



St Mary's Rydalmere Newsletter

Term 4 Week 2

Wednesday 19th October 2016

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PRINCIPAL'S MESSAGE...

Dear Parents,

Welcome back to school for the final term of the year. I trust that the holidays were a fantastic time spent with family and friends. Term 4 begins in October each year and October is the month when we remember Mary through praying the Rosary. The Rosary, as you would know, contains the prayer 'The Hail Mary' – a prayer that our children know very well as it is said every day as part of the 'Angelus'. As adults it is important for us to reflect on Mary, her life and her answers to God.

Most people don't mind being asked questions of a fanciful nature, because these types of questions are non-threatening and can be a means of entertainment as we go about constructing an answer. We would all like to ponder the possibilities of "What would you do if you won Lotto?" or "If you were Prime Minister, what changes would you make for the benefit of ordinary people?" But how would we ponder if, by some strange means, we were able to fashion our own mother before we were born to her? How would we gift her in mind and body?

Well, in a sense, this is what God did when He chose Mary to be the Mother of His Son, Jesus. When Mary gave her "Yes" answer to Gabriel's question, she began to carry Jesus in her womb for the nine months of the first Advent, in preparation for the first Christmas. Later in her life, Mary was to be present at another birth, the birth of the Church at the first Pentecost. What's more, in the same manner as each mother who bore each of us is called our mother and not the mother of our body only, so Mary is the Mother of the whole person of Jesus Christ, who is God. What a great gift to be Mother of God and what courage to say "Yes".

Because we are human, we are aware of our limitations and weaknesses and probably find it hard to believe that we could do much for God. No doubt, when Mary was asked to be Mother of God, she found Gabriel's message difficult and thought immediately about her limitations. We are only being human if we find it difficult to accept that God could have a plan for us, as He did for Mary, namely, to bring Jesus to others by living His values. Just as Mary took Jesus everywhere she went during her pregnancy, we are invited to take Jesus with us everywhere we go.

We can be somewhat reassured by the fact that Mary did not have to do anything but just let God act in her life. So, all that is necessary for us is to allow God to dwell within us. At the Marriage Feast of Cana, Mary gave every generation of Christians a challenge when she said, "Do whatever He tells you". John 2: 5. When Mary gave her humble answer of "Yes", she agreed to let God love her and as a result she gave Jesus to the world and for this she is forever revered.

As Jesus hung dying on the cross, He announced Mary to be the mother of all, when He said through John to us, "She is your Mother". John 19: 27. As our Mother, Mary would wish that we, like her, would allow God to love us and through that love, be witnesses to Jesus in the ordinary daily actions of our lives. There is no doubt that Mary's humble acceptance of God's plan for her, is a model for all Christians; so, "Relax. Be like Mary. Let God love you".

"Mary, Mother of God and Mother of us all, you received Jesus readily and generously. Help us with our everyday problems and weaknesses and uncertainties, to receive Jesus as you did, to be open to God's Love. Amen."



DIARY DATES

TERM 4 2016

Friday 21st Oct	Mission Liturgy 9:00am
Friday 21st Oct	Confirmation 7:30pm
Tuesday 25th Oct	K2017 Transition 9:00–10:30am
Monday 31st Oct	Year 1 Assembly 2:15pm in the Hall
Tuesday 1st Nov	K2017 Transition 3 9:00–10:30am
Wednesday 2nd Nov	Band Demonstration 11:15am
Friday 4th Nov	Year 2 Excursion Penrith Lakes Education Centre
Monday 7th Nov	K2017 Orientation Sessions 9:00–11:00am 12:30–2:30pm
Tuesday 8th Nov	K2017 Orientation Sessions 9:00–11:00am 12:30–2:30pm
Tuesday 8th Nov	P&F Meeting—7:00pm
Wednesday 9th Nov	Stage 3 League Tag Gala Day
Friday 11th Nov	Remembrance Day Liturgy 10:50am

BOOK CLUB

The current Book Club brochure Issue 7 2016 has been sent home with all students. **ORDERS FOR ISSUE 7 CLOSE 30/10/16.** To order and pay for Book Club by credit card visit: www.scholastic.com.au. Please order and pay via the website. Books will be delivered to the school and distributed to students. Any questions, please contact Kristine Muir.

ICAS MATHEMATICS COMPETITION

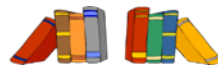
Congratulations to the 41 students who participated in the International Mathematics Competition. We were awarded 1 High Distinction, 5 Distinction, 13 Credit, 8 Merit and 14 Participation Certificates. Well done to everyone involved.

AFTERNOON DISMISSAL

This term we have been reiterating with the children the importance of our afternoon dismissal procedures which are designed to keep everyone safe and allow for the quickest departure from school. A reminder that students have specific waiting areas in the afternoon and are required to sit in these areas until dismissed. Students are to keep games and equipment (including mobile phones) in their school bags and there is no eating or playing games in the waiting areas. Parents are reminded to enter the school via the main gate and wait in the area near the office – leaving the area near the fence for students. We thank you for your ongoing co-operation with this matter.

MISSION MASS

Last Friday Bronte Frain and Erin Suffling represented the school at the Diocesan Mass at St Patricks Cathedral in Parramatta. Bronte and Erin were able to view displays from schools demonstrating some Mission initiatives and then join in Mass with representatives from all Primary Schools in the Diocese. The girls have returned with some ideas to share as we continue our own work in this Year

**LIBRARY HELP NEEDED!**

We have a several sets of books that need to be covered before the children can borrow them. If you can lend a hand, please see me in the library (Mon – Wed). Contact will be supplied.

Thanks so much!

Mrs Radocchia
Teacher Librarian

HOLIDAY CHALLENGE

Congratulations to the many students who entered the recent Holiday Challenge – we had a huge response. There were some home made array's and photos of interesting arrays found while on holidays. Some students made booklets, tweeted their array or made posters. On Monday we had a lucky draw – congratulations to Paige Hewkins KE, Eddie Appleby 1B, Elizabeth Samuel 2T, Sierra Lake 3G, Kelly Stevens 4J, Lilla Ward 5E and Erin Suffling 6L who all won a prize of a game associated with Mathematics or Arrays!

BABY NEWS

We would like to congratulate the Frazer family, Dakota in 4J, on the birth of their baby boy Victor James.



St Mary's Newsletter....

STAGE 3 TOUCH FOOTBALL GALA DAY

Last term a group of Year 6 girls represented St Mary's at the Stage 3 Touch Football Gala Day. We would not only like to congratulate the girls on coming 1ST in their Pool, but we would also like to congratulate them on the wonderful sportsmanship they showed on the day! Well done to all those involved!



BIRTHDAY CELEBRATIONS



October 20	Isla Ballout
	Johan Xie
October 21	Daashan Wu
October 22	Francesca Cimillo
October 23	Cooper Twyford
	Lachlan Williamson
October 25	Kathleen Swadling
October 26	Isabelle Pericaud
	Olivia Ribera
	Isabella Ribera
October 28	Bianca Bietola
October 29	Kingston Luburic
October 30	Celine Boustani
October 31	Tara Nann
November 1	Philippe Jendruch
	Joshua Green

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



Nutrition Snippet

The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

Oreo biscuit – a "sticky sweet" food that will fall in to all the grooves of the teeth;

Carrot – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;

Cheese cube – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with "firm favourites" (e.g. fruit and veg) and "powerful protectors" (e.g. cheese, milk, water) and avoid "sticky sweet" foods (e.g. biscuits, cakes, muesli bars, lollies). "Sweet acidic" juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, "Healthy Tums Healthy Gums" program.

For more information visit www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



Health
Western Sydney
Local Health District



SunSmart Snippet

The simplest way

...to protect your skin.

Did you know?

Wearing sun protective clothing is one of five ways to protect your skin from ultraviolet (UV) radiation.



To optimise your Sun Protection, choose sun-safe clothing:

- Shirts with collars or high necks, and sleeves;
- Longer length pants, shorts or skirts which reach below the knees;
- Loose fitting clothing of a dense weave;
- Dark coloured clothing, which absorb UV rays and prevent them from reaching the skin, more so than lighter colours;
- A sun safe hat (broad-brimmed, bucket or legionnaire style) to protect the face, neck and ears.

Protecting your skin in spring:

UV rays are high enough to damage your skin, even on cooler days in spring. So don't rely on temperature to work out whether to protect your skin. **Slip, slop, slap, seek and slide** when UV levels are 3 or higher.



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To help keep your kids safe, check your school's SunSmart status by heading to www.sunsmartnsw.com.au



