



St Patrick's Primary School Newsletter

19th October 2017 Term 4 Week 2

Dear Parents,

Last Monday around 200,000 students in Year 12 sat for their first Higher School Certificate Examination (HSC) commencing with the first of two English papers. The HSC was first introduced in 1967, with the last major revision coming into effect in 2001. Over the last few weeks I have been hearing much in the media about the HSC and the main topics seem to be anxiety and relevance. For those of you who have children in Year 12 you most probably have been experiencing HSC 'joys and blues' for many months now and have experienced a range of successes in; providing your child with an environment free from unnecessary stresses, ensuring calm routines, managing 'meltdowns' or at the other end of the scale wondering why your child seems too calm and casual about studying.

The question many educationalists have been asking for many years is, Does the HSC measure the type of learning that children are experiencing in the contemporary educational arena? And How much weight does the HSC hold for prospective employers and universities? In a recent article on the ABC website the following data was given:

- Up to 30 per cent of students will suffer anxiety, stress or depression
- Educators say the ATAR (Australian Tertiary Admission Rank) is losing its relevance
- Only 20 per cent of university admissions now rely on the ATAR

To further explore this topic I would like to share with you an article written by Executive Director of Catholic Schools in the Parramatta Diocese - Mr Greg Whitby in the Parramatta Advertiser on October 6th 2017

YEAR 12 students across NSW are in the home-straight as they prepare for the Higher School Certificate (HSC) which starts on October 16. The HSC marks the end of formal schooling and the period leading up to the exams can be a stressful time for many young people.

Strange as it may seem, higher levels of stress can actually be useful for HSC students as it helps to increase alertness. However, we know that feeling stressed all the time isn't healthy. It can lead to poor sleep patterns, low energy and feeling overwhelmed. As parents, you can support your child through the HSC by ensuring they allow for some downtime as well as for study. It's also really important that your son or daughter is getting to bed at a reasonable hour, especially the night before an exam. Having healthy meals and snacks is also important. A good breakfast fuels the brain and heightens focus. Exercise is another way they can manage their stress.

Listen out for negative self-talk like "I'm going to fail this exam" or "I was never any good at maths anyway". Try to ensure that conversations about the HSC don't become full of negativity or self-doubt. The best advice you can provide to your child in the lead-up to and during the HSC is to stay positive and believe in themselves. Too many young people see the HSC as the only road to a successful career. It's not. There are so many different work and study pathways. Stay connected to your child during HSC time.

Just knowing that you are there when they need you is often enough. If you are concerned about the impact of stress on your child's physical or mental health, encourage them to speak to their GP or someone they trust. One day, there will be a better way than the current model of the HSC to measure achievement and learning at school. Until then, please remind the young person in your life that the HSC is only a measure of what he or she knows and can reproduce within a set time. It is not a measure of their worth or what they are capable of achieving in the future.

My thinking is that children of all ages must learn to love learning and that exams such as the HSC are only but one way for teachers/governments to capture what learning has taken place. As I always say at the graduation of our Year 6, "Children, you are not your report, you are not As Bs or Cs [or in this case your ATAR score,] you are so much MORE" I believe that this concept is very well worth remembering.

God bless you and your family
Bernadette Fabri
Principal

(Message from our Executive Director to HSC students)

<https://www.facebook.com/CatholicEdParra/videos/1597407126947606/>

(ABC article, "is it worth all the stress?")

<http://www.abc.net.au/news/2017-10-11/year-12-exams-are-they-worth-the-stress/9029260>



Honour Award

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

3L	Isobel Rahme
3T	Renee Kougellis
4B	Jayden Farah
4G	Christian Sarkis
5C	Chelsea Lima
5T	Tharuki Randeniya
6P	Jarrood Kassis
6W	Marcus Grohs



st patrick's award

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

3L	Jack Gittany
3T	Cedric Guino
4B	Jacob Tamaro
4G	Joetta Khoury
5C	Mia Kerr
5T	Darcy Fraser
6P	Aidan Khreich
6W	Natalia Gebrael

NOTIFICATION REGARDING GATE CLOSURE IN 2018

To ensure full compliance with the school's timetable hours (8.50am to 3.00pm) please be aware that as from Term 1, 2018 the main gate will be locked at the official gazetted school start time, that is at 8.50am. This will mean that any child who arrives after 8.50am will require an adult to sign them in and this will be recorded as a partial absence. We are no longer able to continue to give children the 10mins grace period. It is hoped that giving families this early notification will assist parents whose children are currently arriving late to school ie after 8.50am. It is our recommendation that parents and children begin working on strategies now, to try to arrive by the starting time. Below are some suggestions to help improve this punctuality.

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

Please contact your child's class teacher or members of the leadership team if we can be of any assistance.

Regards
Ms Fabri

<u>Scholastic</u> <u>Year</u>	<u>Sch Yr</u> <u>Attendance Level %</u>
K	94.4%
01	81.6%
02	86.9%
03	84.2%
04	87.8%
05	92.1%
06	81.8%
CEDP Attendance Benchmark Target Level = 90%	
St Patrick's Current Attendance Level = 87.2%	



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.



St Patrick's Parramatta
RETURN TO SCHOOL 2018 DATES

Week One 2018	Monday 29th January 2018	Tuesday 30th January 2018	Wednesday 31st January 2018	Thursday 1st February 2018	Friday 2nd February 2018
	Staff Development Day – Yrs K-6 Individual Maths Assessments	Staff Development Day – Yrs K-6 Individual Maths Assessments	All students commence the 2018 school year. Kindergarten to Year 6		
	Parents will be asked to book their children into one session with their child's class teacher on any of these 2 days.				



Happy Birthday to the following children who will celebrate their birthdays in the coming week: George Draybi, Kaylani Elphinstone, Mark Abraham, Jake Buxton, Alissa Banzato, Jacob Manago, Alexandriya Izmestyeva, Makayla Kalouch, Cynthia Daher, Julian Tanna, Renee Kougellis, Oliver Kougellis

Sports Days for Term 4

Children will be required to wear their sports uniforms on the following days for Term 4:-

KA	Thursday	1S	Wednesday	3L	Thursday	4G	Wednesday	6P	Wednesday
KM	Wednesday	2M	Friday	3T	Thursday	5C	Friday	6W	Thursday
1C	Thursday	2Y	Friday	4B	Wednesday	5T	Friday		

Book Club LOOP

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to scholastic.com.au/LOOP

or



Follow these **easy** steps!

1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)

LOOKING FOR MORE PRODUCT INFORMATION?



Search Now



Facebook

3 Click on **ORDER** and enter the item number from the Book Club catalogue.

4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:
20th October 2017

Condolences



We wish to extend our deepest sympathy to the Haddad Family (Zachary 4B) on the passing of his Grandfather. Please keep the family in your prayers.

Mission Mass

On Friday the school R.E. Team represented the school at the annual Mission Mass, held at St Patrick's Cathedral. During the homily Father Chris D'Souza reminded us of the importance of recognising our call to mission as Baptised Catholics and how we are called to reach out to people in need throughout the whole world. At the end of the proceedings Greg Whitby spoke to the people gathered and encouraged us to look in our local areas and be creative in the ways we can help the people of Australia, rather than encouraging the gap between rich and poor to become more obvious.

It was also a great opportunity for the Catholic schools in our diocese to showcase how they encourage our call to Mission. We received some great ideas and hopefully will be discussing them with the SRC members so we can plan for next year.

Sacrament of Penance

On Sunday all students interesting in preparing for the Sacraments of Initiation attended an Enrolment Ceremony within the 9.30am Mass. This term they will be preparing for the Sacrament of Penance. Please add these important dates to your diary;

17 October	Penance - Introductory Session - 7.30pm
31 October	Sacrament of Penance Parent Session - 7.30pm
11 November	Sacrament of Penance Parent and children Session 4.30pm
25 November	Sacrament of Penance - Practice for Penance 4pm
28 November	Sacraments of Initiation - 7pm

ALTAR SERVERS

St Patrick's Cathedral Parish is currently looking for children in Year Five and above who are interested in joining the team of Altar Servers. They are an important part of the liturgical team at the Cathedral and I encourage all students who are interested to contact Mrs Standing for an expression of interest form.

WHAT IS THE MINIMUM LITERACY AND NUMERACY STANDARDS

Parents of Year 6 and high school students may be interested in the watching the video links below which clearly explains the Minimum Literacy and Numeracy Standards in Year 9.

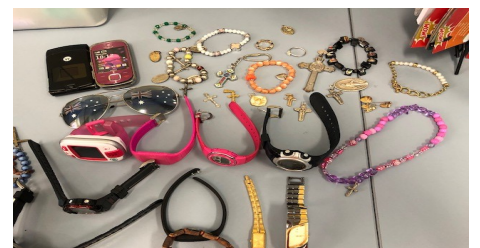
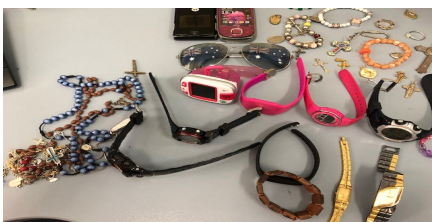
<https://youtu.be/-vVgH9TsbJk>

<https://youtu.be/zec61nOzB34>

www.educationstandards.nsw.edu.au

Lost Property

Parents as uniforms can be quite costly, we ask that all articles of clothing be labelled with the children's name to enable us to return them. Please come and check in the lost property basket located in the office as it is overflowing with unnamed clothes. As per the photos below you can see we have various items, some of them costly, in lost property. If any of these items belong to you please come and collect from Mrs Jones.



2018 Parramatta Diocesan Team Sport Trials - Students with Representative Experience or Above Average Ability

Any Primary students enrolled in Year 5 and 6 for 2018 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term Four in 2017 and Term One in 2018. In some sports students in Year 4 *MAY* nominate.

It is important to note that these trials are generally for those children who display an above average ability and/or have representative experience in their chosen sport. While teams are open in age it is strongly recommended that only children of a representative standard in Years 5 & 6 in 2018 be invited to attend.

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

This online form is an EXPRESSION OF INTEREST ONLY for the 2018 Parramatta Diocesan Primary Sport Team trials. Parents may complete this form to attend a selection trial. One form is to be completed per child, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

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

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.

Currently only the Summer Sports of BASKETBALL & TENNIS are open and registrations close on Friday 27th October as these trials will be held in November 2017.

All other sport registrations will open in November for 2018 trials.

Please contact Mr Younis if you require further information or clarification.

CREDO MINISTRIES

FAMILY OPEN DAY



Sunday October 22

BBQ, jumping castle, games and activities for the whole family.



Join us:

- * after 9:30am Mass and 11:am Mass
- * at the Cathedral Cloister

Everyone welcome

St Patrick's Cathedral, 1 Marist Place, Parramatta, NSW 2150 | 02 8839 8400

YOUNGER WIDOWED SUPPORT GROUP– Solo Parent Services' Younger Widowed Support Group is held on the 3rd Tuesday of each month. The Support Group is for men and women widowed at a younger age whether you are a parent or not. **Please note change of Venue to:** 2A Villiers St, Parramatta. **Time:** 7pm – 9pm. **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or Email: soloparentservices@ccss.org.au

STEPPING BEYOND SUPPORT GROUP - Solo Parent Services "Stepping Beyond" Support Group, is held on the last Tuesday of each month for those struggling through a separation or divorce. **Next Gathering:** 31st October **Please note change of Venue:** 2A Villiers St, Parramatta **Time:** 7pm – 9pm. **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or soloparentservices@ccss.org.au

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.

2017 School Calendar

Term 4

Week 2

Friday 20th October Primary Assembly—Year 3—2.15pm

Week 3

Monday 23rd October Year 3 Incurion 'Stars & Planetarium'
Tuesday 24th October 'Footsteps' Dance continues
Friday 27th October Infants Assembly—Primary Choir—2.15pm

Week 4

Tuesday 31st October 'Footsteps' Dance continues
Friday 3rd November Primary Assembly—Year 6—2.15pm

Week 5

Tuesday 7th November 'Footsteps' Dance continues
Kindergarten 2018 Orientation Day
Wednesday 8th November Kindergarten 2018 Orientation Day
Thursday 9th November Kindergarten 2018 Orientation Day
Friday 10th November Infants Assembly—Year 2—2.15pm

Week 6

Tuesday 14th November 'Footsteps' Dance continues
Wednesday 15th November Year 6 Camp
Kinder 2018 Parent Information Night
Thursday 16th November Year 6 Camp
Friday 17th November Primary Assembly—Year 5—2.15pm

Week 7

Tuesday 21st November 'Footsteps' Dance continues
Friday 24th November Infants Assembly—Year 1—2.15pm



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
Fr George Azhakath
Rev Deacon Willy Limjap
Margaret Gale (Sacramental Coord)
Milli Lee (Parish Admin Asst)
Patricia Preca (Parish Secretary)

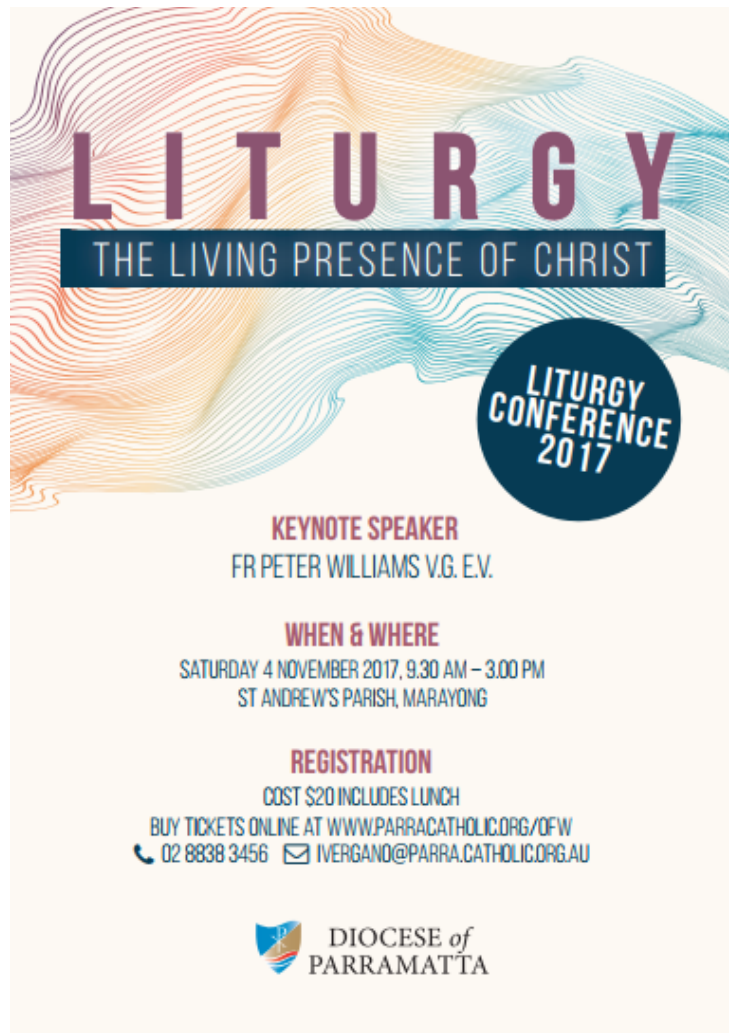


New School Phone Number

Our school has been migrated to a new number.
The new number is:

8832 4600

The old number still works and will be automatically diverted. If you receive an outbound call from our school then the new number will come up. Please save this number to your contacts.



LITURGY


THE LIVING PRESENCE OF CHRIST


LITURGY CONFERENCE 2017

KEYNOTE SPEAKER
FR PETER WILLIAMS V.G. EV.

WHEN & WHERE
SATURDAY 4 NOVEMBER 2017, 9.30 AM – 3.00 PM
ST ANDREW'S PARISH, MARAYONG

REGISTRATION
COST \$20 INCLUDES LUNCH
BUY TICKETS ONLINE AT WWW.PARRACATHOLIC.ORG/OFW
☎ 02 8838 3456 ✉ IVERGAND@PARRA.CATHOLIC.ORG.AU

 **DIOCESE of PARRAMATTA**





OFFICE FOR WORSHIP
CATHOLIC DIOCESE OF PARRAMATTA

THIS IS A WONDERFUL OPPORTUNITY TO GATHER TOGETHER AS A DIOCESE AND EXPLORE THE PRESENCE OF CHRIST IN LITURGY.

YOU WILL BE ABLE TO CHOOSE FROM MANY WORKSHOPS INCLUDING:

- MUSIC & COPYRIGHT
- SACRAMENTS OF INITIATION – A FIELD PERSPECTIVE
- SCRIPTURE & THE SEASON OF ADVENT
- ORGANISING A MASS – ORDOS, MISSAL & LECTIONARIES
- BRING CHRIST TO THE SICK
- MAKING CHRIST PRESENT THROUGH A CULTURE OF HOSPITALITY
- MINISTRY – WHERE IT ALL BEGAN
- CHOOSING HYMNS FOR MASS
- MUSIC & ADVENT
- THE PRESENCE OF CHRIST IN THE WORD

CHECK THE DIOCESAN WEBSITE FOR MORE INFORMATION
 PARRACATHOLIC.ORG/OFW




Catherine McAuley Westmead

Enrolments for Year 7 2019

Catherine McAuley Westmead is now accepting enrolments for Year 7 2019. The closing date for Year 7 2019 applications 1st round offers is Friday, 6th April 2018.

Parents and their daughters have the opportunity to tour the school campus at one of our upcoming school tours specifically for Year 7 2019 applicants, but open to any year group.

Wednesday 18th October and Monday 6th November 2017

9.15 – 11am

These mornings will provide parents and students with 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.

Please contact our School Reception on 9849 9100 to book a place on a school tour.

Save The Date – The Catherine McAuley Westmead School Open Afternoon will be held from 4.00pm – 7.00pm on Tuesday 13th March 2018.



SACRED HEART WESTMEAD PRESENTS

FETE 2017

SUNDAY, 5TH NOV 11AM – 4PM

12 RALPH STREET, WESTMEAD NSW 2145

~ACTIVITIES INCLUDE~

- RIDES -**
GIANT SLIDE
DISCO SHOW
CUP AND SAUCER
JUMPING CASTLE
- STALLS -**
CAKE STALL
TRASH AND TREASURE
BASKET STALL
CHOCOLATE WHEEL
FAIR FOOD
SAVOURY FOOD
LEBANESE BBQ
COFFEE CART
- AMUSEMENT -**
SIDE SHOW ALLEY
KIDS ZONE

AND MUCH MORE!

FOR MORE INFORMATION CALL 9635 1758

**COME CELEBRATE
ST MARGARET MARY'S SCHOOL
75TH ANNIVERSARY PETE**

St Margaret Mary's School
7 Chetwynd Rd, Merrylands

**Saturday,
21st of October
2017**

10am-3pm

The St Margaret Mary's School Fete celebrates the 75th Anniversary of our school and features Amusement Rides, Games, Show Bags, a Chocolate Wheel, Fair Food, the School Museum, Prizes and MUCH MORE!!!

Proudly Sponsored By...

food allergy AWARENESS

Foods that most often cause an allergic reaction:
peanuts, tree nuts, milk, eggs, fish, shellfish, sesame, soy.

However, other less common foods can also cause anaphylactic reactions.

Anaphylaxis is a sudden, severe allergic reaction that involves various areas of the body simultaneously. Food allergies, insect stings, medications (most commonly penicillin), and latex can cause an anaphylactic reaction.

Warning signs and symptoms of an allergic reaction:

- Complaint of tingling in the mouth
- Hives, body rash, itching
- Vomiting
- Swelling of lips, eyes and face

Warning signs and symptoms of a SEVERE allergic reaction (ANAPHYLAXIS)

- Difficulty and/or noisy breathing
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Swelling of the tongue
- Swelling/tightness of throat
- Loss of consciousness and/or collapse
- Pale and floppy (in young children)

If you see someone showing any of these symptoms, ACT FAST. Call 000.

Allergy & Anaphylaxis Australia
Your trusted charity for allergy support

RECENT CHANGES TO EXTENDED LEAVE (APPLICATIONS NEEDED FOR 5 DAYS OR MORE)

The Catholic Education Office have made recent changes to the application for extended leave from 10 days or more to **5 days or more**.

- Parents or carers may approach the school to seek permission for extended leave during the school term. Extended leave is now considered to be 5 or more days.
- Parents/Carers must complete and submit the Application for Extended Leave **prior** to commencing leave OR apply for extended leave in writing to the principal directly.
- Please note that if the child does not return to school on the specified date in the application the school must be notified. If the family is not contactable the Department of Education and Training must be informed.
- On most occasions it is in the child's best interest for all holidays to be scheduled in gazetted holiday times.

If you have any questions please do not hesitate to contact the school office.