



# Newsletter

20th February, 2020 Term 1 Week 4



OF CATHOLIC EDUCATION IN THE DIOCESE OF PARRAMATTA

Dear Parents and Carers

We are now in week 4 of the school term and from my observations most children have: settled into their learning routine, are getting to know their teacher, finding or making new friends or re-establishing old ones and are well and truly into their units of learning. For some children however this transition takes a little longer. This is not unusual depending on their personalities and definitely not unusual for little Kindergarten children who sometimes need more time.

Last year I wrote a newsletter article on anxiety which I would like to share with you again.

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 seen 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.

God bless you and your family

Bernadette Fabri

Principal.

## 2020 Dates to Remember

### Week 4

Friday 21st February

**STAFF DEVELOPMENT DAY—NO CHILDREN ATTEND SCHOOL**

### Week 5

Monday 24th February

Triskills Commences

Tuesday 25th February

Triskills continues

Palm Burning Liturgy—9.00 am—Playground

Shrove Tuesday—Pikelets at recess

Wednesday 26th February

Ash Wednesday Mass—St Patricks Cathedral 9.15am

Thursday 27th February

Moran Photography Workshop for selected Yr 6 students

Friday 28th February

Infants Assembly—Year 1—2.15pm School Hall

### Week 6

#### CATHOLIC SCHOOLS WEEK

Monday 2nd March

Triskills Continue

Tuesday 3rd March

9:15 am: Welcoming Ceremony in the Cola.

10:00 am: Parent Morning Tea in the Hall.

10:30 am: There will be an opportunity for Open Classrooms, where you will be able to visit your child's learning space.

11:00 am: Joint Morning Tea/Picnic on our school playground.

All are welcome to join.

Friday 6th March

Primary Assembly—Year 3—2.15pm School Hall

### Week 7

Monday 9th March

Triskills Continues

Tuesday 10th March

Triskills continues

## STAFF DEVELOPMENT DAY

Tomorrow the staff of St Patrick's Parramatta will be joining the staff of Christ the King to participate in a workshop presented by Dr Michael McDowell. We look forward to a great day of learning. This staff development day will be held at Christ the King North Rocks however the school office will be opened. Children do not attend school on this day.

## CONGRATULATIONS

Congratulations to the children who participated in the Executive Director's Summer Reading Challenge this year. The school is pleased to announce that Sophia Semaan was awarded runner up and was presented with a certificate and \$30 gift card for her efforts. Well done to the following other participants:

Erick Granados-Gavito  
Magdalena Gilchrist  
Carmela Poblete  
Serena Semaan

### *Why I love reading*

*In my spare time I enjoy reading a variety of different novels. This summer my favourites were Harry Potter and Amulet.*

*I love reading because reading helps my imagination grow and makes me a better writer. I enjoy learning about the characters, discovering different settings and learning new things. I look forward to the ending of each story and the start of the next.*

*Reading is fun and relaxing.*

Sophia Semaan



# NAPLAN Yrs 3 and 5

12–22 May

NAPLAN Online

NAPLAN information will be available through this newsletter over the next 2 terms. Please watch this space.

## Public demonstration site

In advance of taking [NAPLAN Online](#), students, teachers and parents are invited to use the public demonstration tests to familiarise themselves with the type of questions and related functionalities available in the NAPLAN Online assessment.

Some of the [key features](#) include a range of question types, onscreen tools, timers and interactive navigation. Students are encouraged to try all the tests for their year level to practise the complete range of question formats available in the online assessment.

The demonstration tests cover a sample of possible questions and do not reflect the range of literacy and numeracy content or skills NAPLAN Online will assess. While it is helpful for students to become familiar and comfortable with the format of the online test, ACARA does not encourage students to study separately for NAPLAN. That is why you will not find answers to the demonstration tests.

All question types are [keyboard accessible](#). Where applicable, there are tests that provide adjustments (audio and visual alternative questions, and five colour themes), which may improve accessibility for some students with disability to access NAPLAN Online. Students with disability should undertake the demonstration tests at their school, to help determine what accessibility adjustments they may require.

The demonstration tests will work with many devices and browsers but not all. Before starting, check if your device or browser meets the minimum [technical requirements](#) to ensure the tests function and display as intended.

The links below take you to demonstration tests for conventions of language (grammar, punctuation, and spelling), numeracy, reading and writing for each NAPLAN test year level: 3, 5, 7 and 9. As all Year 3 students will complete the writing test on paper, there is no Year 3 demonstration test for writing.

<https://pages.assessform.edu.au/pages/year-3-demos>

<https://pages.assessform.edu.au/pages/year-5-demos>

## Ash Wednesday Mass

Just a reminder that we will be celebrating Ash Wednesday Mass at St. Patrick's Cathedral on 26 March at 9.15am. All are welcome to join.

Kind regards  
Chantal Tuetue (Religious Education Coordinator)

## Condolences



We wish to extend our deepest sympathy to the Lorenzo Family (Sophia 6W & Sara 3T) on the passing of their great grandmother.

We wish to extend our deepest sympathy to the Abraham Family (Stephen 4B & Sophie 1S) on the passing of their grandfather.

Please keep the families in your prayers.

# Catholic Schools Week

This year St Patrick's Parramatta will celebrate the wonderful opportunities that our school offers during Catholic Schools Week from 2-6 March. The theme of Catholic Schools Week is '**Learn, Serve, Lead, Succeed**'. Catholic Schools Week is about strengthening connections between our school community - students, staff, priests, parishioners, and parents- showcasing our activities and actions.

During Catholic Schools Week, we take the opportunity to highlight not only the best of what we do, but also what happens every day. We will be holding many opportunities on Tuesday to join with your child and witness their enjoyment of school as well as their learning.

Please join us:

## **Tuesday 3 March:**

9:15am: Welcoming Ceremony in the Cola.

10:00 Parent Morning Tea in the Hall.

10:30 There will be an opportunity for Open Classrooms, where you will be able to visit your child's learning space.

11:00 Joint Morning Tea/Picnic on our school playground. All are welcome to join.

Thank you

Catholic Schools Week Committee



Numeracy@HOME



MONASH  
University



MELBOURNE, AUSTRALIA

<https://www.numeracyathome.com/>

The following is taken from guidelines published by the NSW government:

<https://education.nsw.gov.au/>

## Counting with your child at home continued

- Have your child count as far as he or she is able to and then encourage your child to join you while you continue counting.
- Ask your child to start counting from a number other than one. This will help them when they need to add two groups together and can start counting from the larger group.
- Ask your child to tell you the number before or after a number. How old will you be next year? How old were you last year?
- Ask your child to give you enough plates, cups or cutlery for each person when setting the table.
- Play games such as Dominoes, Snakes and ladders, card games or board games involving a die with dot patterns. This will help your child to recognise patterns and count. Change the die to one showing numbers to help your child read and recognise numbers.
- Collect and sort shells. Count how many are in each group.
- Look at and say the numbers on license plates and road signs.
- Ask your child to help you count the pieces as you cut up food such as pie, quiche, fruit or sandwiches.
- Make farmyards from empty cartons. Count with your child the number of toy animals as he or she places them in each yard. Ask questions such as: Which yard has the most animals? After placing some animals in a yard, stop and then count on as you add more.
- Help your child to remember your phone number and to press the correct buttons on the phone.

## Understanding School Talk ???

KLA's

Key Learning Areas

The different subject areas taught  
at school



**Happy Birthday to all the children who will celebrate their birthday in the coming week** — Georgia-Rose Rizk, Josh Pangan, Jayden Bounassif, Callum Donaldson, Ysabel Daelo, Estelle Perrett, Vincent Camenzuli, Alessia Agostino, Anabelle Tudberry, Elijah Skaf

Dear Parents and Caregivers,

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

We wish to remind you that teachers read their emails at various times throughout the day. Further, teachers are generally not expected to respond to emails from parents and students outside of normal working hours. In the case of a genuine emergency please contact the school office during business hours on: [StPatricksParra@parra.catholic.edu.au](mailto:StPatricksParra@parra.catholic.edu.au) or phone 8832 4600

If you wish to contact your child's teacher, please continue to direct your emails to: [StPatricksParra@parra.catholic.edu.au](mailto:StPatricksParra@parra.catholic.edu.au) which will then be triaged, as per usual practice. If you have made other arrangements with your child's classroom teacher regarding communication please confirm this with them.

We appreciate your assistance and understanding.

If you have any questions about the above please feel free to contact Miss Fabri through the school office.

### **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.

### **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 Standing (behaviour) or Miss Fabri through the school office (8832 4600), school email address [stpatsricksparra@parra.catholic.edu.au](mailto:stpatsricksparra@parra.catholic.edu.au), or through Skoolbag App. The school follows the CEDP Complaints Handling Policy.

<https://www.parra.catholic.edu.au/About-Us/Policy-Central>



## Cumberland Zone Carnival

Twenty four students from St Patrick's together with Mrs Carroll and Ms Alfonse went to Mt Druitt pool to compete at the Cumberland Zone last Wednesday, 12 February.

As we entered through the pool gates excitement began to build up in everyone's body... smiles overflowed. The sky was light blue, flags danced in the wind, as the officials moving from one place to another, the tension was palpable.

A sensation built up in our bodies as our race slowly got nearer. Our hearts pounded as we waited at the marshalling area. It began to feel as if seconds were turning into minutes and minutes turning into hours. Sweat came dripping down our faces, our arms trembled as we prepared ourselves for diving.

Suddenly you're in the water, determined to finish the race, you try your hardest as many people gracefully swim to the other end. 'Go' and 'You can do it' were occasionally heard. When you finish happiness fills your hearts as you have just accomplished your race.

There was a bit of rain, but that did not hinder any athletes from competing and doing their best. We watched all the strokes and all breathes and ended up applauding each and every race. Our paparazzi parents were on the sidelines cheering us on capturing the moments for ever lasting memories.

A well deserved congratulations to all participants for doing their very best and relentlessly enjoying the nerve racking day.

Best of luck to my fellow swimmers Philip Ayoub, Daniel Saleh, Olivia Saab, James Kerr and Michael Ayoub for the next level - Diocesan Swimming Carnival - "Keep on swimming!"

By Carl Cauan



## Spotlight

Today we are focusing our Spotlight on....

Our Year 6 teacher Mrs Carroll

### **Mrs Carroll**

#### **What is your favourite meal?**

Grilled salmon and pasta dish because my wonderful husband cooks it so beautifully and it is delicious.

#### **What are you most excited for currently?**

My youngest daughter, who is working in America, is coming to visit us in April for a couple of weeks.

#### **What is your favourite line from any book or movie?**

*'If it had to be one of us, why did it have to be me?'* By Deborah Kerr in the original movie *'An Affair to Remember'*

#### **Who is your biggest inspiration?**

Jane Mac who is over the age of 70 and still participates in triathlons.

#### **What country would you like to travel to the most, that you haven't visited already?**

South America to experience a different culture and new foods.

# Open Day

SUNDAY 08 MARCH 2020 11.00AM – 3.00PM



Principal's Address at 11.30am, 12.30pm and 1.30pm

RESPECT / EXCELLENCE / INCLUSIVITY / FAITH / SOCIAL JUSTICE



[www.oakhill.nsw.edu.au](http://www.oakhill.nsw.edu.au)



# OPEN DAY

Sunday, 8 March 2020

10.00am – 2.00pm

You are warmly invited to join us for Open Day 2020.

Principal's Welcome at 10.00am and 12.00pm

Bookings can be made by visiting the College website [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au)

*A work of the Sisters of Mercy Parramatta since 1889*



**YEAR 7, 2022**

ENROLMENT  
INFORMATION  
EVENING

Tuesday, 24 March





**Parents Representative Council**  
 SUPPORT | CELEBRATE | EDUCATE





**MENTAL HEALTH FIRST AID**  
 Australia

**UNDERSTANDING MENTAL HEALTH**  
 Learn the skills to make a difference

Out of every 30 students in Australia, 7 are dealing with mental health issues

2 will ask for help ..... **5 will suffer in silence**

This presentation will focus on giving parents information on how they can identify and help the 5 that suffer in silence. Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves. Mental health problem is a broad term that includes developing mental illness, symptoms of a diagnosable illness, substance misuse, and adverse life events which are having an impact on functioning.

Depression, Anxiety, Behavioral disorders, Mood Disorders, Personality Disorders, Suicide, Drugs, Eating Disorders, Self-Injury, Panic Attacks, Stress, Substance Abuse



Our guest speaker for the evening is:  
**JANE ARMSTONG**  
 Mental Health First Aid Instructor

Register FREE now: [www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)



**Monday, 2<sup>nd</sup> March 2020**  
 Doors open: 6:15pm for 7:00pm (2 hours)  
 PRC Annual General Meeting  
 (will be held prior to guest speaker)  
 AGM will take approximately 20 minutes  
**St John Paul II Catholic College**  
**85 Hambledon Rd, Schofields NSW 2762**  
 Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!  
[www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)    @prcparra





**THANK YOU TO OUR SPONSOR**  
**Floral Expressions**  
 For details on the School fundraising program  
 Call Charles Lukasik on 02 9682 1116





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	
<b>Weekend Masses</b>	
Saturday	8.00am, 6.00pm (Vigil)
Sunday	8.00am, 9.30am (Family) 11.00am (Solemn), 6.00pm
<b>Weekday Masses</b>	
Mon to Fri	6.30am, 12.30pm
Public Hol	8.00am
<b>Pastoral Team</b>	
<b>Bishop of Parramatta Most Rev.</b>	
<b>Vincent Long Van Nguyen OFM CONV</b>	
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)