

St Patrick's Primary School Newsletter

19th May 2016

Term 2 Issue 4

Dear Parents,

This week I would like to share a letter sent to our Kindergarten parents last week which I think is applicable to all parents, and it is to do with fostering independence. Whilst the examples are targeted to children aged 5 and 6, if you added age appropriate contexts, it is easily transferable. Over the years I have found that the most successful students are those who demonstrate the following qualities;

- *An ability to take risks in their learning by showing persistence and adaptability.*
- *A focused drive for honest feedback from their peers and teachers*
- *An interest in learning new things with a balanced approach to performance.*
- *An ability to work with others in a spirit of generosity in sharing skills and information.*
- *An ability to take ownership of their actions without blame or shame.*
- *A sense of fun without being too casual about education.*
- *A developing sense of themselves including their strengths, areas of development and passions.*

How do children develop these important skills one might ask? Research suggests that it commences with a strong sense of self efficacy which is deeply connected to developing confidence and a sense of independence. I invite you to read the letter over the page and an associated article included in this newsletter written by educational specialist Michael Grose who writes many interesting papers for parents. Let me know what you think.

God Bless you and your family

Bernadette Fabri

Principal

Mother's Day Raffle and Stall

Thank you to the following members of the Parent Events Committee and volunteers who assisted with the Mother's Day stall, raffle and morning tea.

Mrs Joseph, Mrs Younan, Mrs Ayoub, Mrs Agostino, Mrs Remaili, Mrs Kalouch, Mrs Barakat, Mrs Harb, Mrs Giron, Ms Feng, Mrs Saliba, Mrs Gereige, Mrs Azizi, Mrs Nikolakopoulos, Mrs Khouri, Mrs Moujalli, Mrs Saab, Ms Dooley, Mrs Bechara, Mrs L Jabbour, Mrs Matta, Mrs Maaraoui, Mrs S Jabbour, Mrs Johnson and Mrs Tolentino. Apologies if we have left off your name, Please contact the office so we can acknowledge your assistance. Our sincere apology if we have inadvertently omitted your name.

Thank you to Mrs Barakat for organizing and coordinating the raffle prizes. Thank you also to Mrs Barakat for the donation of the flowers given out at Mass. Thank you to TUCKSHOP2U for the extra donation of the platters.

Drum Roll..... The total amount raised from the Mother's Day stall and raffle is \$2191.00.

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I'm a Big Kid Now!

Dear Parents,

One of our most valued goals in Kindergarten is to develop the social and emotional capacity of your child. Each day we endeavour to provide your child with opportunities to develop independence, resilience, persistence, respect and self-confidence.

Learning how to be independent and self-reliant is vitally important, not only to your child's social and emotional development but their academic development also.

Helping your child do things for themselves will teach them responsibility and how to function independently. It will also help to develop in them a sense of self efficacy or the belief that "I can!"

Research shows that self-efficacy beliefs are associated with beneficial aspects of human functioning. The belief that one can control stressful events is related to emotional well-being, successful coping, health behaviours, better performance on cognitive tasks, and a good health. (Reflectd 2014)

Now that we are in Term 2 and the children are familiar with school routines and expectations, we will be expecting them to be able to demonstrate an ability to 'have a go' on their own, try new things and be responsible for age appropriate jobs and tasks in the classroom. This will assist the children to develop these critical self efficacy beliefs and also the perception that the adults around them trust that they will succeed, even if it means making mistakes along the way.

You can support your child in this development by helping them to do the following tasks on their own:

- Carry their own school bag.
- Line up at morning assembly on their own and walk to class with their teacher.
- Use their manners respectfully.
- Look after their own personal property. Eg, lunch box, hat, jumper
- Toilet themselves independently and wash their hands.
- Ask to go to the toilet when required.
- (Boys) Tuck their shirt in.
- Take any notes out of their communication pouch to give to the teacher.
- Eat most or all of their recess and lunch during allocated eating times. (Please do not over pack their lunchbox)
- Work through minor conflicts on their own.
- Attempt to tie shoelaces



These expectations are familiar to your children.

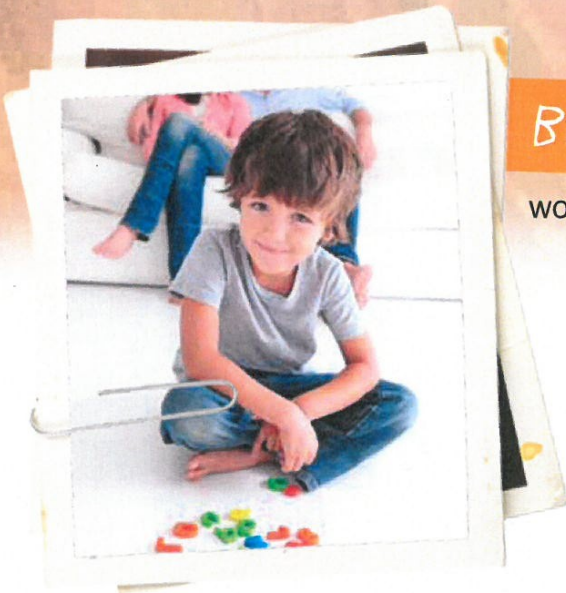
We believe that your child is capable of doing these things on their own. By establishing high but realistic expectations for your child, you are sending them the message that you trust in their capabilities to handle things and that you are confident in their abilities. Parents will often find that there is a correlation between this independence and an improvement in learning outcomes.

Looking forward to continuing to watch your child blossom and develop a strong sense of confidence and resilience this year.



Parenting *ideas*

INSIGHTS



Building parent-school partnerships

WORDS Michael Grose

Do you let your kids amaze you?

“I’m amazed at what children CAN do when given the opportunity and encouragement. I love the pride, confidence and sense of purpose/ pleasure in contributing, each new skill achieved brings. The smiles are awesome too.”

A mother left this comment on our Facebook page recently in response to our post: “What would be the impact if you did less, not more for your children?”

Lovely answer!

It got me thinking that the joy that this mother took from watching her children develop independence was no accident. Her parenting style played a large role in her children’s independence. All power to her and her parenting style!

I’ve long believed that **adults are the gatekeepers for children’s independence.**

We open the gate to independence when we give children opportunities to develop **self-help skills** (carry their own schoolbags, get themselves up in the morning, tidy their own rooms); provide them with **real responsibility** (feeding pets, setting the meal table and preparing meals) and give them **autonomy** to make some of their own decisions (choosing clothes within limits, following own interests, making choices about pocket-money spending).

We close the independence gate when we **do too much** for children (tidy their toys away, pack their schoolbags, make simple snacks); **rescue** them from learning opportunities (take forgotten lunches to

school, sort out their friendship problems, pay their library fines) and **neglect** to build scaffolds to independence (such as help them make their bed, walk half way to school, teach them to ride public transport).

It’s a quirk of parenting that many children think they are older than they are, and parents think their children are younger than they are. We underestimate children’s abilities to the detriment of their development.

Are you an opener or closer of the gate to children’s independence?

Think of independence as a continuum with opening the gate and closing the gate at either end. If your parenting is more at the closing end then look for ways to move down the continuum towards independence building. My advice is to make small adaptations to your parenting. For instance, start with a child making their own snacks before moving to helping you to prepare a meal. But first you need to develop a mindset for independence building. That means, be on the lookout for opportunities for children to do things for themselves.

As many readers will know I firmly believe that the job of parents is to make ourselves

redundant from the earliest possible age of a child’s life. That means, that our interactions with kids have an endgame in mind – we want our kids to be able to stand on their own two feet **physically** (Don’t we get a kick out of them walking for the first time!), **emotionally** (with support, of course) and to **navigate their world** without being reliant on others.

There is no better feeling as a parent than watching your child beam with joy and pride when they’ve mastered a new skill, overcome a challenge or conquered a fear. It’s those times that make parenting so worthwhile. Those awesome smiles won’t happen by accident. They require a parenting style that gives kids a chance to be independent; that encourages them to be brave and offers them the safety net of emotional support when life throws them curve balls. Why not try it? Give your kids a chance to amaze you.

If the idea of promoting real independence in kids entuses you then join me at Parentingideas Club where week in and week out I’ll show you how to raise kids that will amaze you. Find out more.

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parentingideas Club today at parentingideasclub.com.au. You’ll be so glad you did.



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	Lucas Lathouras-Beacroft
3T	Katerina Yannakis
4B	Mikaela Barrientos Salazar
4G	Caitlin Maroun
5C	Matthew Liang
5T	Andre Eltakchi
6P	Arthur Constantone
6W	Chanel Achie



st patrick's award

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

3L	Sheridan Achie
3T	Lorenzo De Guzman
4B	Andre Elzahoul
4G	Josef Chedid
5C	Pierre Onano
5T	Nicole Aboumelhem
6P	Christina Batti
6W	Zayden Weaver



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

Elna Koikkara, Isabella Younes, Angelina Wakim, Aurora Broadbridge, Christopher Mekdessi, Isabella Dang, Zayden Weaver, Kyra Dpenha

Staff Development Day

This term's Staff Development Day is on Tuesday 14th June. Please be aware that there will be NO school on this day.

Winter Uniform Changeover

Winter Uniform is now being worn by the children. Please ensure your child is dressed in their full winter uniform including boys and girls ties. All uniform can be purchased from Oz Fashions 115-127 Parramatta Rd, Clyde.

Girls' Winter Uniform

Tartan Pinafore
White Long Sleeve Blouse (Peter Pan collar)
Tartan School Tie
Green above ankle Socks or Tights
Black Shoes
Green School Jumper
Green Jacket with Emblem
Green School Hat

Boy's Winter Uniform

Grey Long Trousers
Grey Long Sleeve Shirt
Green Tie
Grey above ankle Socks
Black Shoes
Grey School Jumper
Green Jacket with Emblem
Green School Hat

2016 Year 6 Farewell Dinner Tickets

One of the Year 6 Mum's, Paula Michael will be available at Villiers Street Café every Friday between 2-3 to purchase tickets for the Farewell Dinner alternatively you can contact Paula to make other arrangements on 0417 901 919. The details are as follows:-

Date: Friday 18th November 2016
Time: 6.00pm (for 6.30pm start)
Venue: Renaissance Function Centre,
3 New St East, Lidcombe
Cost: \$50 per adult and children
under 12 — \$20

CHANGE IN AFTERNOON PICK UP Commences Monday 23 May

Dear Parents

It is always our aim at St Patrick's Parramatta to ensure our policies and procedures are clear, effective and functional. We believe that the afternoon pick up system is going extremely well however we have had some concerns from parents needing to go to the classrooms for pick up by parents. The reason we instigated this was because the children in the amphitheatre could not hear their names being called if by chance their parents decided to pick them up by car. To mitigate this issue we have now installed 2 new speakers in the amphitheatre. This means we can go back to our original system. I am sure parents having to go up and down stairs to collect their children will be very pleased about this change in routine.

After school care - children sit in the 'Cave' area under the hall until they are picked up.

Drive through - children will remain in their classrooms until their names are called. A teacher on the playground will assist them to move swiftly to the gate and teachers on the street will assist them to enter the car if necessary

Children to be picked up by parents - K—Yr 6 will be brought down to the amphitheatre to wait for parents etc. If they are called for drive through they will now hear their names.

Children catching the bus or going by walk - will be taken across the crossing by a teacher.

With this system it is hoped that no parent will need to walk to the classrooms but will have the convenience of their children waiting for them in the amphitheatre.

At this stage we have not received any information from Parramatta Council regarding the change of signage on Trott Street. Our current procedures have been accepted so we will continue the drive thru pickup as per normal.

Thanking you as always for your continued cooperation

NB: As per current procedures we ask that parents be mindful of the students in their child's class who have severe allergies to particular foods. We ask that you do not order foods that may place these children in danger. If unsure please contact your child's class teacher. These foods include egg, tuna and sesame seeds, depending on your child's class. As Tuckshop2u is a service available to all schools the menu cannot be controlled at this stage.

Sick Children



We know that it can sometimes be difficult to determine whether your child is too sick to attend school. In the interests of the wellbeing of our whole school community we ask you to take a moment to review the "Too Sick To Go To School?" chart created by NSW Health which is accessible from the following webpage - <http://www.schoolatoz.nsw.edu.au/wellbeing/health/too-sick-to-go-to-school>

This chart reminds parents of the advisable periods of time children should be away from school during and after an illness. *When your child is sent to school unwell it is impossible for them to focus on their learning. If your child becomes distressed, due to being unwell, we will be making a phone call to ask you to collect your child.*

We appreciate your co-operation with keeping our school healthy and happy.



1.

Helpsheet

Food Allergy Basics

FOOD ALLERGY WEEK

15-21 MAY 2016

- A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's gastrointestinal tract, skin, breathing and/or heart.
- Symptoms of food allergy can include; hives, swelling of the lips, face and eyes, vomiting abdominal pain, swelling of the tongue, breathing difficulty, persistent dizziness or a sudden collapse. If left untreated, these symptoms can be fatal.
- It is estimated that up to 2% of adults, 1 in 10 babies* and 6% of children have food allergy and some of them will experience a life-threatening allergic reaction (anaphylaxis).
- There are more than 170 foods known to have triggered severe allergic reactions. Examples include kiwi fruit, banana, chicken, mustard and celery.
- Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.
- Adrenaline is the first line treatment for severe allergic reactions and can be administered via an auto-injector called the EpiPen®.
- Food allergy is the leading cause of (severe reactions) anaphylaxis outside the hospital setting.
- An estimated 10 people die from anaphylactic reactions each year in Australia and some of these are triggered by food. We do not know exact numbers because there is no register collecting data.

* Osborne et al. Prevalence of challenge-proven IgE-mediated food allergy using population-based sampling and predetermined challenge criteria in infants. *J Allergy Clin Immunol* 2011; 127: 668-676



Parents Representative Council
SUPPORT | CELEBRATE | EDUCATE



The Parent Representative Council – Diocese of Parramatta welcome all parents/carers, teachers and school leaders to join us for our 2nd General Meeting of 2016.

This is a great opportunity to find out what the other schools in the Diocese are doing in teaching and learning, social events, parent and friends committees and to keep up to date on what's happening! We encourage you to come with questions and provide feedback so that we can provide you with the support you need!

Date: Monday, 30 May 2016 at 7:00pm

Located at: Diocesan Assembly Centre (DAC), Cnr Flushcombe Rd & Marion St (Ground Floor), Blacktown NSW 2148 ([View Map](#))

Topic: Special Needs Classes in our schools including ASPECT Western Sydney School Satellite classes

Presented by: ASPECT Western Sydney School

A little about our presenters this week...

Autism Spectrum Australia (Aspect) is Australia's leading service provider for people on the autism spectrum. Our specialised, evidence informed schools program is the largest in the world, with additional services that include information and advice, diagnostic assessments, behaviour support, parent and family support, and adult programs.

Autism is a lifelong condition that affects about one in 100 Australians, or 240,000 people. The word spectrum reflects the diversity of experience of people on the spectrum.

Our services provide people on the autism spectrum with the opportunity to realise their unique potential, as well as providing much needed support to their families, carers, friends and colleagues. Aspect's vision is to provide the best possible opportunities for people on the spectrum. We believe that people on the autism spectrum area *different brilliant*.

Seminar - Dealing With The Legal System

Each year CCSS Solo Parent Services offers an Information night for anyone interested in gaining a greater understanding on how to choose the best lawyer for your situation, how best to deal with Lawyers so as to minimize your legal fees and how to protect your rights regarding family assets. This night is being held on Tuesday 7th June from 7.30pm - 9.30pm at CCSS, 38 Prince St, Blacktown. Guest Speaker: Mr Richard Brading, (Solicitor at Wesley Legal Service, Castlereagh St.)

Cost: \$7. **Registration Essential:** Rita Ph. 8822 2222 soloparentservices@ccss.org.au

YOUNGER WIDOWED SUPPORT GROUP

Next Gathering for Solo Parent Services' Younger Widowed Support Group is on Tuesday 17th May. **Please note change of Venue:** Institute for Mission, 1-5 Marion St, Blacktown.

Time: 7pm – 9pm **Cost:** \$5.00. **Registration:** Rita Ph. 8822 2222 or Email: soloparentservices@ccss.org.au

About CCR

Catholic Charismatic Renewal (CCR)

The Catholic Charismatic Renewal (CCR) is a worldwide movement that promotes a radical renewal of living faith in the power of the Holy Spirit through the formation of Catholic Charismatic Prayer Groups. It is not a single unified movement but a collection of groups that share the same fundamental experience and espouse the same goals. The Pontifical Council for the Laity approved statutes recognising the Catholic Charismatic Renewal as a world wide institution of Catholic Faithful on 14 September 1993.

The Diocese of Parramatta is served by a CCR Diocesan Service Team (DST) and operates under Statutes approved on 23.12.14 by Bishop Anthony Fisher, Bishop of Parramatta.

For more about CCR Parramatta Visit
<http://www.ccrparramatta.org/>

Contact Mr Gerard Marcello
0404 093 118
Chairperson DST, CCR Parramatta



To awaken the Church by proclaiming Jesus as Lord through rekindling the flame of the Holy Spirit

Schedule of programs

Date : Wednesday, 8th June 2016
Time : 7:30pm
Venue : Good Shepherd Parish Hall, Plumpton

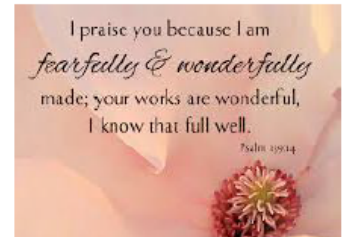
Date : Thursday, 9th June 2016
Time : 10:00am
Venue : Our Lady Queen of Peace, Greystanes

Date : Saturday, 11th June 2016
Timing : 10:00 a.m. to 4:00p.m
Venue : St Patrick's Cathedral Parish Hall
Program: You are Beautiful

Contact CCR on programs organized
Mr Gerard Marcello (0404093118)
Ms Dilani Dhammapala (0425607227)
Ms Maria J Abraham (0405673465)

You are Beautiful

Praise & Worship & Talk on Women & Families as Pillars of the Church



Speakers of the day

Dr. Assuntha Mariajoseph
(Medical GP)

&

Mrs. Beenu Xavier
(Counsellor & preacher)

Venue: St Patrick's Cathedral Parish Hall
Date: 11th June (Saturday) 2016
Timing: 10:00 a.m. to 4:00p.m
BYO Lunch
Registration Free



You are Beautiful

(I will praise you, for I am fearfully and wonderfully made; Marvellous are your works; Psalm 139:14)

Praise & Worship & Talk on Women & Families as Pillars of the Church

Welcoming Women and families to a day of soul filled worship in music and enriching spiritual talks by Dr. Assuntha Mariajoseph and Mrs. Beenu Xavier. A day set apart to thank God for the gift of womanhood and to draw strength from women of grace of his holy church.



You will hear of -

- Mary, the Mother of the Church
- Great women of the Bible
- Women Saints of past & present centuries
- Touching Testimonies of women of our times (sharing their challenges & heartaches but renewed by the living Lord Jesus to offer deep comfort and hope to all)

Also, hear of spiritual aspects of grace offered in sacraments and scripture and principles of Holy Scripture with its application for day to day living

Details of Speakers

Dr Assuntha Mariajoseph (GP Melbourne)



Dr. Assuntha Mariajoseph (GP), wife and mother of 2 beautiful boys loves to describe herself as "a disciple that JESUS loves". She gains all of her strength through the Eucharist, application of Scripture and fellowship with the Holy Spirit. She has witnessed the miraculous healing of the Great Physician not only in her patients but also in her own personal life when she was diagnosed with cancer and went through chemotherapy - a time where Christ revealed His love and Himself to her in many ways. Her life has never been the same since; the overflowing love of Christ spilling into every aspect of her life especially her family life out of which she counsels women.

Dr Assuntha and Mrs Beenu Xavier have jointly ministered on many spiritual events going back as late as in the 1990s at St. Martha's Catholic Hospital, Bangalore, India.

Excerpted from WOMAN (Based on Proverbs 31;
Courtesy - Darell Creswell)

*"What makes a woman special is her relationship with the Lord.
A godly woman serves her family because she serves God first.
The world will see God's work of grace in her, and she will be honoured."*

Details of Speakers (contd.)

Mrs. Beenu Xavier (Counsellor & Preacher)



SRM is an acronym for 'Spiritual Revival Ministry', a catholic ministry serving the spiritual needs of Christians worldwide in enabling and empowering them in the Word of God and experiencing God's love through their God given spiritual gifts. SRM is recognized by the Pontifical Commission from ROME & serves out of a spirit of obedience with Priests as spiritual directors in many states of India & the world.

Mrs. Beenu Xavier (erstwhile Interior Designer) is married with two college going children. She has been a full-timer in the SRM Ministry in the role of a counsellor, trainer and preacher and has assisted many women and families with her spiritual counsel and discourses. God instructed her brother-in-law (Joseph Stanley S, Director SRM), her husband (Francis Xavier S, Executive Director SRM) and herself to start this ministry anointing them in the fruits and gifts of the Holy Spirit to spread His word.

2016

Important Dates

Term 2

Week 4

Friday 20th May Captivate Rehearsal Infants
Primary Assembly—Year 5 - 2.15pm

Week 5

Tuesday 24th May Year 4 Incursion—Fizzic's Education
Thursday 26th May Stage 3 Girls Soccer Gala Day
Friday 27th May Year 5 Excursion—Bathurst
Captivate Rehearsal Primary
Infants Assembly—Kindergarten - 2.15pm

Week 6

Tuesday 31st May ICAS—Science commences at 7.40am
Thursday 2nd June Stage 3 Boys Soccer Gala Day
Friday 3rd June Primary Assembly—Year 3 - 2.15pm

Week 7

Friday 10th June Primary Athletics Carnival
Infants Fun Day
NO ASSEMBLY

Week 8

Monday 13th June PUBLIC HOLIDAY—NO SCHOOL
Tuesday 14th June STAFF DEVELOPMENT DAY—NO SCHOOL
Friday 17th June Assembly—Choir - 2.15pm

Week 9

Tuesday 21st June Walk-a-thon
Thursday 23rd June Captivate Performance
Friday 24th June Primary Assembly—Year 6 - 2.15pm

Week 10

Thursday 30th June Stage 2 Boys & Girls Soccer Gala Day
Friday 1st July Infants Assembly—Year 2 - 2.15pm
LAST DAY OF TERM 2



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)