ST MONICA'S PRIMARY NORTH PARRAMATTA

TERM 1, WEEK 8 Wednesday 15 March 2017

DIARY DATES

Week 8 Wednesday 15 March

School Photographs

Friday 17 March

- Dance Fever
- **Crazy Hair Day**—Leukaemia Foundation
- St Patrick's Day
- National Day against bullying

Week 9 Monday 20 March

- Quality Catholic Schools survey begins
- Pow Wow 9am-10:30am

Friday 24 March

- Dance Fever
- Cross Country—Stages 2 & 3, students turning 8 (optional) at Lake Parramatta

Week 10 Monday 27 March

- Pow Wow—9am-10:30am
- ICAS Payments due by today (Stages 2 and 3)

Wednesday 29 March

 Paper copies of QCS Survey due at school

Friday 31 March

Cross Country (Back-Up day)

Week 11 Monday 3 April

Pow Wow—9am-10:30am

Wednesday 5 April

• PBL Product Launch Stages 2 and 3

Friday 7 April

- 2018 ES1 enrolments close
- Holy Week Liturgy
- Dance Fever
- Term 1 finishes at 3pm

School timetable

8:20am Morning supervision
8:50am Morning bell
10:40am—11:10am Recess
12:50pm-1:30pm Lunch
3:00pm Dismissal
3pm—3:30pm Afternoon supervision



Monica's Matters

Web: www.stmonicasparra.catholic.edu.au Phone: 9630 3697 Email: stmonicasparra@parra.catholic.edu.au Fax: 9683 4984

Dear Parents, Staff and Students,

The story of Jesus' Transfiguration in Sunday's Gospel calls us to reflect on who we are and who we are called to be. This should form a strong part of our reflection during the season of Lent as we consider our lives and look at how we can form ourselves more strongly in the image of Christ.

- Do We Want to Fast for Lent?
- Fast from hurting words and say kind words
- Fast from sadness and be filled with gratitude
- Fast from anger and be filled with patience
- Fast from pessimism and be filled with hope
- Fast from worries and trust in God
- Fast from complaints and contemplate simplicity
- Fast from pressures and be prayerful
- Fast from bitterness and fill your heart with joy
- Fast from selfishness and be compassionate
- Fast from grudges and be reconciled

Fast from words and be silent so you can listen

Last week we celebrated Catholic Schools Week with a variety of activities based on the theme: Learning with Pope Francis to Care for Our Common Home.

Students, parents and staff participated in art activities in each of the learning spaces, reflecting ways we can make necessary changes in our lives to protect our planet.

The Book Fair created much excitement amongst the children with a varied range of literature available for purchase.

On Wednesday, the community celebrated Mass with the focus being the message of Pope Francis - asking us to work together to create a better world for future generations and to take care of, respect and value our common home.

Many thanks to Madeline Patrick, our school counsellor, who spoke at the POSMS meeting on Wednesday evening about Dealing with Anxiety and Building Resilience.

On Thursday, we met with educators from St Bernadette's Dundas Valley, St Paul the Apostle Winston Hills and St Bernadette's Castle Hill along with curriculum leaders from the Catholic Education Office. Each school shared their current Religious Education, Literacy and Numeracy goals and the strategies planned to support teacher and student learning. We were affirmed in the work completed to date and gained valuable suggestions for future direction.

Thanks to everyone for their support and contribution to Catholic Schools Week at St Monica's.

2017 Numeracy Goal

Staff have now begun work in their weekly staff meetings on the 2017 Numeracy Goal. For all students to improve by at least one growth point in Place Value, Multiplication and Division. We have revised a range of warm up games applicable to all stages and introduced new ones. These activities assist in developing mental strategies and challenge all learners. There will be short videos of these activities available on the school website soon so that you can play them at home. Details will follow.

Teachers have also discussed a Professional Reading article around the use of number lines and explored ways in which these enable children to consolidate their concept of place value. Number lines are applicable to all stages, whether they are investigating numbers to 30, or beyond, along with fractions and decimals. Further learning in this area will continue in the coming weeks.

Yours sincerely,

Mary-Jo Mason Assistant Principal



Kindergarten 2018

We are currently accepting enrolment applications for Kindergarten 2018. Please let family, friends and neighbours know that they can collect an enrolment application form from our school office during school hours. **Original birth, baptismal and immunisation certificates must be provided when applying**.



The Parramatta Diocese has revised the Enrolment Policy for all of their schools. The policy offers Catholic families a greater choice by allowing them to enrol in any school in the Parramatta Diocese.

Our enrolments officially opened on Monday 6 March and will close on Friday 7 April 2017.

Attendance—'Every Learner, Every Day'

As you would be already aware the Catholic Education, Diocese of Parramatta has a strong focus on attendance every day— 'Every Learner, Every Day'.

In each 2017 newsletter I will be publishing an accurate representation of the student attendance as it stands on newsletter day so that parents are kept informed of student attendance in relation to our target.

Our school is currently sitting at **91.5**%. This is **above** the expected **minimum target of 90**% set by the Catholic Education. Diocese of Parramatta.

Kindergarten	92
Year 1	89.3
Year 2	90.2
Year 3	100
Year 4	90
Year 5	88.5
Year 6	92.6

We all need to remain mindful that attending school every day throughout the term, on time every day is what is important and most essential for the students' learning.

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.

Application for Extended Leave—5 or more days Important changes

Parents are advised that the guidelines for Applying for Extended Leave have now changed. Parents must now complete and submit the Application for Extended Leave form (A1) if their child/children will be away for <u>5 or more days</u>. Applying for Leave must be done **prior** to commencing leave.



Previously this form was only necessary for student absences for 10 or more days. If approved, the Principal will issue a Certificate of Extended Leave (C1). If the Principal declines this application (ie it is not within the best interest of the child to take leave and be absent from school), a letter notifying parents that the application has been declined would be forthcoming.

School Fees

Term 1 school fees were due on **Monday 6 March**. Thank you to those families who have paid their fees. If you have not yet paid your fees we ask you to do so as soon as possible. Any families who are experiencing financial difficulty are asked to please contact the school immediately so that a confidential meeting can be arranged with Miss O'Donnell or Mrs Cattermole.

Curriculum News

Merit Awards

Congratulations to the following students who have received Merit Awards.

ES1: Zachary Dy, Mathew Dretvic, Pare Nader **Year One**: Mia Siemsen, Ava Cong, Calista Soriano

Year Two: Gabriela Andrade, Matthew Johnson, Jessica Ishak

Stage 2: Maria Nour, Dallas Kuea, Aaliyah Assaf, Kobe Puyat, Neelesh Govender,

Matilda Cooper, Jayden Albayeh, Daci Scurtu, Alexander Azar, Giselle Mondinelli

Stage 3: Zac Michael, Jessica Chapman

Books

Each Friday over the next three weeks, the children will be bringing home books in order to share their learning.

On Friday, 17 March, the children will be bringing home their **Religion books** in order to share their learning from this term. You are invited to spend some time talking with your child about their work, record a comment and send the books back ready for Monday morning.



In Week 9, English books will go home and Maths books in Week 10.

ALL books must be returned each MONDAY.

School Cross Country

Students in Stages 2 and 3, and students turning 8 this year (optional) will be participating in the School Cross Country event to be held on **Friday 24 March at Lake Parramatta**. A note has been sent home with students with all the relevant details for the day. Parent helpers are required to complete the Child Protection requirements (please see page 6).

ICAS (International Competitions and Assessments for Schools

Students in Stages 2 and 3 are once again invited to participate in the International Competitions and Assessments for Schools (ICAS). This year the competitions will be held **before school—commencing at 8am**. Students will need to arrive 15 minutes prior to the commencement of the testing programme. Each student has been given a note and a copy is also available on the school website under School Notes. If you would like your child to participate, the permission slip and payment must be returned to school in an envelope labelled with your child's name, class and competition names being entered by **Monday 27 March**. **No late entries will be accepted**.

Please note that the cost of the Mathematics Competition is only \$6:00 and not \$6:50 as advertised on the original note.

Car park—Afternoon Pickup

It has been brought to our attention that **some parents are parking in front of the Church** blocking the exits to both Church Street and North Rocks Road during the afternoon pick up.

Parents are requested to park in the designated parking bays in the carpark so as not to jeopardise your child and other family's safety. Please consider delaying your pick up time as there is teacher supervision until 3:30pm.

Lost School Jackets

Please label your child's jacket. With the start of the cooler weather there have been a number of jackets found on the playground. Sadly some of these items are not labelled.

Please check if you have your child's jacket at home. These unlabelled items are in the school office and are ready to be collected: 2X Size 6 (one labelled Farah), 1 X Size 8 and 1x Size 9 Navy Hoodie.

School Tours

Thank you to our tour guides who showed parents around our school seeking enrolment at St Monica's in 2018: Alexis Chang, Rhiannon Cooper, Christian Dib, Ainsley Mitchell, Charlotte Newey, Marley Puyat, Garbhan Sciacca, Mateo Soriano and Katrina Mitchell.

Head Lice

There has been a reported case of Head Lice in Stage 3. Parents are requested to check their children's hair on a regular basis for any evidence of headice/eggs. Further information can be obtained by visiting the link below:

http://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx

Trivia Night Information Saturday 6 May 2017



The Trivia Night is a great night out for the parent friends & parish community of St. Monica's. But it doesn't happen without some behind the scenes magic.

We need volunteers to assist with

- · Sponsorship collection
- Hamper collection (Friday 3rd March)
- · Hamper wrapping or,
- Volunteering on the night to assist with making the evening a success!

Whether you can donate an hour or two of your time, or are keen to join the committee for more involvement, please contact any of the **2017 Trivia Team**.

Trish Forsyth 0402337075 Gen Smith 0414901968 Cathryn Crowle 0401295173 Vanessa Talty 0423845885 Kimberley Graham 0432892267

Facebook

The St Monica's Facebook page is a closed site and is strictly only for our **current parent community**. It is a successful vehicle for communicating daily events around our school.

The Facebook page is not an avenue to post grievances about the staff, school or parish.

Parents are strongly urged not to post anything that may bring our school or community into disrepute. When you have a grievance or a question relating to your child's learning, please directly contact the relevant school personnel.

Bragging rights

Rachel French

Congratulations to Rachel French who is going to compete in the World Championships for Irish Dancing in Ireland in April. Rachel is currently 2nd at States and 5th at the National titles. Good luck Rachel!



Charlotte Newey

Congratulations to Charlotte Newey who has been selected as one of 56 girls to represent the Australian Girls Choir on their National Tour for 2017. The Australian Girls Choir (AGC) is the country's leading performing arts organisation for girls and today has over 5,000 choristers in training across Australia. Well done Charlotte!



Every Day Hero Variety Club - Rhiannon Cooper

Rhiannon Cooper in Year 6 is donating 40cm of her hair on 1st April It doesn't cost anything to donate your hair, but it can cost parents up to \$6000 to buy a wig for their child who has lost hair due to disease or treatment. Rhiannon is trying to raise \$6000 through Every Day Hero Variety Club in conjunction with her huge haircut. So far she has raised \$1400. If you can help Rhiannon achieve her goal please visit the link below. Thank you in advance. https://alopecia.everydayhero.com/au/rhi-s-donation



Congratulations to the **Assaf** family on the birth of their son Joseph who was born on Friday 10 March. A baby brother for Jonah S3B and Aaliyah S2A.



2017 Quality Catholic Schooling Survey

All Catholic schools in the Diocese of Parramatta will once again be participating in the Quality Catholic Schooling Survey (QCS). The QCS survey provides information from students, staff and parents about our school's cultural behavior, relationships and learning community, and assists us in our focus on continuous improvement.

Between Monday 20 March and Friday 31 March all Staff, Year 3-6 students and 60 randomly selected families selected by the Catholic Education Office Parramatta will be asked to complete an online survey. Staff and students will complete the survey online at school. Parents who have been randomly selected will be sent home a paper survey but they will also be able to complete the survey online if preferred. The survey will take about 20 – 30 minutes to complete. The survey provides data about our school's cultural behavior, relationships and learning community. All paper survey copies must be returned to the School Office by Wednesday 29 March 2017.

This year we will need to include a student identifier in the student survey. The survey will still remain confidential and individual responses will not be accessible by the school or the Catholic Education Office. An independent survey consultant (Insight SRC) who manages the data collection will ensure the survey data is kept strictly confidential.

Each school will receive a de-identified information report at the end of May to help us to develop strategies for further improvement. This will definitely assist the school in working with all students to further improve their learning.

Parents who have been randomly selected to complete the survey are encouraged to participate as this will help our school to identify our strengths and the areas in which we can focus our improvement. Please contact Mrs Abood if you have any operational or procedural questions.

Catholic Schools Week at St Monica's













PBS4L: Positive Behaviour Support For Learning

St Monica's Famous bee-haviour Week 6:

I am putting my rubbish in the bin. If I see rubbish on the floor/ground (even if it is not mine) I will help to clean it up.

Awarded to: Year 1

St Monica's Famous bee-haviour Week 7:

I am being a kind friend by including other on the playground

Awarded to: Early Stage One

St Monica's Famous bee-haviour Week 8:

I am walking up and down the stairs quietly and safely

*This will be presented at Monday afternoon assembly

What is PBS4L?

PBS4L is a positive behaviour program that is run throughout the whole school.

What are St Monica's expectations?

Be Safe

Be Respectful

Be a Learner

How is the program consistent throughout St Monica's?

The teachers at St Monica's have jointly constructed an agreed practice. This agreed practice has been created so that every teacher is following the same program (even casual teachers).

How are bee cards documented?

Class teachers collect 'bee-haviour' cards and log each child's progress.

How can I help as a parent?

- *Read over the St Monica's Expectations chart with your child/children (attached in the Week 4 newsletter).
- *Use the St Monica's Expectations chart to have a weekly focus at home.
- *Celebrate any positive behaviour that has happened at school.



Miss Emily Clough

Special Projects Co-ordinator promoting PBS4L





In each newsletter we will be publishing Top Tips for Kids from the Cyber Safety Lady—Leonie Smith (copyright Leonie Smith 2011)

Top Tips for Kids

Online Reputation

Don't:

- Upload or send embarrassing pictures or videos
- Upload pictures / videos of yourself or family online without permission.

Do:

- Be careful what you say and put on the internet. Would mum and dad approve? Can't be undone. Can be passed around, copied and downloaded.
- Respect your friend's and your family's privacy, as well as your own.
- Always ask permission before taking pictures / video, or using webcam of other people.

Privacy

Don't:

- Give out your full name on games and apps.
- Broadcast addresses, phone numbers, school name / address, surnames, passwords, bank details, credit card numbers, drivers licence, profile names or "handles" (pseudonyms).
- Expose another person's read identity or personal details online.
- Overshare—your privacy is precious.

Do:

- Use a "handle" or pseudonym (made up name) for games and apps.
- Set good, secure, privacy settings on every app / platform / account.
- Log out of accounts and computer when leaving your device or computer.

Behaviour

Don't:

- Participate in "online drama" (long arguments that get vicious).
- "Flag" or report a user to an online moderator out of spite. Get advice.
- Be a "Troll" (to type something annoying just to get a reaction).
- Be a "Spammer" (send constant messages over and over).
- Be a hacker or an extortionist. Hacking & blackmail is regarded as criminal behaviour.

Dealing with Anxiety

Anxiety is a normal and necessary emotion, which can help us detect and avoid danger. Prehistorically our bodies went into "flight or fight" mode when we registered a threat. This helped our bodies be ready to run from or to attack the dangerous being. However these days we rarely have to face such threats but your body or your child's body may still be reacting as though it does. If anxiety is getting in the way of your child's ability to learn, make friends or have fun - it might be time to be more proactive and take steps to address the anxiety.

Excessive anxiety is best dealt with when it is understood and broken down into its different components; the physical symptoms (how it is experienced in the body), the rigid thoughts ("I can't do this", everyone will laugh at me"), the behaviours (often avoidance, perfectionism or oppositionality) and the feelings (using an intensity scale from 0-10). Certain unhelpful behaviours and thoughts are likely to lead to ongoing or increased anxiety whereas alternate, more reasonable thoughts (eg. "this will be hard but I can get through it") and behaviours (eg. mindfulness breathing and relaxation exercises) are likely to reduce the anxiety levels.

What can parents do?

- Continue to have clear expectations and limits for your child
- Recognise your child's other strengths
- Encourage independence using little steps (so the child has successes to refer to)
- Avoid rescuing your child (helicopter parenting)
- Give the message that anxiety is ok and that they will get through the situation
- Model positive coping behaviours yourself and discuss them with your child
- Try to be patient and manage your own frustration levels
- Emotion coaching help the child to label and understand their strong feelings rather than be overwhelmed by them.
- Talk with the child's teacher and work together with the school
- Resources: School counsellor, community psychologists, group programs (Cool Kids, ProACTive), online BRAVE program (free).

Madeline Patrick School Counsellor



GRIP LEADERSHIP CONFERENCE

Last Wednesday the School Ambassadors and SRC Leaders attended the GRIP Leadership Conference at Sydney Olympic Park. It was a great opportunity for us to learn about leadership. During the conference, the instructors interacted with the audience and demonstrated ways we can show responsible leadership at St Monica's. There were different sessions about different parts of leadership.

For example, the session 'Putting Your Ideas Into Action' taught us how to be responsible by sharing our ideas and not hiding them away from others. We think the GRIP Leadership Conference was a great experience and would recommend it to other future leaders.

A special thank you to Mrs Soriano for driving the students and attending the conference.

Crazy Hair Day

in support of the Leukaemia Foundation

Friday 17 March 2017

Spike it, puff it, slick it, use scrunchies, colours (temporary) waves, curls or use your imagination and come to school with your own unique style.

** No number one haircuts

** Crazy hairstyles are only temporary for Friday.

Monetary donations will be collected on the day and will be forwarded to the Leukaemia Foundation.





ARIA MUSIC

Quality investment in your child's future

Would your child like to learn Guitar or Keyboard?

Please email: 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.

Keyboard Classes!

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

The Community Room

Guitar Classes!

Day: **Wednesday** 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



A reminder that the Uniform Shop is no longer located on the school grounds.

Parents are required to purchase all school clothing items through Oz Fashion.

No uniform items including school bags or hats are available at the school office.

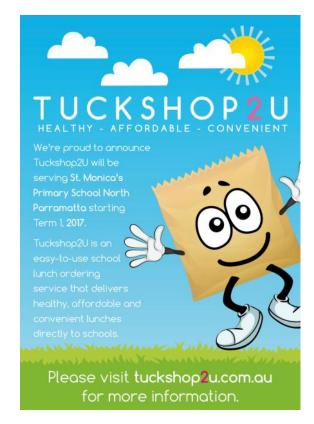
Oz Fashion is located at:

115-127 Parramatta Road, Granville Phone: 9897 3121

Opening Hours:

Monday-Friday 9:00am - 5:30pm Saturday 9:00am - 4:00pm

Parking is available on site.



Child Protection Requirements

All Parent Volunteers / Helpers are required to complete the following Child Protection requirements **prior** to assisting in the classroom or on excursions ('Building Child Safe Communities—Undertaking for Volunteers')

- Volunteer Form
- Online Training Module (every two years)

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'

(Links are also available on the homepage of our school website www.stmonicasparra.catholic.edu.au)

Please contact the school if you require any assistance.

We thank all volunteers for their continued support.



