



# Newsletter

25th July, 2019 Term 3 Week 1

## 2019 Dates to

### Remember

### Term 3

#### Week 1

##### **Friday 26th July**

Life Education

6W, KM, 4G

#### Week 2

##### **Monday 29th July**

Parent Session Life

Education—9.00am

Life Education—KA & 6P

##### **Tuesday 30th July**

Stage 2 Boys Soccer Gala  
Day

##### **Thursday 1st August**

Grandparents Mass &  
Morning Tea

Open Classrooms

##### **Friday 2nd August**

Whole School Assembly

SRC Presentations

2.00pm

#### Week 3

##### **Tuesday 6th August**

Cumberland Zone  
Athletics Carnival

##### **Friday 9th August**

Infants Assembly—  
2.15pm

Dear Parents,

Welcome back for Term 3 of 2019. It is so good to see all the children back at school, dressed impressively in their winter uniforms, ready and enthusiastic to commence the next semester of learning. I know for some children the idea of restarting school after a two week break can be a cause for some anxiety. They wake up with the feeling of 'butterflies' in their stomach without an explanation as to why they are feeling uneasy. Parents sometimes worry about their children reacting this way and are often confused as to what could be wrong. Often there is nothing wrong and their children actually love coming to school and have many friends.

For these children the change in routine from comfy 'sleep ins' and extended time with family, to getting up early and returning to school, can sometimes make them feel a little nervous. Some of us may feel the same when we are returning to work after a time away. Two weeks is a long time for young children. Some children may be shy in nature and have to work very hard to interact with others. These children are sometimes very confident when they are relaxed and have very good friends, but their natural state may be more on the introvert side of the social spectrum. It is important for parents to monitor their own behaviour and reactions as these can impact on their children's coping mechanisms. As the grandparent of a child with anxiety I have seen the distress it can cause in families. Sometimes we just want to protect the child and may even allow the child to stay home. While this may ease their anxiety for a short period of time, it will probably not assist the child in learning to cope with the anxiety long term.

I have included an article entitled "6 Tips for Parenting Anxious Kids" by Dr Jodie Richardson found on the Parenting Ideas website that you may find helpful.

If you have any concerns with regard to your child(ren) in relation to anxiety please feel welcome to come to school and discuss this with your child's class teacher, Ms Fabri or Mrs Benkovich. The school counsellor (see article in this newsletter) can sometimes be of assistance if you are feeling concerned about your child and anxiety.

Elly Benkovich  
**Acting Principal**

#### **St Patrick's Current Attendance Level = 86.1%**

<b>K = 88.7%</b>	<b>2 = 88.3%</b>	<b>4 = 88.7%</b>	6 = 95.0%
<b>1 = 71.9%</b>	<b>3 = 79.2%</b>	<b>5 = 89.4%</b>	

#### Sports days for Term 3

The children will wear their sports uniform on the following days for Term 3.

Wednesday - KM, 2Y, Year 4 & 6P

Thursday - KA, 1S, Year 3 & 6W

Friday - 1C, 2M & Year 5



St Patrick's Cathedral

# Grandparent's Mass

Thursday 1st August, 2019

9:15am

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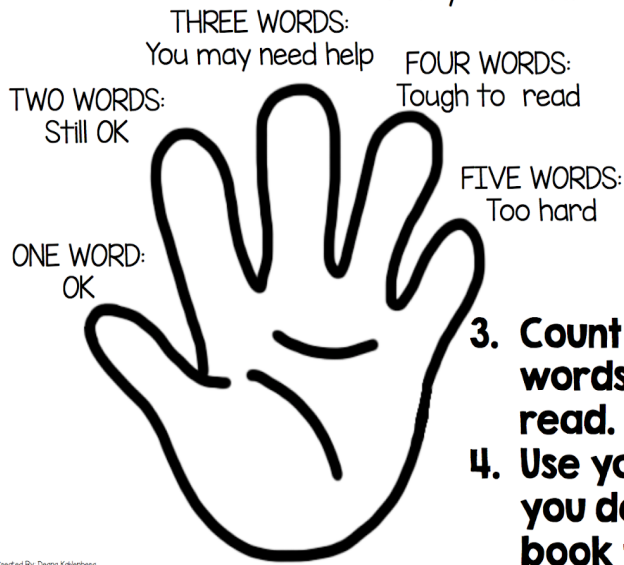
Please join our school community in celebrating our wonderful Grandparents at the Grandparent's Mass. Following the Mass we invite you to join us for a grand morning tea in the school hall from 10:30am. You will then be welcomed into our Primary classrooms from 11:00am-11:30am, followed by an invitation to visit our Infants classrooms from 11:30am-12:00pm. We hope you can join us in recognising the gifts of our Grandparents.

## Order of events—Grandparent's day

- Mass 9:15
- Morning Tea in the hall at 10.30am
- Recess times for Primary 10.30 am (Yr 3-6) and Infants 11.00 am (K-2)
- Primary Open Classroom 11:00-11:30
- Infants Open Classroom 11:30-12:00

# CHOOSING THE RIGHT BOOKS

When reading with your child you want to find the "Goldilocks" of books. You want a book that's not too hard, not too easy but one that is just right. Use these tips to find a book that is just right for your child.



## The RULE of FIVE

1. Open the book to any page.
2. Read the words on that page.
3. Count the number of words that you cannot read.
4. Use your fingers to help you decide if this a good book to read.

***From the  
reading  
corner!***



## SCHOOL WELL-BEING COUNSELLING SERVICE

The wellbeing of children and young people in Catholic Education Diocese of Parramatta schools is of paramount importance. A sense of well-being and connectedness in schools promotes optimal development of the person and contributes to academic success.

Our school's wellbeing counsellor is Mrs Trudy Ricketts, a Psychologist who is based at St Patrick's Primary 3 days per fortnight. Mrs Ricketts works with students, families and staff to assist in the emotional and psychological wellbeing of students, and is part of the whole-school pastoral care and wellbeing approach at our school.

Counselling services may include:

- Individual and family counselling
- Liaison with community agencies and other professionals
- Consultancy in relation to mental health issues
- Consultancy regarding Risk of Significant Harm concerns
- Group based interventions to promote social skills, resilience and support anxiety
- Teacher and parent education
- Response to critical incidents
- Assessment of behavioural, social and emotional wellbeing

Access to counselling services can be made by contacting your child's classroom teacher or Ms Fabri, who will then put forward a referral. Mrs Ricketts will then contact you for further information.

### FOR YOUR DIARY: STAFF DEVELOPMENT DAY - 6th September.

The next Staff Development Day will take place on **Friday 6th September**. The staff will be working with Mr Scott Carrol (Teacher Educator in Religious Education) and exploring the new Religious Education Framework by preparing learning cycles for the students in their class. It is a great opportunity for the staff to build on the work we have been participating in throughout this year as part of the curriculum development team.

## Whole School Assembly

Next Friday 2nd August we will be having a whole school assembly where our Semester 2 SRC's and Colour House Captains will be presented with their badges. We will also be acknowledging Semester 1 SRC's and Colour House Captains. **The assembly will commence at the earlier time of 2pm in our school hall.** All are welcome to attend.

House	Semester 2
<b>Boronia</b>	Jacob Sayeh Alani Grohs
<b>Melaleuca</b>	Jeremy Saliba Chiara Banzato
<b>Waratah</b>	Christian Sarkis Christiana Kalouche
<b>Wattle</b>	John Wehbe Emily Hamilton

## SRC - Semester 2, 2019

<u>Class</u>	<u>SRC Names</u>	<u>Class</u>	<u>SRC Names</u>
KM	Boy: Quintus Feng Girl: Chanel Wakim	3L	Boy: Anthony Sassen Girl: April Soh
KA	Boy: Anthony El-Sabbagh Girl: Melissa Black	3T	Boy: James Agostino Girl: Sienna Khattar
IC	Boy: Patrick Semaan Girl: Cayenne Lleva	4B	Boy: Dylan Amaral Girl: Zara Diuco
1S	Boy: Ashton Grohs Girl: Catherine Kwa	4G	Boy: Matthew Draybi Girl: Aireen Kwa
2Y	Boy: Daniel Semaan Girl: Edan-Grace El Chaar	5C	Boy: Frank Agostino Girl: Shanelle Wambeek
2M	Boy: Ray Chen Girl: Beth Roumanos	5T	Boy: Andrew Doumit Girl: Renee Kougellis

## 2019 Census Day

Dear Parents & Carers,

Friday 2nd August (Week 2) is the annual Census Day. This forms a very important part of our funding and audit procedures. All children are required to be in attendance at school or a written explanation is to be received. Can we please ask all parents to send either a skoolbag app or an email to the school explaining your child's absence on the 2nd August, 2019 should it be necessary. It would be much appreciated if this could be done as early as possible on the day.

## CONGRATULATIONS - TERM TWO 100% ATTENDANCE

Congratulations to the following boys and girls who were able to attain 100% attendance in Term 2, 2019.

100%

First Name	Last Name	Homeroom	First Name	Last Name	Homeroom
Melissa	Black	KA	Isabella	Bousimon	4B
Esperanza	Thompson	KA	Alex	El Khoury	4B
Benjamin	Chu	KM	Daniella	Gereige	4B
Charlie	El Khoury	KM	Alexandriya	Izmestyeva	4B
Nina	Kancijanic	KM	Jubran	Sayegh	4B
Ian	Mason	KM	Rafaella	Bautista	4G
Sofia	Bousimon	1C	Adam	Jurisc	4G
Johnnie	Daher	1C	Raymond Joe	Khoury	4G
Kayla	Amaral	1S	Samuel	Navasardyan	4G
Mia	Golossian	1S	Ethan	Xue	4G
Daniel	Jurisc	1S	Josh	Blanquera Pangan	5C
Owen	Abraham	2M	Brian	Chen	5C
Ray	Chen	2M	Anthony	Wehbe	5C
Juliette	Khoury	2M	Jiajie	Weng	5C
Sarah	Loader	2M	Jake	Buxton	5T
Hunter	Morson	2M	Olivia	Gebrael	5T
Angelina	Bounassif	2Y	Finn	Giron	5T
Kaylani	Elphinstone	2Y	Sienna	Golossian	5T
Angelique	Saliba	2Y	Liam	Jocson	5T
Raymond	Wehbe	2Y	James	Loader	5T
Gabriel	Kalouche	3L	Evelyn	Gereige	6P
Benjamin	Maroon	3L	Zachary	Haddad	6P
Anthony	Sassen	3L	Christiana	Kalouche	6P
Phillip	Ayoub	3T	John	Wehbe	6P
Clare	Camenzuli	3T	Katerina	Yannakis	6P
Christian	Jreij	3T	Mark	Abraham	6W
Donnacha	Ryan	3T	Joetta Maria	Khoury	6W
Dylan	Amaral	4B	Isabella	Moses	6W
Emma	Barrientos Salazar	4B	Kenneth	Zhang	6W

### NUMERACY TIPS TO HELP YOUR CHILD EVERY DAY K to Yr 2

#### 1. DOING MATHS TOGETHER AT HOME

Talking about maths It is important for children to develop specific **language** skills related to maths. Visits to the play-ground, or helping at home, provide rich and meaningful contexts to develop these skills. It might take time for your child to use these terms and language effectively, but exposure to this mathematical talk is a strong support for future learning. Some activities to develop mathematical language:

- » Use specific terms when asking for items. For example, ask your child to get the 'one litre' milk bottle from the fridge, or the 'one kilo' bag of flour from the cupboard.
- » When cooking, talk about different measurements used, such as teaspoons, millilitres, litres, and cups. Discuss ideas about empty and full.
- » As you walk, talk and play together describe your child's movements as they climb 'over' the fence, slide 'between' the poles, and swing 'under' the monkey bars. This helps your child understand language related to spatial awareness.
- » Sorting activities support your child to understand concepts such as 'same' and 'different'. Use recycling as an opportunity to sort items to place in the rubbish.





## Stage 2 Soccer Gala Day

Reminder that the postponed Stage 2 Soccer Gala Day will be held next Tuesday 30 July. All students taking part should meet Mrs Carroll at Jamison Park, Cnr Jamison Rd & York Rd, Penrith by



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

Nardos Addisu, Liam Stojkovski, Lachalan Moore, Araminta Jackson



## 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*

## SACRAMENTS OF CONFIRMATION

Sacraments of Initiation program continues with the preparation of our students for the Sacrament of Confirmation. The dates for session times are below. If you are interested in your child preparing for this Sacrament and have yet to register your interest, please contact Margaret Gale through the St Patrick's Parish Office. The Parish Office is open from 9.00am to 4.30 daily.

Confirmation 2019

Confirmation 2	7:30pm Tuesday 30 July	Parents only
Confirmation 3	4:30pm Saturday 10 August	Parents & children
Confirmation 4	4:30pm Saturday 17 August	Parent & children
Practice for Confirmation	4:00pm Saturday 24 August followed by 6:00pm Mass	Parents & children
Order of Confirmation	7:00pm Friday 30 August	



## Spotlight

Today we are focusing on Mrs Kerr, Mrs Mannino and Mrs Veljkovic.

### Mrs Kerr

#### Who is your biggest inspiration?

My biggest inspiration in life is my mother. She's always had a positive view in life, she sees the best in people, she's very faithful, and trusts God. One major quality is she challenges things that she knows aren't right, and she's not intimidated by others.

#### What do you do in your spare time?

Some things I do in my spare time are: reading, knitting, playing with my granddaughter, searching/investigating things on the internet, getting out into nature, and watching popular TV franchises.

#### Your least favourite dish?

I do not like to eat tripe.

#### Favourite Movie?

My favourite movies are 'To Kill a Mockingbird,' 'Hidden Figures' and 'Rocketman'.

#### What is your biggest fear?

My biggest fear is being isolated when I'm very elderly. I want lots of friends and family to surround me.

### Mrs Mannino

#### If you were an animal what would it be?

I would be any animal that can fly, more specifically an eagle.

#### Name 5 words describing you?

Generous, caring, quiet, sarcastic, and busy.

#### What hobbies do you have?

Any activities that involve my children, and when I'm by myself, I enjoy reading.

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

The country I've been wanting to go to for a long time is Spain, because it's a culture that I'm really interested in.

#### Favourite Book?

My favourite book is 'The Alchemist', and my favourite children's book is 'Where is the Green Sheep'.

### Mrs Veljkovic

#### If you were to be an animal, which animal would you be?

I would be a cheetah because they can run fast and I'm not very good runner.

#### What is your favourite movie?

My favourite movie is 'Rear Window' starring Alfred Hitchcock.

#### What is your biggest fear?

My biggest fear is dying, and leaving my children without a mother.

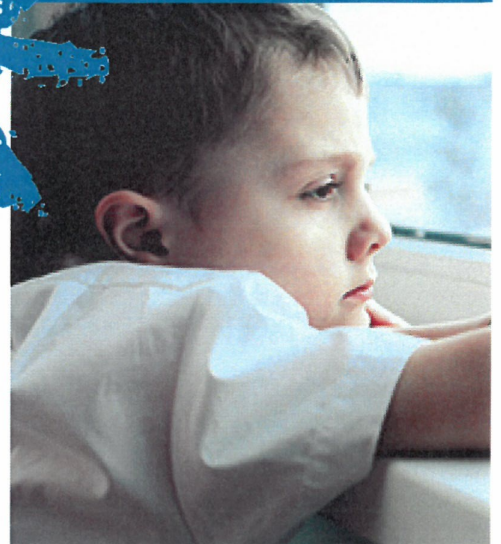
#### What do you do in your spare time?

What spare time? Soccer training, Monday night, soccer training, every night, Saturday, 3 soccer matches, Sunday, one soccer match. Shopping, cooking, cleaning.....

#### If you had a million dollars to spend in a day what would you spend it on?

I would spend a million dollars to pay off the mortgage, buy a 7 seater car ( Very Useful), give some money to cancer charity and the Salvation Army, buy a pretty dress, and buy each of my children a Liverpool soccer kit, and I would buy my husband a toblerone.

# insights



## 6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

### 1. Explain anxiety

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

### 2. Respond with empathy

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"



- “Ahhh, I know you’re feeling really worried right now, it’s not much fun feeling like that is it?”

Anxious kids need to know you understand what they’re going through.

### 3. Show the amygdala they’re safe

Once the amygdala senses danger, the cascade of events that follow can’t be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they’re safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

### 4. Practise mindfulness -the antidote to worrying

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child’s mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the ‘threat’ to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what’s happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it’s mastered.

### 5. Practice defusing sticky thoughts

Anxious thoughts can get stuck, refusing to budge no matter how much attention is paid to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They’re thinking “I’m going to fail the test”. The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: “I notice I’m having the thought that I’m going to fail the test.” Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

### 6. Get the fundamentals right


Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



#### Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](mailto:drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)



## 1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

*Learn to manage difficult behavior in children  
2-12 years old*

A three-session program for parents and carers.  
Venue: St Monica's Catholic Primary School, North Parramatta  
10 Daking St, North Parramatta. Tel: 8832 4100

**Learn:**

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

**Parents will receive:**


- A 1-2-3 Magic & Emotion Coaching Parent Workbook

**Registration Fee?**  
The course costs \$10 (per parent or per couple) which covers the cost of the Parent workbook  
Register for this course contacting **St Monica's School Office** on **8832 4100**

*What people are saying...*  
*What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!*  
*I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control*

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)



## 1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

*Learn to manage difficult behavior in children  
2-12 years old*

**Venue: St Monica's Catholic Primary School, North Parramatta**  
10 Daking St, North Parramatta. Tel: 8832 4100

The Catholic Education Office Diocese of Parramatta together with St Monica's Catholic Primary at North Parramatta, are pleased to offer parents and carers in our Diocese, the 1 2 3 Magic and Emotion Coaching course.

The course is 3 sessions and will be run on the following dates:

Session 1	6pm – 8pm	Wednesday 14 <sup>th</sup> August 2019
Session 2	6pm – 8pm	Wednesday 21 <sup>st</sup> August 2019
Session 3	6pm – 8pm	Wednesday 28 <sup>th</sup> August 2019

Course Facilitators: Madeline Patrick & Anoushka Houseman

Cost is \$10 per parent/couple/carer(s) to cover the cost of the parent workbook (only one required per family). This can be brought on the night

Register by calling St Monica's school office on 8832 4100

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)

## Condolences



We wish to extend our deepest sympathy to the Mayonado (Sebastian 6W) family on the passing of his Grandmother. Please keep the family in your prayers.



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 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)