



ST PATRICK'S GUILDFORD



Principal: Steven Jones
34 Calliope Street
Guildford 2161
Phone: 8728 7300
Email: StPatsGuildford@parra.catholic.edu.au
www.stpatsguildford.catholic.edu.au

Parish Contact Details
Parish Priest: Fr Peter Blayney,
Parish Associate: Sister Helen Cunningham OP
Phone: 9632 2672

Newsletter 2

Thursday, 19th May 2022



PRINCIPAL'S MESSAGE

Dear Parents,

Each year there are words that gain entry to dictionaries for the first time. These words have been in circulation already, have become part of daily usage and so have earned the right to take their position amongst other officially recognised words such as in 2021 the word *contactless*.

At the other end of the dictionary, are words that have fallen into disuse but need to be listed still, so that we can refer to their meaning if we come upon them by accident. It has been suggested that one such word might be "**respect**"; a once commonly held word whose practice could be seen and experienced in the daily lives of ordinary people and is part of our school mantra - *At St Patrick's we make a difference by being safe, **respectful** learners*. However, an increase in disrespect has grown to almost crisis point in our society and is evidenced in the increased violence and anti-social behaviours that are reported daily through the various forms of the media.

Individually, we can't change society but we can make a big difference in our little corner of it. It's up to us to make sure that we're doing our part to be respectful adults and to teach our children to be respectful emerging adults. We parents can quickly lose credibility, if we are rude to our children while teaching them to be polite.

It's for sure that children learn their standards of **respect** from what they see around them and parents are in a powerful position to teach by their own example as well as by instruction. Because our children take their cues from us, we need to be sure that we are setting the best possible standards. Schools teach children about **respect** but parents have the most influence on how respectful children become.

Respect is not the same as obedience. Children might obey because they are afraid but, if they **respect** their parents, they will obey because they know that parents want what is best for them. **Respect** is an attitude and being **respectful** helps children succeed in life. If children don't have **respect** for parents, peers, authority or themselves, it's almost impossible for them to succeed. The best way to teach **respect** is to show **respect**. When children experience **respect**, they know what it feels like and begin to understand how important it is.

If we reinforce our children's positive and **respectful** behaviour, and eliminate disrespect by immediately calling attention to it so as to discourage it, we are helping to develop the moral intelligence of our children. This will improve their ability to be able to apply critical analysis to television, films, computer games and music whose content is increasing in the portrayal of disrespectful behaviour. It is true that we can't change society, but it's also true that we can be a powerful influence in our little corner of it.

**God, our Father, we ask that the love You have for us,
be evident in the love we have for our children.**

All the best for the week ahead as you model **respect** in your little corner.

Steven Jones

Principal

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

UPCOMING DATES

Week 5

23/05 8:45am Assembly
23/05 Peer Support
25/05 National Stimulus Storytime - 2022
Family Tree
27/05 Gymnastics - Kindergarten to Year 2

Week 6

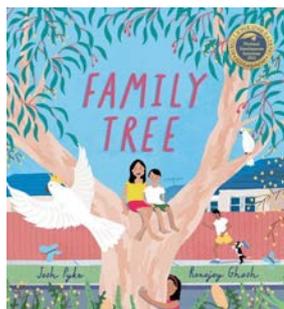
30/06 8:45am Assembly
30/06 Peer Support
30/06- 03/06 Tell Them From Me Survey Period
03/06 Gymnastics- Kindergarten to Year 2

NOTES HOME

[Parent Group AGM Meeting](#)
[Letter from Bishop Vincent](#)
[Case of COVID-19 community notification 10th May 2022](#)
[2022 School Athletics Carnival](#)

ASSISTANT PRINCIPAL'S MESSAGE

NATIONAL STIMULUS STORYTIME 2022



Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres, family homes, bookshops and many other places around the country. This year the National Simultaneous Storytime will take place NEXT Wednesday 25 May 2022 at 11:00am.

'Family Tree' written by Josh Pyke and illustrated by Ronojoy Ghosh is this year's book. As a school we will stop everything and read the book with others around Australia.

What is the book about?

Family Tree shares the beauty of life through the growth of a tree that unites families and communities around the world, spreading joy, love and spirit. Australian singer-songwriter and children's author Josh Pyke delivers a touching narrative that represents our multicultural Australia. Family Tree depicts a society evolving together in unity. It likens our birth to that of a seed, and that our roots go deep. He highlights our growth through good times and bad, 'feasts and famine, drought and storms'. Ronojoy Ghosh's cool illustrations show the textured, multi-layered landscapes and urban scenes of our contemporary world cultural differences.

Family Tree flourishes with love and the celebration of life, belonging, diversity and collective strength. We can't wait to read it to the children.

BEING IN A GOOD MOOD HELPS US LEARN

A good mood gets our brains all fired up. When we're in a good mood, we feel safe and secure, we're more willing to take risks and our brains are more likely to be creative and open to new ideas. When we're in a bad mood our brains are limited and utilise only what we know.

So how can we make sure we are in a good mood for most of the time, so we can be the best learners we can be? We need to find ways to increase our happiness. Here are four ways that can make us happier:



- A daily gratitude practice - Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Gratitude trains the brain to focus on the positive and filter out the negative thoughts. What are you grateful for?
- A daily mindfulness practice - The practice of mindfulness can reduce stress levels and help us manage our emotions and reactions. It teaches the brain to be calm and focused, giving our brain time and space for new thoughts and ideas. Take some time to be alone, with all devices switched off. Focus on your breathing, pay attention to your thoughts and surroundings and live in the moment.
- Regular exercise - Exercise lowers stress levels, increasing feel-good neurochemicals like dopamine. Lowers anxiety and improves our good mood. Even a 10 minute walk can have positive results.
- A good night's sleep - Rest increases energy levels, it prevents exhaustion, depression, overwhelming feelings and eventually burnout. When we sleep, the brain has time to find all sorts of hidden connections between ideas which can give us the ability to meet challenges.

Gratitude, mindfulness, exercise and sleep are essential for the good mood that leads to peak performance. When life gets complicated, concentrate on these to get your brain fit and ready to deal with problems.

Tracy Hoey
Assistant Principal

RELIGIOUS EDUCATION COORDINATOR

OUR LADY HELP OF CHRISTIANS- 24TH MAY



The feast day to Mary Help of Christians has been celebrated in Australia since 1844 but the history to this day dates back to the start of the 1800's.

Napoleon Bonaparte had jailed Pius VI (who died in jail.) When Pope Pius VII was elected he too was jailed by Bonaparte, who kept him prisoner at Fontainebleau. The Holy Father vowed to God that if he were restored to the Roman See, he would institute a special feast in honour of Mary. The military eventually forced Bonaparte to release the Pope and on 24th of May 1814, Pius VII returned in triumph to Rome. Twelve months later the Pope decreed that the feast of Mary Help of Christians be kept on 24th of May.

The infant church in Australia had a special reason for turning to Mary. No priests were sent to the colony in its early days and Mass was not allowed except for one brief year until 1820. It was largely the Rosary in those early days that kept the faith alive.

Catholic Australia remained faithful to Mary and was the first nation to choose her under the title Help of Christians, as principal Patroness.

St Mary's Cathedral was dedicated in her honour by the Irish pioneer priest, Fr John Therry, who arrived in Sydney in 1820 and assumed responsibility for the planning and initial construction of the Cathedral. When Australia became the first country to have Mary Help of Christians as Patroness, it became the first country to have a mother-cathedral under the same title.

FEAST DAYS

- 24/5 Our Lady Help of Christians
- 26/5 St Philip Neri
- 29/5 Ascension of the Lord
- 31/5 The Visitation of the Blessed Virgin Mary
- 1/6 St Justin
- 5/6 Pentecost

Your in Christ,
Wardah Khoury

Mary, Help of Christians Feast Day: May 24

O Mary, you love me with a Mother's heart. Just as you held your son Jesus in your arms, you hold me in your care. Help me in my need. Protect me day by day. And through your Motherly intercession, may I become ever more aware of the breath of God living within me.

Mary, Help of Christians, pray for us. Amen.



MERIT AWARDS - Congratulations to the following students

KBlue	Amone Amone	KGreen	Charlotte Diab		
1Blue	Mimi Malik	1Green	Darshith Thapa		
2Blue	Amelia Alam	2Green	Eva Chohaili	2Yellow	Emilia Orlando
3Blue	Mercedes Maka	3Green	Shuvam Bhantana		
4Blue	Lucus Tedjo	4Green	Olivia Yousif		
5Blue	Levi Boustani	5Green	Tayla Geaitani		
6Blue	Joy Souvla	6Green	Georgia Camilleri		



Problem of the Week

	Grade K	How many oranges do you see and how do you see them?
	Grade 1	How many whole oranges do you see? How many halves?
	Grade 2	Sketch how you could arrange the oranges in an array.
	Grade 3	How many more whole oranges are there than half oranges?
	Grade 4	How many oranges are there altogether? How many $\frac{1}{4}$'s? How many $\frac{1}{8}$'s?
	Grade 5/6	Generally there is between $\frac{1}{4}$ and $\frac{1}{3}$ cup of juice in one orange. About how much juice would half an orange produce? How much juice could all of the oranges in the picture produce?



Hand in your solutions to Miss Fadel or take a photo of your solutions and send to stpatsguildford@parra.catholic.edu.au. Every submission puts you in the draw for a chance to win a prize at the end of the term.

Dalia Fadel
Numeracy Leader

NATIONAL WALK SAFELY TO SCHOOL DAY



Tomorrow, Friday 20th May is 'National Walk Safely To School Day'. This is an annual event when all primary school children are encouraged to walk and commute safely to school. If you live close to school or near a bus stop your child may be able to walk or commute to school. This is a chance to give it a try and talk about how to walk and commute safely.

Some helpful messages for Parents/Carers

- Children up to eight years old should hold an adult's hand on the footpath, in the car park, or when crossing the road; an adult is defined as a parent, caregiver, grandparent, sibling in high school or older, other relative or neighbour, or other adult as advised by the child's parents/carers
- Children up to ten years old should be actively supervised in the traffic environment and should hold an adult's hand when crossing the road.



FRIDAY 20 MAY 2022

Until they're ten, children must always hold an adult's hand when crossing the road

WELLBEING

Peer Support has been enjoyed by the students at St Patrick's over the last two weeks. This week the students learnt about different qualities they have and explored the concept of 'empathy' where they learnt to see things from someone else's point of view. During the coming week please encourage your children to be more aware of the thoughts and ideas of others and to practise being kind and thoughtful.



BUILDING CHILD SAFE COMMUNITIES - VOLUNTEER UNDERTAKING

In Catholic Education Diocese Parramatta (CEDP), we see parents and carers as partners in your child's learning journey. Parents and carers are encouraged to become involved in our schools in many important ways such as supporting classroom learning, coaching/managing sporting teams and supporting other extra-curricular activities, assisting on excursions, participating in activities as part of the Parent Group and other kinds of help such as the upcoming Athletics Carnival. Many parents will already be familiar with the online Building Child Safe Communities (BCSC) volunteer undertaking and training. The purpose of this training is to inform you of the standards of behaviour and other requirements that must be adhered to when volunteering for CEDP.

The undertaking should take no more than 5 minutes to complete and the training module approximately 10 minutes. Once the form and training modules are submitted, an automated email will be sent to you within two business days to confirm the status of your submission. The undertaking form will expire in two years. At that time you will need to complete the undertaking form and training module again. You will receive an automatic reminder email when this occurs.

Access to and further information on the online form and training module can be found at www.parra.catholic.edu.au and clicking on about us/building child safe communities or by clicking on this [link](#). Within the form you will also find help sheets and a video tutorial to assist you.

LIBRARY

Book Club: It was great to see that some families took up the opportunity to purchase through book club. Any family that ordered before Tuesday the 10th should have received their order this week. All orders placed after that should receive their orders in the next few weeks. Students are asked not to open their order until they are with their Parent/guardian.

Premier's Reading Challenge: So far we have six students that have completed the reading challenge, with many more that are still entering and reading books. A reminder that any one who is having issues with entering books should see Mrs Heness during lunchtime on a Monday, Tuesday or Thursday.

Overdues: There are still a number of students who have overdue books. Please encourage your child to look after their library books and to only take them out of their library bag for reading. Although it is a student's responsibility to look after their library books, your assistance in reminding them, to check under beds, and in bookcases for missing books is appreciated.

*Mrs Elizabeth Heness
Library Assistant*

PARENT GROUP NEWS

The parent group would like to thank the following individuals and businesses for their donations towards the Mother's Day Stall:



Julie from Lumber Creations
Angela from Hook and Stitch
Linda (cookies)
Sweet things by Sami (cookies)
Cincotta Chemist
Kmart Merrylands
Grace Laser Clinic
Laser by D

The committee raised **\$2069.60** this year at the Mother's Day Stall. Thank you to all the parents that were involved and helped.

The new parent committee members are as follows:-

President - Rana Antoun

Vice president – Jackie Obeid

Secretary – Madeline Moussa

Treasurer – Rima Saady

PRC – Georgina El Chedyak & Jessica Encarnacao

Fundraising committee – Anna Loulach, Julie Safar, Berna Nahas, Rita Elias, Jess Nop, Alison Burns, Daniella Galayini, Jessica Encarnacao, Julia Cheble Maalouf & Emelei Chidiac.

Thank you to Jennifer Lawlor who has been the secretary and stood down for 2022.

Our next event will be the sports carnival on the 14th of June 2022. The parent committee will be doing recess and lunch orders for the children. Notes to follow shortly.

This column is compiled by Parent Group Communications. If you have any queries or wish to contribute, please email StPatsGuildford@parra.catholic.edu.au and attention it to Parent Group Communications.

PARENT REPRESENTATIVE COUNCIL

MISS CONNECTION – Raising Teenage Girls

How to find true, meaningful connection with your teenage daughter.

Our guest speaker for the PRC parent engagement event is: **Register here to attend**

Dr Justin Coulson
We welcome one of Australia's leading parenting and family experts, Channel 9's Parental Guidance Presenter, Author, Psychologist

Justin will be discussing:

- How we can keep them safe and informed? What is really going on in the minds of our teenage daughters?
- How we can stay connected to our daughters and keep them motivated?
- How to encourage them to develop strong, healthy relationships and resilience?

The best things we can do to support our daughters, Simple tools and techniques to help you guide them.

Monday, 30th May 2022
Doors open: 6:15pm for 7:00pm (2 hours)
(PRC General Meeting- will be held prior to guest speaker)
Catherine McAuley, 2 Darcy Rd, Westmead, 2148
www.prc.catholic.edu.au [@prcparra](https://www.facebook.com/prcparra)
Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

