



Term 4 Week 4

Wednesday 1st November 2017

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DIARY DATES

TERM 4 2017

Monday Kindergarten 2018
6th November Orientation Day
9:00–11:00 & 12:30–2:30

Monday Year 2 Excursion
6th November

Monday Basketball Program
6th November 3:30–4:30

Monday Year 6 Graduation Meeting
6th November

Tuesday Kindergarten 2018
7th November Orientation Day
9:00–11:00 & 12:30–2:30

Wednesday League Tag Gala Day
8th November

Friday Remembrance Day Liturgy
10th November

Friday Kindergarten Assembly 2:30
10th November

Monday Swimming Program Commences
13th November

Tuesday P & F Meeting
14th November

Friday Year 6 Assembly 2:30
1st December

PRINCIPAL'S MESSAGE...

Dear Parents,

Many of us will be able to recall the enjoyment of shared reading: being read to and sharing reading with our parents. Some recent research, however, has found that of 997 Year 4 and Year 6 respondents at 24 schools who took part in the 2016 Western Australian Study in Children's Book Reading, nearly three-fifths reported that they were not being read to at home.

A sample of these children also participated in interviews, where I asked them how they felt about school reading. While a few children did not mind no longer being read to, others were disappointed when it stopped. But why is it so important for us to keep reading with our children for as long as possible?

Research has typically found that shared reading experiences are highly beneficial for young people. Benefits of shared reading include facilitation enriched language exposure, fostering the development of listening skills, spelling, reading comprehension and vocabulary, and establishing essential foundational literacy skills. They are also valued as a shared social opportunity between parents and their children to foster positive attitudes toward reading. When we read aloud to children it is also beneficial for their cognitive development, with parent-child reading activating brain areas related to narrative comprehension and mental imagery. While most of the research in this area focuses on young children, this does not mean that these benefits somehow disappear as children age.

As young people's attitudes towards reading reflect their experiences of reading at home and at school in childhood and beyond, providing an enjoyable shared reading experience at home can help to turn our children into life-long readers.

This research suggests that we should not stop reading with our children just because they have learned to read independently. We should continue reading with our children until they no longer wish to share reading with us, ensuring that these experiences are enjoyable, as they can influence children's future attitudes toward reading, as well as building their confidence and competence as readers. It is worth the effort to find time to share this experience with our children in the early years and beyond.
(Source "The Conversation")

I hope you are able to find time to read with and to your child this week.

Peace and Best Wishes.

Richard Blissenden
Principal

FETE

Thank you to everyone who supported our recent Parish and School Fete. We had many parents volunteer to co-ordinate stalls, volunteer on the day or just come along and enjoy a great day. Everyone combined to make the Fete a wonderful success—**THANK YOU**. A final wrap up meeting will be held on Monday 13th November from 6:30pm in the Parish Meeting Room—all stall convenors are invited to attend. A report on the Fete will be shared at the P & F meeting to be held on Tuesday 14th November in the Library to which all parents are invited!

MOVING SCHOOLS OR LEAVING

Moving schools or leaving St Mary's at the end of 2017? It is a legal requirement that you inform us of the school your child will be attending in 2018. If you are moving house or changing schools please advise the school office in writing of your new contact details and the name of the school your child will be attending. We have a number of families on our waiting list now (people are hearing good things about our school and want to come here) and we would like to offer them places where we can. Thank you for your understanding and cooperation in this matter.

STUDENT PUNCTUALITY

Our school starts at 8:50am. When students arrive on time they are able to move to class efficiently and start their lessons. When students arrive even 5 minutes late, they miss out on the introduction or plan of the first lesson and their learning is affected. Parents are asked to ensure that their children are at school by 8:50am to allow them to take full advantage of the day's learning.

INDUSTRIAL ACTION—TOMORROW

Please be advised that a letter was sent to all families yesterday regarding a Stop Work Meeting that a majority of staff will attend, TOMORROW from the commencement of school until 12:30. Supervision for those families unable to arrange alternative arrangements will be provided until 12:30 when normal classes will commence for the day. Thank you for your understanding regarding this matter.

CATHOLIC CULTURE AND TRADITION

'Catholic Primary Schools always exist in relation to the parish'. This is more than true of our school because we have our Parish Church here on this site. This school and the Catholic Community of The Holy Name of Mary Parish have grown together like vines. They have intertwined and need each other to grow strong. If catholicity is embedded into the everyday life of a catholic school student, what is it about the parish that helps a child's growth?

Parish leads us to:

- Connect with others to celebrate life
- Have a common mission with others
- Build a community based on the care of the family

Our Parish masses are (Saturday 5:30pm, Sunday 7:30am & 9:30am) and Fr Peter would welcome you attending mass.

PLAY NETBALL IN 2018

Ermington United Netball Club are now taking registrations for 2018.

New Players of all ages welcome.

Under 8—10 years—NetSetGo modified netball and Under 11—Seniors graded competition. Check out the NSW Active Kids Rebate in January 2018 to register for a \$100 voucher towards registration. (<https://sport.nsw.gov.au/sectordevelopment/activekids/fact-sheet>). Returning players may attend and register or register online using the emailed google form. For further information: President, Michelle Gruber 0404 981 467.

SWIMMING PROGRAMME

Our annual 10 day swimming programme commences on Monday 13th November for all students. Parents should receive notes this week. Please note each student needs to return a separate permission slip, please do not include siblings on one slip.



St Mary's Newsletter....

SCHOOL FEES

Final school fee invoices for 2017 are now **OVERDUE**. Can you please make arrangements to pay outstanding amounts as soon as possible. If you have any queries regarding your fees, please contact Susan in the office.

STAYING INFORMED

St Mary's shares information with the community in the following ways:

Website: Our Website has a wealth of information about the school, staff, fees & programmes with links to our Newsletter, YouTube, Twitter Accounts etc. Available 24/7, updated daily and as required.

Newsletter: This is our main form of fortnightly communication. We share updates, events, student learning and tips and hints to assist families with the education of their children. We also share student learning and achievements. The newsletter is published fortnightly in print form to all families, via email to families who subscribe, on the school website and via the SkoolBag app.

Twitter: The school, each grade and many staff have Twitter accounts. Short messages about learning are shared via Twitter. Parents are encouraged to follow their child's grade Twitter accounts to keep in touch with learning in the school. Tweets are sent as events happen. Follow—@rblissenden or @StMarysRydal.

SMS: SMS messages are used as reminders. They are sent from the administration of the school. Messages can also be sent to update parents about excursions (especially if changes to arrival times are expected), events or meetings.

YouTube Channel: Our school posts videos to share student work and promote a love of learning. You can access the videos by subscribing to the St Mary's Channel at YouTube.

SkoolBag App: For families with a smart phone or tablet this app allows them to receive the Newsletter, calendar and reminder notices. Simply download the free app for access to these features. Push notifications are also available—which means that you are made aware instantly when we update the newsletter, calendar or send notices out on our Website.



BIRTHDAY CELEBRATIONS

November 1	Philippe Jendruch Joshua Green
November 2	Ela Torres
November 3	Lucy Goss
November 5	Lucas Piper
November 9	Ewan Jung
November 12	Samuel Nassima
November 14	Luke Marnan

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

PICK UP AND KISS

We are asking for more volunteers for our Pick Up and Kiss service in the afternoon. Unfortunately, without more parent help we will be unable to continue offering this service. If you are able to assist, please see the ladies in the office.


Nutrition Snippet

The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognese sauce, add canned lentils to your sausage roll mix.
- **Put veggie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



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
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 SunSmart Snippet

The simplest way

...to be a good role model!

Did you know?
Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.

Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!



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



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 Nutrition Snippet

The simplest way

...to download our free resources.

We have a bunch of great resources on our website for you to print out – free – to help make your whole family healthier.

- Reward your kids using our **My Fruit and Vegetable Chart**.
- Plan ahead, save time and money with your **Family Menu Planner**.
- Make packing lunches easier with our **Healthy Lunch Box Planner**.
- Learn how to manage fussy eaters with our **Strategies for Fussy Eaters Guide**.
- Get new ideas for healthy snacks with our **Fruit and Vegetables Snacks Guide**.
- Find out when to buy your fruit and vegies in our **Seasonality Guide**.



Visit <https://tinyurl.com/ycp5a89a> to download.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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



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Book Club LOOP

The EASIEST way for parents to order and pay for Book Club!



Parents: Are you registered for LOOP?

LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!



Head to scholastic.com.au/LOOP and register today!




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