

st patrick's primary school parramatter patter

6th August 2015 Term 3 No.4



Dear Parents

Last week two members of the Parramatta Local Command came to visit the children at the school to present a session on 'Stranger Danger'. This was in response to a worrying incident involving an 8 year old little girl, and a man she did not know, not far from our school. The police spoke to all the children about the importance of keeping safe by always walking with an adult, especially to and from school. They demonstrated some important strategies that children can use if they are feeling unsafe including drawing attention to themselves by yelling words such as, 'Help!' or 'Get Away!' and they even encouraged them to yell, kick and scream if someone touched them.

During the presentation I was particularly impressed with what the children already knew regarding this very important topic. Even the students as young as those in Kindergarten articulated an understanding of who is a stranger, what to do or never do when out of the school or home environment and when to call for help. It was obvious that this was something many parents had discussed with their children. The police constables did not go into any particulars with the children regarding the incident however they did encourage them to see the police as 'safe' people who would always help them if they were in any difficulty.

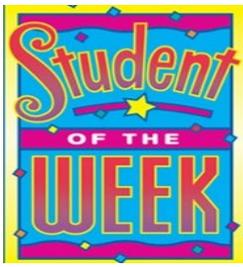
I am sure that you would agree that the safety of our children is paramount and sadly unlike the 'olden days' children have no longer the freedom to roam around the neighbourhood or play by themselves at the park with other children like we used to when we were young perhaps. Sometimes I am surprised to see very young children by themselves in the shopping centres or walking home from a nearby park near where I live, in what appears to be an unsupervised situation. I can also imagine the pressure children place on parents to allow them to 'grow up' and do what older children do. In many ways what the police were trying to emphasize is that there is 'safety in numbers' and being alone is unsafe; even for teenagers. For children that have to walk a distance by themselves a mobile phone is a very handy device.

May I encourage you to continue to discuss with the children 'Stranger Danger' and I have included in this newsletter an article written by, "Catherine Gerhardt" entitled Keep Children Safe in Public with these 5 Ideas, for your information. The five key ideas are; Never go anywhere with anyone without asking permission, Noticing your personal alarm, Trusting your instincts, Personal space vs safety zone and Safe places, safe people. This article is part of the 'Parenting Ideas Insights' series some of which I will share with you in future newsletters. The school will continue to reinforce these and other safety rules as part of the Personal Development, Health and Physical Education Program.

God Bless You and Your Family

Bernadette Fabri

Principal



Student of the week is awarded to the child who demonstrates outstanding application across any



st patrick's award

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

Faith in Action



Happy Birthday to the following children who will celebrate their birthdays in the following week:

Evelyn Gereige, Brailey Qumi, Valerie Liu, Aaron Neroy, Mary-Jo El-Sabbagh

KA	Nicholas Drosos
KM	Alexandriya Izmestyeva
1C	Jake Buxton
1S	Feima Koima
2M	Ella Abdallah
2Y	Julian Tanna
3L	Christian Moujalli
3T	Alana Medak
4B	Valerie Liu
4G	Matthew Liang
5C	Samuel Shalala
5T	Caitlin Polintan
6P	Tahlia Rizk
6W	Grace Fahnbulleh

KA	Emmanuel Missak
KM	Zara Diuco
1C	Elisa Daher
1S	Tyler Morson
2M	Alani Grohs
2Y	Chiara Banzato
3L	Erica Jurisic
3T	Wytske Lubbers
4B	Afia Mundanmany Babu
4G	Gabriella Cruz
5C	Sophie El Bayeh
5T	Mikayla Shalala
6P	Jessica Liang
6W	Ashley Younis

The Pope Francis

'To Do' List

End the tyranny of the screen, information overload and distractions. Watch out for media-induced melancholy and isolation. Cultivate real relationships with others. (47)

Mobile Phones in School

Whilst we understand that some children are required to bring a mobile phone to school for safety reasons ie walking to or from school, no phones are needed during school hours. All mobile phones are to be dropped into the office prior to the morning bell and collected in the afternoon.

In an emergency, where the children need to be contacted, please call the office on 9630 1421 where a message will be passed on.

New Security in School

Due to the new security door that was installed in the holidays, the front door to the office will now be unlocked during office hours.

Visitors will be required to just pull open the door and come through to the secured office area. All visitors to the school are required to sign in and follow usual procedures.

Sick Children



This week in our school we have had a large number of children absent with a "tummy bug" and flu symptoms. Sometimes children may just need an extra day off to recuperate. In the interests of the wellbeing of our whole school community we ask you to take a moment to review the "Too Sick To Go To School?" chart created by NSW Health which is accessible from the following webpage -

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/too-sick-to-go-to-school>

This chart reminds parents of the advisable periods of time children should be away from school during and after an illness. We appreciate your co-operation with keeping our school healthy and happy.

Staff Development Day

The date of the next Staff Development Day has been set for Tuesday 6th October. Children do not attend school on this day.

Father's Day Celebrations

This year, St Patrick's will be celebrating **Father's Day** on **Friday 4th September 2015**. As in previous years, we will be celebrating our wonderful fathers and grandfathers at **Mass in St Patrick's Cathedral at 9:15am**. Prior to the Mass the Year 4 parent members from the St Patrick's Parent Events Committee will be organising and preparing a **delicious breakfast** and **fun activities** to commence at **7:30am** for our dads and grandads to enjoy. We believe it will be a great way to allow our fathers and grandfathers to catch up, bond and feel loved and appreciated by our school community.

Look out for the letter with details and an RSVP slip in the coming days.

Father's Day Raffle

Our Parent Event Committee is hard at work sourcing prizes for our raffle. If you would like to donate anything towards the Father's Day raffle please feel free to drop it into the office.



St Patrick's Movie Night

Dear Parents,

St Patrick's will be holding our annual movie night on Friday the 11th of September to encourage community building within our school. It will be a great opportunity for families to meet, relax and socialise for a couple of hours and allow new families to the school to build relationships. The movie that is to be viewed on the night will be announced soon and tickets will go on sale within the next couple of weeks. We are currently getting the students to vote from a list of movies so that they too feel involved in planning the night.

Whilst we have a wonderful Movie Night Committee who are assisting with the organisation of the screen hire and catering, we would appreciate if some families could kindly assist with supplying soft drinks and juice poppers for the night.

If you are able to donate cans of soft drinks or juice poppers for the event can you please deliver them to the school office so they can be stored in refrigeration prior to the event. We appreciate any support you can provide. A variety of flavoured soft drinks, including some diet, and juices would be appreciated.

Thank you for your ongoing support and assistance. The planning of these events would not be as successful without your help. We are truly blessed to have such a generous community at St Patrick's who always unite to ensure we provide our students and their families with the best opportunities.

Yours Thankfully

Movie Night Committee 2015

Cumberland Zone Carnival

On Tuesday the 4th of August, Mrs Warn and I had the great privilege of supervising our track and field athletes from St Patrick's at the Cumberland Zone Carnival. I am exceptionally proud to say that this year's St Patrick's team was one of the most successful teams I have had the pleasure of managing.

A huge congratulations to all of the children who represented St Patrick's and participated in the 2015 Cumberland Zone Athletics Carnival. We had a team of 29 athletes who all represented our school proudly in several track and field events. They did their best and never gave up, even when they were exhausted. Mrs Warn and I were extremely proud of all our athletes - proud of the fact that they tried their little hearts out on such a big stage. What was even more inspiring to see was the way that our team supported and encouraged one another throughout the day. Their cheers could be heard throughout the park.

All of our St Patrick's representatives were on their best behaviour and were always respectful. They displayed exceptional sportspersonship not only with one another, but also towards the children from other schools. We even had comments from staff and parent helpers from other schools about how polite and well behaved our children were.

A huge thank you to Mrs Grubba for assisting with the Discus event. This is always a difficult job and her expertise was greatly appreciated. Thank you to the parents who had to front the cold of 6am to make sure the students were prepared and on time to leave for the Carnival and a big thank you also to the parents who assisted Mrs Warn and myself in the stands with supervising the children. It is a busy day and having the parent helpers assisting with supervision while we got the children prepared for events and checked results was a relief. We appreciated your wonderful assistance. Thank you again for your care and support. Thank you also to Mrs Warn for her willingness to assist me on the day.

I am exceptionally proud to report that this year St Patrick's absolutely dominated the Cumberland Zone Carnival. On behalf of Miss Fabri and the staff and students at St Patrick's I would like to congratulate the following students who successfully made it through to the **Parramatta Diocesan Zone Carnival on 21st August 2015**. I am sure you will do yourselves as well as our school proud.

Kyra Dpenha- 100m and 200m	Jordan Moubarak- 800m, 200m
Marcus El-Chaar- Discus and Shot Put	Ashley Younis- 100m
Annie Gittany- 800m	Ashleigh Grubba- 100m, 200m, Long Jump, Discus
Arabella Gittany- 100m	Luke Maroun- 800m, 200m, 100m, Long Jump
Oscar Gray- 800m	Junior Boys Relay Team
Prince Gyan- 100m	Junior Girls Relay Team
Crystal Makdissi- 100m, 200m	Senior Girls Relay Team
Caitlin Maroun- 100m	

However the exciting news doesn't stop here! Many of our team members entered several track and field events and worked tirelessly throughout the day. Even though they were sore and tired they battled on and competed to the best of their ability in all of their scheduled events and finals and their hard work and never give up attitude paid off.

It is with great pleasure I announce the following **Champions and Runners-Up from the Cumberland Zone Athletics Carnival**.

JUNIOR BOYS AGE CHAMPION LUKE MAROUN 11 YRS BOYS RUNNER-UP JORDAN MOUBARAK
SENIOR GIRLS AGE CHAMPION ASHLEIGH GRUBBA SENIOR GIRLS RUNNER-UP CRYSTAL MAKDISSI

As you can see St Patrick's had a successful day thanks to the efforts and skills of our entire Zone Team. I was extremely proud to be at this event with this wonderful team. I'm sure we will see some of these super stars in future Olympic events.

Mr David Younis

Solemnity for The Assumption of the Blessed Virgin Mary

Scheduled Holy Masses:

Friday 14 Aug (Vigil) 7.30pm Cathedral (Choir will be in attendance)

Sat 15 August 8.00am Cathedral

Please note this is a Holy Day of Obligation.

Woolworths Earn & Learn

Woolworths Earn & Learn is back and it is now easier than ever to earn valuable resources for our school. Last year more than 14,500 schools and Early Learning Centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It's simple to participate. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet.

There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards).

Once completed, simply place the Sticker Sheet in the Collection Box, either at your local school or at your local Woolworths.

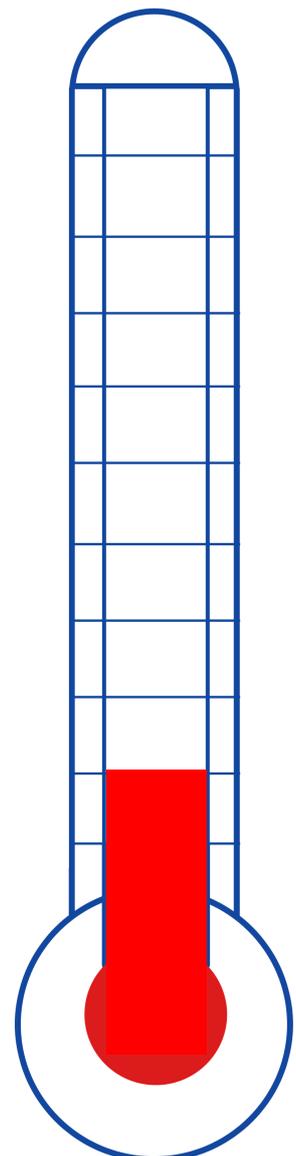
The school can then redeem the Woolworths Earn & Learn stickers for valuable education resources.

ONLY 60 STICKERS PER SHEET AS ANYMORE WILL NOT BE COUNTED



Target

30,000 points



4080 as of 3/8/15

BOOK WEEK 2015

The theme for Book Week this year is 'Books Light up our World.' The Children's Book Council of Australia celebrates its 70th Year (1945-2015)



During Week 7 (24/8 – 28/8) we will be celebrating Book Week.

There will be a **Book Character Parade** and many other planned Literacy based activities relating to the theme and the Short-Listed Books.



We ask that the students dress up as a fictional character from a favourite book. Preparing the costume need not be an expensive task as many costumes, with a little creativity, could be made from re-cycled materials and clothing in wardrobes.

More details of this week will follow.

Parent Helpers

A very big thank you to our wonderful parents who have been helping out with covering home readers this week. You have been so efficient and generous with your time. Thank you to Mrs M Doueih and Mrs El Khoury for their great work.

Our library is always looking for volunteers to assist with book covering and reorganizing books on the shelves. If you could help out for an hour or two on Tuesdays or Wednesdays it would be greatly appreciated. Please contact Mrs O'Dwyer in the Library.

Thank you for your continued support.

Yours Faithfully

Mrs O'Dwyer

2015 Progress Chart

 **Nutrition Snippet**

The simplest way

...to find more healthy tips!

Eat It To Beat It wants as many people as possible to understand why eating the right amount of fruit and veg is vital in the fight against cancer.



That's why we're on Facebook – meaning you have stacks of easy, cheap and fun recipes and tips at your fingertips.

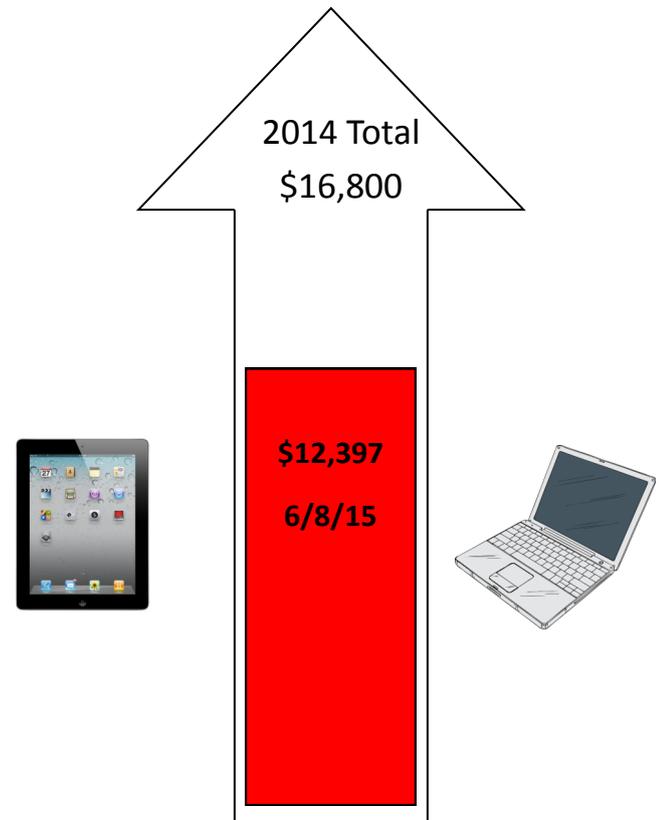
Like our page today – simply go to [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

 LIKE US ON  **facebook**

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

 Health Western Sydney Local Health District 



It's not too late to bring your WALK-A-THON money in. Let's see if we can beat last year's total



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

Monday to Friday 6.45am, 12.30pm
Public Holidays 8.00am

Pastoral Team

Fr Peter Williams elected Diocesan Administrator
Very Rev Fr Robert Bossini
Rev Fr John Paul Escarlan
Rev Fr Steven Hyun
Rev Fr Michael Gitau
Rev Robertus Kim
Sr Susan Ward rsj

2015

TERM THREE – DATES FOR YOUR DIARY

Week Four

Friday 7th August

Excursion Year 4—Government House

Whole School Assembly—Yr 6 2.15pm

Week Five

Tuesday 11th August

ICAS—Mathematics—7.50am

Friday 14th August

Infants Assembly—Yr 2 2.15pm

Week Six

Wednesday 19th August

Excursion Kindy—Calmsley Hill Farm

Friday 21st August

Diocesan Athletics

Primary Assembly—Yr 5 2.15pm

Week Seven

Friday 28th August

Excursion Year 3—Maritime Museum

Infants Assembly—Kindy 2.15pm

Week Eight

Monday 31st August

Art Expo commences

Tuesday 1st Sept

Father's Day Stall

Yr 5 Personal Development Night 7pm

Wednesday 2nd Sept

Year 5 Nursing Home visit

Friday 4th Sept

Father's Day Breakfast

Father's Day Mass

9.15am St Patrick's Cathedral

Week Nine

Friday 11th Sept

Primary Assembly—Yr 3 2.15pm

Movie Night (More details to come)

Week Ten

Friday 18th Sept

Last Day of Term 3



Parentingideas INSIGHTS

Building parent-school partnerships

WORDS Catherine Gerhardt

Keep children safe in public with these 5 ideas

There is a strong shift away from the old rule of "never talk to strangers" to "never go anywhere with anyone without asking permission first". Catherine Gerhardt has 5 practical ways to help keep children safe in public.

There is a strong shift away from the old rule of "never talk to strangers" to "never go anywhere with anyone without asking permission first". A child who has been taught to never talk to strangers may feel they have nowhere to go if they find themselves lost in a shopping centre or other public place.

As parents we need to emphasise who is a "stranger". Your definition and your child's may be quite different. Engage with your children to help them understand that a stranger is simply someone whom they do not know. We do not know if someone is good or bad just by looking at them. Rather, we need to teach our children about "strangeness", which is way down at the feeling level. This is about helping kids recognise that something doesn't feel right, and then to trust and act on those feelings.

Five ways to enforce the new rule:

1 **Never go anywhere with anyone without asking permission first**

This is the new fundamental rule to keeping kids safe. This rule must NEVER be broken. Regardless of if it is a school, public or family function, work with your children to ensure they always ask an adult for permission before going off with ANYONE.

Classic "what if" scenarios are worth their weight in gold. "You are at school and walking back to class after snack when a man comes up to you and says he is looking for his son's class. He asks you to go with him to show him where it is. Do you go?"

Use tempting scenarios that are relevant to your child, such as puppies or toys, and discuss safe options and strategies in each case.

2 **Your personal alarm**

Children have an innate sensitive personal alarm, which we can teach them to use. This is their natural defence system. Work with them to identify and recognise the physical and environmental signals that cause their alarm to sound. Knowing that a rush

of adrenalin will cause physiological changes in our bodies and activate our personal alarm is a good start. A child's personal alarm will present the same physical and emotional cues that an adult's will.

3 **Trust your instincts**

Have you ever gotten "the creeps"? Maybe it's the idea of snakes, mice or heights that does it for your child. Encourage them to draw on how it feels when they get the creeps. Instincts are those feelings you get when something or someone makes you feel uncomfortable. Instincts are the physiological changes that happen to our body when our personal alarm goes off.

Physiological changes include noticing that you feel scared or nervous, your tummy feels upset and your heart is racing. And you know what? Our personal alarm is right 100% of the time.

more on page 2 >>



Parentingideas
INSIGHTS

Building parent-school partnership

... Keep children safe in public with these 5 ideas ...

4 **Personal space vs. safety zone**

Most kids understand the concept of personal space. How many times have we heard, "Stop invading my personal space!" Most people feel comfortable within an arm's length of others. However, do your kids recognise their safety zone? Teach your child to be aware of their surroundings. If a "strange" person is too close, suggest they back away and maintain their safety zone. A safety zone is much bigger than your personal space - at least three giant steps bigger.

5 **Safe places, safe people**

There are times when a child must ask for help quickly and instinctively. We already know that not all strangers are bad, that most strangers will help a child who is lost or upset. It is situations that are safe, not places. Talk with your child and reinforce that he or she must ALWAYS use his or her skills with ALL people, including those presumed safe. Encourage your child to tell an adult they trust when someone or something has frightened them.

As parents we need to empower our children with self-confidence and trust in their ability to sense when something is just not right. It doesn't matter if they can articulate it; they just have to feel it.

For more ideas to keep kids safe visit the Daniel Morcombe Foundation.

To find out more about Catherine Gerhardt's great work about keeping kids safe online and offline visit Kidproofsafety.com.au

Catherine Gerhardt



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parentingideas Club today at parentingideasclub.com.au. You'll be so glad you did.

parentingideas.com.au



Marriage Forum

EXPLORING EQUALITY AND DEFINING DIFFERENCES



MADELINE VELLA



HON. GREG SMITH SC



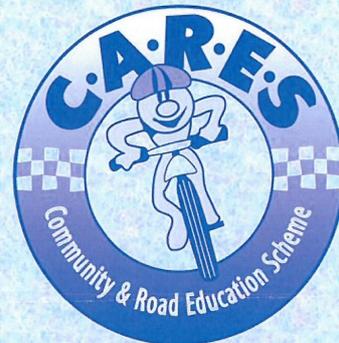
3PM - SATURDAY 8 AUGUST



ST PATRICK'S CATHEDRAL, PARRAMATTA

CONNECT WITH YOUR LOCAL MP | AFTERNOON TEA PROVIDED | CHILD MINDING AVAILABLE

For more info: wsmarriageforum@gmail.com



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Y

Auto Place x Peter Brock Drive, Prospect
WEDNESDAY 23RD SEPTEMBER 2015
10AM-2PM

Bike week is from September 12-20 so come along to ride in a safe environment with real traffic lights.

Bring your own bike and helmet

Face painting & Activities

Parking is on site and free

Bring a picnic

Sausage sizzle, Lollies and drinks

Adult supervision required

Enquiries: caresprospect@police.nsw.gov.au



Blacktown City Council