

St Patrick's Primary School Newsletter

29th November 2018 Term 4 Week 7

Dear Parents,

*This week is the fourth instalment of the Starting School Series; 'Understanding Behaviour'. The types of behaviour referred to in this article are those associated with **change**. Starting school is a big step for children and for children who are already at school you may see some of these behaviours after the holidays; 5 weeks is a long time in the life of a child and coming back to school is change also.*

The article refers to some common behaviours that a parent may see associated with: leaving their preschool teacher and friends, leaving you or feeling a sense of anxiety. Children often don't have the language associated with expressing their feelings but they will show us in a number of ways what is happening for them. One of the most useful questions I often ask is, 'What are they trying to tell us by' In this way we avoid making assumptions about why a child may be crying, sitting by themselves or even throwing a tantrum. Exploring the possibilities helps us to understand the child better. The article also gives parents ideas on how to discuss these feelings with children. Expressing one's feelings in a socially acceptable way is a very useful skill and assists overall well being. Parents can and do role model this every day. Helping the child to feel that school is a safe place that they will get used to is a good start. For some children it may not be as exciting as they had anticipated but the school will do our best to make it a place where they feel a sense of belonging and success.

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

1. Common behaviours
2. What these behaviours may communicate
3. Talking about your child's feelings.
4. Spending time with your child
5. Help your child recognise and express their feelings
6. Getting involved in your child's play
7. Active Listening

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

2018

Dates to Remember

Term 4

Week 7

Friday 30th Nov Swimming Carnival Year 2—6

Week 8

Tuesday 4th Dec Footsteps Dance

Thursday 6th Dec Year 4 Celebration of Learning—2pm

Week 9

Tuesday 11th Dec Footsteps Dance

Meet the Teacher afternoon

Friday 14th Dec Year 6 Graduation and Thanksgiving Mass—St Patrick's Cathedral

Whole School Assembly— 2.00pm School Hall

Week 10

Monday 17th Dec Christmas Concert with John Burland—1.15pm OLMC Hall

Wednesday 19th Dec Whole School Farewell Assembly



Dear Parents and Carers

St Patrick's Primary School Parramatta recognises that email is a fast and convenient way to communicate with your child's teacher.

As you could appreciate, teachers read their emails at various times throughout the school day. Further, that other than in the case of a genuine emergency, they are generally not expected to respond to emails from parents and students outside of normal working hours. Please keep in mind that if you send an email to a member of our staff outside of normal working hours, a reply may not be received until the following working day.

We appreciate your assistance and understanding.

If you have any questions about this matter, please feel free to contact **Bernadette Fabri** on **8832 4600**

Kind regards
Bernadette Fabri

Christmas Concert

The feeling of Christmas is in the air, our shops are full of people getting ready for this special time with family and friends. Buying presents, preparing food organising holidays are all important things to do in the lead up to Christmas, however as we head into the season of Advent it is important for us to stop and reflect on the true meaning of Christmas - The Birth of Christ. This year our students will be sharing the joy of Christmas in our presentation of 'The Christmas Star' on **Monday 17 December** at **1.15pm** in the **Edith Angel Hall, OLMC**.



During the morning the students will be working alongside John Burland, who will be leading the concert. Currently the students are busy practising the songs and actions during music lessons with Miss Issa. We will be sending out a suggested dress for each grade early next week. We look forward to sharing the joy of Christmas with you all and hope to see you there.

Mrs Standring
(REC)

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



Daniel Pinto
Beth Roumanus
Edan-Grace El-Chaar
Magdalena Gilchrist

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.

St Patrick's Current Attendance Level = 90.1%

K = 86.0%	2 = 91.1%	4 = 90.0%	6 = 83.3%
1 = 93.4%	3 = 91.9%	5 = 94.8%	

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.			

2018 Swimming Carnival

Dear Parents & Carers,

Our Swimming Carnival will be held tomorrow Friday 30th November. Just a few reminders to assist us with the smooth running of the day. All children should be at school by 8.45am to ensure they are marked on the roll and are on the bus with their own classmates. All children are **expected to remain until the conclusion** of the carnival when they will be returning to school by bus or leaving with a parent.

Date: Friday 30th November
Venue: Wentworthville Swimming Centre
 115 Dunmore Street Wentworthville
Start Time: Approx 9.30am
Finish Time: 2:00pm (Buses leave at 2:15pm for school)

Students need to ensure they have the following on the day:

- Wear your **school sport uniform**. You may wear a coloured T-shirt in your sport house colours. Please ensure all items of clothing are **labelled**
- **Students should wear their swimmers under their uniform and bring a change for later.**
- **Rashies** are recommended for girls if they do not have a **one piece costume**.
- A school **hat** and **sunscreen**
- Any necessary medication such as **epipens** or **puffers**
- Lots of **water** & recess & lunch
- **Canteen facilities are available**
- A small back pack
- Lots of enthusiasm
- No crepe paper streamers or any paint (zinc or hairspray) is to be used on the day

A reminder again that all students are expected to stay until the conclusion of the carnival and to sign off with their supervising teacher before they leave. Any family wishing to stay at the pool after the conclusion of the carnival will need to exit the pool with the school and reenter again.

We anticipate a fun day and look forward to seeing as many parents as possible on the day. Should there be a weather change with rain, an alert will be sent through the Skoolbag app.

Yr 6 Reflection Camp 2018

Last week, Year Six went to Vision Valley for one night and two days. We did many fun activities including the flying fox, canoeing and archery. We made many memories that we will cherish forever. This experience was full of teamwork, and without everyone working together, we wouldn't be able to do the activities and have so much fun. Such as; when we were doing the flying fox - to get down safely, two people had to pull the rope to the end of the field and pull the staircase in order for them to remove their harnesses. During canoeing, two people had to be controlling each boat so it could move smoothly and calmly in the water. We also did archery in groups and went on the giant waterslide.

The reason of camp was a time to reflect on St Patrick's and all the memories made. We participated in many reflection activities based on our primary school years and the years to come. We spoke about how if we have a struggle in the future we can work it out together so we are not dealing with our struggles in life on our own. Another activity we did was to write six positive messages to our peers and we then enjoyed reading what people had said about us. We were put out of our comfort zone to write how we care for one another. We began to write a letter to our parents to thank them and show our appreciation for them. Overall camp was an extremely fun and great time to reflect on our school years and in return this experience will be in our hearts forever.



School Banking

Our last school banking for 2018 will be
Week 9, Tuesday 11th December.



Family Fun Night 2018



Condolences



We wish to extend our deepest sympathy to the Wahbe Family (Maria 4B & Lawrence 1S) on the passing of their Great Grandfather and Great Grandmother. Please keep the family in your prayers.





Spotlight on... Year 2 SRC's

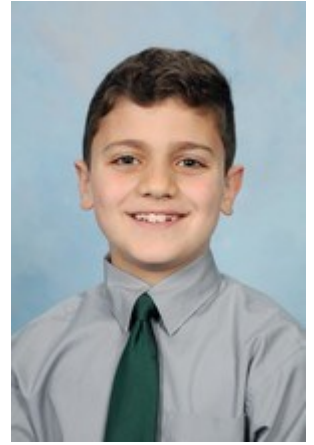
Christian Kalouche:

If you could own any 3 items in the world what would they be?

They would be a house, a car and a shop like a pharmacy

What is your dream job?

My dream job is to be a doctor or a scientist



Joshua Manago:

How do you feel being SRC and what responsibilities do you feel having the badge?

The responsibilities are that I have to be respectful and set a good example for everyone, I also feel happy and good about having my badge.

What's your favourite food?

I have 2 favourite foods and they would be pasta and pizza



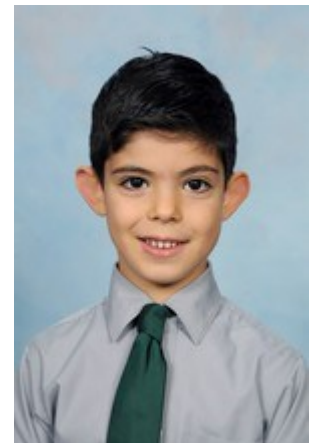
Sebastian El Hani:

What is your favourite car and why?

My favourite car is a Ferrari because they go really fast and they look really cool

What is your favourite animal and why?

It would be a cheetah because there the fastest land animal on earth and they have an advantage to catch their prey.



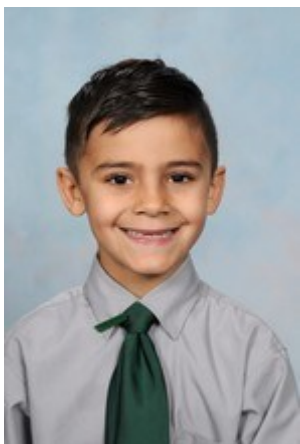
Zavier Moujalli:

What is your favourite game and why?

My favourite game is FIFA 18 because I love soccer and its a soccer game

If you could buy 1 thing in the world what would it be?

I would buy yu-gi-oh cards because he loves playing and collecting them



Cynthia Daher:

If you were on a stranded island what would you have with you?

I would have my best friends as well as my fellow SRC friends.

If you were to meet a celebrity who would it be?

My favourite celebrity is Taylor Swift because she has interesting songs with a catchy tune.



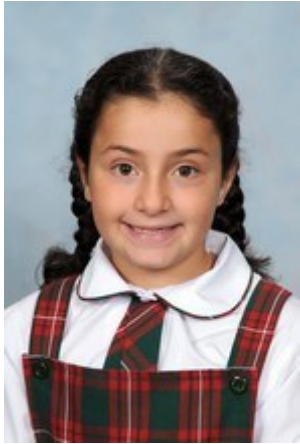
Sienna Khattar:

Where would your dream vacation would be?

I would have it at Queensland because I love dream world, sea world and movie world.

What is your favourite animal?

A dolphin because they are funny, cheerful and they are super fun to play with.



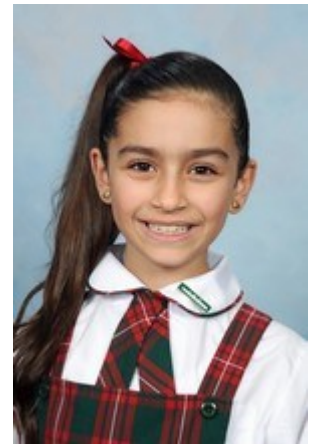
Marie Rahme:

Who is your favourite movie actor?

Kevin Mcallister because in home alone he is super funny.

Who are your best friends?

Laura, Jazmyne, Gabriella, Olivia and Claire because they always care for me and they always help me.



Abby Matta:

What is your favourite food and why?

My favourite food is cake because it is yummy and I love having it for dessert.

Do you have any pets?

I have a pet dog and her name is Pepper. I love Pepper because when ever I come home from school she wags her tail and always is excited to see me.



Opening November 30!



ST PATRICK'S GIFT SHOP

Murphy House, 1 Marist Place, Parramatta.

*Wide range of religious gifts and cards to
celebrate any special occasion.*

*Open 10am to 4pm on opening day
Drop in and have a look*

CAROLS, PRAYER & READINGS *in the Cathedral*

Led by:

- St Patrick's Primary School Choir,
- Members of St Patrick's Parish and
- Credo Youth

Saturday December 8
7.30pm

Followed by

BBQ, Jumping Castle & visit from Santa in the
Cloister.

Don't forget your picnic rug and snacks.

Everyone is Welcome

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

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



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	6.30am, 12.30pm
Public Hol	8.00am

Pastoral Team

Bishop of Parramatta Most Rev.

Vincent Long Van Nguyen OFM CONV

Very Rev Fr Robert Bossini

Fr Michael Gitau

Rev Deacon Willy Limjap

Margaret Gale (Sacramental Coord)

Milli Lee (Parish Admin Asst)

Patricia Preca (Parish Secretary)

Donna Missio (Receptionist)

Understanding behaviour

Starting school involves a big change for your child. It is normal for children to have strong feelings as they start to think about these changes, such as excitement about the prospect of going to school as well as nervousness about what lies ahead. Your child may also be feeling sad or angry about leaving early childhood education and care. This includes letting go of relationships formed with educators and other children, as well as a change to their familiar routines.

Some common feelings children have during transition to school can include:

- excitement
- sadness
- anger
- anticipation
- fear or anxiety.

Understanding and helping your child to handle the feelings associated with starting school will help to reduce their stress and can provide them with positive coping strategies.



Common behaviours

Young children often have difficulty explaining in words how they feel. Instead they may show their feelings through their behaviour. Some behaviours may be easier to spot like tantrums and crying, while others may be more difficult to notice like being quieter than usual. During the transition to school you may notice the following behaviours emerge or increase in frequency:

- clinging behaviour (eg not wanting to separate from you)
- restlessness (eg difficulty settling at activities, easily distracted, fidgeting)
- withdrawing (eg not participating in familiar activities, less engaged, less willing to persist)
- being anxious (eg shyness, fidgeting, stomach aches, needing excessive reassurance around the routines or plans for the day)
- refusing to comply (eg not wanting to follow rules and routines)
- avoidance strategies (eg increased negotiations around participation)
- planning and organisation difficulties (eg trouble getting started, remembering or finishing tasks)
- increase in crying and tantrums (eg more often or in more situations)
- changes in eating habits (eg loss of appetite, becomes fussy with food, overeating)
- sleep difficulties (eg trouble falling or staying asleep, nightmares)
- regression to younger behaviours (eg bedwetting, thumb sucking, baby talk)
- aggressive behaviours (eg hitting, kicking, shouting).

These behaviours are examples of different ways children respond to challenging situations. They are very typical for children within this age group and you have probably already noticed some of these behaviours during other times of change. However, if the behaviours persist or are interfering with your child's daily life it is a good idea to get further help. (For more information, see the Starting School *Getting help when starting school* information sheet.)

What these behaviours may communicate

As it can be difficult for children to explain how they are feeling, it is often up to the adults around them to help work out what feelings and emotions may be underlying a child's behaviour. As parents and carers, you are in the best position to help work out how your child may be feeling. It can be useful to do this in collaboration with your child's educator and teacher, who will also have a good insight into your child. When you notice these changes in behaviour, you will still need to reinforce or set clear limits for your child while thinking carefully about what it might be telling you. Understanding how your child is feeling and why they are behaving in a particular way can help you work out how to support them, emotionally and practically.

For instance, when you notice a change in behaviour you might ask yourself:

- What is my child feeling?
- Why might they be feeling that way?
- Have they behaved this way before?
- How did I support them previously?



Talking about your child's feelings

Because of the changes associated with starting school, your child may benefit from some extra nurturing and understanding to help them feel secure and confident. Being open and receptive to how your child is feeling as well as providing comfort and attention when needed will help to support them through these changes.

Spend time with your child

Putting aside some special time with your child will give you an opportunity to talk with them and help them express their feelings about starting school. This can be challenging for parents who are busy with other children or have work commitments, but conversations with your child can take place at any time. It may be within your child's everyday routines such as having dinner together or driving in the car. It may also be helpful to find times when your child feels most comfortable, such as when they are playing in the park or engaging in their favourite activity (eg on the swings or kicking a ball). Finding time during a shared activity will help your child to feel relaxed and comfortable to open up during a conversation with you. Some useful ways to prompt these conversations include:

- sharing a story about when you have started something new (eg a job) and some of the feelings you had. This may help your child to feel more comfortable to express how they are feeling
- using open ended questions that elicit more than yes or no answers (eg "What did you like about school during your visit today?")
- using prompts and encouragement or gestures like smiles and nodding to show your child you are interested in what they are saying.

Sometimes children just aren't in the mood for talking and that's okay. Be guided by your child in whether they want to talk, what they want to talk about and for how long. Just being there with your child, sharing an enjoyable activity or having a cuddle can help them feel supported and more at ease at times of change.

Help your child recognise and express their feelings

Labelling feelings is one of the first steps in helping children understand and manage emotions. Once they understand what particular emotions feel like in their body, they can start to use words to describe them and begin to work out how they might manage their feelings. The following tips may be useful:

- Label and name your emotions. This helps children to put a name to the expression you are showing.
"I'm so excited to go to the park with you."
"I feel frustrated that I have lost my keys."
- Help label your child's emotions. This will help your child match how they are feeling with the name of the emotion. This can be beneficial when your child is not yet able to describe some of their more complex feelings (eg worry).
"I can see that you're worried about making new friends."
- Invite your child to describe their feelings.
"I feel disappointed it's raining and we can't go out to play. How about you?"
"How do you feel when you go to visit Sara?"
- Talk about feelings in stories you read with your child. Pinpoint some of the characters' feelings and relate them to what is happening in the story.
"Aisha looks a bit sad about going to school."
"How do you think Aisha is feeling about starting school?"

At times, you could extend this to relate it to your child's own experiences (eg "has this happened to you?" or "have you felt that way?") to help your child make links to their own experiences.

Get involved in your child's play

Children often express their thoughts and emotions through everyday play, drawing and painting. The use of toys, dolls, animal figures or dress-ups can help with imaginative play and allow your child to act out a situation that they may be experiencing. Your child may also like to draw or paint a picture (eg their new school and teacher). You can then invite your child to talk about the picture. These types of activities can be a great way for your child to express their feelings as the focus is not directly on them.

Active listening

Active listening is an important part of talking with your child and can encourage them to express how they are feeling. It helps them to feel that you understand what they are going through.

Active listening involves the following steps:

Stop and give your child your full attention. This may involve moving away from a busy place where there are lots of other people. At a time when you cannot give your child your full attention (eg when caring for another child), let your child know that you want to listen and will give them your full attention after you finish. Prioritising time to listen actively to your child will help to show them that their feelings are important.

Look at your child. If possible, get down to their level to show them you are ready to listen.

Listen carefully to what is being said in words and through your child's body language without interrupting. Listening involves eye contact and nodding where appropriate.

Reflect the feeling. Use the opportunity to respond and gently describe what you think your child is feeling and why. This allows you to check if you have understood what your child is feeling.

Example: Sally and her mum

Mum: "You've been sitting very quietly and hugging your teddy bear. It seems like you are feeling sad about something. Would you like to tell me about it?"

Sally: "Ms Kyrre won't be at school."

Mum: "Are you feeling sad because you will miss Ms Kyrre when you go to school?"

Sally: "Yes, and I'm a bit worried about what the new teacher will be like."

How to start a conversation

- "You seem to be feeling...about..."
- "It looks like you feel...with..."
- "You sound...at..."
- "You seem...because..."

Active listening can be useful not only when starting school, but in any situation where your child is experiencing strong emotions. (For more information, see the Starting School *Problem solving* and *Coping skills for children* information sheets for useful strategies for responding to difficulties your child may be experiencing.)



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

KidsMatter Early Childhood information sheets:

- *Everyone feels overwhelmed at times*
- *Children and emotions: How to help*
- *Understanding and managing separation distress*
- *Feelings matter*
- *Play helps children feel good about themselves*

KidsMatter Primary information sheets:

- *Why feelings are important*
- *Making sense of children's emotions*
- *How temperament affects feelings*
- *Serious behaviour difficulties: Suggestions for families*

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