



Term 3 Week 2  
Wednesday 29<sup>th</sup> July 2020  
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## DIARY DATES

TERM 3	2020
Friday 7 <sup>th</sup> August	Music-A-Viva 12:15 – 2:00pm
Thursday 20 <sup>th</sup> August	eSafety Webinar for parents/carers
Tuesday 1 <sup>st</sup> Sept	Robokids Incursion 5E
Thursday 3 <sup>rd</sup> Sept	Robokids Incursion 5K
Monday 7 <sup>th</sup> Sept	eSafety Webinar for parents/carers
Sunday 20 <sup>th</sup> Sept	Enrolment for Confirmation closes
Friday 25 <sup>th</sup> Sept	Term 3 concludes
Monday 12 <sup>th</sup> October	Term 4 commences



## PRINCIPALS MESSAGE

Dear Parents,

Remember the good old days when happiness was a picnic lunch down at the beach – then came skin cancer – or a great feed of Darrell Lea's Rocky Road – then came obesity! Now we have to read books with titles like "Authentic Happiness Using the New Positive Psychology to Realise Your Potential for Lasting Fulfilment!" Or do we? Maybe we can still rely on good old-fashioned things like: "Finding fun in simple ways makes the happiest days."

Or:

"I'm going to be happy today  
Though the skies may be cloudy and grey,  
No matter what might come my way  
I'm going to be happy today." Ella Wilcox.

That sounds more like it; take upon yourself positive emotions and those things that make positive emotions easier to come by. What's more, positive thoughts and emotions protect you from negative emotions like fear, melancholy and anxiety. If you have slipped into the habit of negative emotions, then there is the need for a good clean out. You will need to pay attention to what makes you feel happy. Talk less and dwell less on your difficulties. Leave gossip alone along with complaining and envying others. If your thoughts make you unhappy, then don't stay with them, move onto more positive ones. If your habits are bad for you, single them out and rid yourself of them one by one. You have within you the power to recreate your life and reclaim happiness. "Happiness is a thing to be practiced like a violin".

*Author unknown.*

Equally important is the need to forgive, to get rid of all those petty grudges and all those negative thoughts about incidents and relationships or even mistreatment.

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Lighten your life of all that unnecessary "baggage" that sits heavily upon your heart, fuelled by anger and resentment, and that prevents the mind from moving on to more fulfilling and creative acts of life.

Happiness and how to live it has many forms of expression such as, happiness is the natural state of a loving heart; happiness is a grateful spirit, an optimistic attitude and a heart full of love; the best way to have happy thoughts is to count your blessings and not your money. Of course, Jesus had a contribution to make when He said that the greatest commandment or guideline for life was, "To love God, love your neighbour and love yourself." How positive is that!

So, how do we teach our children to be happy? Well firstly, make sure they know about the Christian way, then be good models to your children; let them see in your life that the secret of happiness is not always doing what you like to do, but liking what you have to do.

"I'm going to be happy today  
Though the skies may be cloudy and grey,  
No matter what may come my way  
I'm going to be happy today."

**God, our Father,  
May Your Spirit guide us away from  
poor choices of word or action that  
dull our ability for happiness.  
We ask for a positive inner attitude of  
mind and heart that will give  
expression to true happiness in the  
words and actions of our lives. Amen**

Peace and Best Wishes.

Richard Blissenden  
PRINCIPAL

## **BIRTHDAY CELEBRATIONS**

July 30	Maxim A Brody N Zi Kei A
August 1	Sienna D
August 2	Nixon Z Joseph S
August 4	Elise S Mitchell B Shane B
August 5	Marcus R
August 6	Lachlan P
August 10	John C Ellie S Emma C
August 11	Mikako D

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

## **CLOTHING POOL**

If anyone is in need of any items from the second hand clothing pool, please email [stmarysrydal@parra.catholic.edu.au](mailto:stmarysrydal@parra.catholic.edu.au) with the items and sizes you are looking for. Once you receive confirmation from office staff that your items are in stock, they can be collected from the office. Payment can be made by cash or EFTPOS.

## **VINNIES**

Vinnies is proud to announce the launch of the Mini Vinnies Formation Program (MVFP) for students in Years 4 – 6, who wish to undertake Social Justice Formation in their own time. For more information please go to <https://bit.ly/MVFPinfo>

This is the link to the Vinnies Metropolitan Schools July 2020 Newsletter.  
<https://bit.ly/VinniesMetroSchoolsNewsletter2020Term3>

### **LIBRARY BOOKS, HOME READERS AND READERS CIRCLE BOOKS**

Did you find any during the holidays that you think should be sent back to school? Please do so as soon as possible!

### **MANY THANKS**

Our school recently received a very generous donation from St Mary's OSHC which will be put towards the next playground upgrade plans. We appreciate the support OSHC has provided the school over many years – thank you.

### **THE WIGGLES VIDEO HELMET SAFETY**

Emma from The Wiggles has a message for you ahead of your next riding adventure. If families are out exercising on bikes or scooters make sure everyone is wearing a helmet and your child rides in a safe place away from vehicles. Every journey should be a wheely safe one! They're counting on you.

<https://www.facebook.com/watch/?v=524710171512416>

### **BOOK CLUB**

The Book Club catalogue number 5 for 2020 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 order will be electronically linked to our school. Please order and pay via the website. Orders for Issue 5 close **10th AUGUST 2020**.  
HOW TO ORDER USING LOOP.

Sign in or register an account at [scholastic.com.au/loop](http://scholastic.com.au/loop) or by using the LOOP app, which can be downloaded from the App store or Google Play.

Click on ORDER and select school and child's class.

Add child's first name and last initial (so we know who the book is for).

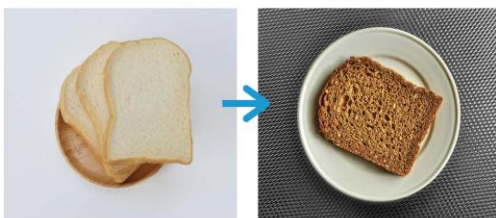
Enter the product item number from the Book Club catalogue.

Make payment via credit card.

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 or by email [kmuir2@parra.catholic.edu.au](mailto:kmuir2@parra.catholic.edu.au)

### ***Nutrition Snippet***

#### **WHOLEGRAINS.**



#### **Simple swaps - good for the gut.**

Aim to eat at least two-thirds of your breads and cereals as wholegrain or wholemeal foods.

Check out the [healthy lunchbox website](http://healthylunchbox.com.au) for more wholegrain inspiration your family will love.

[healthylunchbox.com.au](http://healthylunchbox.com.au)



### ***Nutrition Snippet***

#### **KIDS AND CALCIUM.**



#### **Calcium is important for growing healthy bones and teeth.**

Our calcium-rich custard pudding makes a delicious lunch box treat, snack or dessert.

[healthylunchbox.com.au](http://healthylunchbox.com.au)



### **NEW BUILDING CHILD FRIENDLY COMMUNITIES – VOLUNTEER UNDERTAKING**

In Catholic Education Diocese Parramatta (CEDP), we see parents and carers as partners in your child's learning journey. Parents and carers are encouraged to become involved in our schools in many important ways such as supporting classroom learning, being part of advisory groups, mentoring programs, coaching sporting teams and supporting other extra-curricular activities, canteen support and other kinds of help.

A range of checks and undertakings are required for people who work for or provide services to CEDP. These checks reduce potential risk and form part of our strategy to build child safe communities.

CEDP has launched a new Building Child Safe Communities form and online training module that all volunteers are required to complete.

The purpose of this training is to inform you of the standards of behaviour and other requirements that must be adhered to when volunteering for CEDP.

The undertaking should take no more than 5 minutes to complete and the training module approximately 10 minutes. Once the form and training modules are submitted, an automated email will be sent to you within two business days to confirm the status of your submission.

The undertaking form will expire within two years or when your Working With Children Check expires (if applicable), whichever is sooner. At that time you will need to complete the undertaking form and training module again.

You will receive an automatic reminder email when this occurs.

Further information on the new online form and training module can be found at [www.parra.catholic.edu.au](http://www.parra.catholic.edu.au) and clicking on *about us/building child safe communities*. Within the form you will also find help sheets and a video tutorial to assist you.

Thank you in advance for your support.

### **ACARA COLLECTION STUDENT BACKGROUND DATA NOTICE**

The Australian Curriculum, Assessment and Reporting Authority (ACARA) collects data from schools to determine the Index of Community Socio-Educational Advantage (ICSEA). CEDP is currently working to provide details to the Catholic Education Commission of NSW. Data collected is de-identified of personal information.

Parents and caregivers must advise the office if they don't want their child's data included in this report by **28<sup>th</sup> August 2020**.

Copies of Catholic Education Diocese of Parramatta (CEDP) Standard Collection Notice and Privacy Policy can be obtained from the school office.

**Nutrition Snippet**

ENJOY WINTER VEG.



**Try these winter warmers:**

- [Red lentil soup](#)
- [Slow cooked chicken cacciatore](#)

For more recipes visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)



## **ESAFETY WEBINARS FOR PARENTS/CARERS**

At Catholic Diocese Parramatta (CEDP) we see parents and carers as partners in your child's learning journey. In partnership with the eSafety Commissioner, CEDP would like to invite you to join one of the following free webinars for parents and carers:

1. Helping Kids Thrive Online (5-12 yrs) – Thursday 20<sup>th</sup> August 2020, 12:00 - 1:00 pm.
2. Tech, Teens and Time Online (secondary schools) – Monday 7<sup>th</sup> September 2020, 7:00 – 8:00 pm.

These live webinars explore the latest research and they are a great way to learn how you can help your child develop the skills to be safer online. All sessions are delivered by the eSafety Commission's expert educators.

### **About the webinars**

1. Helping Kids Thrive Online: is a one hour webinar suitable for parents and carers of young people aged 5 – 12 years old.
2. Tech, Teens and Time Online: is a one hour live webinar suitable for parents and carers of young people aged 12 – 18 years old.

Both sessions will cover topics including:

Ideas to start the chat about harmful content, contact with strangers and online bullying/harassment. Strategies for addressing common digital parenting challenges. Skills that young people need to protect themselves online. How to get help if things go wrong.

### **What you need to do**

Please register for the course on the secondary site via the following link:

20<sup>th</sup> August 2020

- <https://register.gotowebinar.com/register/2961544873308901646>

7<sup>th</sup> September 2020

- <https://register.gotowebinar.com/register/3269364148621148942>

If you have any further enquires please email

[safeguarding@parra.catholic.edu.au](mailto:safeguarding@parra.catholic.edu.au)

## **RUN JUMP THROW**

Track & Field Athletics  
With NORTH ROCKS CARLINGFORD  
LITTLE ATHLETICS

On Saturday mornings

Mid October – March

PLACES AVAILABLE for U5 – U17's

Register August 15<sup>th</sup>: NRCLAC.ORG.AU



### **Nutrition Snippet**

#### **THIRSTY?**



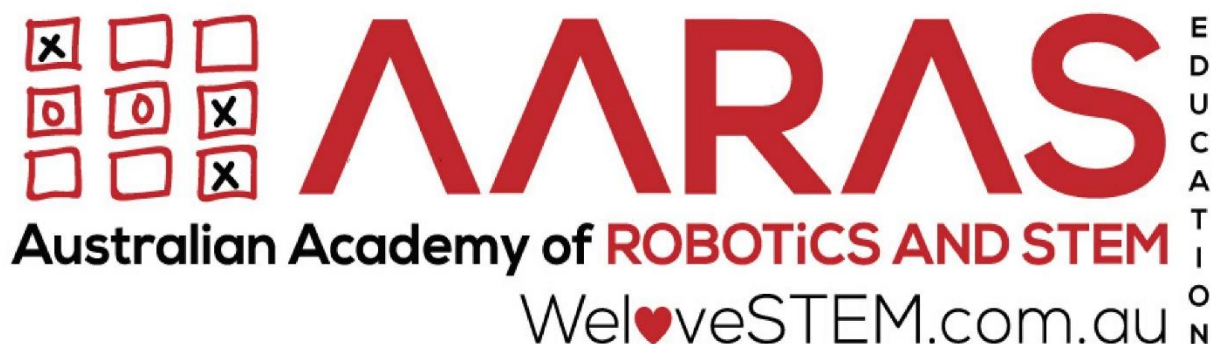
**Water or plain milk is the best.**

**Try these ideas to zing up your drink:**

- Water flavoured with slices of strawberries, orange or lemon makes a refreshing change
- For the lunch box, add some berries or cucumber slices to a bottle of water and pop it into the freezer
- Check out our [blog](#) for more healthy thirst-quenching ideas

[healthylunchbox.com.au](http://healthylunchbox.com.au)

 **Cancer Council**  
Healthy Lunch Box



**Real Robotics/Coding, Life-long Inspiration, Serious Fun!**

**WE BRING YOU**

**INNOVATIVE PROGRAMS**

Our mission is to make STEM education relevant, real, and accessible to our students. Twenty first century skills such as problem solving and collaboration are at the heart of our programs.

**OUR PROGRAMS ARE**

**SKILLS BASED**

Unlike other providers, our focus is on developing skills that can be learned and improved over time. Our students do not build one-off LEGO® models using instructions!

**OUR STUDENTS PARTICIPATE IN**

**EVENTS & COMPETITIONS**

Here's the proof! Our students regularly participate in local and international coding, robotics, and STEM events/competitions showcasing their skills and confidence.

**OUR PARENTS ARE**

**ENGAGED & INFORMED**

How many activities do your kids attend where you don't know what they are doing each week? We hold regular parents briefing sessions and keep you informed by posting updates, pictures and videos from the workshops.

**CHOOSE FROM OVER**

**TEN LOCATIONS**

We are proud to have inspired over thousands with our program offered in over 10 locations. Over 90% of our students re-enrol throughout the year.

**OUR PROGRAMS ARE HELD**

**IN SCHOOL PREMISES**

Most of our programs are held on school premises, making it easier and practical for your kids to attend immediately after-school. You don't need to taxi them from school and you may even save on after-school care costs!

**OPTION TO  
LEARN ONLINE**



FIRST® LEGO®  
League  
RoboCup Junior



0468 386 362 | [hello@welovestem.com.au](mailto:hello@welovestem.com.au) | [welovestem.com.au](http://welovestem.com.au)

## Creative Coding / Robotics (Pre-school, Kindy, Year 1)



### Coding / Robotics

Give your kids the ability to think critically and learn to solve problems in a safe, collaborative and fun environment.



Age Appropriate Programs

Curriculum aligned activities



Screen-Free Coding / Robotics

## Junior Programs (Years 2, 3, 4)



### Coding

Learn Scratch coding using world-class Google Computer Science (CS) First curriculum



### Robotics

Apply the coding knowledge and bring robots to life and accomplish challenges



### STEM Programs / Competitions

Participate in global STEM programs such as FIRST® LEGO® League (FLL) Junior and solve real world problems using coding & robotics

## Senior Programs (Years 3 and above)



LEGO® Mindstorms® EV3

LEGO® Mindstorms® EV3 is the most advanced LEGO® robotics kit and is the preferred kit for national and international events.



Learn to code and use motors and sensors to complete a variety of challenges



Learn about simple machines and mechanisms and build custom models to accomplish competition challenges and missions

**20% Off for Girls!**

**Claim your \$100 Creative Kids Voucher with Us  
Learn coding from only \$80 for the term or Free**

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