



Term 4 Week 2

Wednesday 23rd October 2019

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DIARY DATES

TERM 4 2019

Friday
25th October **World Teachers Day**

Tuesday
29th October **Kinder 2020 Transition 2**
9:00–10:30am

Monday
4th Nov **Sharing Our Learning**
Assembly–Stage 2
2:30pm

Tuesday
5th Nov **Kinder 2020 Transition 3**
9:00–10:30am

Friday
8th Nov **Sacrament of Confirmation**

Monday
11th Nov **Kinder 2020 Orientation**
Group 1: 9:00–11:00am
Group 2: 12:30–2:30pm

Tuesday
12th Nov **Kinder 2020 Orientation**
Group 3: 9:00–11:00am
Group 4: 12:30–2:30pm

Friday
15th Nov **P&F Parents Night Out**
Dundas Sports Club
6:00pm

Monday
18th Nov **STAFF DEVELOPMENT DAY**
“Pupil Free Day”

Sat/Sun
23/24 Nov **Band Camp**

Monday
25th Nov **Swimming Program**
Commences

PRINCIPAL'S MESSAGE...

Dear Parents,

Welcome to Term 4. I trust that the holidays were a great opportunity to recharge the batteries ready for the busy Term that this one promises to be! I returned refreshed after my European break and have enjoyed sharing some of my stories with the staff and students although week 1 was very busy. My thanks to Mrs Gosper, Mrs Atkinson and the whole staff for looking after the school so well in my absence.

Term 4, as always, promises to be busy as we complete our work of this year, continue planning for next year, welcome new students and farewell others, participate in liturgies, celebrate Confirmation, complete a Swimming Programme and hold a Swimming Carnival as well as finalise 2020 staffing and write student reports ... to name just a few of the events of this term.

One event being celebrated around Australia this week is World Teachers' Day which is being held on Friday 25 October. The day is a great opportunity for everyone to recognise and appreciate teachers and the important role they play in shaping the next generation. I would like to take this opportunity to thank the amazing staff at St Mary's for all that they do for the students in our care.

A Prayer for Teachers

Lord, bless the teachers who give their heart to teaching. Thank you for the special gift that You have given them and for giving them a spirit of grace and compassion. May they have strength and endurance to perform their many tasks, and may they know and feel the deep gratitude of those whom they teach. AMEN.

Peace and Best Wishes.

Richard Blissenden
Principal



AUSTRALIAN GIRLS CHOIR OPEN DAY

Congratulations to girls who recently took part in the AGC assessment workshop at school. By now you should have received your personalised assessment report—either posted to your home or via your school. Everyone is welcome to come along to Open Day on Sunday 27th October, which will give girls the opportunity to try a complimentary class and attend an information session. Ph 1800 338 142 for more information or visit www.ausgirlschoir.com.au. Open Day flyers also available from the school office.

BOOK CLUB

The Book Club catalogue number 7 for 2019 has been sent home with students. You can order and pay online for your child's Book Club purchases using a credit card via LOOP (the Scholastic online order platform). The order will be electronically linked to our school. Please order and pay via the website. Orders for issue 7 close 31st October 2019.

HOW TO ORDER USING LOOP.

1. Sign on or register an account at: scholastic.com.au/loop or by using the LOOP app, which can be downloaded from the App store or Google Play.
2. Click on ORDER and select school and child's class.
3. Add child's first name and last initial (so we know who the book is for).
4. Enter the product item number from the Book Club catalogue.
5. Make payment via credit card.
6. All orders will be delivered to St Mary's and distributed to the children.

Any questions please contact Kristine Muir—Book Club Organiser on 8844 5700. Email kmuir2@parra.catholic.edu.au.

ISLA YEAR 3

Congratulations to Isla who recently had 19cm of her hair cut off and donated to a children's wig making charity – a beautiful example of doing something for others!

STAFF DEVELOPMENT DAY

A reminder that there is no school for the students on Monday 18th November as this is a professional learning day for the staff who will be looking at the new PDHPE curriculum to be implemented from 2020. Thank you for your understanding and support.

BIRTHDAY CELEBRATIONS

October 22	Francesca C
October 23	Lachlan W
October 25	Jason D
October 26	Isabelle R
	Olivia R
	Isabelle P
	Cooper S
October 28	Elliot I
October 29	Kingston L
October 31	Justin H
November 1	Amy L
	Joshua G
November 2	William Z
	Ela T
	Anthony A
November 3	Jamie J
November 4	Kristina A
November 5	Wilson C

We would like to wish all of these children a very happy birthday!!

ROOF UPDATE

As you would be aware the roof above Year 1 and Year 2 has been replaced and funded by Catholic Education, Diocese of Parramatta. The roof was over 40 years old and is an excellent investment in the infrastructure of the school. The project cost was just over \$106,000. Our thanks to CEDP for the financial support of this project.

LEAVING STUDENTS

A term's notice (10 school weeks) in writing must be given to the Principal before the removal of a student or a full term's fees will be payable. One exception, is that notice in writing will be accepted at any time during Term 4 in relation to the following year's enrolment, that is, the notice period of 10 school weeks will be waived in this circumstance. Please advise the school as soon as possible, in writing, if your child will not be returning in 2020. Please include the name of the school your child will attend and new address if your address will be changing.

BABY NEWS

Congratulations to Mrs Laura McFarlane and her husband Matt on the safe arrival of their first child, Hunter during the recent school holidays – mother and baby doing very well.

FROM MR BLISSENDEN...

FOR PARENTS

I found the following article in the Washington Post earlier this year and share it with you below.

SEEING ALL CHILDREN AS HUMAN BEINGS

Parents can be surprised to hear another side of a student their own child has negative interactions with – perhaps mean comments or bullying. They can realise they had misjudged, misunderstood, or written off a child. Something magical happens when adults hear details about other people's children.

They move past stereotypes and clichés and begin to see them as humans – complex, complicated, messy humans who have strengths as well as weaknesses, virtues in addition to vices. In other words, they start to see other people's children with the same full perspective through which they see their own. Children are, by definition, immature. They act impulsively. They make mistakes. They have very little judgment. They certainly have little experience to draw upon.

Teens speak without thinking. They are prone to exaggerate and act without balance or moderation. They can be reflexively unkind and hostile. This is why they aren't allowed to drive or vote. It's why there are laws about drinking and sexual consent. So extend grace, offer a space in which you make no judgment. Or at least to hold open the possibility that the story you are seeing will be incomplete, even when a child seems to be aggravating or difficult. Especially when a child seems to be aggravating or difficult. Acknowledgement: "The Magic That Happens When Adults See Other People's Kids as Three-Dimensional Humans" by Braden Bell in The Washington Post, February 18, 2019

NSW BRUCE CUP

Congratulations to Kimi Year 6 who recently represented NSW in tennis at the Bruce Cup in Perth. NSW were the overall winners. Well Done Kimi.



AFTER SCHOOL PROGRAMME—DRAMA

Commencing next Monday after school Stellar Performing Arts Academy will be running two different after school programmes Lower Primary K-2 and Upper Primary 3-6. Please find below some information about the class and a link to register if you are interested.

Stellar Performing Arts Academy will be running two new classes on Monday afternoons starting October 28th in the hall. This 'taster term' will run for 6 weeks—a perfect amount of time to introduce you and your child to the benefits of our program. At Stellar Performing Arts Academy we provide a fun, safe and stimulating environment to boost your child's confidence and enrich their self-esteem. In our term time program, students will learn fun new skills through improvisation, mini scripts, creative costumes, movement, voice and lots more! To enrol for the new Stellar Drama Classes, just jump on to www.stellarperformingarts.com. Get in quick as places are limited! If you have any questions about the program or registration process please feel free to contact Brooke at info@stellarperformingarts.com or on 0439 718 828.

MATHS IGNITION EVENT

Our Day 1 Term 4 Ignition Event was focused on Mathematics. There were several events set up around the playground for students to engage in prior to school commencing at 8:45am. Some grades then visited the activities during their learning time. Our Year 1 students wrote about the event.



On Monday morning there were lots of maths activities on the playground. We saw cardboard boxes and I made a cat robot. I made it with toilet rolls and lots of boxes too. The eyes were made of bottle lids. It was the cutest cat ever. I was proud of myself and my partner was proud too. I was very happy.

By Laura O

On Monday morning there were lots of maths activities on the playground. The carrot patch is a maths activity. I like the carrot patch because you can count the carrots.

By Hope B

On Monday morning in the middle of the playground I saw lots of activities. I chose the carrot patch and I thought I knew how many there were. I thought it was 132. I counted by 11 10 9 8 7 6 5 4 3 2 1. It's just like partial arrays. It was eleven rows of twelve. That means 11 times 12 is 132.

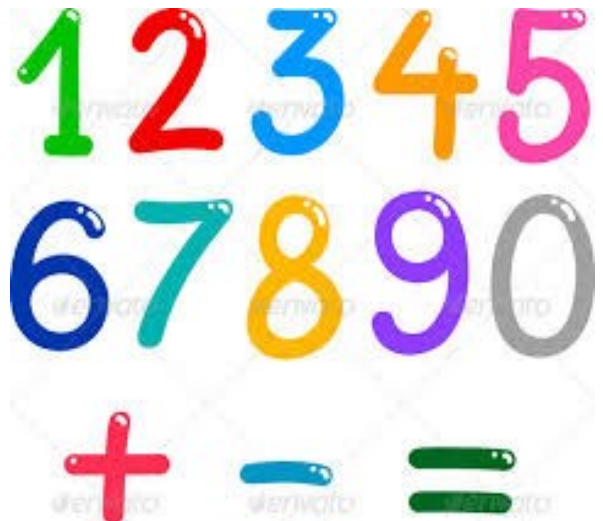
By Anson Y

On Monday morning there were lots of maths activities on the playground. One of the activities was the plastic cup pyramid. We were looking at the layers and counting them. We went to the next activity which was the Carrots. They were 2D and 3D.

By Sienna A

On Monday morning there were lots of math activities on the playground. I liked the plastic cups. I am sure there's more than 100 cups. It was 3D. It was 11 cups high. There were 5 rows of 82.

By Jason D



HEALTHY EATING

Recently Year 6 completed some survey work in class which included looking at the recess food they had brought to school. As a student leader Zoe (Yr 6) and the House Colour Leaders have prepared a mini Newsletter to raise awareness of healthy eating at school. Below is their first instalment:



We have noticed that the foods and snacks we are bringing to school are getting less healthy by the year. Many older students are starting to pack their own food, to become more responsible. This can lead to these students packing unhealthy processed foods. This is a photo of what all of year 6 brought for recess one day.



As a part of our 'Healthy on the inside, Happy on the outside' campaign the Year 6 colour house leaders will be encouraging children to be active and eat healthier snacks. Each week we will speak at our Morning Assembly and we have also found some easy and healthy recipes that we are sure you will love. All the recipes can be put in a container to help reduce the amount of plastic wrap that we use. Just remember before cooking these recipes to get an adult to help out in the kitchen!

A healthy way you can start off the day is by having...

Smashed Pea and Avocado Toast

Ingredients

- 2 tsp olive oil
- 1 small onion, finely chopped
- 1 1/2 cups frozen green peas
- 2 medium ripe avocados, halved, stones removed
- 2 tbsp fresh lemon juice
- 30g (1 cup) baby spinach leaves, finely shredded
- 2 tbsp finely chopped fresh mint
- freshly ground black pepper
- 8 thick sliced multigrain vienna loaf
- 60g reduced fat feta cheese, crumbled to serve
- Fresh mint leaves, to garnish

Method

1. Heat oil in a large, non stick frypan. Add onion, stir over medium heat for about 2-3 minutes or until softened.
2. Add peas, stir over heat a further 3-5 minutes, or until peas are tender. Remove from heat. Mash well.
3. Scoop avocado flesh into a large bowl. Add lemon juice. Mash roughly. Add peas, spinach and mint. Stir to combine. Season to taste with pepper.
4. Lightly toast bread. Top toast slices with avocado mixture. Sprinkle with feta and garnish with mint leaves.

Tasks for kids:

- Mash peas (step 2).
- Scoop avocado from shell and mash with lemon juice (step 3).
- Sprinkle over feta and garnish with mint leaves (step 4).

Tip: Baby spinach can be replaced with shredded kale leaves, and feta can be replaced with reduced fat ricotta, if preferred.

Brought to you by the Colour House Leaders. We hope to see you with some yummy (and healthy) new snacks at school!!