



# St Patrick's Primary School Newsletter

15th November 2018 Term 4 Week 5

**2018**

## Dates to Remember

### Term 4

### November

#### Week 5

Friday 16th Family Fun Night

#### Week 6

Monday 19th Year 5 and Year 2—  
Celebration of Learning  
1.45pm

Tuesday 20th Footsteps Dance

Thursday 22nd Year 6 Camp

Friday 23rd Year 6 Camp  
Infants Assembly  
Year 1 2.15pm—  
School Hall

#### Week 7

Tuesday 27th Footsteps Dance

Friday 30th Swimming Carnival  
Year 2—6

#### Week 8

Tuesday 4th Dec Footsteps Dance

#### Week 9

Tuesday 11th Dec Footsteps Dance

Friday 14th Dec Year 6 Graduation and  
Thanksgiving Mass  
Whole School  
Assembly— 2.00pm  
School Hall

#### Week 10

Wednesday 19th Whole School Farewell  
Assembly

Dear Parents,

*It was wonderful meeting all the families for the children starting Kindergarten for 2019 last week. In the 'get to know you' sessions in the library the parents shared their words of wisdom with each other - and they were truly **words of wisdom**. Some of the ideas shared by the parents included the following:*

- *Prepare the night before. When uniforms and lunches are ready to go it assists in developing a calm start to the day - for everyone!.*
- *Say prayers often with your children - even in the car on the way to school as it settles them for the day*
- *Don't ask your child, 'What happened today?' but rather, 'What was one interesting thing you did or learned today?'*
- *DON'T WORRY! It all work out with the help of the teachers. You will be so surprised at how quickly the children manage the routine of school.*
- *Develop independence at home. In this way they can try new things at school by themselves.*
- *Remember that children don't always tell you everything. Ask before getting too concerned. There may be another part of the story that they left out.*
- *The school is always there to help. The teachers are very caring and go well above the call of duty.*
- *Don't leave worries to the last minute - ring and ask the school.*
- *Don't get anxious about excursions there are lots of adults to assist*
- *The parents at the school are more than willing to assist and answer questions and give reminders to each other. We are here for you.*
- *You will meet many friends when your child starts school.*
- *If you are concerned about your child's progress - don't worry - they develop at their own pace and from personal experience it all worked out at the end.*
- *Try to organise the family so that the children do their homework daily instead of waiting to the last minute. This sets up good work habits.*

***If you wish to contribute some ideas to help other parents who are sending their young ones to school for the first time I invite you to email the school through the skoolbag app. We would love to publish them.***

*This week's article from [Kidsmatter](#) deals with the following topics:*

*Get to know your child's school.*

- Prepare for the new school day routine
- Plan ahead for changes
- Help manage separation distress
- The night before school starts
- The first day

*Please continue to keep these children and their family in your prayers as they commence this very important educational journey with their little ones.*

*God bless you and your family  
Bernadette Fabri  
Principal*

## St Patrick's Current Attendance Level = 90.6%

**K = 89.5%**

2 = 91.1%

**4 = 86.7%**

**6 = 86.7%**

1 = 93.4%

3 = 91.9%

5 = 94.8%

## Sun Safe: Hats Hats Hats



Just a reminder that all students should have a school hat at school every day. As the weather starts to warm up it is important for all students to wear their school hat when on the playground. Any student without a hat will be required to sit in the shade during times they are on the playground. The school hat is a compulsory component of the school uniform. Thank you for your support in this matter.

### St Patrick's Parramatta

#### RETURN TO SCHOOL 2019 DATES

Week One 2019	Monday 28th January 2019	Tuesday 29th January 2019	Wednesday 30th January 2019	Thursday 31st January 2019	Friday 1st February 2019
	Public Holiday	Staff Development Day –  Yrs K-6 Individual Maths Assessments	Staff Development Day –  Yrs K-6 Individual Maths Assessments	Years 1 to Year 6 Commence school	Kindergarten commence school (full day)
		Year 1 to 6—Parents will be asked to book their children into one session with their child's class teacher on any of these 2 days.			
		Kindergarten Parents will be asked to book their children into one session with their child's class teacher on any of these 3 days.			

### Condolences



We wish to extend our deepest sympathy to the Abraham Family (Steven 2Y) on the passing of his Grandfather. Please keep the family in your prayers.

### Not Returning to St Patrick's in 2019

Thank you to the parents who have informed the office that their child will not be returning to St Patrick's in 2019. If your child is not returning to St Patrick's in 2019 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 2019. This does not apply to year 6 students.



# Family Fun Night 2018

St Patrick's will be holding our Family Fun Night tomorrow, **Friday 16<sup>th</sup> of November (Week 5)**. This evening continues to build community spirit within the school and allows families the opportunity to meet and form friendships, especially new families to our school. St Patrick's prides itself on having a friendly and welcoming school culture and we endeavour to maintain and continue building this family spirit.

The evening will be led by one of the FOOTSTEPS Dance Instructors who has worked with the students this year, teaching them dance and movement throughout the term. The disco will begin at 6pm and conclude at 9pm. Gates will be open from 5pm to allow families to find a comfy spot in the playground and have a chat with each other and make new friends. You are encouraged to bring fold up chairs or a picnic rug/blanket.

Why not have a night off cooking and grab dinner at the disco? Food will be available from 5pm. We will have **pizza, hotdogs, corn on the cob, zooper doopers, lollies, water and drinks for sale on the night**. Parents are more than welcome to bring their own picnic supper. If you bring your own snacks to the event please remember that **St Patrick's is a NUT FREE ZONE!!!!**

If you pre-purchased tickets they will be given to the children tomorrow. It's not too late you can still purchase tickets tomorrow or pay at the gate. We are looking forward to a great night.



We will also have available a coffee cart serving tea, coffee and hot chocolates

<b>Margarita</b> tomato base, cheese	<b>\$10</b>
<b>Meat Lovers</b> tomato base, cheese, salami, ham, cabanossi, bacon	<b>\$12</b>
<b>Hawaiian</b> tomato base, cheese, ham, pineapple	<b>\$12</b>
<b>Vegetarian</b> tomato base, cheese, mushrooms, pineapple, capsicum, onion, olives	<b>\$12</b>
<b>Capricciosa</b> tomato base, cheese, ham, mushrooms, olives	<b>\$12</b>

# LOLLY JAR GUESS



Would you like to win yourself a jar filled with delicious lollies?

**DONATE TO A GREAT CAUSE!**

All donations will go towards supporting Mrs Daou on her pilgrimage during

**World Youth Day.**

**Guess how many lollies are in the lolly jar!!**

**50c for 1 guess**

**OR**

**\$1 for 3 guesses**

**When? Week 4 before school @ 8:20am**

**Where? Outside the Year 6 classrooms**

## **WORLD YOUTH DAY—WINNER ANNOUNCED TOMORROW**

Thank you to all the children that tried to guess how many jellybeans were in the jar. The winners will be announced at tomorrow mornings assembly.

Thank you,

Mrs Louisa Daou



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

Josef Chedid, Benjamin Kalouche, Katerina Yannakis, Zoe Borger, James Fraser, Clyde Guatlo, Ethan Sivashanmugam

### **Parish Youth Group Junior Credo: EDGE**

- for children in Yrs 4-6 Fortnightly on Fridays -

5pm-6pm (school terms only) at St Patrick's Cathedral Cloister Hall.

Email Mindy for more info: [credo@stpatscathedral.com.au](mailto:credo@stpatscathedral.com.au)

Junior Credo Edge is a Parish based Ministry run by St Patrick's Cathedral, Parramatta

### Year 5 and Year 2 Celebration of Learning

Year 5 and Year 2 have been working together choreographing a dance for Creative Arts and are very excited to show off their routines.

Please join us for their performance of a lifetime in Week 6, November 19th in the school hall starting at 1.45pm sharp.





## Spotlight on... Year 5 SRC's



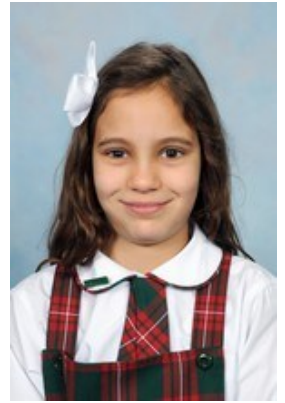
Isabella Chivers:

**What's your favourite place in the world?**

My favourite place in the world is New Zealand because I like to explore the history.

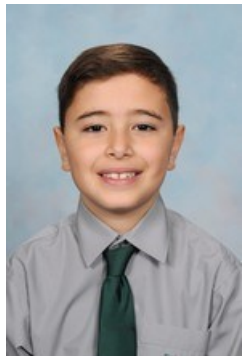
**Name 3 words that describe you?**

Three words that describe me are helpful, kind and joyful.



**What is your favourite animal?**

My favourite animal is a dog. I like dogs because I like how they play.



Jacob Manago:

**Name 3 words to describe you?**

Three words to describe me are joyful, quiet (sometimes) and caring

**What are you looking forward to most next year?**

I am most looking forward to sport. I like playing sport and I always think it is fun.

**What is your favorite food?**

My favourite food is lasagne. I like how there is meat and cheese in it.

Ethan Fizmeza:

**If you had 1 million dollars to spend in a day what would you use it on?**

I would buy a bigger house for my family and give some to my mum and dad . I spend the rest on food like meat and fruits.

**Who is your favourite celebrity?**

I don't have a favourite celebrity but I have a favourite band. My favourite band is 'Imagine Dragons'.

**What is your favourite food?**

My favourite food is fish because I like swimming and fish like swimming. I really like sushi.



Michael Aboumelhem:

**Who is your biggest inspiration?**

My biggest inspiration is 'Lachlan' (a Youtuber) I like playing games and he is a good gamer and when I grow up I would like to play games as good as he does.

**What's your favourite place in the world?**

My favourite place in the world is Thredbo Australia. I haven't been there but I really want to snowboard and it has an amazing amount of snow there and mountains.

**Name 3 words that describe you?**

Three words that describe me are a bit spontaneous, medium height, friendly.



Ruby Younan:

**What is your favourite song?**

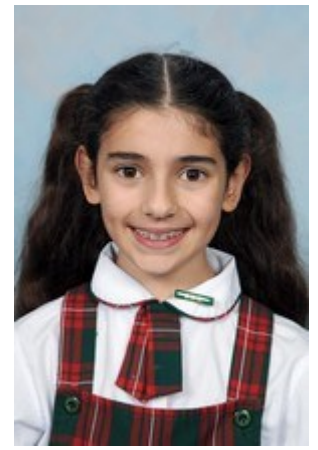
My favourite Song is 'Girls Like You' by Maroun Five and Cardi B.

**If you had \$1, 000, 000 to spend in a day what would you spend it on?**

I would buy a house, shop for clothes , buy a car and shop for more clothes.

**What is your favourite subject at school?**

My favourite subject at school is art and writing. I like art because you can be creative and no one can judge your work. I like writing because you can also be creative.



Gabriel Rahme:

**What's your favourite line from any book or movie?**

My favourite line is from 'Home Alone 2' is "Merry Christmas and a Happy New Year you filthy animal." I like it because it is humorous.

**Who is your biggest inspiration?**

My biggest inspiration is Albert Einstein because he is a famous Mathematician and I really want to be one of those when I am older. I really enjoy maths.

**What are you looking forward to the most for next year?**

The fact that it is only two more years after that and I will be in high school. I want to be in high school because I will see all of my cousins in High School, whereas here I only have one cousin.



Christine Kahwaji:

**Would you rather have a monkey pet or a magic wand?**

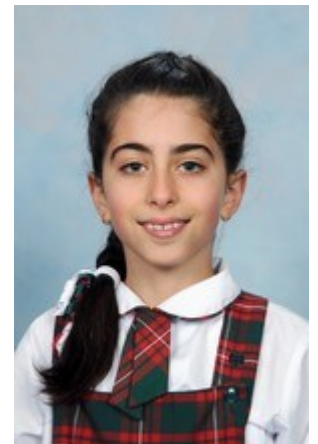
I would rather have a monkey pet because I would like one to hang out with and they are cute. They could hang out my window and I wouldn't get bored.

**If you were trapped on a desert island (and you couldn't return to civilisation in any way) what would be the 3 things you would bring with you?**

1. My Dad because he is great with survival things
2. My Puppy so he would be safe
3. Water because without water you can die.

**How do you want to help the world become a better place?**

I could help the world become a better place by going back to America and help the poor people. When I went to America there was a lot of poor people and then I would travel the world and help others in different countries. I would also put all the bad people in a place where they could learn their lesson.



**NB: Sienna Golossian was absent when the interviews took place so watch for her responses next week.**



## Getting ready for school

In the lead up to your child starting school, there are many ways you can plan and prepare for the changes ahead. This will help your child and family make a successful start to school. Every family will have different preparation ideas and strategies, so it's best to make a plan that suits your individual family. The following are a range of useful tips and ideas from early childhood educators, teachers and parents.

### In the months before school

Get to know your child's school. You could find out:

- if your child's school is holding information nights that your family can attend. When are the transition to school sessions scheduled to start?
- the layout of your child's school and how it differs from their early childhood setting. Where are the classrooms and how are they organised? Where are the toilets, drinking taps, out of school hours care rooms and play equipment?
- how the school day is organised. What time does school start and finish? When and how long are the play times? How does this routine differ to your child's previous routine at home or in their early childhood setting?
- what children are expected to bring to school each day
- how communication between the school and home will happen
- the before and after school care arrangements for working families
- how you can get involved in the school community and meet other families starting at the school.





## In the weeks leading up to the first day

### Prepare for the new school day routine

There are many things that families can do before school starts to make children's transition easier. Practising changes to your daily routine will help build your child's sense of security and reduce the stress of getting to school. Visits to the school will help familiarise your child with the school and build their confidence.

You can practise what going to school will be like for your child using some of the following ideas. Remember that you know your child best – some children feel most confident with a lot of preparation whereas for others too much may be overwhelming. You can tailor the techniques below to suit your child.

- Travel to and from school several times as a practice run. Try going at the usual school drop-off and pick-up times as this will help you and your child get to know what to expect (eg how busy the traffic will be, which route to take).
- Practise the school day routine. This may include the morning routine of getting up early, putting on your child's uniform and packing their school bag. Setting up a regular bedtime routine will allow your child to wake up fresh and ready for the day.
- Practise lunch time routines. For example, you may like to set up a pretend picnic in the backyard or park. Help your child practise getting their lunchbox out of their school bag and guide them to open it by themselves. You may also assist your child with identifying what to eat for playtime and lunchtime. Think of ways you can make it easier for your child to manage their food. This may include ensuring your child can open the packaging.
- Create a visual checklist with your child. This list could include things that need to be done in the evening and morning before they leave for school. Taking photos of your child doing the actions for the checklist can be a fun way to learn.
- Write a story with your child about their new school and what happens during the day. You can draw pictures or include photographs in the story and read it together. This may help to ease their anxiety about what happens during the day. (See the Starting School *A picture book about me* online resource).
- Visit the school on weekends if permitted. Your child can practise using the climbing equipment and playing in the school grounds.
- Arrange opportunities for your child to play with other children who will be starting at the same school. Seeing familiar faces will help your child feel confident and more relaxed on their first day and during the first weeks of school.

### Plan ahead for changes

Starting school is a big change for your child that can lead to a range of emotions. You may find your child is excited but they may also be exhausted and tired, even if they are used to long hours at their preschool or early childhood education and care (ECEC) setting. Take the time to notice their mood, and think about how you will support your child to manage these feelings and reduce their stress or anxiety. Every family's strategies are different, so it can be helpful to reflect on what has helped your child manage and adapt to change in the past.

- Consider what sorts of after school activities might be helpful for your child. For some children, minimising after school activities or waiting until your child is settled into school before introducing new activities is helpful. The school day can be quite long for your child and they may not have the energy to engage in other activities. They can begin after school activities once they have adjusted into the new routine.
- Plan some relaxing time after school. Depending on your child's interests, this may consist of quiet play or jumping on the trampoline. Follow your child's lead on what works best for them.
- Help your child to get a good night's sleep. Having a regular routine such as taking a bath before bedtime or reading a book may help your child to relax.





## Help manage separation distress

In the lead up to starting school, you may be concerned about how your child will cope with being separated from you. Perhaps they took a long time to adjust to being without you when they started attending preschool or day care. You might feel a bit unsure of how they will cope in their new school environment. In your planning for school, you might like to consider:

- What will help my child separate comfortably from me in the morning?
- What has helped my child in the past?
- Would my child benefit from taking a picture or special object from home?
- What will I do to help myself cope? (eg catch up with a friend, exercise)

It will also help to:

- Talk to your child's early childhood educator and new school teacher – they can help to put some ideas in place to support your child to separate from you.
- Develop a positive goodbye routine together (eg sharing a 'high five', special goodbye hug or a funny or loving gesture like a bear hug).
- Always say goodbye and reassure your child of when you will collect them (eg that you will be back at home time to pick them up, or what the arrangements are for after school care). This helps build their trust and sense of security.
- Avoid lengthy goodbyes as they may increase separation distress.
- Talk positively and enthusiastically about what your child will be doing when they are away from you (eg "you will have a story", "you're going to have fun meeting new children"). Children will pick up on your cues if you are feeling nervous so try to be mindful of what you communicate about your own emotions.
- Take care of your own emotions in managing the separation. (For more information, see Starting School video 6: *A change for the whole family.*)

## The night before school starts

It may be helpful to:

- Have your child's uniform laid out so it is ready to be put on in the morning. If there is no uniform, help your child choose which clothes they will wear.
- Assist your child to pack their school bag so it is ready for the big day.
- Stick to familiar routines as much as possible. Try to have a calm evening and allow more time to settle before bedtime if your child is feeling excited or nervous about starting school.

## The first day

On the first day, you may like to:

- Allow extra time in the morning. You may want to take photos to capture the moment!
- Talk positively about the day ahead on the way to school and remind your child where you will be at pick-up time.
- Manage your own anxiety. You may like to plan a relaxing activity the night before or arrange to have coffee with another parent after the school drop-off.
- Have a small snack ready at the end of the day to help your child re-energise.
- Remember that your child might be exhausted when they get home. Give them some down time and try not to overwhelm them with too many questions about the day. Grandparents and extended family members might need to be reminded about this too.
- Celebrate the first day of school as it is a huge milestone to achieve. You may like to organise a special activity or dinner together as a family on the weekend to celebrate.

## For more information

If you would like more information, KidsMatter has produced a range of resources to support your child through early childhood and primary school. The following information sheets related to this topic are available online at

[www.kidsmatter.edu.au/families/information-sheets](http://www.kidsmatter.edu.au/families/information-sheets)

KidsMatter Early Childhood information sheets:

- *Being away from one another*
- *Understanding and managing separation distress*
- *Helping children to cope with separation distress*
- *Developing positive separations: Resources for families and staff*

KidsMatter Primary information sheets:

- *Belonging at school makes a difference*
- *Why connect at school?*



This resource is part of a range of KidsMatter Starting School information sheets for families. View them all online at [www.kidsmatter.edu.au/startingschool](http://www.kidsmatter.edu.au/startingschool)