



# St Patrick's School NEWSLETTER

Newsletter 3, Term 2  
7th June 2018

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## DATES TO REMEMBER

### JUNE

Thur 7th	Yr 2 Excursion to Featherdale
Fri 8th	Sacred Heart of Jesus—Whole School Mass 9.15am Police visit classes
Mon 11th	Queens Birthday Holiday
Tue 12th	STAFF DEVELOPMENT DAY
Wed 13th	Year Six 9.15am Kinder 2019 Interviews
Fri 15th	World Cup Fundraising Day
Mon 18th	Clothing Pool from 8.15– 8.35am
Wed 20th	Year One Mass 9.15am Reports go home

ST PATRICK'S  
PARENT TEACHER  
INTERVIEWS  
25TH TO 28TH JUNE

STAFF  
DEVELOPMENT  
DAY TUESDAY 12TH  
JUNE  
THERE WILL BE NO  
CLASSES ON THIS DAY

## FROM THE PRINCIPAL

### Four reasons why your child or teen may be anxious

Increasingly, Australian children and teenagers are experiencing anxiety at levels that are affecting their mental health, school achievement and happiness. As a loving parent you naturally want to prevent your child or young person from being overwhelmed by anxiety.

There are four main reasons your child may be experiencing anxiety.

#### 1. You are passing your anxiety and stress on to your child

Anxiety is a function of groups – it rarely happens in isolation. Many parents I meet in my work are stressed by their lives and fearful for their children. The contagious nature of anxiety means that parents often pass their stresses, worries and fears on to their children. Legendary psychologist Martin Seligman found through his research that children have a significant propensity to copy their primary parents' explanatory style by eight years of age. If parents see events through the frame of stress, anxiety and fear then they are passing this same frame on to their children.

#### 2. Your child is overloaded

Few would argue that an active child is a healthy child. However it seems that we now have too much of a good thing as Australian kids have a smorgasbord of organised pre-school and after-school activities to keep their minds and bodies active. Many of these activities have a high performance element attached (get that badge, win that game, attain that level) so that kids are always striving or attaining. The pressure to perform is always there. Activity overload is a particular problem for achievement-driven, anxious types of kids – classic first-born child characteristics.

#### 3. Your child doesn't play enough

Play is the release valve for the pressures of a high performance, serious life. It's the way kids have always relaxed and let off steam. The best type of play for relaxing and letting off steam is generally physical play that takes place outside. Your child may play a great deal on a digital device, but this activity stimulates the brain rather than rejuvenates it.

Organised sport doesn't fit the play category if it adds to their anxiety rather than releases it. Kids need to be involved in play that's fun, rejuvenating and enjoyable. They need to look forward to it rather than fear it.

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#### 4. Your child focuses too much on the future

Some children are born to worry. They fret about seemingly simple activities such as starting a new school term, going to a birthday party or who's picking them up from school at the end of the day.

Worriers are future oriented, anxious about things that haven't happened yet. These type-A anxious types don't know how to stay in the present. Their minds constantly wander ahead to what may happen. They benefit from learning relaxation techniques such as mindfulness and deep breathing that anchor them to the present, temporarily releasing them from their worries and anxieties. When kids learn these techniques from a young age or even during adolescence they are likely to become hard-wired for life.

There is so much we can do to equip children with the tools they need to manage their anxiousness and worries, and to prevent these from accelerating into full blown, debilitating anxiety. We can start by looking at our own lifestyles and make changes that may alleviate the stresses that inevitably trickle down to our kids. We can also take a look at our kid's lifestyles and activities and make sure they contain a healthy balance between high performance and fun. Most importantly, we can provide kids with the tools and skills to recognise, manage and cope with anxiousness so that they have autonomy over their own mental health and wellbeing, both now and into the future.

*By Michael Grose*

## Literacy Learning Links

Dear Parents,

Welcome to the first publication of *Literacy Learning Links*. Each fortnight *Literacy Learning Links* will aim to:

- ⇒ inform you of different aspects of your child's learning in the area of Literacy
- ⇒ offer some practical ideas for you to use at home to build on your child's learning at school.

### What is a Literacy Block?

At St Patrick's your child experiences a balanced and coherent program of literacy instruction for a minimum of 100 minutes every day. During this time your child is provided with opportunities that engage them in speaking & listening, reading & writing activities. Teachers plan activities that enable your child to participate in a series of whole-class, small group and individual experiences.



**Teacher Talk** - Your child is assessed in English using Outcomes and Achievement Standards that are defined by the NSW English K-10 syllabus. An 'outcome' is a goal that your child is working towards in learning. Teachers use the syllabus to guide the teaching and learning in the classroom.



*Tracy Hoey*  
*Assistant Principal*

## FROM THE RELIGIOUS EDUCATION COORDINATOR

### **SACRED HEART OF JESUS**



*The feast of the Sacred Heart of Jesus occurs on Friday the 8th of June. The heart of Christ is a symbol of Jesus' love for us.*

*Jesus' generous love for us is portrayed in statues and paintings with his heart crowned in thorns, bringing to mind his suffering. They remind us that love and suffering often go together.*

*This feast is an opportunity to remember in a special way those who suffer because of lack of food, clothing or shelter.*

*There will be a whole school mass on Friday morning at 9.15am. This feast day reminds us to reach out to others as Jesus did. As a school community each child is asked to bring in an item of non perishable food (packets or tins) that will be donated to the Manning Foundation in our Parish to help with their winter appeal. Students can leave these donations in their classrooms. Any families wanting to donate more items are welcome to drop them off at the school office.*

*'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?' 45 Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.' (Matthew 25: 44-45)*



*Please keep in your prayers the students who are preparing to receive the Sacrament of Penance for the first time later this term and to the Yr 2 teachers who are preparing them for this sacrament.*

### **MASSES**

Parents and Friends are welcome to attend Mass with the Parish and school this term:

#### **Week 6**

Friday 8th June  
9.15am Whole School Mass  
*Sacred Heart of Jesus*

#### **Week 7**

Wednesday 13th June  
9.15am Year Six Mass  
*St Anthony of Padua*

#### **Week 8**

Wednesday 20th June  
9.15am Year One Mass  
*Ordinary Time 11*

### **FEAST DAYS**

9th June -Immaculate Heart of the Blessed Virgin Mary  
11th June- St Barnabas  
13th June -St Anthony of Padua  
19th June- St Romuald  
21st June -St Aloysius Gonzaga  
22nd June -St John Fisher and Thomas More



## WORLD CUP DAY FOOD

The Parent Group will be selling the following items at the World cup Fundraiser.

We need as many helpers as possible on the day. Please call or text your name to Rima on 0421893649 if you can help on the day. Thank you.

Fruit Bowls of watermelon or oranges	\$2
Pop tops	\$2
Lolly bags	\$2
Popcorn	\$2

Water	\$2
Mini pizzas	2 for \$5
Tea & coffee	\$3

## **Premier's Reading Challenge**

**Congratulations to the 16 children from our school who have already completed the Premier's Reading Challenge. Well done!**

- 276 children requested logins to take part in the challenge.
- 119 have begun logging in the books they have read.

Keep up the reading and don't forget to log the books you have read onto the Premier's Reading Site.

**<https://online.det.nsw.edu.au/prc/home.html>**

If your login doesn't work, please send a note into school to Mrs Gladwell and I will rectify this issue for you. I am in school on a Tuesday and a Thursday.

Remember - Put a full stop between your name and no spaces are to be used in your Username or Password.

## **FROM THE SCHOOL LEADERS**

Parents, Students and Staff ,

The term has gone very fast as it is already week 6! We have some exciting events coming up very soon such as the world cup day on June 15th, 2018. We also have an exciting fundraising day in the process of organising. There will be a note coming out shortly about the fundraiser day. Congratulations to all the children who have participated in the Rugby League and Soccer Gala Day. We are very proud of your efforts. Please don't forget about the Sacred Heart Mass that will be happening tomorrow and remember to bring your donations of food such as tin canned food (etc). Please remember to also bring in your World Youth Day tickets and Dear money! This is going towards the WYD 2019 in Panama City, Panama.

**Kind Regards**

John Antoun and Victoria Hasham.



## Stage Three Soccer Gala Day

On Tuesday 5th June, a number of Stage Three boys participated in the Soccer Gala Day at South Penrith. The boys played as a team with great determination and fairness. St Patrick's came equal first alongside two other teams, resulting in second place after for and against was taken into account. A great achievement from our St Patrick's boys and thank you to all parents who attended as well as Mr Baltasar and Mr Roberts for giving up their time to coach the boys.



### **FUNDRAISING RAFFLE FOR WORLD YOUTH DAY 2019**



#### **World Youth Day**

A booklet of tickets were sent home with the eldest child from each family to sell on Monday 14th May.

**All sold ticket butts with the money as well as all unsold ticket books must be returned to school by 26th June 2018.**

Extra tickets will be available from the office upon request.



## **EELS CUP**

On Thursday 24th May, the Under 9's and Under 11's Rugby League teams represented St Patrick's at the Parramatta Rugby League Knockout at Cabramatta. Both teams played extremely well and with great sportsmanship. The Under 11's made it to the Semi-finals while the Under 9's made it to the finals. Unfortunately both teams were in very close games but were defeated on the day.



Thank you to the Guildford Raiders for their support in supplying jersey's and equipment. Thank you to Mr Ben Reynolds for coaching the Under 9's and to Mr Makdessi and Mr O'Beid for coaching the Under 11's.



Under 11's



Under 9's





# Healthy Snacks For Your Child From The Canteen

Did you know that every day at the canteen, there are lots of freshly made, healthy snacks that your child can buy ? All priced from 50c to \$2

Your canteen lady encourages the kids to choose the healthiest options !

Every week we create something totally new that gets added to the foods on the counter !



Fruit / Salad Cups \$1



Puff Pastry Pizza \$2



Pasta Bolognese Cup \$1.50



Corn Chips, Lettuce & Fresh Salsa \$1



Chinese Rice and Spicy Chicken Wing \$2



Fresh Muffins - Banana or Apple \$1



Vermicelli Chicken & Vege Noodles \$1.50



Fruit / Salad Bowls \$1



Bolognese Boats \$1



Butter Chicken Cups \$2



Fruit Kebab /Waffle \$1



Chicken "Sushi Sandwich 50c



Assorted Savoury Pastries \$2



Fruit Pastry Scrolls \$1



Quiches \$1



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To see all of our new snacks and daily specials