



Newsletter

26th August, 2021 Term 3 Week 7

Dear Parents and Caregivers

In a recent discussion I heard on the radio, people were talking about ways they are managing the challenges of the lockdown restrictions and COVID 19 in general. I was so impressed when a lady rang in to explain how she is focused on little acts of kindness. She explained how she paints rocks and places them in places around her local area when she goes for her exercise. Her aim was to bring a little joy into the lives of others by providing them with a little surprise in their day.

Like the gift of gratitude, the gift of generosity is a state that can potentially overcome any hardship. Interestingly it is one of those gifts that not only benefits the receiver but doubly benefits the giver. At no other time in our lifetime have people needed the support of their loved ones and even strangers. I know it is so hard not to be able to visit and hug our family and friends, especially our elderly and very young, but there are other ways we can show them kindness - which will still, 'make their day' or make a difference.

Studies around the world have shown that these little acts of kindness make a significant difference to people's well being, no matter the age.

Children, especially, are wonderful at demonstrating kindness without even realising the power of what they are doing. They have obviously seen the adults in their lives model kindness and consideration.

Acts of kindness during this time are not exclusive to those outside the home. Little acts of kindness can be demonstrated towards people in our own household. It is a common phenomenon that lockdown can put enormous pressure on the relationships between family members. Acts of kindness can serve as a circuit breaker if there is tension happening from lack of personal space. I acknowledge that parents report that they have lost the freedom of personal space once they became parents let alone during learning from home, but perhaps a little time can be negotiated as an act of kindness to each other.

Included in this newsletter are ideas on acts of kindness during lockdown, taken from a UK website [Mental Health Foundation](#). They quote that:

'It will help to try and see this as a different period of time in your life, and not necessarily a bad one, even though you didn't choose it. And there are still lots of things that we can do for other people to inspire kindness in unforeseen times'

A good link can be also made with the soon to be held R U OK? DAY on **Thursday 9 September 2021**.

This year, the message is "Are they really OK? Ask them today".

God Bless you and your family

Bernadette Fabri

Principal

Get involved with acts of kindness

[Mental Health Foundation.](#)

- Call a friend that you haven't spoken to for a while
- Tell a family member how much you love and appreciate them
- Make a cup of tea for someone you live with
- Arrange to have a cup of tea and virtual catch up with someone you know
- Help with a household chore at home
- Arrange to watch a film at the same time as a friend and video call
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Send an inspirational quote to a friend
- Send an interesting article to a friend
- Contact someone you haven't seen in a while and arrange a phone catch up
- Spend time playing with your pet
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- Donate to a charity
- Lend your ear – call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague
- Send an inspirational story of kindness people around the world are doing for others to someone you know
- Donate to food banks
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Offer support to vulnerable neighbours
- Offer to send someone a takeaway or a meal

BOOK WEEK 2021

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

New and exciting activities and opportunities will be available through your Google Classroom.

JOIN IN THE FUN AND YOUR PHOTO MAY BE POSTED ON THE SCHOOL'S FACEBOOK PAGE.



Visit the PRC Student Site!

<http://online.det.nsw.edu.au/prc/StudentExperience.html#/>

PREMIER'S READING CHALLENGE: Extension

The Premiers Reading Challenge closes for students **Friday, September 3 2021**. Students are able now to include up to **10 Choice Books** on their reading records. You can find more information about these adjustments on the Premier's Reading Challenge NSW [Rules page](#).

Bookclub Issue 6

Whilst we are stuck at home Scholastic has made available book club and home delivery. When ordering online you have the option of selecting home delivery and school delivery. **Please note if you select school delivery the orders will not be placed until we return to school full time.** If you select home delivery there will be a cost of \$7.50 and it will be delivery within 2 weeks. If you need any help with ordering please email the school on stpatricksparra@parra.catholic.edu.au where you will be contacted by Mrs Jones who is working from home.

Please follow the link to order: <https://bookclubs.scholastic.com.au>

Doing the same walk with the kids each day during 'stay at home' period?

Mix it up and play games like "Spotto", where you try and find something yellow on your walk or "I Spy", where you take turns to find something with the first letter given as a clue such as F (fence).

Or change the directions or the time of day that you walk for something different.

Remember to keep COVID safe when you're out and about:

- Wear a mask at all times
- Keep a distance of 1.5 metres from others
- Follow the restrictions advice for your area

<https://www.nsw.gov.au/covid-19/rules/greater-sydney#greater-sydney-restrictions>

Healthy@Home

Walks during COVID



HEALTHYEATING
ACTIVE LIVING



DATA VALIDATION REQUEST FOR FAMILIES

On Monday 16 August you should have received an email or SMS (for those parents without email) from the Catholic Education Diocese of Parramatta (CEDP) asking you to review and, where necessary, update the key information they hold about your children currently enrolled in CEDP schools.

The purpose of this review is to ensure that CEDP has the right details to correctly identify and support students, including contacting families in an emergency or to share important updates.

Steps have been taken to ensure this process is as secure as possible to protect your information and your family's privacy. Your information is only accessed by authorised staff when it is necessary and in accordance with our [Privacy Policy](#).

The process is open until Friday 3 September and I encourage you to complete the review/update as soon as possible to ensure that your family's correct details are on file. This is particularly important as Greater Sydney remains in lockdown due to the COVID-19 outbreak.

This [short "how to" video](#) may assist you with completing the process (use the closed caption icon to turn on subtitles). Please don't hesitate to contact me if you have any questions or concerns.

Only one person per family needs to complete the survey and it takes about 15 minutes to complete. If you have any questions or to seek help, please contact the CEDP Community Liaison Team on 9840 5796.

SCHOOL SPEAK

TRACKING:

Measuring student achievement at regular intervals to monitor progress in learning. Tracking is undertaken in a number of ways in a school - some are formal and most are informal day to day tracking.

For the telecast of Weekend mass follow this link:

[**St. Patrick's Cathedral, Parramatta - Facebook**](https://www.facebook.com/StPatricksCathedralParramatta)

Preparation for the Sacrament of Confirmation:

Further information and an update will be provided.

eSafetyparents



eSafetyCommissioner

NOTES FROM THE E-SAFETY COMMISSIONER.

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

Safe search

We all use search engines to find information online, and so do our children, but with that open access comes the risk of seeing inappropriate material. There are a number of child-friendly search engines like Google Safe Search (www.safesearchkids.com) and Kiddle (www.kiddle.co). In most search engines, such as Google, Bing and Yahoo, you can activate 'SafeSearch' to filter search results, so they don't include inappropriate or explicit content.

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 stpatricksparra@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>



"Even in the developed world, the effects of unjust structures and actions are all too apparent. Our efforts must aim at restoring hope, righting wrongs, maintaining commitments, and thus promoting the well-being of individuals and of peoples."

Pope Francis



Happy Birthday to all the children who will celebrate their birthday over the next week:

Ashton Grohs, Zara Diuco, Isaac Loulach, Scarlett Lagerlow, Deon Don, Rosalia Daher, Karabo Khama, Zachary Tannous

Is your child unwell ?

If you are learning from home and your child is too sick to participate in online learning please follow normal absence reporting procedures by sending in a skoolbag alert or email to stpatricksparra@parra.catholic.edu.au. This will allow the office staff to amend their attendance and notify their teachers they are unwell.

If your child has been attending school for supervision please follow the above guidelines for a child that is sick. A reminder that if your child is ill with any COVID 19 symptoms they are not to attend school, so as to keep our school community safe.

Thank you for your understanding.

Mrs Jones

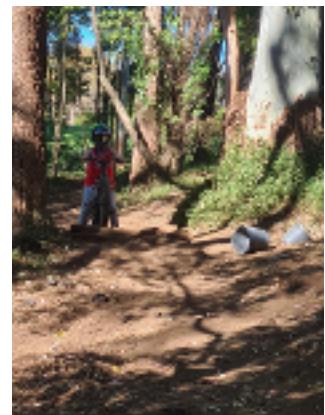
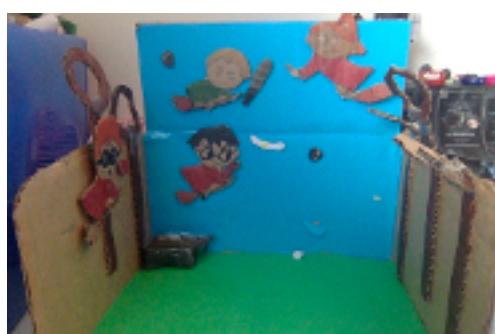


SCHOOL WELL-BEING COUNSELLING SERVICE

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.

Some of Year 5's Hidden Talents



really
Are they OK?

Ask them
today

Have a conversation
using these 4 steps



1. Ask R U OK?

How are you travelling?

You don't seem yourself lately - want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn how to ask
[at ruok.org.au](http://ruok.org.au)

R U OK?TM
A conversation could change a life.

NEW TESTING CLINIC



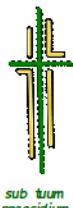
Health
Western Sydney
Local Health District

COVID-19 Drive-through Testing Clinic at **Bankwest Stadium**

- ⌚ Time: 8am - 6pm daily (9am start on 11 August)
- ⌚ When: 7 days a week until further notice
- 📍 Where: Northern carpark, Enter at Gate 2
O'Connell Street, Parramatta, NSW, 2150

**Testing is FREE. All ages welcome.
No booking or GP referral required.**

**Check when you're eligible for COVID-19 vaccination using the
Australian Government Vaccine Eligibility Checker**



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