



St Patrick's Primary School Newsletter

23rd February 2017

Term 1 Week 5

CEDP Attendance Benchmark Target

Level = 90%

**St Patrick's Current Attendance Level**

**= 88.9%**

*Dear Parents*

*Over the last week I have had the pleasure of meeting many of you at the Parent Information Evenings. Your dedication to your children's education is obvious in your attendance at the sessions and I know, just like me, the teachers really appreciated you taking the trouble to attend. In my introduction I spoke a little about the importance of school attendance and outlined the process of attendance tracking with the use of a school percentage generated from the daily school data. In order to keep you informed I will publish the school attendance percentage regularly. Please keep in mind that I sincerely understand that your child's wellbeing is of utmost importance and that if the children are too sick to come to school then the best place for them will be resting at home or visiting the doctor.*

*Another topic discussed with individual parents is the challenge of sometimes getting the children to school on time. This applies to all types of children including children that love coming to school but who may find mornings difficult. Just like full day absences, partial absences can easily build up and as reported by the teachers the key subject areas of Literacy or Numeracy usually commence by 9.00am and children who arrive later than this time are missing vital information.*

*The positive parenting article written by Michael Grose, **'How to get kids off to school on time without yelling, whining or constantly reminding!'** suggests some ways to manage the rushed and sometimes stressed filled mornings. Some of his ideas include:*

- 1. Prepare as much as you can the night before**
- 2. Identify and overcome distractions**
- 3. Make your morning routine visual**
- 4. Delegate some responsibility**
- 5. Make yourself scarce**
- 6. Be willing to take your child to school even if they aren't fully ready**

*I have included the full article in this newsletter for your convenience. Can I remind you that if you are having trouble getting your child(ren) to school please do not hesitate to contact your child's classroom teacher for support.*

*God Bless you and your families*

*Bernadette Fabri*

*Principal*

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**Ph: 02 9630 1421**

**Villiers Street, Parramatta NSW 2150**

**Po Box 2308, North Parramatta NSW 1750**

**Office hours 8.30am—3.30pm**

**[stpatricksparra@parra.catholic.edu.au](mailto:stpatricksparra@parra.catholic.edu.au)**

**[www.stpatsparra.catholic.edu.au](http://www.stpatsparra.catholic.edu.au)**

parenting \* ideas

# insights



## How to get kids off to school on time without yelling, whining or constantly reminding!

By Michael Grose

*If you struggle with peace, harmony and getting kids focused on school these 6 suggestions will help your mornings run a littler smoother.*

Getting kids to school on time can be infuriating and anxiety-inducing for parents, especially if you work! The clock just keeps ticking and doesn't make allowances for morning meanderers.

It's easy if your child is the bright-eyed, bushy-tailed type who wakes up ready and focused for school. But what if you have a child who

needs time to wake up, and is easily distracted by the television, a pesky sibling or even the family pooch that wants to be patted? What if you have a child who drags the chain and wouldn't get to school without at least five parental reminders to hurry up? In these cases mornings can be chaotic and very stressful.

**If you struggle with peace, harmony and getting kids focused on school these suggestions will help you make mornings run a littler smoother.**



### 1. Prepare as much as you can the night before

It may be stating the obvious but the less that children have to do in the morning the better. So putting clothes out, preparing lunches and snacks and having school bags packed and ready the night before will mean there is less decision-making and less for everyone to worry about in the morning.

### 2. Identify and overcome distractions

As mentioned above, children can easily be distracted before school. If possible remove distractors such as televisions and digital devices. Allow them when everyone is ready for school. Minimise the impact of other distractions such as managing argumentative siblings. Stay out of these arguments as your attention usually just inflames sibling disputes. Be liberal with encouragement, affection and once-only reminders in the morning and minimise conflict resolution, arguments and angry words.

### 3. Make your morning routine visual

If, for whatever reason, your child randomly and dreamily wanders from one activity to another then consider placing a sequenced photo chart of

## parenting \* ideas

**How to get kids off to school on time without yelling, whining or constantly reminding!**

4 or 5 main activities (e.g. wake up, breakfast, get dressed, chores, pack bags) in a prominent place that he or she can refer to each morning.

This visual prompt will help put some routine into your child's morning, as well as reduce their dependence on you.

**4. Delegate some responsibility**

Consider delegating the job of keeping a wayward child on track to a capable, bright-eyed, bushy-tailed sibling. Let me explain. If you come from a family of four or more children then there is a reasonable chance that either you or a sibling took charge of many aspects of the family routine, including getting kids up each morning and off to school. This is not so much a case of parents neglecting their responsibilities but rather letting go of the minutiae of management. When this happens a capable and caring child will generally fill the parental void. Alternatively, a parent may purposefully give that job to a child. Either way, delegation is a great way of instilling parenting skills into the next generation as well as keeping children from being dependent on their parents.

**5. Make yourself scarce**

If you find it impossible to ignore your child's morning meanderings or misbehaviours, or if you think that there is no way your child would get to school without your timely reminders then try keeping yourself busy.

Get yourself ready for the day and give your children the space to work things out themselves. You may be surprised how capable your child is, when no one reminds him or her of their responsibilities. A word of warning: Your child may test out your resolve by doing very little to get him or herself ready. If so, be prepared to give the next idea a go.

**6. Be willing to take your child to school even if they aren't fully ready**

If keeping up appearances is important then you will struggle with this idea, but bear with me. Your job as a parent is to shift the responsibility of getting to school to the person who should bear it – that is, your child. When you worry more about something than a child then that task becomes your responsibility. Mornings will always be stressful if you take responsibility for kids being at school on time. One way around this is to be willing to take your child to school even if they are not fully ready. It may mean your child has to hurriedly put his or her shoes and socks on in the car, or perhaps finish that piece of toast on the way to school. Doing this may make you feel like a mean parent but if you do it in a reasonable, matter-of-fact way then you are guilty of nothing more than putting a little responsibility the way of your child. Children will usually learn more from your actions than your words.



It's times such as bedtime, mealtime and mornings when children transition from one activity to another that brings so much stress for parents. Often children just want to keep doing an activity they enjoy rather than go to bed, join you at the meal table or go to school as required. It's easy to be drawn into arguments and disputes with children who don't want to play the cooperation game. It helps at these times to stick to a known routine (that may be individual for each child); to talk a little less (cue them once but no more); and be willing to put a reasonable action or consequence in place so that children take some responsibility themselves.

**Visit our website for more ideas and information to help you raise confident and resilient young people.**



**Special note:** I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at [parentingideas.com.au](http://parentingideas.com.au)

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## Honour Award

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

3L	Liam Jocson
3T	Maria Wahbe
4B	John Paul Wehbe
4G	Crista-Nicole Gahdmar
5C	Jennifer Mekdessi
5T	Jessica Bechara
6P	Nicole Aboumelhem
6W	Annamika Sawant

## st patrick's award



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

3L	Olivia Gebrael
3T	Brian Chen
4B	Isabella Moses
4G	Lucas Lathouras-Beacroft
5C	Christian Golossian
5T	Isabeli Rosal
6P	Ray Wehbe
6W	Chanel Nader



**Happy Birthday to the following children who will celebrate their birthdays in the following week:**  
Christian Stojkovski, Ysabel Daelo, Callum Donaldson, Estelle Perrett, Elijah Skaf, Ava Salloum, Noah Joe Abraham, Scarlett Weaver, Anthony Khouri, Airween Kwa, Erick Granados-Gavito



Good luck to the following children who will represent Cumberland Zone tomorrow in the Diocesan Swimming Carnival. I'm sure you will do St Patrick's proud.

**Individual Events**  
**Jnr Girls Relay Team**  
**Snr Boys Relay Team**

Mikayla Saleh and Valerie Liu  
Mikayla Saleh, Arabella Gittany, Kyah Rahme, Isabella Younes  
Andre Eltakchi, Luke Maroun, Daniel Takchi, Raymond Wehbe

## Shrove Tuesday Pancake Day

On Tuesday 28<sup>th</sup> February we would like to be able to give the children a treat of Pikelets at recess.

**Cost 50c each Pikelet**

**Orders must be received with the correct money by tomorrow Friday 24<sup>th</sup> February. Tuesday morning will be too late.**



Congratulations to the Stojkovski Family on the birth of their baby boy, Callum, a new little brother for Christian 5T and Liam 1S



## ICE BLOCKS !!

We are selling ice blocks again every Friday starting from 3rd March. Each

child may buy **ONE** ice block at \$1.00 each.

## CATHOLIC SCHOOLS WEEK – ‘Learning Connected’

This year St Patrick’s will celebrate the wonderful opportunities that our school offers during Catholic Schools Week from 5-11 March. The theme of Catholic Schools Week is ‘Learning Connected’. Catholic Schools Week is a great opportunity to come together and connect with the people that make St Patrick’s the terrific community to which we all belong.

There will be many occasions throughout the week to join with your child and witness their enjoyment of school as well as their learning. One of the highlights of the week will be a ‘Welcoming Ceremony’. This will take place on Wednesday 8 March at 9.15 and is an opportunity for our community to welcome new members of our family. Many other activities will take place throughout the week, including open classrooms. A timetable of these will be sent home early next week.

Catholic Schools Week is an ideal opportunity to support our community and to learn more about the great things that are taking place in our school. We look forward to seeing you.

The Catholic Schools Week Committee.

### CHILD SAFETY DURING PICKUP



Dear Parents

Can I ask you to be vigilant about following safety rules around the pick up zone. We all realize that the areas around the school are very hectic in the afternoons and ask for your patience. On some days the traffic rolls smoothly and on other days it is a little slow. Please be mindful that our staff are often doing this duty in sometimes 40+ degrees temperature so as to enable children to be successfully picked up and so that parents do not have to get out of their cars. I am sure like me you are extremely grateful to them for this service. I am also very grateful to Mr Stephen Walsh for placing a teacher on crossing duty to assist the flow

Just a few reminders please

- Please display your child's name clearly so that the teachers can read it from afar in thick permanent marker
- Never make a U turn along Ross Street. This is extremely dangerous.
- Please cross at the crossing
- Please do not leave your car to assist with bags. A car left running unattended can accidentally roll on your child or another person and holds up the drive through process
- If your child cannot manage their bag and seatbelt independently do not use drive through.
- Please do not speak on the phone without a hands free device.



SEAT BELT

NSW  
Premier's  
Reading Challenge



### Premier's Reading Challenge 2017 for students Year 3—6

This year students from Years 3-6 will be participating in the NSW Premier's Reading Challenge. The challenge is now in its 14th year. The purpose of the challenge is to foster the love of reading and to learn new ideas, investigate different ways of viewing the world and maybe even to have our own ideas challenged.

To receive a certificate signed by the NSW Premier students in year 3—6 must read 20 books before the 1st August 2017. Fifteen of these books must be chosen from the challenge list for their year or above. The other five books are the student's own personal choices.

A letter was given to the children earlier in the week. Should you require any help or further information please see Mrs O'Dwyer in the library Monday to Wednesday.

## School Photos –16th March 2017

School Photographs will be taken on Thursday 16<sup>th</sup> March 2017. Please ensure that your child is neatly dressed in **full Summer School Uniform**.

**We encourage you to pay online for both individual photos and sibling photos.** This can be done in the convenience of your home. An email receipt will be mailed to you as confirmation and you can pay for all children or sibling photos in 1 easy payment. **The online code for our school St Patricks Primary, Parramatta is MKW J3F KMB. This needs to be completed at least 48hrs prior to photo day.**



Every child has received a separate school photograph envelope, which if paying by cash or cheque must be returned to school with the correct payment (no change is able to be given) by **Monday 13<sup>th</sup> March 2017**. Please ensure that you read the instructions on the envelope carefully and complete the envelope in full.

## Spare Clothes Reminder

A kindly reminder to all parents of Infant students, please pack a spare change of underwear, socks and boys pants inside your child's bag. Whilst we do have spare clothes it is not always possible to find sizes for every child. Little accidents do happen and if we can keep the child at school it is in the best interest of the child.

In preparation for the World Meeting of Families Meeting with Pope Francis in Dublin in August 2018, the Life, Marriage & Family Office is organising a St Patrick's Day Family Festival at St Patrick's Cathedral Precinct on Saturday March 18. Live entertainment will provided (Irish band and Irish Dancers) along with food with an Irish theme and rides for the kids and the young at heart. There will also be a historical display showcasing the contribution that the Irish have made to the foundation of our parishes and schools.

**The Life, Marriage and Family Office is interesting in hearing from people who would be interested in volunteering to help running the event in terms of running stalls, crowd management and other duties. If you are interested in volunteering please email [lmf@parra.catholic.org.au](mailto:lmf@parra.catholic.org.au)**



# ST. PATRICK'S *Family Festival*

**ST PATRICK'S CATHEDRAL PRECINCT,  
1 MARIST PLACE, PARRAMATTA  
VISIT [WWW.PARRALMF.ORG.AU/ST-PATRICKS-DAY](http://WWW.PARRALMF.ORG.AU/ST-PATRICKS-DAY)**

HOSTED BY  DIOCESE of PARRAMATTA  *Life, Marriage & Family Office*  
DIOCESE of PARRAMATTA 

## Make us an Offer!!!

Do you have any use for the below table? Kids art table, table for kids parties?

We have 4 of the tables measuring Diameter = 180cm or 1800mm Height = 66cm or 660mm (suitable for chair height 40cm or 400mm).

Please contact the office on 9630 1421 and make us an offer !!!



**CHAIRS ARE NOT INCLUDED**



### Reminder to Parents— Lunch Utensils

**Just a reminder that if your child requires a spoon or fork to eat their recess or lunch we would appreciate you putting a plastic fork or spoon in their lunch box. No knives please.**

Would you believe that on Monday, 27th February 2017, it will be 61 years since a public meeting was held to call on the community and Parramatta Council to erect a pool for Parramatta citizens? The last generation had fought for our democracy and had the foresight to commemorate their hard-won victory by giving a practical gift to their children's children - a public affordable swimming pool in Parramatta CBD.

**FREE SEMINAR FOR PARENTS**

**THE CYBER SAFETY LADY**  
**RAISING RESPONSIBLE DIGITAL CITIZENS**

- Social Media safety/privacy - Maintaining a spotless social media profile
- Keeping your child safe online - Protecting your child from adult content
- Strangers online - Cyber bullying - Online stalking - Balancing your child's screen time - Managing kids digital devices - parental controls

**GUEST SPEAKER:**  
Leonie Smith  
'The Cyber Safety Lady'

**FREE REGISTRATION (ESSENTIAL):**  
[CLICK HERE](#)

**WHEN:** Monday, 27 February 2017  
(6.30pm for 7:00pm start)

**WHERE:** Gilroy College, Marie St, Castle Hill (parking available)

The PRC Annual General Meeting will be held prior to our seminar.

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

[www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)

[f](#) @prcparra [t](#) @prcparra

Parents Representative Council  
SUPPORT | CELEBRATE | EDUCATE

## PUBLIC FORUM

**Monday 27 February 2017 at 7pm**  
**Burnside Primary School,**  
**1 Masons Drive North Parramatta**

All persons interested are invited to attend this public forum to discuss why the City of Parramatta is having its public pool closed without a replacement.

#### Q & A FORUM WILL INCLUDE SPEAKERS

OLMC Vice Principal & St Patricks Primary Principal  
Stephen Figgis – Original Pool Architecural Firm

#### INVITED PANELISTS

MP Dr Geoff Lee – Member for Parramatta  
David Shoebridge - Greens MP  
Lynda Voltz - Shadow Minister Sports  
Health Experts & Religious Leaders

**Join the community in asking the questions you Want answered and make your voice heard.**

**FOR MORE INFORMATION – [www.nprag.org](http://www.nprag.org)**

**DEEP END**

# 2017 School Calendar

## Term 1

### Week 5

Friday 24th February Diocesan Swimming Carnival  
Primary Assembly - Year 5 — 2.15pm

### Week 6

Monday 27th February Tri-skills—Gymnastics  
Tuesday 28th February Tri-skills—Gymnastics  
Shrove Tuesday  
Year 6 Incursion—Natural Disasters  
Wednesday 1st March Ash Wednesday Mass Yr 1 to Yr 6  
9.30am St Patricks Cathedral  
Friday 3rd March St Patrick’s Choir Performance  
Infants Assembly — 2.15pm

### Week 7

### Catholic Schools Week

Monday 6th March Tri-skills—Gymnastics  
Tuesday 7th March Tri-skills—Gymnastics  
Thursday 9th March Year 4 & Year 5 Science Incursion  
Friday 10th March Sydney Symphony Orchestra Yrs 4-6  
Riverside Theatre  
Primary Assembly—2.15pm

### Week 8

Monday 13th March Tri-skills—Gymnastics  
Tuesday 14th March Tri-skills—Gymnastics  
Thursday 16th March School Photos—Full Summer Uniform  
Friday 17th March St Patricks Day Mass & Picnic  
More details to come  
No assembly



*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)

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**STEPPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED**  
“Stepping Beyond” Support Group, is held on the last Tuesday of each month for those struggling through a separation or divorce. **Next Gathering:** 28<sup>th</sup> February **Venue:** CCSS centre, 38 Prince St, Blacktown. **New Time:** 7pm – 9pm. **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or [soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)



**Bishop of Parramatta, Vincent Long Van Nguyen  
& Dean Of St Patrick's Cathedral  
Fr Robert Bossini invite you to  
Join us for the  
St Patrick's Day Business Breakfast**

Friday 17th of March,  
6:30 am to 8:30am  
1 Marist Place, Parking off Victoria Road  
RSVP 10 of March 2017  
To RSVP please call -8839 8411  
or email [events@stpatscathedral.com.au](mailto:events@stpatscathedral.com.au)



Keynote Speaker  
Former Premier of NSW  
John Fahey

**ST PATRICK'S MARIST COLLEGE, DUNDAS**

*Awakening Strong Minds  
and Gentle Hearts*



**OPEN DAY**



**Monday, 6th March | 4.00pm to 6.00pm**



**PARRAMATTA MARIST HIGH SCHOOL**

2 DARCY ROAD, WESTMEAD NSW 2145  
 PH. 02 9635 7066 | E. PARRAMARIST@PARRA.CATHOLIC.EDU.AU  
 WWW.PARRAMARIST.NSW.EDU.AU

**YEAR 7 2018 INFORMATION EVENING**

**WEDNESDAY 8TH MARCH 2017**

**5:30PM - SCHOOL TOUR & BBQ**

**6:30PM - 7:30PM - PRINCIPAL'S ADDRESS & INFORMATION SESSION**

BOOKINGS ESSENTIAL VIA [WWW.PARRAMARIST.NSW.EDU.AU](http://WWW.PARRAMARIST.NSW.EDU.AU)  
 PARKING AVAILABLE VIA GATE 3, DARCY ROAD (OPPOSITE WESTMEAD PRIVATE HOSPITAL)

**ENROLMENT INFORMATION**

Enrolment Packages will be available during the evening.  
 Enrolments Open: 13th March - Close: 31st March

ENROLMENTS RECEIVED AFTER THE CLOSING DATE WILL BE PLACED ON A WAITING LIST

**WE OFFER TOP QUALITY, AFFORDABLE CATHOLIC EDUCATION FOR BOYS**

Over the past 10 years, Our HSC Results have placed us in the top 100 schools in NSW.

In 2016, we achieved the following HSC Results: 51st in the state overall, 4th in Mathematics Extension 1 and Extension 2, 28th in Mathematics General 2, 61st in English (Advanced), Extension 1 and Extension 2 and 6 All-round achievers.

Parramatta Marist High School has been both Nationally and Internationally recognised as High Quality Innovators in 21st Century Education

Oakhill College  
**OPEN DAY**

THURSDAY 2 MARCH 2017 4.00-7.00PM

Oakhill  
 COLLEGE



Enrol now for Year 7, 2018 and Year 7, 2019



Tours  
 Principal's Address  
 Active Learning  
 Meet Staff  
 and Students



Oakhill College is an independent Catholic school in the Lasallian tradition

Years 7-10 Boys  
 Years 11-12 Co-educational

ALL ENQUIRIES WELCOME

Book your tour at [www.oakhill.nsw.edu.au](http://www.oakhill.nsw.edu.au)

OAKHILL COLLEGE | 423-513 Old Northern Road, Castle Hill | Telephone: 9899 2288  
 Email: [registrar@oakhill.nsw.edu.au](mailto:registrar@oakhill.nsw.edu.au) | [www.oakhill.nsw.edu.au](http://www.oakhill.nsw.edu.au)



**ENROLLING  
 now for 2018**

Catherine McAuley is a Catholic girls' secondary school, located at Westmead. Our broad curriculum encourages young women to pursue independent lifelong learning.



*Educating young women for the future*

**OPEN NIGHT** Tuesday 14th March 2017  
 4.00pm - 7.00pm

This school open event will give visitors the opportunity to tour the school and view facilities as well as meet our School Principal and School Leadership Team

CONTACT OUR SCHOOL ON 9849 9100 FOR AN ENROLMENT PACK.  
 APPLICATIONS CLOSE 31ST MARCH 2017

Catherine McAuley, 2 Darcy Road, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)



OUR LADY OF MERCY COLLEGE PARRAMATTA

**Open Day**

Discover what a Mercy education can do for your daughter at the OLMC Parramatta Open Day on

**Sunday March 12, 2017 10am - 2pm**

Principal's welcome at 10.00am and 12.00pm

*Expanding beyond what we know we can be*

[www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au)



MERCY | COMPASSION | JUSTICE | DIGNITY | EXCELLENCE | HOSPITALITY | STEWARDSHIP | SERVICE



OUR LADY OF MERCY COLLEGE PARRAMATTA

**Open Day**