

Dear Parents and Caregivers

By now, I am sure, the children have gotten used to the new routine for going to school every day. For some children the adjustment for waking up and going to school early in the morning is challenging as they may have spent 2 weeks going to sleep a little later and getting up a little earlier. Some parents have commented to me that adequate sleep is an issue for their children and are at a loss of what to do. I sometimes notice the sleepy eyes on children in the afternoons and wonder at what time did they get to sleep.

One of my favourite authors of interesting educational topics is Michael Grose and he has written an article on [Sleep Tips for Kids](#).

Here are some interesting facts that you may find interesting:

- Helping children to understand how their body clock works is very important
- Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas
- The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.
- The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged children. This may vary depending on the child themselves.
- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.

Here is an example of a regular bedtime routine as suggested by the [Raising Children Network](#). Understandably this may not be possible for all families as life gets very busy and hectic and each context is different; however it is worthy to note the ideal.

#### **What a positive bedtime routine looks like**

*A bedtime routine can have quite a few activities. The key is that you do similar activities in roughly the same way each night, starting around 20 minutes before your child's bedtime.*

*Most bedtime routines include pre-bed tasks like having a bath and brushing teeth, as well as quiet, enjoyable activities like reading a book or listening to a story. The aim is to keep the atmosphere calm and positive, using positive attention and praise.*

*Here's an example of a bedtime routine that could start after dinner and a bath:*

- *Your child plays quietly for 15-20 minutes – this could include reading with you.*
- *You and your child go into the bedroom.*
- *You and your child have a brief cuddle and kiss.*
- *You put your child into bed.*

*At the end of the 20-minute 'positive period', be clear that it's now time for sleep. This means no more stories or talking. Say goodnight to your child, then leave the room straight away.*

Please feel free to share with us your tips on 'sleep time' to publish for other parents in next week's newsletter. Just email us on [stpatricksparra@parra.catholic.edu.au](mailto:stpatricksparra@parra.catholic.edu.au)

God bless you and your family

Bernadette Fabri (Principal)

# Upcoming Events..

We have a very busy term coming please find links for upcoming excursions/events to complete permission or interest that have been sent through Compass.

Event	Location	Date	Google form Link	To be completed by
2022 Swim Trials	Granville Swim Centre	2nd November	<a href="https://forms.gle/Xacy3F5jdZpk77d8">https://forms.gle/Xacy3F5jdZpk77d8</a>	<b>21st Oct</b>
NRMA Road Safety Day	School Hall	8th November	<a href="https://forms.gle/iu8UGbupxkWG7pBE8">https://forms.gle/iu8UGbupxkWG7pBE8</a>	<b>4th Nov</b>
Stage 2 & 3 Touch Footy gala Day	Kingsway Touch Footy Fields	11th November	Only for children who have previously nominated	<b>N/A</b>
Year 1 - Western Sydney Parklands	Bungarribee	18th November	<a href="https://forms.gle/EZQdCdL6x86ZWdzu6">https://forms.gle/EZQdCdL6x86ZWdzu6</a>	<b>11th Nov</b>
Year 2 - Hambledon Cottage Museum	Parramatta	18th November	<a href="https://forms.gle/RH6x9Em3Ttw7wPaz5">https://forms.gle/RH6x9Em3Ttw7wPaz5</a>	<b>9th Nov</b>
2023 Kindergarten Orientation	Kindy Classrooms	21st Nov 22nd Nov 23rd Nov 9.15 am - 10.30am	Our 2023 Kindergarten Students will attend one session to introduce them to St Patrick's Primary.	<b>N/A</b>
School Disco	Playground	25th Nov 5.30 pm - 9.00 pm	Expression of Interest only - <a href="https://forms.gle/LgRRQFx9EK62kCVb6">https://forms.gle/LgRRQFx9EK62kCVb6</a>	<b>21st Oct</b>
Year 5 & 6 Personal Dev Night	School Hall	28th November - 7 pm	<a href="https://forms.gle/mpSPS1vtJqnB2htPA">https://forms.gle/mpSPS1vtJqnB2htPA</a>	<b>25th Nov</b>
Year 6 - Powerhouse Museum	Sydney	1st December	<a href="https://forms.gle/S4pXo3guQmp7n76b9">https://forms.gle/S4pXo3guQmp7n76b9</a>	<b>18th Nov</b>
Staff Development Day		2nd December	<b>Children do not attend school</b>	
Staff Development Day		5th December	<b>Children do not attend school</b>	

## **STAFF DEVELOPMENT DAYS**

Dear Parents and Caregivers

This term the Catholic Education Office Diocese of Parramatta have allocated teachers 2 extra staff development days. The reasoning for this allocation is to do with the major staff shortages and illness this term resulting from an increase in COVID - 19 cases, colds and influenza. This has meant that teachers have needed to use their normal release time to take additional classes and learning interventions. The decision to provide these two extra days was taken to ensure teachers have the time to focus on their teaching priorities and classroom planning. Please find a schedule of the planned Staff Development Days for the rest of the year.

Your understanding is much appreciated

**Friday 2nd December 2022**

**Monday 5th December 2022**

**NEW**

**Monday 19th December 2022**

**Tuesday 20th December 2022**

## **Changing Schools in 2023?**

Are you thinking of or needing to change schools in 2023? Whatever the reason, we would appreciate you letting us know as soon as you can. This will assist us in preparing for 2023 with class lists and staffing. It would be appreciated if you could notify the school in writing that your child will be leaving St Patrick's Primary, Parramatta at the end of the year. This is not required for Year 6 children.

Save this date: Friday 25th November, 2022  
'Dancing Under the Stars Disco' 5.30pm to 9.00pm



More information to come!



## **HAPPY BIRTHDAY**

Happy Birthday to all the children who will celebrate their birthdays this week and next. We hope you have a great birthday - **Kaylani Elphinstone, Catehrine Kwa, Emily Salloum, Cynthia Daher, Makayla Kalouch, Elodie Haddad, Stephanie Jabbour**

## Art Showcase - 'My Baptismal Calling'

**Topic:** 'My Baptismal Calling'

**Format:** Entries should be no larger than an A4 sized paper

Showcase closing date: Entries close Friday 4 November (Term 4, Week 4)

**Final Display:** Monday 17 December. People's choice awards will be framed and displayed on the Faith in Dialogue Gallery

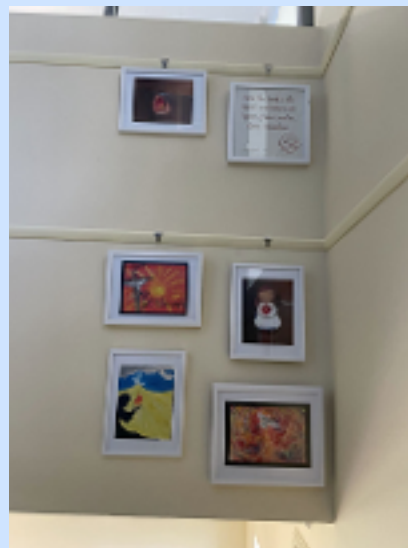
### Requirements:

Name:

Class:

Title of the Entry:

Brief explanation of artwork



### NRMA Science and Road Safety Day

On Tuesday 8 November our school will be hosting the NRMA Science and Road Safety show. Students from Kindergarten to Year Six will participate in the program which focuses on road safety and is mapped to the NSW K-6 PDHPE and Science Syllabi.

Students are invited to bring their helmets to school as they will have the opportunity to practice these skills.

The sessions are as follows:

8:50am Stage 2 (Yrs 3 & 4)                      9:50am Early Stage 1 (Kindy)

11:00am Stage 3 (Yrs 5 & 6)                      1:30pm Stage 1 (Yrs 1 & 2)

Parents are invited to attend the sessions. If you are interested in attending please fill in the google form below indicating the session time you are attending so we can ensure there are enough seats available.

<https://forms.gle/TGdrCCgiNYRhLm9s7>

Look out for the gate signs that will summarise the key road safety information covered during the visits. They may also increase the wider community on different aspects of road safety.

We look forward to sharing the experience on our Facebook page.

Yours Faithfully,  
Mrs Standing



## Faith In Action (FIAT)

As part of Religious Education there is a Faith in Action component. Students are empowered to contribute to God's mission in the world by supporting the work of Catholic Mission through prayer, advocacy, and action, including fundraising.

In Term 4, St Patrick's Primary will be fundraising for:

JRS	Christmas Hampers
Catholic Mission	Ice block Friday and Socktober Donation



### OUR MISSION

To empower school communities by celebrating and engaging with mission through a Head, Heart and Hands model.

### Socktober

Dear Parents/Guardians,

Just a reminder that next week (week 3,) during your child's PE lesson, they will be participating in the Socktober Challenge to assist Mission Australia in raising money to help support vulnerable people living throughout Australia and the world.

Please ensure that your child has their 'sockball' ready to participate in their PE lesson with Mr Younis and, if possible, that a donation on behalf of your family has been made via the QKR App.

We will be organising for the used sockballs to be recycled through an organisation that is working to help decrease the amount of waste and landfill by recycling unwanted clothes and textiles. H & M is a great example of a company taking initiative to help our environment. At St Patrick's, we are also concerned about helping to protect and renew God's creation (our common home) and therefore would like to support this great initiative.

After the students are finished with their sockball, they will be collected by Mr Younis and the Faith in Action Team members, who will then arrange for the socks to be transported to a recycling centre.

Today, less than 1% of the materials used to make clothes get recycled each year. This means that thousands of tonnes of textiles end up in landfills. By reusing or recycling fashion, we can turn that around. All of the old socks are shredded into textile fibres and used to make, for example, insulation materials.

If you do not wish for your child to recycle their socks that is perfectly ok. However, if they are old socks and you would rather dispose of them, then please have your child hand them in after their Socktober Challenge experience for recycling into the allocated tubs.

We appreciate your support in helping to care for our environment as well as supporting those in need.

St Patrick's Parramatta FIAT Team

## STUDENT CHARTER FOCUS (WEEK 1)

You may wish to highlight our focus area at home this week as we work together to reinforce safe and appropriate behaviour at St Patrick's Parramatta Primary School.

This week we are focusing on:

**Able to learn to the best of my ability**

This means we have the responsibility to;

- Pay attention when a teacher or my peers are helping me to learn
- Follow and listen to instructions or rules
- Take ownership of my learning

ST. PATRICK'S PRIMARY SCHOOL, PARRAMATTA:

### STUDENT CHARTER

"My children, our love should not be just words and talk:  
it must be true love which shows itself in action"

1 John 3:18

As a member of our school community, I have the **RIGHT** and **RESPONSIBILITY** to ...



- 
- practise safe and appropriate behaviour
  - practise safe and appropriate Internet use
  - listen to the teachers who will guide me to be safe
  - follow school and classroom rules
  - keep our classroom and playground clean
- pay attention when a teacher or my peers are helping me to learn
  - follow and listen to instructions or rules
  - take ownership of my learning
- respect other people's opinions
  - treat others the way I want to be treated
  - speak clearly and use appropriate words
  - show courtesy and respect when listening and speaking to others
- be kind to others
  - be welcoming of others
  - be positive
- use equipment in a safe and appropriate way, including technology
  - be respectful of the school and personal property
  - use only what resources I need
- ensure that my words and actions do not discredit the school
  - wear my uniform with pride

### RESPONSIBILITIES



#### Reminder - No Hats, No Play (Walk and talk in the amphitheatre)

Now the weather is getting warmer we are reminding the students of the importance of wearing a hat during break times. Even on cloudy days the sun UV rays can have a detrimental effect on the skin of children, so children without a hat will be directed to use the shade of the amphitheatre during their break. If you could also label your child's hat and ensure they have their own hat.

# Literacy: Poem Forest

This term, many of the students at St Patrick's have been busy composing poems for the Poem Forest initiative. For every poem submitted, Red Room Poetry will be planting a tree in Mount Annan Botanical Gardens. Every week we will be highlighting some of the wonderful poems submitted by our students:

## Ava Boutros

### Forest

Look at the river  
What do you see?  
I see a big blowfly looking at me  
Look at the trees  
What do you see?  
I see a branch waving at me  
Look at the leaf  
What do you see?  
I see a bee staring at me  
Look at yourself  
What do you see?  
I see a bug moving up me  
Look at the grass  
What do you see?  
I see it moving to me  
Look at the flowers  
What do you see?  
I see it scratching me  
Look at the forest  
What do you see?  
I see a beautiful place

## Mary Gilchrist

### Seasons

Summer heat unveils the year with sun shine bright  
Autumn breeze says go to the leaves a very nice sight  
Winter is just so piercing cold  
Spring breaths life on new and old  
Summer comes back round going by at speed of light

## Catherine Kwa

### Summer

The time when the children play  
Running  
Jumping  
Skipping all day  
Winter  
The time to be in the snow  
Autumn  
The season when the leaves will go  
Spring  
The time when the plants appear  
You might even see one  
Far or near  
These are the four seasons of the year  
They may be different  
But they all give us cheer!

# St Patrick's Award

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



KA	Luke Shaw	Anthony Tannous
KM	Mary-Jo Bounassif	Lourdes Malek
1C	Mario Kancijanac	Aidan Murphy
1S	Anthony Youssef	Matilda Miranda
2M	George Nassif	Mila Moses
2Y	Amelia Sivashanmugam	Julian Badr

# Honour Award

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



KA	Olivia Younis	Cedric Calumpiano
KM	Kyrie Dibia	Elodie Haddad
1C	Gabriel Higoy	Audrey Abboud
1S	Natalie Kahwaji	Adrian Jreij
2M	Vittorio LoSurdo	Maroun Abraham
2Y	Xavier Abu-Ali	Gabriella Semaan





# St Patrick's Award

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3L	Christopher Hanna	Michael Agostino
3T	Jessica Lim	Tony Karam
4B	Dominic Rahme	Patrick Saab
4G	Elaine Xue	Lourdes Saleh
5C	Beth Roumanus	Hannah Scanlon
5T	Victoria Nassif	Kenzie Murphy
6P	Cynthia Daher	Anabelle Tudberry
6W	Elio Layoun	Rhys Bautista



# Honour Award

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3L	Isla-Rose Eid	Allen Elias
3T	Aaliya Ebrahim	Sophia Zhang
4B	Ava Boutros	Kayla Amaral
4G	Mia Freifer	Andrew Khalil
5C	Elijah Skaf	Phillip Said
5T	Callum Donaldson	Hunter Morson
6P	Joel Lahoud	Christian Jreij
6W	Angelica Beame	Christian Donaldson



**St Patrick's Cathedral**  
**Sacraments of Initiation**  
**Reconciliation and Eucharist 2022-2023**

Thank you to all participants who attended the Information evening last Tuesday. To be eligible for preparation children should have turned seven (7) years of age before 01 July 2022 (this year). If you missed the Information evening, please contact Pat at [secretary@stpatscathedral.com.au](mailto:secretary@stpatscathedral.com.au). Don't forget, Enrolment Mass on Sunday 23 October at 9.30am.

All enquiries to above email.

**RECONCILIATION CEREMONY: Tuesday 22nd November 7.30pm**

Please note, the registration process will require you to supply a copy of your child's baptism certificate. For any enquiries, please contact: [secretary@stpatscathedral.com.au](mailto:secretary@stpatscathedral.com.au) or call Pat on 8839 8412

**DON'T FORGET!**



 **SCHOLASTIC**

**Book Club**

orders are due:

**26th October**

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## Term 4 Week 2

### Spotlight - Year 4

#### Sophia Khoury:

##### What is your least favourite food to eat? Why?

My least favourite food to eat is **onions**, because they taste very bitter and I don't like the texture.

##### Who is your favourite character in a movie or book and why?

My favourite characters in a movie are **Dory and Nemo** from Finding Dory. I like them because they are very funny and crazy and I love the storyline of the movie.

##### Where has been the best place you have travelled to or visited in the holidays or on a weekend?

The best places I have ever been to are **Fiji, Hamilton Island and Lebanon**. I love these places because they have so many activities to do, the music and food are amazing and the views and beaches are beautiful.

##### If you could have any animal as a pet, what animal would you choose and why?

My dream animal is **a dog**, and now I finally have a dog named Coco that I got 2-3 years ago.

##### If you had \$100 what would you do with it?

If I had \$100 I would **donate it to the less fortunate people**, because they don't have a lot of money and with \$100 they could buy clothes, food, water, pillows and blankets.

#### Daniel Jurisic:

##### Who is your favourite superhero and why?

My favourite superhero is **Wolverine**, because I like how he keeps trying and he is independent. He's strong and cool because of the blades that come out of his knuckles. He is best friends with Deadpool and he can heal really fast and I think he is a very interesting character that gets misunderstood sometimes.

##### What is your favourite thing to do in your spare time and why?

My favourite thing to do in my spare time is **play with my action figures** because when I am annoyed or sad, it gets me away from the world and I like being alone. It allows me to use my imagination and have fun.

##### If you could eat anything for dinner, what would you choose to eat and why?

I would choose to eat **'sarma'**. This food is mince meat wrapped in boiled cabbage. It is a Croatian dish.

##### If you were given money to buy one thing, what would you choose to buy and why?

I would **buy new action figures** because I want more action figures to play with and sometimes I can't buy things if they are too expensive, so I would take this chance to buy new action figures that I will play with a lot, helping me expand my imagination.

##### What are 4 words you would use to describe yourself?

The 4 words I would use to describe myself are: **Imaginative, Kind, Happy, and Strong**.

#### Grace Talbot:

##### What is your favourite food to eat? Why?

My favourite food to eat is **Doner Kebabs**, because they have lots of vegetables, and their meat is delicious. Also, at the shop they are very friendly.

##### What achievement in your life so far are you most proud of?

My greatest achievement so far is the **Regionals, Athletics competition** for running. I am proud because I have never made it that far in a competition, and I don't train for this.

##### Where has been the best place you have traveled to or visited in the holidays or on a weekend?

The best place I have been to is **Tasmania**, because I got to travel with my Grandma, spend time with my family. We also went to visit an old prison, and we got a fright.

##### If you could have any animal as a pet, what animal would you choose and why?

The animal I would choose as a pet would be a **Lion**, because when trained they are very friendly, and cuddly.

##### If you could meet anyone in the world, who would you like to meet and why?

I would love to meet **Christano Ronaldo**, because I really like watching and playing soccer.

**Johnnie Daher:**

**Who is your favourite superhero and why?**

My favourite superhero is **Captain America**, because he has a cool shield he uses to deflect the shots.

**What do you like to do most in your spare time?**

In my spare time, I like to **kick foody goals at the park**. I like how I can practice for real games because I'm going to play tackle footy soon.

**If you could eat anything for dinner, what would you choose to eat and why?**

I would choose **Sushi**. My favourite sushi is baby salmon, but I also like salmon and avocado rolls.

**What do you want to be when you grow up?**

I would like to be a **builder** when I grow up because my dad has his own building company and I want to work there and be an assistant.

**Who do you admire the most in your life that has had a positive influence on you and why?**

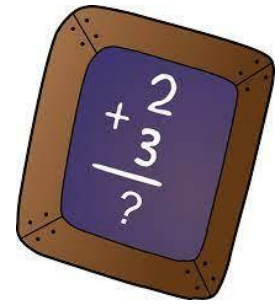
The person I most admire is **my dad** because he teaches me new skills, like how to build or fix something around the house. He also takes me somewhere when I'm bored or lonely and spends lots of time with me even though he is busy with work and our family.

All students are warmly invited to attend on Saturday 22 October from 7pm to 10pm at St. Patrick's Cathedral Parramatta.



Lifted  
live  
in the  
forecourt

# Helping your child with all strands of Primary school Mathematics



<https://education.nsw.gov.au/parents-and-carers>

Maths expert and parent, Associate Professor Janette Bobis from the University of Sydney, gives her top tips on how young kids can become confident in maths.

## Time

### How do children learn to measure time?

Initially, children will learn about time through using language such as yesterday, today and tomorrow and through comparing the time it takes to complete activities. I can clap my hands three times while you throw a ball in the air and catch it. Later, children will read the time from both digital and analogue clocks.

### What can you do at home?

- Talk about events in terms of time. For example, It's going to take about three minutes to cook this, so you might have time to butter some bread.
- Look for different kinds of clocks and watches in the house. Ask your child if they are analogue or digital.
- Have your child help you set a kitchen timer or an alarm clock.
- Record special events on a calendar and talk about how many days or weeks before the event.
- Watch athletics and swimming events and talk about the times the athletes are achieving in the events.
- Locate the 'use by' dates on groceries and discuss how many days left before the item should be used.
- Have your child help you read bus and train timetables when using public transport or read the arrivals and departures board if at the airport.
- Look at parking signs and discuss the time restrictions when parking the car.
- Have your child help you put the correct money in parking metres and talk about the amount of time before the meter runs out.

### [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.

#### [Getting started with parental controls on devices and accounts](#)

Android devices Google Family Link allows parents to use an app to manage their child's device. You can find out more at [families.google.com](https://families.google.com). Follow these steps to get started: 1. Set up an account for your child using your Google account. 2. Download the Family Link app to your phone or tablet. 3. Verify your child's account. 4. Go to Digital Wellbeing and Parental Controls and use the settings to set limits on apps, schedule downtime and see what your child is doing online – whenever you change this it will update on your child's device. 5. On your child's device, activate the account using the passcode or by pairing their device to yours.

# 2023 school travel applications are now open

Applications for student travel in 2023 opened from **Monday 10 October 2022**.

## The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.

### Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

#### Years K-2 (Infants)

There is no minimum distance.

#### Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

#### Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

### Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at [transportnsw.info/ests-update](https://transportnsw.info/ests-update)

### How to apply

Applications for next year open at the start of Term 4 this year.

#### Step 1

Once the new school has confirmed your child's enrolment, complete the application at [transportnsw.info/school-students](https://transportnsw.info/school-students)

#### Step 2

The school endorses your application.

#### Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.



A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.



### Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

#### Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week\*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off†
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at [transportnsw.info/opal](https://transportnsw.info/opal) or pick one up from an Opal retailer. To find a retailer in your area visit [transportnsw.info/opal-retailers](https://transportnsw.info/opal-retailers)



Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a Transport Concession Entitlement Card. To apply contact your school or institution.

\* Excluding Sydney Airport train access fee.

#### Please

For information on how we handle personal information please refer to the Opal Privacy Policy at [transportnsw.info/tickets-and-opal/privacy-policy](https://transportnsw.info/tickets-and-opal/privacy-policy) and the School Pass Terms at [transportnsw.info/school-pass-terms](https://transportnsw.info/school-pass-terms)



