Dear Parents,

ONE STEP AT A TIME - We all have times when we can’t get ourselves going. Writers call it ‘writer’s block’; sportspeople sometimes call it ‘choking’. When your get up and go has got up and gone, sometimes the best thing you can do is to move forward by taking small steps.

Movement takes energy. Now is a good time to recharge your energy, perhaps with a run or doing something you really enjoy that reves you up. Then there are two good strategies to get yourself going again. The first is to remind yourself that no matter how helpless you may feel at a time like this, no matter what challenges you face, you have control over the little things in your life. Just because you have mislaid your motivation does not mean you have lost the ability to make decisions and take charge of your life.

When you feel stuck in a rut by obstacles like apathy, low energy or indecision, if you take small steps you can rev that idling engine. The best activities are simple ones like cleaning your teeth, putting out the rubbish, taking the dog for a walk, tidying your desk. Once you inspire yourself by being pro-active in smaller tasks, you’ll be better able to roll up your sleeves and do some heavy lifting on the bigger stuff.

The second thing to do if you’ve lost your mojo is to follow these three, simple words: Just start it. If you simply begin to do a task, motivation kicks in within 10 seconds. You heard that right: 10 seconds is all it takes to shift from “I don’t want to do it” to “I’m already doing it, so I might as well continue”. Let’s say, for example, you’re trying to get yourself to start an assignment. Open your new document, head it up with the name of the assignment and just start writing. You may just write a description of what you are meant to be doing. Before you know it, you will have the outline for the work ahead and the motivation to get on with it. You’re far more likely to follow through if you start doing something related to your goal.

Between these two strategies—energising yourself through small actions and committing to just 10 seconds of activity—you’ll be able to make more progress than you would by sitting there berating yourself for being stuck, feeling sorry for yourself or giving yourself negative messages. Start small but get started and before you know it – you will have that spring back in your step, and better still, a finished job.

Acknowledgment: Tina Gilbertson is the author of the book Constructive Wallowing

Richard Blissenden
PRINCIPAL
STAFF DEVELOPMENT DAY TERM 2
Please note that there will be a Staff Development Day on Monday 24th April. Students will return for Term 2 on Wednesday 26th April. There is no school for students on Monday 24th April as the staff will be involved in professional learning on this day.

PLANT STALL AT THE SCHOOL FETE
It’s that time of year again to get your seedlings etc ready for the plant stall at our Fete in October.

At our last Fete we made over $800 on our stall—fantastic!!

Of course that would be impossible to achieve without your amazing input.

I won’t collect any plants until the day before the Fete unless it’s absolutely necessary. I just wanted to get in early so you can start planting.

Feel free to give me a call if you have any questions.

Anne Marie Lyons—Stall Coordinator
0410 299 681

COMMENCEMENT PARTY
On Friday 24th March, our P&F Committee hosted our “Annual Commencement Party.” It was a fantastic night.

A big thank you to everyone involved in the organisation of the night. From all accounts, a great time was had by all.

CHURCH PROTOCOL
The Church is a place of reverence. The Blessed Sacrament is present in the Church. I would remind parents attending our school masses that coffee, food and chewing gum etc are forbidden in the Church. Talking and noise are also forbidden. It is important that parents and others set a good example to the children.

Fr Peter

QUALITY CATHOLIC SCHOOLING (QCS) SURVEY
As you are aware 60 families were randomly selected to complete the Quality Catholic Schooling Survey. Thank you to those families who have been able to complete the survey. A reminder to the families who did receive the survey that the survey period closes this Friday at 4pm. Thank you for your assistance with this survey.

AFTERNOON COLLECTION
Our thanks to families for your co-operation with our afternoon collection processes. Please remember that the pub has asked families NOT TO PARK BEHIND the pub for afternoon collection. This is their request. Families are also reminded not to collect children from other families, as this can cause confusion for parents and the school in knowing where children are located at collection time. Thank you for your understanding.

BABY NEWS
We would like to congratulate the Canale family, Annabella in 5L, on the birth of their baby son Antonio.

PRINCIPAL AWARDS
TERM 1—Week 8

KA Lara Kable & Imogen Samuel
KT Xavier Cooper & Elodie Hackett
1F Olivia Bounalhab & Lachlan Pitchfork
1R Aimon Liu & Sebastien Pericaud
2B Jessica Anlezark & Sam Myhill
2MV Robert Flint & Ashley Adams
3G Lucas Piper & Rosalea Brownlie
3S Ruby Northwood & Vivian Kim
4J Brianna Ward & Lina Yoo
4K Sierra Lake & Maddison Fairall
5E Raymond Zhang & Catherine Lim
5L Jack Denholm & Amilia Garcia
6B Ethan Rauniyar & Alannah Cantrill
6W Liam Hardman & Ciara Kuys

CARE AWARDS
TERM 1—Week 8

KA Chloe Chang & Ewan Jung
KT Samuel Calveley & Mia Iacono
1F Brody Newby & Anna Ivanova
1R Mia Lucas-Brown & Finn Noone
2B Sebastian Jalli & Irene Baek
2MV Misha Kim & Eleanor Park
3G Sienna Trovato & Chad Craze
3S Johnathan Kolosakas & Samuel Nassima
4J Gianluca Alcuri & Gordon Boulous
4K Blake White & Elena Sheslow
5E Annalies Marsh & Max Cimillo
5L Mia Northwood & Jonas Pellegriti
6B Georgie Paspalas & Elana Lavaki
6W Leah Kim & Michael Lowery
Project Based Learning (PBL)
Last year the Stage 3 teachers joined many other schools across the Diocese in a 3-day workshop to learn how to implement Project Based Learning. So what is Project Based Learning in a nutshell? “It is a teaching method in which students gain knowledge and skills by working for an extended period of time to investigate and respond to an authentic, engaging and complex question, problem, or challenge.” Stage 3 have begun to introduce this approach to learning, particularly in relation to the History, Geography and Science curriculum areas. Group work forms a significant part of PBL. The skills to work in a group are essential for today and the future as we are often asked or needed to work in group settings. Co-operating and sharing ideas is an integral part of PBL. Stage 3 began their PBL journey this year with a Project relating to working cooperatively in groups.

The Driving Question was: “How can we, as Project Based Learners, design a presentation or performance, to model effective group-working skills to our peers and teachers?” The following came from Stage 3’s first project:

Participate Compromise Cooperate Problem Solve Listen

Each project begins with an entry event, something to ignite curiosity in the children. Then the driving question is presented and unpacked. We work through what the children know and need to know in order to investigate the question. Workshops or content is directed from this information. The children are aware of the expectations for the project through the rubric that will be used to assess them throughout the project as well as at the end. Every project finishes with a presentation to a real world audience, which may be peers or adults within and at times outside school.

Content knowledge is extremely important as well as skills such as Digital Literacy, Written Communication, Oral Communication, Collaboration, Work Ethic and Global Citizenship.

One question that we asked ourselves was, “How are we going to create an environment where the students will learn?” As a stage we decided it was important to have common understanding and language for this, so we have organised our spaces into the following zones to help us work and organise our thoughts and information:

**Watering Hole:** The Watering Hole is an informal space where you can share information and discoveries. You can be both learner and teacher at the same time. This space can serve as a place for the sharing of ideas. Sometimes Watering Holes dry up and pop up elsewhere - keep your eye out. It is a partner voice zone.

**Cave:** The Cave is a private space where you can think, reflect and transform what you have learned so that you can understand and explain your new knowledge. This space is for private individual time. It is a silent zone.

**Sandpit Studio:** The Sandpit Studio is the place to create, play, experiment and discover. The sandpit is a place to be inventive. The place to discover new ideas and inventions. This space is a place where new ideas can be tested both as an individual or as a group. It is an inside voice zone.

**Campfire:** The Campfire is a space where people gather to learn from an expert. In days gone by, wise elders passed down insights through storytelling, and in doing so taught the next generation. In today’s schools, the experts are not only teachers and guest speakers, but also the students. You are encouraged to share your learning with peers and teachers. It is a single voice zone.

**Mountain Top:** The Mountain Top is a place to present your findings and successes. To show your ideas to the group from one person to many and to sing your successes from the mountain top. We need to use a voice that is strong and clear.

Here are some thoughts from Stage 3 about our new way of teaching/learning,

- “It’s a good way to work with peers and present our work because it is a fun and visible way to present our findings.”
- “We are more responsible for ourselves and each other because we work in a team and we don’t want to let each other down”.
- “It’s a social way to learn and we benefit from other people’s knowledge, skills and interests”.
- “Students have the opportunity to become independent as we are able to direct our learning with a focus in mind”.
- “We are able to share our learning - we have discovered that we are teachers as well as students”.

**TEAMS RESPECT**
**Student Absence – New changes to taking leave 2017**

The following outlines the changes that have been implemented by the Catholic Education Diocese of Parramatta regarding attendance. These changes take effect immediately.

**New requirements for student absence and travel**

- **1-4 days absence:** Parents must notify the school principal by mail or email (written).

- **5 or more days absence:** Parents must complete and submit the Application for Extended Leave form (A1) prior to commencing leave OR apply for extended leave in writing to the principal directly. If the application is approved the principal issues a Certificate of Extended Leave (C1). If the principal declines this application (i.e. 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.

**Exemption from attendance**

This relates to students who wish to participate in an accredited Elite Sports Program/Elite Arts Program, Employment in the Entertainment Industry or where there are exceptional circumstances.

- If the intended absence will be **under 100 days**, parents should complete and submit the Exemption from Attendance form (A2) to the principal. The principal has the authority to approve up to 100 days each calendar year. If approved the principal will issue a Certificate of Approval (C2).

- If the intended absence will be over 100 days, parents must complete and submit the Exemption from Attendance form (A2) to the principal who will make a recommendation to the Catholic Education Diocese of Parramatta (CEDP) Director System Performance (DSP).

  The DSP will then investigate the matter and will make a recommendation to the Executive Director. The Executive Director reviews the Exemption from Attendance form and forwards a recommendation to the Minister of Education. If this application is approved by the Minister, the principal will issue a Certificate of Approval (C2). Should this application be declined by the Minister, the principal will issue a letter of decline.

For additional information on accredited Elite Sports Program and Elite Arts Program, contact the school office.

The Catholic Education Diocese of Parramatta has procedures and guidelines in place to achieve high standards of student attendance in collaboration with parents. Parents are required by law to ensure that children aged between 6 and 17 attend school. Schools are required to monitor and keep a register of student attendance in accordance with common codes which explain absences.

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**Children arriving late to school – partial absence**

Children who arrive late to school after the bell are required to go to the school office to sign in and collect a late note. Parents are required to sign their child in and provide a reason. When children arrive late without a parent to sign them in they are marked as an unexplained partial absence.

**HOLY WEEK**

Scripture unpack walk through Tuesday 4th April from 11:30am. A note will be sent home shortly with specific details.

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**BIRTHDAY CELEBRATIONS**

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<td>Kiara Zwartzka</td>
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<td>May</td>
<td>Emma Adams</td>
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<td>Joseph Lim</td>
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We would like to wish all of these children a very happy birthday!!

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**care always respect everyone**