



# St Mary's Rydalmere Newsletter

Term 3 Week 10  
Wednesday 21st September 2016  
Website: [www.stmarysrydalmere.catholic.edu.au](http://www.stmarysrydalmere.catholic.edu.au)

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## PRINCIPAL'S MESSAGE...

Dear Parents,

Children need to play outside. I was recently reading the Washington Post (online) and came across this great piece...We can't expect children to sit for hours on end, interspersed with little movement breaks and not expect consequences to their development. Some experts believe children



need at least three hours of outdoor play on a daily basis in order to foster healthy sensory and motor development. They need opportunities to climb trees, run as fast as they can, use their imagination, test their strength, roll, climb, balance and even spin in circles. All of these activities use their brain, activate their muscles both big and small and engage the senses. This lays the foundation for being able to pay attention, listen and learn in a classroom setting.

So the next time you pick your children up from school, take them to a park and let them run around for a while. On the weekends spend the day at the beach, even if it's not sunny and warm – there are benefits in being outside in all kinds of weather. Encourage them to ride their bikes to friends' houses. Get to know your neighbours and create a community that watches out for the children so that they can play outdoors whether you live in an urban or a rural setting.

Studies indicate that when children switch from spending hours primarily indoors and sitting at a desk to one where the child is free to move and play throughout the day, the results can be far-reaching. Problems of poor attention all but disappear and children become attentive and active learners. Time spent playing outdoors fosters a joy of learning and confidence in one's abilities – two critical elements in the classroom and in life. All it takes is some time and a place to play outside.

As a society we're making great strides toward obesity prevention. While we are working to keep our children at healthy weights, we must also strive to ensure healthy behaviours, attitudes, sensory function, strength and coordination. This is true health, and to get it, our children should be introduced to a lot more outdoor play-time with their peers. Acknowledgement: Valerie Strauss, Washington Post, 7 June 2016

Have a fantastic break from school and enjoy getting outdoors as much as possible!

Peace and Best Wishes.

Richard Blissenden  
Principal



## DIARY DATES

### TERM 3 2016

Friday 23rd Sept Stage 3 Touch Football Gala Day

Friday 23rd Sept Term 3 Concludes

### TERM 4 2016

Monday 10th October Term 4 Commences

Wednesday 12th October Kinder Excursion

Wednesday 12th October Confirmation Practice 5pm

Monday 17th October K2017 Parent Information Night 7:00pm

Tuesday 18th October K2017 Transition 9:00am–10:30am

Tuesday 18th October Year 1 Excursion

Tuesday 18th October Year 5 Incursion

Friday 21st October Confirmation 7:30pm

Tuesday 25th October K2017 Transition 9:00am–10:30am

Monday 31st October Year 1 Assembly 2:15pm

**ICAS ENGLISH COMPETITION**

Congratulations to the 36 students who participated in the UNSW International English Competition for schools. We were awarded 9 Distinctions, 8 Credits, 5 Merits and 14 Participation Certificates.

**URGENT WE NEED YOU**

Can you join our P & F as Treasurer? The role is very straight forward and our past Treasurer will assist in 'hand over'. Please let Mr Blissenden know if you are interested.

School Resumes on Monday 10th October. Students return in summer uniform. Remember to "be on time for ten to nine".

**HOLIDAY CHALLENGE**

"Find and record an array". During the holiday's Mr Blissenden's challenge is to find an array. Once you have found an array you can photograph or draw it. Then calculate the total number in the array. Finally share your array via twitter, email or bring your photos to school on Day 1, Term 4. Details are on the Holiday Challenge sheet sent home with this Newsletter. Use @StMarysRydal if you tweet or send your photos to [stmarysrydal@parra.catholic.edu.au](mailto:stmarysrydal@parra.catholic.edu.au)



School Feast Day

**YOUNG GUITAR PLAYER'S PROGRAM—  
TERM 4 ENROLMENTS**

I am currently accepting enrolments for Guitar Tuition for Term 4. We will be focusing on the theme of Christmas. Anyone from Years 3—6 is welcome. This is a fun time to play and learn guitar with familiar Christmas carols and songs. Looking forward to hearing from you.

Michael Sheridan  
0413 559 784

**OVERVIEW**

The Young Guitar Player's Program (YGPP) is a program of guitar tuition designed to equip a young person with the skills necessary for a future in music - making playing the guitar. These skills include music literacy, theoretical understanding, repertoire building, ensemble and solo performance.

The classes are conducted to enable students to achieve a knowledge base and playing proficiency. They achieve this by working through the levels. At each level the student is awarded a certificate of merit where the lesson content is acknowledged.

It takes three years to complete the course. Commencement from Year 3 onwards is recommended. Upon graduating from the YGPP, it is hoped that students are well prepared to join a Secondary School ensemble as a guitar player. They would be able to participate confidently in their Secondary School music classes.

**DIOCESEAN SPORT TRIALS**

If your child will be in Yr 5 or Yr 6 in 2017 and is interested in trying out for a Parramatta representative team, please go to [primarysportparra.catholic.edu.au](http://primarysportparra.catholic.edu.au) and register.

# GEOGRAPHY NEWS...

## Geography in the 21<sup>st</sup> Century

The staff and students at St Mary's have enthusiastically jumped into the new Geography Curriculum this term and we are loving it!

Every class began the journey by sharing the book *Me On the Map* by Joan Sweeney. You can access this as a YouTube clip via this link: <https://www.youtube.com/watch?v=b0cjSXC2rHE>

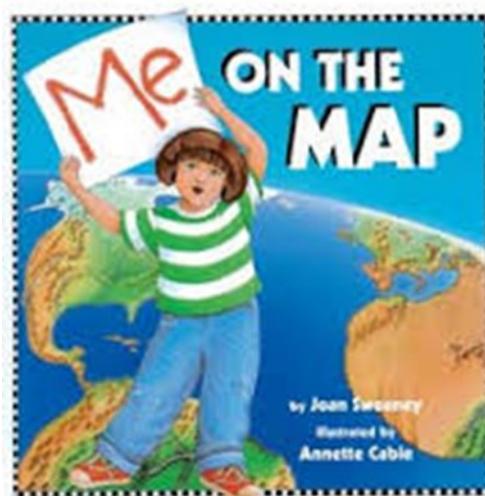
This text explores the scale of maps, and places the main character in the context of our world. It begins with the character in her bedroom and gradually pulls back to reveal her house, street, neighbourhood, state, country and planet.

Classes have spent time mapping our school, investigating the beautiful new atlases purchased for each Stage and looking at various digital tools such as Google Maps and Google Earth to find their place in the world.

The new Geography syllabus document focuses on developing young people who know their place as part of a global society; who can acknowledge and celebrate the similarities and differences between people, who understand and value the natural places in our world and who can make informed and responsible choices about the kind of world in which they want to live.

It is our belief that if we can be true to this document and open the minds of the students in our care then the future of the planet will be in good hands.

Amanda Gierak



**OUR FEAST DAY**

Thank you to the many people who contributed to a most successful Feast Day. We began our day with Mass with Fr Peter leading a wonderful liturgy supported by parents and parishioners as our musicians. Following mass students had an opportunity to share a 'Poem in the Pocket' - and there were some great poems shared with our visitors. During recess, students sat in peer support groups and enjoyed some fruit supplied by our Live Life Well @ School team (as well as from donations from Woolworths, Top Ryde). After morning tea our trivia competition was challenging. Our amazing P & F provided a BBQ lunch (thank you to the many workers on the BBQ) and during the afternoon we held a "Great Schools" afternoon—where the talents of the staff and some parents were shared with the students in small groups. We had groups doing everything from play dough making to dancing, singing, playing board games, making book marks, paper planes, decorating cup cakes, sewing, playing sports or even being photographers. It was a wonderful celebration of the 'great' talents we have amongst the staff and parents. Thank you to Miss Lopresti for coordinating all the activities of the day, the parents who were able to assist and staff for their hard work on the day.



**BIRTHDAY CELEBRATIONS**



- September 21 Sophie Carr  
Selina La Macchia
- September 22 Casey Kaseke  
Rosalea Brownlie
- September 23 Lina Yoo  
Keira Dixon
- September 24 Elena Sheslow  
Chad Craze  
Elana Lavaki
- September 25 Lillyan Ward
- September 26 Robert Flint  
Carey Kaseke
- September 27 Jessica Anlezark
- September 28 Christina Lim
- September 29 Weisen Huang
- September 30 Josephine Keyser
- October 1 Jeevan Samuel
- October 2 Paige Hewkins
- October 4 Rachael Anderson
- October 6 Phillip Sclavos
- October 7 Eve Kannemeyer  
Reshan Weerakkody  
Nicholas Fleitas
- October 8 Nicole Pitchfork  
Leah Kolosakas  
Craig Zvidzo
- October 9 Cooper Frain
- October 10 Maxwell Xie  
Maximus Ghest
- October 16 Maddison Boulous  
Zechariah Acosta  
Bonnie Finch  
Cooper Storey  
Liam Storey  
Stella Northwood  
Rudy Northwood  
Paige Bailey
- October 18 Jade Hewkins  
Alessandro Brownlie

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

*We would like to wish everyone a happy and safe holiday. We look forward to seeing you all in Term 4!*