

St Patrick's Primary School Newsletter

13th October 2016 Term 4 Issue 1

Dear Parents

Welcome to Term 4! I hope that you have all had a restful and enjoyable time together as a family during the holiday break.

Last term, at one of our Staff Meetings, the teachers went for a visit to all classrooms, on an type of 'Instructional Walk'. It was a great opportunity for staff to present to other staff what they have been trialing in terms of the ideas and strategies to improve learning outcomes.

One of the most productive strategies viewed in the classrooms was the use of the terminology 'Learning Intent' and 'Success Criteria'. Parent helpers would have noticed that these titles are displayed in prominent areas of the classroom and that the learning criteria is most effective when it is co constructed with the children – the learners.

When children know what the aim of the learning is and how they are going to get there they have a much better chance of achieving their goals. When children are involved in setting these goals they are more motivated and engaged. For some children this ownership of the learning begins in Primary for some High School.

Another concept worth exploring is that learning never ceases, even when we are older. Helping children to be life-long learners is a great attitude to develop. Looking at our learning heros – people that we admire for their interest in learning is another strategy to encourage a good learning attitude.

Today the 13th October, the HSC written exams begin. Within days of each exam finishing, BOSTES NSW (Board of Studies Teaching Educational Standards) starts marking. There are more than 77,000 students sitting for around 350,000 exams in 118 subjects. The challenge for parents of high school students is to encourage their children to see that learning is more than just the HSC – although the HSC certainly serves its purpose. I have included in this newsletter some tips on helping young student manage exam stress.

High School however is too late to develop good learning habits and attitudes. In his work in 'Teaching Values for Life' writer David Koutsoukis lists some key points to encourage children to become life-long learners. They are as follows;

- *Be positive about learning*
- *Seek knowledge about self, others and the world around us*
- *Recognize the value of knowledge*
- *Have an enquiring mind – be curious*
- *Determine how we learn best*
- *Have an open mind*
- *Be a critical thinker*
- *Have a global perspective*
- *Seek learning opportunities everywhere*
- *Keep learning*
- *Read every day*
- *Read non fiction as well as fiction*
- *Buy lots of books and start your own book collection at home (this can be digital as well)*
- *Ask lots of questions*
- *Look up answers to questions or solutions to problems on the internet*
- *Find learning heros*
- *Read newspapers*
- *Watch documentaries*
- *Keep a learning journal – 'what I have learned today is'*

If the Learning Intention is to become a great learner

I wonder what children would say the success criteria would be?

God bless you and your family

*Bernadette Fabri
Principal*



Honour Award

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

KA	Liam Stojkovski
KM	April Soh
1C	Alex El Khoury
1S	Alexander Markovic
2M	Jiajie Weng
2Y	Ashintha Joseph



st patrick's award

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

KA	Joshua Nasr
KM	Sophia Knobel
1C	Justin Mawad
1S	Alsiha Katafono
2M	Sharbel Georges
2Y	Isobel Rahme



Happy Birthday to the following children who will celebrate their birthdays in the following week: Nyah Khalil, Simon Khalil, Ruben Orozco, Xavier Dagostino, Alani Grohs, Baxter Gittany, George Draybi

SCHOOL FEES NOW OVERDUE

Thank you to all our Families who have completed the 2016 School Fee payments. A letter of reminder was mailed out on the 22/9/2016 to all families with outstanding accounts by the Catholic Education Office.

Please contact Mrs Sharon Nutter on 9630 1421 if you have any queries regarding outstanding school fees.



St Patrick's Cathedral Parish

St Patrick's Cathedral Parish are for children in Year 5 and above who are interested in joining their team of Altar Servers. Altar Servers are an important group of boys and girls who help out in the liturgical life of the Parish. If you are interested an application can be picked up from the front office. Training sessions will commence Monday 17/10/2016, Tuesday 18/10/2016 or Thursday 20/10/2016 depending on your preference of day/time and will run for 4 weeks.

If you would like further information please do not hesitate to contact the Liturgy Co-ordinator, Chris Ohlsen on 8838 3403 or liturgy@stpatscathedral.com.au.

FOOTSTEPS DANCE

In Term 4 all students will be participating in Footsteps dance every Tuesday. The children will be wearing their summer uniforms. This is to enable the school shoes to slide on the hall floor. Their talents will be showcased at our Christmas concert on Tuesday 13th December in the evening. Please find below information taken from their website.

DANCE PROGRAMS

We specialise in curriculum integrated school dance programs. Our programs use dance as a vehicle to develop students' inter/intra personal skills, fitness levels and provide teachers with classroom resources that use dance as a starting point to help teachers educate across other curriculum areas.

We thrive on supporting teachers with learning outcomes for their students. Our programs are not only exciting and fun for students but sustainable for teachers from dance floor to classroom.

Online School Canteen Orders

"In purchasing your child's tuckshop order online, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier."

YEAR 6 Farewell Dinner Fundraising BBQ

The Year 6 Farewell Committee would like to remind you that there is a special Sausage Sizzle Fundraiser at Bunnings Lidcombe on Saturday 15th October. All Welcome!



Instrumental and Vocal Lessons

Come and learn at The Mercy Music and Performance Academy, located on the grounds of Our Lady of Mercy College.

Music lessons are taught in a nurturing, exciting and professional environment, with an emphasis on achieving excellence.

We seek to nurture and cultivate creative expression, helping students realise their musical potential.

Lessons are taught by qualified professionals in a manner which is challenging, motivating, educational and fun.

Lessons cater for boys and girls from Years 3 - 12. Beginners through to advanced students across a variety of instruments are all welcome.

In consultation with the mentors, students can prepare for grades such as AMEB and CPM. Lessons are 30 minutes in length.

Instrumental lessons have the potential to:

- Build character
- Help with concentration and discipline
- Enhance coordination
- Teach perseverance
- Improve reading and comprehension skills
- Help to relieve stress
- Create a sense of achievement (goal setting)
- Promote social skills

phone: 02 8838 1288

www.olmc.nsw.edu.au/TheAcademy

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TUCKSHOP 2U
will now be serving
HOT FOOD
on Tuesday and Thursday ONLY.

Please visit
tuckshop2u.com.au
to view our
updated menu.

Please note that our Banana Bread and Choc Vanilla
Blueberry Slice are no longer gluten free.

Not Returning to St Patrick's in 2017

Thank you to the parents who have informed the office that their child will not be returning to St Patrick's in 2017. If your child is not returning to St Patrick's in 2017 please send a letter to Ms Fabri stating the last day of attendance at St Patrick's and which school they will be moving onto in 2017.



ICE BLOCKS !!

It's Term 4 and we are selling ice blocks again every Friday. The money raised will help the people of Haiti whose country has been devastated by Cyclone Matthew. Some will also go to Catholic Mission to help children in Cambodia.

Each child may buy **ONE** ice at \$1.00.



Videos on Sales for Captivate Performances

We are pleased to announce that access to download and/or stream online the videos of ALL 7 Showcase 2016 performances is available to purchase now.

You can go straight to the booking site at <https://www.trybooking.com/MWPJ> or see some preview videos and get other information on our [website](#).

Video access costs \$10 and lets you view and download any (or all!) of the Showcase videos.

Please be aware that these videos are being sold for private use only.

There are also plenty of photos on our [Facebook page](#) from Showcase.

Kind regards,

Natasha Chong

<https://www.youtube.com/playlist?list=PLkewtc7y7Gnfbsbh0304TKD7n3G7pNSYp>



Catherine McAuley Westmead Enrolments for Year 7 2018

There are two Open Mornings remaining specifically for Year 7 2018 enrolments on:

Wednesday 19th October and Thursday 17th November 2016 9.15 – 11am

Catherine McAuley is now accepting enrolments for Year 7 2018. Each year the demand for places at Catherine McAuley exceeds what is available. Join us on one of our two upcoming school tours especially for Year 7 2018 applicants but open to any year group.

These mornings will give interested parents and students the opportunity to tour our school on a normal school day. You will be able to view our school grounds and facilities, go into classrooms and meet our students and teachers. Enrolment packs will be available on the day.

To book places for a school tour on one of these two mornings please contact our School Reception on 9849 9100.



Building parent-school partnerships

WORDS Michael Grose

Helping young people manage exam stress

Top tips for parents to help their young person manage stress and prepare well for coming examinations.

Now that we are coming to the pointy end of the year many young people will start to experience the stress that comes with impending examinations. Young people respond differently to the pressure that exams presents. Some will see an exam as a challenge that they need to rise to; some will be nervous because they haven't done enough work; and many will experience real stress as they see exams as THAT time of the year that determines their future.

The notion of exams, particularly final year exams as life-defining events can be very real for students who've spent 13 years of schooling all leading to this time. At least, that's how many see it. So as much as possible we need to help young people take a realistic view of examinations and remind them that they shouldn't pin all their hopes on one option. As generations of young people have found, life after finishing school doesn't always take the path they

imagined when they were students. Parents too need to keep our options open and be flexible about the future pathways for our young people.

Nevertheless exam stress can be very real so let's look at some ways you can help your young person manage their stress and prepare well for their coming examinations.

1 Help them study smarter

Your young person's teachers will more than likely spend time helping them to develop smart study habits so you might want to check in and follow their advice. However, you can also pass on some of these smart study tips:

- Minimise the clutter around their workspaces.
- Plan each study period and identify what they want to cover.
- Use mind maps and other aids to assist memory and organise thoughts.

- Take regular five minute breaks to refresh.
- List issues they are unsure about and ask for help at school.

2 Develop a relaxation strategy

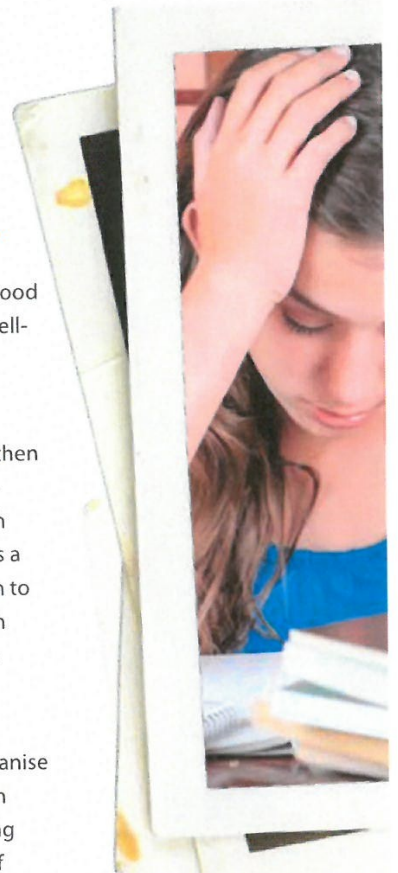
Your young person needs to take a break from the pressure and resultant stress of pending examinations, which is code for rest and relaxation. In a perfect world your young person would have already established a healthy relaxation habit that recharges and replenishes his or her batteries but importantly allows them to take a break from the pressure and grind of work. If not, it's never too late to encourage your young person to exercise each day; relax to music or even practise meditation and mindfulness to clear their mind of mental clutter.

more on page 2



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... Helping young people manage exam stress ...

3 Make sure they look after themselves

Good physical health impacts on exam performance as well as well-being. So make sure your young person gets 30 minutes exercise each day; eats regular, healthy meals; and takes care of their sleep. Having enough sleep is so important to well-being and exam performance. These sleep tips may help:

- Set a routine for going to bed and waking up.
- Aim for between 7 and 9 hours of sleep.
- Take 10 minutes timeout before bed to process the day and put thoughts aside.
- Drink warm milk or chamomile tea to help relaxation.
- Play gentle, slow music to slow their heart beat down before bed.

4 Steer clear of stimulants

It's tempting for a young person to take stimulants such as cigarettes, caffeine, no-doze, alcohol, marijuana, Dexamphetamine and other drugs to lift study performance. Reinforce to your young person that these short-term fixes inevitably lead to poor performance in the long term.

5 Make sure they don't drop out of the family

Keep your young person connected to the family at this stage by expecting them to join you for family meals; to help out at home, and not to spend all their time in their bedrooms. Mealtimes can be therapeutic as they provide

the opportunity for them to talk and also a good chance for parents to keep an eye on their well-being and mental health.

And on the day of the first exam...

If you're a veteran of young people's exams then you'll probably know how a low key, matter-of-fact, the-sun-will-rise-tomorrow approach will help. If you are new to the exam game as a parent then you can help your young person to be calm and positive by taking this approach yourself. Kids of all ages take their cues from their parents, particularly so when they are under stress.

Also encourage your young person to organise what they need the night before, to focus on relaxation techniques such as deep breathing to deal with the butterflies and steer clear of speaking to nervous, anxious friends on the morning of the exam to minimise their own anxiety.

And do a little reality check to make sure your expectations are in line with your young person's interests and abilities so that they don't leave home with the added burden of excessive parent expectation. The pressure that many young people places on themselves to succeed is often high enough as it is.

And of course, hearing "I love you no matter what..." should be the last words that your young person hears from you before he or she heads off to their exams.

Michael Grose 



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2016 Important Dates

Term 4

Week 1

Friday 14th October Infants Assembly - 2.15pm

Week 2

Tuesday 18th October Footsteps Dance continues

Friday 21st October Primary Assembly—Year 3—2.15pm

Week 3

Tuesday 25th October Footsteps Dance continues

Friday 28th October Infants Assembly—Year 1—2.15pm

Week 4

Tuesday 1st November Footsteps Dance continues

Friday 4th November Primary Assembly—Year 6—2.15pm

Week 5

Monday 7th November Kinder 2017 Orientation

Tuesday 8th November Footsteps Dance continues

Wednesday 9th November Kinder 2017 Orientation

Thursday 10th November Kinder 2017 Orientation

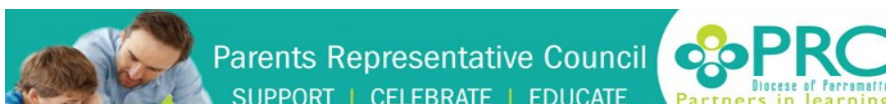
Friday 11th November Remembrance Day

Week 6

Tuesday 15th November Footsteps Dance continues


Wednesday 16th Nov Kinder 2017 Parent Information Night

Friday 18th November Primary Assembly—Year 4—2.15pm



Term 4, 2016 General Meeting - Mon 14 Nov 2016: Topic Future Directions/Where we're heading in Catholic Education Diocese of Parramatta


Diocesan Assembly Centre, Cnr Flushcombe Rd & Marian St, Blacktown



Prayer for HSC Students

*God of Light and Truth, thank you for giving me
a mind that can know and a heart that can love.
Let me be aware of your presence in all things
and at all times.
Loving God be with me now,
as I prepare for my exams.
Thank you for the many talents and gifts
you have given me
and for the opportunity of education.
Calm my nerves and anxiety;
help me to remember all that I have studied,
to express it clearly and to answer the questions
the very best that I can.
Holy Spirit, sit with me in my exams - and always.
In Jesus' name Amen*

Best wishes and assurance of our prayers to all our HSC
students as they continue their final exams.





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
Rev Fr John Paul Escarlan
Rev Deacon Willy Limjap
Margaret Gale (Sacramental Coord)
Milli Lee (Parish Admin Asst)
Patricia Preca (Parish Secretary)