



ST PATRICK'S GUILDFORD



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Newsletter 3

Thursday, 2nd June 2022



PRINCIPAL'S MESSAGE

Dear Parents,

This Sunday, we celebrate the Feast of Pentecost when Jesus gave the gift of His Holy Spirit to his disciples. We too have received this same Spirit through our Baptism. How open are we to this Spirit of Jesus present in our lives?

*When we come face to face with the challenge of self-giving,
When we are asked to go the extra mile,
To take the risk of reaching out to another,
To offer forgiveness to the heart that rejects us...
Spirit of God, fill us with the energy of your love.*

*When our world seems bleak,
When we walk with sadness written on our soul,
When we have days in which everything goes wrong ...
Spirit of God, stir the energy of your joy within us.*

*When anxiety and concern take over our spirit,
When restlessness or boredom holds sway over us,
When our world cries out in distress and turmoil ...
Spirit of God, deepen in us the energy of your peace.*



*On those days when we hurry too much,
During those times when our anger flares because our agendas aren't met,
When we stop giving people our understanding and acceptance...
Spirit of God, draw us toward the energy of your patience.*

*When someone needs a simple gesture of thoughtfulness,
When a look of love is all another asks from us,
When a good word could take the sting out of the gossip...
Spirit of God, create in us the energy of your kindness.*

*When harshness or abruptness dominates our moods,
When we feel challenged by the power of another,
When we use the things of this good earth ...
Spirit of God, bless us with the energy of your gentleness.*

Steven Jones

Principal

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

UPCOMING DATES

Week 7

06/06 8:45 am Assembly
1:40pm Peer Support
08/06 8:30am Penance 5 Blue
915am Yr 3 Mass
10/06 Gymnastics Kindergarten to Year 2

Week 8

13/06 Public Holiday
14/06 St Patrick's Athletics Carnival
15/06 8:30am Penance 5 Green
915am Year 2 Mass
17/06 Year 1 Green reports sent home

NOTES HOME

[Year 2 Blue update 1 June 2022](#)
[Athletics Carnival Lunch Order Form](#)
[Change of Sports Days](#)
[Filming at St Patrick's](#)
[Important Message from Bishop](#)
[Vincent Long](#)
[Student Absentee Letters](#)

ASSISTANT PRINCIPAL'S MESSAGE

Mindfulness

The social and emotional wellbeing of our students has as much significance and importance as their academic development. As teachers, we value the social and emotional connections we have with each child in our class. We know that the positive connections students have with their teachers have positive impacts on their approach to learning and their academic development.

Self-awareness and social awareness are two of the key social and emotional learning skills that children should develop. Some of the benefits of mindfulness training for children include increased self-awareness, social awareness and self-confidence. Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

What is mindfulness?

Mindfulness is about training yourself to pay attention in a specific way. When a person is mindful, they:

- focus on the present moment
- try not to think about anything that went on in the past or that might be coming up in future
- purposefully concentrate on what's happening around them
- -try not to be judgemental about anything they notice, or label things as 'good' or 'bad'.

Some of the benefits of mindfulness for children...

There are many benefits of mindfulness training for children, including:

- increased self-awareness, social awareness, and self-confidence
- increased ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques
- building resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

Mindfulness training has also been shown to reduce the severity of depression, anxiety and ADHD in children.

What do teachers do to encourage mindfulness in children?

- Provide opportunities to be still and silent
- Teach slow breathing techniques
- Teach class Meditation
- Explicitly teach social skills including the zones of regulation
- Provide a space in the classroom where a child can go to calm down or self regulate
- Use soft and stretchy toys for children to hold and manipulate where necessary
- Provide a variety of seating alternatives as well as sensory opportunities.

What can parents do to encourage mindfulness in children?

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practices themselves! Research shows that parents and carers who practise being mindful around their children contribute to improving their child's sense of self-worth and self-esteem. The more present and mindful you are with your children, the more happy, mindful and resilient they will be.

Tracy Hoey
Assistant Principal



SACRED HEART OF JESUS



The feast of the Sacred Heart of Jesus will be celebrated on the 24th of June.

The heart has always been seen as the centre or essence of a person. Devotion to the Sacred Heart of Jesus is devotion to Jesus Christ Himself.

The Catechism of the Catholic Church, states, "Jesus has loved us all with a human heart. For this reason, the Sacred Heart of Jesus, pierced by our sins and for our salvation, 'is quite rightly considered the chief sign and symbol of that... love with which the divine Redeemer continually loves the eternal Father and all human beings' without exception (No.478).

"Therefore, love the Lord, your God, with all your heart, and with all your soul and with all your strength. "Deuteronomy 6:5-6.

Throughout the Gospel, we see the outpouring of Jesus' love from His heart, whether in miracle stories, the reconciliation of sinners, or the compassion for the grieving.

As we recall Jesus' love for us, we too are called to show the same love and compassion to others, especially the less fortunate within our community. St Patrick's will be holding a food drive from now until the end of the term. Each child is asked to donate an item of food. This non-perishable food will be given to the Manning Foundation in our parish and be distributed to the needy. Please find a list of suitable items at the end of the newsletter. Families are welcome to contribute to the food drive by dropping off items to the school office. All items will be accumulated in the school foyer as a live reminder of our act of love.

'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?' 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)

SACRAMENTS

Students in Year 3 are learning about the Sacrament of the Eucharist during this terms Religious Education Lessons. At the end of this term parents who have children that are eligible to receive their First Holy Communion will be given a form that will need to be filled out and returned to the Parish office. Please refrain from contacting the parish or school office as these forms will be given out in week 10 this term.

Year 2 students are preparing to receive the Sacrament of Penance at the end of the term. They are learning about the Sacrament of Penance during their Religious Education Lessons. The sacrament will be received during school time as a class. Parents will be informed of the dates as the time gets closer. It is not an event that Parents need to attend as this is a personal sacrament of forgiveness and will be practised as it usually is done within the parish.

MASSES

Parents and friends are welcome to celebrate mass with the students and parishioners.

Week 7

Wednesday 8th June

9.15am Year 3 attending Mass

Ordinary Time 10

Week 8

Wednesday 15th June

9.15am Year 2 attending Mass

Ordinary Time 11



FEAST DAYS

1st June - St Justin

3rd June - Charles Lwanga and companions

5th June - Pentecost Sunday- the last day of the Easter Season

6th June - The Blessed Virgin Mary, Mother of the Church

11th June - St Barnabas

12th June- The Most Holy Trinity

13th June - St Anthony of Padua

May the Holy Spirit inspire you to reach your full potential.

Many blessings,

Wardah Khoury

What is PENTECOST?



PENTECOST comes from the Greek word "Pentecoste" meaning 50th day. Pentecost Sunday is one of the most prominent feast days in the Christian calendar. It is often referred to as the "BIRTHDAY OF THE CHURCH".

It marks the day when the HOLY SPIRIT descended upon the Apostles, who had been living in fear for fifty days following the resurrection of Jesus Christ on Easter Sunday.

On Pentecost, the HOLY SPIRIT came down visibly on the Apostles. He gave them the power to speak in strange tongues to the crowds that came to Jerusalem for that Feast. He also transformed them, from selfish and timid men into giants of courage and faith.

MERIT AWARDS - Congratulations to the following students

KBlue	Scarlett Cindric Sidney Ibrahim	KGreen	Ayssa Yammine Maryrose Makhlof			
1Blue	Jasmine Abboud Levi Carrero	1Green	Benny Kailahi Lillian Do			
2Blue	Emily Xie Nathaniel Sesay	2Green	Ruby Vakauta Xavier Attlee	2Yellow	William Burns Hannah Faghani	
3Blue	Simone Arrow Mohamed Mohamed	3Green	Sakina Lariosa Emerson Bell			
4Blue	Olivia Hallit Jarrod Cain	4Green	Gloria Estaphan Hannah Tarabay			
5Blue	Eliza-Jane Bremner Elias Moussa	5Green	Mouamal Al Muhsen Jacinta Abraham			
6Blue	Lara Nohra, Marcel Chehade David Antoun,	6Green	Marcel Sleiman Morad Shammout			



TELL THEM FROM ME



During the next two weeks we will be inviting students, staff and parents to provide feedback on their experience of our school using an online survey. The surveys are an important part of our whole school evaluation and planning process.

We would like to invite you to complete the Tell Them From Me (TTFM) Partners in Learning survey. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at St Patrick's Primary Guildford.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device by using the URL below: <http://tellthemfromme.com/stpatsguildford2022>

ORIENTATION DAY - CERDON COLLEGE

Cerdon College has advised a change of date for the Year 7 2023 Orientation Day.

The new date is 11 October 2022. Cerdon College will email all parents to advise them of the change of date.

KINDERGARTEN 2023

Kindergarten enrolments are open for 2023. If your child was born between **1st January 2017 and 31st July 2018** please collect an enrolment pack from the school office. Alternatively, you can visit our website '[How to Enrol](#)'. Please let family, friends and neighbours know that 2023 Kindergarten forms are available.

CONGRATULATIONS

Parramatta Diocesan Rugby Union Selection

Congratulations **Seti Maka (Year 5)** who has been selected in the Parramatta Diocesan Rugby Union team to participate in the MacKillop Rugby Trials in Forbes later this term.

Problem of the Week



Grade K	What shapes do you see in the picture? Where do you see them?
Grade 1	Show how you could split the wheel to make halves. Show how you could make quarters.
Grade 2	Show how you could split the wheel to make halves. Show how you could make thirds?
Grade 3	Each revolution of the wheel takes 30 minutes. If a person started riding at 9:45 am and rode 3 consecutive times, what time would they get off the wheel?
Grade 4	Priya got on the wheel at the bottom for a ride. The wheel moved 45 degrees clockwise and stopped. What is her approximate location in the picture?
Grade 5	The height of the wheel is 135 meters. About how many meters high is the tallest building in the picture? the shortest building? Explain or show your reasoning.



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

WELCOME

We are pleased to announce that Miss Maria Tsalikis will be the Year 2 Blue teacher from Tuesday 14 June 2022. Miss Tsalikis is currently teaching Year 4 at St John's Auburn and has been teaching at St John's Auburn for the past three years. Prior to this, Miss Tsalikis taught at other schools in the Sydney Diocese.

CONGRATULATIONS



BABY
GIRL

Congratulations to Mrs Cassandra Bruscino, John, Gabriella and Christian on the birth of their daughter Sophia. Mum and bub are doing well.

WELLBEING

Peer support has run for a few weeks now and each week the students are learning new skills. This week they had to work cooperatively in their groups. They learnt that it isn't always easy to work together and that we need to share our ideas, listen to others and accept that there is more than one way to solve a problem. They were encouraged to see problems as challenges to be overcome, and understand that working cooperatively as a group can make a situation easier to handle.

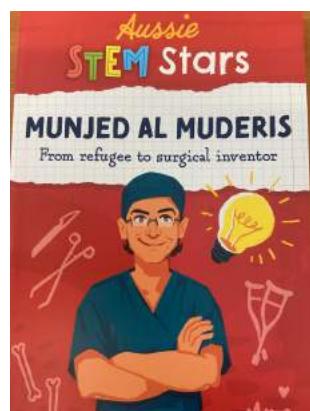
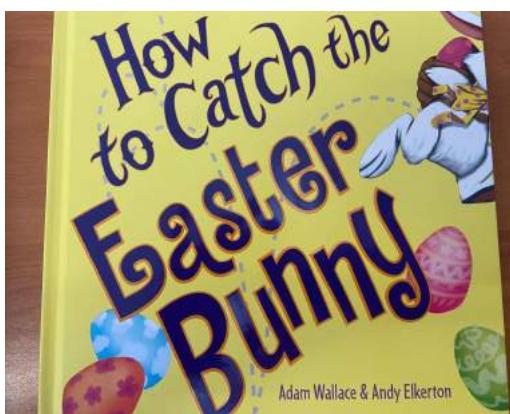


Well done to Year 5 who filled their Gem jar this week. They will look forward to enjoying a grade reward. Congratulations to our two Gold certificate achievers this week.



LIBRARY

Thank you to Lions Club of Holroyd City Inc. for the donation of two books, "MUNJED AL MUDERIS From refugee to surgical inventor" by Dianne Wolfer and "How to catch the Easter Bunny" by Adam Wallace & Andy Elkerton for our school library. These books will be available for borrowing soon.



SPORT

Athletics Carnival Note - A reminder to all families that have not returned the permission note for the Athletics Carnival, please follow the link to authorise your child/children's attendance at the carnival. [2022 Athletics Carnival Permission Note](#) A reminder email was sent to families last Monday 30 May.

FOOD DRIVE ITEMS FOR THE MANNING FOUNDATION



Can of Heinz Vegetable Soup	Sun Rice (Medium Grain) Australian Calrose Rice 500 gram Packet
Tom Piper Braised Steak & Vegetables	Black and Gold Full Cream Long Life UHT One Litre non refrigerated
Tom Piper Braised Steak & Onion	Jar of Vegemite 150 gram
Tom Piper Sausages & Vegetables	Black and Gold Wheat Biscuits: Breakfast Cereal 750 grams (FAMILY)
Tom Piper Home-style Irish Stew	Uncle Toby Vita Brits 375 gram Packet (SINGLE)
Campbell's Spaghetti Sauce with Beef	Black and Gold Dry Pasta "Small shells" 500 gram packet
Cans of Tuna – various sizes	Dehydrated Pancake Mix small containers where you just add water
Campbell's Vegetable & Beef Soup	Cans of whole Champignons
Tomato Soup	Red Kidney Beans 400 gram tin
Pumpkin Soup	Legos Red Wine Bolognese: Sauce 575 gram container
Tins of Spam or Hormel	Kan Tong Pineapple Sweet & Sour Cooking Sauce 515 grams
Tins of Spaghetti	Edgell Mixed Vegetables 420 grams can
Chicken Noodle Soup Mix or Cup of Soup	Sugar 50 sticks white packet
Chicken & Beef Flavoured Noodles 85 gram packet (2 minute noodles)	Can of Milo 200 grams
Can of Corn Kernel	Packet of Custard 300 grams Variety (Woolworths Purchase)
Can of Diploma Instant Full Cream Powder	Black & Gold Tomato Paste 250 grams
San Remo or Homebrand Spaghetti 500 gram packet	Liquid Stock: Beef/Chicken/Vegetable
Tins of Beetroot	Black and Gold Tomato Sauce 300 grams
Cans of diced Tomatoes 400 grams	Container of Soap Packet of Eight (Homebrand)
Golden Circle Fruit Salad Traditional 450 grams or any fruit in a can	Black & Gold Mashed Potatoes Dehydrated 125 grams Packet
New Season Lentils (Not to be purchased only taken when donated)	Can of Edgels Beans
Jar of Honey	Can of Gravox Traditional Gravy 120 gram tin
Jar of Strawberry Jam	Can of Chickpeas
Jar of Apricot Jam	Can of Butter Beans
Cans of Baked Beans – various sizes	Lentils
Plain Biscuits (SAO)	Lipton Tea Bags (25 tea bag packets)
Sweet Biscuits Scotch Fingers	Small jar of Granulated Instant Coffee Black & Gold 100 grams or Homebrand
Kraft Cheddar Cheese 250 grams (Non refrigerated!)	Black and Gold Strawberry & Raspberry Flavoured: Jelly Crystals 85 gram Packets