



Newsletter

14th November, 2019 Term 4 Week 5

2019 Dates to Remember

Term 4

STAFF DEVELOPMENT DAY

25TH November 2019

NO CHILDREN AT SCHOOL

CHANGE OF DATE FOR CHRISTMAS CONCERT

Thursday 12th December 2019 (Evening)

Week 5

Friday 15th November

Infants Assembly—Year 1 —
2.15pm

Week 6

Monday 18th November

Year 3 Science Incursion

Tuesday 19th November

Footsteps Dance continues

Wednesday 20th November

Swimming Carnival Years 2 to 6
Granville Swimming Centre

Thursday 21st November

Year 6 Retreat

Friday 22nd November

Year 6 Retreat

Week 7

Monday 25th November

Staff Development Day—
NO CHILDREN at SCHOOL

Tuesday 26th November

Footsteps Dance continues

Dear Parents,

Over the last few years the teachers and I have noticed an increasing number of children who appear tired when they come to school. These children often look washed out, with dark rings under their eyes and generally lack lustre and energy.

Some may argue it is because of the change in weather conditions and the fact that they are unable to get a comfortable night sleep due to heat. This may be so for some children, and adults for that fact, however research is showing another possible cause - late nights.

Statistics show that over 30% of primary school aged children are sleep deprived. I was interested to read some of the symptoms associated with sleep deprivation in children from a website called *The Sleep Connection*. Some of the red flags they outlined include:

- Tired body language
- Younger children can exhibit symptoms of attention deficit hyperactivity disorder (ADHD), becoming excitable, hyperactive, disagreeable and engaging in extreme behaviours like tantrums or aggression
- Difficulties concentrating, poor short term memory, declining grades
- Moody and stressed
- Late for school

Teachers and I see some of these behaviours regularly in some children.

There are many reasons why children may not be going to bed early and whilst some may not be avoidable such as getting home late after a family function on rare occasions or having visitors staying into the evening, many a time it is just a matter of developing a bad habit. From my own discussions with children these are some of the reasons they give me for getting to bed too late:

- Playing on an electronic device - usually a game of some description
- Watching television in their bedroom
- Waiting up with much older brothers or sisters and not wanting to go to bed when they are still awake.
- Waiting for dad to get home from work - sometimes after 9pm
- Just not being able to get to sleep

It is good for parents to discuss sleeping times with other parents because one may be surprised to note that going to bed after 7.30pm for little ones is way too late and we are not referring to the time of falling asleep.

Noone can argue the benefits of a good night's sleep. Good quality sleep helps:

- Optimise learning, memory and concentration
- Support emotional health and wellbeing
- Promote positive behaviour and decision making
- Improve energy levels, healthy growth, metabolism and immune system

Here are some healthy sleep tips that parents can implement at home, as well as resources for further reading.

<https://thesleepconnection.com.au/solutions/#habits>

If parents have concerns about their children's sleep you are reminded that you can make an appointment with the school counsellor to discuss further.

God bless you and your families
Bernadette Fabri
Principal



Honour Award

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

KA	Nadia Maroon	Jude Hudson
KM	Serena Semaan	Erika Talbot
1C	Elaine Xue	Sofia Bousimon
1S	Jim Sahyoun	Sophia Khoury
2M	Karabo Khama	Isaac Wehbe
2Y	Daniel Semaan	Erick Granados-Gavito



st patrick's award

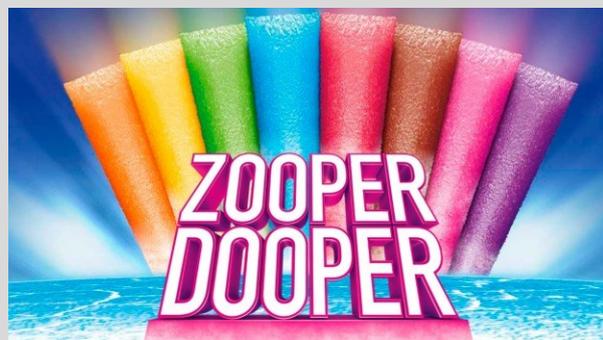
The St Patrick's award is given to the child who lives their life through Faith in Action

KA	Victoria Adaymy	Mariette Wakim
KM	Ava Khouri	Ava Tackchi
1C	Olivier Touche	Scarlett Jaitani
1S	Catherine Kwa	Andrew Batti
2M	Gabriella Sta Rosa	Mateo Barroso
2Y	Phillip Said	Olivia Moussa

SAVE THE DATE ! SAVE THE DATE!

Christmas Concert

Our school Christmas Concert this year will be held on **12 December** in the **Edith Angel Hall, OLMC**, arriving at 6.30pm for a 7:00pm start. This year we will be entertained by the students while they dance the night away showcasing **FOOTSTEPS** choreography.



Iceblocks

We will be selling ice-blocks every Friday. The money raised will be used to support an outreach program for families who are less fortunate than ourselves in our surrounding community. Ice blocks will sell for **\$1 during Primary and Infants lunch times.**

Thank you for your generosity in helping to make this festive season extra special for families in need this Christmas!

IS YOUR CHILD NOT RETURNING TO ST PATRICK'S IN 2020?

If your child is not returning to St Patrick's in 2020 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 2020. Please note that a term's notice in writing must be given to the Principal before the removal of a student or 10 week's fees will be payable. This does not apply to year 6 students

SCHOOL WELL-BEING COUNSELLING SERVICE

The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success.

Access to counselling services can be made by contacting your child's classroom teacher or Ms Fabri, who will then put forward a referral. Mrs Ricketts will then contact you for further information. Further details can be found in previous newsletters.

St Patrick's Parramatta
RETURN TO SCHOOL 2020 DATES

Week One 2020	Monday 27th January 2020	Tuesday 28th January 2020	Wednesday 29th January 2020	Thursday 30th January 2020	Friday 31st January 2020	Week 2 Monday 3rd February 2020
	Public Holiday	Staff Development Day – Yrs K-6 Individual Maths Assessments	Staff Development Day – Yrs K-6 Individual Maths Assessments	Years 1 to Year 6 Commence school		Kindergarten commence school (full day)
		Year 1 to 6—Parents will be asked to book their children into one session with their child's class teacher on any of these 2 days.				
		Kindergarten Parents will be asked to book their children into one session with their child's class teacher on any of these 4 days.				



Christmas Hampers

As the liturgical year draws to a close at the end of this month it seems appropriate to reflect back on the year past and rejoice in the many gifts our Lord has bestowed on us. As we head into Advent - a season of preparation, may we think of those in our local community that have not experienced joys this year but are suffering from financial difficulties and losing hope. This year we have an opportunity to be a shining light to these community members by donating to the St Vincent de Paul Christmas Appeal.

The aim of the appeal is to share the love of Jesus and live our mission of being the hands of Jesus on earth. As John 15:11 states “ **that my joy may be in you and your joy may be complete**”, donating to the appeal will model to our children the importance of sharing God’s love and living the Good News. What a great gift!, and an opportunity to show our children the importance of outreaching to others.

To make sure we receive a mixture of items we have suggested some items for each grade, a note will be coming home shortly. However, if you wish to donate an item not listed for your grade, please feel free to do so as long as they are non-perishable food items and preferably not baked beans or sardines. Items will be collected during **Week 8 - 2 to 12 November**.

NAVY BLUE SCHOOL BAG REPLACEMENT

If you were issued with the Navy blue school bag, We have been informed by OZ Fashions that the green school bags are now in stock. Please take your blue bag direct to OZ Fashions and they will replace it for you.

Trading hours are: Monday to Friday 9:00am to 5:30pm and Saturday 9:00am to 4:00pm.

Remembrance Day

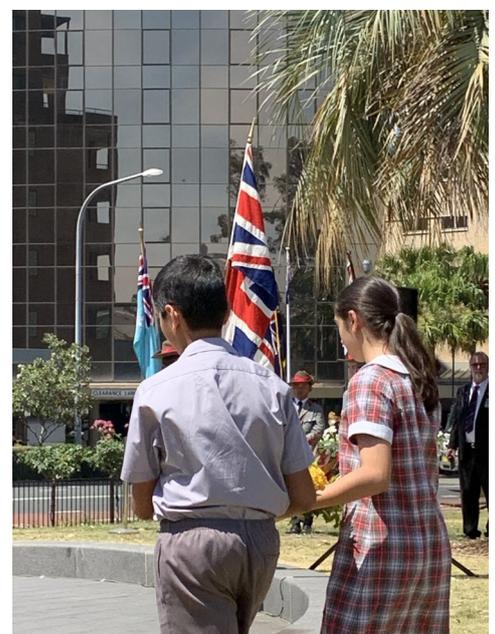
On Monday, Years 5 and 6 were invited to attend the Remembrance Day Ceremony held at Prince Alfred Park. This was an opportunity to recognise and appreciate those who served our country in war, marking 101 years from now.

During the ceremony, servicemen and politicians, as well as schools had the chance to lay a wreath to acknowledge all those who gave their lives for our country. We, the school leaders represented our school in the Laying of the Wreaths. Many schools in our diocese attended this memorial ceremony as well as important figures in our community.

Throughout the ceremony, we prayed for those who died fighting, and prayed for their families who had lost their loved ones. We sang the Australian National Anthem together in honour of the many soldiers and their families involved in the war.

Years 5 and 6 showed reverence and respect throughout the liturgy and represented our school well. We would like to thank all those who assisted in the running of the liturgy and for the unique opportunity we received in attending the service.

By Daniel Pinto and Crista-Nicole Gahdmar



St Patrick's Parramatta Swimming Carnival 2019

In order for our carnival to run smoothly we require the assistance of parent helpers to volunteer their time. If you are able to help on the day could you please phone the office asap.



Our Swimming Carnival will be held next Wednesday 20th November. Just a few reminders to assist us with the smooth running of the day. All children should be at school by 8.45am to ensure they are marked on the roll and are on the bus with their own classmates. All children are **expected to remain until the conclusion** of the carnival when they will be returning to school by bus or leaving with a parent.

Date: Wednesday 20th November
Venue: Granville Swimming Centre
Enid Avenue Granville
Start Time: Approx 9.15 am
Depart Pool: 2:00pm

Students need to ensure they have the following on the day:

- Wear your **school sport uniform**. You may wear a coloured T-shirt in your sport house colours. Please ensure all items of clothing are **labelled**
- **Students should wear their swimmers under their uniform and bring a change for later.**
- **Rashies** are recommended for girls if they do not have a **one piece costume**.
- A school **hat** and **sunscreen**
- Any necessary medication such as **epipens** or **puffers**
- Lots of **water** & recess & lunch
- A small back pack
- Lots of enthusiasm
- No crepe paper streamers or any paint (zinc or hairspray) is to be used on the day

A reminder again that all students are expected to stay until the conclusion of the carnival and to sign off with their supervising teacher before they leave. Any family wishing to stay at the pool after the conclusion of the carnival will need to exit the pool with the school and reenter again.

We look forward to another successful Carnival, weather permitting. Qualifying times for further representation will be based on the student's Heat Time. 50m Freestyle events will be raced in Boys and Girls age groups, however all other events will be raced in Junior, 11 Years and Senior Boys and Girls categories and the 100m Freestyle events in an Open Boys and Girls category.

LOCAL BUSINESS IMPACT STATEMENT

Dear Parents and Caregivers

The school has been notified of a Notice of intention by Seng Seng Mart Suite 6 21-23 Grose Street Parramatta. to apply for a packaged liquor licence. If you would like to ask any questions or give feedback please see the details below.

COMMUNITY FEEDBACK TO THE APPLICANT

Community members can provide feedback or seek additional information from the applicant regarding the above proposal in writing via email, post, by phone or face to face, within 30 days of the date of this notice.

Feedback will be used to create a community impact statement (CIS) lodged with the application. Comments you make won't be identified without your permission. The application and CIS will be available to view on the L&G NSW electronic noticeboard at liquorandgaming.nsw.gov.au for 30 days while the application is considered. You can lodge further submissions directly to L&GNSW about this application at this time.

Applicant contact details for feedback:

Email: solicitor.robin@gmail.com

Phone number: 0433 605 604

Postal address: Suite 6 21-23 Grose Street Parramatta NSW 2150



Sun Safe: Hats Hats Hats

Just a reminder that all students should have a school hat at school every day. As the weather starts to warm up it is important for all students to wear their school hat when on the playground. Any student without a hat will be required to sit in the shade during times they are on the playground. The school hat is a compulsory component of the school uniform. Thank you for your support in this matter.



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

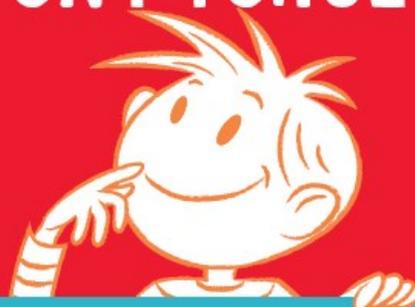
Benjamin Kalouche,
Katerina Yannakis,
Faith Daniel,
James Fraser,
Ethan Sivashanmugam

Dear Parents,

This is the last Book Club for 2019. Please make sure you have your orders in by the 29th November. If you wish for the books to be collected from the office please notify me and I can put them aside.

Thank you
Mrs Jones

DON'T FORGET!



SCHOLASTIC
Book Club

orders are due:

29th November



Spotlight on our Year 6 class Members

George Draybi:

What is your biggest fear?

My biggest fear is clowns.

Who is your biggest inspiration?

My biggest inspiration is Maika Sivo because he is strong and plays for the Parramatta Eels.

What is your favourite movie?

My favourite movie is Fast and Furious or Rocky.

Name 5 words describing you?

Handsome, cool, kind, polite and impatient.

If there was an emergency apart from being with your family, what would be the first thing you grab?

My phone because it has photos and memories on it and is really important to me.

Kiara Haddad

Which three people (in the whole world) would you invite to dinner and why?

Ariana Grande, Nyagua and Joetta-Maria

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

A pink house, buy for the charity, a pink boat, give some to my family and go on a vacation with my family.

What is your biggest fear?

Going to the bathroom at dancing at night and when I see bugs.

What do you do in your spare time?

Dance and glee and drama and art

If there was an emergency, apart from being with your family, what would be the thing you grab first?

I will grab my phone

Josh Ty:

What is your favourite book?

My favourite book is Persey Jackson.

What are you most excited for?

High school because it is a different environment.

What is your least favourite dish?

My least favourite dish is soup.

What is your biggest fear?

My biggest fear is something happening to my baby brother.

If you were an animal, which animal would you be?

I would be a parrot because I like them and they are interesting.

Anthony Khouri:

What would you do with \$1,000,000?

I would give \$50,000 to charity, give \$300,000 to my family, \$150,000 on a car, \$200,000 on a private jet and the rest on buying Microsoft.

What do you do in your spare time?

I swim, play soccer and Xbox, and view the aeroplane app.

If you could have one superpower, which superpower would you have?

I would fly because I can feel free and explore the skies.

What is your favourite subject?

My favourite subject is PDHPE because we play sport and go outside and be active.

If you could travel to one country, which country would you travel to?

I would travel to Belarus because I want to explore the Soviet Union.



Parents Representative Council

SUPPORT | CELEBRATE | EDUCATE



CYBER SAFETY CHALLENGING TODAY'S YOUTH

Our Speaker will help parents understand the modern day challenges facing our young people within the digital world. Everything that they write, post and send can be traced and will remain there forever. Learn how parents can protect their kids from online risks. Sexts, Texts and Selfies are a concern for any parent. Learn how to give your child the skills, knowledge and strategies to use the internet in a safe, smart and responsible way.



Cyber safety, Sexts, Texts, Selfies, Pornography, Bulling and Online Predators.



Our guest speaker for the evening is:

**School Liaison
Officer NSW Police**

Register FREE now: www.prc.catholic.edu.au

SEATS ARE STRICKLY LIMITED TO 100 SO REGISTER EARLY!!



Monday, 18th November 2019

Doors open: 6:30pm for 7:00pm (2 hours)
(PRC General Meeting - will be held prior to guest speaker
Institute of Mission (downstairs meeting room)

Flushcombe Rd & Marion St, Blacktown NSW 2148

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

www.prc.catholic.edu.au

 @preparra

 @preparra

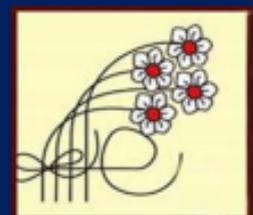
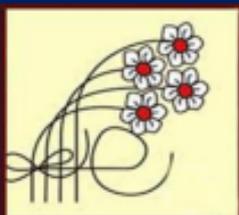


THANK YOU TO OUR 2019 SPONSOR

Floral Expressions

For details on the School fundraising program

Call Charles Lukasik on 02 9683 1116



EXPLORING NUMERACY WITH YOUR CHILD

YEAR 3 TO YEAR 6— Browsing catalogues

Discussing catalogues can be a great way to improve your child's maths knowledge of money and percentages. Here are some questions you could ask:

- » How would you spend \$40 from a catalogue? How many products can you buy for \$40?
- » Select five products from the catalogue, then calculate what the cost would be if there was a 50% sale. Does it make a difference if you add up the items, and then deduct 50%, or if each item is reduced by 50% then totalled?
- » What is the best value sale item in the catalogue? Can you explain your reasoning?
- » Compare the cost of a product across different stores using different catalogues. What did you find?

Connecting online

Here are some other useful websites you can access from home or the local library. Some are also available to download as apps on various devices:

- » <https://fuse.education.vic.gov.au> (select Primary Students tab)
- » <https://education.abc.net.au>
- » <https://www.wolframalpha.com/> (start with the Elementary Maths link)
- » <http://www.ictgames.com/resources.html>
- » <https://www.scratchjr.org/>
- » <https://www.kodable.com/parents>

St Patrick's Current Attendance Level = 86.7%

K = 85.5%	2 = 91.5%	4 = 91.9%	6 = 85.1%
1 = 74.6%	3 = 88.1%	5 = 89.6%	

Our **VISION** is to be a child centred faith community within an innovative, interactive learning environment.



*sub tuum
praesidium*

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)