

Newsletter

4th June, 2020 Term 2 Week 6



OF CATHOLIC EDUCATION IN THE DIOCESE OF PARRAMATTA

Dear Parents and Caregivers

During the time you were supervising your children; learning from home or viewing what the children were learning at school, you may have noticed that there are many different types of texts children are expected to respond to and compose at school.

Unlike the 'olden' days when all you were asked to write were compositions, the NSW K-10 English Syllabus provides guidance for a variety of writing experiences. All types of texts fit into 3 main categories. They are: Informative, persuasive and imaginative texts. The types of writing the average person engages in usually come from the first two categories. Persuasive texts such as writing a letter to a local member, a letter of complaint or concern or a request to a work colleague and informative texts, such as sending an email giving information, making a list or writing a procedure such as a well loved family recipe. Multi modal texts are particularly important in our world today.

Surprisingly one of the most difficult genres is the imaginative text category. Anyone who has attempted to write a novel, script or short story understands the challenge of communicating to a reader exactly what they wish them to know about the characters, storyline or complication. Whilst it may be very clear in the writer's mind, each reader brings to the text they are reading, their own schema; that is their life experiences and inferences. Unless the writer chooses their words very carefully, the reader may get lost or confused. This is also true for any piece of writing or visual text.

One of the strategies the teachers use, to assist children to stretch their imaginative skills, is that of 'Quick Writes'. Quick Writes provide the student with an opportunity to write a brief text for a variety of purposes. This is done often, sometimes daily. It may be a response to their learning at the beginning, middle or end of their lesson, to express an opinion or to respond to a stimulus. There are many very interesting types of stimulus' teachers have been using, ranging from pictorial to digital images, short movies and even quotes. You may have noticed the children being assigned this task during learning from home. Since the purpose of this method is to encourage writing and the development of vocabulary and ideas, Quick Writes are not corrected by the teacher for spelling and grammatical features. These writing pieces are sighted however and feedback is given. Teachers are finding that even the most reluctant writers are showing an interest in Quick Writes, especially if they are children that are sensitive to making mistakes. The fact that they are brief, usually means that success is high for everyone. If you are interested in assisting your child to become better writers I encourage you to try Quick Writes at home. There are many wonderful pictures on the internet that can be used. A fun activity would be for all members of the family to have a go and to share their responses. The timing of this type of writing is generally no more than 10mins. Happy Writing!

God Bless you and your family

Bernadette Fabri

Principal

You are invited to watch a livestream of Sunday Mass at St Patrick's Cathedral Parramatta led by Fr Bob Bossini and Fr Christopher Del Rosario through the St. Patrick's Parramatta Cathedral facebook page:

Watch the Mass live on [Facebook](#) and [YouTube](#).



RESPONSES TO PARENT FEEDBACK - SKOOLBAG

Thank you to all the parents who managed to find some time to respond to the question -

What are some of your thoughts about your recent experience during the learning at home/school COVID 19 time? These can refer to you and/or your child(ren)?

Before we collate the responses and synthesize the responses we invite any parent who would like to share or contribute their ideas to do so before Tuesday 6th June.



Art Exhibition

What do you think about when you hear the word '**Pentecost**'?

Here are some prompts to help guide your thinking;

Head - What happens in this story?

Heart - How does it make you feel?

Hand - What is God asking of us today?

We invite you to express your ideas/ thoughts in a visual art form.

Guidelines

- No larger than A4 sheet
- Must include some tones of red
- Any medium

Due Date

- Friday 26 June

STRATEGIES FOR PARENTS OF CHILDREN WHO ARE RETURNING TO SCHOOL

1. Focus energy in a positive direction
2. Encourage discussions about ways to minimise the spread of coronavirus to help children feel more in control. Eg., ways to practise good hygiene, social distancing.
3. Help regulate emotions
4. Support children to express their emotions so they feel listened to and validated. Explain that it's normal to feel a range of emotions during this time.
5. Take extra care to notice and listen to children and young people as this will give them the opportunity to explore their emotions and reach out for help.
6. Monitor changes in behaviour over time

Understanding School Talk ???

Success Criteria -
describes how students will know when they have achieved the learning intention. Often they are co created with the students so they understand what is expected and they take ownership of their learning.



Happy Birthday to all the children who will celebrate their birthday in the coming week—

Cienna Joachim, Christian
Donaldson, Lara Samar,
Isobel Rahme, Julian Badr,
Maryam Thomas, Sophia Semaan,
Elisa Daher, Jamie Chiha

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.

QUICK WRITES



It's not everyday you see a giraffe driving a van. Or a penguin crossing a road. But, of course, this is a normal day in Animal Town.

I look up to the sky, the sun so bright it's almost blinding. Glancing around at my surroundings, my huge brown eyes dart around restlessly. I slowly turn my head towards my friend, Gabriella, her mouth agape. "So, this isn't what I expected." I say. We expected a Zoo, a normal one, not a town full of animals."

We keep looking at the sight before us, not knowing what to do. That is until a pig comes trotting up to us. "Welcome to Animal Town!" It grunts "I'm Snort!" Of course the pig's name is Snort. Gabriella and I follow the weirdly friendly pig to destinations of all kinds as we do animals come talk to us. Even a bull!

"This is Maine!" Snort gestures to the bull. "He runs the china shop in the corner!" I don't know how to react. I outstretch my trembling hand and Gabriella does the same. Maine grabs both our hands, shaking them so energetically our arms are almost yanked off our bodies. "Nice to meet you!"

Zoe Samar 6W

I slowly shifted my eyes, unsure of any danger nearby. A shadow! A quick shiver travelled up my spine as a slow, creaking sound could be heard. My breathing became laboured as my eyes bulged open, anticipating something to come out.

I backed down as I crept to the corner of the backyard hoping to dissolve into the shadow. Sun penetrated the dark as a spark of hope built up inside me. However, doubt still filled my mind as I hesitated to walk up. A rustle of metal had me jumping as I finally realised all the dangers around me.

It was only a split second but I felt dread as I believed someone had touched me. I slowly squinted my eyes as I steadily looked back almost sure to see someone there. Nothing different alternatives built in my head as I couldn't take any more fear.

The shadow engulfed the fences around me as I cowardly ran back into the house, hoping that I would feel safe there. Although it was home a scared sensation was being bubbled up inside me. That spark of hope had slowly diminished as I curled in a ball and knew it was the end of the road for me...

Carl Cauan 6P



QUICK WRITES



It was one noisy afternoon on Jolly street and Mr. Unhapps was very unhappy. Mr Unhapps has always been unhappy but after he moved to Jolly street he has been so revolting to his neighbours. His neighbours are always happy and joyful, so is everyone else in the world, that's because Mr. Unhapps lives in Joy world, and in Joy world everyone is joyful, well except you know who. In Joy land it is against the law to be unhappy.

It was the next morning and Mr. Unhapps was very unhappy, even more unhappy than usual, so unhappy that even his Goldencrest bird was unhappy. All his plants were dead, all of his devices were dead, everything Mr. Unhapps owned was dead, well except him and his GoldenCrest. He was so unhappy because he was told if he wanted to stay in Joy World he would have to be happy, otherwise he will have to face the consequences!

"Stupid head of Joy World, want me, Mr. Unhapps to be joyful, pffffff no chance of that happening."Bellowed Mr. Unhapps bitterly under his breath. I will never be happy again! NEVER!!! Barked Mr. Unhapps unhappily.

It was 11:30PM and Mr. Unhapps was ready to go to bed. Goodnight my GoldenCrest. Blustered Mr. Unhapps. Mr. Unhapps was in bed but the heads of Joy World were not, they were having a meeting, and it so happened to be about Mr. Unhapps. So, are we going to do it? asked one of the head people of Joy World. I think so, answered another one. Okay, it is done. He will be there in 5 minutes, exclaimed one of the heads.

"Aaawww. Another boring morni-." But Mr. Unhapps could not finish his sentence because he was in total shock. He had woken up into the banished dimension, his adorable GoldenCrest was now a crow!

Max Barakat 5C

The Magic Crow

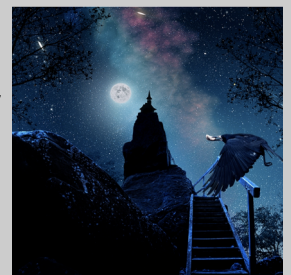
One midnight in Mount Gibligh a magic crow flew over the mountain, when the crow flew over it the mountain glowed faintly and then stopped glowing and then suddenly grew bigger and bigger, until it touched the skys.

The crow had some power that made things grow big. Soon when hunters were notified of this mysterious bird all the hunters were after it. Hunters were everywhere wanting the bird because the bird was possibly worth a million dollars.

A pair of hunters were greedy and broke the other hunters guns and hid them and the greedy hunters were trying to find the bird for themselves. Soon they shot down hundreds of birds but none was the crow they were looking for. Then when they found the crow, the crow disappeared in thin air and a supernova appeared. The greedy hunters were never seen again.

The moral of this story is that greed has costs.

Sean Feng 5T



QUICK WRITES

Sweet or Savory, which one is better? Sweet without a doubt! Sweet tastes are much more enjoyable and I would prefer the sweet taste to savoury. After a meal people enjoy a sweet treat, like dessert and most of the time it tastes much nicer than the main meal. I also enjoy the sweet taste because it makes me feel happy and full.

I love the sweet taste of delicious chocolates and lollies way more than chips, cheese and crackers. I could live on nutella everyday.

After meals people are usually offered dessert because it is enjoyable to have something sweet to finish off the meal. At restaurants I love to order a Nutella pizza after my dinner, it is delicious.

Many times people can enjoy a sweet meal that replaces breakfast like pancakes instead of bacon and eggs. You can enjoy eating it and it fills you up at the same time.

Anthony Sassen 4G

I would rather go to the movies because when you go to the movies you get an optional area filled with snacks. Therefore at home you only get what you have. At the cinemas you can get lots of things such as chocolate, chips, icecream, lots of different kinds of lollies, popcorn, chocolate covered popcorn and lots more. You can also get different kinds of drinks.

I would rather go to the movies because at the movies you get a really big screen and can see the tv from a much better distance. If you go to the movies you can also get big and comfy chairs. You can also choose from different cinemas. Therefore some of the cinemas have around four big couches that can move back and forth.

I would rather go to the movies because when you go to the movies you can have how many people you want to come with. But if you have it at home you might not have enough areas for the people to sit and watch the movies. At The movies you can invite lots of people and it doesn't matter what age they are.

Sophie Salloum 4B

QUICK WRITES

One day, a boy named Jack dreamed of becoming a tennis player. He was only 6 years old. "Mummy, Daddy. My friends are bullying me at school because I can't play tennis and they can." said Jack. While he was looking at the ground. His mum and dad felt so bad for Jack because he also had lots of bruises on his face. Jack said that his mum and dad had promised him that they will let him go to tennis class, Jack will start in a few days. As Jack went inside the court, he saw his teacher, Miss Conner. His mum told him that she was the best teacher playing in tennis! Jack felt happy and sad, he was happy because he likes being taught really challenging stuff and he was sad because he wanted a boy teacher. "Everybody say hello to our new student, Jack White!" said Miss Conner, welcoming him. "Hello Jack!" shouted out the class. Jack felt very welcome since his class was very nice to him. His mum and dad thought that it was a great idea to take Jack to the tennis school because where the school was located, it was very close to their house. As days passed, Jack got better and better at tennis. He became the most popular kid in the class since he was new. He started playing real games (with other competitors his age). He always won! Jack loved practising because he was so competitive. Today is Jack's birthday, and this means he has been playing tennis for 1 year because he only started when he was six. Now he is seven! One day, Jack's parents let him practise on his own, but usually he makes his mum and dad watch him so that they can give him feedback. It has been 10 years since Jack started playing tennis. He now has a channel named 'Jack's Amazing Tennis'. In one of his videos, it was about him recreating tennis photos from when he was younger. One of the photos had something that looked like it had perfect timing. It is time to tell you what the photo looked like. It looked like Jack was hitting the sun with the tennis racket.

I hope you like my story!

The End

Sara Lorenzo 3T

CRASH !

Brrrrrrr , said a young boy. He was playing with his lego but did not know that his lego was alive, CRASH ! The lego broke!. All the lego people were running, when suddenly a ginormous piece of lego dropped and killed half of them . The people that were still running found a hiding place and stayed there for many centuries. Until one day some lego came and found them and took them to Lego City. That's where they wanted to live their whole life.

It was another day in Lego City, there were TVs and people were still sleeping. Their whole life was a mess . They had paperwork on the tables and water bills on the floor. "WHAT HAPPENED?" said the young boy. Suddenly people opened their windows because they heard somebody scream. They were under attack! Buildings were getting burnt down and a boy named Toby was trying to help his dad put out the fire. There were people screaming and crying, people were packing to drive to a new town, even me. Hi, my name is Henry McThrottle and I live in Harbour Lego City. My dad is the Mayor and my mum is a hairdresser and news reporter. Luckily I have a portable television. I turned it on and there, I saw my mother! As I watched, I heard her say; "Hi my name is Bethany McThrottle and I'm here to say EVACUATE NOW. The city is getting burnt down "LEAVE"...Suddenly the Television turned off.....

Angelique Saliba 3L



COLD Specials R: \$10.00 (L: +\$2)

Includes fresh seasonal fruits!

NOW EVERYDAY!

Seared Salmon Nigiri (GF)

Freshly cut salmon topped with teriyaki sauce and mayonnaise seared to a lightly charred finish. Served (R) 4 pieces and (L) 6 pieces.

Hurry - Limited availability!



NOW EVERYDAY!

Salmon & Avo Roll (GF)

Freshly cut salmon with avocado rolled inside out. Served (R) 6 pieces and (L) 9 pieces.

Hurry - Limited availability!



HOT Specials R: \$7.50 (L: +\$2)

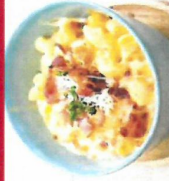
Includes fresh seasonal fruits!

MON & TUES ONLY

Mac 'n' Cheese

The ultimate classic Baked Mac and Cheese topped with golden crispy crumbs, served:

- Plain (vegetarian)
- Crispy bacon



Chickee Bites (GF)

Fried fresh chicken marinated in our secret soy and honey sauce with crunchy coating, served with rice.

Add Sauce: Tomato (GF), BBQ or Mayo (GF) (+\$0.50)



THURS & FRI ONLY

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. 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. All ingredients are carefully selected for high sources of nutrients whilst limiting saturated fat, sugar and salt intake and ensuring that it's delicious to eat!

HOW TO ORDER

Order through our website till 10:59PM for delivery 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.



WINTER Menu

Welcomeasy

Healthy communities through meals

🌐 www.welcomeasy.com.au

✉ ask@welcomeasy.com.au

Find us on **f** @Welcomeasy

Sandwiches & Salad Meal Pack

Sandwiches (GF) \$4.00 (+\$1.50)
Wraps (GF) \$6.00 (+\$1.50)
Garden Salad (GF) \$5.50
Includes fresh seasonal fruits!

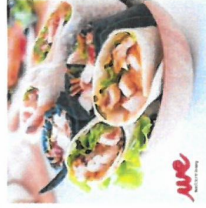
Basic Sandwiches (Smooth Wholemeal or GF)

- Vegemite, Ham, Cheese, Jam or Egg Mayo *NEW*

Wraps

(White or GF)

- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayo
- Egg Mayo & Salad *NEW*
- Tuna Mayo & Salad
- Cheese & Salad



Kids Garden Salad (GF)

(Lettuce, carrot, tomato and corn)

- Add: Pasta or Cheese (+\$1.00)
- Add: Chicken or Tuna (+\$1.50)

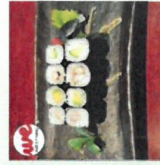


Sushi Variety Packs

Mini Rolls 8pcs (GF) \$7.00 (+\$1.50)
Sushi Wrap (GF) \$5.00 (+\$1.50)
Includes fresh seasonal fruits!

Mini Sushi Roll

Choice of teriyaki chicken, tuna mayo, avocado, cucumber rolls, salmon or tobiko. Perfect finger-sized meal.
(GF Available)



Sushi Wrap *NEW*

- Tuna & Avocado
- Teri Chicken & Avo
- Schnitzel & Avo
- Avo & Cucumber
- California

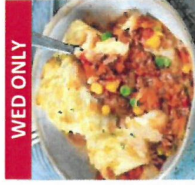


WINTER Special R: \$7.50 (L: +\$2)

Includes fresh seasonal fruits!

Cottage Pie

English classic recipe with beef gravy topped with creamy mashed potato, baked until golden.
The comfort food to warm up kids tummies in winter! (GF)



HOT Favourites From \$5.50 (L: +\$2)

Includes fresh seasonal fruits!

Lasagna

House-made with layers of slow cooked Bolognese ragu and cheese sauce topped with fresh mozzarella & LOTS of hidden veges inside ☺
Vegetarian option available



Penne Pasta with:

- House Bolognese sauce only
- Vegetarian Bolognese
- Meatball Bolognese

Fried Rice (Chicken or Vegetarian)

Mild Butter Chicken w Rice

Gourmet Pastries:

- Beef or Chicken Vegetable Pie
- Sausage or Spinach Ricotta Roll

SUGAR FREE-ZIES! \$2.00

Frozen 100% Natural Icy Poles

A treat for the kids without the GUILT!
* \$1 if purchased with any meals *



Snack Bag \$4.00

Includes mixed fruit snack!

Crunchy Vege Mix (GF)

Welcomeasy Mixed Berry Yoghurt Cup (GF)

Edamame or Corn Cob (GF) ★★

Baked Mini Pretzels Or Crunchy Rice Bites

NEW Vege Chips!



Fresh Muffins - Cocoa or Banana Bread (GF)

Creation *Fresh Organic Popcorn (GF)



Drinks (Served chilled)

Pure Spring Mini Bottled Water \$2.00

Milk

Full Cream, Chocolate, Strawberry \$2.00

Soy Drink

Original, Chocolate \$2.50

Organic 100% Juice

Apple, Orange, Apple & B'currant, Tropical \$2.50

Coconut Water \$2.50



Healthy communities through meals

SAVE up to 30% with a 3-day or 5-day meal, drink & snack plan subscription

Please check our website for allergens and dietary details of what's inside all meals.



welcomeasy.com.au

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