



## Week 3

### Wednesday 3 August

- Backyard League K-6

### Friday 5 August

- Census Day
- 9:15 am Feast of St Mary  
MacKillop Mass (K-6)
- Mini Olympics (see page 3)

## Week 4

### Monday 8 August

- Pow Wow 9am-10:30am

### Tuesday 9 August

- Uniform Shop 8:30am-9:30am
- Zone Athletics

### Wednesday 10 August

- Backyard League K-6

### Thursday 11 August

- 11:30am Talent Quest (Hall)

### Friday 12 August

- K-2 Shoelace tying workshop
- Social Justice—Stage 3

## Week 5 Book Week

### Monday 15 August

- Pow Wow 9am-10:30am
- Feast of the Assumption

### Tuesday 16 August

- Uniform Shop 8:30am-9:30am
- Hack Day—Parramatta Marist  
(Year 5)

### Wednesday 17 August

- Book Parade 9am
- Grandparent's Day
- Open classes (K-2)
- Morning Tea
- Aria Music Performance

### Thursday 18 August

- ES1 Excursion

### Friday 19 August

- Diocesan Athletics Carnival
- Theme Lunch—Pasta
- Back up day—Mini Olympics

### Saturday 20 August

- 3pm Communion rehearsal  
Reconciliation registration after  
5pm Mass

### Sunday 21 August

- Reconciliation registration after  
9am Mass

Dear Parents, Staff and Students,

### *Value of sleep in balancing a healthy lifestyle*

Sleep efficiency and healthy sleep patterns are essential for child and adolescent growth and development. Research suggests sleep plays an important role in memory, both before and after learning, which means it is an important factor in improving academic performance.

Schools play an important role in developing the knowledge, skills and attitudes young people need to balance their lifestyle for healthy living. The mandatory PDHPE K-6 and Year 7-10 syllabus acknowledges the link between a balanced lifestyle and good health. Students develop skills to manage stress, prioritise sleep and make positive health choices.

#### *In PDHPE K-6, students explore:*

- positive health practices including basic human needs
- how positive health choices can promote wellbeing
- balancing lifestyle components for optimal health
- the importance of adequate rest and nutrition
- cultural influences on nutrition, physical activity and a young person's decisions.

#### *In PDHPE Years 7-10, students explore:*

- the benefits of a balanced lifestyle which includes rest, sleep and physical activity
- the role and impact of stress on health
- a range of positive management strategies to support good health, eg yoga, relaxation, physical activity and listening to music
- available support services and skills to access health information, products and services.

To complement the PDHPE curriculum, schools also often run their own programs addressed through pastoral care or wellbeing programs, which could include workshops on sleep efficiency, nutrition, Live Life Well, physical activity, mindfulness, relaxation and time management.

For more information please refer to the Sleep Health Foundation Australia where they have more information relating to the role that sleep plays in achieving a balanced lifestyle.

## Annual School Census—Friday 5 August 2016

The Annual School Census will take place this **Friday 5th August**.

**IMPORTANT NOTICE**

It is imperative that the school has received an **application for extended leave** (in the case of leave between 10 and 100 days) or a **letter of explanation** in the case of sickness, an appointment or shorter leave.

If your child is absent on this day and we do not have formal documentation as to the reason, you will be contacted for an explanation. This is a requirement of the census audit.

**If your child is sick on the day** please notify the office any time from 8:00am by phone on **9630 3697** or via email [stmonicasnparra@parra.catholic.edu.au](mailto:stmonicasnparra@parra.catholic.edu.au)

There are also free apps available that may be of interest to parents to download:

- **Headspace**
- **Pillow**
- **Pzizz**
- **Relax Melodies**
- **Sleep Better**
- **Sleepbot**
- **Worry Box**

*Reference: BOSTES NSW Government*

Yours sincerely,

**Louise O'Donnell**  
Principal

### **St Monica's Talent Quest**

St Monica's Talent Quest will be held on  
**Thursday 11 August (Week 4)** in the Hall  
commencing at **11:30am**.

Students are reminded that they need to supply their own props, music, USB's etc for their performance.

Parents, relatives and friends are all invited to attend.

We look forward to seeing  
you there.



### **SCHOOL FEE NOTICE**

The Broken Bay Diocese recently announced significant increases to their school fees in some schools which were widely broadcast in the media recently. **Please note that these increases do not affect our Diocese or school.** We expect that any school fee increases for Catholic schools in the Parramatta Diocese next year will be moderate and in line with previous years. If you have any concerns about the payment of school fees at any time please contact Mrs Gisella Cattermole who can confidentially assist you.

### **TERM 3 SCHOOL FEES—due Monday 22 August 2016**

Term 3 School Fees have now been sent out by the Catholic Education Office. Unless you have an arrangement with the school, fees are due and payable by **Monday 22 August 2016**.

If you are experiencing financial difficulty please contact the school immediately so that a meeting can be arranged with the Principal.

### **TENNIS LESSONS**

Mr Davidson wishes to advise that tennis lessons will conclude for Term 3 on **Thursday 25 August (Week 6)**.  
**Fees for Term 3 only have been reduced to \$30 per child.**

Tennis lessons will resume in Term 4 and the normal fee of \$40 per child will apply.

### **CONGRATULATIONS**

Congratulations to Alison and Scott Hamilton (Father Fernando's secretary) on the birth of their son Ryan.

### **SCHOOL UNIFORM—lost property**

Parents are requested to please check that their child is wearing their own school uniform. If your child is wearing another student's uniform could you please ensure it is returned to school immediately as we have been notified that a number of students are missing labelled jackets. Thank you for your co-operation.

### **SYMPATHY**

St Monica's extends its deepest sympathy to the Lewis family (Chelsea and Madeline, Yr 6) on the passing of their grandfather (Mrs Lewis' father). Please keep the Lewis family in your prayers at this very sad time.

### **Notice of Intention to Remove a Student from St Monica's School**

The Catholic Education, Diocese of Parramatta Office has developed a Policy relating to the notice required from parents to terminate their children's enrolment in the schools of the Parramatta Diocese. In part this states "**A term's notice (10 weeks) in writing must be given to the Principal before the removal of a student or a full term's fees will be paid.** The notice can be given any time during the term for the next term." This means that unless the school receives a term's notice no pro rata adjustment will be given for part term tuition.

## MERIT AWARDS

*Congratulations to the following students who have received Merit Awards.*



ES1: Nina Talty, Calista Soriano, Olivia Nguyen  
 Year One: Dominic Scurtu, Aimee Loof  
 Year Two: Sophie Stoker, Kobe Puyat  
 Stage 2: Jonah Assaf, Poppy Sloane, George Keranis, Neave Sciacca, Rafael Noonan, Jayden Wilson, Trinity Bird, Vinayak Sharma, Aidan Mutttoo, Dacian Scurtu,  
 Stage 3: Joshua Albayeh, Chelsea Lewis, Isabella Smith,

*Happy birthday to the following students and staff who celebrate birthdays in August.*



Jessica Stoker	Eddie Tran	Philip Hilario	Kristian Romic
Ahmad El Merhabi	Ainsley Mitchell	Abbi Meale	Vinayak Sharma
Madeline Smith	Giselle Mondinelli	Kobe Puyat	Joshua Albayeh
Staff: Mrs Ungsuprasert, Mrs Davino and Mrs Abood			

### Writers Wanted!

Entry is NOW OPEN in the 2016 Schools Writing Competition! Students all over Australia are invited to enter their Poems or Short Stories, and battle it out for the great cash prizes on offer. There is no theme! Entrants are encouraged to let their imaginations run wild and get their creative juices flowing to write on **ANY TOPIC** and in **ANY STYLE**. Students from **ALL GRADES** are welcome to enter—Kindergarten to Grade 12.

Enter **online** at [www.write4fun.net](http://www.write4fun.net) OR **email** to [enter@write4fun.net](mailto:enter@write4fun.net) OR **fax** to (07) 5574 3644 OR **post** with entry form details to Write4fun PO Box 2734, Nerang DC, QLD 4211.

Entry is FREE and all entries must be in by Wednesday 31st August 2016.

### Welcome to new students:

- ♦ Simeon Gyimah (Year 4)
- ♦ Elijah and Elisha Gyimah (Year 2)
- ♦ Chloe Pearson (Year 5)



Found on the playground—Small pink coin purse. Please enquire at the office.

### Staff Development Days

Monday 10 October (Term 4, Week 1)  
 Monday 19 December (Term 4, Week 1)  
 Tuesday 20 December (Term 4 Week 1)

### Mini Olympics Friday 5 August 2016



9:15am St Mary MacKillop Mass  
 10:15am Opening Ceremony  
 10:40am Recess  
 11:10am Sport Rotations  
 12:45pm Lunch  
 1:30pm Sport Rotations continue  
 3:00pm Dismissal

**Please note that there will be  
NO PARKING ON SCHOOL GROUNDS  
 or IN THE CAR PARK on the day.**

Parents/visitors are requested to park in the streets surrounding the school.

**Backup Day (in case of wet weather)  
 Friday 19 August (Week 5)**

## Book Character Parade & Grandparents Day 2016

This year, we are holding a Book Character Parade on **Wednesday, August 17<sup>th</sup> at 9am**. We encourage all **students, parents, teachers and toddlers** to participate for a fun morning and wonderful book prizes.

We would like all participants to come dressed as a character from a book, and we also have prizes for the best costume using recycled materials. Hope to see you all there and in costume!

*Mrs Sharon Boulous*



A note will be sent home next Tuesday 9 August (Week 4) with the timetable for the day.

## Building Child Safe Communities – New procedures reminder for volunteers

Volunteers make a significant contribution to students and our community.

As part of our new 'Building Child Safe Communities' initiatives, we request the following from volunteers:

**Step 1: Complete the 'Building Child Safe Communities - Undertaking for Volunteers' Form for each volunteer location.**

**[VOLUNTEER FORM](#)**

**Step 2: Complete the online training module – required every second year.**

**[TRAINING MODULE](#)**

These can be accessed by visiting the **Catholic Education Diocese of Parramatta homepage** <http://www.parra.catholic.edu.au> then scrolling down to 'Volunteers and Contractors – click here'.

Please contact the school if you require any assistance.

We thank all volunteers for their continued support.

## Sport Days—Term 3

**Students to wear their sport uniform on the following days.**

ES1	Friday
Year 1	Wednesday
Year 2	Wednesday
Stage 2	Wednesday & Friday
Stage 3	Wednesday & Thursday

## Netball Gala Day

St Monica's will be attending the Netball Gala Day on **Tuesday 23 August** (Week 6). If any parents are available to assist with coaching teams and assisting on the day, could you please contact Mr Tyszkiewicz.



## Sports Grant

This term St Monica's applied for a grant through Sporting Schools which is run by the Australian Sports Commission. The grant can be spent on costs related to the delivery of sport-based activities including supervision, coach delivery, transport, equipment, venue hire, teacher program administration and professional development.

Our application was successful which is very exciting and means that we will be having extra NRL skill lessons this term. The grant will also be used to purchase some equipment and uniforms for gala events and representation at Diocesan events.

*Miss Kellee Bagnall*







## Book Character Parade 2016

Our Book Character Parade will be held on **Wednesday, 17<sup>th</sup> August at 9am** in our school playground.

The **theme** of Book Week 2016 is:



**"Australia: Country, Story!"**



We encourage students to come dressed as a **character** from an **Australian book or poem** they have read, **alternatively**, if they already have any **book related costume** at home, or they have some special connection with a book character from any of their reading, they are welcome to wear that too!



Our categories include best costume for:

- Each home room
- Parents
- Teachers
- Toddlers
- Best recycled costume

We also invite any **POW WOW** members to join us!

We encourage you all to come and join in the fun!

There will be plenty of seating around the playground to enable the best view for all!

Happy creating.



Mrs Sharon Boulous

A note will be sent home next Tuesday 9 August (Week 4) with the timetable for the day.

# School Communities Working Together

## Fact Sheet for Parents and Carers



### Introduction

The role of schools is to work in partnership with parents to provide an environment that encourages students to connect with each other and their community, so they can succeed and thrive. Parents, teachers and the community all play a role in fostering this environment.

Schools have well established systems which support student wellbeing and address instances of anti-social behaviour such as bullying, threats of physical violence and other offensive behaviours.

- Encourage positive outlets for your child's energies – sports, performing arts, hobbies and organised clubs, all provide a sense of belonging and somewhere to focus their interests, though it may take a few attempts to find the right interest for your child.
- Be a role model – modelling positive, respectful relationships, positive ways to show emotions and how to apply objective thinking skills are valuable life skills for your child.

### Your role in supporting your child

- Be involved in your child's life – dedicate time to really understand your child. Know where they are, who they are with and what they are doing.
- Be cyber-aware:
  - regularly monitor what they are looking at on the internet and on social media sites and do what you can to reduce their exposure to inappropriate content;
  - place the computer or device in a common area of the house, so your child is less likely to try and access inappropriate web sites or use social media sites inappropriately; and
  - consider using content filters to help control what your child can access.
- Encourage open and honest discussion at home – encouraging your child to learn about and understand other points of view is a valuable life skill. If you stop discussion about topics that you are uncomfortable with, for example religion, politics, racism, drugs, extremism or terrorism, your child may find it even more interesting and may try to find information without you knowing. This could lead them to inaccurate information.

### How you can help your child

You know your child better than anyone else and are in a good position to notice any changes in their behaviour. If their behaviour changes significantly, try to find out what is happening in their lives. There are many reasons for a change in behaviour, so don't jump to conclusions.

The best way to support your child is to maintain open, non-judgemental communication with them. By keeping a positive relationship you may be in a position to help them if they want to talk about their problems. Listen to their concerns and try to understand their perspective.

Even if you disagree with what they are saying, it is important to find some way to let them know they are accepted and that you are there to help them.

### What to do if you are concerned for your child

If you do have concerns that your child is involved in or supporting extremist behaviour there are a number of options for seeking advice. You may like to talk to someone from your child's school such as the Principal, your child's Year Advisor, a teacher, or a trusted staff member.

You may wish to talk to your child yourself, or ask a close friend or family member to do so. Alternatively, there are government assistance and advice lines and websites. Some are listed below.

## Remember

As your child grows, they will be exploring their own values and beliefs. They may search for and push the boundaries of acceptable, responsible behaviour during this process.

## Cyber Safety

📄 **Office of the Children's eSafety Commissioner** –

<https://esafety.gov.au/esafety-information/games-apps-and-social-networking>

📄 **ThinkUKnow** – internet safety education site –

<http://www.thinkuknow.org.au/>

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the

National Security Hotline - 1800 123 400 or

email

[hotline@nationalecurity.gov.au](mailto:hotline@nationalecurity.gov.au)

## Resources

☎ **000** (triple zero) if you feel unsafe or in danger

☎ **1800 RESPECT** – <http://www.1800respect.org.au>

☎ Domestic violence line **(24h) 1800 65 64 63**

☎ Lifeline – T: **13 11 14** – <http://www.lifeline.org.au>

☎ Black Dog Institute –

<http://www.blackdoginstitute.org.au>

☎ Secure NSW – <http://www.secure.nsw.gov.au>

☎ Living Safe Together –

<http://www.livingsafetogether.gov.au>

☎ Multicultural NSW –

<http://www.multicultural.nsw.gov.au>

☎ Australian Multicultural Foundation –

<http://www.amf.net.au/>

☎ Multicultural Youth Advocacy Network –

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline – **1800 123 400** or email [hotline@nationalecurity.gov.au](mailto:hotline@nationalecurity.gov.au)

## Sacrament of Reconciliation Registration

If your child has received the *Sacrament of Baptism* and is in Year 3 or above he/she is eligible to receive the **Sacrament of Reconciliation on Friday 18<sup>th</sup> November @ 7pm**

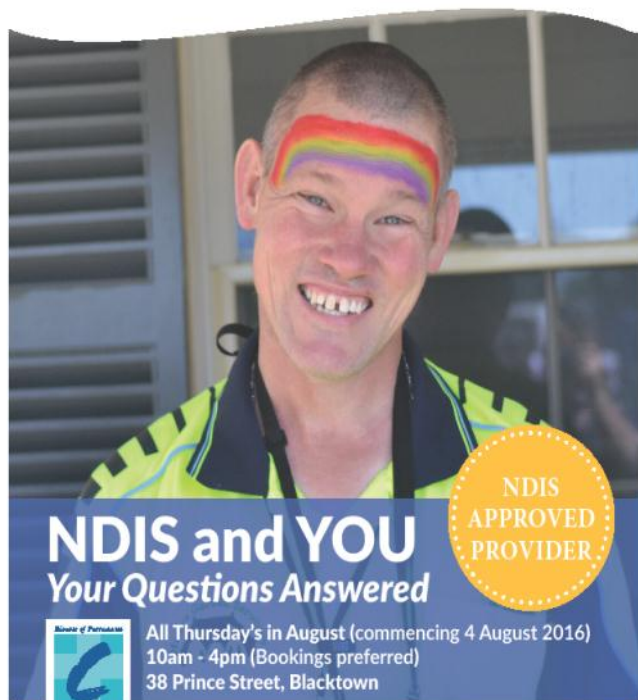
**Registration** after Mass on

Saturday 20<sup>th</sup> August @ 5pm Mass and  
Sunday 21<sup>st</sup> August @ 9am Mass.

Bring Copy of Baptismal Certificate and Donation **\$30**

**Parent Only Meeting** in School Community Room, Daking Street North Parramatta on Tuesday 6<sup>th</sup> September @ 7:00pm





All Thursday's in August (commencing 4 August 2016)  
10am - 4pm (Bookings preferred)  
38 Prince Street, Blacktown

Phone: 02 8822 2222 | Email Choices: choices@ccss.org.au



DREAM OF BEING AN OLYMPIAN?  
THIS IS WHERE IT ALL BEGINS...








## WINSTON HILLS LITTLE ATHLETICS

REGISTER NOW FOR THE 2016/17 SEASON!

REGISTRATIONS CAN BE MADE **ONLINE** FROM 1 ST AUGUST  
[HTTP://WWW.WHLAC.ORG.AU/](http://www.whlac.org.au/)

REGISTRATION PACK PICK UP DATES:  
SUN 21ST AUGUST 2PM - 4:30PM &  
SAT 3RD SEPT 8:30AM - 11:30AM

AT GOODEN RESERVE (CORNER OF GOODEN DVE & KANILI  
AVE, BAULKHAM HILLS)

LIKE US ON FACEBOOK AND INSTAGRAM  
[HTTPS://WWW.FACEBOOK.COM/WHLAC/](https://www.facebook.com/whlac/)  
@WINSTONHILLSLITTLEAS




## ARIA MUSIC

Quality investment in your child's future

Would your child like to learn Guitar or Keyboard?

Please email: [ariamusicschool@gmail.com](mailto:ariamusicschool@gmail.com) Phone: **0402 780 130**

Qualified, friendly teachers encourage serious musical skills in a fun learning environment.  
Group classes at school \$23:10 (incl GST) per lesson. Individual tuition is also available.

### ***Guitar Classes!***

Days: **Wednesday** lunchtime  
Time: 12:30pm-1:30pm  
Location: The Community Room

### ***Keyboard Classes!***

Day: **Tuesday** lunchtime  
Time: 12:30pm—1:30pm  
Location: The Community Room

### ***Music Lessons have the Power!***

Develops musical talent  
Develops self discipline  
Encourages self esteem  
Enhances co-ordination & concentration  
Is lots of fun!!

**[www.ariamusic.com.au](http://www.ariamusic.com.au)**

