



Newsletter

17th May, 2019 Term 2 Week 3

Dear Parents and Carers

Over the last 5 years I have noticed an increase in the number of people talking about anxiety, especially anxiety in children. Parents understandably feel a real concern about their children when they demonstrate signs of worry and distress. The fact is that all of us experience times when we are worried or concerned about aspects in our lives and we can probably remember times as children when we were anxious. Anxiety often happens when we feel out of our comfort zone or when we feel responsible for things out of our control. Change can often cause anxiety. When one looks at the definition of anxiety it is good to notice that anxiety only becomes a problem when it is disruptive to day to day life over an extended period of time.

One definition is as follows:

*Anxiety is a natural part of life and is a useful emotion. Anxiety is only problematic when it dominates someone's life and stops them doing things they really want to do. Key is whether there is a 'significant change' in functioning for the person. Anxiety results in physical, emotional, cognitive and behavioural symptoms.
PRC Presentation by CEDP staff Anoushka Houseman & Sally Wardley*

In a wonderful article written by author Karen Young titled, [Fear and Anxiety – An Age by Age Guide to Common Fears, The Reasons for Each and How to Manage Them](#) she explains the many varied fears that cause anxiety across the children's ages and why these fears happen. She also gives some very practical suggestions on what to do. Your children may have experienced some of these fears below:

5-6 years

- Being separated from you
- Ghosts, monsters and witches – and anything else that bumps around in their wonderfully vivid imaginations. This can also show itself as a fear of the dark – because we all know the spooky things love it there
- The dark, noises, being on their own at night, getting lost, getting sick
- Nightmares and bad dreams
- Fire, wind, thunder, lightning – anything that seems to come from nowhere

7-11 years

- Monsters, witches, ghosts, shadows on the wall at night
- Being at home alone
- Something happening to themselves or the people (or pets) they care about
- Being rejected, not liked, or judged badly by their peers (buckle up – this one might stay a while)

Adolescents (12+)

- What their peers are thinking of them
- Themselves or someone they care about getting hurt, becoming sick or dying
- how they're doing at school, exams, failure, getting into college or university, not being able to 'make it' after school
- Strangers getting into their room at night, war, terrorism, being kidnapped, natural disasters – and any other frightening thing they might hear about in the news
- Talking to you about important personal issues
- Fear of missing out

May I highly recommend this article which concludes with some very practical and easy ways of managing anxiety in children. (Link above)

If your child's anxiety is impacting on their ability to function over a long period of time please do not hesitate to contact your child's classroom teacher for support or speak to your G.P.

God bless you and your family
Bernadette Fabri
Principal.

2019 Dates to

Remember

Term 2

Week 3

Friday 17th May

Naplan Yrs 3 & 5—
Numeracy

Infants Assembly—
Year 1

Week 4

Wednesday 22nd May

National Simultaneous
Story time 11am

Friday 24th May

Primary Assembly—
Year 4

Week 5

Friday 31st May

Infants Assembly—
Kindy

Week 6

Friday 7th June

Primary Assembly—
Year 5

Week 7

Monday 10th June

**Public Holiday—
NO SCHOOL**

Wednesday 12th June

Athletics Carnival

Friday 14th June

Year 3 excursion—
Taronga Zoo



Honour Award

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



KA	Zachary Tannous	Deon Don
KM	Joanna Khoury	Olivia Pijaca
1C	Vincent Camenzuli	Jasmine Rizk
1S	Frank Malkoun	Mariah Jreij
2M	Owen Abraham	Taran Dinesh Kumar
2Y	Zachary Aguilera	Sara Lorenzo



st patrick's award

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

KA	Sophia Khoury	Daniella Fayad
KM	Quintus Feng	George Rizk
1C	Christian Chivers	Sara Jabbour
1S	Ashton Grohs	Catherine Kwa
2M	Rose Rizk	Beth Roumanus
2Y	Angelique Saliba	Lawrence Wahbe



Happy Birthday to the following children who will celebrate their birthday in the coming week: Olivier Touche, Chloe Vella, Charlene Wambeek, Mia Golossian, Angelina Wakim, Aurora Broadbridge, Sofia Bousimon, Marcus Moses

CONGRATULATIONS

Congratulations is extended to Mrs Higgins (Formerly Ms Brown) who was married last week. We welcome her back after a short period of leave.



Personal Plans- Diversity

Philosophy: Schools have the responsibility for maximising the learning outcomes and wellbeing of all students and for providing access to a high-quality education that is free from discrimination. All children are entitled to quality educational experiences and the staff at St Patrick's Parramatta continually endeavours to ensure this quality.

The staff at St Patrick's Parramatta believe that all students should feel that they are included in an environment of high expectation where they are both able and enabled to learn. Staff endeavour to make the necessary adjustments so that all students can access the curriculum at the point of need.

Personal Plans: A Personal plan is one mechanism to enable an enhanced focus on the individual needs of each student by focusing on the level of educational support provided to them in the school context. Personalised learning requires attention to the unique needs of individual students of all abilities, acknowledging the different learning needs of each student. A personal plan aims to fulfil the diverse capabilities of each student to ensure they meet educational standards.

All schools are **mandated by law** to provide a record of adjustments, if required, through a Personal Plan.

Parents of children who have a personal plan will be receiving communication about their child's personal plan next week before the personal plans go home. We ask parents to review the personal plans and sign to acknowledge that they have received it.

If you have any questions please make an appointment to speak to your child's classroom teacher.

Tell Them From Me (TTFM) Survey (27 May-14 June)

In the coming weeks we will be inviting students, teachers and parents to provide feedback on their experience of our school using an online survey. The surveys are an important part of our whole school evaluation and planning process.

We would like to invite you to complete the *Tell Them From Me (TTFM) Partners in Learning* survey during the survey period. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at St Patrick's Primary School.

The survey is anonymous and will take approximately 20 minutes to complete. You will be able to access the parent survey on your computer or mobile device by using the URL below from 27 May.

<https://www.tellthemfromme.com/login.htm>

NAPLAN ONLINE 14/5/2019 to 24/5/2019

Term 2 Week 3

Start Time	Friday 17/5
Year 5 9.00am	Year 5 Maths
Year 3 10.00am	Year 3 Maths

Term 2 Week 4

Start Time	Tuesday 21/5	Wednesday 22/5	Thursday 23/5	Friday 24/5
Year 5 9.00am	Catch up Naplan Tests for children who are absent			
Year 3 10.00am	Catch up Naplan Tests for children who are absent			

FEEDBACK and COMPLAINTS

St Patrick's Parramatta staff always welcome feedback and ideas from the parent community. If you have any feedback, concerns or complaints please do not hesitate to contact your child's class teacher, Mrs Benkovich (behaviour) or Miss Fabri through the school office (8832 4600), school email address stpatsricksparra@parra.catholic.edu.au, or through Skoolbag App. The school follows the CEDP Complaints Handling Policy.

<http://www.parra.catholic.edu.au/home>



We are collection Earn & Learn stickers again this year!!

Ask your family and friends and drop them into the box in the office.

Our target this year is 40,000 stickers

Mother's Day



What a wonderful way we celebrated our mothers and grandmothers last Friday. Starting the day with a beautiful Mass involving many of our younger students taking an active part in the celebration of the Eucharistic Liturgy. Thank you to Mrs Standring for co-ordinating all aspects of the Mass and to the Infants teachers for preparing their children.

Hannah Nasr—KA

I love my Mum because she is very kind.
I love my Mum because she makes the best food
I love my Mum because she works hard for me and loves me.
Thank you Mum!

Grace Talbot—1C

My Mum is special to me because she cares for me and helps me when I'm hurt. I love her because she gives me lots of kisses and warm cuddly hugs. I remember when it was my first day of school, I had butterflies in my tummy, my Mum told me that everything would be ok and she gave me a huge hug. Her hug made me feel so much better and all my butterflies went away.

May God bless you always Mum, we are very lucky to have you and we love you so much!!!

Angelique Saliba—2Y

My Mum loves me and cares for me. She makes me food and makes money for our family. She also takes me to school and daily activities. One thing that makes my Mum special is that she is my Mum. My Mum is always there for me and she helps me when I am sad. My Mum calms me down and she looks after me. I love my Mum because she cares for me. I wouldn't want any other Mum.

Once again our Year 2 parents out did themselves with a beautiful morning tea. A big thank you to Mrs Corinne Joachim and her band of very many helpers who ensured that no one left hungry. We can never thank you enough for the time and effort you all contributed but know that it is very much appreciated, not just by the staff, but by all those who were able to attend.



MOTHERS' DAY RAFFLE WINNERS

	Prize	Winner	Class			Prize	Winner	Class
1	Genesis 6 month Membership	Sophia Semaan	3L		41	\$50.00 Hair Voucher	Eimear Mitchell	2M
2	Mimco Handbag	Anthony Malek	2M		42	\$50.00 Hair Voucher	Kiara Haddad	6W
3	Skagen Ladies Watch	Tony Karam	KM		43	\$50.00 Hair Voucher	Clare Camenzuli	3T
4	UFC Gym Parramatta 3 pt sessions	Jimmy Sahyoun	1S		44	Soul Bowl Voucher	Josephine Behan	2Y
5	UFC Gym Parramatta 3 pt sessions	Charbela Chedid	1S		45	\$30 Bay Vista Voucher	Clare Camenzuli	3T
6	UFC Gym Parramatta 3 pt sessions	Mrs Jones	Office		46	\$30 Bay Vista Voucher	Vincent Camenzuli	1C
7	UFC Gym Parramatta 3 pt sessions	Celine Joachim	2M		47	Handbag	Sara Lorenzo	2Y
8	UFC Gym Parramatta 3 pt sessions	Andrew Doumit	5T		48	Handbag	Anthony Maaraoui	6W
9	Training Sessions	Donnacha Ryan	3T		49	Handbag	Nathan Nyugen	2Y
10	Training Sessions	Anthony Khouri	6P		50	Handbag	Ethan Bechara	5C
11	Training Sessions	James Morson	3L		51	Handbag	Mary-Jo El-Sabbagh	6W
12	Alabaster Coasters (4)	Chloe Vella	2Y		52	Handbag	Olivia Saab	4B
13	Nutra Metics Gift Pack	Daniel Pinto	6W		53	Handbag	Georgia Wright	6P
14	Daisy Love Perfume / Candle Pack	Hunter Morson	2M		54	Handbag	Catherine Said	5C
15	Artego Hair products Package	Melissa Black	KA		55	Handbag	Quintus Feng	KM
16	Indulged Hair products package	Christian Jreij	3T		56	Envirowash Car Wax & Wash	Chiara Banzato	6P
17	Coffee Machine & capsules	Stephanie Jabbour	3L		57	Envirowash Car Wax & Wash	Alyssa Vella	KA
18	Eat Greek Voucher	Abbey Matta	3T		58	Perfume/Soap pack	Jacob Tamaro	6W
19	Eat Greek Voucher	Lorenzo De Guzman	6P		59	Cosmetic Bag	Grace Talbot	1C
20	\$100 Hurricane's Grill Voucher	Celine Joachim	2M		60	Chocolates & Wine & Cooler Bag	Anthony Khouri	6P
21	Fossil Wallet	Christian Jreij	3T		61	Chocolates & Wine & Cooler Bag	Chiara Banzato	6P
22	Swarovski Necklace	Jimmy Sahyoun	1S		62	Chocolates & Wine & Cooler Bag	Lucy Parkes	6P
23	\$100 Sealed with Love Voucher	Chanel Wakim	KM		63	\$25.00 Coles Myer Gift Card	Charbela Chedid	1S
24	\$100 Sealed with Love Voucher	Marie Rahme	3T		64	\$25.00 Coles Myer Gift Card	Abbey Matta	3T
25	Swarovski Bracelet	Julian Tanna	6W		65	\$25.00 Espresso Warriors	Clio Encarnacao	4G
26	Ray & Lou's Voucher	George Rizk	KM		66	Sealed with Love Frame Set	Meagan Erive	4B
27	Baking Trays	Charlie El Khoury	KM		67	Sealed with Love Frame Set	Bailey Grohs	2Y
28	Manicure & Spray Tan	Kalim Azar	6W		68	Chocolates & Wine	Patrick Katar	1S
29	Parramatta Leagues Fun Pack	Sophia Semaan	3L		69	Chocolates & Wine	Serena Semaan	KM
30	Parramatta Leagues Fun Pack	Lucy Parkes	6P		70	Big Little Lies Book	Malcolm Nasr	5T
31	Hail Mary Cross	George Rizk	KM		71	Wine	Biaggio Volante	5C
32	Bracelet & Cosmetic Bag	Olivia Saab	4B		72	Wine	Christine Kahwaji	5C
33	\$50.00 Peter Alexander Gift Card	Emily Hamilton	6W		73	Wine	Samson Sayegh	KA
34	\$50.00 David Jones Voucher	Amelia Coles	4B		74	Wine	Noah Younan	3L
35	\$50.00 Visa Prepaid	Justin Makhoul	6P		75	Wine	Tony Karam	KM
36	Westfield Voucher	Shanelli Perera	2Y		76	Mixed Gift packs	Kiara Haddad	6W
37	Westfield Voucher	Julian Tanna	6W		77	Mixed Gift packs	Chloe Vella	2Y
38	Alex & Co Voucher	Marie Rahme	3T		78	Mixed Gift packs	Christine Kahwaji	5C
39	\$50.00 Mouda Laser Skin Clinic	Brooklyn Munro	6P		79	Mixed Gift packs	Scarlett Eid	KM
40	\$50.00 Hair Voucher	Emily Hamilton	6W		80	\$100 Crinitis Voucher	Olivia Pijaca	KM

St Patrick's Parramatta - Do You Have Talent?

We are searching for talents members of St Patrick's Primary School to be part of a talent quest.

Whether you are a singer, dance, acrobat, juggler or have a talent that doesn't fit any of the areas listed we want to see you!

The SRC will be running a talent question at the end of the term to raise money for St Vincent de Paul Society. A note will be sent home early next week explaining how to enter the Talent Quest.

We are very excited to hear and see the amazing talents our students have so get together with your friends or family and start preparing now.

Wonderful Opportunity

Can I encourage all parents to consider attending

Ms Fabri

CHATTERBOX LIVE FOR PARENTS WITH GREG WHITBY
(Executive Director of Catholic Education Diocese of Parramatta)

Date: Thursday, 13 June
Venue: St Andrews College Marayong
Time: 7.00pm.

All School Uniform Items available from

Oz Fashions
115-127 Parramatta Road
Granville NSW 2142
Phone: 9897 3121

www.ozfashions.com.au

Girls' Winter Uniform

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

Girls' Sports Uniform

Track Suit with School Emblem
Sport Shirt with School Emblem
White Above ankle socks
White Sports Shoes

Boy's Winter Uniform

Grey Long Trousers
Grey Long Sleeve Shirt
Green tie
Grey above ankle socks
Black Shoes
Grey Woolen Jumper
Green Jacket with Emblem

Boy's Sports Uniform

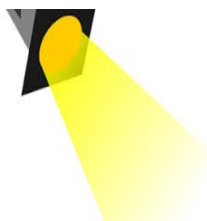
Track Suit with School Emblem
Sport Shirt with School Emblem
White Above ankle socks
White Sports Shoes

All children are required to have a Green School Hat with Emblem and Green School Bag with Emblem

Winter Uniform Changeover

The children can continue to wear their summer uniforms. We will be changing to winter uniform at the beginning of **Week 4, 20th May**, however with such unpredictable weather winter uniform can be worn prior to this date. When wearing either winter or summer uniform, it requires students to be in full school uniform eg boys winter long pants, long sleeve shirt and tie.

Spotlight on... Year 5 SRC's



Today we are focusing on our Year 5 SRC members

5C—Brian Chen and Olivia Wehbe

5T—Malcolm Nasr and Aoife Mitchell

Brian Chen

Name 5 words describing you?

Annoying, creative, enthusiastic, cheeky and rebellious.

What is your favourite movie?

My favourite movie is Avengers End Game because I like the final battle and all the explosions.

If you \$1 000 000 to spend in 1 day what would you spend it on?

I would buy the newest military fighters jet from the USA for personal transport.

If you were an animal what would it be?

I would be a wolf because I would be at the top of the food chain and I could eat anything.

If you could have any job (that might not even be possible in real life e.g a koala driving instructor?) what would it be? Why?

I would be a military mechanic because I could help them by making all sorts of gizmos.

Olivia Wehbe

Which three people (in the whole world) would you invite to dinner and why?

I would invite David Walliams, Belinda Murrell and the Fing from the The Fing.

What one country would you like to travel to most and why?

I would travel to Canada to see my family who live there.

What hobbies do you have?

Some hobbies that I have are dancing, gymnastics and the piano.

What is your favourite subject?

My favourite subject is history because I like to learn how people survived and what they do and how it was different to today.

If you could have any superpower what would it be?

I would have invisibility because when I wake up in the morning I could turn invisible and not go to school.

Malcolm Nasr

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

If I had \$1 000 000 I would spend it on cars, house and a V.I.P pass to anything I want and give some to the poor.

What is your biggest fear?

My biggest fear is spiders because they are creepy and they can bite you and crawl on you.

Which three people (in the whole world) would you invite to dinner and why?

The three people I invite would be my Mum, Dad and my grandma.

What one country would you like to travel to most and why?

I would travel to Lebanon because that is my background.

Your least favourite dish?

My least favourite dish is jam sandwich because it is disgusting.

Aoife Mitchell

What are you most excited for currently?

I am excited about my next musical because I love being on stage and having fun

What are you looking forward to the most at high school?

Getting a phone because I can have a good time on it.

Favourite book?

My favourite book is Harry Potter because it is about magic.

Who is your biggest inspiration?

It is my Mum because she is the person that helps others.

What is your biggest fear?

My biggest fear is my braces falling out.

St Patrick's Current Attendance Level = 89.2%

K = 91.8%

2 = 90.0%

4 = 93.5%

6 = 88.3%

1 = 87.6%

3 = 79.0%

5 = 92.9%

2019 Diocesan Cross Country

On Tuesday 7th of May, the 2019 Diocesan Cross Country commenced. Competitors were obliged to wake up early, to ensure that they arrived at school to get to the venue prior to the 8:30 AM start. This event, consisting of all zones in the Diocese, was held at Eastern Creek Raceway.

The St Patrick's' team was buzzing with excitement and talking over some strategies for the race. There was a deafening cheer that seemed to radiate from the vast ocean of vibrant colours made from the crowd, when friends, people from your school, fast runners, desperate challenges and bursts of speed, occurred, as the competitors approached the finish line. Many were nervous and so was I but for most the nerves melted away like mist in the sunshine as the ringing crack of the starting pistol cut through the air, to announce the start of a gruelling race.

The racing consisted of two tracks: 2km and 3km. I raced the 3km track but it seemed that it was at least 3.5km with the teasing uphill we battled. The race was a stretch of boys, each one with different intentions. Some were completing the race for the fun, enjoyment, the array of food trucks as well as evading a day of work at school. While others were competitive and wanted to be successful in this huge run. I believe relief was extremely evident on racers' faces after crossing the final straight; their lungs panting breathlessly, fighting for breath. Our electronic timers sent our times to the race coordinators. A congratulations to all runners at St Pats, who finished the race and being able to wear the colours of your school at such a competitive level is something you should be proud of.

A special thank you to **Mrs Volante, Mrs Malek, Mr Azar, Mrs Ayoub** and of course **Mrs Benkovich** and **Mrs Carroll** for help for organising prior to the day and during it. It couldn't have worked without all of your cooperation.

The 2019 Diocesan Cross Country was truly a successful day.

By **Jacob Sayegh**
6P



Welcomeasy (.we.) are a family owned and operated business specialising in healthy (*nut free*) children's meals.

.we. are passionate about a healthy lifestyle for children and are committed to working together with you to benefit your school community.

.we. love what we do and do it with the utmost honesty and integrity whilst adhering to our four-core philosophies: Healthy, Convenient, Affordable and Giving back.

.we. acknowledge the important role that nutritious food plays in the growth and development of children and are therefore committed to providing students with a variety of fun & healthy menu options every day. The ingredients are carefully selected for high sources of nutrients whilst limiting saturated fat, sugar and salt intake.

HOW TO ORDER YOUR LUNCH

Order through our website till 10:59PM for delivery on next school day – #welcomeasylife ☺

Single meal order is available or SAVE up to 30% on your meals by subscribing to a 3-day or 5-day meal, drink and snack plan.

Note: (R) denotes Regular meals and (L) are for Large.

Welcomeasy

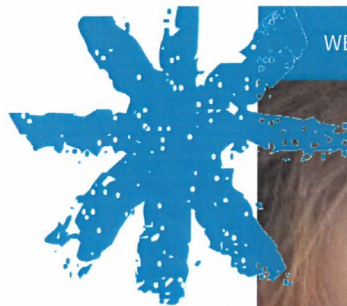
Last week a menu was sent home for our new online lunch ordering service. To clarify Welcomeasy will now have 2 delivery times— 10.20am for snacks and 12.50pm for the hot food orders.

The children that have ordered this week give the hot food two thumbs up and say it is DELICIOUS!!!

To order go to

www.welcomeasy.com.au

insights



Four critical tools for kids' anxiety management

by Michael Grose

Anxiety disorders are currently taking a heavy toll on Australian children and young people.

It's been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year.

Anxiety is not restricted to secondary schools either, with children as young as four now presenting with symptoms of anxiety, manifested in headaches, tantrums and refusal to go to school.

Anecdotal evidence suggests that there is still a stigma attached to anxiety as people still seem to associate it with weakness and don't understand the difference between normal feelings of stress and crippling anxiety.

Anxiety is normal

Anxiety is the body's response to fear, real or perceived. It's our body's way of protecting us when we're in danger. It's completely normal to feel anxious from time to time. A child might feel anxious about speaking in front of their class or a teen might feel anxious about an exam. Those anxious feelings can act as a motivator to do more revision or be better prepared. With 'normal' anxiety, when the stressful event has passed, the anxious feelings pass too.

We can liken our anxiety response to a smoke alarm. The alarm is designed to alert us to fire, a danger that can threaten our lives. Anxiety becomes a problem when the mind's alarm system is extremely sensitive and responds when there's no genuine danger present.

Anxiety needs to be addressed when it starts interfering with daily life. Kids and teens with anxiety experience the symptoms when they're actually quite safe; the danger is only imagined. And sometimes anxiety shows up for no reason at all.

Parents are well positioned to provide kids with the tools and skills to regulate their anxiousness. Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

1. Breathing to calm down the anxiety

When it comes to calming down anxiety, the brain 'listens' to the body. Kids and teens can show their brain they're safe using deep, slow breathing. This type of breathing helps bring the brain down from high alert and signals the nervous system to begin to return to normal. Encouraging kids to practise deep breathing in between times of high anxiety is essential. By practising, they're preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

2. Mindfulness to bring kids into the present

Generally kids become anxious about future events such as giving a talk, starting secondary school or going into an unfamiliar situations. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a great tool to bring kids into the present and relieve them of their feelings of anxiousness.

3. Exercise to dissipate anxiety

Exercise plays a huge role in anxiety management, yet children's lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of 'feel-good' neurotransmitters.

4. Thought-noticing to shift thinking

Thought-noticing is a wonderful skill set that helps kids to better manage their mental health. When kids tune into their thinking, they can immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is – a thought which comes and goes, and not a fact.

Breathing, mindfulness, exercise and thought-noticing are best taught and practised when kids are not under stress. They are most effective when they become an entrenched part of kids' lifestyles rather than an activity to be called upon from time to time.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

We're a Parenting Ideas school

parentingideas.com.au/schools



**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*

My First Communion



St Patrick's Gift Shop (located in Murphy House)

Children are now preparing for their First Holy Communion. Get in early to buy your card and gift. Many beautiful items to choose from.

Hours of Operation

Tues 10am-2pm Wed-Fri - 10.00am-4pm

Sun 9am-2pm Closed Mon & Sat Email: giftshop@stpatscathedral.com.au

DON'T FORGET!



SCHOLASTIC
Book Club
 orders are due:
17th May



COME ALONG AND SUPPORT

AUSTRALIA'S
Biggest Morning Tea

HOST: ST MONICA'S PRIMARY SCHOOL
DATE: TUESDAY, 28TH MAY 2019
TIME: 7.00 AM - 11.00 AM
WHERE: ST MONICA'S PARISH HALL
 10 DAKING STREET, NORTH PARRAMATTA
COST: ENTRY BY DONATION
DETAILS: PLEASE CONTACT BERNADETTE HADDAD
 ON 0409 507 059 IF YOU WOULD LIKE TO
 GET INVOLVED.

THANK YOU TO OUR SPONSORS




Parramatta St Pat's Playgroup

We welcome all local families to join us each Wednesday morning during school term week's from 9.30-11.30am

We encourage parents with non-school aged children to come by and meet other parents and carers with children of similar age.

For weekly updates please go onto our Facebook page: Parramatta St Pats Playgroup

We hope to see some of our school families soon.

Thank you
 Diane

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

*sub tuum
 praesidium*

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 Christopher Del Rosario Rev Deacon Willy Limjap

Meg Gale (Sacramental Coord)

Milli Lee (Parish Admin Asst) Mindy Mercado (Youth Co-ord)

Patricia Preca (Parish Secretary) Donna Missio (Receptionist)



Parents Representative Council
SUPPORT | CELEBRATE | EDUCATE



HOW TO RAISE HAPPY AND RESILIENT CHILDREN

Join the PRC to hear one of Australia's leading Psychologists talk about the journey from childhood through to young adulthood, as it seems to have become so much harder to navigate.



Hear about the latest news from the science of positive psychology and how its applied to bringing up children and teenagers.

Our guest speaker for the evening is:

Dr Michael Carr-Gregg

Adolescent and Child Psychologist

Register FREE now: www.prc.catholic.edu.au

Monday, 3rd June 2019

Doors open: 6:15 pm for 7:00pm (2 hours)
(PRC General Meeting - will be held prior to guest speaker
John XXIII Catholic College

160 Perfection Ave, Stanhope Gardens, NSW, 2768

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

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Call Charles Lukasik on 02 9683 1116

