



Dear Parents and Caregivers,

Tuesday and yesterday were two very important days in the churches calendar; All Saints Day and All Souls Day. They are days where we are encouraged to think of and pray for our dearly departed and for the holy saints. On this day, people all around the world take time to attend mass and cemeteries to spend time with members of their family, who have passed on, especially on their first anniversary. Having lost both my father and my mother it is fair to say that there is not a single day that goes past where I do not think of both of these amazingly special people. I imagine there are many of you who know exactly what I am speaking about and although it has been many years now since their passing, when I hear their favourite song or someone mentions their name I am reminded about all they have contributed to my life and that of my family and how much we miss them. We speak about them often and we are now at a stage when we laugh with much joy at the memories we have of them. I still sometimes cannot believe that they have passed as it all seems like the other day when we held their hand on this journey.

I think it is when you lose someone close and dear to you that you realise how special our Catholic faith is. Our church traditions are such that they assist people through their grief and the signs and symbolic actions within the requiem mass, guide and lead us to a sense of hope in our sadness. All Souls Day is another time when we feel free to think of them with the intensity we often don't afford ourselves the luxury to do during our busy lives. The thought that they are still with us, in heaven; someone we can pray for and pray to, can sometimes leave us with comfort and a feeling of being loved. Pope Francis shared some very welcoming thoughts about All Souls Day in one of his homilies.

I would like to share with you some of his words

- We believe that we will one day see God when we pass. This certainty is Christian Hope. "A hope that is a gift.: We cannot have it. It is a gift that we must ask: "Lord, give me hope".
- This certainty is a gift from God, because we can never have hope with our own strength. We have to ask for it. Hope is a free gift that we never deserve: it is given, it is grace.
- "Hope does not disappoint" (Rom 5 : 5), Paul told us. Hope attracts us and gives meaning to our life. I do not see the afterlife, but hope is the gift of God that draws us towards life, towards eternal joy.
- Today, in the thoughts of so many brothers and sisters who have gone, it will do us good to look at the cemeteries and look up. And repeat, like Job: "I know that my Redeemer is alive, and I will see him, myself, my eyes will contemplate him and not another". And this is the strength that gives us hope, this free gift which is the virtue of hope. May the Lord give it to all of us.

Beautiful words of HOPE.

May God Bless you and your Families

Bernadette Fabri

Remembering our Spiritual Ancestor

God of our ancestors. Today we gather to our hearts all those who have influenced our lives with their love and goodness. Although they have passed on to the other side of this life, their lives continue to affect who we are and what we do. Like the sound of a bell resounding in the welcoming air, so has the goodness of these holy ones resonated in our lives. Thank you for these ancestors and the bond we have with them.

Let us remember the ones who lived and loved deeply, who found the source of their inner strength from you.

Let us remember the light-filled ones, who enkindled our spirits with their teachings and the spark of their beliefs ...

Let us remember the risk-takers who faced their fears and took action, who sought justice even though they had to pay a price for it ...

Let us remember the vulnerable ones who allowed us to care for them, to be with them in their time of need...

Let us remember the faith-filled ones who brought us to the Holy One, who led us, by their words and example, into a deeper relationship with God...

Let us remember the brave ones who walked through their struggles with hope, who taught us how to trust and have confidence during times of sorrow and difficulty...

Let us remember the nurturers, who birthed us physically or spiritually, who gave us sustenance by their caring presence...

Sacred One, Giver and Sustainer of Life
Thank you for the holy ones whom we have known.
As they embrace you in the white-robed home of eternity
We give you thanks for them.
May our lives model their virtues.
May our hearts resonate with their goodness.
Amen
Out of the Ordinary, Joyce Rupp

THANK YOU!

Dear Parents and Caregivers,

Thank you so much for your expressions of gratitude to our teachers last Friday on World Teachers Day. I can truly say that the staff really appreciated the children's kindness and we all delighted in their excitement to wish each of us a Happy Teachers Day.

Thank you also for encouraging your little ones to learn the song, 'The Gardener' which we sang to the teachers on Friday morning. The words of this lovely but simple song are so true. We certainly take our vocation of teaching seriously and we realise the enormous impact a good teacher can have on children. We can all remember the impact of a teacher who seemed to understand us and who knew exactly how much push and pull to implement.

May I take this opportunity to thank the wonderful teachers at St Patrick's. Their dedication and interest in your children is obvious in the many ways they go that extra step to assist them to be happy and fulfilled at school. They are creative and enthusiastic and demonstrate to the children the importance of teamwork and commitment on a daily basis. Their love for their faith is one of their greatest assets, each bringing their own unique gifts to our community. On this week of World Teachers' Day may I wholeheartedly recommend the profession of teaching. The future of our world needs intelligent and faith filled young people who are willing to share their minds and hearts as teachers in our Catholic Schools.

Bernadette Fabri

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
NRMA Road Safety Day	School Hall	8th November	https://forms.gle/iu8UGbupxkWG7pBE8	4th Nov
Stage 3 Touch Footy gala Day	Kingsway Touch Footy Fields	11th November	Only for children who have previously nominated	N/A
Year 1 - Western Sydney Parklands	Bungarabee	18th November	https://forms.gle/EZQdCdL6x86ZWdzu6	11th Nov
Year 2 - Hambledon Cottage Museum	Parramatta	18th November	https://forms.gle/RH6x9Em3Ttw7wPaz5	9th Nov
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.	N/A
Year 4 - Incursion with Ranger Jamie	At school	24th November	Year 4 will be participating in an incursion with Ranger Jamie - The Force be with you	N/A
School Disco	Playground	25th Nov 5.30 pm - 9.00 pm		
Year 5 & 6 Personal Dev Night	School Hall	28th November - 7 pm	https://forms.gle/mpSPS1vtJqnB2htPA	25th Nov
Year 6 - Powerhouse Museum	Sydney	1st December	https://forms.gle/S4pXo3guQmp7n76b9	18th Nov
Staff Development Day		2nd December	Children do not attend school	
Staff Development Day		5th December	Children do not attend school	
Christmas Concert	OLMC Hall	7th December	N/A	N/A
Kindy - Lizard Log	Western Sydney Parklands	8th December	https://forms.gle/g5YBGPs2iDTbqHcZ6	2nd December

Event	Location	Date	Google form Link	To be completed by
Year 6 - Reflection Camp	Katoomba Christian Convention	8th & 9th December	https://forms.gle/awWLtm1gfeqqqxAGA	2nd December
Year 6 Graduation and Thanksgiving Mass	St Patrick's Cathedral	Thursday 15th December		
Last Day of 2022		Friday 16th December		
Return to school 2023			Friday - 27th January - Staff Development Day Monday - 30th January - Staff Development Day Tuesday - 31st January - Years -6 Return to school Thursday - 2nd February - 2023 Kindy commence	

Please refer to the Compass Notification for further information on each event.

Art Showcase -

'My Baptismal Calling'

Topic: 'My Baptismal Calling'

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

Showcase closing date: **CLOSES TOMORROW**

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



SCHOOL FEES

School fees for 2022 are due to be finalised by 16th November 2022.

Please contact Fiona Mitterer at pats-parrfees@parra.catholic.edu.au if you have any questions.



Dear Parents/Guardians,

"The **Jesuit Refugee Service (JRS) Australia** supports refugees in our community and people seeking asylum. They need our support to help them continue to **feed 200 families each week!** The pandemic has had a lasting effect on their clients and has meant the level of complexities in people's

circumstances have intensified. With no government financial support available, charities like JRS have been their only hope. Many families have had to choose between having enough food for dinner or being able to turn heaters on when it's cold."

This Year, as in previous years, our St Patrick's School community is seeking to put our faith in action and assist the JRS in supporting these vulnerable families within our community by donating essential food, toiletry and hygiene products. Let's help them make sure that everyone gets a special meal this holiday season by donating to the Christmas Hamper Appeal.

Please refer to the list below for items that are greatly needed for donation. We will be asking for donations to come in between Monday Week 5 (7th November) and Tuesday Week 9 (6th December). We will then arrange for the donated items to be transported to the JRS headquarters so that they can be distributed to the families in need asap.

Thank you for your ongoing support. Please only donate what you can as times have been hard for many families during the last two years especially. The JRS appreciate anything we can provide to support their mission, even prayers.

The students are to store their donations in their classroom and then the Faith In Action Team will organise for the donations to be transported.

Thank you and God Bless.
Faith In Action Team

Donations List - JRS Foodbank

ES1- Kindy

- biscuits and snacks
- Christmas pudding
- Christmas cake
- salt and pepper
- sugar (500g and 1kg)
- teabags

Stage 1 - Years 1 & 2

- basmati rice (1kg) - basmati rice (5kg)
- long life full cream milk, 1 litre
- cornflakes - pasta
- canned tuna in oil (not flavoured), (190g and 425g)
- canned tomatoes, 400g

Stage 2 - Years 3 & 4

- Shampoo / Conditioner
- Soap
- Deodorant (men's and women's)
- Toothbrushes / Toothpaste
- Sanitary pads
- Size 4, 5 & 6 nappies
- Clothes washing detergent (at Aldi for \$1.50 or any brand you can)
- Dishwashing detergent (at Aldi for \$1.50 or any brand you can)
- Razors

Stage 3 - Years 5 & 6

- dry chickpeas (1kg and 375g) - dry green lentils (1kg and 375g)
- dry red lentils (1kg and 375g) - canned chickpeas, 400g
- canned red kidney beans, 400g - canned lentils, 400g
- cooking oil (750ml/1 litre) - pasta sauce
- coffee

Please NO soup or baked beans as they have an excess amount of these products. Thank you

St Patrick's Parramatta

Villiers Street, Parramatta NSW 2150

Ambrose School Age Care supports working families needing childcare outside of school hours

Our program includes games, activities, and free-time facilitated by Ambrose Educators experienced in the Nationally approved learning framework My Time Our Place has a variety of activities each day according to the children interests and ideas.

They're also a great way to make friends and most importantly – have fun!



Our Opening Hours

Before School Care: 6.30am – 8.30am

School Care: 2:30pm – 6.00pm

Pupil Free Day: 6.30am – 6.00pm

Our fees Government subsidy (CCS) available depending on each family's eligibility.

Session	Time	After 85% Child Care Subsidy*	After 50% Child Care Subsidy*	Advised Fee No Child Care Subsidy
Morning	6.30am – 8.30am	\$4.28	\$11.55	\$22 per session
Afternoon	2.30pm – 6.00pm	\$6.06	\$16.54	\$31.50 per session
Pupil Free Day - Standard Fee - Early 'Bee' Special	6.30am – 6.00pm	\$14.43 \$ 12.51	\$39.37 \$34.12	\$75 \$65

*Child Care Subsidy (CCS) can provide up to 85% of the cost of your childcare fees. External party charges for in-service workshops and excursions may apply.

All educators working directly with the children hold a valid working with children check and there is always an educator rostered who is qualified in first aid, asthma, anaphylaxis and CPR.



ENROL NOW, VISIT:

To register your interest please complete the form [here](#)

Email: stpatrickspa@ambrose.org.au

Learning for life

NAPLAN NEWS

From 2023 NAPLAN is moving from May to March. Students in Year 3, 5, 7 and 9 will participate in NAPLAN online next year from **March 15 - 27 March**. **Year 3** complete **Reading, Conventions of Language** and **Mathematics** online. Year 3 complete **Writing** with pen and paper. **Year 5** complete **Writing, Reading, Conventions of Language** and **Mathematics** online. ***All students are required to use headphones during the test so they can hear verbal instructions without disrupting other students. This is the time to check if your child's headphones are in working order and replace them over the holiday break. All students in Year 3 and 5 will need to send a pair of headphones to the school before Term 1, Week 6, 2023 to ensure all students are ready to participate in the NAPLAN test window.***

Students can access the demonstration site via the link below. This site gives them an opportunity to engage in the types of questions that will be used during NAPLAN.

<https://pages.assessform.edu.au/pages/year-3-demos>

<https://pages.assessform.edu.au/pages/year-5-demos>

Information re Christmas Gifts

At this time of year I am often asked the question, '**Can our children bring Christmas gifts to school for other children?**' My response is always firstly to thank the parent for checking in with the school. My second response is how kind and generous parents are.

Children can definitely bring gifts to give to other children for Christmas however I do ask that you consider the guidelines below:

- There is absolutely no expectation that children bring gifts to school for other children.
- Giving a gift to a friend is a very kind gesture, however giving a gift to every member of the class is unrealistic for many families. Children are really good at learning to manage different situations like not receiving a gift, if they are given the opportunity. I am sure that our children will have many gifts for Christmas within their family.
- If you are considering giving gifts to all children in their class please do not go to excessive expense. Many families are already under so much time and financial stress at this time of year and they may feel obligated to respond the same.
- The school is fully aware that our families are extremely generous and will often show this by gifting on special occasions. Let us all come to an understanding that a sense of gratitude is all that is needed in response. No gift is required in return. In this way families that wish to gift can continue to do so without pressure on others. Let us enjoy this wonderful season soon to be upon us.
- Please be mindful that food gifts are restricted, however, due to the number of children that have severe allergies. Please check with your classroom teacher.



OUR MISSION

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

Dear Parents/Guardians,

On behalf of Catholic Mission and the staff at St Patrick's Primary School Parramatta, we would like to thank you for your kindness, generosity and compassion towards supporting the vulnerable members of communities in Australia as well as in developing countries. Through your overwhelming donations, our school community has managed to raise **\$1000.00** which will be transferred to Catholic Mission along with the funds raised through the sale of ice blocks.

This much needed funding will assist Catholic Mission to reach out and give life to those who require assistance, ensuring they receive food/water, medical aid, education, clothing and other essential resources to improve the quality of their life. Without people like you, organisations such as Catholic Mission would not be able to provide the desperate help that millions of vulnerable people in Australia and around the world need in order to live.

Thank you for putting your faith into action and reaching out. God Bless.

St Patrick's Faith In Action Team

Acts 20:35 *"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'"*

1 John 3:16-18 *"This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth."*

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.

STUDENT CHARTER FOCUS

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:

Be treated fairly

This means we have the responsibility to;

- Be fair to others
- Be welcoming of others
- Be positive

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"

1.6.18

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 class rules
 - keep my 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 fair 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**

st.patrickprimary@nsw.edu.au



HAPPY BIRTHDAY

Happy Birthday to all the children who will celebrate their birthdays this week. We hope you have a great birthday - **Natalya Wakim, James Said, Bella Younis, Isaiah Zaiter, Rachel Roumanus, Charles Nasr, Isabelle Kazzi, Kyrie Dibia, Olivia Rizk, Patrick Semaan**

St Patrick's Award

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

Honour Award

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

KA	Theodore Stonham	Isabelle Kazzi
KM	Jordyn Dardas	Andre Abraham
1C	Alexandra Nasr	Natalya Wakim
1S	John-Paul Wahbe	Leah Wijesekara Jayawarden
2M	Sky Rizkallah	Jamie Chiha
2Y	Fareeda Daher	William Gebrael

KA	Nicholas Lahood	Rachel Roumanus
KM	Natasha Kalouche	Peter Kahwaji
1C	Maddy Cruz	Caterina Boulous
1S	Bella Younis	Lara Alphonse
2M	Elijah Missak	Sophia-Rose Remaili
2Y	Jude Rahme	Flora Thompson



St Patrick's Award

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



3L	Christopher Hanna	James Said
3T	Chanel Wakim	Victoria Adaymy
4B	Daniel Jurisic	Mia Golossian
4G	Lourdes Saleh	Patrick Semaan
5C	Ray Chen	Andre Taboas
5T	Celine Joachim	Olivia Fayad
6P	Abbey Matta	Ava Lao
6W	Stephanie Jabbour	James Agostino



Honour Award

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

3L	Miami Calumpiano	Esperenza Thompson
3T	Marcella Abboud	Sebastian Vella
4B	Frank Malkoun	Benjamin Kalouche
4G	Vincent Camenzuli	Scarlett Jaitani
5C	Mateo Barroso	Sara Lorenzo
5T	Michel Kazzaz	Isaac Wehbe
6P	Richard Do	Lucas Pavlovic
6W	Paul Khouri	Isaac Loulach



Food Purchases for Disco

Dear Parents and Caregivers

To assist us with food and drink quantities for the School Disco we are asking you to indicate your anticipated purchases for you and your family. We understand that you may change your mind on the night however it will still give the organising committee a rough estimate.

Expression Of Interest - Disco Food Stores

Thank you once again for your support and cooperation.

Kind regards,

Samantha Baaini

St Patrick's Primary School Disco Donations

Thank you to all the Disco committee members for all your help and great ideas. Your help has been appreciated.

The St Patrick's Primary School Disco is on Friday the 25th of November this will be a fundraiser to purchase equipment to be used to enhance creativity and teamwork through play. The aim would be to re-engage students to play together without needing to use devices.

We are asking for donations of items to be sold in the canteen on the night, these include packaged lollies, individual kids size chips and glow sticks.

These items will be sold on the night.

Thank you for your generosity.

Items donated can be taken to the canteen each morning from 8:30 am.



Lollies & Confectionery



Single Serve Chips



Glow in the Dark



Zooper Doopers





Term 4 Week 4

Spotlight

Mrs Tleyji:

What is your dream holiday destination and why?

My dream holiday destination is **Europe** because I would love to explore all the wonderful tourist attractions. The main places I would go would be **Italy, Spain, Portugal and Greece.**

What is your favourite food/meal and why?

My favourite food is **Lebanese food** in general because it's extremely delicious and healthy.

What is your greatest accomplishment in life so far?

My greatest accomplishment in life so far is **raising my three beautiful children** and working hard to help them achieve their goals and get to their careers and also being debt free.

If you could travel back to any age/year what age/year would you choose and why?

I would probably **travel back to when I was 19 in 1994** because I travelled to Hong Kong which was my first international trip by myself and it was a great city and destination in general.

How do you like to spend your spare time?

I love to spend my spare time **at the beach** because I love to **go for walks along the beach and catch up with my friends.**

Mrs Smith:

What would you say is a hidden talent or fact about you that no one or not many people would know?

A hidden talent or fact about me that no one or not many people would know is that **I can sign (communicate) the alphabet in sign language.**

What is your least favourite food/meal to eat and why?

My least favourite food/meal to eat is **Laksa** because I like other foods better and it's my least favourite food - but if I had to eat it then I would because it's not the worst.

What is your dream vacation and why?

My dream vacation is **ANYWHERE near the beach** because I absolutely LOVE the ocean.

How do you like to spend your spare time?

I like to spend my spare time **reading** because I really love and enjoy reading.

If you won the lottery and decided to give up working with students, what would you do instead?

If I won the lottery and decided to give up working with students I would **move to the beach and I would do painting and craft.**

Mrs Baaini:

What is your favourite food/meal and why?

My favourite meal to eat is **capricciosa pizza** because it is a delicious combination of basic ingredients so you taste the flavour of each ingredient.

If you could travel anywhere in the world, where would you like to go and why?

I would love to travel to **Singapore** because this was my first family holiday destination and I have a lot of special memories that I would love to relive now that my children are older.

Who has been the greatest inspiration throughout your life?

The greatest inspiration throughout my life so far has been **my older sister Gloria** because she has faced a lot of personal and medical challenges throughout her life but has overcome them through maintaining her faith and love for her family. She has always been a role model and support to me no matter what she is going through.

If you won a million dollars what would you do with the money?

I would **invest half of the money for my children's futures** to help them purchase their first home and **donate the other half to my parish** to help support and maintain the church.

What do you like to do in your spare time?

In my spare time I love to **go for walks with my husband** and **watch netflix movies with my husband and children** so that we can unwind and spend time together.

Mrs Scuderi:

What is your least favourite food/meal to eat and why?

Coriander because I don't really enjoy the taste.

What is your dream vacation and why?

A **massive shopping trip to Las Vegas** and then **jet setting off to Hawaii** for some further shopping and relaxation.

If you won the lottery and decided to give up working with students, what would you do instead?

Buy a remote island somewhere and just relax in the sun.

What do you like to do in your spare time?

I enjoy **putting my feet up and catching up on my TV shows.**

Who has been your greatest inspiration and why?

My father is my greatest inspiration because he's physically and mentally strong with everything he's had to deal with in life. No matter how he's feeling, he'll always have a smile on his face.

[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.

[Esafety Gift Guide](#)

Drones

Drone technology is becoming increasingly popular — what was once a pricey hobby for enthusiasts is now far more accessible, with models suitable for children now available.

So, what exactly is a drone? Put simply, a drone is like a remote-control toy helicopter. They are extremely manoeuvrable with varying features, including cameras.

Age guide

Most drones are recommended for use by children over 12 years, however some are designed specifically for younger children aged from 8 years.

What to look out for

- Drones can store personal and financial information about its owner, such as credit card numbers or GPS information about the drone's flights.
- If the drone includes a camera, it is important your child understands others' right to privacy and doesn't fly their drone into private property or restricted areas.
- Although flying a drone is legal in Australia, regulations have been put in place by Australia's Civil Aviation Safety Authority (CASA) and must be followed to avoid hefty fines. You can read up on them here.

How to stay safe

- Check what personal and financial information is stored on the drone and whether the data can be accessed by other people.
- Assess whether your child has the patience and maturity to fly a drone correctly and responsibly.
- Teach your child how to fly their drone or learn together. Co-learning is a great way to model good behaviour — and a good excuse to have a go yourself!
- Report unsafe drone use to CASA. Check safe drone-flying areas using the OpenSky app.

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.

News regarding change of Menu for Online Lunch Service Claudia's Kitchen.

Dear Parents and Caregivers ,

The school's online lunch service will not longer be selling the following products:

- | | |
|----------------|--------------------|
| ** Humus | ** Carrot pack cup |
| ** Zaatar pack | ** Falafel wraps |

The decision to discontinue selling these foods is due to their high sesame seed content.

Many of you may be aware that we have a number of children who are allergic to nut products. Exposure to nut products especially Nutella, peanut butter and foods containing sesame seeds such as manoush and the above mentioned, is potentially life threatening and can result in an anaphylactic episode which is a very serious condition. As you can appreciate, it is a very worrying situation for their parents and although parents work very hard in preparing their children with the skills necessary to live with their condition, minimising the risk for their little ones is very important.

I know that your children not being able to buy these foods or bring them to school may be disappointing, however children's safety will always take priority. These lovely foods can be kept for treats at home if needed.

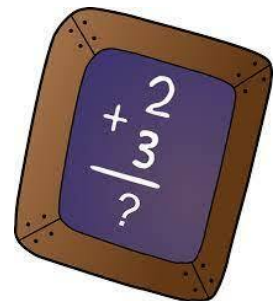
As always I appreciate your cooperation in this matter. If you have any questions or concerns please do not hesitate to contact me through the school office.

Kind regards
Bernadette Fabri

Helping your child with all strands of Primary school Mathematics

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

Helping your child with all strands of Primary school Mathematics - **Understanding numbers**



The building blocks to maths begins with kids learning to count – eggs, pegs... anything you can think of.

At a glance

- Kids learn counting as a pattern of words, just like a nursery rhyme.
- Kids learn the pattern of counting by repeating the numbers.
- To count, kids need to match saying the number words with the correct number of things.
- Kids should be given lots of opportunities to practise and explore counting groups of things.
- Children also need to recognise and name numbers.

One of the first experiences kids have with numbers is counting. Counting starts as learning a pattern of words, just like a nursery rhyme. As kids' counting develops, they begin to relate the words to a number of 'things'.

How do kids learn to count and use numbers?

Kids learn the pattern of counting by repeating the numbers. At the beginning, this pattern may have gaps where your child may leave out a number in the sequence, or they may invent numbers. It's common to hear kids say '20-10' after counting to 29.

Remembering the words for each number in the correct order such as '1, 2, 3' is only part of counting. To count, kids need to match saying the number words with the correct number of things, ie, saying the number "three" for three cars. Kids should be given lots of opportunities to practise and explore counting groups of things as well as making groups. Children also need to recognise and name numbers.



Parents Representative Council

SUPPORT | CELEBRATE | EDUCATE



MAKE EACH DAY BETTER THAN THE LAST

Join Osher Günsberg's powerful presentation will cover difficult subject matters such as addiction, mental health and wellbeing issues and he will share his personal story against the backdrop of his extensive and successful media career. His presentation is based on his best-selling memoir 'Back After The Break'. A revealing, raw, funny and heartfelt book. The real picture of Osher's life has not always been quite so rosy as he has struggled with anxiety, panic attacks, depression, alcohol addiction and suicidal thoughts.

A story all young adults should hear.



Our guest speaker for the PRC parent engagement event is:

Osher Günsberg

Mental health advocate, podcaster, author and one of Australia's favourite television personalities. He will share with you how he navigated his own mental health challenges and how he aims to make each day better than the last by promoting healthy conversations.

Register here to attend



....Space is Limited for this FREE event so don't delay in registering....

High Schooled aged Children can attend the event, but they must be accompanied by a parent. A strict limit 2 children per Parent applies and you must register your children as well for them to attend.

Warning: content in this presentation will cover subject matter that may be triggering for some people. Parental discretion is advised.



Monday, 14th November 2022

Doors open: 6:15pm for 7:00pm (apx 2 hours)

(PRC General Meeting- will be held prior to guest speaker)

St John Paul II College Nirimba Campus, Eastern Rd Quakers Hill

Check out our Facebook site  @preparra

Light supper and refreshments will be provided and a lucky door prize will be up for grabs!



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Today, ACYP is launching

The NSW Strategic Plan for Children and Young People

2022-2024

acyp.

The Plan's six core commitment areas

were developed in response to what children and young people told us was important to them, and these commitment areas will help to direct the NSW Government's efforts to better support and respond to children and young people's needs.

acyp.

We commit to working together to build a NSW where children and young people have:

- Hope for the future
- Love, connection and safety
- Health and wellbeing
- A good standard of living
- Environments for joy and fun
- Respect and acceptance

acyp.

ACYP's team always want to hear children and young people's voices and perspectives.

If you have something to share with us, go to acyp.nsw.gov.au/strategic-plan-2022-2024 Or you can email us at acyp@acyp.nsw.gov.au

acyp.



In the exchange of gifts [gifts of the Holy Spirit], then, we learn that we cannot be self-sufficient without the graces granted to others. **May the Holy Spirit continue to inspire you...**, and may each of us personally experience the joy and comfort of his grace.

[Pope Francis](#)

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
 Office Hours: 9.00am to 4.00pm



2023 Team Sport Trials

Parramatta Diocese 2023

Information For Parents

2023 Parramatta Diocese Team Sport Trials

Expression of Interest registration window open

Dear Parents,

Parramatta Diocesan Primary students enrolled in Year 5 and 6 in 2023 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term 4 in 2022, Term 1 & 2 in 2023.

Students in Year 4 in 2023 MAY nominate for the sports of Basketball, Hockey, Softball, Tennis & Touch Football only.

It is important to note that these trials are generally for those students that **MUST** demonstrate an **ABOVE AVERAGE** ability, **HIGH LEVEL OF SKILL DEVELOPMENT** or in particular sports demonstrate **REPRESENTATIVE** playing experience in their nominated sport. In most sports, students should have experience playing regular competition outside of school.

To facilitate this, Parramatta Diocesan trials will be held in some sports and others are through CSNSW Sport at MacKillop level and nominations will be available through the CSNSW Sport portal in 2023:

2023 Diocesan Team Sport Trials held in November 2022				
Sport	Age Group	Trial Date	Nominations Open	Registration closing date
Basketball	Open boys & girls teams	29 November 2022	31 Oct 2022	Tuesday 10th November 2022
Cricket	Open boys & girls teams	15 November 2022	31 Oct 2022	Tuesday 10th November 2022
Tennis	Open boys & girls teams	25 November 2022	31 Oct 2022	Tuesday 10th November 2022
Touch	Open boys & girls teams	25 November 2022	31 Oct 2022	Tuesday 10th November 2022
2023 Diocesan Team Sport Trials held in Term 1 & 2 2023				
Sport	Age Group	Trial Date	Nominations Open	Registration closing date
AFL	Open boys/girls combined team	Term One 2023	7th November 2022	Tuesday 7th February 2023
Football (Soccer)	Open boys & girls teams	Term One 2023	7th November 2022	Tuesday 7th February 2023
Hockey	Open boys & girls teams	Term One 2023	7th November 2022	Tuesday 7th February 2023
Netball	Open boys/girls combined team	Term One 2023	7th November 2022	Tuesday 7th February 2023
Rugby League	12's boys/girls combined team	Term One 2023	7th November 2022	Tuesday 7th February 2023
	11's boys/girls combined team	Term One 2023	7th November 2022	Tuesday 7th February 2023
Rugby Union	Open boys/girls combined team	Term Two 2023	7th November 2022	Tuesday 7th February 2023
Softball	Open boys & girls teams	Term Two 2023	7th November 2022	Tuesday 7th February 2023
2023 NSWCPSS Team Sport Trials held at MacKillop level or NSWPSA Regional level				
AFL Girls	Open girls	Term One 2023	Nominations Open in 2023	Registration via CSNSW Sport portal
Diving	10/11yrs & 12/13yrs girls & boys	4 April 2023	Nominations Open in 2023	Registration via CSNSW Sport portal
Golf	Open boys & girls teams	1st August 2023	Nominations Open in 2023	Registration via CSNSW Sport portal
Rugby 7's	Open girls	9 August 2023	Nominations Open in 2023	Registration via CSNSW Sport portal



2023 Team Sport Trials Parramatta Diocese 2023 Information For Parents

2023 Parramatta Diocese Team Sport Trials Expression of Interest registration window open

OPENS 31 October 2022 - Basketball, Cricket, Tennis & Touch ONLY

- closes 10th November 2022

OPENS 7 November 2022 - AFL, Hockey, Football, Netball, Rugby League, Rugby Union & Softball - closes 7th February 2023

To be eligible for selection for these trials the **2023 CEDP Primary Sport TEAM Registration Form** must be completed. The registration form must be completed that can be accessed via the **PARRAMATTA DIOCESE PRIMARY SPORT WEBSITE** www.primarysportparramatta.catholic.edu.au OR scan the QR code below.

PARRAMATTA DIOCESE PRIMARY SPORT WEBSITE

Go to the **"REP SELECTIONS"** tab and scroll down to the **SPORT** you wish to register for and click on the **"REGISTER"** button below the heading **"Primary Sport Expression of Interest Registration Form"**.

This online form is an **EXPRESSION OF INTEREST (EOI)** for the 2023 Parramatta Diocesan Primary Sport Team Trials. Parents may complete this form to attend a selection trial. One form is to be completed per student, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

PARRAMATTA DIOCESE PRIMARY SPORT QR CODE

Click on the link to nominate your expression of interest.



APPROVALS PROCESS

This online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST be approved by the student's school**. For the student to attend the nominated trial or event, the school approves students based on playing history and selection criteria. All fields and especially "Representative Experience" if applicable to the sport **MUST** be completed. Under no circumstances will a student be eligible to trial if the 2023 CEDP Primary Sport TEAM Registration Form has not been completed and approved by the school by the closing date.

PARRAMATTA TRIALS INFORMATION

Students that are **approved to attend** will receive a Primary Sport Team Sports Trial Information sheet and will be required to complete a consent form for the trials.

For **APPROVED** students, there is a team trial cost involved with the trials and **payment is to be made prior to attendance at 2023 trials and NOT at the trials**

FULL DAY TRIALS - Tennis, Cricket & Boys Soccer

HALF-DAY TRIALS - AFL, Basketball, Girls Football, Netball, Rugby League, Rugby Union, Touch

AFTERNOON SCHOOL TRIALS - Hockey & Softball are held after school beginning at 4pm

Due to the popularity of boys' cricket, boys' soccer, and netball a maximum of two students are eligible to trial from each school. Selection of these students will be made jointly by the school sports coordinator and principal. Discretion can be sought from the CEDP Teaching Educator Primary Sport.

- The teacher conducting the trial and accompanying the team to the venue is a "Team Manager" - not a coach.
- Parents are responsible for all transport and supervision arrangements and **must remain to supervise their child at the trial at all times.**
- Students need to generally be of representative standard.
- Attendance at training days, where applicable is compulsory.
- The selector's decisions are final.



2023 Team Sport Trials Parramatta Diocese 2023 Information For Parents

2023 Parramatta Diocese Team Sport Trials Expression of Interest registration window open

MACKILLOP TRIAL

Mackillop Trials include students from Canberra/Goulburn, Parramatta, Sydney, Wagga Wagga & Wollongong dioceses. The main purpose of the Mackillop trial is to select a team to compete at the NSWPSA Championships. The Inter-Diocesan Mackillop Trial is not a competition although a round robin format is often used to facilitate the selection procedure. Parents will need to make their own travel arrangements for students representing Parramatta at the Inter-Diocesan Mackillop trials. This may mean travel to Sydney, Wollongong, Canberra, Wagga or Forbes.

NSW PSSA CHAMPIONSHIPS

Students who are successful at being selected for the Mackillop team will compete at the NSWPSA Championships. These championships involve three or four days of competition at various locations in NSW. Students selected in these teams may also be required to attend training sessions. At the NSW PSSA Championships, a State team will be selected to participate in the School Sport Australia Inter-State Exchange for some sports. Note that in Rugby League U11 Years, there is no state team selected.

SCHOOL SPORT AUSTRALIA

To be considered for selection in the NSWPSA state team for participation at all School Sport Australia 12 Years & Under championships: Students must be turning between the ages of 10 and 12 in the year of competition i.e. Students turning the ages of 8, 9 and 13 in the year of competition are not eligible for NSWPSA State selection.

PARRAMATTA TRIALS NOMINATION FORM

If you would like your child to participate in one of the Parramatta Diocesan trials **please complete the** nomination form that can be accessed via any of the following:

- Registration (Expression of Interest) link below:
[2023 CEDP Primary Sport TEAM Registration Form \(Expression of Interest\) - Sport Trials](#)
- Website - **PARRAMATTA DIOCESE PRIMARY SPORT** www.primarysportpara.catholic.edu.au
- Facebook - [Primary Sport Parramatta Diocese](#)
- Scan the **QR code** below

Information regarding the team sports trials can be found on the Primary Sport website.

Good luck to all athletes as they progress through the School Sport Pathway program.

Kind Regards,

Margaret Thornton

Teaching Educator Primary Sport – CEO Parramatta

WEBSITE: www.primarysportpara.catholic.edu.au

FACEBOOK: [Primary Sport Parramatta Diocese](#)

