



Term 3 Week 6
Wednesday 26th August 2020
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DIARY DATES

TERM 3	2020
Tuesday 1 st Sept	Robokids Incursion – 5E
Tuesday 3 rd Sept	Robokids Incursion – 5K
Sunday 6 th Sept	Father's Day
Friday 11 th Sept	St Mary's Feast Day
Tuesday 15 th Sept	P&F AGM – Zoom -TBC
Friday 18 th Sept	Muffi-Day – Gold Coin Donation for Year 6 EOY Graduation
Sunday 20 th Sept	Enrolment for Confirmation closes
Wednesday 24 th Sept	Year 6 EOY Parent Meeting – 7:00pm - Zoom
Friday 25 th Sept	Term 3 Concludes

PRINCIPALS MESSAGE

Dear Parents,

I know that for many of our families the worry and anxiety caused by the current pandemic is challenging – especially for the younger members of the community. I found the following article during the week which may give you some tips to support your child to cope during the COVID-19 pandemic.

WHAT IS YOUR CHILD EXPERIENCING DURING COVID-19?

- Seeing global pandemic and worrying.
- Feeling a big change in schedule and normal life.
- Hearing parents, trusted adults and leaders expressing alarm or worry.

HOW DOES THIS IMPACT ON YOUR CHILD'S BEHAVIOUR AND HEALTH?

- Increasing worry and stress.
- Acting out or holding feelings inside.
- Expressing fear in the form of anger or arguments.
- Causing sleeping problems.
- Changing eating habits, which can lead to stomach aches and headaches.
- Provoking tears easily in some children.

WHAT DOES YOUR CHILD NEED?

- To feel safe.
- To belong.
- To have a feeling of control.

HOW CAN YOU HELP?

- Manage moods. Maintain a consistent routine. Connect and grow.
- Focus on staying calm.
- Help your child cope in a healthy way - play games, be active, draw, listen to calming music.



Cont...

Cont...

- Give your child control by giving choices – clothes, foods, chores.
- Set a regular bedtime and turn off devices one hour before.
- Create a daily schedule with your child.
- Spend time together as a family.
- Help your child chat virtually with friends and family.
- Do something new and different.
- Create a warm, loving environment - use calm voices and share kind words.

Acknowledgement: Steve O'Brien, Psy.D., Anxiety in Children During the Covid-19 Crisis: Targeted Strategies to Create Calm and Build Resilience

If you have any concerns about your child and how the pandemic may be impacting on their learning please speak with his/her teacher – we are all in this together.

Take care and stay safe.

Richard Blissenden
PRINCIPAL



PRINCIPAL AWARDS
TERM 3—Week 3



KB	Cristian A & Ava E
KGT	Avril L & Leonard M
1A	Shane B & Patrick Mc
1D	Sophia S & Alice B
2FM	Nixon Z & Josie C
2RM	Levi L & Gabriel P

CARE AWARDS
TERM 3—Week 3



KB	Taliya A & Stella B
KGT	Catherine K & Tristan T
1A	Amandi D & Alice L
1D	Grace K & Nathan X
2FM	Sarayah A & Luca N
2RM	Tahlia T & Alexia J

BIRTHDAY
CELEBRATIONS

August 26	Japreet K
August 30	Giulia N
	Jerome S
	Taliya A
	Sophia S
August 31	Jackson A
	Wylie L
	Harriet S
September 1	Leiden-Aree T
September 2	George C
September 4	Eva A
September 8	Gabriel P

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

LIBRARY NEWS...

More Volunteers needed

We are asking for more volunteers to help cover the many new books that have been purchased for students. So please, if you can take a bag of books home to cover, let me know so that I can arrange for you to pick them up. Any help is greatly appreciated.

Mrs Radocchia
Librarian

YOU CAN DO IT...

What is You Can do It (YCDI?)

By now you have probably heard something about **You Can Do It** or **Program Achieve**. Over the coming newsletters we will be publishing some articles explaining the key features of this program and how you as parents may be able to become more involved in and reinforce this key program in our school.

You Can Do It! Education's main purpose is to support schools, and homes, in a collective effort to optimise the social, emotional outcomes (sometimes referred to as Emotional and Social Learning or SEL), together with the academic outcomes, of all young people. Its unique contribution is in identifying the social and emotional capabilities that all young people need to acquire in order to be successful in school, experience wellbeing, and have positive relationships including making contributions to others and the community (good citizenship).

The program is based on 5 core social and emotional strengths that contribute to positive student outcomes. These are also referred to as the program's foundations or **Keys**. They include:



Getting Along Confidence Organisation Persistence Resilience

These 'Keys' to success are nourished or underpinned by **12 Positive Habits of the Mind**. These include:

- Accepting Myself
- Taking Risks
- Being Independent
- Can Do It attitude
- Working Tough
- Giving Effort
- Setting Goals
- Planning my Time
- Being Tolerant of others
- Thinking First
- Playing by the Rules
- Social Responsibility

Each of the 5 Keys and 12 positive habits has an equal and opposite blocking counterpart.

All of us have a propensity for **both** rational (positive) and irrational (negative) ways of thinking and behaving. In order for young people to achieve positive outcomes, parents and teachers need to help 'restructure' the negative patterns of thinking into more positive ways of thinking. This can be represented in a diagram which sets it out as a barrier between the positive and negative outcomes.



Success is measured by how effectively we 'break through' the barrier into the positive side.

FROM MR BLISSENDEN....

STAFF WELCOME

This week we welcomed Mrs Michelle Rush to the staff - Michelle is a highly experienced Primary teacher who will be joining our Diversity Team for the remainder of the year. Michelle will be supporting students in Stage 3 and working with class teachers. I know you join with me in welcoming Michelle to St Mary's.

KISS & GO

Thank you to all our families who have been using Kiss & Go in the mornings and afternoons. The process continues to be smooth and efficient. Please remember to use the full length of the fence line, not to 'queue jump', and please move off once your child has safely alighted from the vehicle. Children can then walk in the pedestrian gate near the letterbox.

DID YOU KNOW...

We have our own YouTube channel? Search for it on YouTube (St Mary's Rydalmere) or scan this QR code which will take you directly to our latest video (and all our past ones too!)



TELL THEM FROM ME (TTFM) SURVEY...

Over the past few days students in Years 4, 5 and 6, staff and parents have been completing the TTFM Survey. Parents are invited to complete the 'Partners in Learning' survey. As we value the role of parents and carers within our school community, we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at St Mary's.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device by using the URL below:

<http://tellthemfromme.com/stmarys> **The survey closes at 3pm this Friday.**



Tell Them From Me

A cartoon sun character with a smiling face, wearing dark sunglasses, and holding a light blue banner with both hands. The sun has a bright yellow face and rays.

School Mufti Day

Friday 18th September 2020

Gold Coin Donation

Join in the fun, hopefully even a little bit of sun!
A gold coin is appreciated for your mufti clothes,
hat and enclosed footwear.

Looking forward to seeing you all there!

Proceeds raised will be donated towards the
2020 Year 6 End-of-Year Graduation Events
(Year 6 thanks you all in advance)