



Term 4 Week 4
Wednesday 4th November 2020
Website: www.stmarysrydalmere.catholic.edu.au

1 Myrtle Street, Rydalmere
Ph: 8844 5700
Email: stmarysrydal@parra.catholic.edu.au

DIARY DATES

TERM 4	2020
Thursday 5 th November	Coding ASP 3:30 – 4:30pm
Friday 6 th November	Confirmation – 7:00pm
Monday 9 th November	STAFF DEVELOPMENT DAY - "Pupil Free Day"
Wednesday 11 th November	Kinder 2021 Transition Groups: 9:15 – 10:15am 11:30 – 12:30pm 1:15 – 2:15pm
Thursday 12 th November	Coding ASP 3:30 – 4:30pm
Friday 13 th November	Confirmation – 7:00pm
Tuesday 17 th November	P&F Meeting – Zoom – 7:00pm
Monday 23 rd November	Swimming Lessons Commence
Thursday 26 th November	Coding ASP 3:30 – 4:30pm
Thursday 3 rd December	Coding ASP 3:30 – 4:30pm
Friday 4 th December	Swimming Lessons Conclude
Thursday 10 th December	Coding ASP 3:30 – 4:30pm

PRINCIPALS MESSAGE

Dear Parents and Carers,

Last Sunday we celebrated the great feast of All Saints. It is important to emphasise what we mean here by 'saints'. Normally we apply the word to people of extraordinary holiness who have been canonised or beatified by the Church. Among them each one has their favourites: St Francis of Assisi, St Therese of Lisieux, St Anthony, St Joseph, St Mary of the Cross MacKillop and so on.

But this feast uses the word in a much wider sense. It refers to all those baptised Christians who lived a good life sincerely and have died and are now with God in glory. We simply do not know how many people we are talking about, but it must be a very large number.

The Gospel chosen for All Saints Day gives us what we know as the Beatitudes from the beginning of the Sermon on the Mount. It is, in fact, a charter for holiness. The Beatitudes are a kind of mission statement saying what kind of person the good Christian will be. It describes the kind of society that exists when we live according to these values – a place of truth and love, of compassion and justice, of peace, freedom and sharing. The general message is that those are really blessed when they commit themselves totally to the way that Christ invites them to follow.

Over the next two Friday evenings numerous children from St Mary's and our Parish will receive the Sacrament of Confirmation. Confirmation is one of the three sacraments of initiation. Confirmation perfects our baptism and brings us the graces of the Holy Spirit. Confirmation is a sacrament of empowerment. It gives the strength to follow Jesus and to become involved in the mission that Jesus left to the Church. That is to be true witnesses of Christ and to spread our faith in word and deed. We pray for our young people as they continue to grow in faith.

With Peace and Best Wishes

Richard Blissenden
Principal

ST MARY'S OUT OF SCHOOL HOURS CARE – OSHC

As you know our OSHC facility will be transitioning to a COSHC (Catholic Out of School Hours Care) at the beginning of 2021. To enable to bump out of the old system and the bump in of the new system the final day of OSHC will be Wednesday 16th December 2020. The first day of COSHC will be the 4th January 2021.

PRINCIPAL'S HOLIDAY CHALLENGE

There were many entries in the recent Holiday Challenge – you can view a short video of all of the entries here -

<https://www.youtube.com/watch?v=unoxHogKYIE>

Congratulations to the following lucky prize draw entry winners:

Marion – KGT
Hayon – 1D
Amy – 2FM
Zi Kei – 3J
Morris – 4R
Kiara – 5K
Dominic – 6K



PRINCIPAL AWARDS **TERM 4—Week 3**



KB	Isaac L & Romeo D
KGT	Skye H & Zara W
1A	Olivia G & Tristan Mc
1D	Zain S & Jackson A
2FM	Veer D & Antony D
2RM	Caitlyn E & Maxim A
3G	Imogen S & Oscar L
3J	Manuel S & Zi Kei A
4D	Jiya A & Valeriy S
4R	Joshua A & Mia L
5E	Nico F & Arsh K
5K	Jackson H & Christina M
6K	Brian I & John-Paul A
6LV	Elise S & Sanderson K

BIRTHDAY **CELEBRATIONS**

November 4	Kristina A
November 5	Wilson C
November 6	Marion P
November 8	Amarah K
November 11	Grace K
November 12	Samuel N
	Lisa D
November 13	Chimamanda I
November 16	Jacob H
	Hayden G
November 17	Daniel R

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

STAFF DEVELOPMENT DAY **MONDAY 9TH NOVEMBER**

Our staff will be engaged in a Full day of Professional Learning on Monday 9th November and there will not be any school for the students. OSHC will operate that day, if you require supervision for your child.

CARE AWARDS **TERM 4—Week 3**



KB	Angela L & Bonnie W
KGT	Olivia M & Ho Yin A
1A	Hayley A & Amarah K
1D	Giuchi Z & Beau P
2FM	Archer S & Gabriella L
2RM	Charlie F & Ned D
3G	Jacob H & Nishaan V
3J	Jasper H & Ahmani Y
4D	Andriana S & Olivia R
4R	Mitchell R & Charlotte N
5E	Paige B & Francesca C
5K	Ashley A & Sam M
6K	Lochlainn M & Cooper K
6LV	Joseph N & Tadhg O

FROM MR BLISSENDEN...

TIME TO COOK

Copies of the Principal's Holiday Challenge "Time To Cook" are available at the office for just \$5 each. The compilation recipe book could make a great Christmas Gift for a family member or friend. Simply send \$5 in an envelope with your name, your child's name and their class and we will send home a copy of this spectacular (and quite tasty) publication! But ... hurry ...stocks are limited!

WORLD TEACHER'S DAY

It was amazing day last Friday with lots of smiles and sunglasses all round! Thank you so much to the families that sent messages or treats in on Friday for the teachers. Our thanks to our P&F – especially Alex Quinn and Treena Appleby for arranging a special Morning Tea. Thanks also for the cards, flowers and homemade treats that were sent in. We all felt very spoilt. Thank you.

TEACHERS ARE LEARNERS TOO

Despite the numerous restrictions that are in place due to COVID-19 our teachers continue to engage in professional learning. Last week I had the opportunity to attend a virtual Symposium of Leaders in Catholic Education, Diocese of Parramatta. The Leadership Team have been working remotely with educators in New Zealand and the staff have continued their work in the area of using data to inform teaching. They will be attending a twilight session this evening to further this work. Next Monday the staff will engage in a Staff Spirituality Day. So, despite COVID-19 our learning continues!

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.

CONFIRMATION

Children preparing for Confirmation are reminded of the following important dates:

- Wednesday 4th November – Reconciliation for all children, at the church, at 5pm
- Thursday 5th November – Practice for children making their confirmation on the 6th November at 3.30pm in the church
- Thursday 12th November - Practice for children making their confirmation on the 13th November at 3.30pm in the church

Any enquires, contact Diane O'Shea 0412 629 940

MERCY SITE PLAYGROUND UPDATE...

Work is progressing on the Mercy Site – with an expected finish date of this week! Here are some more images from the upgrade:



ParentBrief



How to manage parental stress and fatigue

In the cartoon above, the parents are looking at themselves in the mirror. It's not a pretty sight. Their stress, anxiety, and not wanting to face what they see, makes up the picture. When we look in the mirror, what do we see? Do we resemble these parents?

Stress and fatigue go with the job of parenting but enjoying our kids to the max will depend on how well we manage our tiredness and anxiety. Achieving a balance and restoring well-being may not be as tricky as we think...

What we know about parent fatigue

In 2008, the Parenting Research Centre in Melbourne conducted a community-based survey* of over 1400 parents of young children (0-6 years). The survey found that over 70% of parents reported that tiredness gets in the way of them being the parent they want to be. High levels of fatigue were found to be associated with showing affection, anger and frustration, and lack of involvement in kids' play and learning activities. High levels of fatigue were also associated with poor diet and exercise, ineffective coping strategies, lack of social support and poor sleep quality.

* <http://www.parentingrc.org.au/index.php/impact-of-parental-fatigue-project-detail>

Why did I let myself in for this?

We've all been there...or if we haven't, in all probability we will at some stage. The kids are being feral, the fridge is on the blink, restructure in the workplace is about to happen and the school is requesting an interview for Feral #2...again. No matter how well we plan our week, no matter how organised we think we are, no matter how much work and time we put into our parenting, Murphy's Law says

'if the trolley can go off the rails, it will'. And when it does, there's usually great urgency to get it back on track.

Parenting doesn't come with a manual and no two kids are the same. Put simply, this means that we've got to do the best we know how, but differently, for the sake of each child. Working full or part time whilst simultaneously running a family is a big ask, and the stressors can be huge and constant. We're not robots nor are we super-human (even though our kids might think so). To keep the show on the road, we might need to expand our parenting toolbox and put some additional management strategies in place.

Ways to manage fatigue and stress

Cut some slack – nowhere is it written that we have to be perfect parents. Let's get over the notion that we must somehow be infallible.

Don't do disempowered or defeated - it's too easy to feel that we're fast losing ground and that the situation is out of our control. Take one step at a time. If it's a discipline issue, that's led to other issues, then tackle discipline first for other solutions to follow.

Prioritise exercise – there's no better way to improve your mood than to work out. Exercise is an effective diversion from stress and anxiety. Grab the dog and do that walk. Happy pets have a way of enhancing mental health.

Eat healthy – fast foods, take away, and packaged snacks are 'sometimes' foods. Fresh food and a balanced diet works wonders and is usually cheaper in the long run than packaged meals. Give the body the fuel it needs.

Support team –make a list of family, friends, neighbours...anyone we trust to be with our kids...so that when the plot looks like being comprehensively lost, we can call on someone on our team to step in and give us a much needed break. It may only be half an hour for a walk around the block, or an hour for a coffee, or even a date with ourselves, away from our partner.

Create calm –work towards positive interactions, family discussions, rules, boundaries, shared parental and domestic responsibilities, and a quiet retreat somewhere in the house where any family member can go for time out.

Do family – spend time together as a couple, or as a family. Watch a video, walk together, go shopping together, enjoy activities and interests either separately or together. Find that precious few hours to just chill. Try to keep the extracurricular activities to a minimum. Neither the kids nor us need to live in the car.

Finally, seek advice if needed. Only we know our limits, and we're usually the only one who knows when that limit has been reached. Professional advice is only a phone call away. We don't ever need to feel guilty making the call.