

Dear Parents and Caregivers,

Welcome back to the start of Term 3. Although the grey clouds and wet weather has continued into Term 3 the staff and students are looking forward to digging deeper into our learning during Semester 2.

As you are aware Ms Fabri had to undertake some emergency surgery during the term break. She is recovering well and is following doctors orders and will be going home soon. She sends her thanks to all those who have sent through support via emails or phone calls. I am sure you will join with the staff and continue to pray for her during this time.

Although most children are excited and happy to be back with their friends and are ready to dive into another term of hard thinking, there are some children who are not as ready to leave the familiarity of their home. These children may be showing signs of anxiety, from feeling 'butterflies' in their tummy to expressing emotions through tears. Anxious children sometimes do not have the words to express how they are feeling. It is difficult for parents to see their children feeling this way and at times, parents can become confused about how to help. Often separating from a parent or caregiver is the hardest part of the day, especially after spending two weeks in a loving and comfortable environment.

I am sure at some stage in our life we have all experienced those anxious moments, and for most of us we can work through them by implementing strategies, such as deep breathing techniques and talking through our thoughts with a caring adult. Although moments of anxiety are part of growing up, it is also important for parents to monitor their children's anxiety levels and behaviours and help them develop strategies to work through these emotions. According to Michael Grose: While we can't necessarily tackle anxiety at its source and make the situations that overwhelm a child disappear, we can help them to develop a lifestyle that builds their resistance against the very worst of anxiety. Plenty of sleep, adequate diet, regular exercise and sufficient time in nature are some of the lifestyle factors that builds strength against the psychological ravages of anxiety." (Grose, Michael, Help Kids to Beat COVID Induced Anxiety, 11/8/2020)

If you have any concerns with regard to your child(ren) in relation to anxiety please feel welcome to come to school and discuss this with your child's class teacher, Ms Fabri or Mrs Standing. The school counsellor can sometimes be of assistance if you are feeling concerned about your child and anxiety.

This week we welcome a new school counsellor to our school community, Mrs Katie McGrath. She will be working at our school Tuesday - Thursday and is looking forward to connecting with our families.

"Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all." **2**

Thessalonians 3:16

Leanda Standing

Acting Principal

Grandparents Day

On Sunday July 24 we celebrate the 2nd World Day of Grandparents and the Elderly. The date is chosen to coincide with the Feast of Saints Joachim and Anne (grandparents of Jesus) during the week. Pope Francis has chosen the theme "In old age they will still bear fruit" (Ps 92) and calls us all to reflect on how grandparents and the elderly bear fruit in our world.

Pope Francis has chosen this theme to awaken our collective sense of gratitude and respect for the elderly and to seek new ways of making the elderly a living part of our community. Not only are young people called upon to show their respect for the lives of older people, but the elderly also have a mission – to pass on their faith.

Each of us, whether single or married, religious or priest, share in this mission. Let's reflect on some particular ways in which it is lived out by grandparents and the elderly.

St Patrick's will celebrate Grandparents Day on Tuesday 9th August.

Outline of the Day

9:30 - Mass

10:30 - 12:00 - Morning tea

12:00 - 1:00 Open Classrooms

More details to follow.

Mrs Bonserio

HAPPY BIRTHDAY



Happy Birthday to all the children who will celebrate over the next week. We hope you have a great birthday -

Aerith Jeffries, Jacinta Azizi, Elijah Missak, Chanel Wakim, Joshua Day, James Malkoun, Mia Laous, Abel Moses, John Bardetta, Amelia Sivashanmugam

Term Dates

Term 1 - Friday 28th January to Friday 8th April

Term 2 - Tuesday 26th April - Friday 1st July

Term 3 - Monday 18th July - Friday 23rd September

Term 4 - Monday 10th October - Tuesday 20th December

** 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 DATES

Day 4 Friday 23rd September - Formation (Last day of TM 3)

Day 5 Monday 19th December 2022

Day 6 Tuesday 20th December 2022



PREMIER'S READING CHALLENGE

Congratulations to those students who have almost finished entering their books onto the Premier's Reading Challenge website. The Challenge closes for students on Friday ,19th August 2022. Thank you for your assistance in encouraging our students in their endeavour.

Religion News...

Preparation for the Sacrament of Confirmation Registration for Confirmation through St Patrick's Cathedral Parish is now open for children 10 years or older who have made their Reconciliation and First Eucharist.

While this is the minimum age for children to join in preparation for the Sacrament of Confirmation, it is important to note that there is no maximum age for children who have been baptised as infants to complete their initiation into the faith community. The online registration form can be found on St Patrick's Cathedral website at stpatscathedral.com.au.

Go to the "Sacraments" tab in the section titled "Confirmation".

The calendar of mandatory preparation sessions is as follows:

Confirmation 1: Tuesday 19 July 7:30pm - Parent session (Note the revised date)

Confirmation 2: Tuesday 26 July 7:30pm - Parent session

Confirmation 3: Saturday 6 Aug. 4:30pm - Parent and Children session
Confirmation 4: Saturday 13 Aug.4.30pm - Parent and Children session

Practice for Confirmation: Saturday 20 August, 4:00pm - Parents and Children session

Ceremonies for Confirmation: Saturday 27 August at 11:30am and 3:00pm



Congratulations to the Sahyoun Family (Jimmy 4G & Joshua 1S) on the birth of their precious baby boy, Anthony.

We do not accept any cash and all orders must be placed through the LOOP platform. If you need help ordering books please come into the office and see Mrs Jones



St Patrick's Award

The St Patrick's award is given to the child who lives their life through Faith in Action

KA	Elise Dahrie	Jordan Adaymy
KM	Sarkis Youssef	Amelia Naudi
1C	Joseph Kalouch	Maroun Mourad
1S	Leah Wijesekara Jayawardena	Nicholas Chu
2M	Rosalia Daher	William Kerr
2Y	Flora Thompson	Xavier Abu-Ali



Honour Award

The Honour Award is awarded to the child who demonstrates outstanding behaviour shown in the Student Charter

KA	Rachel Roumanus	Emily Tejada
KM	Angelina Zhang	Kyrie Dibia
1C	Elizabeth Aitkins	Audrey Perram
1S	Olivia Sahyoun	Athena Valencia
2M	Vittorio LoSurdo	Michael Roumanus
2Y	Noah Naudi	Jude Rahme

Awards were held over from Term 2 - Week 10



St Patrick's Award

The St Patrick's award is given to the child who lives their life through Faith in Action



3L	Jaidyn Shehadie	Ava Takchi
3T	Marcella Abboud	Erika Talbot
4B	Sophia Khoury	Kayla Amaral
4G	Jacinta Malkoun	Johnnie Daher
5C	Annabella Remaili	Elijah Skaf
5T	Kenzie Murphy	Joseph Norman
6P	Gabrielle Vella	Alicia Remaili
6W	Stephanie Jabbour	Joshua Manago



Honour Award

The Honour Award is awarded to the child who demonstrates outstanding behaviour shown in the Student Charter

3L	Isla-Rose Eid	Isaiah Zaiter
3T	Deon Don	Aaliya Ebrahim
4B	Mary Gilchrist	Ethan Siva
4G	Andrew Batti	Lourdes Saleh
5C	Christian Karam	Chloe Vella
5T	Wren Chua	Olivia Moussa
6P	Barbie Koima	Shavene Perera
6W	James Morson	Germain Toledo

Awards were held over from Term 2 - Week 10





To celebrate NAIDOC week, our school was presented with an interactive cultural awareness programme by Troy Allen, called **Wadjiny**.

Troy is from Bundjalung Goori (East Coast) and he grew up in the Mount Drutt community. Troy has spent the last 25 years sharing his knowledge around Australia and internationally.

Troy used song, music, dance, and some artefacts to tell the stories of the First Nations people. Students were even treated to a fire starting demonstration!



NAIDOC Week

On the 18th of July 2022 an Aboriginal Australian man (Koori man) came to St Patrick's and discussed and demonstrated to us how the Indigenous People lived and survived before white settlement. He expressed how they hunted using wooden tools e.g spears and boomerangs and how they utilised the whole animal to make food, clothing and tools.

The First Nation Peoples never wasted anything and only hunted and gathered to survive. He showed us how they started a fire and how they made garments to stay warm during the freezing nights.

He demonstrated ways that they would share and pass down stories and traditions through dance and song and the children and teachers were invited to join in by performing actions and sounds. It was so much fun. Even the teachers got up the front and joined in the dance to tell the story of how the women and young girls gathered.

We also learnt many interesting words in his Aboriginal language for example dinawa is emu and bunda is kangaroo.

We loved the traditional paint marking on his face and body which is an important custom for the Aboriginal people especially when performing or during ceremonies.

It was a very interesting experience and we learnt many new and fascinating things about the culture, practices and beliefs of the traditional Aboriginal Australian way of life.

Written by Sophia Semaan and Lachlan Moore (Year 6)



MACQUARIE
University

Is your child aged 8-12? Are they nervous about doing school talks or speeches?

The Centre for Emotional Health is recruiting for an exciting project to discover the best ways to reduce fear of public speaking in children and teenagers aged 8-12.

FIND OUT MORE

If you are interested in learning more, please email the research team at publicspeakingfears@mq.edu.au or call on (02) 9850 8596.

HERE ARE SOME OF THE BENEFITS OF BEING INVOLVED IN THIS RESEARCH:

- A free 2 hour treatment session for your child's fear of public speaking
- Your family will be reimbursed \$50 for your time



COME JOIN US AT ST PATRICK'S CATHEDRAL 9.30AM MASS FOR

children's liturgy

ALL PRIMARY AGE SCHOOL STUDENTS ARE WELCOME
PRE-SCHOOLERS ALSO WELCOME WITH PARENT SUPERVISION
SESSIONS ARE RUN DURING SCHOOL TERM



TIPS FOR Writing

Resource: [How Parents Can Help with Writing at Home \(PETAA\)](#)



DAILY JOURNAL

I love having students write in their journals each morning. While sometimes there is a basic prompt such as, write about your favorite food or something you did over the weekend, I usually let students free-write. This is an easy activity for children to do at home, too. There is no right or wrong way to write in a journal, so just let them be creative.

Tip: If you find your child is stuck and does not know what to write about, give them three minutes to draw a picture in their journal and then have them write about their drawing.

[CONVERSATION STARTERS ABOUT CYBER SAFETY \(link\)](#)

These tips are designed to be used in a family to start everyday conversations about online safety. The questions cover topics such as identifying online risks, using technology safely and reporting unsafe behaviour. Use them together with the information at eSafety kids, and empower kids to take control of their online experiences.

[App checklist for parents](#)

Checklist The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

Do your research

- The eSafety Guide is a good starting point.
- Other sources include Common Sense Media and ConnectSafely, which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the application (app) eSafety tip: Check whether the app can be used for content sharing, photo and video sharing, messaging and online chat, voice chat, video calling, live streaming, gaming, in-app purchasing, online relationships, location sharing and encryption.

Helping your Year 1 and Year 2 child at home with Mathematics

This guide can help you support your Year 1 and Year 2 children at home with the learning area of mathematics.

Statistics and probability

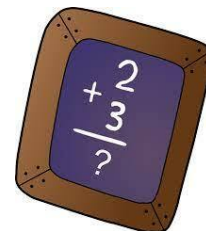
Data

Data focuses on:

- gathering and organising data in tables and picture graphs
- interpreting and describing the results.

You can help your Year 1 and Year 2 child at home by:

- assisting them to interview members of your family about a topic of interest. Some examples could be finding what categories of food or television shows family members enjoy the most. Use tally marks to record the answers
- representing this data as a simple graph using pictures to show the largest to smallest values. For example, *5 people like seafood, 9 people like fast food and 3 people like vegetables* describing the information by comparing the data. For example, *4 more people like fast food than seafood, 6 fewer people like vegetables than fast food.*





BOOK WEEK 2022

“ Dreaming with eyes open...”

We are looking forward to celebrating Book Week next term in Week 6. Lots of great activities are in the process of being organised for our students.

Please take a look at the information you will need below.

CBCB BOOKWEEK - DREAMING WITH EYES OPEN...

[PRESS LINK FOR MORE INFORMATION](#)

The theme for CBCA Book Week 2022 is **Dreaming with eyes open...** This theme can be interpreted as, when one reads it is like dreaming with one's eyes open. People who love reading will often refer to being lost in the story - like dreaming. Stories that are well written can help the reader to visualise with great clarity what is happening in the story which stimulates their imagination, connections and can lead them to develop ideas of their own.

BOOK WEEK PARADE - Glasses and/or Hat Parade

Date: **Monday 22nd August 9.30am Parents welcome. (Parents are invited to join the parade by dressing up in their pyjamas and glasses and/or hat also - Join in the fun!)**

Clothing: **Pyjamas and joggers**

Dress Up Theme: **Hat or Glasses**

Decorate a pair of glasses or a hat with your dream character.

- Who is your dream character?
- Imagine yourself as a book character.
- Who are you?
- What do you look like?
- Where are you?

NB: Children are asked to bring a book with their dream character to share with others on the day.

Glasses can be made of cardboard - there are many cutouts and templates on the internet or cheap ones made of plastic. Children need to embellish them in any way they like representing their dream character.

[LINK TO GLASSES TEMPLATES](#)

[LINK TO GLASSES TEMPLATES](#)

OR/AND

Hats Children can create a hat or headdress representing their dream character. It could look like their imagination escaping from their mind. Let your imagination fly! Dare to Dream

[LINK TO HAT IDEAS](#)

1 BOOK WEEK PARADE - Glasses and/or Hat Parade

Monday 22nd August 9.30am

2. AUTHOR VISITS FOR OLDER READERS

Tuesday 23rd August: [Sue Whiting](#)

3. ILLUSTRATOR VISIT FOR YOUNGER READERS

Wednesday 24th August: [Nathaniel Eckstrom](#)



"Although the life of a person is in a land full of thorns and weeds, there is always a space in which the good seed can grow.

You have to trust God." "Let us pray for peace: peace in the world and in each of our hearts." "God's love calls us to move beyond fear.

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, or through Skoolbag App. The school follows the CEDP Complaints Handling Policy.

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

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 McGrath will then contact you for further information. Further details can be found in previous newsletters.

For the telecast of Weekend mass follow this link:
[**St. Patrick's Cathedral, Parramatta - Facebook**](#)



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

Parish Secretary:

Pat Preca

Sacramental Coordinator:

TBA

Office Hours: 9.00am to 4.00pm



Order via *QuickCliQ*

Follow the instructions to place a **Meal Order** below to order:

Go to: www.quickcliq.com.au

Log in using your *QuickCliQ* username and password.

PLEASE ENSURE ALL YOUR STUDENT DETAILS ARE UP TO DATE, Health warnings in your student profile should be completed if your child has any food allergies/ intolerances.

Select **MEAL ORDER** button.

Step 1 – Select child

Step 2 – Select date

Please Note: Meal Orders must be placed by ORDER cut-off for selected date, or the order will default to the next open canteen day

*Orders may be placed up to 3weeks in advance

Step 3 – Select items – when complete select **ADD TO CART**

Repeat step for each required break

Step 4 – Select **PAY & PLACE ORDER** follow the payment option prompts before leaving the page.

An **order confirmation email** will then be sent to your email login address confirming the order is successful.

*To check any pending orders. Select **ACTIVE/CANCEL ORDERS** tab on the homepage.

Support when you need it: Monday to Friday, 7.30am – 4.00 pm
1300 11 66 37 / support@quickcliq.com.au

- SANDWICHES -

Jam/Vegemite.....	\$3.00 E
Cheese.....	\$4.00 E
Cheese & Tomato.....	\$4.50 E
Ham , Cheese & Tomato.....	\$5.00 E
Chicken & Salad	\$5.50 E
Egg, Lettuce & Mayo	\$5.00 E
Tuna, Lettuce and Mayo.....	\$5.00 E
Chicken, Lettuce & Mayo.....	\$5.00 E
OR Cheese sandwich & fruit cup & water.....	\$7.00

- WRAPS -

Grilled Fresh Chicken.....	\$6.00 E
Lettuce, Tomato, Carrot, Cheese, Mayo	
Kafta & Salad.....	\$6.00 E
Hummus, Lettuce, Tomato, Mixed Pickles	
Falafel & Salad.....	\$6.00 E
Hummus, Lettuce, Tomato, Mixed Pickle	
Chicken & Cheese Roll BBQ Sauce.....	\$5.50 E
Tuna & Salad Wrap.....	\$6.00 E
Cheese & Salad Wrap.....	\$5.50 E
OR 1/2 wrap of choice, juice box & popcorn	\$6.50

- HEALTHY PACKS -

Lge Graze Pack (a mix of fruit, veggies, crackers, cheese and yogurt or hummus)	\$6.00 E
Zaatar Pack (small zaatar pizza, veggies & yogurt).....	\$6.00 E
Sml Graze Pack (ham, carrots, cheese, apple slices).....	\$4.00 E
Plus Water & Sea Salt Chips extra.....	\$3.00

ST PATRICK'S
Parramatta



ST PATRICK'S PRIMARY

SCHOOL

NORTH PARRAMATTA

2022 TERM 3 CANTEEN

PRICE LIST

- DRINKS & SNACKS -

300ml Water Bottle.....	\$2.00 E
Juice Box.....	\$2.50 E
Apple Blackcurrant, Orange, Apple	
Juice Bombs Various Flavours	\$3.00 E
Oak Milk 300ml - Strawberry/Chocolate.....	\$3.00 E
Plain Popcorn.....	\$1.80 O
Mamee Noodles.....	\$1.60 O
Corntos.....	\$1.80 O
Red Rock Deli Sea Salt.....	\$2.00 O
Fruit Piece.....	\$1.20 E
Hummus/Yogurt & carrot sticks.....	\$2.60 E
Cheese Stick.....	\$1.20 E
Corn Cup.....	\$1.20 E
Single Fruit Cup.....	\$2.60 E
Cheese & Crackers.....	\$3.20 E

www.quickcliq.com.au

Order Cut Off time available daily till 9pm
orders to be placed 24hrs in advance



Claudia's Kitchen

TASK

out-of-school hours care



Parramatta Schools After School Care Service

Starts
Monday
6 June

To enrol - click url or scan qr code

task-kids.com.au/macarthurgirlshs

Enrolments
Now Open

From \$3.30 per session
with maximum CCS rebate



- Bus transport after school to Macarthur Girls HS. Staff on coach with seat belts, air con, first aid & communication equipment.
- Dedicated brand new OSHC building
- Healthy food & snacks • Govt. approved provider
- First aid & child protection trained staff
- TASK is screen free • Fun & educational programs
- Enrol: task-kids.com.au/macarthurgirlshs
- Questions: enrol@task-kids.com.au

task-kids.com.au
1300 827 500

Opening hours &
fees before rebate

After School Care:
End of school day - 6pm
Fee: \$22



The
After
School
Klub