

# st patrick's primary school

## parramatta patter

6th November 2014

Term 4

No.5



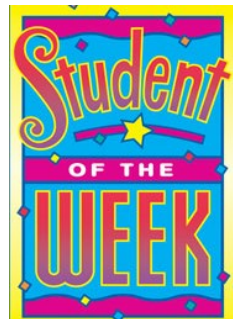
Dear Parents

For my newsletter article this week I would like to share with you the Principal's Report from the last Parent Group Meeting with some updated information. This report outlines the significant events so far this term and from last term including some information on the progress of key programs and projects.

God bless you and your family

Bernadette Fabri  
Principal

- **Term 4 has commenced** and we are now in Wk 5. It is hard to believe that time has passed so quickly and we are heading towards many activities which mark the beginning and finishing of stages of learning and of school journeys.
- This term we have commenced **Kindergarten Transition/Assessment Days** and will be holding the **Kindergarten Orientation Day** next Friday. These days are organized to give new and experienced parents a time to meet, become informed and get to see the school if they haven't already. There will be a time for them to ask questions and for their children to get a little sense of what school is about. It is also a time for the teachers to learn a little about each child and to begin to establish a learning profile in terms of their needs
- The children in Years 4 and 6 have now completed their **religious education assessments**. Their response to the scripture readings on Reconciliation, were put out on display last term and parents were invited to come and have a look at the children's reflections. The results just in are very pleasing with the school average above the diocesan average in all areas. Individual reports will be available soon.
- Thank you to all the parents and children for their generosity for the **'Sock it to Poverty'** appeal which supports Catholic Mission. The school community raised \$1,055. Children in Years 3 and 5 were visited by speakers from Catholic Mission to learn about the organization that helps poor families around the world. The children workshopped key ideas and issues facing these poor communities.
- The electronic data tracking system **FACES** is well and truly running and now all students' attendance is marked on an electronic roll. The program has the facility to keep all children's records in one place. They call the principle, 'A single source of truth' so that all information about a student is kept centrally. Access will be on a need to know basis.
- Children have completed a **Triskills Gymnastics** program and the staff and I are looking to extend this program for 10 weeks instead of 5 weeks next year.
- The **Footsteps dance program** has now commenced and from all accounts the students really love it and find great value in learning dance moves, steps and routines. It will be good to see some of these at the School Disco scheduled for the 21<sup>st</sup> November.
- Children are continuing the tradition of visiting the **local nursing home** this term. The response from the residents, staff and the children has been very positive and it is surprising how some children just shine in this situation. We have one more visit before Christmas with the choir and then a new roster will be commenced for 2015.
- This year the **disco night** will be held outside, weather permitting, on the 21<sup>st</sup> November commencing at 6pm. Mrs Marietta Maroun and a group of other parents have offered again to run the coffee stall and sausage sizzle. Parents are encouraged to bring picnic chairs and or picnic rugs to be set up outside the dance section. Other foods and drinks will be available to purchase on the night. More information will be sent out shortly.
- Over the last month the staff and I have been reconnecting with the Mercy spirit through looking at the life of **Catherine McAuley the foundress of the Sisters of Mercy**. Through studying her life they are together revising the school values. The teachers will be teaching the children about the life of this extraordinary woman in the first half of this term. Some special presentations have been shared at Friday's Assemblies to help launch the three key school values: Respect, Compassion and Resilience.
- On behalf of the school community we would like to **congratulate Arch Bishop elect Anthony Fisher** on his appointment of Arch Bishop and wish him all the very best in the next phase of his pastoral journey in leading the Catholic community in Sydney.
- This term we have opened up a new play area called the **'Harmony Area'**. This area, equipped with all types of toys and dress ups is used to cater for children who find the rush of the playground overwhelming or who find it hard to find a friend. So far it is working very well and we will continue to monitor what is needed to make it more effective. An article in the OLMC newsletter will be placed asking for donations of used but useful toys for this area.
- **School Uniform** School Uniform has now been outsourced to Oz Fashions. The key colours of both sport and school uniform has remained the same but there are some design changes to the sport uniform and sport tracksuit and there is the addition of some embroidery to some uniform pieces. All uniform items will be available from the 6<sup>th</sup> January 2015 at Oz Fashion store in Granville. Some new uniform items will be on display in the office from Monday 11<sup>th</sup> November.
- **Apple TV's** for every classroom have now been purchased and installed for every classroom. Our IT assistant Elliot is currently configuring them and setting them up for use. A set of 7 more **ipads** has also been purchased for every grade. These too are currently being set up for use. These items of technology have been purchased with funds raised by the parents through events such as the Walk-a-thon and the recently successful movie night. Thank you again for your continuing generosity.



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



### 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:**

Christine Kahwaji, Gabriella Cruz, Miray Sakr, Andre Eltakchi, Noah Gebrael Maria Wahbe, Nicholas Barakat, Satvik Poreddy, Michael Aboulhem, Shanelle Braganza, Gabriella Mendoza, Jack Gittany

3L	Claire Guatlo
3T	Marcus-Adam El-Chaar
4B	Kaitlyn Chiha
4G	Angelique Moujalli
5C	Mehaara Joseph
5T	Bethany Issa
6P	Mabel Zekan
6W	Jacob Takchi

3L	Jarrod Kassis
3T	Luca Gittany
4B	Alecks Lopez
4G	Kristiana Stevanja
5C	Jordan Moubrak
5T	Chanel Chidiac
6P	Sandy Nguyen
6W	Chanel El-Chaar

#### Year 6—Farewell Dinner

Parents please return your money and ticket order for the farewell dinner for Year 6 2014. Your earliest response would be greatly appreciated. Thank you Mrs Sakr.

#### ATTENTION SCHOOL VOLUNTEERS

Due to works being undertaken in the Cathedral overflow parking is no longer available even with an authorisation sign. Apologies for this inconvenience is extended.

**Thank you to all the parents for your patience with regard to extreme weather pick up procedure yesterday. The staff felt that considering the severity of the lightning right on 3.00pm that is was safer for the children and staff and less frightening for the children to be picked up from the classroom. We apologize for the inconvenience this may have caused you however the well being of the children is always paramount in our decision making. Thanking you as always for all your support.**

#### ARTICLE ON ANXIETY AND RESILIENCE

For parents who could not make it to last week's talk on Anxiety and Resilience please find attached at the end of the newsletter the article distributed to parents.

#### KINDERGARTEN INFORMATION MEETING

Friday 14th November  
School Hall  
9.15 am–10.30am

Please note this is for Parents only

#### DRIVE THROUGH PICK UP

Thank you to all the parents for your patience regarding afternoon pick up. On recent inspection the system seems to be working more effectively due to a number of factors; Children are getting to their cars faster and getting into cars quicker, drivers are staggering pick up times from 3.00 to 3.30 and are endeavouring to move up as quickly as practical, parents seem to be clearer on where to pick up children ie from the amphitheatre or classroom.

Two areas that still need some attention are for drivers to remember to be strict about keeping the round-a-bout clear at all times and to ensure that the family name is clearly marked on a poster to assist teachers who are on duty.

Can I also remind parents that it is unsafe to cross the road away from the zebra crossing. Although it may take a few more minutes, crossing at the designated crossing is safer and provides your children with good role modelling for when they have to cross the road independently.

For safety reasons it is also best if children nurse their bags rather than to walk behind the car to put them in the boot, thus placing them in danger of cars lined up behind them. I wish to thank all those parents who have given us valuable feedback. It is very much appreciated.

#### DANCING UNDER THE STARS— ST PATRICK'S SCHOOL DISCO

Our school disco this year will be outside under the stars on the 21st November. Why not make a night out of it for the whole family to enjoy. There will be BBQ sausages, drinks, ice cream and lots, lots more!!!! More information to come shortly.

## THANK YOU PARENTS

There was a distinct festive theme in the air on World Teachers Day as the staff at St Patrick's were treated to a delicious lunch prepared by a generous group of parents on behalf of the parent community. The day began with a presentation of cards, chocolates and a rose from parents gathered for morning assembly. All the cards were artistically and skilfully made by school captain Yvette Roque. This treat was followed by a smorgasbord of savoury and sweet foods, much of which were home-made, presented on beautifully decorated tables in the staffroom. The staff even had their own photo booth and entered into the fun spirit by posing for pictures dressed in fancy dress items. On behalf of the staff of St Patrick's Parramatta I wish to thank Mrs Maricor Guatlo and her parent helpers Aivy Macadangdang, Ana Pangan, Cinn Firmeza, Clare Guino, Elena Dig, Elvie Santos, Jennet Allida, Jenny Cauan, Johanna Cerillo, Jun Sonido, Leane Erive, Sheryl Roque and Winnie Tolentino for organising such a thoughtful gesture. I would also like to thank the many parents for the much appreciated expressions of gratitude, to the staff, for World Teacher's Day.



Congratulations to Father John Boyle (Castle Hill) once Dean of St Patrick's Cathedral for being awarded the papal title of Chaplain to His Holiness. He is now Monsignor John Boyle. We have sent flowers on behalf of the school community.

## SWIMMING CARNIVAL—26TH NOVEMBER

Parents please return your child's permission note to enable us to finalise numbers for novelties and race events. Thank you to the parents who have indicated they will be helping on the day. It is greatly appreciated.

## Kindergarten 2014 Mums' Dinner

Saturday 22nd November from 6.30pm

Winston Hotel - 170 Caroline Chisholm Drive, Winston Hills.

RSVP 14th November to Elizabeth Johnson on 0413 428 838 or [eandmjohnson@optusnet.com.au](mailto:eandmjohnson@optusnet.com.au)



Save the Date—Change of time now  
1.00pm  
Tuesday 16th December  
St Patrick's Primary School Christmas  
Celebrations OLMC Hall

# 2015 Parramatta Diocesan Team Sport Trials



Catholic Education  
Diocese of Parramatta

Any Primary students enrolled in Year 5 and 6 in 2015 are invited to participate in the Inter-Diocesan MacKillop Primary School team sports trials during Term Four in 2014 and Term One in 2015. Parramatta Diocesan trials will be held in the following sports:

\*AFL (boys), Basketball (B&G), Cricket (B&G), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), Softball (B&G), Tennis (B&G), & Touch(B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website [www.primarysportparra.catholic.edu.au](http://www.primarysportparra.catholic.edu.au). This online form is an **EXPRESSION OF INTEREST** for the 2015 Parramatta Diocesan Primary Sport Team trials. You may complete this form to attend a selection trial or if you have been selected in a representative squad or team. One form is to be completed per child, per individual sport.

Please note that your online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST be approved by your child's school**. In order for your child to attend the nominated trial or event this may come down to the discretion of your school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. **Please complete all fields and especially "Representative Experience"**.

**Your child's school will notify you one week prior to the trial date if your child is to attend to the Parramatta Diocesan trial for their selected sport by providing a trial information sheet.**

***Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.***

**Please contact your school sports coordinator for any further information.**

Yours In Sport,

Margaret Thornton

Teaching Educator – Primary Sport

Catholic Education Diocese of Parramatta

## OLMC Parramatta Orientation Day – Year 7 2015

Our Lady of Mercy College Parramatta will be welcoming future Mercy Girls who will be starting Year 7 in 2015 to Orientation Day on Wednesday November 12, 2014. The College is now enrolling for 2015 and 2016.

Visit [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) or contact the Registrar 8838 1222 to discuss how your daughter can be a Mercy Girl.

## Discover OLMC Parramatta

Our Lady of Mercy College Parramatta invites you to attend our Open Morning Tour on November 17, the last tour for 2014.

In this special 125<sup>th</sup> anniversary year, tour the College and discover contemporary learning and academic excellence in the Mercy tradition before enjoying a 'comfortable cup of tea' with the College Leadership Team.

The College is now enrolling for 2015 and 2016.

Visit [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) or phone 8838 1207 to reserve your place or obtain further information.

## OLMC Mercy Scholarships

Our Lady of Mercy College Parramatta is now accepting applications for Mercy Scholarships for Academic Excellence and Music Excellence. Girls entering Years 7, 9 or 11 in 2016 are invited to apply. Visit the College website [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au) for more information.

**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**

Arch Bishop Elect Anthony Fisher OP  
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



*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**

**TERM FOUR – DATES FOR YOUR DIARY**

**Week Five**

Thursday 6th November	Footsteps Dance Program
Friday 7th November	Yr 1 Sydney Aquarium Excursion Primary Assembly Yr 3 - 2.15pm

**Week Six**

Thursday 13th November	Footsteps Dance Program
Friday 14th November	Kinder 2015 Information Meeting Infants Assembly Kinder - 2.15pm

**Week Seven**

Thursday 20th November	Footsteps Dance Program
Friday 21st November	NO Assembly School Disco

**Week Eight**

<b>Monday 24th November</b>	<b>Staff Development Day—No students</b>
Wednesday 26th Nov	Swimming Carnival
Thursday 27th November	Footsteps Dance Program
Friday 28th November	Primary Assembly Yr 4 - 2.15pm

**Week Nine**

Thursday 4th December	Footsteps Dance Program
Friday 5th December	Infants Assembly Choir - 2.15pm

**Week Ten**

Wednesday 10th Dec	Year 6 Graduation & Liturgy Supper 7pm
Thursday 11th December	Footsteps Dance program
Friday 12th December	Whole School Assembly Year 6 - 2.15pm

**Week Eleven**

Tuesday 16th December	School Christmas Concert —1pm OLMC Hall
<b>Wednesday 17th Dec</b>	<b>Last Day of school for students</b>

*No duty is too little*

*Not to be done well*

*(1873) St Mary of the Cross MacKillop*

# General Information about Child and Adolescent Anxiety

## What is Anxiety?

Anxiety is a normal emotion that is needed to survive. It is most commonly experienced as fear or worry. Anxiety is useful as it can help us to perform to our best ability. Like most things in life, too much anxiety is not a useful thing.

Whether anxiety is a problem or not is determined by

- the degree of anxiety (how severe it is)
- the age appropriateness of the fear and

the amount of interference that is caused by the fear and worry.

Anxiety that is severe can impact on a person's health and happiness, and on their ability to complete everyday activities and achieve life goals.

## Do Young People Get Anxious?

Anxiety is a problem that can affect people at all ages. Problems related to anxiety are the most common emotional disorders in children and adolescents and affect around 1 in 10 children. When anxiety occurs, it can produce serious difficulties and interference in a child's life and development.

## Types of Child and Adolescent Anxiety

There are several different forms that anxiety can take in young people.

### **Separation fears**

Children with this problem worry that something bad will happen to themselves or to Mum or Dad whenever they are apart. As a result, these children often refuse to separate from parents - e.g. they won't go to school, they won't sleep over at friends' houses, and they won't be left at home with a sitter.

### **Social fears**

These children are extremely shy and withdrawn and worry a great deal about what others think of them. They avoid many social situations including, parties, sporting events, buying things at shops, or answering the telephone. They often have difficulty making friends.

### **Generalised anxiety**

These children are excessive worriers. They worry about many different areas of their life including school work, competition, family, and anything new. They often ask repeatedly for reassurance and may experience physical symptoms such as headaches, nausea, or diarrhoea.

### **Obsessive-Compulsive disorder**

These children tend to repeat actions or thoughts over and over, usually related to some type of fear. For example, they may wash their hands repeatedly because of the fear of getting sick from hidden germs or they may check locks repeatedly because of a fear of being burgled.

### **Post-Traumatic Stress**

Usually following a severe, life-threatening trauma, many children experience nightmares, fears, and signs of distress. When these difficulties persist for several weeks to months, help may be required.

### **Panic Disorder and Agoraphobia**

A young person who has regular panic attacks that happen for no apparent reason and who also worries that attacks will happen again. Consequently they begin to avoid places or activities for fear of having a panic attack while there.

### **Depression**

A closely related problem is depression. Depressed children may be sad, low in energy, unmotivated, and down on themselves. They may feel they have nothing to look forward to.

Many children will show features of several of these problems and may have several related problems such as difficulties with relationships or schoolwork.

## How do I know if my child is anxious?

Anxious children are usually very well behaved and don't bother anyone. Consequently, they can sometimes be overlooked because they don't make much fuss and do everything they can to not stand out in a crowd.

Their fears will usually be obvious in the things they do or the things they avoid doing and most anxious children will talk about their worries if you take the time to ask and to really listen.

Although anxious children can be difficult to identify there are some common behaviours which parents may be aware of. An anxious child may:

- be exceptionally well behaved eg never in trouble at school or when in the company of others (but not necessarily at home)
  - often ask many unnecessary questions and require constant reassurance
  - get upset when a mistake is made or if there is a change of routine eg sports day, substitute teacher, unexpected visitors or trip to an unfamiliar place
  - be a loner or restrict themselves to a small group of safe people (who may be younger or older)
  - often hesitate to answer questions and rarely volunteer comments or information
  - become sick when performances are necessary (may even be absent from school)
  - have poor social skills or refuse to participate in social activities, including other children's birthday parties
  - have difficulty separating from parents
  - be clingy with a parent or loved one in situations outside home
  - express worries about "bad things" happening
  - have worries about school at the beginning of each term or perhaps each Monday
  - avoid unfamiliar situations, become sick, not turn up or endure situations with significant distress
  - may become distressed if a particular friend is not at school
  - often ask question which begin with "what if ... ?"
  - may be perfectionistic, taking excessive time to complete homework because they try to get it absolutely correct
  - may have difficulty sleeping, taking a long time to get to sleep or waking during the night and needing comfort from parents (it is not uncommon for them to sleep in their parents' bedroom)
  - may experience regular headaches or stomach aches that have no medical cause
  - be argumentative (but rarely aggressive), especially if trying to avoid a feared situation
- be pessimistic and easily able to identify what may go wrong in any given situation

Young people (especially young children) are not always aware that they worry, may not see their fear as excessive or may not be able to describe their worries. This is quite normal, parents need to trust their instincts in deciding whether their child's anxiety is more severe or restricting than other children of a similar age.

## What happens if they don't get help?

Possibly nothing. Some anxious children simply grow out of their fears as they mature. Others will have positive experiences in life that can help them to overcome their difficulties.

However, it is also very possible that an anxious child will continue to have limited opportunities, caused by anxiety, right throughout his or her life.

In addition, anxious children often perform below their best at school and in sport because of their worries, and they often have fewer friends than other children.

In the long term, anxious children are more likely to develop depression and may have other problems in transitions to employment and independent living.



## SCHOOL RESOURCES

Diocesan Works Fund Appeal - November 2014

## DIOCESAN WORKS FUND APPEAL - NOVEMBER

During the month of November, we will be joining all schools and parishes in the Diocese of Parramatta to help support the Diocesan Works Fund.

Also known as faith@work this fund reaches out to people in our local communities that are not supported by regular parish contributions.

The faith@work appeal gives us the opportunity to act together as one Church family to support ministries and services that no individual parish or school can offer. Please be generous so these good works can continue.

## PROGRAMS AND SERVICES



BLACKTOWN FAMILY SUPPORT SERVICE



PENRITH FAMILY SUPPORT SERVICE



BLACKTOWN NEIGHBOUR AID



FINANCIAL COUNSELLING



PROJECT ELIZABETH



AFTER HOURS FAMILY COUNSELLING



RELATIONSHIP EDUCATION



RESPONSIBLE GAMBLING COUNSELLING



CATHERINE VILLA FAMILY SUPPORT



EMMAUS DISABLED PERSONS SERVICES



RELATIONSHIP & FAMILY COUNSELLING



SOLO PARENTS' MINISTRY

### BEREAVEMENT SUPPORT PROGRAM -SPRINGWOOD

CatholicCare Solo Parent Services is holding its fortnightly Bereavement Support Session on Wednesday 12<sup>TH</sup> November for those whose spouse or long term partner has died. The topic for this Session is *"Is it Grief or Depression"*.

Venue:

Springwood Baptist Church Macquarie St Springwood from 10.30 – 12.30. Details and Registration: [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au) or Ph. 99330205

### YOUNGER WIDOWED SUPPORT GROUP

CCSS Solo Parent Services is holding a monthly support group for men and women widowed at a younger age with or without children. It will be held on the 3<sup>rd</sup> Tuesday of each month. **Next meeting:** Tuesday 18<sup>th</sup> November **Venue:** CCSS Centre, 51-59 Allawah St Blacktown. **Time:** 7pm – 9pm **Cost:** \$5.00. **Details and Registration:** PH: 9933 0205 or

### Greystanes Charity Craft Market and Antique Valuation

The eighth Greystanes Charity Craft Market and Antique Valuation is on Saturday, 22 November from 8am to 2pm in Camilleri Hall. It is one month before Christmas, so be assured the Market will have special gift ideas. There are over 35 stalls from all over Sydney, selling quality gifts, baby wear, home-made décor, kitchen goods, edible treats, scarves and bags, jewellery, violets and plants and much more. A unique drawcard of the Craft Market is the professional Antique Valuations, available from 8.30am. Everyone is encouraged to bring along special treasures or family heirlooms and paintings to have them valued. Instead of bringing large paintings with you, the valuation can be done from a photo of the painting and artist signature. Each valuation costs \$5.00. This is a great social day out for the whole family with traditional Devonshire teas and a fantastic sausage sizzle serving breakfast and lunch from 8am. Profits from the Craft Market will be donated to CareFlight.