



Newsletter

6th June, 2019 Term 2 Week 6

2019 Dates to

Remember

Term 2

Week 6

Friday 7th June

Primary Assembly—
Year 5

Week 7

Monday 10th June

**Public Holiday —
NO SCHOOL**

Wednesday 12th June

Athletics Carnival

Friday 14th June

Year 3 excursion—
Taronga Zoo

Week 8

Wednesday 19th June

Stage 3 Boys Soccer Gala
Day

Thursday 20th June

Year 3 Celebration of
Learning—2.15PM

Week 9

Parent Teacher
Interviews commence

Monday 24th June

Reports to Parents

Wednesday 26th June

Stage 2 Boys & Girls
Soccer Gala Day

Week 10

Parent Teacher
Interviews continue

Tuesday 2nd July

Walkathon—more
details to come

Dear Parents and Caregivers,

This week's newsletter focuses on some of the complications families are facing around their children's use of devices in the home. I found this excellent article written by **Martine Oglethorpe** from the Parenting Ideas website that I would like to share with you outlining some helpful hints around **Creating healthy digital habits in kids**.

Creating healthy digital habits in kids

Martine Oglethorpe
Parenting Ideas

Surveys have consistently shown that children have been exposed to rising amounts of screen time in recent years, as well as parents struggling to manage the moods and time demands of children and young people.

As kids spend increasing amounts of time tethered to a digital device, it makes sense that the time they are online, is time well spent. As parents we're often concerned about the connections children and young people are making and the subsequent impact on their wellbeing. We're often concerned about the content they're consuming, and how helpful, relevant and safe it is for them. Rightfully, there's concern that the time spent online, scrolling, searching and swiping, may well be time better spent on other pursuits.

Obviously, these digital devices won't be going anywhere fast. So, we need to look at how we remain in control of our screen use, and ensure the time we're investing online is adding something helpful, positive and meaningful to our lives.

Here are a few tips to help you be more intentional with your scrolling. Being mindful of how time spent on devices, is certainly not just reserved for young people.

Encourage creation not just consumption

Here's a simple question. Are you more of a consumer or creator when you're online? When you spend your online time in creative mode such as making things, creating own videos, editing photos, writing blogs, coding a video game or composing a song you are getting something tangible in return for the time spent on a screen. You are achieving and creating something, rather than simply consuming the content made by others, which is generally far more satisfying as a user.

Look at who you are following

Consider the real purpose of the people on your feeds. Are you following celebrities you can never relate to, companies you would never buy from, or people who bring you down rather than teach or inspire you? Ideally, you'll follow people and companies that you can connect with and add positively to your life.

So what about your child? If they have a passion for something, help them find suitable people to follow. For instance, if they love space, search for NASA and related accounts. If they love photography, help them find great photographers sharing their work online. When they're following people that teach, inspire and ignite their passions, they're less likely to spend valuable time with energy zappers.

CONTINUED ON THE NEXT PAGE

Do a digital declutter

We all have so many apps on our devices and many are just clutter that we used once and no longer visit or don't add anything constructive to our day. Maybe you could try deleting all the apps on your phone and only put those back that you need to make your day easier, or that offer you something positive. This forces us to look at the real benefits, or not, of the apps and thus the time we are spending online. Could there be better games for your kids to play? Are there better videos for them to watch than the ones that the YouTube algorithm believes they want to see?

Role model good practises

Most kids learn much more from what they see and experience, rather than from what they are told. As a parent, be sure to be intentional with your screen time. Do you:

- Follow people that support you, challenge you in helpful ways or inspire and lift you up?
- Interact in positive ways?
- Give people your attention rather than scroll whilst others are talking to you?
- Put your digital devices away in order to fit all the other important things into your day?

Setting your kids up with good online habits will help make these practises the norm. If you don't want your children falling prey to the harmful and unhelpful experiences online, you need to be sure that they are focusing on positive and helpful screen time pursuits.

Be intentional with your scrolling, and you'll ensure you're getting a much greater return on your online investment.

Please find below some very helpful websites and resources for parents managing children's digital habits at home.

- [Child Safety: Resources for Parents and teachers](#)
- [How to build Digital Intelligence](#)
- [Parenting Ideas](#)

God Bless you and your family
Bernadette Fabri

TERM 2 SCHOOL FEES

This is a friendly reminder that school fees for Term 2 2019 are now due for payment. If you have paid, thank you.

BOOK YOUR FREE TICKETS NOW Chatterbox Live event with Greg Whitby

Free tickets are now available to reserve your seats for the upcoming Chatterbox Live event with Greg Whitby. This is a terrific opportunity for you to ask our Executive Director questions which you may have been waiting to ask or to listen to the questions of other parents. Please follow the link below

<https://www.eventbrite.com.au/e/chatterbox-live-qa-with-greg-whitby-tickets-59149834748>

Regards
Bernadette Fabri

CHATTERBOX LIVE FOR PARENTS WITH GREG WHITBY
(Executive Director of Catholic Education Diocese of Parramatta)

Date: Thursday, 13 June
Venue: St Andrews College Marayong
Time: 7.00pm.

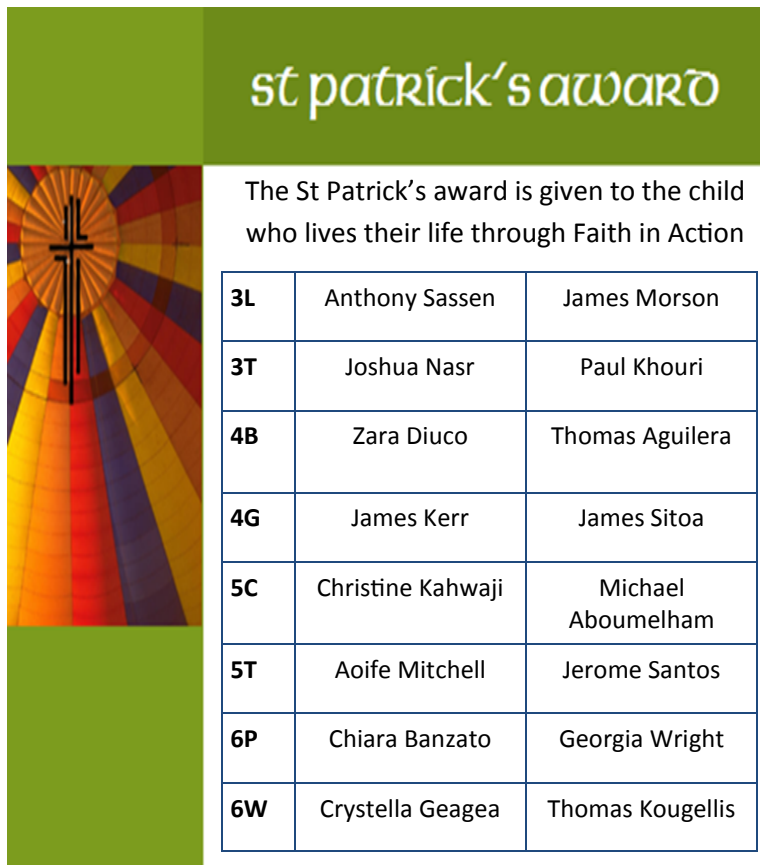
If you have any questions or would like further information in regards to this event, please contact Lachlan Andrews from Catholic Education Diocese of Parramatta via landrews8@parra.catholic.edu.au or on 9840 5790.



Honour Award

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

3L	Cynthia Daher	Marcelino El Halabi
3T	Sienna Khattar	Liam Stojkovski
4B	Emma Barrientos-Salazar	Jubran Sayegh
4G	Aireen Kwa	Matthew Tocher
5C	Olivia Wehbe	Jiajie Weng
5T	Emily Johnson	Ashintha Joseph
6P	Ben Aguilera	Camran Nasrulla
6W	Daniel Pinto	Ella Abdallah



st patrick's award

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

3L	Anthony Sassen	James Morson
3T	Joshua Nasr	Paul Khouri
4B	Zara Diuco	Thomas Aguilera
4G	James Kerr	James Sitoa
5C	Christine Kahwaji	Michael Aboumelham
5T	Aoife Mitchell	Jerome Santos
6P	Chiara Banzato	Georgia Wright
6W	Crystella Geagea	Thomas Kougelis



Happy Birthday to the following children who will celebrate their birthday in the coming week: Lara Samar, Isobel Rahme, Sophia Semaan, Elisa Daher, Isabella Bousimon, Mateo Barroso

Tell Them From Me (TTFM) Survey (27 May-14 June)

Thank you to the parents who have already provided feedback on their experience of our school using the online survey. The surveys are an important part of our whole school evaluation and planning process.

We would like to invite you to complete the *Tell Them From Me (TTFM) Partners in Learning* survey during the survey period. This period concludes on Friday 14 June. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at St Patrick's Primary School.

The survey is anonymous and will take approximately 20 minutes to complete. You can access the parent survey on your computer or mobile device by using the URL below.

<https://tellthemfromme.com/survey/splash/3t6xd>

Please consider taking some time to complete the survey. This is an opportunity for you to have your say and help us to continue to improve the student learning and general wellbeing of all here at St Patrick's.

Elly Benkovich
TTFM Survey Co-ordinator

ALIA National Simultaneous Storytime 2019



National Simultaneous Storytime (NSS) is held annually by the Australian Library and Information Association (ALIA). Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. Now in its 19th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

On Wednesday 22nd May at 11:00am, our whole school listened to the story *“Alpacas with Maracas”* written by Matt Cosgrove.

Some teachers read the story to their class and some children watched the book being read on the TV. Some teachers even played music with maracas and children danced in a conga line!

It was very fun when we heard the story and I loved the alpaca that looked like a mop. He was a rockstar!

Isaac Wehbe (Year 2)

Alpacas with Maracas is a good story. Maracas are instruments that you shake and rattle. I liked listening to the story on the computer and I made an alpaca mask.

Samuel Navasardyan (Year 4)



St Patrick's Athletics Carnival 2019

Dear Parents,

Our school Athletics Carnival will be held on Wednesday 12th June, 2019 at Barton Park, Parramatta. It is an enjoyable day for the children where they have the opportunity to experience teamwork, good sportsmanship and physical activities. All of the students from Kindergarten to Year 6 will be participating in the athletics carnival. Infants will participate in a modified program. The Carnival will commence at 9:30am and conclude at approximately 2:15pm. The children will be catching a bus to and from the carnival unless parents are taking them home from Barton Park *at the conclusion of the carnival*.

Wear: School Sport Uniform or clothing in house colour (e.g. children in Waratah may like to wear red. Please do not feel like you have to go out and buy anything. Children can wear their house colour if they have clothing available or simply wear their sport uniform), hat, sport/running shoes (**spikes** are permitted for the **200m and 100m events only**) Children may like to wear their sport tracksuit with shorts underneath if it is cool in the morning until they begin their activities.

Bring: Recess, lunch (unless you will be bringing their lunch to the park or pre-order the sausage sizzle that will be available), plenty of water, sunscreen, any medication e.g. puffers, epipens etc. Please ensure that your child's clothing and any belongings are clearly labelled with their name and class. Children may bring a small backpack rather than their school bag if they wish.

We look forward to seeing as many parents at the carnival on the day. All parents are invited to attend the Carnival, however we ask that you please remain in the spectator area during all races and activities. All official jobs will be covered by students from OLMC. Thank you to the parents who have volunteered to assist with student supervision on the day or on the BBQ/canteen area.

The Athletics Carnival Team



Sick Children

We know that it can sometimes be difficult to determine whether your child is too sick to attend school. 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 -

<https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/family-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. *When your child is sent to school unwell it is impossible for them to focus on their learning. If your child becomes distressed, due to being unwell, we will be making a phone call to ask you to collect your child.* We appreciate your co-operation with keeping our school healthy and happy.

EMERGENCY DRILL: LOCKDOWN

Next week the school will be undertaking a Lockdown Drill. There are many reasons why a school chooses to go into a Lockdown and this would happen if it is deemed that the children and staff are safer inside. The school is obliged under Work Health and Safety to regularly undertake emergency critical incident drills. Children in the younger grades are given a social story to read and take home to enable them to talk about the experience. They are taught what to do in a safe way. We will communicate the date through a Skoolbag alert in the morning of the day of the drill.

Online Permission and Newsletters

Dear Parents and Caregivers,

After trialling online notes using the Skoolbag App and with consideration to parent feedback we have decided to continue the use of this method for all permission notes eg excursions, sporting events, community events and general notifications.

As these events often require the booking of buses and the notification of final numbers we ask you to please respond as soon as possible.

If you still require hard copy notes or newsletters please let the office know by phoning them on 8832 4600, email stpatsricksparra@parra.catholic.edu.au or through Skoolbag and we will put this on record for future reference.

Kind Regards
Mrs Jones



THE EASY WAY TO BOOK **SCHOOL INTERVIEWS**

Dear Parents

Parent teacher interviews will be held from Tuesday 25th June to Friday 5th July 2019.

BOOKINGS CLOSE FRIDAY 21st June at 4pm.

A letter was sent home earlier this week with instructions. Please go to www.schoolinterviews.com.au and enter the code **u484u** and follow the simple instructions.



FEEDBACK and COMPLAINTS

St Patrick's Parramatta staff always welcome feedback and ideas from the parent community. If you have any feedback, concerns or complaints please do not hesitate to contact your child's class teacher, Mrs Benkovich (behaviour) or Miss Fabri through the school office (8832 4600), school email address stpatsricksparra@parra.catholic.edu.au, or through Skoolbag App. The school follows the CEDP Complaints Handling Policy. <http://www.parra.catholic.edu.au/home>

We are collection Earn & Learn stickers again this year!!

Ask your family and friends and drop them into the box in the office. Our target this year is 40,000 stickers



Spotlight Library teachers and Yellow House Colour Captains

Today we are focusing on our St Patrick's Library teachers Mrs O'Dwyer and Mrs Attard and our Wattle House Captains Katerina Yanakis and Mark Abraham.

Mark:

Who is your biggest influence?

My biggest influence in life is my parents, because they take care of me, and help me develop my skills and more.

What are you looking forward to at high-school?

I am most looking forward to school sports and harder mathematics.

What do you do in your spare time?

Some things I do in my spare time is play spare time is play sports or play video games.

What is your biggest fear?

My biggest fear is falling from great heights.

What are you most excited for, currently?

Some events and things I'm most excited for are the soccer Gala Day and athletics carnival.

Katerina:

What is your favourite movie/tv show ever?

Full house, because it's humorous and entertaining.

Who is your biggest inspiration?

My family, because they support me in all my decisions and I love them all so much.

Name 5 words describing you?

Helpful, Compassionate, Athletic, Respectful, Welcoming

What is your ideal job?

I want to be a photographer and youtuber, because I enjoy editing graphics and I like talking in front of the camera.

What is your favourite subject?

PE sports, because I love playing soccer and staying active.

Mrs. Attard:

Name 5 words describing you?

Friendly, approachable, compassionate, cheerful, humorous

Your least favourite dish?

Seafood, because I am not fond of the taste and smell of it.

Favourite book?

Alice Miranda books, because I find them fascinating to read and the genre of the series is interesting and intriguing.

What is your biggest fear?

Heights, because when I look down and I'm up high somewhere I just freezes and my legs start wobbling.

If you had \$1,000,000 to spend in a day, what would you spend it on?

I would split the money between my 4 children and give some money as well to brain cancer research

Mrs. O'Dwyer:

If you were an animal, what would you be?

I would be a dog, because they're friendly and a good companion.

Who is your biggest inspiration?

My mother is my biggest inspiration, because we cooked, decorated together, gardened together, and we're both hard workers.

If you could have any superpower, what would it be?

If I had any power, I would have the power to cure cancer, because so many people have it, and it affects many people.

What country would you want to travel to most and why?

I like going to France, because of the people, culture, food, clothing and history.

What hobbies do you have?

I like to cook (collect recipes), garden, read, (magazines and novels), and I love to knit, (even though I'm not good at it).



Junior Credo, part of Credo Youth Ministries, is a youth group for **primary school students**. The group aims to bring young people closer to their **Catholic faith**.

TERM 2 SESSIONS

FRIDAY 10TH MAY
FRIDAY 24TH MAY
FRIDAY 7TH JUNE
FRIDAY 21ST JUNE

ST. PATRICK'S CATHEDRAL HALL
5PM – 6PM

Credo Youth Mass: Every 3rd Sunday at 6pm

FUN EXPERIENCES GAMES PRAYER MUSIC

credo@stpatscathedral.com.au  Credo St Pats  credo_youth_parramatta







ST PATRICK'S GIFT SHOP

Murphy House, 1 Marist Place, Parramatta.

*Wide range of religious gifts and cards to
celebrate any special occasion.*

*Open 10am to 4pm on opening day
Drop in and have a look*

My First Communion





St Patrick's Gift Shop (located in Murphy House)

Children are now preparing for their First Holy Communion. Get in early to buy your card and gift. Many beautiful items to choose from.

Hours of Operation
Tues 10am-2pm Wed-Fri - 10.00am-4pm
Sun 9am-2pm Closed Mon & Sat Email: giftshop@stpatscathedral.com.au



*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	6.30am, 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 Christopher Del Rosario Rev Deacon Willy Limjap
Meg Gale (Sacramental Coord)

Milli Lee (Parish Admin Asst) Mindy Mercado (Youth Co-ord)
Patricia Preca (Parish Secretary) Donna Missio (Receptionist)