



Newsletter

21th November, 2019 Term 4 Week 6

Dear Parents,

Every year, after the swimming carnival I often wonder at the difference in the swimming abilities of our children.

Swimming is a very important skill, especially in a country like Australia which is surrounded by water. It is very important that our children are equipped with this very important life skill long before their teen years. If you do not take your children to regular swimming lessons, even over the winter months, may I encourage you to do so. Children who learn to swim well, have often been learning to swim from a very young age. Learning to swim does not mean joining a swimming squad or having to get up at 4am to be at training, like the Olympic swimmers do. Learning to swim is just that, learning to swim in order to be able to float and get themselves out of trouble if need be. For some children learning to swim can be a little difficult however just like any other area it is the availability of the '200 hits' that makes all the difference.

I have included below some tips regarding swimming, from champion swimming coach Mr Laurie Lawrence. Mr Lawrence's main message, especially for parents that cannot afford swimming lessons is that, "children can learn great swimming and water safety skills through regular play and exploration under adult supervision".

Tip 1. Exposure is the key

Children with home pools usually turn into the best little swimmers. Why? Because they are in the pool every day. Laurie suggests taking your child at least twice a week for a swim. He said "kids going regularly for a play will even have an advantage over kids who only have one swimming lesson a week"

Tip 2: Master independent floating

Laurie believes "floating is the basis of all learn to swim". He encourages parents to make independent floating on the front and back the first priority. He recommends parents avoid "floaties" and teach natural buoyancy and a feel of the water. Laurie said "children who can float learn to move efficiently through the water rather than thrashing and struggling to keep themselves afloat". Kickboards can be used for balance in the early learning stages.

Tip 3. Encourage independence

While Laurie insists supervision at arms length is vital, he believes that independence is the key to building great swimming skills. For this reason he encourages parents to wear a T shirt and not to over handle their children in the pool. Laurie said "stay low in the water and let children grip you, teach them to recover independently instead of picking them up after swims". Laurie suggests playing in shallow water, monkey hands around pool edges and climbing out of the pool to build independence. He said "building independence will teach children their limitations, boundaries and a respect for the water".

Tip 4. Build skills slowly

According to Laurie learning to swim properly will take years to accomplish. Laurie said "people try to rush and put too many skills together at the same time". He explains that you should build one skill at a time and follow the learning progressions of water familiarisation, breath control, submersion, floating, kicking, paddling and breathing. Laurie said "water safety skills should underpin the entire learn to swim process".

Tip 5. Swimming must be fun

Don't forget to have fun, fun, fun! Laurie believes that being in the water with your child is perfect for bonding and giving them your undivided attention. Laurie recommends parents model safe swimming behaviours and teaching children to read and follow pool rules.

While the swimming pool is the greatest hazard, Laurie stresses that children must learn about water safety in all environments.

Whilst the school is not in the position to recommend any individual swim school the, 'Swim and Survive', website lists a number of Royal Life Saving approved schools within 10km from our local area. These can be found on the following page and at this website, <http://www.swimandsurvive.com.au/>

2019 Dates to Remember

Term 4

Week 6

Friday 22nd November

Year 6 Retreat

Week 7

Monday 25th November

Staff Development Day—
NO CHILDREN at SCHOOL

Tuesday 26th November

Footsteps Dance continues

Week 8

Monday 2nd December

Year 2 & Year 5

Celebration of Learning— 1.45pm

Tuesday 3rd December

Footsteps Dance continues

Week 9

Monday 9th December

Reports home to parents

Tuesday 10th December

Footsteps Dance continues

Thursday 12th December

Christmas Concert Evening

6.30pm—OLMC Hall

Friday 13th December

Whole School Assembly—2pm

Week 10

Monday 16th December

9.15am Year 6 Graduation &
Thanksgiving Mass—St Patricks
Cathedral

Wednesday 18th December

LAST DAY FOR 2019

Waves Fitness & Aquatic Centre - Belgravia Leisure Baulkham Hills	9639 6133	wavesfitnessandaquatic.com.au
Cumberland Council Swim Schools - Granville, Guildford & (Wentworthville-closed for renovations)	9632 1491	https://www.cumberland.nsw.gov.au/swim-school-hours-and-contacts
Auburn Ruth Everuss Aquatic Centre - Belgravia Leisure- Lidcombe	0466 552 256	www.auburnaquaticcentre.com.au
Aquabliss School of Swim - Hills Sports Centre, - Seven Hills,	9838 4422	www.aquabliss.com.au
Aquatic Safety Training Academy - Seven Hills	8814 8637	www.aquaticacademy.com.au
Next Gen Health & Lifestyle Clubs - RYDE	9334 0000	http://www.nextgenclubs.com.au/
Epping Aquatic & Leisure Centre - Dolphins Swim School - Epping	9630 3669	https://www.cityofparramatta.nsw.gov.au/
Ryde Aquatic Leisure Centre - Ryde	8878 5100	www.ryde.nsw.gov.au/ralc

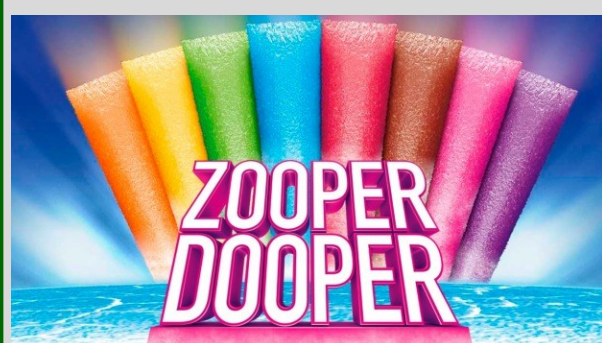
I know many of our children love playing soccer, touch and other ball and team sports however learning to swim is a life and safety skill. Perhaps Santa can gift your child with swimming lessons for 2020. It is a gift your children will be forever grateful for.

*God bless you and your family
Bernadette Fabri
Principal*

SAVE THE DATE ! SAVE THE DATE!

Christmas Concert

Our school Christmas Concert this year will be held on **12 December** in the **Edith Angel Hall, OLMC**, arriving at 6.30pm for a 7:00pm start. This year we will be entertained by the students while they dance the night away showcasing **FOOTSTEPS** choreography.



Iceblocks

We will be selling ice-blocks every Friday. The money raised will be used to support an outreach program for families who are less fortunate than ourselves in our surrounding community. Ice blocks will sell for **\$1 during Primary and Infants lunch times.**

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

St Patrick's Parramatta
RETURN TO SCHOOL 2020 DATES

Week One 2020	Monday 27th January 2020	Tuesday 28th January 2020	Wednesday 29th January 2020	Thursday 30th January 2020	Friday 31st January 2020	Week 2 Monday 3rd February 2020
	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 4 days.				



Christmas Hampers

As the liturgical year draws to a close at the end of this month it seems appropriate to reflect back on the year past and rejoice in the many gifts our Lord has bestowed on us. As we head into Advent - a season of preparation, may we think of those in our local community that have not experienced joys this year but are suffering from financial difficulties and losing hope. This year we have an opportunity to be a shining light to these community members by donating to the St Vincent de Paul Christmas Appeal.

The aim of the appeal is to share the love of Jesus and live our mission of being the hands of Jesus on earth. As John 15:11 states “ **that my joy may be in you and your joy may be complete**”, donating to the appeal will model to our children the importance of sharing God’s love and living the Good News. What a great gift!, and an opportunity to show our children the importance of outreaching to others.

To make sure we receive a mixture of items we have suggested some items for each grade, a note will be coming home shortly. However, if you wish to donate an item not listed for your grade, please feel free to do so as long as they are non-perishable food items and preferably not baked beans or sardines. Items will be collected during **Week 8 - 2 to 12 November**.

NAVY BLUE SCHOOL BAG REPLACEMENT

If you were issued with the Navy blue school bag, We have been informed by OZ Fashions that the green school bags are now in stock. Please take your blue bag direct to OZ Fashions and they will replace it for you.

Trading hours are: Monday to Friday 9:00am to 5:30pm and Saturday 9:00am to 4:00pm.

St Patrick's Parramatta Swimming Carnival 2019

The 2019 Swimming Carnival was a great way of encouraging young people to learn to swim and progress in challenging races. It is a fantastic way to make new friends. It was a fun day for everyone from the cheering competition to the racing and the novelties. It is a good experience for everyone involved. I would like to thank the teachers and parents involved in the setting up and organising this memorable event.



By Oliver Kougellis

STUDENT LEADERSHIP

Last week the children in Year 5 commenced the process of thinking about putting themselves forward for Student Leadership. Mrs Benkovich and I are always so impressed with how many children wish to step forward for this position of service. Over the next few weeks the Year 5 teachers will guide them through the process of discernment, nominations and eventually voting. The Year 5 children and parents have been given detailed information of this process.

Art Showcase

The SRC invite all students to participate in St Patrick's Art Showcase. Students can create an artistic piece around the theme - 'The Hope of Christmas'. *Entries should be no larger than an A4 sized paper. We are asking for a gold coin donation for entry and all proceeds will go towards St Vincent de Paul Christmas Appeal. Entries close 8 December.*

All artwork will be displayed throughout the school and students will have the opportunity to vote for the 'People's choice award' on 11 December. Please see your teacher with your gold coin, if you are interested in participating.

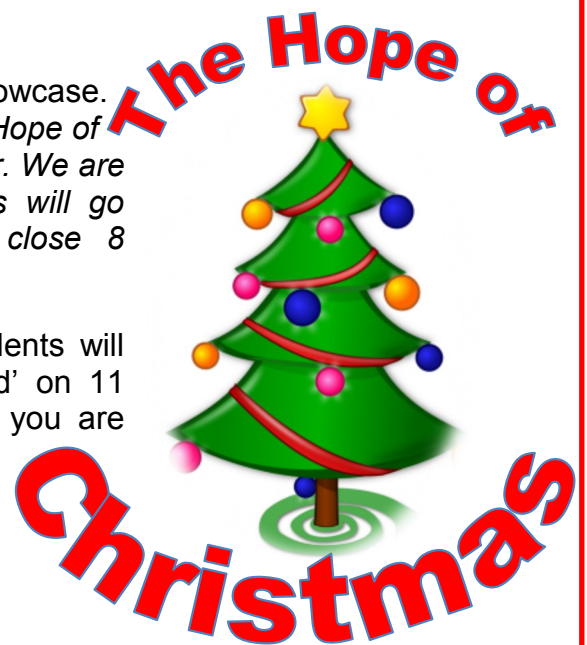
Please include the following information on the back of your entry:

Name:

Class:

Title of the Entry:

From the Year 5 SRC members



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.

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. Further details can be found in previous newsletters.

From the STEM Makerspace

This term in the Makerspace, groups of students from the Primary grades have built a range of constructions from music machines to robots. We are inviting all classes to the STEM Marketplace in the Library on the 11th December to experience the creativity of the students at St Patricks. More details will be made available in week 8.



This week Year 6 students built a Scorpoid robot that had flashing eyes, made beeping sounds and moved swiftly on two wheels. We shared the engineering roles and all had a part in the construction. As a team we worked efficiently and collaboratively.

Dunya, Scarlett, Jayden and Alex

Woolworths Earn and Learn

Thank you to all of our parents who helped us earn stickers from Woolworths Earn and Learn promotion. We have taken delivery of our gifts, which has added to our Maths equipment.



Year 2 & 5 Celebration of Learning



Dear Parents,

You are cordially invited to attend the Year 5 and Year 2 Celebration of Learning Dance Event. The students have worked hard and have created and choreographed their own group dances, which they would like to perform for you. The event will be held on Monday 2nd December in the School Hall at 1:45pm

We hope to see you there.

Year 2 and Year 5 Teachers

IS YOUR CHILD NOT RETURNING TO ST PATRICK'S IN 2020?

If your child is not returning to St Patrick's in 2020 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 2020. Please note that a term's notice in writing must be given to the Principal before the removal of a student or 10 week's fees will be payable. This does not apply to year 6 students

COMMUNITY NEWS

CHANGE IN SPEED LIMITS IN PARRAMATTA LOCAL AREA



City of Parramatta and Transport for NSW are introducing 40km/h speed limits on roads that have lots of pedestrians on and around them.



City of Parramatta and Transport for NSW are introducing 40km/h speed limits on roads that have lots of pedestrians on and around them. The maximum speed limit for these roads will be 40km/h at all times.

Lower travel speeds improve a driver's ability to stop quickly and react to the unexpected. A vehicle that hits a pedestrian at 50km/h is twice as likely to cause a fatality as the same vehicle travelling at 40km/h.

40km/h speed limits create a safer road environment for everyone, particularly vulnerable groups such as older road users and children.

Where do the new speed limits apply?

The 40km/h speed limits will be signposted in locals streets in the Parramatta CBD area bounded by, but not including, O'Connell Street to the West, Wilde Avenue and Harris Street to the East, Victoria Road and the Parramatta River to the North, and the Great Western Highway, Parkes Street to the South.

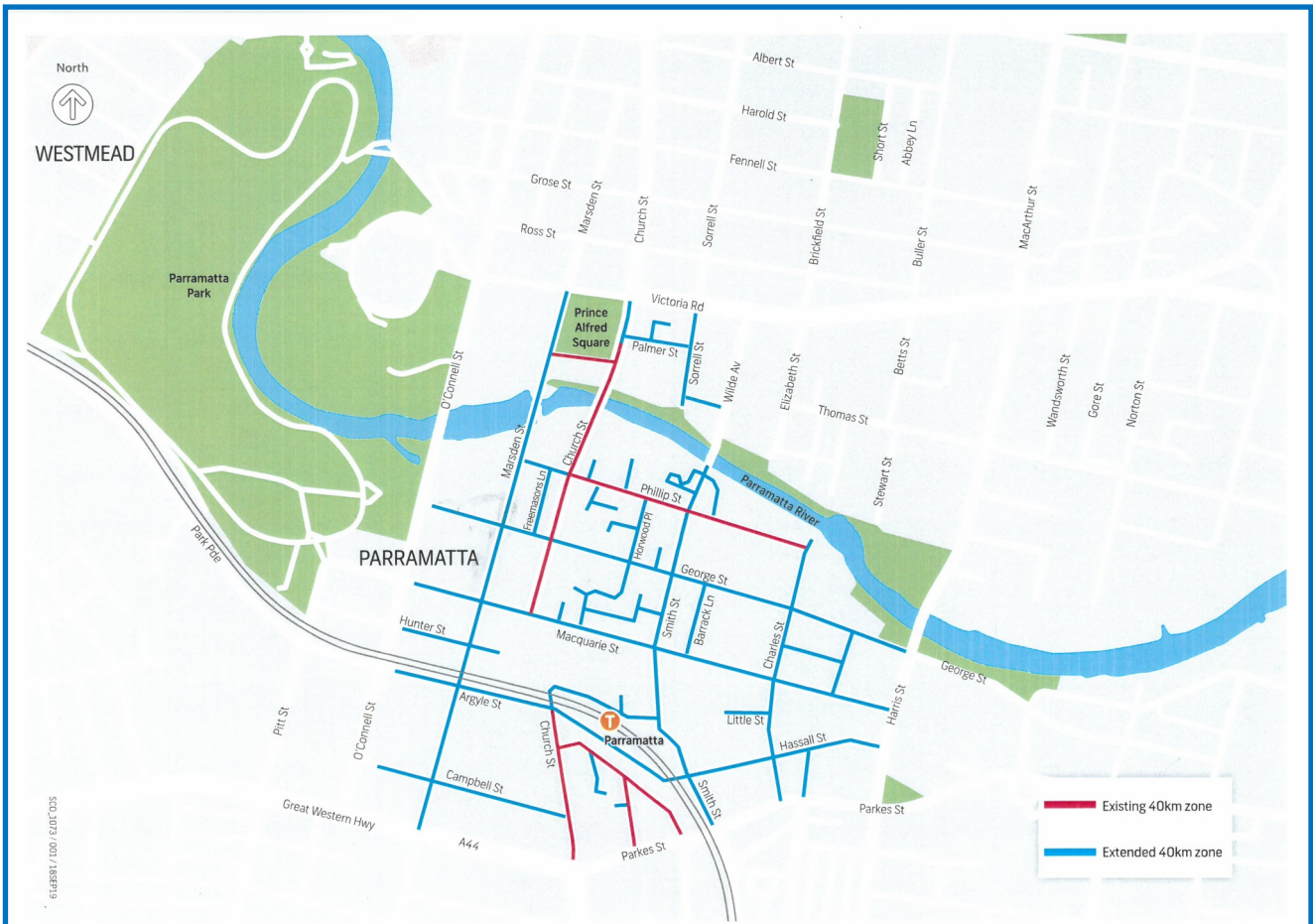
Parramatta North includes local streets bounded by O'Connell Street to the West, Church Street to the East, Albert Street to the North and Victoria Road to the South. Westmead includes streets bounded by Hawkesbury Road to the West, Parramatta Park to the East, Hainsworth Street to the North and the railway line to the South.

Harris Park is bounded by the railway line to the West, Harris Street to the East, Parkes Street to the North and Les Burnett Lane to the South.

Is the 40km/h speed limit enforceable?

The 40km/h speed limit is enforceable and normal enforcement procedures will apply.

To keep our community safe, look out for pedestrians and the 40km/h speed limit signs, and slow down.



LOCAL BUSINESS IMPACT STATEMENT

Dear Parents and Caregivers

The school has been notified of a Notice of intention by Seng Seng Mart Suite 6 21-23 Grose Street Parramatta. to apply for a packaged liquor licence. If you would like to ask any questions or give feedback please see the details below.

COMMUNITY FEEDBACK TO THE APPLICANT

Community members can provide feedback or seek additional information from the applicant regarding the above proposal in writing via email, post, by phone or face to face, within 30 days of the date of this notice.

Feedback will be used to create a community impact statement (CIS) lodged with the application. Comments you make won't be identified without your permission. The application and CIS will be available to view on the L&G NSW electronic noticeboard at liquorandgaming.nsw.gov.au for 30 days while the application is considered. You can lodge further submissions directly to L&GNSW about this application at this time.

Applicant contact details for feedback:

Email: solicitor.robin@gmail.com

Phone number: 0433 605 604

Postal address: Suite 6 21-23 Grose Street Parramatta NSW 2150



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.



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

Camran Nasrulla,
Daniella Fayad,
Abbey Matta,
Zavier Moujalli,
Gabrielle Vella,
Ethan Bechara,
Ethan Xue,
Taran Dinesh Kumar,
Savannah Chiha

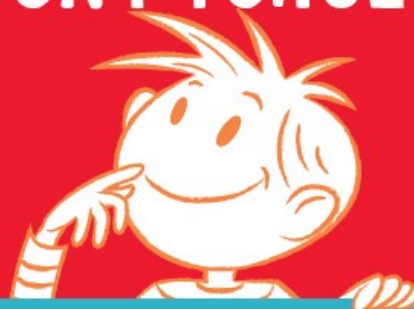
Dear Parents,

This is the last Book Club for 2019. Please make sure you have your orders in by the 29th November. If you wish for the books to be collected from the office please notify me and I can put them aside.

Thank you

Mrs Jones

DON'T FORGET!



SCHOLASTIC
Book Club

orders are due:

29th November



Spotlight on our Year 6 class Members

Alex Layoun

What are you most excited for currently?

I am most excited for camp, as it will be lots of fun and I hope to make many memories.

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

I want to help make the world a better place by donating to organisations that help the poor and contribute towards stopping global warming like planting trees.

What are you looking forward to most at high school?

I am most looking forward to making new friends and having an extra push in my education.

What is your ideal job?

My ideal job is to become a neurosurgeon because I like to help others and make people better.

What is your biggest fear?

My biggest fear is of crocodiles because I am afraid one might swallow me whole.

Thomas Kougelis

What hobbies do you have?

I enjoy drawing and playing card games like Yu-gi-oh, as I am passionate about both.

Favourite Movie?

Spider Man Far From Home, as Spiderman is my favourite hero.

What is your least favourite dish is ?

My least favourite dish is pumpkin soup, as I dislike pumpkin.

Name 5 words describing you?

Artistic, Quiet, Funny, Polite and Trustworthy

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

Japan, because I am fascinated about the country.

Nyagua Koima

Favourite celebrity/sport icon?

My favourite celebrity is Polo g and Lil tjay, because their songs are catchy and they are good at what they do.

If you could have any superpower what would it be?

I would be invisible, so I can sneak around the house and prank people.

What do in your spare time?

I make tiktoks, as they entertain me during my free time.

What is your favourite place in the world?

Jamaica and the Bahamas, because the people are extremely nice and the view is breathtaking.

Who is your biggest inspiration?

My parents and my grandma, because they help me to be a better person, they tell me what is right from what is wrong and they provide the best for me.

Lucy Parkes

What is your favourite subject?

Writing, because it allows me to be creative and express myself.

What is your ideal job?

I do not know but I enjoy being creative so anything that allows me to be creative and something I can enjoy.

What is your biggest fear?

Confined spaces, as I don't like being restricted in one place.

If you were an animal what would you be?

A dolphin, because you are able to be free.

Favourite Book?

My favourite book is Wonder, as I am able to connect and relate to the main characters.

EXPLORING NUMERACY WITH YOUR CHILD

YEAR 3 TO YEAR 6 – Travel Timetables

Here are some questions to ask your child to improve their knowledge of time and their problem solving skills:

- » Can you identify your starting point on the timetable?
- » What is the earliest and latest time to travel on this route?
- » How long does it take to travel the entire route?
- » How many stops are there on this route?
- » What is the difference in the time travelled when not making all the stops?
- » What is the cost? Is it good value compared to other travel options?
- » Which is the best route to travel? Why do you think this?
- » To get to training on time, when will you need to leave?

Connecting online

Here are some other useful websites you can access from home or the local library. Some are also available to download as apps on various devices:

- » <https://fuse.education.vic.gov.au> (select Primary Students tab)
- » <https://education.abc.net.au>
- » <https://www.wolframalpha.com/> (start with the Elementary Maths link)
- » <http://www.ictgames.com/resources.html>
- » <https://www.scratchjr.org/>
- » <https://www.kodable.com/parents>

St Patrick's Current Attendance Level = 85.7%

K = 85.5%	2 = 89.8%	4 = 90.3%	6 = 83.4%
1 = 72.9%	3 = 88.1%	5 = 89.6%	

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



*sub tuum
praesidium*

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)