



Term 1 Week 6
Wednesday 3rd March 2021
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DIARY DATES

TERM 1	2021
Monday 8 th March	Catholic Schools Week Commences
Tuesday 9 th March	Diocesan Swimming Carnival – Blacktown
Friday 12 th March	OPEN DAY for new families 9:15 – 10:45am
Monday 15 th March	Incursion for Years 3-6 Luke Kennedy
Wed/Fri 17 th /19 th March	Years 6 Excursion to Canberra
Tuesday 23 rd March	Cross Country
Saturday 27 th March	Enrolment for Reconciliation and Holy Communion 5:30pm Vigil Mass
Sunday 28 th March	Enrolment for Reconciliation and Holy Communion 9:30am Mass
Monday 29 th March	3 Way Interviews (3WI's)
Tuesday 30 th March	3 Way Interviews (3WI's)
Wednesday 31 st March	3 Way Interviews (3WI's)
Thursday 1 st April	Term 1 Concludes

PRINCIPALS MESSAGE

Dear Parents,

Lent is now fully underway. Students have been exploring how they can 'Be More' working to end poverty and injustice through Project Compassion. In addition, Pope Francis has some sage advice for Lent...

POPE FRANCIS' Advice 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**
to others.

Fast from **grudges** and be **reconciled**.

Fast from **words** and be silent so you can
listen.

@Archdioceseofcaceres

With Peace and Best Wishes,

Richard Blissenden
Principal

LINDA'S LUNCHES - IMPORTANT

Linda has advised that she is looking to go 'Cashless & Online' in Term 2. There is also the possibility of increasing the number of days she offers lunch orders. A short survey has been developed to gauge interest in additional days being available for lunch orders. The survey can be found here:

<https://forms.gle/oYHaz32iVpYp4V5n6>

Please complete the survey online by COB Monday 8th March 21.

Many thanks.



SCHOOL FEES

All families should have received their term 1 school fee statements in the mail. Payment plans are due to be set up and commence by 17th March 2021. Any queries regarding school fees should be directed to Susan in the school office.

BIRTHDAY CELEBRATIONS

March 5	Ava E
March 8	Olivia G Samuel V
March 9	Samantha G
March 13	Genevieve B Tahlia T Jayden T
March 14	Ezekiel M Esther L

We wish these children a very Happy Birthday!

Wishing our Diocesan
Swimming Team the
very best of luck at
the upcoming
Carnival.

PRINCIPAL AWARDS **TERM 1—Week 5&6**



KB	Alexander G & Sofia C
KBT	Timothy B & Sofia D
1A	Emma C & Emmeline M
1D	Nicholas S & Nikita A
2FM	Enrique P & Hwi S
2RM	Millie P & Olivia N
3J	Amelia N & Zion K
3VR	Siena C & Nivaan S
4C	Noah C & Josephine L
4D	Lara K & Oscar L
5G	Hannah P & Samuel V
5K	Olivia R & Antony W
6K	Nate N & William S
6L	Nevaeh B & Jake B

CARE AWARDS **TERM 1—Week 5&6**



KB	Zara C & Maison O
KBT	Kevin A & Parker D
1A	Samuel B & Olivia M
1D	Bonnie W & Selena K
2FM	Riley I & Sophia S
2RM	Alice B & Christiano M
3J	Tahlia T & Nathan D
3VR	Elliot I & Kira M
4C	Kristen D & Louella M
4D	Jasmin S & Jacob H
5G	Faith L & Mitchell R
5K	Olivia-Rose B & Jiya A
6K	Audrey L & Xavier B
6L	Jackson H & Ava L

FROM MR BLISSENDEN...

CATHOLIC SCHOOLS WEEK

Catholic Schools Week will be held between 8th and 12th March celebrating all that Catholic Schools have to offer. Traditionally we would conduct tours of the school for new families looking to enrol and host visits from existing families to view open classrooms. Due to current COVID restrictions we will not be able to host the open classrooms. The tour for new families will be via a video and Q&A session without any visitors to classrooms. Please look out for details on how you can see what has been happening in the school so far this year.

CURRENT DROP OFF AND DISMISSAL ARRANGEMENTS

There has been no change in our procedures although we have plans in place should restrictions be eased in the coming weeks. Please remember to move off from near the gate as quickly as possible in the mornings and afternoons. Our afternoon procedures in particular have been welcomed by families with positive feedback received on the procedure of walking in and having the children walk to the adult at the gate. Even as restrictions are lifted, we plan on maintaining much of this arrangement in the interest of a smooth and safe dismissal.

ENROLMENTS FOR 2022 AND 2023

If you are looking to enrol your child into Kindergarten in 2022 or 2023 (and your child will be 5 by the 31st July in the year they start school) please note that enrolment packs will be available from the school office from Friday 12th March.

DO YOU KNOW THESE TERMS USED IN OUR SCHOOL?

Muffi – Muffi is a day where students do not need to wear their school uniform but may wear casual clothes to school. Students must bring a hat (can be the school hat) and must wear enclosed shoes.

Stage – There are different Stages at school with two year groups making a Stage (except Kindergarten). **Stage 1 is Years 1 & 2**, **Stage 2 is Years 3 & 4**, **Stage 3 is Years 5 & 6** – these stages continue into High School with Stage 4 (Years 7 & 8), Stage 5 (Years 9 & 10) and Stage 6 (Years 11 & 12). **Kindergarten is known as Early Stage 1.**

PARRAMATTA CITY FOOTBALL CLUB **PLAYERS NEEDED**

We welcome all enquires and age groups but are urgently seeking 7 boys or girls to complete an Under 11s team.

Just a bit of background about us, we are a non-profit community football club which is run by volunteers. The clubs focus is to provide a supportive environment to play a team sport and nurture love for the game. Beginners and those with experience are welcome.

Eric Primrose Reserve is our home ground (just over Silverwater Road in Rydalmere) where weekly training sessions are held. We train once a week and games are held on Saturdays. The Season begins in 2 weeks.

For more information, please contact info@parramattacityfc.com.au.

SACRAMENTAL DATES FOR 2021...

Enrolment for Reconciliation and Holy Communion

Saturday 27th March 2021 – 5.30 Vigil Mass and Sunday 28th March 2021 – 9.30am Mass

For children Year 3 and up. Enrolment forms can be collected from the entrance to the Church or through Catechists or on-line 3 weeks before Enrolment. **Please note that NO late enrolments will be received after 28th March 2021.**

Preparation Session for Children for Reconciliation

Saturday 1st May 2021 – 3.00pm to 4.30pm for all children Year 4 and up - in the parish hall.

Saturday 8th May 2021 – 3.00pm to 4.30pm for all children Year 3 – in the parish hall.

Parent Session for Reconciliation

Wednesday 5th May 2021 - 7.30pm to 8.30pm – in the parish hall.

Celebration of Sacrament of Reconciliation

Year 4 and up: 12th, 13th or 14th May 2021 5.00pm to 6.00pm in the church.

Year 3: 19th, 20th or 21st May 2021 5.00pm to 6.00pm in the church.

Preparation Session for Children for Holy Communion

Saturday 5th June 2021 - 3.00pm to 4.30pm for all children Year 4 and up - in the parish hall.

Saturday 19th June 2021 — 3.00pm to 4.30pm for all children Year 3 – in the parish hall.

Celebration of Sacrament of the Eucharist – First Holy Communion

Year 4 and up – 25th July 2021 – 12.00 noon or 1st August 2021 – 12 noon.

Year 3: 8th August 2021 - 12.00 noon or 15th August 2021 – 12 noon.

Parent Session– First Holy Communion

Wednesday 21st July 2021 - 7.30pm to 8.30pm – in the parish hall.



Enrolment for Confirmation

Saturday 9th October 2021 – 5.30pm Vigil Mass and Sunday 10th October 2021 – 9.30am Mass

For children Year 5 and up. Enrolment forms can be collected from the entrance to the Church or through Catechists or on-line 3 weeks before Enrolment. **Please note that NO late enrolments will be received after 10th October 2021.**

Preparation Session for Children for Confirmation

Saturday 30th October 2021 - 3.00pm to 4.30pm – in the parish hall.

Parent Session - Confirmation

Wednesday 3rd November 2021 - 7.30pm to 8.30pm – in the parish hall.

Celebration of Sacrament of Confirmation

Year 6 and up – Sunday 14th November 2021 – 9.30 am Mass

Year 5 – Friday 12th November 2021 – 7.00pm or Friday 19th November 2021 – 7.00pm.

Please be advised that the Preparation Session MUST be attended.

Any queries please contact Diane O'Shea by email: dcoshea@bigpond.net.au

RESILIENCE IS FUN IN 2021 ...

Building on our theme of '**Resilience and Fun in 2021**' we have been talking with the children about positive self-affirming statements. Having a positive mind set is tremendously helpful in tackling challenging tasks, overcoming disappointments and struggles and makes us happier and healthier. I came across this extensive list of statements for children – which I thought was worth sharing...

I am unique.
I am loved.
My life matters.
It's okay if I make mistakes.
I am kind.
I am strong.
I am beautiful.
I am smart.
I am thankful.
I am helpful.
I am truthful.
I am generous.
I am brave.
I am a good friend.
I am calm and peaceful.
I have good ideas.
I am a good sport.
I am exactly where I need to be.
I trust myself.
I am proud of who I am.
I love myself.
I care about others.
There is joy in my life.
I have many talents.
I am open to new ideas.
My possibilities are endless.
My body is beautiful.
My differences make me special.
I belong here.
My feelings are important.

I will respect other people's boundaries, and I will tell them to respect mine.
I can learn from my mistakes.
I include others.
It's okay if I don't have the answers.
I believe in myself.
I am worthy.
I will be a good listener today
I can forgive others.
I respect others.
I try to look on the bright side.
I try to see the good in others.
I think for myself.
I am grateful for all I have.
I can do hard things.
I treat others with compassion.
I can be a leader.
I listen to my body.
There is no such thing as a wrong emotion.
I try to make good choices.
I can ask for help when I need it.
I am always learning.

I am confident in who I am.
I will use my voice.
I try to bring out the good in others.
I will use my voice.
I am enough.
I am changing every day.
I am in control of my own actions only.
I cannot control others.
I stand up for my beliefs.
I stand up for myself.
I have a lot to be proud of.
I find the fun in life. I try to understand other points of view.
Failure helps me learn.
I don't give up after failing once.
I am a positive influence.
I can achieve my dreams.
I can talk about my feelings.
I don't know everything.
I am not afraid to tackle big things.
I'm going to have a good day. I can earn trust.

Acknowledgement: Positive Affirmations for Kids, from Toddlers to Teens by Marisa Lascala Feb 5, 2021



CUMBERLAND ZONE SWIMMING CARNIVAL...

On Wednesday 17th February, a group of students went out to Mt Druitt Pool to compete in the Cumberland Zone Swimming Carnival. We had a fantastic day with 18 of our students progressing to the Diocesan Carnival next week. Particular congratulations to Esther L for being named the 11 year old Girl Age Champion and to Antony W who was the 10 year old Boy Age Champion. Good luck to our Diocesan Team.

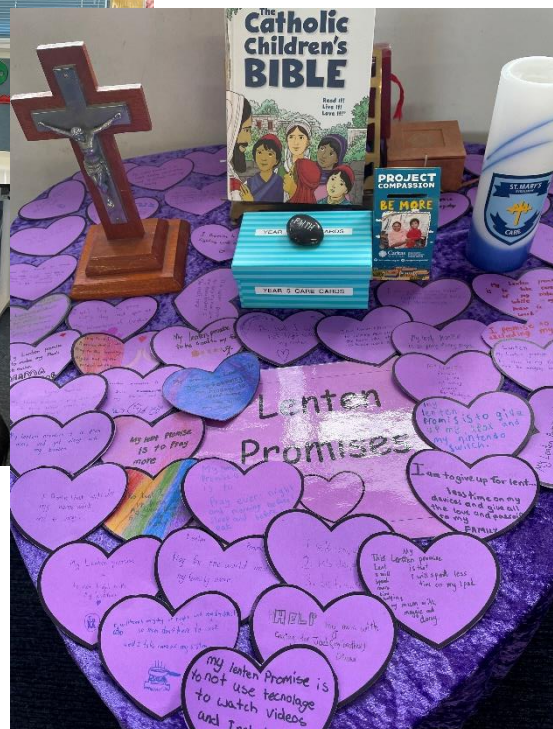


CUMBERLAND ZONE SWIMMING cont...



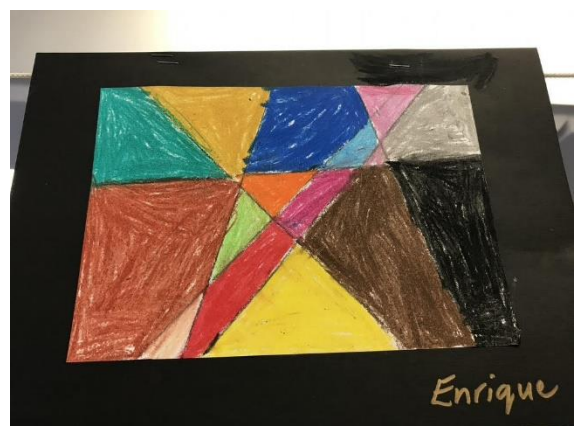
FR PETER VISITS ST MARY'S...

On Tuesday the 16th of February, St Mary's Primary was visited by Fr Peter. He came to all the classes in the school to talk to the students about the meaning behind Shrove Tuesday. He also explained how we could turn back to God during the season of Lent. Year 5 students had many questions to ask Fr Peter regarding practical ways in which they could support others during Lent. The students then wrote their Lenten Promises which were placed on the prayer table in their learning space. They hope to fulfil these promises during the season of Lent.



WHAT HAVE YEAR 2 BEEN UP TO...

Below are some samples of artwork done by Year 2. They are 2D geometric art using oil pastels, white paper and black card.



Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?



A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

ParentBrief



Establishing rules, exercising discipline, enhancing positive child behaviour

If we think our kids haven't worked us out by the time they get to school age, we need to think again. If we think our kids don't know where they stand when it comes to home rules, we also need to think again. Seriously. Permissive, indulgent parenting isn't about to do our kids any favours –it can also leave us powerless, as in the cartoon above.

To achieve at any level, kids need structure and follow-through from us as parents. This means effective parenting that sets rules and consequences, and monitors and communicates with authority. Endlessly boring for our kids? - certainly; essential to their achievement? - definitely...

Establishing rules for effective parenting Regardless of whether or not we, as parents, are in favour of rules, the fact is our kids need them. Rules help keep us safe, healthy, secure, law-abiding and respectful. Rules can also be flexible as a base line for compromise, negotiation and ultimately, agreement and resolution.

Rules are a tool for helping kids learn to control their natural impulses. They provide a structure for kids to live around and within, providing them with certainty and security. Rules also demonstrate to kids that we care.

Kids who grow up in a house with few rules may struggle academically and socially with issues of discipline and commitment. It can be hard to toe the line or cultivate friendships when you have no idea why you should have to do so or why it's important.

Setting rules that are developmentally appropriate There are two basic rules for setting rules. Firstly, we need to ensure they are consistent with the needs and maturity of our child, and secondly, that we provide rational explanations or reasons for those rules.

Rules need to be:

- Short and Simple
- Age appropriate and agreed upon
- Respectful and referred to often

When the rules don't fit the child

Rules can look good on paper, or on a spreadsheet, or plastered on the back of our kid's bedroom door. But does this mean our kids are going to abide by them? Well probably not, if they think they're too harsh, inflexible, or micro-controlling.

When we set rules for our kids, we can't shirk the responsibility for enforcing them. Just as we want our kids to be accountable to us, so we need to be to them. As parents, we have the authority to establish the rules, but rules work better if our kids have input into their making. If the rules aren't reasonable, if we're too authoritarian, too indulgent or too neglectful in our follow through, we shouldn't be surprised if our kids adopt an attitude of non-compliance or just ignore us and our rules completely.

Exercising discipline for effective parenting When we have a clear set of family rules it makes it easier for us as parents to exercise consistent discipline and age-appropriate consequences. If we don't overreact when our child breaks rules and make sure there is consistency between us as parents in the enforcement of rules... our child is more likely to be an achiever.

Achieving children demonstrate self-discipline. They have learned that in order to achieve pleasant results in the long term, they have to make sacrifices in the short term. One of the ways we can teach our kids this key foundation for achievement is through the externally imposed limits called discipline.

Four key aspects of effective discipline

5. When children are young, we set the rules. As they get older, we can be more democratic.
6. Rules need to be consistently and persistently enforced.
7. No blaming or condemning our kids when they have broken rules.
8. Encourage independence.

Discipline is vital to a child's development. Without discipline, kids may struggle with issues of relationship, respect and cooperation. Discipline supports feelings of achievement, happiness and well-being...the things we want most for our kids.