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Newsletter4

Thursday, 2nd September 2021



PRINCIPAL'S MESSAGE

Dear Families,

This weekend we celebrate the fathers and father figures in our life. I've been thinking about how fatherhood is portrayed in our popular culture. We have many examples of fathers represented on TV or literature, some of them portray fathers in a positive way and some in a not so positive way. One of my favourite representations of fatherhood is that of Bandit in the cartoon Bluey, because I see he actually reflects the kind of father that my brothers are, dedicated to their children and partners, imperfect and striving to be the best man they can be.

Bandit is a laid back, but resourceful dad who is heavily involved in the day-to-day care of his children, Bluey and Bingo. Bandit is a dad who gets involved with the house chores, the school run and all the daily things that fathers do. He is a very competent and caring dad. Bandit gets in and has lots of fun with his children and encourages them to be creative and play. He has no problem being silly, the fall guy or laughed at by his kids because of their love for him. We respect his dedication to his family.



Bandit is very representative of the modern father who is 'all-in' with his parenting. Bandit rarely gets to do anything he wants because he is responding to the whims of family life. Fatherhood is hard work and dads end up with grey hair for a reason. Bandit represents the selflessness that fatherhood demands, he doesn't get to everything he wants because he is caring for his family. When men become fathers, selfishness gets thrown to the wind as they focus on providing for their children and partner. For many fathers this is a trade they are happy to make.



Being a father is one of the hardest roles men face and it can't be done alone. Fathers are shaped by the people in their lives. Every father wants to be the best he possibly can. Someone for his children to love and look up to. Everyone has a role model that they strive to emulate. I wonder if your model is a dad like Bandit?

I wish all of our fathers a wonderful Fathers' Day on Sunday. I hope that their selflessness is rewarded by the love of their family and the joy in watching their children grow.

Steven Jones

Principal

At St Patrick's we are making a difference by being safe, respectful learners.

UPCOMING DATES

Week 8

3/9 8:30am [Father's Day Liturgy](#)
Jersey Day

Week 9

6/9 2pm [Year 3 Cyber Safety Zoom](#)
9/8 12-2:30pm Wellbeing Wednesday
10/9 R U OK? Day
11/9 12pm [Dance Fever Fitness Zoom](#)

Week 10

Technology Free Task Week (pm)
16/9 9:30am Be an eSafe Kid: Online
Boundaries - It's ok to say 'no' - Years 4-6
2:25pm Dance Fever K-6 Hip Hop Zoom
17/9 9am Whole School Assembly
11am Whole School Concert

Term 4 Week 1

4/10 Public Holiday
5/10 Remote Learning recommences

NOTES HOME

Daily Skoolbag update

September Physical Activity
Challenge

Compliance with Lockdown
Regulations for Safety of All (only
authorised worker whose students
attend school)

ASSISTANT PRINCIPAL'S MESSAGE

Helping to reduce pandemic fear in children

Next week we celebrate R U OK? day. R U OK? day reminds us to focus on our own wellbeing and the wellbeing of others, such as our children. The issues surrounding COVID-19 are exposing children to adult issues they do not yet fully understand. I came across an article the other day that outlines some ways we can relieve their fear. I have outlined some of the main points below.

1. Use the language of hope and reassurance

Reassure your child that as difficult and disturbing the situation appears, our feelings can be managed. Promote optimism. Explain how global, national, state and territory and local strategies are helping to reduce the impact of the virus, and reassure children that the crisis will eventually ease and end.

2. Provide tools so they can help themselves

Teach them mindfulness and relaxation techniques to help them to manage their feelings. For example, teach Window Breathing. Simply take a 4-second-deep breath in, followed by a 4-second-deep breath out and repeat, while your eyes follow around the four sides of a window.

3. Build a sense of safety and connection

Talk with your child. Allow them to share their thoughts or worries. Provide opportunities for them to chat to a friend via the phone or zoom. Perhaps play a suitable online game together.

4. Provide a sense of control and engagement

Encourage your child to go outdoors, to move about, exercise and spend time engaging with the natural environment. Here are some learning activities that make use of time outdoors. Observation of the different types of birds that you might see throughout a day or week, photos of changing cloud formations, sketching of plants, flowers, and trees, increasing stamina with physical activities such as number of star jumps, improving bouncing, dribbling or goal throwing skills with basketballs, keeping a balloon, ball or rolled up socks in the air.

So "R U OK?" is encouraging all of us to pause and consider how the people in our world are really going, and to make asking 'are you OK?', a part of our everyday.

Book Week Winners

Congratulations on all the winners of the book week competitions. I hope you enjoy using your voucher to purchase a special book. Please take a photo of you with your new book and send it to stpatsguildford@parra.catholic.edu.au

Even if you weren't a winner please remember that reading is the avenue through which we learn about everything! It develops our imagination and wonder as well as having academic benefits that stay with us for life. Reading can encourage us to understand others through characters, their relationships and the way they deal with problems. It can help us cope with stress and anxiety by providing us with a way of escaping the real world and we certainly need that at the moment! Pick up a book this weekend and read with your dad.

Happy Father's day to all our dads!!!!

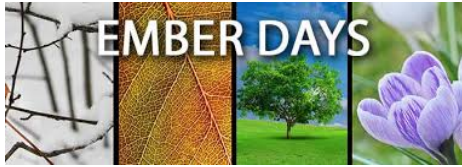
Tracy Hoey
Assistant Principal

RELIGIOUS EDUCATION COORDINATOR

FATHER'S DAY LITURGY



A Father's Day Zoom Liturgy will be held on Friday 3 September at 8.45am. It would be great to have Father's join us for this zoom. Fr Peter will be joining the liturgy.
<https://parracatholic.zoom.us/j/66971886732?pwd=dEd1K1pDbmlwbU5CTitXVU91Rmd5UT09>
Meeting ID: 669 7188 6732
Password: 673653



EMBER DAY- 4th September

Spring begins in September. A new cycle of the earth reveals the beauty of all creation. Ember day is marked at the beginning of every season, the practice of the Church is to offer prayers to the Lord for the needs of all people, especially for the productivity of the earth and for human labour, and to give God public thanks. It is not just a reminder to pray to God to keep us comfortable and

prosperous, but to also turn our attention to those who are devastated by famine and exploitation. It is a day of fasting and prayer.

The 1st was the World Day of Prayer for Care of Creation. We rightly focus on the environment, climate change and the responsibility of our stewardship of the world's resources on this day and ember days. We look to be forgiven for our misuse and over consumption of resources and seek inspiration to care for what had been given to us by our Creator.

As we encounter very different days due to the pandemic, a change in our usual way of going about our daily lives, may we also use this time to change our practices so that our gratitude for what we have been given can be expressed through the ways we try to conserve and protect our world and its people's - our brothers and sisters who populate it.

FEAST DAYS

- 3rd September - St Gregory the Great
- 8th September - The Nativity of the Blessed Virgin Mary
- 9th September - St Peter Claver
- 13th September - St John Chrysostom
- 14th September - The Exaltation of the Holy Cross
- 15th September - Our Lady of Sorrows

God Bless and keep safe,

Wardah Khoury



Father's Day Prayer

God our Father,
you govern and protect your people
and shepherd them with a father's love.
You place a father in a family
as a sign of your love, care,
and constant protection.

May fathers everywhere be faithful
to the example shown in the Scriptures:
steadfast in love, forgiving
transgressions, sustaining the family,
caring for those in need.

Give your wisdom to fathers
that they may encourage and
guide their children.
Keep them healthy
so they may support a family.

Guide every father
with the Spirit of your love
that they may grow in holiness
and draw their family ever closer to you.
Amen

Author Unknown

TEACHER AIDE APPRECIATION WEEK

This week is Teacher Aide Appreciation Week. It is a perfect time and opportunity to acknowledge the important role of teacher aides, whose hard work and dedication make a difference to students, teachers and the school community. At the moment many of our teacher's aides are at St Patrick's everyday to support the children of authorised workers whilst the others are continually on the phone. Here at St Patrick's, Mrs Carey, Mrs Fahd, Mrs Gabriel, Mrs Green, Mrs Moses, Mrs Nasrallah, Mrs Pedini, Miss Rawlings, Miss Saba, Miss Salloum, Mrs Sassine and Mrs Fogarty constantly go above and beyond to make a difference to the lives of our students, parents and teachers.

PREMIER'S READING CHALLENGE

Families are reminded that the Premier's Reading Challenge date has been extended to September 3rd (tomorrow), students on all challenge levels are able to read 10 choice books and students can include books that they have read collaboratively. Students can maintain their reading log via the [PRC link](#), using the log in details provided.

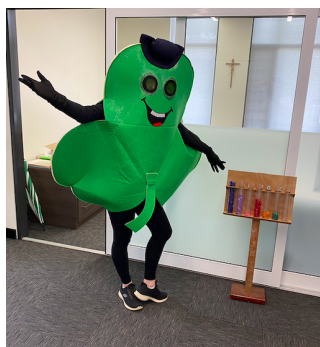
ZOOM ETIQUETTE - CAMERAS ON



Each day our teachers engage with the children via zoom to support their learning and maintain an emotional connection. We are noticing that some of our children are not turning their cameras on. We know that sometimes we feel shy or there may be other things going on in the house. However, it is important to turn your cameras on when asked to because this is how we are able to stay connected as a class group and show that you are participating in the learning. When we are in our classrooms we don't turn away from our teacher or classmates, so in zoom we turn on our cameras to show we are present in the moment and participating in the learning. We ask parent support in reminding children about the expectation.




WELLBEING

This week the students received their online Paddy Passports. The children of St Patrick's are already receiving Paddy stickers to fill in their virtual passport. Parents, this is a chance for you to help let your children's teachers know if the students have been putting in a huge effort at home. Let the teachers know if they have earned a sticker for their passports. Paddy is hoping to help fill the Gen Jars and wants to see lots of stickers. The students need to earn 10 stickers to earn a Gem for their grade.



1  Thomas 

MY GEMS EARNED



Paddy had to work at school this week and was doing online learning too. I even had the chance to zoom with Paddy and Paddy also sent his Dad a Father's day card.



eSafety for kids

The Government eSafety Commissioner has offered eSafety awareness for students. The students from Years 3-6 will have the opportunity to join in a virtual classroom webinar- *Be an eSafe kid: Online boundaries- It's OK to say 'no'*. This is designed to support students as they learn about online consent or permission, and how to define online boundaries.

Year 3 will participate in the webinar on Monday 6th September 2:00pm - 2:45pm and Years 4-6 on Thursday 16th September 9:30am - 10:15am. Please encourage your child/ren to get onto the webinar with their teachers.

Mrs O'Connor

CREATIVE KIDS PROGRAM

The NSW Government is helping kids get creative with the new Creative Kids program. Parents, guardians and carers can apply for a voucher with a value of up to \$100 per calendar year for each school aged student. The voucher may be used with a registered activity provider for registration, participation and tuition costs for creative arts, speech, drama, dance, digital design, coding, and music lessons and activities.

The voucher can be used at any time during the calendar year it was issued. Just log into your service.nsw.au account and search 'creative kid voucher'. To use the voucher, give the details to your registered activity provider or you can search some of the [providers attached](#). The program runs year-round, so kids can get creative at any time.



IF YOU APPLY NOW, YOU'LL GET YOUR PACK BEFORE THE HOLIDAYS

ST PATRICK'S SEPTEMBER PHYSICAL ACTIVITY CHALLENGE

As spring commences, Mr Jones is challenging the St Patrick's community to increase their physical activity during the month of September. [Each day log your total minutes of exercise or physical activity.](#)

All families who enter will go in the draw for a \$50 Rebel voucher to be drawn on the 5 October.

Please ensure that you comply with the current Cumberland LGA stay at home orders.



St Patrick's September Physical Activity Challenge



Wednesday 1 September to Thursday 30 September



As spring commences, Mr Jones is challenging the St Patrick's community to increase their physical activity during the month of September. Each day log your total minutes of exercise or physical activity.

Please ensure that you comply with the current Cumberland LGA stay at home orders.

All families who enter will go in the draw for a \$50 Rebel voucher to be drawn on the 5 October.

Enter your daily activity via this [survey](#)

STUDENT VALIDATIONS CLOSES THIS FRIDAY 3 SEPTEMBER

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

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

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

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

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

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

A NOTE FROM THE COUNSELLORS

We have been in lockdown for a few weeks now, connecting through phone, online and sharing information to help parents and families support and keep children connected with their learning. We have been so encouraged and impressed by the resilience and how adaptable parents and carers are in these Covid times, if there were any gold medals left over from the Olympics, you would all be rewarded!

The things we have heard from chatting with parents are the stories of surviving and thriving. The jobs parents are doing are tough right now which is so true for many of us. There is no such thing as the perfect parent, the perfect teacher, the perfect child nor the perfect student! Being a **“good enough”** parent doing a “good enough” job is good enough right now.

Maintaining our well-being as parents and carers is a constant balancing act, particularly in this pandemic. We can often find ourselves focusing on other people and other things, forgetting about what may be happening for us. **Staying connected** and a **sense of being in control** (for example, through planning and routine) are 2 good ways of helping our mental health and wellbeing along with a good night's sleep!

Frustration continues as we try to plan around the unknown, we can't control the big stuff like when we come out of the lockdown or when children will return to school but we can control the smaller stuff like what the day will look like or planning some fun activities at the weekend.

We have heard so many creative ideas and stories from families of adapting work, home learning and how home is used for many different things. We have heard how parents and carers divide their time to cover work, domestic chores and supervision of children's learning and how families are spending their time together for fun and recreation.

In a time where we are told to stay apart, staying connected has never been more important. Keeping connected with work colleagues, with family and friends, having a regular buddy to be honest with about your day or having conversations with your neighbours over the fence. Connecting online, going for walks or rides in your neighbourhood, being a one to one bubble buddy. Keeping connected with **yourself as well as nature** - having time and space alone, to re-charge and connect with your joy or spirit away from demands or distractions.

Remember you can connect with teachers, with us school counsellors, with Parentline and also many other local community, professional health and well-being services.

Deb Skinner at dskinner2@parra.catholic.edu.au (Mon-Tues) or Fay Jelley fjelley1@parra.catholic.edu.au (Thurs-Fri)

TERM 3 2021 eSAFETY WEBINARS FOR PARENTS/CARERS

Catholic Education Diocese Parramatta (CEDP) sees parents and carers as partners in your child's learning journey. In partnership with the eSafety Commissioner, CEDP would like to invite you to join the following free webinar for parents and carers:

eSafety parent guide to online sexual harassment and Image Based Abuse **Thursday 13 September 2021, 12:30 -1.30 pm**

This live webinar explores the latest research and is a great way to learn how you can help your child develop the skills to be safer online. The session is delivered by the eSafety Commission's expert educators.

About the webinar

eSafety parent guide to online sexual harassment and Image Based Abuse

This webinar will provide parents and carers with an understanding of online sexual harassment and image-based abuse.

It is designed for parents and carers of young people aged 13-18. It will cover:

- the difference between online sexual harassment and image-based abuse
- how to report online sexual harassment to social media companies
- how to report image-based abuse (non-consensual sharing of intimate images) to eSafety and when to report to police
- where to get support if you feel upset or worried about something that has happened online.

What you need to do

Please register for the course on the secondary site via the following link:

- 13 September 2021 session - [link to register](#)

If you have any further enquiries please email safeguarding@parra.catholic.edu.au.



Parramatta Centre, Term 4, 2021 Group program

Group	Group Dates	Location/ Technical requirements	Pre-group interview	Fee
Managing Anger – (male and female participants)	Wednesdays (8 weeks) From 20/10 to 8/12/21 5.30 to 8pm	<i>This program will be conducted <u>on-line</u>. We will supply information on this when you call us to enrol for your group</i>	Pre-group interview Arranged by appointment	Based on a sliding scale & household income.
Parenting After Separation – Focus on Kids	Mondays (6 weeks) From 1/11 to 6/12/21 5.30 to 7.30pm	<i>This program will be conducted <u>on-line</u>. We will supply information on this when you call us to enrol for your group</i>	Pre-group interview Arranged by appointment	Based on a sliding scale & household income.
Circle of Security (Parenting group)	Thursdays (8 weeks) From 21/10/21 to 9/12/21 11am to 1pm	<i>This program will be conducted <u>on-line</u>. We will supply information on this when you call us to enrol for your group</i>	Pre-group interview Arranged by appointment	Based on a sliding scale & household income.
Couple Communication (for couples to attend together)	Mondays (2 weeks) From 18 to 25/10/21 5.30 to 8pm	<i>This program will be conducted <u>on-line</u>. We will supply information on this when you call us to enrol for your group</i>	N/A	Based on a sliding scale & household income.
FAMILY SAFETY GROUPS				
Women: Choice and Change	Cancelled until further notice			
Taking Responsibility	Cancelled until further notice			