



# St Patrick's Primary School Newsletter

1st December 2016

Term 4 Issue 8



Dear Parents

*Over the last few weeks I have been watching our senior students journey towards graduation with enormous pride. Their outstanding behaviour and mature attitude to learning, at this time of year, cannot be underestimated and is a testimony to their great teachers who are continuing to reinforce the value of education, their supportive parents and the children's ability to stay focused.*

*I can only imagine how difficult it must be for parents to watch their once 'little ones' grow up, knowing that high school is just around the corner. In many respects they will need to trust their children to make some decisions without them and this can be a cause of anxiety. I think as adults, where we sometimes go wrong, is to wait too long to teach them to handle things without us. The reality is that many children can learn to solve problems at a very young age. The insight is to recognize which problems are for children to solve and which ones need to be solved by adults.*

*In answering the question, "How do I know when to let them ...?" I often recommend to parents that when you feel that the children have the necessary experience, knowledge and skills to solve the problem, then they are ready to give it a go. Part of the experience is also knowing that children will often make mistakes when trying to solve problems for the first time. This is not only reasonable but to be expected and that is why letting them manage safe 'stretch' situations is the best way to start. Nobody wants to learn through high stakes problem solving when there is a lot to lose and these usually happen later in life.*

*In his article "How to encourage kids to be problem solvers" Michael Grose identifies 6 key elements"*

- **Turn requests into problems the children can solve.** Don't rush in too quickly to give the solution. Let them know you trust them to be able to come up with a possible answer.
- **Ask good questions to prompt them into problem solving.** Children who learn to ask good questions will always find a way forward.
- **Coach them to work through problems and concerns.** By doing this you are respectfully recognizing that the problem belongs to the child and thus needs to be solved by them.
- **Prepare children for problems and contingencies.** Again the reality is that children will have to face many problems in their lives and the best thing we can do for them to develop a solution based mentality and not one of blame or failure.
- **Show a little faith.** Setting them up for success in the problem solving area is to determine when the problem is one that can be solved by a child and which one needs to be taken over by an adult
- The last one is probably the hardest of them all and that is to **celebrate the mistakes.** The dilemma here is to ensure that this is not just rhetoric. If we say to them it is ok to make a mistake then we overreact when they make one the child is going to get mixed messages. As we grow up we soon learn that some mistakes provide us with better learning opportunities than others, but that is fodder for another newsletter.
- Can I encourage you all to read the article from Parenting Ideas and look for opportunities for the children to build their problem solving muscles by plenty of practice.

God Bless you and your families

Bernadette Fabri

Principal

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## Building parent-school partnerships

WORDS Michael Grose

# How to encourage kids to be problem-solvers

When parents solve all children's problems we not only increase their dependency on adults but we teach kids to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness.

So, how can we raise kids to be courageous problem-solvers rather than self-critical scaredy cats?

**Here are six practical ideas to get you started.**

### 1 Turn requests into problems for kids to solve

Kids get used to bringing their problems to parents to solve. If you keep solving them, they'll keep bringing them. 'Mum, my sister is annoying me!' 'Dad, can you ask my teacher to pick me for the team?' 'Hey, I can't find my socks!' It's tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. 'What can you do to make her stop annoying you?' 'What's the best approach to take with your teacher?' 'Socks, smocks! Where might they be?'

### 2 Ask good questions to prompt problem-solving

A problem-solving approach relies on asking good questions, which can be challenging if you are used to solving your child's problems. The first question when a child brings you a problem should be: 'Can you handle this on your own?' Next should be, 'What do you want me to do to help you solve the problem?' These questions are not meant to deter children from coming to you; rather, to encourage and teach them to start working through their own concerns themselves.

### 3 Coach them through problems and concerns

So, your child feels she was unfairly left out of a school sports team by a teacher and asks you get involved. The easiest solution may be to meet with the teacher and find out what's going on. You may or not resolve the problem but in doing so you are teaching a child to become dependent on you. Alternatively, you could coach your child to speak to the teacher herself and find out why she was left out. Obviously, there are times when children need their

parents to be advocates for them such as when they are being bullied, but we need to make the most of the opportunities for children to speak for themselves. Better to help your child find the right words to use and discuss the best way to approach another person when they have problems. These are great skills to take into adulthood.

### 4 Prepare kids for problems and contingencies

You may coach your child to be independent – walk to school, spend some time alone at home (when old enough), catch a train with friends – but does he know what to do in an emergency? What happens if he comes home after school and the house is locked? Who should he go to? Discuss different scenarios with children whenever they enter new or potentially risky situations so that they won't fall apart when things don't go their way. Remember the Boy Scouts motto – be prepared!

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](http://parentingideas.com.au). You'll be so glad you did.







# Parenting *ideas* INSIGHTS

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Building parent-school partnerships

## ... How to encourage kids to be problem-solvers ...

### 5 Show a little faith

Sometimes you've got to show faith in children. We can easily trip them up with our negative expectations, such as by saying 'Don't spill it!' to a child who is carrying a glass filled with water. Of course, your child doesn't want to spill it but you've just conveyed your expectations with that statement. We need to be careful that we don't sabotage children's efforts to be independent problem-solvers with comments such as, 'Now don't stuff it up!' 'You'll be okay ... won't you?' 'You're not very good at looking after yourself!'

### 6 Applaud mistakes and stuff-ups

Would a child who accidentally breaks a plate in your family while emptying the dishwasher be met with a 'That's really annoying, you can be clumsy sometimes' response or an 'It doesn't matter, thanks for your help' type of response? Hopefully it won't be the first response, because nothing shuts a child's natural tendencies to extend themselves down quicker than an adult who can't abide mistakes. If you have a low-risk-taking, perfectionist, consider throwing a little party rather than making a fuss when they make errors so they can learn that mistakes don't reflect on them personally, and that the sun will still shine even if they break a plate, tell a joke that falls flat or don't get a perfect examination score.

Michael Grose



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[parentingideas.com.au](http://parentingideas.com.au)

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## Honour Award

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

3L	Jeremy Saliba
3T	Crista-Nicole Gahdmar
4B	Aidan Vancuylenberg
4G	Eddie Batti
5C	Kalysta Livia Maharani
5T	Joseph Chiha
6P	Adrian Jabbour
6W	Monica Giurgius



## st patrick's award

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

3L	Brandon Roque
3T	Chiara Banzato
4B	Noah Gebrael
4G	Christian Stojkovski
5C	Jonah Freifer
5T	Anna Janczewski
6P	Sophie El Bayeh
6W	Samuel Shalala



**SAVE THE DATE**

**SAVE THE DATE**

### 2016 Christmas Concert

This year the St Patrick's Christmas Concert will be on **Tuesday 13 December, beginning at 6.30pm in the OLMC hall.**

The evening will include a Nativity and a presentation by each Year group of their Footsteps dancing.

We are looking forward to sharing an evening of Christmas entertainment and good wishes with you in air-conditioned comfort!

Information about what students are to wear will be provided in the next week or two.

**Please note: this is a school function and all children are expected to attend.**

Thank you,

The Christmas Concert Committee.



### St Patrick's Cathedral Parish Christmas Carols

**Saturday 3rd December after the 6pm Mass**

Come and be a part of the Parish for their annual *Christmas Carols in the Cathedral Forecourt*. Join our own school choir, the youth group and others as they lead us in carol singing. Bring a rug, some chairs and a picnic tea OR buy a sausage sandwich and cold drink.



## Library Overdue Notices

This week students will be bringing home overdue book notices.

I would greatly appreciate if you could assist with helping students find these books. If these books cannot be located at home, please return the slips to the library so we can check the shelves.

Many thanks with this matter.

Mrs O'Dwyer

Teacher/Librarian



Happy Birthday to the following children who will celebrate their birthdays in the following week: An Le, Natalie Draybi, Simone Tanna, Kristiana Stevanja, Adrian Stevanja, Daniel Pinto, Magdalena Gilchrist, Claire Guatlo, Jacky Zhao, Grace Doumit, Wendy Chen, Mark Sonido, Rosa Itaoui



## Medical Updates for 2017

As we are nearing the end of the school year a reminder to parents with children who have a medical condition ie Anaphylaxis, Asthma that we require an updated plan before the new school year. The plan is to be dated by the doctor with the new date (not just a copy of last year's). This is an annual requirement.



## Request for Prayers

The Rosauro Family have requested prayers for Keenen's grandmother who is unwell . If you could keep the family in your thoughts.



## ICE BLOCKS !!

From this Friday the money raised from ice block's will support the Vinnies Christmas Appeal. Each child may buy ONE ice block at \$1.00.

## OZ Fashions opening & closing times during the Christmas period.

Our last trading day for this year will be Saturday, 24<sup>th</sup> December (9am – 4pm) and we will re-open on Thursday, 5<sup>th</sup> January (9am-5:30pm). I strongly recommend parents purchase their uniform early January to avoid lengthy queues.

## Not Returning to St Patrick's in 2017

Thank you to the parents who have informed the office that their child will not be returning to St Patrick's in 2017. If your child is not returning to St Patrick's in 2017 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 2017.

## SCHOOL HOURS

Dear Parents

Can I remind you that school hours are from 8.50am to 3.00pm. Although school finishes at 3.00pm we have extended the pick up time to 3.30pm to allow for and to assist with the traffic congestion around the school. This is an extra half an hour.

We have noticed however that there are a growing number of children who are regularly not picked up before 3.30pm. This can often distress children and is putting extra strain on staff who have often arranged meetings, organised tasks and who have after work commitments. It is recommended that if you are having difficulty picking up children on time that you organise after school care. Thanking you for your consideration and cooperation with this matter.

Bernadette Fabri

# ST PATRICK'S PRIMARY SCHOOL

## VINNIES

### CHRISTMAS APPEAL 2016



This year our major Christmas Outreach focus is fundraising for St Vincent de Paul and we are doing this through the sale of ice blocks each Friday. As you well know families face financial strains at the beginning of the school year buying uniforms, shoes and school requisites. Our ice block money will alleviate some of this burden.

Each Grade is providing ONE hamper to bring Christmas joy to a local family. If you have any problems donating the item on your child's note, please let me or the class teacher know.

*Please ensure that all food items are in date with several months until expiry*

**Hampers due Friday 9 December**

Thank you for your generosity in helping to make this festive season extra special  
for families in need this Christmas!

Jude Kerr

Religious Education Coordinator.



### St. Patrick's Dance Group

The Mercy Music and Performance Academy and St. Patrick's Primary School would like to start an **Extracurricular Dance Group** in 2017.

Rehearsals would be held before school on a Monday morning on the grounds of Our Lady of Mercy College. Parents would drop students off at the gates of Our Lady of Mercy College for their group rehearsal. Students would then walk to St Patrick's under the supervision of their dance teacher.

We are seeking expressions of interest from families whose children will be in years 4-6 in 2017.

We would kindly ask for all families to complete a short survey by following the link below.

<https://www.surveymonkey.com/r/H8F8VHH>

### St. Patrick's Music Ensemble

Do you learn a Concert band instrument? Would you like to join the St. Pat's Music Ensemble?

The Mercy Music and Performance Academy and St. Patrick's Primary School are starting a Music Ensemble that rehearse every Tuesday on the grounds of Our Lady of Mercy College. Rehearsals are from 8am – 8:35. At the conclusion of the rehearsal, students are then taken across to St. Patrick's, under the supervision of the Ensemble Conductor.

Any students who are currently learning a Concert Band instrument are welcome.

For more information please email [music@olmc.nsw.edu.au](mailto:music@olmc.nsw.edu.au) or call: 02 8838 1226 during school hours.

# Christmas Carols at the Shrine

*The Schoenstatt Sisters would like to invite you to join them for an evening of carol singing at the Shrine.*

*Please bring a blanket or chairs and some snacks if you wish.*

*Children are encouraged to come dressed as angels and shepherds.*

**Where:** Mount Schoenstatt Shrine  
230 Fairlight Rd Mulgoa  
**When:** Saturday 17<sup>th</sup> December  
7.30pm-8.30pm



OUR LADY OF MERCY COLLEGE PARRAMATTA

## PARENT/ CARER INVITATION Tuesday 6th December 2016, 6.00pm

### Helping your middle school teen become confident and capable

Clinical Psychologist Dr Judith Locke, is offering a 2-hour parenting session (plus 15 minutes of question time) to parents/ carers of students at OLMC Parramatta. Judith uses latest research and clinical experience to show positive and effective strategies parents/ carers can use to help their teens become more confident and capable at school and beyond.

**ABOUT DR JUDITH LOCKE** Dr Judith Locke, the founder of Confident and Capable, is a clinical psychologist, and former school counsellor, teacher and workplace trainer. Judith is the author of "The Bonsai Child" which details modern parenting changes and practical strategies to help children develop confidence and resilience.

Judith trains throughout Australia and internationally on topics related to parenting, education and personal well-being. She also provides psychological commentary on current issues to local and national media, including TV and radio.

Judith believes providing useful information to parents early on will ensure a long-term positive impact on children and families and assist students to achieve their potential.

*"I loved this workshop... It told me the things I was doing right"*  
*"Very enjoyable and informative" - Feedback from Judith's previous sessions*

#### ABOUT THE PRESENTATION

Assists parents help their teen experience happy, fulfilling years at school, and build their resilience and confidence in a range of areas

Gives parents strategies they can use to improve their relationship with their teen through, what can be, tricky adolescent years

Teaches parent how to encourage their teens to be responsible, contributing members of the family

Helps parents assist their teen start to become ready for the demands of the young adult years, particularly if they'll remain under your roof!

Tuesday 6th December

Tea & Coffee: 5.30pm  
Presentation: 6.00pm - 8.15pm

OLMC Parramatta, Edith Angel Hall  
Enter via Ross Street

RSVP 1 December via link  
Limited seats so please RSVP promptly  
RSVP: Judith Locke Parent/Carer Presentation

FREE

# TUCKSHOP2U

will now be serving

## HOT FOOD

on Tuesday and Thursday ONLY.

Please visit  
[tuckshop2u.com.au](http://tuckshop2u.com.au)  
to view our  
updated menu.



Please note that our Banana Bread and Choc Vanilla  
Blueberry Slice are no longer gluten free.



# 2016 Important Dates

## Term 4

### Week 8

Friday 2nd December Primary Assembly—Year 4—2.15pm

### Week 9

Tuesday 6th December Footsteps Dance continues

Friday 9th December Year 6 Graduation Mass—9.15am  
Infants Assembly—Kinder—2.15pm

### Week 10

Monday 12th December Meet the Teacher Afternoon

Tuesday 13th December Footsteps Dance continues  
Concert Evening — 6.30pm OLMC Concert Hall

Wed 14th December Swimming Carnival—Yr 2 to Yr 6

Thurs 15th December Year 6 Fun Day

Friday 16th December Thanksgiving Mass  
Whole School Farewell Assembly  
LAST DAY OF 2016 FOR STUDENTS

### 2017 Start Dates

27/01/2017	SDD ( Children booked in for MAI Assessments TBA)
30/1/2017	SDD ( Children booked in for MAI Assessments TBA)
31/01/2017	Years 1– 6 return
02/02/2017	Kindergarten Commence

### 2016 Swimming Carnival

This year our St Patrick's Swimming Carnival will be held on **Wednesday 14<sup>th</sup> December 2016 at Parramatta Swimming Pool**. All students in **Years 2 to 6** will be expected to attend the Carnival and participate in either race events or novelty activities.

For your child to compete in race events they **MUST BE A COMPETENT AND CONFIDENT SWIMMER ABLE TO SWIM 50m WITHOUT STOPPING**. Students competing in race events will be given novelty time at the end of the Carnival in the 50m pool if time permits. If your child is not a confident and competent 50m swimmer please indicate that they will participate in the novelty events in the smaller pool. They will be under the supervision of teachers and time permitting will receive a couple of sessions. **STUDENTS PARTICIPATING IN NOVELTY ACTIVITIES ONLY WILL NOT BE PERMITTED IN THE 50m RACE POOL AT ANY TIME OF THE DAY**. The safety of students is paramount and therefore we rely on parents and students to demonstrate their full cooperation.



*sub tuum praesidium*

Our **VISION** is to be a child centred faith community within an innovative, interactive learning environment.

Our **MISSION** is to –  
Live out the Gospel Values in a visibly Catholic tradition

Nurture students for Christian Leadership

Create a range of learning experiences which allow children to progress at their own level

Assist our students to develop into independent thinkers with a deep sense of responsibility and justice

Lead each individual towards reaching his/her potential

Generate a sense of community and compassion in which all Experience belonging.

**Opportunity for all**

### **MASS TIMETABLE FOR ST PATRICK'S CATHEDRAL PARRAMATTA**

#### **Weekend Masses**

Saturday	8.00am, 6.00pm (Vigil)
Sunday	8.00am, 9.30am (Family) 11.00am (Solemn), 6.00pm

#### **Weekday Masses**

Mon to Fri	6.45am, 12.30pm
Public Hol	8.00am

#### **Pastoral Team**

**Bishop of Parramatta Most Rev.  
Vincent Long Van Nguyen OFM CONV**  
Very Rev Fr Robert Bossini  
Rev Fr John Paul Escarlan  
Rev Deacon Willy Limjap  
Margaret Gale ( Sacramental Coord)  
Milli Lee (Parish Admin Asst)  
Patricia Preca (Parish Secretary)