

ST PATRICK'S SCHOOL

NEWSLETTER

Making a Difference

Newsletter 5, Term 1

30th March 2017

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DATES TO REMEMBER

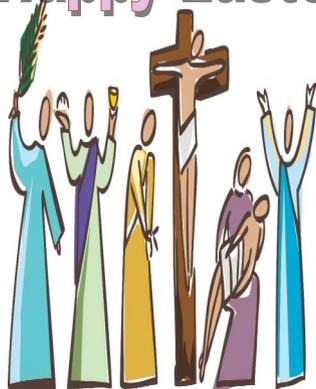
APRIL

5th	Year 1 Mass First Penance Parent Info Night 6pm
6th	Easter Raffle
7th	Last Day of Term
24th	Children return to school
25th	Anzac Day Public Holiday

2018 KINDERGARTEN ENROLMENTS ARE NOW OPEN.

APPLICATIONS ARE AVAILABLE AT THE SCHOOL OFFICE

Happy Easter



FROM THE PRINCIPAL

WELLBEING TIPS FOR PRIMARY SCHOOL KIDS

By Dr Jodi Richardson

It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more!

Put simply, our kids' wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

Developing wellbeing is more than ensuring the absence of ill-health, it's about taking action to adopt thinking and behaviour patterns that researchers have shown to foster flourishing physical and mental health.

Here are 5 practices that you can put into action to enhance your kids' wellbeing:

1. Get them outside and moving

There's so much we can do! Park further from school at drop off and pick up and increase their daily exercise at the same time; stay a while after school to let the kids play; stop at the park on the way home or head outside after bags are unpacked and have a bounce on the trampoline.

2. Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

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3. Keep screen time to a minimum

Kids love screens, but we're the parents and we can work with our kids to create clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12-year-olds.

4. Help your kids develop mindfulness skills

Mindfulness is about paying attention in the present moment, letting thoughts come and go without getting caught up in them. Sounds easy, but like any skill it takes time and practice. It gives kids' overstimulated minds a rest! I highly recommend the **Smiling Mind app** for age appropriate mindfulness meditations.

5. Last but not least – ensure your kids get ample sleep

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time one hour before bed, a 'wind-down' routine which may include a bath/shower, being read a book and then quiet reading before lights out.

SCHOOL UNIFORM

Please ensure your child is wearing the correct school uniform each day. On Sports days, the children are required to wear predominately white shoes with white ankle socks, as per school uniform policy. Your support with this is much appreciated.

SCHOOL FEES

Term 1 School Fees are now overdue. If you have any queries regarding school fees please contact Cathy in the office.

FROM THE SPORT COORDINATOR

We held our Cross Country races yesterday. The sun finally came out and we had a successful day. A big thank you to our parent helpers and to the parents who joined us on the day. Children will be notified at a later date if they have made it to the Diocesan Finals.

PREMIER'S READING CHALLENGE

There are only 22 weeks to go to complete the Premier's Reading Challenge.

Please ensure your child:

1. Has returned their signed permission form to their class teacher to comply with Privacy issues.
2. Is reading PRC books
 - K-2 red stickers on the spine
 - 3 & 4 green stickers on the spine
 - 5 & 6 purple stickers on the spine
3. Is recording the author's name and the title of the books they have read on their Reading Record Sheet

The website for the Premier's Reading Challenge is <https://online.det.nsw.edu.au/prc>

Years 2 – 6 will be given their log-in details this week.

Any new students to the school, Kindergarten and Year 1 will have to wait for their Usernames and Passwords as there is a technical issue that is affecting everyone and we are unable to upload these students. Please be patient. We have to wait until they fix this issue. We will keep trying.

Enjoy your reading!

Joanna Gladwell and Meg Owens.

FROM THE R/E COORDINATOR

SACRAMENTAL PROGRAM: Penance



The parents of children who are in Year 2 as well as parents of children in Yrs 3-6 who haven't received the Sacrament of Penance are invited to attend an Information Session on Wednesday 5th April at 6pm in the Hall. This is a compulsory meeting if you wish your child to participate in the Penance program and receive the sacrament this year. Failure to attend this meeting means that your child will miss the opportunity to participate in the program this year.

The Sacred Paschal Triduum



The Sacred Paschal Triduum

The Sacred Paschal Triduum begins with the Vigil of Holy Thursday. It marks the end of the forty days of Lent and the beginning of the three-day celebration of the death and resurrection of Jesus Christ - Holy Thursday, Good Friday and Easter Vigil/Easter Sunday. The Fathers of the Second Vatican Council reminded us of the extraordinary significance of the Triduum: "Christ redeemed us all and gave perfect glory to God principally through his paschal mystery: dying he destroyed our death and rising he restored our life. Therefore the Easter Triduum of the passion and resurrection of Christ is the culmination of the entire liturgical year." (General Norms for the Liturgical Year and the Calendar, no 18)

The past Forty Days of Lent were a time of preparation for these great Three days, which is what Triduum means. These three days lead us to an empty tomb and an Octave, eight days, of celebrating the Resurrection. They also introduce an entire liturgical season, the Easter Season, which lasts for Fifty days until Pentecost.

MASSES

Parents and Friends are welcome to attend Mass with the Parish and school this term:

Week 11

Wednesday 5th April

9am Year 1 Mass
5th Week of Lent



Term 2 Week 1

Wednesday 26th April
9am Whole School Mass
Easter Celebration

FEAST DAYS

9th April: Palm Sunday

10th April: Holy Week

The Sacred Paschal Triduum

13th April: Lord's Supper

14th April: Passion of the Lord (Good Friday)

15th April: Easter Vigil

16th April: Resurrection (Easter Sunday)

HOLY WEEK



Happy Easter

Loving and glorious God, we praise you with Easter Joy because Christ is our redeemer. Through the Eucharist we live the risen life and share the mission of your Son. Keep us faithful to Jesus, who is always with us. We ask this through Christ our Lord.



Have a safe and happy holiday,
Wardeh Khoury

FROM THE STUDENT LEADERS

We hope years five and six had great fun on their excursions the last week! We hope that everyone will behave themselves and enjoy the final two weeks of term one! After that, all of the students at St. Patrick's will get time off school for a two whole weeks! Anyway, on Wednesday year 2 to year 6 went to the McCreadie oval for... cross country! We were all really fast, we wonder who is representing the state...

There is also a Year two assembly on the 3rd April! The session will go from 2:15pm all the way until 2:40pm. You get to look at your child's marvellous class work! We hope to see you their parents!

Also happening on the holidays, we of course are soon to celebrate EASTER! But let's not forget about what Easter really means, it is the resurrection of Jesus Christ. Happy soon to be Easter and enjoy your Easter celebrations with your family!

By the Vice Captain Georgina Moujalli and The Pastoral Leader Lara El Bacha ♡☐



SCHOOL ZONES REMINDER

A reminder to all our parents ahead of the break at the end of Term 1 that school zones remain in place for the safety of our children and families.

School zones operate on all gazetted schools days, which are all days the school is open, even pupil free days.

Journey through Holy Week with Catholic Youth Parramatta: 9 & 14 April

All are invited to join youth and young adults of the Diocese for the Palm Sunday Procession, WYD Mass & Event at St Patrick's Cathedral in Parramatta on Sunday 9 April. The procession down Church Street with Bishop Vincent will depart at 5.30pm from Parramatta Town Hall following a short liturgy.

On Friday 14 April the Good Friday Night Walk will take place at 10.00pm through the night departing St Patrick's Church at Blacktown and concluding at St Patrick's Cathedral in Parramatta at 7am.

Building on the success of more than 1300 participating last year, the journey will again take us through the parishes of Blacktown, Seven Hills, Toongabbie, Wentworthville, Merrylands and Parramatta.

Further details on Catholic Youth Parramatta Facebook Events. Inquiries to James Camden, Director of Catholic Youth Parramatta, (02) 8838 3428 or jcamden@parra.catholic.org.au

MERRYLANDS WEST SCHOOL & WORKWEAR CENTRE

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NEW BABY

Congratulations to Mrs Bruscino and her husband John, on the birth of a little baby girl, Gabriella.

