guest speakers. Guest speakers present on a range of educational, parental and spiritual topics.

Our Guest Speaker for this event is to be confirmed.

For further information contact the PRC at the details below.

**Contact:** Wayne Davie

**Tel:** 0404 924 166

**Email:** [prcparrasecretary@gmail.com](mailto:prcparrasecretary@gmail.com)

### Date to remember

Staff Development Day for Term 3 will be Monday 21st August.

No children will attend school on this day.

### GRAND PARENT'S MORNING TEA ASSISTANCE

A note was sent home to all **Year 3** parents earlier this week to support this morning tea. We have asked all **Year 3** families to make a monetary donation so that the organising committee can purchase the required food.

The committee are in urgent need of helpers on the day with setting up, serving etc. To date we have had little response and as this is the largest attended morning tea we hold each year we need as much support as possible. **It would be disappointing if we were only able to provide biscuits and coffee for all the wonderful grandparents visiting us on the day.**

### Sports Days for Term 3

Children will be required to wear their sports uniforms on the following days for Term 3:-

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

## Grandparents Mass, Morning Tea and Open Classrooms

It is the unconditional love that grandparents have for their grandchildren that is so important. The wisdom they share through their stories and life lessons that can only come from people who are admired and respected. Grandparents have such an amazing impact on the family unit and are vital when it comes to sharing their faith and Catholic beliefs.

In Rio de Janeiro, July 26, 2013, during World Youth Day celebrations, Pope Francis announced the following: *"Saints Joachim and Anne were part of a long chain of people who had transmitted their love for God, expressed in the warmth and love of family life. How important grandparents are for family life, for passing on the human and religious heritage which is so essential for each and every society! How important it is to have intergenerational exchanges and dialogue, especially within the context of the family. Children and the elderly build the future of peoples: children because they lead history forward, the elderly because they transmit the experience and wisdom of their lives. This relationship and this dialogue between generations is a treasure to be preserved and strengthened!"* (A Resource of the Australian Catholic Marriage & Family Council, 2014)

This year, our school and parish will be preserving and strengthening the gift of our grandparents with an Eucharistic celebration. It will take place on **Thursday 27 July at 9.10am**, when we celebrate the Feast day of St Joachim and St Anne (Jesus' grandparents). Afterwards we invite all grandparents to join together in the School Hall for a morning tea in your honour. This will be followed by a visit to their grandchildren's classroom where you can spend some special time together recalling how schooling has changed since your years in Primary School.

We look forward to sharing this special moment with you.

God Bless,  
Leanda Standing  
Religious Education Coordinator

### Sacramental news

Dear Parents and Carers,

Next term preparation groups for the Sacrament of Initiation will continue with the students preparing for the reception of the sacrament of Confirmation. If you have a child/ren who are eligible to make this Sacrament the following information may be of interest to you.

Sacraments of Initiation: Preparation for Confirmation Registration for Confirmation is now open for children 10 yrs or older who have made their Reconciliation and First Eucharist. For more information please contact the sacramental coordinator Meg Gale at [sacrament@stpatscathedral.com.au](mailto:sacrament@stpatscathedral.com.au)

Please note that the calendar for sessions of preparation is as follows:

- |                 |  |
|-----------------|--|
| Confirmation 1: | Tuesday 18th July, 7.30pm - Parent session   |
| Confirmation 2: | Tuesday 25th July, 7.30pm - Parent Session   |
| Confirmation 3: | Saturday 5th August 4.30pm<br>Parent and Children Session  |
| Confirmation 4: | Saturday 19th August 4pm<br>Preparation for the Sacrament of Confirmation followed by 6pm Vigil Mass |
| Location:       | St Patrick's Cathedral Parish Hall   |

Leanda Standing  
Religious Education Coordinator



### Exciting reasons to keep saving with School Banking.

Welcome back to school for Term 3. It's great to see School Bankers showing continued saving efforts through the first half of the year.

**Don't miss out on the Grand Prize competition ending this term**  
To be in the running for a family trip to Tokyo Disneyland, children need to make 15 or more School Banking deposits between 23 January 2017 and the end of Term 3.

**New reward items available in Term 3**  
After making 10 School Banking deposits, children can now choose to redeem the Smiley Emoji Keyring or the Volt Handball.

**Keep track of savings and tokens with the CommBank Youth app**  
To help enhance the financial education of children, we've introduced the CommBank Youth app, available on any iOS 9.0+ device from the App Store. This innovative banking app gives kids hands-on experience in learning real-life money skills in a safe and fun digital environment. It also provides a new way for School Bankers to keep track of their Dollarsmites tokens.

**PLUS EXCITING GAMES TO PLAY AND PRIZES TO WIN**

On Monday 21 August 2017 we will be launching an exciting School Banking competition with prizes to win and an incredible game experience. Your school will receive more details soon, so stay tuned.

More information about CommBank's School Banking program and the CommBank Youth app is available at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

**CAN**

Things you should know: Full terms and conditions found at [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking). Competition is open to Australian residents aged 4-17 years old with parental/guardian permission, who have an active CAN YouthBanker account and participate in CAN's School Banking program. Competition starts 23/01/17 and ends 11/08/17. Prize pool: \$100,000. Grand prize: \$20,000. Other prizes: \$5,000. Winner: \$5,000. Runner-up: \$2,500. Prizes are awarded in New Australia 17/01/17. Please contact 13-1388 for more details. © 2017 Commonwealth Bank of Australia. ABN 40 123 123 124, of Level 30, 11 Market Street, Sydney NSW 2000. Member since 1991. For more information, see 13-1388. CAN 1388 1388.

# SOCIAL JUSTICE - FOOD DONATIONS FOR REFUGEE CENTRE

## Pyjama Day

On Thursday 3 August St Patrick's will be having a pyjama day!!! We want this pyjama day to be the best pyjama day in the history of St Patrick's. The students will be invited to wear pyjamas and donate non-perishable food items on this special day. We would really appreciate the effort of you all bringing in the food items from the list below, as it is for a good cause.

Please purchase food from the following choices. - Basmati Rice, Pasta- Spaghetti or Penne, Cooking Oil (Olive, Vegetable etc) - 500ml or 1L, Instant Noodles, Long life UHT milk ( 1L) , Tinned Tuna ( smaller tins preferred) Tinned Fruit, Tinned Corn, Tinned Vegetables, Tinned Chickpeas, Red Kidney beans, Dried lentils, Black and green tea bags, Instant Coffee, Biscuits, Curry powder and spices, Salt, Sugar, flour or select from Toothpaste, Toothbrushes, Shampoo, Conditioner, Sanitary pads or napkins( not tampons), Razors and Shaving Foam, Deodorant, male & female Soap

Please remember you will have to wear sandals (no slippers, thongs, etc) so we are kept safe on the playground.

Thank you for your continued support  
**Raymond W, Claire G and RE committee**

### NEW FINANCE SYSTEM — Email Address

Starting from Term 3 all receipts will be emailed to families. To enable us to update your records with your email address we are asking that you follow the below instructions. For each email address ie where Mum and Dad have separate email address please complete steps for each parent.

- Go to your Skoolbag App
- From the main menu select eforms
- Select change of details
- Complete your details including your name, address details, email address and child's name.
- Submit

Once the office has received your updated details our system will be updated.

As this is a completely new system and very different to our previous eSchool Finance System we ask for your patience when you come to the office to pay over the counter.

## Book Club LOOP

**LOOP** is the Scholastic Book Club  
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to [scholastic.com.au/LOOP](http://scholastic.com.au/LOOP)

or  GET IT ON 

Follow these **easy** steps!

**1** Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

**2** Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.  
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)  
 

LOOKING FOR MORE PRODUCT INFORMATION?

**3** Click on **ORDER** and enter the item number from the Book Club catalogue.

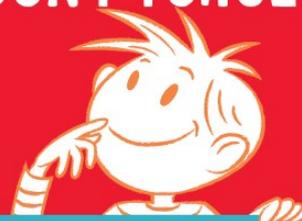
**4** All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.

SCHOLASTIC



## DON'T FORGET!



**SCHOLASTIC**  
**Book Club**

orders are due:

**4th August 2017**

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

# 2017 School Calendar

## Term 3

### Week 1

Friday 21st July	Life Education Life Education Parent Session 9.00am—9.45am Primary Assembly—Year 5—2.00pm Semester 2 SRC & Colour Captains Presentation
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### Week 2

Monday 24th July	Life Education
Tuesday 26th July	Year 2 excursion to Warragamba Dam
Thursday 27th July	Grandparents Mass—9.10am St Patricks Cathedral Followed by Morning Tea in the school hall Open classrooms
Friday 28th July	Primary Athletics Carnival

### Week 3

Tuesday 1st August	ICAS English—7.40am Year 6 classrooms
Wednesday 2nd August	Stage 2 Boys and Girls Soccer Gala Day
Thursday 3rd August	Pyjama Day and Food drive
Friday 4th August	School Census Day Assembly—Choir—2.15pm

### Week 4

Tuesday 8th August	Cumberland Zone Athletic carnival
Thursday 10th August	Year 1—Wildlife World excursion
Friday 11th August	Walkathon—Sports stars Primary Assembly—Year 6—2.15pm

### Week 5

Tuesday 15th August	ICAS Mathematics—7.40am Year 6 classrooms
Wednesday 16th August	Voice of Youth—Year 6
Friday 18th August	Infants Assembly—Kinder – 2.15pm

### Week 6

Monday 21st August	Staff Development Day—no children to attend school
Thursday 24th August	Year 3—Featherdale Farm excursion
Friday 25th August	Diocesan Athletics Carnival Primary Assembly—Year 3—2.15pm



*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)



## Building parent-school partnerships

WORDS Michael Grose

# Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

### Making a plan

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

