

# st patrick's primary school parramatter patter

19th November 2015 Term 4 No.7



Dear Parents

*It is hard to believe that we are already in Week 7 of Term 4; where has the year gone? At last Tuesday nights Kindergarten Orientation Meeting for parents I heard many mothers echo the above sentiments, especially those who have children in this year's Kindergarten. It was just wonderful to meet all the new families for Kindergarten 2016 including some established parents; and what a friendly group! Once again I am delighted to welcome a number of ex-students to the fold as they now have returned with their own little ones. As in previous years the classroom teachers spoke to the group about the importance of showing the children encouragement and support when they start school. For many parents this is their first child beginning their formal educational journey and I could see that they were full of excitement and anticipation. They had many questions and a keen interest to do the 'right thing' to ensure a successful start to St Patrick's Parramatta. Thank you to the many parent group leaders who managed to answer many of these questions.*

*Understandably some of the concerns that new parents have is how will their children manage the social and emotional aspect of school. This is an element which is part of the Personal Development section of the curriculum and includes making friends, learning how to work with others and knowing how to be more responsible for yourself. Other aspects include how to manage feeling and get on with others. This kind of learning starts from a very early age; many years before children start school.*

*Teachers help children manage social and emotional skills on a daily basis. Much of Mrs Benkovich's role in student management is to do with helping children develop these skills. As parents this is a key factor of your teaching within the family context. Based on some of the discussions I have had with parents some of the topics often discussed with children include, coping with frustrations and worries, getting along with others and solving problems. Interestingly these skills are lifelong skills and are needed by people of any age. Research says that explicitly teaching these skills has a positive impact on wellbeing.*

*The kinds of social and emotional skills that are important for children to develop have been outlined in the Mental Health Initiative Publication, 'Mind Matters' These include;*

**Self Awareness** – understanding feelings, self confidence

**Social Awareness** – respecting and understanding others, and appreciating differences between people

**Self Management** – managing, making friends and emotions, being able to set goals and stick to them

**Responsible decision making** – choosing wisely and thoughtfully and

**Relationship skills** – cooperating communicating, making friends and resolving conflict

*Being able to manage feelings, get on with others and solve problems really helps children learn better and feel better. To assist parents reinforce social and emotion learning at home please find a section of suggestions included in this newsletter.*

God bless you and your family

Bernadette Fabri



## Honour Award

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

3L	Arabella Gittany
3T	Andre Elzahoul
4B	Marcus-Adam El-Chaar
4G	Alanah Issa
5C	Emmaline Didic
5T	Sophie Morgan
6P	Adriana Saab
6W	Nathan Didier-Serre



## st patrick's award

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

3L	Ivanka Markovic
3T	Liam Abdallah
4B	Daniel Takchi
4G	Daniel Motilal
5C	Charbel Wehbe
5T	George Gebrael
6P	Abigail Sarangaya
6W	Nayden Tarabay



**Happy Birthday to the following children who will celebrate their birthdays in the following week:**

Caitlin Dunn, Neha Bonigala, Clyde Guatlo, Isabeli Rosal, Arwen-Cady Firmeza, Clovis Batti, Camran Nasrulla, Mariella Maaraoui, Mikayla Shalala, Ethan Bechara

### Not Returning to St Patrick's in 2016

Thank you to the parents who have informed the office that their child will not be returning to St Patrick's in 2016. If your child is not returning to St Patrick's in 2016 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 2016.

### Back to School 2016

If you plan to travel overseas or interstate over the Christmas holidays and your child will be returning late back to school in 2016, please notify the school office in writing stating the date they will be returning to school. Please note if your child will be missing 10 or more school days they are required to complete an application for Extended Leave form, which can be collected from the office. Parents are discouraged from taking children out of school for travel or extended holidays during school time. This can have a detrimental effect on your child's academic progress.

### The Pope Francis 'To Do' List

Be consistent. Pro-life, environmental and social justice movements are all connected. Protecting vulnerable species must include the unborn, endangered animals and the exploited. (91, 120)

### 2016 Return to School Dates

Students Year 1 to Year 6 return to school in 2016 on Friday 29th January. MAI testing will be over 2 days 27th and 28th January. Kindergarten will commence on Monday 1st February, 2016

### Consent Forms—Kindy to Year 5

Consent forms were sent home to children in Kindy to Year 5. These forms will stay on the children's files for the period of enrolment. Please ensure all parents residing with the child have completed both sides of the form and ticked all boxes. Please return to your class teacher as soon as possible.

## Author's Corner



*The desire to write grows with writing.*

*-JK Rowling.*

*Students at St Patrick's Parramatta this year have shown a great desire to plan, compose and analyse their writing.*

*In order to give writers an authentic way of sharing their pieces of work, their writing is showcased in our school library in a section called the 'Authors' Corner'. Another aim for this project is to give all students an equal opportunity to display their work in a clear, purposeful manner followed by a sense of individual success and achievement. All students are encouraged to visit the Authors' Corner to view other students' work.*

*Children's work is selected by the classroom teacher based on achievement and effort. Teachers are always looking for opportunities to include children's work in this section of our library.*

*I would like to thank and congratulate all of the students who have shown great effort, dedication and willingness to display their pieces of writing for others to enjoy.*

*This valuable showcase of students' work will continue in 2016. All teachers are looking forward to seeing fabulous growth and development in writing.*

*Miss Azar*



# Supporting children's social and emotional learning

## Suggestions for parents and carers

**Parents and carers have a critical role to play** in guiding and supporting children's social and emotional learning. Social and emotional skills develop with practice. Everyday situations present lots of opportunities for children to learn and practise skills for coping with emotions, managing relationships and solving problems. You can help children build the skills they need by providing effective coaching.

### How you can help:

- **Encourage discussion of feelings**

Encourage children to talk about how they are feeling. Listen with empathy so they feel understood. Help them see that feelings are normal, that it is important to understand them, and that understanding and talking about feelings helps you to manage them.

- **Support children's confidence**

Help children identify and develop their strengths by encouraging them to have a go at things and find activities they enjoy. Praise their efforts, celebrate their successes and encourage them to keep trying and learning.

- **Provide opportunities to play with others**

Playing with other children provides practice in important social skills such as sharing, taking turns and cooperation. Help children develop their skills by praising their appropriate play behaviour, e.g. "I noticed how nicely you shared your toys. That made it fun for both of you."

- **Lead by example**

Parents and carers are important role models. Children learn how to behave by observing and imitating the behaviour of those around them, particularly adults. When you model positive ways of coping with strong feelings like anger, it helps children feel safe and shows them ways that they can manage strong feelings too.

**Some possibilities:**

*Parent/carer says: "I'm getting too angry. I need some time out to think about this."*

*Parent/carer says: "I'm feeling really tense. I need to take some deep breaths to calm down."*

Admitting to having difficult feelings is not a sign of weakness or failure. It sets a good example for children by showing them that everyone has difficult feelings at times and that they are manageable.

- **Give children choices**

To develop responsibility children need practice in making choices that are appropriate for their

age and experience level. You can help children build decision making skills by encouraging them to explore options and helping them think through the reasons for their choices. Involving children in family decision making (that you are in charge of) helps them develop skills for responsible decision making and encourages cooperative family relationships.

- **Encourage creative problem solving**

Asking questions that help children think of alternative solutions supports their thinking and problem solving skills. When problems arise you can explore them together by asking questions such as, "What could you do about that?" or "What do you think might happen if you try that?"

- **Teach children to use assertive communication skills**

Show children how to confidently and respectfully communicate their thoughts, feelings and needs to others in an assertive way. For example, "I really don't want to play that game. It's too dangerous. Let's play a different game instead."

This resource is part of the KidsMatter Primary initiative. We welcome your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



Australian Government

Department of Health and Ageing



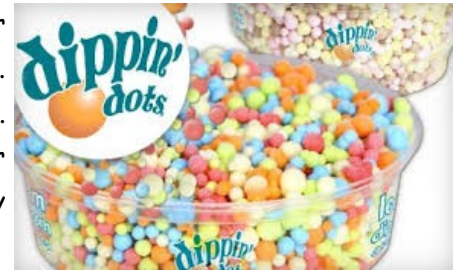
Australian Psychological Society



## Dancing Under the Stars' Family Disco

Tomorrow night's disco will be in the school playground from 6pm-8pm. Gates will be open from 5pm to allow time for you to eat and socialise before dancing. Tickets will be on sale at the door. Tickets are \$3 per student and adult but Pre-school aged children will have free entry.

On the night there will be Pizza and Dippin' Dots ice cream available for purchase as well as ice blocks and drinks from our school canteen. Unfortunately we were unable to arrange for the Kebab stall to attend. Families are welcome to bring their own snacks or picnic basket if you prefer however we ask that you respect our NUT FREE POLICY to ensure the safety of all attending.



On the night there will be a DANCE OFF for the students to participate in if they wish to. There will be an INFANTS DANCE OFF (6:45pm) followed by a PRIMARY DANCE OFF (7:15pm). Students will stand in a circle and those who wish to participate will enter the circle and dance for an entire song selected by our DJ Michelle. Students are welcome to dance in groups or pairs if they feel more comfortable as well as individually however prizes will be awarded to individual dancers not groups.

A panel including the DJ and teachers will observe each dance off and decide on 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for each category (Infants/Primary). Girls and Boys will not be separate. We believe in equal opportunity for all so regardless of gender we believe all have a chance to participate at an equal level. Prizes will be awarded to not necessarily the BEST dancers but the most energetic, unique and funky dancers who are on the dance floor trying their best and having a great time. We also have some prizes to hand out to students we see throughout the night who are having fun and dancing the night away.

### PRIZES INCLUDE:

1<sup>st</sup> Place: \$50 Bondi Pizza Voucher

2<sup>nd</sup> Place: \$20 Messina Gelato Voucher

3<sup>rd</sup> place: \$10 Messina Gelato Voucher

Grill'd Burger Vouchers will be awarded to Students we see who are participating throughout the disco and having a great time with their friends and family.



CATHOLIC DIOCESE OF PARRAMATTA

**KRAKOW WYD 2016**

Pilgrims from the Diocese of Parramatta will be involved in a mission experience in the Diocese of Tagbilaran, Bohol, Philippines on their way to Poland for WYD 2016

Meet the challenge of Pope Francis in helping and caring for those in need.

Blessed are the merciful, for they will receive mercy Mt 5:7

## World Youth Day - Help the Philippines

Raffle tickets will be sold every morning before school next week. The tickets are 50c each or 3 for \$1.00.

\$100 Oatlands Village Fresh Produce

\$50 City Extra

3 x \$50 Parramatta Leagues Club

2 x VIP Bondi Pizza Voucher

2 x \$50 Parramatta Park Café

\$50 Blacktown Workers Club

\$100 Lachlan's Old Govt House

2 x \$30 Porters Liquor Oatlands



*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**

Monday to Friday 6.45am, 12.30pm  
Public Holidays 8.00am

**Pastoral Team**

Fr Peter Williams elected Diocesan Administrator  
Very Rev Fr Robert Bossini  
Rev Fr John Paul Escarlan  
Rev Fr Steven Hyun  
Rev Deacon Willy Limjap  
Margaret Gale ( Sacramental Coord)

*Straight from the Parent Handbook...*

**BUDDY SYSTEM**

A buddy system operates throughout the school where senior classes are paired with junior classes for a variety of activities and as partners when walking to the Cathedral or to local excursions. Year 6 "Buddies" are assigned to kindergarten children to help them settle into school.

**2015**

**TERM FOUR – DATES FOR YOUR DIARY**

**Week Seven**

Friday 20th November Primary Assembly—Yr 5 2.15pm  
' Dancing under the Stars' Family disco  
Gates open 5pm

**Week Eight**

Tuesday 24th November Footsteps Dance continues  
Friday 27th November Infants Assembly— Kindy 2.15pm

**Week Nine**

Tuesday 1st December Footsteps Dance continues  
Friday 4th December Year 6 Graduation Mass—9.15am  
No assembly

**Week Ten**

Tuesday 8th December Footsteps Dance continues  
Wednesday 9th December Peace on Earth Christmas Concert—  
1.30pm  
Thursday 10th December Swimming Carnival Yr 2—Yr 6  
Friday 11th December Whole School Farewell Assembly -  
Year 6 - 2.00pm

**Week Eleven**

Monday 14th December Footsteps Dance continues  
Tuesday 15th December Year 6 Fun day at Arcadia  
Wednesday 16th December Last Day for students for Term 4



**ARE YOU INTERESTED IN JOINING THE  
MUSIC AND PERFORMANCE ACADEMY  
AT OLMC FOR 2016 ( Yr 3 – 6)**

Information was sent out regarding an opportunity for your child to receive instrument and band tuition provided by the Music and Performance Academy at OLMC. The program will involve after school lessons and a cost will be incurred for those families interested in taking up tuition. Please send your completed expression of interest to St Patricks school office or scan and email to [music@olmc.nsw.edu.au](mailto:music@olmc.nsw.edu.au)

# School students

Tap into



The smarter way for students to travel to and from school.



## 2016 Travel Passes

Changes have been made to the travel passes for 2016. If you have never held a pass previously or your child is moving from year 2 to year 3 in 2016 you are required to apply online. Please send your child into the school office to pick up a brochure.



## Upcoming Events

**Term 4, 2015 General Meeting - Mon 16 Nov 2015: All students are gifted and talented...identifying personalised pathways to success**

Diocesan Assembly Centre, Cnr Flushcombe Rd & Marian St, Blacktown  
16/11/2015 07:00 PM

**Annual General Meeting & Term 1, 2016 General Meeting - Mon 29 Feb 2016: Topic TBA**

Patrician Learning Centre, Patrician Brothers' College, 100 Flushcombe Rd Blacktown  
17/11/2015 07:00 PM until 29/2/2016



Nutrition Snippet

## The simplest way

... to get your kids in the kitchen

Getting kids involved in food prep helps them understand the importance of eating fruit + veg every day.

Let your kids help you:

1. Wash the vegies
2. Set the table
3. Mix the salad
4. Mash potato
5. Put the toppings on pizzas
6. Choose fillings for their sandwiches
7. Measure frozen vegies before cooking
8. Grow veg at home and pick when ripe
9. Unpack your fruit + veg from the shops so they learn the names + varieties
10. Help to peel or chop fruit + veg (always under supervision)



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

Bookclub Issue 8 2015

Closing Date 26/11/2015

Do not send cash to school

- Log into [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP) or download our new iPhone or iPad app from the App store.
- Contact the office if you need help ordering online
- All orders need to be completed by 26th Nov, 2015

A vibrant summer-themed poster for a reading challenge. At the top, the text reads: "Expand your imagination by reading this summer and you could win an iPad mini". Below this, it says: "Read as many books as you can, tell us why you love them, and you could win one of four iPad minis. The more books you read, the more chances you have to win!". The entry information is: "Enter online at www.parra.catholic.edu.au. Entries close 5 February 2016." The main title is "Executive Director's Summer Reading Challenge". The background features a tropical beach scene with palm trees, a red surfboard, a parrot, and hibiscus flowers. In the foreground, a man wearing a straw hat and a red floral shirt is reading a book titled "WILBUR SMITH". Social media icons for Twitter (@CatholicEdParra) and Facebook (catholicedparra) are present, along with the Catholic Education Diocese of Parramatta logo and the text "\*Terms and Conditions apply".

Expand your imagination  
by reading this summer and  
you could **win** an **iPad mini**

Read as many books as you can, tell us why you love them, and  
you could win one of four iPad minis.  
The more books you read, the more chances  
you have to win\*.

Enter online at [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au)  
Entries close 5 February 2016.

**Executive  
Director's  
Summer Reading  
Challenge**

@CatholicEdParra  
 catholicedparra

Catholic Education  
Diocese of Parramatta  
\*Terms and Conditions apply