

Dear Parents and Caregivers

Last week a colleague shared with me a wonderful article on COVID fatigue. It speaks about the sense of loss people, including children, may be feeling at the moment. The article is written by Susanne North who is the family educator at St Margaret Mary's Primary School in Randwick and in the article she reinforces the importance of reassuring children that a lot of what is happening right now is out of our control. She reminds us that we can, however, control what is happening to us, within our families.

For me, the most meaningful section of the article was the section on what a family can do to foster self-care and to enjoy the simple pleasures in life. She recommends the following:

Find meaning and purpose in the simple pleasures of life.

- **CULTIVATE** hope and optimism through positive thinking, prayer, meditation, savouring and gratitude.
- **HUG.** Remember how important physical touch is to our nervous system. We release tons of oxytocin (happy hormones) when we experience the sensation of touch. Cuddle your children often.
- **BREATHE.** A great and quick calming activity is to simply place a hand on your forehead and the other on your abdomen. Breathe in slowly through your nose and exhale slowly through your mouth. This mindfulness practise slows down your heart rate and calms your nerves immediately.
- **LOWER EXPECTATIONS.** These are times of stress. We need to be self-compassionate and kind to ourselves. As Brené Brown so famously affirms: "Just showing up is good enough."

May I recommend that you spend a little time reading the entire article, "Feeling COVID tired, our children are feeling it too." which can be found on the website [Cath Family](#)

God bless you and your family

Bernadette Fabri

Principal



Happy Birthday to all the children who will celebrate their birthday over the next week: Joshua Day, Elijah Missak, Chanel Wakim, Abel Moses, Matthew Tocher, John Bardetta, Matthew Draybi, Amelia Sivashanmugan, Lachlan Moore, Liam Stojkovski



Art Exhibition

So in Christ Jesus you are all children of God through faith, for all of you who were baptized into Christ have clothed yourselves with Christ. (Galatians 3:26-27)

Here are some prompts to help guide your thinking;

Head - What does being Baptised mean ?

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
- Any medium

Due Date

- TBC



Preparation for the Sacrament of Confirmation:

Further information and an update will be provided.

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.

DEVICES

When schools speak about **devices** schools usually refer to chromebooks, ipads or laptops.



**FREE
ZOOM
TALKS**

A THEOLOGICAL VIEW ON SUFFERING AND DEATH

2 AUGUST – THE FIRST OF THREE LECTURES IN THE SERIES

EUTHANASIA, DYING AND THE DIGNITY OF THE HUMAN PERSON

REGISTER NOW parracatholic.org/euthanasiatalks



CATHOLIC
DIOCESE OF
BROKEN BAY



DIOCESE of
PARRAMATTA

eSafetyparents



eSafetyCommissioner

NOTES FROM THE E-SAFETY COMMISSIONER.

<https://www.esafety.gov.au/parents>

Decide on the right level of supervision for online activities

Decide which activities will be 'explored together', 'supervised' and 'independent'. All new apps, games and content should be 'explore together' activities, in which you sit with your child and play or watch together. During 'supervised' activities children can control the activity, while you remain nearby and talk with them about what they are doing. Once you and your child know a game or app really well, it may be appropriate for them to engage in 'independent' activities, while you are nearby.

[St. Patrick's Cathedral, Parramatta -
Home](#)

ST PATRICK'S CATHEDRAL INVITE YOU TO,

FORMATION:

Kindness & Goodness



SPEAKER:
*Fr Robert
Riedling*

Friday 23rd of July | 7:30pm - 9:00pm
Live streamed via the Cathedral Facebook page



BOOK WEEK 2021 August 23rd to August 27th

(Please be mindful that this event may need to be rescheduled or modified depending on COVID 19 conditions)

This year's Children's Book Week theme is **"OLD WORLDS, NEW WORLDS, OTHER WORLDS"**

The staff are currently organising some exciting activities that will assist the children to focus on the wonderful world of Literature. Some of these activities include:

- Presentations by guest authors and illustrators
- Book Week Parade WEDNESDAY 25TH AUGUST 2021
- Parents welcome pending COVID Safe restrictions at the time. Further information pending closer to the date.
- Fun Rotational Literacy Activities

So start having a think about what your children can wear. For

- New worlds: NASA Astronaut (PRESS FOR LINK)
- Old worlds: A mystery in Ancient Egypt
- Other worlds: Bilbo Baggins – The Hobbit
- Very old world: Dinosaurs
- Other worlds: Under the Sea
- Other worlds: Monsters!
- Other worlds: the world of wizardry and magic!
- Other worlds: Where the Wild Things Are
- New worlds: A dystopian future in How to Bee
- "Imaginary" other worlds: Pokemon
- Old worlds: Voyage with the Vikings
- Other worlds: Dragons!
- Other worlds: Ranger's Apprentice
- Explorers of other worlds: Dora the Explorer and Diego
- Old worlds: Anne of Green Gables



PREMIER'S READING CHALLENGE:

The challenge will finish for students and close on **Friday, August 20, 2021**. Please make sure all your books are entered by this date.

If you need assistance please contact Mrs O'Dwyer or Mrs Attard via the school email address:

stpatricksparra@parra.catholic.edu.au.



"God's love calls us to move beyond fear. We ask God for the courage to put on faith, hope and love as we go out into the world and become the word in body as well as spirit."

Pope Francis

Term Dates

Term 3 - Monday 12th July - 17th September

Term 4 - Tuesday 5th Oct - Friday 17th Dec

** Please note: Every year the NSW Government allocates 6 days to each school to be used for Staff Professional Development. These can be used for the gathering of essential data on students

STAFF DEVELOPMENT DAY - Children do not attend school on these days.

Term 3 - 17th September, 2021

Term 4 - 16th & 17th December, 2021

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 Standring (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.

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



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, 7.15pm (Arabic)

Weekday Masses

Mon to Fri 6.30am, 12.30pm Public Hol 8.00am

Pastoral Team

Dean & Administrator:

Very Rev Fr Robert Riedling

Assistant Priests:

Rev Chris del Rosario, Rev Chadi Ibrahim SDB

Parish Secretary:

Pat Preca

Sacramental Coordinator:

Meg Gale

RE: Proposal to raise the existing Pedestrian Crossings in Villiers Street, Parramatta

City of Parramatta is proposing to upgrade the existing pedestrian crossings in Villiers Street south of Ross Street and south of Grose Street to raised pedestrian crossings as shown in the attached sketch. The purpose of this proposal is to improve pedestrian safety at both locations. Council invites written submissions from residents, businesses and relevant authorities. Submissions must be provided to Council by Tuesday, 17 August 2021 by mail to Traffic and Transport Services, City of Parramatta Council at PO Box 32 Parramatta NSW 2124, by email to traffic@cityofparramatta.nsw.gov.au or via Council's Exhibition page at <https://www.cityofparramatta.nsw.gov.au/on-exhibition>. Please include your street address and survey reference number TS 2021 37 in any reply you provide.

