



Term 4 Week 6

Wednesday 20th November 2019

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## DIARY DATES

### TERM 4 2019

<b>Sat/Sun</b> <b>23/24 Nov</b>	<b>Band Camp</b>
<b>Monday</b> <b>25th Nov</b>	<b>Swimming Program Commences</b>
<b>Thursday</b> <b>28th Nov</b>	<b>Year 6 EOY Event Meeting 7:00pm</b>
<b>Thursday</b> <b>5th Dec</b>	<b>Christmas Concert 6:30pm</b>
<b>Friday</b> <b>6th Dec</b>	<b>Swimming Program Concludes</b>
<b>Tuesday</b> <b>10th Dec</b>	<b>Reports go home to Parents</b>
<b>Wednesday</b> <b>11th Dec</b>	<b>Swimming Carnival</b>
<b>Friday</b> <b>13th Dec</b>	<b>Year 6 End of Year Celebrations</b>
<b>Monday</b> <b>16th Dec</b>	<b>End of Year Award Assembly—9:00am</b>
<b>Monday</b> <b>16th Dec</b>	<b>Orientation Day for New Students—2:00pm</b>
<b>Monday</b> <b>16th Dec</b>	<b>Year 6 Graduation Mass 7:00pm</b>
<b>Wednesday</b> <b>18th Dec</b>	<b>School Concludes for Students</b>
<b>Thursday</b> <b>19th Dec</b>	<b>Staff Development Day "Pupil Free Day"</b>

## PRINCIPAL'S MESSAGE...

Dear Parents,

Of recent times, there has been much talk about our aging population and the fact that we are living longer. Professor Robyn Richmond conducted a study of 190 centenarians, the oldest was 112, and from her interviews with them found that personality traits and attitudes had a greater influence on their longevity than genetics. Low neuroticism – fear, worry, guilt – low anger and hostility, low impulsivity, low depression, high social connectedness, high openness, high conscientiousness; these seemed to be the key to a ripe old age. Levels of anxiety and depression amongst the group were well below average.

"Get on with it; you can't dwell on disappointments."

"Wherever I am, I'm contented." "They tell me I'm the oldest woman. How did I get here? Just quietly living one day at a time." These were a sample of the comments from our most senior citizens and what wisdom they contain. Collectively, these centenarians seem to have discovered the secret of joyful living by being fully engaged with their lives and being fully alive in one present moment followed by the next. Pema Chodron, a Tibetan spiritualist, observed that, "Authentic joy is not a state of feeling or being high. Rather it is a state of appreciation that allows us to participate fully in our own lives."

Denmark seems to be the best country at living joyfully and the main reason is that most people strive to do their very best in their day to day activities. They do their best because they care, they work hard because that fulfils them and they don't worry too much about the "negatives". "Worry is like sitting in a rocking chair; it will keep you busy but you won't get anywhere." Author unknown.

The French naturalist, Jean Henri Fabre, was fascinated by processional caterpillars that marched in a long unbroken line front to back. So, he captured enough of them to encircle the rim of a flower pot. He linked them nose to end and started them walking in a closed circle around the rim of the pot. For days they moved like a perpetual merry-go-round and, although food was near at hand, the caterpillars starved to death on their endless march to nowhere.

Unfortunately, life is like this for some people. They worry over unfounded fears which really never happen. They wander through life without any meaningful and worthwhile purpose. Similar to the caterpillars, they spend their life going in circles which, as they age, become decreasing circles; a tragic way to live.

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**CONT FROM PRINCIPALS MESSAGE...**

Joyful living is the result of being totally accepting of our present moment. Whenever we project ourselves away from our present moment and seek happiness in another time or place, we leave joy behind. When all parts of our life fully embrace where we are right now, we can't help but be joyful. When Jesus spoke to his Apostles and said, "These things I have spoken to you that my joy may remain in you and that your joy may be full" John 14:11. he was speaking through them to us.

Again, when Jesus said, "Until now you have asked nothing in my name; ask and you will receive that your joy may be full" John 16: 24 he is stating that he wants us to be full of joy. Jesus is inviting us to call on his name to draw on the resources of God for anything we need to help us to live joyfully. Living joyfully is a work in progress throughout our lives. So, "Get on with it; you can't dwell on disappointments."

*"Lord, we pray for a personal encounter with your words, 'Well done ... enter into the joy of your Lord'." Matt. 25: 23.*

Peace and Best Wishes.

Richard Blissenden

**PRINCIPAL**



## 6 QUESTIONS IN 60 SECONDS...

**Did you know the following about Mrs Violaris?**

**What is your favourite thing about working at St Mary's?** *My favourite thing about working at St Mary's is the sea of smiles I am greeted with each day. It is a wonderfully caring and supportive community that is a constant reminder of why I chose to become a teacher!*

**What is your favourite book, song or movie?** *Pride & Prejudice- the book AND the movie!*

**Do you have any pets?** *No pets. I had a fish once. It didn't end well. Now I stick to plants.*

**What hobbies do you have?** *Many! I go to Pilates classes, I play and coach netball, I love jigsaw puzzles and also meditate daily.*

**If you could travel anywhere in the world, where would it be?** *Croatia. It's at the top of my list!*

**What are three words that best describe you?** *Dedicated, patient, strong*

## **BIRTHDAY CELEBRATIONS**



November 20	Serena G Olivia M
November 21	Luca B Chloe M
November 22	Brianna W
November 24	Christos C
November 26	Caspian L
November 27	Ayva-Rae Y
November 28	Daniel B
November 29	Torie S
December 1	Olivia A
December 3	Lorelai T

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

### **SCHOOL SURVEYS**

Thank you to those families who responded to the After School Programme survey - there were 10 families that responded and all were supportive of having some form of After School Programme in 2020. We will investigate and report back in the new year. There is currently a Uniform Survey out and we welcome feedback on our uniforms - there is another copy of the survey included with this newsletter.

## FROM MR BLISSENDEN...

### CHANGE OF HOME OR EMERGENCY CONTACT DETAILS

If you have any changes to your home or emergency contact numbers, please contact the school office as soon as possible. In cases of sickness or emergency, it is important that we have the correct contact details for your child(ren). You can also update your details via the school's skoolbag app under the Parent eForms tab.

### TEACHERS ARE LEARNERS TOO

This week our staff engaged in a full day of Professional Learning on the new Personal Development, Health and Physical Education Syllabus led by Mrs Atkinson. Recently our Kinder, Year 1 and 2 Teams continued their professional learning in Mathematics, presenting to other schools the work they have been engaged in over 2019. Additionally, staff have attended finance and administration training, continued some Professional Learning in Project Based Learning and attended mandatory Child Protection training.

### THE IMPORTANCE OF ATTENDING EVERY SCHOOL DAY

A reminder that students need to arrive 'On Time For Ten To Nine' every school day. There is a clear expectation that students will attend school every day up to and including Wednesday 18<sup>th</sup> December. Leaving school early or arriving late disrupts the learning of your child and the other students in the learning space. During 2019 our attendance rate has been very good – we are very thankful to our community for your continued support and efforts in having the children here every school day.

### E-SAFETY

The Australian Government Office of the Children's eSafety Commissioner has provided this website that offers valuable information to parents about social media sites:

<https://esafety.gov.au/esafety-information/games-apps-and-social-networking>

### ARE YOU LEAVING THE ST MARY'S SCHOOL COMMUNITY AT THE END OF THIS TERM?

If your child is leaving St Mary's please:

- ◆ Ensure all Library Books are returned to the Library.
- ◆ Return all Reading Books to the class teacher.
- ◆ Ensure that all school fees have been paid in full – see the ladies in the office.
- ◆ Collect all of your child's exercise books.
- ◆ If you will not need your child's uniform, school bag or library bag you can donate them to the school.
- ◆ **Notify us in writing of the name of the school your child will be attending, new contact details and the date of their last day at St Mary's (a government requirement).**

### PRINCIPAL AWARDS TERM 4–Week 6



3G Antonious M & Olivia Q  
 3M Chimamanda I, Mitchell R & Ellie S  
 4E Benjamin R & Sean T  
 4J Genevieve B & Aren S  
 5L Dominic J & Jireh S  
 5V Kayla G & Ayva-Rae Y  
 6E Mathew C & Liam S  
 6KB Blake W & Joel H

### CARE AWARDS TERM 4–Week 6



3G Faith L & Michael K  
 3M Torie S, Daashan W & Valeriy S  
 4E Paige B & Arsh K  
 4J Jackson H & Lorelai T  
 5L John-Paul A & Stella N  
 5V Lucas L & Luke P  
 6E Joshua G & Leah K  
 6KB Max D & Emma A

## ICAS ASSESSMENT RESULTS...

Congratulations to the 23 students who participated in the UNSW ICAS English Assessment. We received 8 Credit, 5 Merit and 10 Participation awards.

Also congratulations to the 34 students who participated in the UNSW ICAS Mathematics assessment. We received 3 Distinction, 4 Credit, 4 Merit and 23 Participation awards.

Well done to everyone involved.

## FROM OUR COLOUR HOUSE LEADERS...



INSTEAD OF TAKING A PROCESSED MUESLI BAR YOU CAN BRING TO SCHOOL HOMEMADE...

### CRANBERRY AND APRICOT MUESLI BARS

#### INGREDIENTS

- |  |                                       |
|--|---------------------------------------|
| - 100g ( $\frac{1}{2}$ cup) light canola or olive oil spread | - Canola or olive oil cooking spray   |
| - 2 tbsp honey   | - 1 cup quick oats                    |
| - $\frac{1}{3}$ cup unsweetened apple juice                  | - 1 cup sunflower and pepita seed mix |
| - $\frac{1}{2}$ cup dried cranberries                        | - $\frac{2}{3}$ cup plain flour       |
| - $\frac{1}{2}$ cup diced dried apricots                     | - 2 tbsp raw sugar                    |

#### METHOD

- Combine spread, honey, apple juice, cranberries and apricots in a small saucepan. Place over a medium heat until spread is melted, stirring occasionally.
- Bring to the boil, then reduce heat to low and simmer uncovered for 5 minutes. Remove from heat, cool 15 minutes.
- Preheat oven to 180°C (160°C fan-forced). Grease an 18cm x 28cm slice pan with cooking spray and line with baking paper to cover base and extend up sides of pan.
- Combine oats, seed mix, flour and sugar in a large bowl, add dried fruit mixture and mix thoroughly.
- Press mixture firmly into prepared pan.
- Bake in preheated oven for about 25 minutes or until slice is light golden. Remove from oven and cool completely.
- Lift slice from pan using lining paper and cut into bars to serve.