



St Patrick's Primary School Newsletter

31st March 2016

Term 1 Issue 10

Dear Parents

It is hard to believe that we have almost completed eleven weeks of the year with Term One almost over. For parents of Kindergarten children you are probably seeing your child grow and develop in the most unexpected ways; delighting at how quickly they are learning and making friends. When I was presenting my Principal's Report at Tuesday night's Parish Pastoral Council Meeting at the Cathedral I noticed how full the school term was. I am sure that you are all looking forward to a break from the usual morning and afternoon routine and I hope our working parents are able to get some well deserved rest and recreation too. For our children it is important that they particularly rest and enjoy the break. I would like to encourage the parents of emerging readers to continue the home reading program with their children using library books, readers or Bug Club. Emerging readers need this consistency and taking a break from reading every day can actually set them back considerably.

I have included in this newsletter two articles for your attention. The first is my Principal's Report for February/March and the second is an article written by Catherine Gerhardt as part of the Parenting Ideas INSIGHTS subscription from educational psychologist Michael Grose. This easy to read report has ideas regarding keeping children safe whilst using the Internet, especially when playing online games. Some of the ideas explored in this article were addressed at the Cyber Safety presentation this afternoon. The topic of 'Online Flaming' is the practice of using insults and threats to other, often innocent online users. This article is a very important one particularly for parents with older children so I encourage you to read it.

May I take this opportunity to thank the children and staff for all their hard work and persistence in solving learning challenges and getting out of their comfort zone. I would also like to thank each and every one of you for your support of the teachers and the programs and procedures we have in the school. To our many volunteers, we really appreciate everything you have done for us this term.

God bless you and your family.

Bernadette Fabri



Happy Birthday to the following children who will celebrate their birthdays in the following week and over the school holidays:

Samuel Shalala, Ella Abdallah, Brian Chen, Shavene Perera, Anthony Wehbe, Marcelino ElHalabi, Raymond Wehbe, Christian Golossian, April Soh, Joshua Romanos, Sophia Lorenzo, Tara DiChio, Troy Daniel, Takeshi Liu, Joseph Romanos, Kalysta Livia Maharani, Pauline Said, Ivanka Markovic, Sienna Volante, Antonia Behan, Mikaela Barrientos Salazar

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St Patrick's Primary School Parramatta

Principal's Report

6/4/2016

- The school is currently in the last week of Term One with a very satisfying 11 weeks of teaching, learning and community building
- Congratulations to all the boys and girls who have already completed a term as Student Representative Council Members. These children have been especially chosen by their class members earlier in the year and have met weekly with Ms Azar to give children in our school a voice and to assist develop a culture where children are active in the community. Some of the activities they have been involved in include reading children's prayers every morning, promoting our school values of Respect, Resilience and Compassion around the school and setting up a book club in the quiet area every lunch time. They have one term left of their appointment.
- On Friday 26th Feb a number of children represented to school at the Diocesan Swimming Carnival. Congratulations is extended to both the Junior Girls Relay Team ; Isabella Younes, Arabella Gittany, Mikayla Saleh and Mikaela Barrientos Salazar and to Raymond Wehbe 5T (50metre Butterfly) for their participation on the day. Special Congratulations to Mikayla Saleh who also qualified for 5 individual events and achieved 2 first places, 2 second places and a 3th place. She was also awarded Parramatta Diocesan Junior Girls Champion. Mikayla then went on to represent the Diocesan as part of the Mackillop Team. Well Done to all their athletes
- A group of children in our special Year 6 Religious Education Team came down to the Cathedral as part of the 24hours for the Lord. The feedback from the children was that it was a very meaningful experience.
- Kindergarten Enrolments for 2017 have now closed and we are now in the process of setting up interviews for new families and siblings. We have been overwhelmed with the number of applications which is now around the 104 mark and still coming in. The school follows Diocesan Policy with regard to enrolments
- Acknowledgement of children is a key factor at St Patrick's School and this year we have set up a special Birthday Seat. Every morning at morning assembly children who have their birthday on that day (or on Saturday and Sunday) are given the opportunity to sit on this colourful birthday bench. They are acknowledged by the teacher on microphone and awarded with a birthday sticker from the leaders. Feedback from the children has been extremely positive.
- This year we combined the school Cross Country Race with our St Patrick's Day Picnic. We then held our St Patrick's Day Liturgy on the following Friday. From all accounts both staff, parents and children felt this was very successful.
- The school has once again been asked to participate in the Quality Catholic Schools Survey. This Survey is completed by staff, Years 5/6 students and a randomly selected group of 60 parents. Data from this survey is used to gauge key elements of the school culture.
- In an attempt to increase the reading frequency for children we have now purchased a set of school magazines for every Primary student from Yrs 3 to 6. The children and teachers have really loved receiving each monthly issue because of the wide variety of topics explored and in the interesting types of texts including comics, puzzles and scripts.
- Holy Week was once again celebrated at the school with each grade being responsible to set up a sacred prayer space around the school. Children and their teachers then rostered a time to visit these spaces to reflect on the events of Holy Week each day. After the Easter break we then had a whole school Easter Liturgy prepared by Kindergarten and Year 6 who set up 'Liquid Pictures' to enact the events of Easter.
- Next Thursday we will be holding a Cyber Safety workshop run by Senior Constable Louise Conroy from Parramatta Local Area Command. The response from parents has been very positive with more than 30 expressions of interest.
- Approximately 40 students qualified for the Diocesan Cross Country held on Tuesday 5th May. Good Luck to all these children.
- Today was the last day of the Life Education Program. Healthy Harold is still a much loved member of the Life Ed team.
- School attendance is continuing to be a focus for all schools in the diocese. The aim is that all schools can achieve attendance of more than 93% or as high as possible. Information has been made available to all parents regarding the importance of attending school.
- Today a team of teachers from Stage 2 ie Years 3/4 joined with other Stage 2 teachers from St Margaret Mary Merrylands, St Anthony's Girraween and St Mary's Rydalmere for a process of compliance called Peer Review. The feedback from the other schools in the area we presented - Science and Technology and Personal Development , Health and Physical Education was simply outstanding. Congratulations to all members of staff involved in this process. I am a very proud principal!

Bernadette Fabri

Principal – St Patrick's Parramatta



Honour Award

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

KA	Marcelino ElHalabi
KM	Isaac Loulach
1C	Alexandriya Izmestyeva
1S	Sean Feng
2M	Nyah Khalil
2Y	Christian Barakat



st patrick's award

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

KA	Lara Samar
KM	Gabriella Volante
1C	Samuel Navasardyan
1S	Rafaella Bautista
2M	Sienna Golossian
2Y	Maria Wahbe

PEER REVIEW

Last Tuesday a team of our teachers joined with staff from three other schools for the process of Peer Review. Each year, as part of school's compliance accountability, the school is asked to present two Key Learning Areas in a particular stage. The school is only notified a month before Peer Review and then approximately 9 days before the due date the school is notified of what Stage and subjects. For 2016 Stage 2 (Years 3/4) was selected with the key learning areas of Science and Technology and Personal Development, Health and Physical Education to be audited. For the principal all timetables were approved and our Attendance and Complaints Handling Policies investigated in light of compliance. I would like to congratulate all the teachers of Stage Two;, Ms Takchi, Mrs Fardell, Ms Hagi, and Mrs Wallace and PE teacher Mr David Younes. Well Done!

Know Your Saints Competition

To mark Good Shepherd Sunday on 17 April 2016, the Diocese of Parramatta is sponsoring a **Know Your Saints Competition** featuring the lives of 10 inspirational Saints. To enter the competition, read the biographical information and correctly answer a question about the Saint at:

<http://parracatholic.org/vocationscompetition2016/> The competition is open to all students in Catholic schools in the Diocese of Parramatta. The competition closes at 5pm on Friday 29 April 2016.

This competition is open to all students but is more suited to upper primary and secondary students

QUALITY CATHOLIC SCHOOLS SURVEY(QCS)

Thank you to all the parents who managed to complete the QCS Survey. All surveys are now closed and paper copies will be posted tomorrow. I look forward to your feedback and to summarizing the results for you in future newsletters.

Expressions of Interest—Online Student Catering

St Patrick's Primary Parramatta is calling for Expressions of Interest (EOI) from members of the school community to provide recess/lunches for students through an Online Student Catering Service. The type of service that the school is looking for is one in which parents can order their children's lunches online and have them delivered to the school daily.

The successful vendor will have to demonstrate:

- Ability to provide a variety of quality and nutritious morning tea, lunches, snacks and drinks which are individually packaged and can be effectively stored until distribution by school staff. (No canteen or cold storage facilities available from the school)
- Experience and/or capacity to operate a catering service which provides online ordering and efficient daily delivery
- Availability of a range of reasonably priced food options for selection by parents.
- Awareness and flexibility regarding unique dietary requirements in keeping with the school's 'nut free' policy.
- Compliance to Catholic Education Diocese of Parramatta & legislative requirements regarding insurances, food handling etc
- Innovation of services
- Benefits to St Patrick's Primary Parramatta
- Commitment to support the Catholic ethos

For more information or to obtain a copy of the information sheet, please contact, snutter@parra.catholic.edu.au

Responses to the Expressions of Interest for the Online Student Catering Service for St Patrick's Primary School Parramatta closes on Tuesday 26th April 2016.

Sports Report

Congratulations to the two St Patrick's students who have been chosen to represent our school at the Mackillop level of competition. We have received confirmation that Oscar Gray and Luke Maroun have been chosen to represent our school in the sport of Touch Football and Rugby League. Oscar also made the AFL Mackillop team earlier this term. This is a fantastic achievement and the community would like to wish them the best of luck.

Good luck Oscar and Luke, we are already proud of you!

GO ST PATS

Sport Leaders



Condolences to the Liang Family (Matthew 5C) on the passing of his Great Grandmother.

2016 Year 6 Parents

A reminder to Year 6 parents the committee require an RSVP by 8th April and payment by 30th August 2016 to the Year 6 Farewell dinner.

You can contact Paula on 0417 901 919 if you need to make other arrangements.

Next Level Sports Clinic



Hello all!

It's that wonderful time of year again where the kids get to stay home all day in the house, screaming and shouting about how happy they are to be on school holidays. Never fear parents and students Next Level Sports Clinic is back for the second week of holidays. A flyer will be going home with the eldest student this week with the booking details regarding the clinic.

Look forward to seeing you all there, have a safe and enjoyable holiday.

Mr Younis and the NLSC Team.

MATH

PRIMARY **CHALLENGE**

$\bigcirc + \square = 10$ $\bigcirc = ?$
 $\bigcirc + \triangle = 20$ $\triangle = ?$
 $\triangle + \square = 24$ $\square = ?$
 $\triangle + \bigcirc + \square = ?$

Thank you Chanel Achie for submitting this week's question. Please put your completed entries in the Math box in the office



School Holiday Music Workshops

Boys & Girls in Years 3 - 12 are invited to the Big Bash and the Big Sing!

The **Big Sing** is a great opportunity to gather with other singers in a relaxed, fun environment and explore your voice further, guided by a professional singing teacher.

When: Thursday 21 April, 9am-3pm

Where: Christina Creede Music Centre, Our Lady of Mercy College Parramatta, Victoria Road, North Parramatta

Cost: \$75 (OLMC Student), \$110 (non-OLMC Student)

The **Big Bash** workshop is led by professional drummers and covers many facets across the percussion art form. During the day, students will cover the origins of drumming, technique, reading, hand drumming, the drum kit, orchestral percussion and even create their very own original piece of music.

When: Friday 22 April, 9am-3pm

Where: Christina Creede Music Centre, Our Lady of Mercy College Parramatta, Victoria Road, North Parramatta

Cost: \$75 (OLMC Student), \$110 (non-OLMC Student)

To apply please go to:

<http://www.olmc.nsw.edu.au/the-academy/apply-now>



ABOUT THE ACADEMY

Located in the Christina Creede Music Centre at OLMC Parramatta, the Mercy Music & Performance Academy Parramatta aims to cultivate and nurture the creative talents of young performers by offering **instrumental lessons** and **holiday and weekend workshops** to boys and girls in Years 3 to 12.

Building on the strong musical tradition established by the Sisters of Mercy at OLMC, the Academy mirrors the College's Christ-centred approach and commitment to the Mercy Values, with a particular emphasis on excellence.

For more information about the Academy, please visit the website.

<http://www.olmc.nsw.edu.au/the-academy/index>



How to reduce daily screen time!

It's recommended that children aged 6–12 years, have a maximum of 2 hours screen time every day (excluding homework).

Screens include: 

How can you minimise screen time?

- Encourage outdoor or active play
- Make meals and snacks 'screen free times'
- Make bedrooms 'screen free zones'
- Make time periods throughout the day 'screen free'

Try to keep these habits even during holidays!

LLW@S is a joint initiative between NSW Health and the NSW Department of Education



Literacy & Numeracy WORKSHOPS

A 30 minute parent information session will be provided at the beginning of each workshop.

LITERACY

MONDAY - 18 April

YEAR 3 - 10am to 12pm

YEAR 5 - 12.30pm to 2.30pm

NUMERACY

WEDNESDAY - 20 April

YEAR 3 - 10am to 12pm

YEAR 5 - 12.30pm to 2.30pm

PARRAMATTA LIBRARY | \$5 each workshop | BOOK ONLINE
www.parracity.nsw.gov.au/library

PARRAMATTA CITY LIBRARY
 PARTICIPATE | CONNECT | LEARN



Building parent-school partnerships

WORDS Catherine Gerhardt

Online Flaming

So what is online flaming? Catherine Gerhardt gives us the lowdown plus practical tips for parents to recognise the signs and how to respond should your child be affected.

A friend of mine lives with avid teenage gamers, and she was horrified to discover recently the language and the insults that her children were exposed to while engaging in a popular online game with their friends.

Flame wars have become a major online annoyance. When people start a flame war they are deliberately trying to stir up trouble, start a fight and get a reaction. Flaming is all too common on multi-player gaming sites, chat rooms, message forums and social media sites.

Most parents are aware of the trolls that can exist out there in cyberspace, and flaming is one of the skill sets that cyber bullies are familiar with. Flamers and trolls use insults to make personal attacks and say offensive things about a person's individual character, their family or sexuality even though they may know very little about them.

Psychologists have termed the behaviour behind flaming, the "online disinhibition effect." It means that people behave with less restraint online, and feel powerful behind the computer screen. Experts say a number of factors

contribute to online flaming: the apparent anonymity and invisibility of the Internet, the lag between sending a message and getting feedback, and the minimum authority that seems to exist in digital spaces.

As parents we often complain that we can't keep up with the technology our kids are using, however many of us agree that we want to be their first point of call if things go wrong. Parents can be their child's strongest asset in the line of defence against negative online experiences.

What parents can do:

Discuss with your children

what they do online and who they communicate with – try your best to know which social media/gaming sites they are using. Know that they may have more than one account on any social media platform. One of my daughter's friends has four Instagram accounts, each one carving out a unique social space.

Know passwords

Youth may feel this is an invasion of their 'privacy'; however it is a key component

of the responsibility that comes with the privilege of using the technology. In most cases parents have either supplied the device or pay the bills for usage – that means you have the responsibility and the right to control it. Mutual respect is required here, having password control does not give you permission to spy, and your child needs to know they are being monitored.

Let me tell you the story of another friend of mine who had been 'monitoring' her daughter online for several months. However, her daughter was not aware that every message and photo went through her mother's device as well. When a problem did arise the parent was unsure how to deal with it – after all she had been 'spying' and wasn't sure how to broach the subject with her daughter without giving herself away.

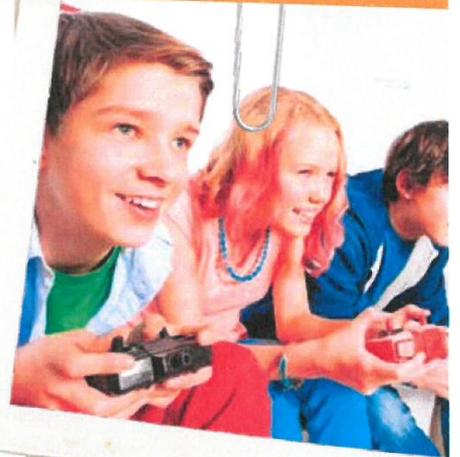
It is much better to have that conversation when setting up accounts, and start as you intend to go on.

more on page 2 >>>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... Online Flaming ...

Start a conversation with your child about the importance of minimising the amount of personal information they give away. Many flammers prey on Internet users who seem vulnerable. If the flamer can find out any personal information about a target, then he or she will use it to cause that person additional distress. Some flammers seek out people who are enthusiastic about certain subjects, and they intentionally bash the subject while others will intentionally start arguments about any topic.

Watch for signs of change in your child's behaviour. If you notice that your child is spending more time online than usual, changes his or her group of good friends, stops spending time with them altogether, or seems withdrawn or depressed and disinterested in activities that he or she used to love, then there may be cause for concern. Keep an eye out for those quiet introspective kids who have always enjoyed their own company, but no longer want to be alone, and do once again not want to leave your side as they seek comfort in your presence.

Evaluate internal feelings This is the best way to tell if one is being flamed. Feelings of anger, aggression, revenge

or low mood after reading the text will probably indicate a flaming message. When we feel the strong need to defend ourselves we are likely to react and respond to the text, thereby playing right into the flamer's intent.

Encourage the message "Do Not Respond" The best defence against a flaming comment is to ignore. Do not respond or engage in baiting messages. Once they respond, they have started a conversation. A capable flamer can be cool and composed at first, using kind words and connection to lure the unsuspecting person in. You and your child may not recognise flaming immediately, with many flammers waiting until they get the person to engage in conversation before they attack. Instead they need to walk away from the comment.

Know the strategies. **The best way to deal with a flamer is to ignore** From the moment the flaming becomes apparent do not respond. Many websites and forums will have options which empower the user in flaming situations. Use the blocking feature which should be integrated into their practices, and report the behaviour to an online moderator or webmaster. It is also critical that the target

exit the site so they are not exposing themselves to more online flaming, and of course, let a trusted adult know about their experience.

At its mildest, flaming is a one-time, name-calling incident. At its worst, it is a persistent and tenacious taunting that can lead a child to suicide. Not all cases of flaming lead to youth suicide, regardless of what the media portrays. Anyone can become the target or the aggressor, and anyone can stop it. There are many options for getting out of negative online experiences.

The Federal Government has recently launched the Office of the Children's eSafety Commissioner. The Office provides Australians a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying online.

<https://esafety.gov.au/>

CATHERINE GERHARDT is a dedicated advocate of developing resilience and critical thinking skills in children and young people. Catherine has more than 20 years of expertise in Community Services, Health and Welfare and a background in Social Psychology. As a parent of school aged children, she understands the commitment and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



2016 Term 1

Important Dates

Week 11

Thursday 7th April	Parent Workshop— Cyber Safety—2pm Library
Friday 8th April	Infants Assembly 2.15-Choir
	LAST DAY OF TERM

Term 2

Week 1

Monday 25th April	Anzac Day —NO SCHOOL
Tuesday 26th April	Return to school—1st day of Term 2
Friday 29th April	ANZAC Day Assembly—Year 4

Week 2

Tuesday 3rd May	Mother's Day stall Diocesan Cross Country
Friday 6th May	Mother's Day Mass — St Patrick's Cathedral 9.15am followed by Morning Tea.

Week 3

Tuesday 10th May	NAPLAN—Language/Writing
Wednesday 11th May	NAPLAN—Reading
Thursday 12th May	NAPLAN— Numeracy
Friday 13th May	NAPLAN—Catch up day Infants Assembly—Year 1

A Year of Mercy with Pope Francis

Drowning in the Sea of Fears and Anxieties

The Lord in his great goodness and his infinite mercy always takes us by the hand lest we drown in the sea of our fears and anxieties. He is ever at our side; he never abandons us. And so, let us not be overwhelmed by fear or disheartened, but with courage and confidence let us press forward in our journey and in our mission.

Address, May 26, 2014



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

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)