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, 24th February 2022

PRINCIPAL'S MESSAGE

Dear Parents,

Last week I read the below which I believe is very helpful in supporting your child(ren) as they start the 2022 school year.

Reducing Anxiety at the Start of a School Year
Going back to school after a long break can be an anxious time for a child. New classes, teachers, and students as well as the increased uncertainty of the pandemic all have potential to pile up and create fear of the unknown. Here are some strategies that may help you and your child work through the start of the new school year and lead to a more positive experience.

Validate Their Anxiety
Letting your child know that you appreciate and understand that they may be anxious about the return to school is important validation for your child and helps them feel safe and secure.

Help Them Prepare
Discuss what to expect with your child and help them understand school procedures and safety measures. Ask them what they are looking forward to and check in regularly in the first few weeks.

Focus on the Positives
Talk about the friends that your child will be seeing again after the long break and reassure your child that they will soon feel comfortable in their new routines.

Limit Expressing Your Expectations
You may need to limit conversations about your expectations for the year – especially academic ones. It may only add to your child's anxiety now and you will have plenty of time to discuss these during the year.

Don't Add to the Pressure
Remember that working through the change takes up a lot of energy, so your child may become tired, and a bit more grumpy than usual. Make sure they have plenty of free time to relax and play after school while they settle into the year.

Look After Yourself
The long break and the uncertainty that comes with the current pandemic and what to expect in the future has taken a toll on parents as well. You need to ensure that you have a break and care for your own well being if you are going to be the calm positive carer your child needs. Flexibility is going to be a necessity in the coming months, and you will need to ensure that you maintain your resilience as you care for your child and your family.

Acknowledgement: Anxious Kids, 2019, by Michael Grosser and Dr Jodi Richardson

Steven Jones
Principal

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

UPCOMING DATES

Week 6

28/2 - 3/3 Life Education Visits
28/2 8:45am Assembly Zoom
Mtg ID: 698 8325 4427
Password: 912341
1/3 Cerdon College & St Paul's Stage 3 visits
2/3 Ash Wednesday
3/3 6pm 2022 Kindergarten Parent Information Session
Meeting ID: 692 8267 5178
Password: 576025

Week 7

Catholic Schools Week
7/3 - 10/3 Parent Teacher Meet & Greet
7/3 8:45am Assembly Zoom
Mtg ID: 698 8325 4427
Password: 912341

10/3 Open Morning - Kindergarten 2023

NOTES HOME

- Case of COVID-19 community notification - 14 February 2022
- Case of COVID-19 community notification - 15 February 2022
- Case of COVID - 19 community notification - 21 February 2022
- Rapid Antigen Distribution & Usage March 2022
- Student Residential Address and Other Information Collection notice for Parents and Guardians
- Canteen Letter & 2022 Price List
- COVID-safe update 24 February 2022

ASSISTANT PRINCIPAL'S MESSAGE

What parents can do to help their child with friendships

The beginning of a new school year always brings the anxiety of making new friends and getting to know new classmates. Friendships are good for your child's self-esteem. When they have good friends, they feel like they belong. However many children struggle to talk to new classmates and are reluctant to make new friends.

Teachers often step in and help support new friendships by providing opportunities for children to work with new classmates, they create play opportunities in the playground or small group activities in the classroom. They rotate desks and teach lessons about friendships.

You can also play a role in helping your child/ren build new friendships at school. Here are some tips from a child psychologist…

1. Don't be over-involved in your child's issues or harsh about their friends, instead help them to problem solve any issues. Assist and help them with the decisions they make. Encourage them to always do their best. Expect them to treat everyone the way they would like to be treated.
2. Encourage your child to speak up, to talk about and try to solve a concern or the problem with their friends or with a teacher. Discourage verbal, physical aggression and threatening behaviour with siblings and others. Discourage them by saying negative comments to friends like 'you can't colour in' or 'you don't run fast', this works against them.
3. Invite other children over. This provides a safe place to play and make friends. It can be hard and more work for parents but an open house policy, whereby children know their friends are welcome in your home to hang out, can assist with friendships.
4. Be involved in sports, community and school groups. Allow your children to make friends in different settings; this introduces them to a variety of peers.
5. Talk about your friends (when eating at the table, watching TV, cooking or driving). Talk about things you do with your friends. Often we expect children to tell us about their day and friends but neglect to share ours with them.
6. Don't hide the fact that friendships need to be worked at. Like all healthy relationships there will be ups and downs, but what's important is that you demonstrate that you value friendships enough to make an effort to work at them. Remind your child that most people have moments where friends may have an argument or fight and at times they may need to sort things out.

Some tips for some common statements kids come home saying….

"I don't want to be your friend": Kids often share their frustration or sadness by saying they don't want to be friends. I'm sure you've heard your child say it or seen how it affects your child if they hear it. So help your child practise other words that share that they are upset, they could say, "I don't like it when you …", "that makes me angry when you…" instead of "I don't want to be friends.

Not wanting to apologise: Teach your kids that sometimes we need to say sorry if we have hurt someone physically or verbally. Try to encourage them to be specific about what they're sorry for and get them to follow up with a, "How can I make you feel better?"

"I have no one to play with": Kids wait for others to invite them into a game, however they could be waiting a long time if the children playing don't notice them. Suggest they ask to play instead of waiting to be asked to join in. Practise "Can I play with you?" or ``Can I join in the game?"

Tracy Hoey
Assistant Principal

RELIGIOUS EDUCATION COORDINATOR

LENT

Ash Wednesday, 2nd March, marks the beginning of the Lenten season. Lent is a time for strengthening our faith, a time to reflect on who we are and where we are going. It is a time of quietness and prayer, a time of penance and meditation, a time to become aware of our strengths and weaknesses.
Just as Jesus spent forty days in preparation for his work of redemption, so we too prepare for our own redemption. During Lent we look at ourselves, at how we talk and listen, how we think and act, and how we are with others.

The students will mark the beginning of Lent as a grade with a liturgy in their learning spaces where they will receive the ashes on their foreheads.

OPENING SCHOOL MASS

Thank you to all who joined the school community to welcome the new academic year and commission our new staff members and student leaders through prayer.
Each grade joined via zoom and had the opportunity to receive the Eucahrist.

FEAST DAYS

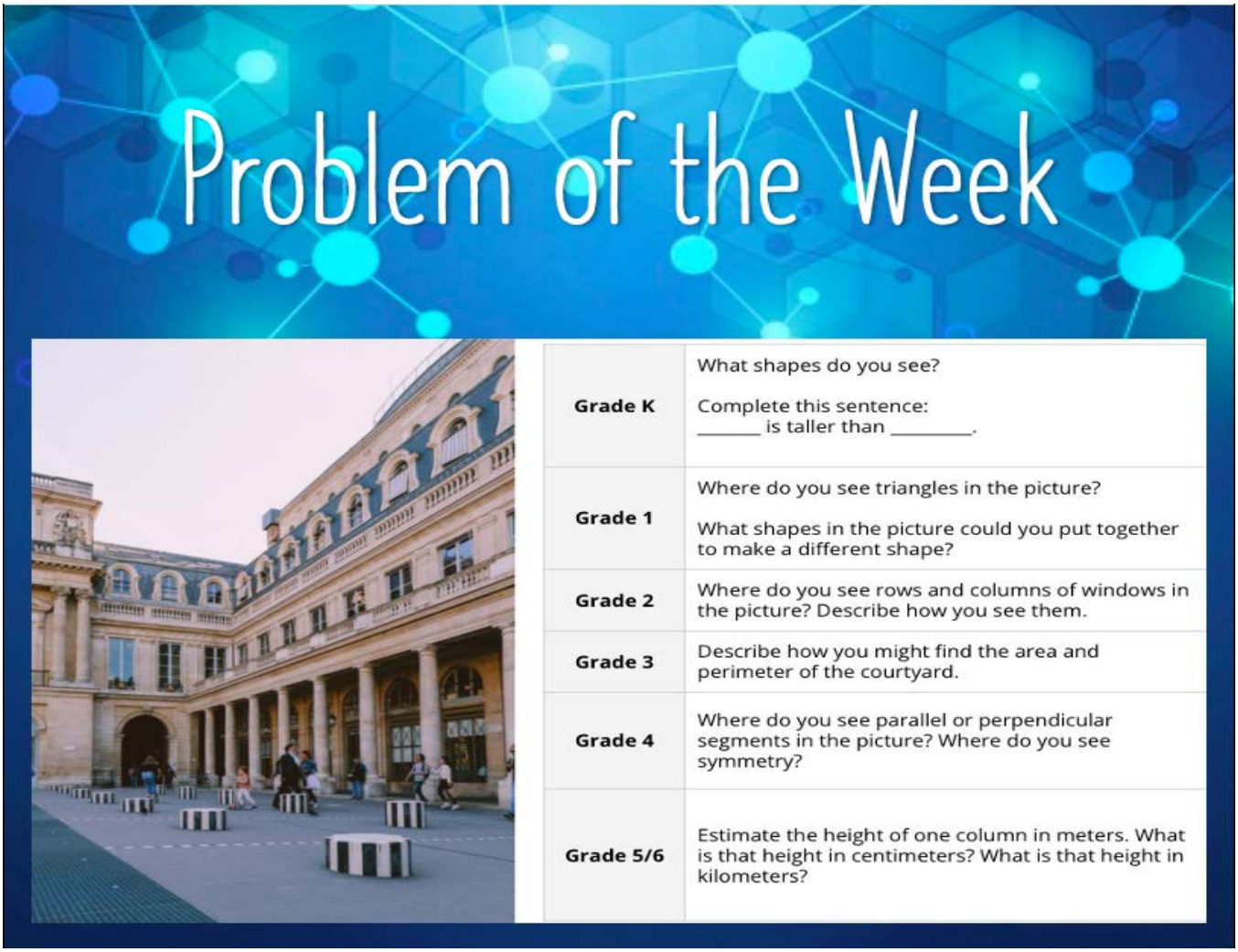
7th March - Sts Perpetua and Felicity
8th March - St John of God
9th March - St Frances of Rome

Yours in Christ,
Wardeh Khoury

MERIT AWARDS - Congratulations to the following students

KBlue	Sia Bayerli Zara Elia	KGreen	Abigail Nassrallah Zain Hussain		
1Blue	Jacob Ibrahim Laukau Amone	1Green	Safalta Bajracharya Lovini Nau		
2Blue	Natalie Yousif Elisia Chehab	2Green	Michael Ibeh Tala Haddad	2Yellow	Emilia Orlando Joseph Ebubechukwu
3Blue	Erik Bausse Josh (Eroz) Marilag	3Green	Catalina Elbacha Marilyn Jacobucci		
4Blue	Michelle Chen Emily Beattie	4Green	Anton Boutros Irini Younan		
5Blue	Rita Makdsi Sharon Chen	5Green	Alexia Hashem Joseph Tarabay		
6Blue	Sienna Spiteri Lauren Silvestre	6Green	Mira Bousaid Mirella Kanaan		

NUMERACY



The **Problem of the Week** is a maths challenge open to all students. Every fortnight, problems from various areas of mathematics will be posted here. Students are invited and encouraged to solve these fun and challenging maths problems. Simply take a photo of your solution every fortnight 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.

WELLBEING

We had very excited Kindergarten students this week at St Patrick's. They had a special visitor that joined them for sport. Paddy wanted to meet the new students of St Patrick's and decided to get fit at the same time! Paddy will make some special visits across the other grades in the coming weeks.

RAPID ANTIGEN TESTS DISTRIBUTIONS

Tomorrow afternoon, Friday 25 February, all students will bring home 8 RATs as per the letter sent out earlier in the week. The NSW Government announced that it is supplying 8 more RATs for each student and each staff member. However, families will have more flexibility about how and when they can use these tests. For example, they can be used any time when your child is feeling unwell, has a sore throat or cough, or if family members are sick. They can also be used when you know that your child has been in the company of someone who has COVID- 19. For the safety of our school community, we strongly encourage families to continue to use RATs.

SCHOOL STUDENT LEADERS 2022

Congratulations to the following students who have been elected and commissioned as the 2022 Student Leaders.

SCHOOL LEADERS: Annabelle, Sienna, Thomas, Maroun

MISSION LEADER: Michelle

ENVIRONMENTAL LEADER: Marcel

LEARNING LEADER: Sienna

WELLBEING LEADER: Samuel

SPORT & ENTERTAINMENT LEADERS:
Matthew: Adrianna
Mark: Isabella
Luke: Zane
John: Maribelle

WELCOME

Welcome Deacon Adam Carlow. Adam was ordained a Deacon a few weeks ago and will be spending most of the year at St Patrick's Parish working with Fr Peter and Sister Helen.

START OF DAY

A reminder that school starts at 8:30am. All students should be in their classrooms by 8:30am ready to commence their learning. We understand that from time to time students may be late but being on time assists students to be prepared, calm and ready for the day's learning.

CELEBRATING BIRTHDAYS

Due to the restrictions around COVID19 we haven't been able to celebrate student's birthdays, however, from next week, we are able to hand out a treat that is individually packaged such as lolly bags, individually wrapped items, donuts or cupcakes. Parents are asked to keep it simple as staff will not be able to cut or separate any items.

SCHOOL ATTENDANCE

Late Arrivals
Parents are advised that the school gates are locked at 8:30am each morning. Any student arriving after this time must be brought to the school office and signed in by their parents, with a reason why they are late. Please do not just drop off your child without accompanying them to the office as the school administration system requires you to sign them in. Remember that these partial absences are recorded on your child/ren's report.

Absences
When your child/ren are absent from school, you can inform the school office by the following;

- Compass App - Add attendance note in the app.
- Email the school office stpatsguildford@parra.catholic.edu.au
- SMS reply - You will need to do this (for each child) soon after you receive the text message, on the morning they are absent, as the link only has a limited lifespan.

Thank you kindly for your assistance.

CONGRATULATIONS MRS LISA MILLER

Congratulations to Mrs Lisa Miller and her husband Adam on the birth of her second son. Liam Aaron Miller (4.05kg, 52.5cm). Younger brother of Owen.

CONGRATULATIONS MRS SARAH SASSINE

Congratulations to Mrs Sarah Sassine & her husband Paul on the birth of their baby, James Sassine (4.3kg 58cm). Younger brother to Max & Olivia.

ROAD SAFETY AWARENESS WEEK

Dear Parents,

As we have settled into our first term, can I please ask that we familiarise ourselves with the road safety requirements within our school community.

When travelling by bus, your child is most at risk in the minutes after they get off the bus. Please meet your child **AT** the bus stop or interchange after school. **NEVER** wait on the opposite side of the road and call them across. If you cannot meet your child, organise for a trusted adult to take your place.

Getting to and from the bus stop
• Families are responsible for getting their child to and from the bus stop safely.
• Always supervise your child until they are at least 10 and hold their hand when walking to and from the bus stop or interchange and when crossing the road.
• When waiting for the bus, hold hands and wait as far back from the passing traffic as possible.

On the bus
Remind your children get on the bus and take a seat quickly and buckle up if there's a seatbelt on the bus.

Important Dates for Road Safety Awareness.

Bus Safety Week	**National Ride 2 School Day**	**Road Rules Awareness Week**
Monday 21st to Sunday 27th February 2022.	*Friday 25th March 2022*	*Monday 21st March to Sunday 27th March 2022.*

PREMIERS READING CHALLENGE

It is once again time to get started on the Premier's Reading Challenge. The Challenge is a government initiative run throughout NSW schools and aims to encourage a love of reading. This year the challenge runs from the 28th of February through to the 19th of August. Within the next week each student will receive a note regarding any details we or they may need before they start entering their books online.

There are 5 levels of the challenge ranging from K-2(red), 3-4(Green), 5-6(Purple), 7-9(Orange) and 9+. These levels are based on a student's reading ability and age, therefore whilst we have a small selection of 7-9 books for the mature primary reader we do not have any on the 9+ list. PRC rules also allow for K-2 students, to read books on their own, to read them with someone or to have books read to them. For this reason we will endeavor to enter some of the books that a K-2 student may have read to them at school onto their reading record. Each student that completes the challenge and records their reading online receives a certificate to acknowledge that they have completed the challenge and read at least 20-30 quality books over the period of the challenge.

All books are recognisable by the colour of the PRC sticker on the spine, and the books can be found both in our school library, on the SORA e library app as well as at your local library. Students only need to complete the challenge relative to their school year, although there are hints, tips and rules on the website if a student wishes to complete a challenge for a different year group.

The website for the PRC challenge is: https://online.det.nsw.edu.au/prc/home.html

Happy Reading - Mrs Heness

PARENT'S REPRESENTATIVE COUNCIL SCHOOL REPRESENTATIVE EXPRESSION OF INTEREST

St Patrick's Primary is seeking expressions of interest from parents to take on the role of the PRC School Rep and Alternate Rep.

The Parents Representative Council (PRC) is the peak parent body that represents and supports parents, families and caregivers of students enrolled in all Primary and Secondary Catholic Schools within our Diocese. The PRC works in collaboration with the Bishop, the Executive Director of schools, Parish Priests and Catholic School Principals and School Parent Bodies in providing additional support to families throughout their child's learning journey within the Catholic Education System.

Every Primary and Secondary Catholic School in the Diocese of Parramatta can have one PRC Parent Rep andan Alternate Parent represented. These Representatives speak on behalf of their School's Parent Body and community representing their Parents within the PRC. This provides the important two-way communication
between local school parent communities, their local school and the greater Diocesan Parent body of the PRC.

The School Reps and Alt Reps primary role is one of communication and building close partnerships with the School leadership team and school parent body and PRC cluster leaders and executive.

For further information, please see the attached.
If you are interested in fulfilling this role, please email stpatsguildford@parra.catholic.edu.au

Please see below a letter of thanks from the Manning Foundation…

St. Patrick's Parish
32 Calliope Street
GUILDFORD NSW 2161

Phone: (02) 9632.2672
Email: admin@guildfordcatholicchurch.org.au
Website: www.guildfordcatholicchurch.org.au

18th February, 2022

Mr. Steven Jones
Principal
St Patrick's Primary School
34 Calliope Street
Guildford NSW 2161

Dear Mr Jones,

On behalf of Fr Peter, Sr Helen and fellow members of the Manning Foundation I am writing a sincere thank-you to you, your staff, parents and students for your wonderful support of the work of the Manning Foundation in our parish. Your school's response to our food drives for the feast of the Sacred Heart and Advent/ Christmas in 2021 continue to be a wonderful support to the Manning Foundation's ability to maintain our ministry of the poor and needy in our local parish area

The last couple of years of COVID have been very difficult for many families in our area. I acknowledge, and appreciate even more, your efforts for our foundation during very difficult and stressful times for your school community.

We hope and pray that school and parish life will return to normal very soon.

Yours sincerely

Patricia Mitchell
for the Manning Foundation

ST PATRICK'S
PRIMARY GUILDFORD

OPEN DAYS

10 March 9:00-10:00am

1 April 9:00-10:00am

3 May 5:00-6:00pm

Scan QR code to register your interest

34 Calliope St, Guildford

T 8728 7300 www.stpatsguildford.catholic.edu.au

Enrolling Now for Kindy 2023

School Student Travel
Term 1 2022

School student travel information for parents and students

School Travel Passes

Students who need a School Opal card or travel pass but have not yet applied need to apply or update their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their local bus operator to discuss their travel needs.

New Student Opal cards (including new Term Bus Passes) will be sent to the student's nominated postal address within two weeks of their application being approved.

Students living in rural and regional (R&R) areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note**: some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

Students using Opal cards must tap on and tap off in line with the Opal terms of use.

All students are required to comply with the Student code of conduct. The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.

Delany College
Granville

OPEN DAY 9 March
1:00pm-5:30pm

Open Day

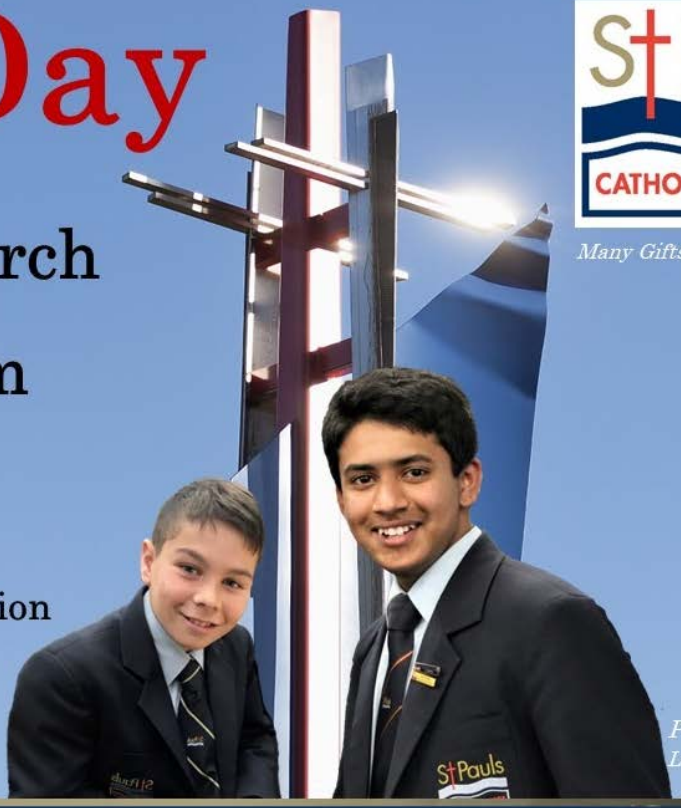
St Pauls CATHOLIC COLLEGE

Many Gifts One Community

Sunday 13th March

11.00am - 2.00pm

- College Tours
- Lesson Demonstrations
- Parents & Friends Association
- Staff & Students available to answer your questions



Paul Finneran
Lead Learner Principal

Phone: 02 8868 3700
Facebook: www.facebook.com/stpaulsgreystanes2145
www.stpaulsgreystanes.catholic.edu.au