Dear Parents,

Late last week I attended the Diocesan Principal’s Master Class. During one of the sessions we reflected on the role of saints in our lives and the need to pray to them for divine intervention daily. This focus was most relevant to us all, as we had only just celebrated the feast day of Australia’s first saint Mother Mary of the Cross [Mary MacKillop] the week before. Below is a statement from Pope Francis and his request for us to pray for more saints in our world:

“We need saints without cassocks, without veils—we need saints with jeans and tennis shoes. We need saints that go to the movies, that listen to music, that hang out with their friends. We need saints that place God in first place ahead of succeeding in any career. We need saints that look for time... to pray every day and who know how to be in love with purity, chastity and all good things. We need saints—saints for the 21st century with spirituality appropriate to our new time. We need saints that have a commitment to helping the poor and to make the needed social change. We need saints to live in the world, to sanctify the world and not to be afraid of living in the world by their presence in it. We need saints that drink Coco Cola, that eat hot dogs, that surf the Internet and listen to their iPods. We need saints that love the Eucharist, that are not afraid or embarrassed to eat pizza or drink beer with their friends. We need saints that love the movies, dance, sports, theatre. We need saints that are open sociable normal happy companions. We need saints who are in this world and who know how to enjoy the best in this world without being callous or mundane. We need saints.”

Today Yr 6 students, myself and several teachers left on our Canberra field trip. This three-day excursion is an integral part of their ‘Democracy and Government Unit’ being studied this term. Whilst in the nation’s capital, they will visit the A.I.S., Questacon and The Australian War Memorial. We wish our touring group a safe and enjoyable trip. Follow our group over the next few days on twitter at #StMarysRydal.

Yesterday over one hundred of our students participated in the Diocesan Netball Gala Day. Our teams all played well and were indeed ambassadors for our school. Thank you to the teachers and parents who assisted with coaching and managing the teams over the last few weeks. Special thank you to Mrs Morgan who co-ordinated the event.

Tony Hughes
PRINCIPAL
LIBRARY NEWS
This is the last reminder that ALL reading records need to be finalised and entered by Friday 23rd August for the NSW Reading Challenge. No entries will be accepted after this date.

BOOK WEEK
“READ ACROSS THE UNIVERSE” is the theme for this year’s Children’s Book Week. To celebrate, all competition entries need to be in by Monday 26 August. Competitions include:

Kindy and Year 1: “Alien Colouring-in”
Years 2 and 3 - Draw an Alien
Years 4, 5 and 6 - Create a playdough or plasticine model of something related to the book week theme.

UNSW WRITING COMPETITION
Congratulations to the 20 students who participated in the UNSW Writing Competition this year. We were awarded 5 Distinction, 4 Credit and 11 Participation Certificates. Well done to the following students:

Distinction—Claudia Ball, Lana Bannister, Siddhant Kalra, Alexandria Padden and Eve Watson
Credit—Estella Warwick-Smith, Elissa Bayeh, Eliza Arathoon and Clare Kuys
Participation—Jaanvi Kanwar, Daniel Ryan, Elijah Seruvatu, Ria Iyer, James Ryan, Gregory Grugan, Tatiana Seruvatu, Jocelyn Xiao, Nikita Tuite, Georgia Hogan and Hovig Melkonyants.

P&F NEWS
Firstly, we would like to take this opportunity to thank our current P&F Committee, who are stepping down from their positions. They have all done a wonderful job over the years in supporting the school and its community.

We would now like to welcome our new Committee members, who were voted in at our AGM meeting last week. They are:

President: Kate Redfearn
Vice President: Amanda Green
Secretary: Trish Menin
Treasurer: Eli Ogrizek
Parent Coordinator: Anna Pan
Mother’s/Fathers Day Stall Coordinator: Paula Gabriel
Social Coordinator: Nancy Peaty
PRC Representative: Heidi Cleary

PRINCIPAL AWARDS
TERM 3—Week 4

KK Mathew Cotsinis and Nancynann Bogiso
KL Zoe Peters and Lily Chigwyn
1A Sarah Iacono and Cristiano Sobral
1C Lochlan Cesar and Brendan Ipwanshek
2C Therese Davidson and Peta Turner
2Q/D Elizabeth Hogan and Christian Mourched

BIRTHDAY CELEBRATIONS

August 21 Alexandria Padde
August 22 Yanisha Rodrigo
August 26 Thomas McGlashan
Kayla Anisse
Sarah Iacono
August 29 Jonathan Xiao
August 31 Rebekah Meafou
Myles Panagiotopoulos
Christopher Padde
Benjamin Tejo Natoli

September 1 Matthew Hogan
September 2 Lana Bannister
Abbey Owttrim

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

CARE AWARDS
TERM 3—Week 4

KK Blake White and Samuel Peddell
KL Cian McIndoe and Sophia Parsons
1A Kelly Stevens and Jonas Pellegriti
1C Sarah Nam and Philippe Jendrich
2C Ryan Vaughan and Liam Hardman
2Q/D Kayla Anisse and Oliver Homann
FAITH JOURNEY...

FATHER’S DAY LITURGY
We will celebrate Father’s Day with a liturgy on Friday 30th August commencing at 9am. This liturgy will be led by our Year 3 students. Please come along and join with us as we celebrate our wonderful fathers.

SCHOOL FEAST DAY—HOLY NAME OF MARY
We will be celebrating our school feast day on Thursday 12th September. The celebrations will commence at 9:15am with a whole school mass. Please keep this date free and share in the Eucharist with the children of St Mary’s. Stay tuned for more information about the day, as it gets closer.

FEAST OF THE ASSUMPTION OF MARY - AUGUST 15TH
Our Catholic tradition teaches us that Mary, the Mother of Jesus, was taken body and soul into heaven as a reward for her faithfulness. Her life and devotion should be an example for us. On Wednesday 15th August the school community joined with the parish and celebrated this special solemnity.

Rebecca Boidin
Religious Education Coordinator
Can your child bend it like Beckham or make a splash like Thorpie?
You might be surprised to know that some of the most famous sports stars have asthma, and it hasn’t stopped them achieving at the top of their game. David Beckham and Ian Thorpe are just two examples of how asthma doesn’t need to hold a person back in sport.

Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and these symptoms do not improve within a few minutes of rest. If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

Why does it happen and can you prevent it?
Normally we breathe through our nose, which warms, moistens and filters the air we breathe. When your child exercises they will start to breathe faster and through their mouth. This can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult. If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy.

Encourage them to warm up before sport or exercise; ten minutes of gradually increasing exercise is the minimum someone with asthma should do before working out intensely. In very cold, dry weather you could try giving them a scarf or face mask to wear during warm up. If the child is doing this and still experiences symptoms when exercising go back to your doctor, he or she may need to change the type of medication being used. For some people they will advise an extra dose of their blue reliever puffer before they start exercising, but this needs to be monitored carefully so it’s not too much.

People with asthma should be able to participate in almost any sport or exercise. If you are finding asthma gets in the way of your child’s ability to participate in and enjoy sport, call the Asthma InfoLine on 1800 ASTHMA (1800 278 462) or email ask@asthmafoundation.org.au for more information on how to better manage their asthma.