



Term 2 Week 2
Wednesday 28th April 2021
Website: www.stmarysrydalmere.catholic.edu.au

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DIARY DATES

TERM 2	2021
Saturday 1 st May	Prep Session for Year 4 and up for Reconciliation 3:00 – 4:30pm
Monday 3 rd May	Cyber Safety Presentation for Stage 3 9:00am
Tuesday 4 th May	Diocesan Cross Country
Tuesday 4 th May	P&F Meeting 7:00pm
Wednesday 5 th May	Parent Session for Reconciliation 7:30 – 8:30pm Parish Hall
Thursday 6 th May	Mother's Day Stall
Friday 7 th May	Mother's Day Liturgy TBC
Saturday 8 th May	Prep Session for Year 3 for Reconciliation 3:00 – 4:30pm
Wednesday 12 th May	Reconciliation Year 4 and up 5:00 – 6:00pm
Thursday 13 th May	Reconciliation Year 4 and up 5:00 – 6:00pm
Friday 14 th May	Reconciliation Year 4 and up 5:00 – 6:00pm

PRINCIPALS MESSAGE

Dear Parents,

Welcome back to school for another exciting term of learning! I trust that the holidays were a break from the routines of school and that you had time together as a family – especially to celebrate Easter. Last week the students celebrated Easter with a student led liturgy – our first live whole school liturgy in over a year – it was a great way to start the term.

During the break I had a chance to catch up on some reading and came across the following which may help as you set up your child / children for success this term...

Giving Children Support

A daughter asks her father to call the library for her. Dad tells her to make the call herself. She is not happy, having never phoned a stranger before, and fretting about what she would say if the librarian asked her a question. The father wondered if he was asking too much of his daughter, and devised some steps to make a challenge both manageable and instructive.

Remind your child of their skills. *You know how to make a phone call.*

Express confidence. *I've seen you talk on the phone with friends many times.*

Play what-if. *What will you say if the librarian asks you what your card number is?*

Role-play. *Let's practise the call.*

Be present. *I'll be right here if you need some help.*

Lower expectations. *It's okay to make a mistake.*

Encourage authenticity. *Tell the librarian this is the first time you called the library yourself.*

Acknowledgement: "7 Ways to Give Support without Prolonging Incompetence" by Dan

Rockwell in *Leadership Freak*, February 24, 2021

The above strategies – especially preparing and role playing tricky situations are strategies that can be used in so many settings. Good luck this week as you help set your child up for a successful time at school. If there are ways we can assist please let your child's teacher know!

With Peace and Best Wishes,

Richard Blissenden
Principal

LIBRARY NEWS

Here is our first winner of "Mrs Radocchia's **WOW Sentence Challenge!**"

"The **gracious** and **stunning** giraffe **strutted** around the **unique** zoo and it was **splendid** to watch."
by *Olivia R Y5*

Well done, Olivia!

DO YOU KNOW?

Did you know that during 2021 we are celebrating 200 years of Catholic Education in Australia? In mid-May there will be masses held simultaneously across Australia to commemorate this milestone. St Mary's was opened in 1889 meaning we have been a direct part of this 200 year history for over 130 years!

WALK SAFELY TO SCHOOL

Now in its 21st year, National Walk Safely to School Day (WSTSD) is an annual event when all Primary School children are encouraged to walk and commute safely to school. It is a Community Event seeking to promote Road Safety, Health, Public Transport and the Environment. This year families are encouraged to park a little distance from the school and walk to school or home from school with a parent or carer. How far will you walk this year in WSTSF on Friday 14th May?

BIRTHDAY CELEBRATIONS



- April 28 Avril L
- April 29 Levi L
- Grace B
- May 3 Ahmani Y
- Claudia A
- Xianjin B
- May 4 Aurelia R
- May 5 Nicholas S
- Siena C
- May 7 Kira M
- May 8 Charlotte L
- May 9 Juno L
- Myles C
- May 10 Jacob N
- Archer W
- May 11 Morris W
- Lara K

We wish these children a very Happy Birthday!

SPECIAL BIRTHDAY NOTE

We would like to wish Maxwell N a very happy birthday for 1st April. Unfortunately, he was left off the birthday list at the end of last term.

BABY CONGRATULATIONS

We would like to congratulate the Valencia-Posada family, Samuel in 5G, on the birth of their baby boy. We would also like to congratulate the Taukiuvea family, Kaela in KBT, on the birth of their daughter.

PRINCIPAL AWARDS
TERM 2—Week 2



- KB Milan S & Aidan S
- KBT Anabella J & Oliver T
- 1A Salvatore C & Ava E
- 1D John R & Mikayla M
- 2FM Olivia G & Shane B
- 2RM Julie L & Alice B

CARE AWARDS
TERM 2 – Week 2



- KB Nathanael M & Alexia G
- KBT Jane K & Jayden C
- 1A Emma B & Benjamin Y
- 1D Romeo D & Ryan H
- 2FM Marcus R & Sophie C
- 2RM George C & Hayon K

FROM MR BLISSENDEN...

EMERGENCY PROCEDURES

Parents would be aware that we have procedures in place for emergency situations – from small events like poor air quality, wet, windy or hot weather (we stay inside at recess and lunch) to lock down and evacuation procedures for more serious incidents. Our procedures also include what we would do in the event we had to evacuate the site. We have alternate venues arranged capable of accommodating us at short notice, procedures to supervise every student until they are collected and even procedures for communicating information to parents. While we hope we would never have to use these in a real emergency we conduct regular drills and practices throughout the year – including lockdown and evacuation. Last week we conducted a very successful lock down drill and next week we will practice our evacuation procedures – just another way we actively keep everyone in our community safe.

DRIVING AND PARKING AROUND THE SCHOOL

Thank you for all your support in implementing our procedures when driving around the school. This week a road safety book will be distributed to all families. This is in addition to the Principal's Update of this week which outlined some of the common issues families are facing especially in the afternoons. Two reminders...

1. **Do not queue along Pine Street** (this is the road which has the Crossing Supervisor) – if you cannot join the Kiss and Go queue in Myrtle Street then you must go around the block and try again.
2. **Do not come up Myrtle Street** to join the Kiss and Go queue.

A VALUABLE TIP...DON'T DISSECT YOUR CHILD'S DAY

While many parents are keen to know how their child's day has gone at school – avoid the temptation to over dissect their day. Try to focus on 6 positives before any negatives and remember that young children do enjoy elaborating (positively and negatively) on events so ... take care!!

SPEED CAMERAS ON VICTORIA ROAD REVIEW

Transport for NSW (TfNSW) annually reviews speed camera locations across NSW to monitor their ongoing contribution to road safety. TfNSW operates 110 fixed speed camera locations across NSW. Locations are selected, and their effectiveness is measured, in accordance with the *NSW Speed Camera Strategy*. Nine speed camera locations have been selected for a more comprehensive review, and that includes the fixed speed cameras located at Victoria Road, Rydalmere (between Park road and John Road). Community support and awareness are fundamental components of road safety programs. Transport for NSW' Centre for Road Safety (CRS) reviews speed cameras in consultation with key stakeholders to determine whether identified camera locations should be retained, removed, or relocated - and whether any alternative road safety treatments may be required to address ongoing road safety risks at each location. On the 18th May (time and venue TBC) a community consultation will take place in the Rydalmere area – mark the date and then go along to have your say. The feedback you provide will help determine retain, remove or relocate the speed cameras in place at Rydalmere. The P&F executive and the School's Leadership Team will be providing feedback earlier that day as well.

MOTHERS DAY STALL

Will be held at school on the 6th May. Students should bring their own bag to carry home an item for mum! Children may bring a small amount of money to purchase a gift - details to follow.

Cont...

CYBER SAFETY SEMINAR WITH SUSAN McLEAN

St Patrick's College & P&F are proud to host the first of our 2021 Parent Hub Seminar Series. Our aim is to gather our parent community and encourage growth in knowledge and insight into various areas of parenting. We are also extending this invitation to parents from feeder schools and other schools in the Diocese.

Susan McLean is Australia's foremost expert in the area of Cybersafety and young people. She was the first Victorian Police Officer appointed to a position involving Cybersafety and young people. She took her first report of cyberbullying in 1994 and since then she has conducted extensive research and has completed advanced training in this area in both the USA and UK and is a sought-after presenter and advisor to Schools, elite sporting bodies such as the AFL and both State and Federal Governments. She has authored resources for the Victorian DET, writes and reviews school Policy, provides crisis management/advice to schools and law firms and is afforded 'expert' status on the Safer Internet Programme Data Base. She is the most highly qualified of all Federal Government eSafety Presenters. Susan is a member of the National Centre Against Bullying (NCAB) and is also a member of the Australian Government's Cybersafety working group and a published author. Her book 'Sext's Texts & Selfies', is the definitive guide for parents, teachers and carers to help children stay safe online.

Date: Tuesday 11 May 2021 at 7 pm

Venue: La Valla Centre, Kirby Street

To book: Follow the Try Booking link <https://www.trybooking.com/BQAXC>

For more information please contact St Pat's P&F via pandfstpatsdundas@gmail.com

SECOND HAND UNIFORM SHOP

Is open and running again each Thursday morning from 8.30-9am. Please remember to use the QR code to sign in. The QR code is available near the shop and on the gate as you enter. The shop is also in need of donations of quality uniforms – especially girls uniforms in sizes 10, 12 and 14.

EVENTS IN TERM 2

This term we will be holding our Athletics Carnival (K-6), students in Years 3 and 5 will participate in NAPLAN testing, there are preparation sessions for students (especially in Years 3 and 4) wishing to make their First Reconciliation and First Eucharist, a Year 6 fund raising event and Semester 1 reports for students. This term will also see us begin to open the Parent Portal on 'COMPASS'. 'COMPASS' is our student management system and currently we use it for attendance, contact details etc of students. The Parent Portal, once open, will give parents access to Student Reports (the semester reports) along with some other features to improve school-home communication – more details to follow.

MAINTENANCE POSITION

Mr Barry Lincoln who has been our groundsman/maintenance person for more than 2 years has decided to retire and enjoy a slower lifestyle on the far north coast / Queensland border. Barry will relocate in the coming weeks and we have advertised for a replacement. We thank Barry for his dedication and care of our school and its community.

BUILDING CHILD SAFE COMMUNITIES – VOLUNTEER UNDERTAKING

As previously advised In Catholic Education Diocese Parramatta (CEDP), we see parents and carers as partners in your child's learning journey. Parents and carers are encouraged to become involved in our schools in many important ways such as supporting classroom learning, being part of advisory groups, mentoring programs, coaching sporting teams and supporting other extra-curricular activities, canteen support and other kinds of help.

A range of checks and undertakings are required for people who work for or provide services to CEDP. These checks reduce potential risk and form part of our strategy to build child safe communities.

CEDP has launched a new *Building Child Safe Communities* form and online training module that all volunteers are required to complete.

The purpose of this training is to inform you of the standards of behaviour and other requirements that must be adhered to when volunteering for CEDP.

The undertaking should take no more than 5 minutes to complete and the training module approximately 10 minutes. Once the form and training modules are submitted, an automated email will be sent to you within two business days to confirm the status of your submission.

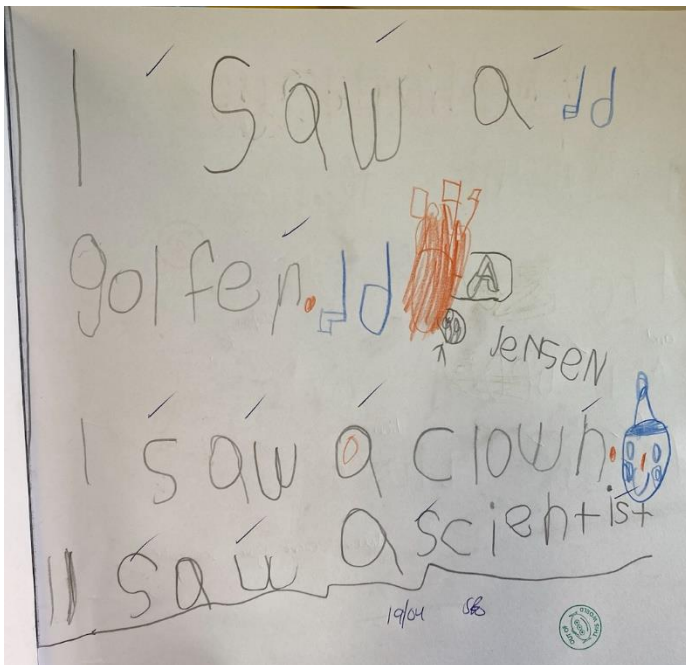
The undertaking form will expire within two years or when your Working With Children Check expires (if applicable), whichever is sooner. At that time you will need to complete the undertaking form and training module again. You will receive an automatic reminder email when this occurs.

Further information on the new online form and training module can be found at www.parra.catholic.edu.au and clicking on *about us/building child safe communities*. Within the form you will also find help sheets and a video tutorial to assist you.

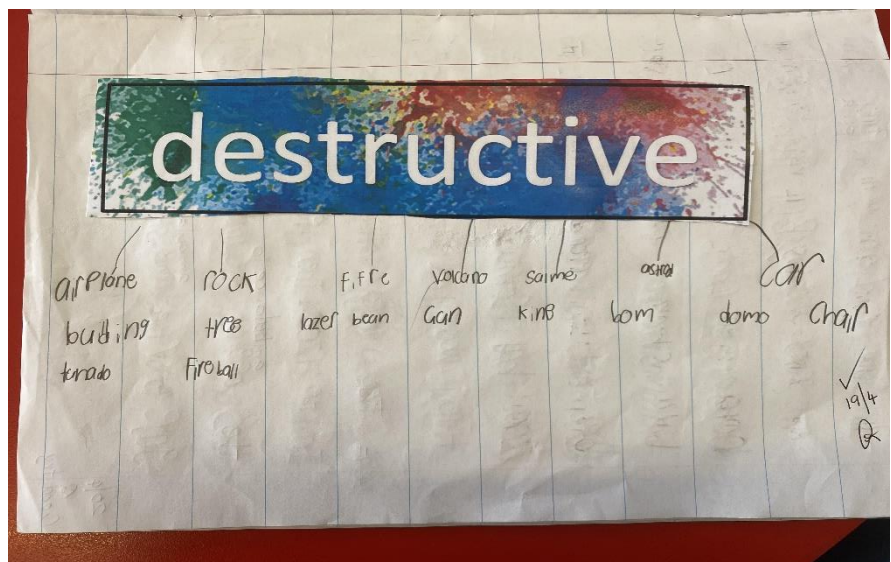
DAY 1 TERM 2... WOW!!!

INCREDIBLE, SPECTACULAR, SPLENDID. This is how I would describe the first day of Term 2. As students entered school on the first day of Term 2, they were greeted by a peculiar scientist, a golfer extraordinaire, an entertaining clown, a mythical unicorn, and a number of other superb characters. Littering the playground was an array of WOW words. Wow words are advanced adjectives, verbs and adverbs which are used to improve a piece of writing by making it vivid and interesting. These WOW words inspired students to complete a variety of writing tasks. Some students deconstructed the WOW Words and made word associations while other classes encouraged students to include some of these words into their writing to create vivid and interesting sentences. Below are some work samples of students writing that have been inspired by our wonderful day 1 event.

Jensen M - Kindergarten

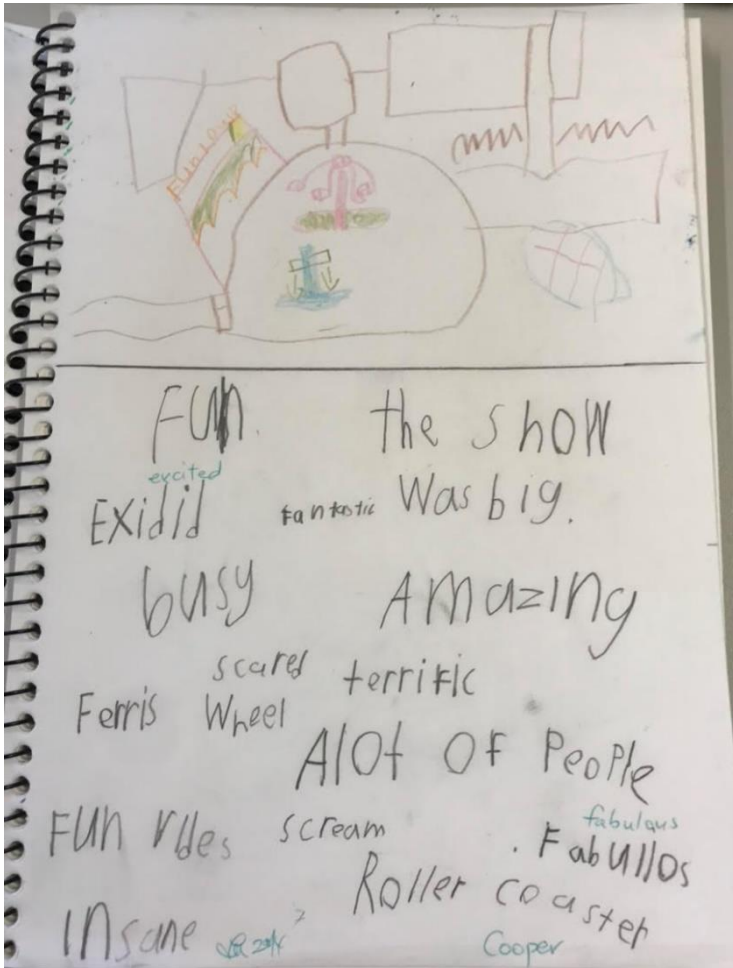


Liam A - Year 1



DAY 1 TERM 2... WOW!!!

Cooper S – Year 2



Daniel A – Year 3

The moment I walked in the gate it was a marvelous sight of teachers scattering with their unique clothes. There were extraordinary words with an enormous amount of colorful words. It was wonderful. Kids squealed and collided into each other. Mr. Blissenden was a grand golf ball player. He must have put his ball in the hole. He was strutting around in his golf outfit. At term 2 I did not expect these wow words, I expected a normal day at school but I appreciate the teachers welcoming us back to school.

DAY 1 TERM 2... WOW!!!

Thomas H & Xianjin B – Year 4

I was coming home after a wonderful day at work. I examined my old radio to see if it had today's news and still worked. I turned it on and heard explosions and people were screaming. Now this was unusual. I checked out the window and witnessed explosions in the city. I turned off the radio and went to find Thomas. Then I got a call from him and said "Jinny speaking... Thomas hello? Are you there?" "No time to explain right now but meet me at my place." "Alright." I told him. I swerved to my car and drove to his place. I busted the door down and saw him nearly eaten by a zombie. I saw a crowbar on the floor, grabbed it and fiercely hit it.

Ela Y – Year 6

The Wicked School

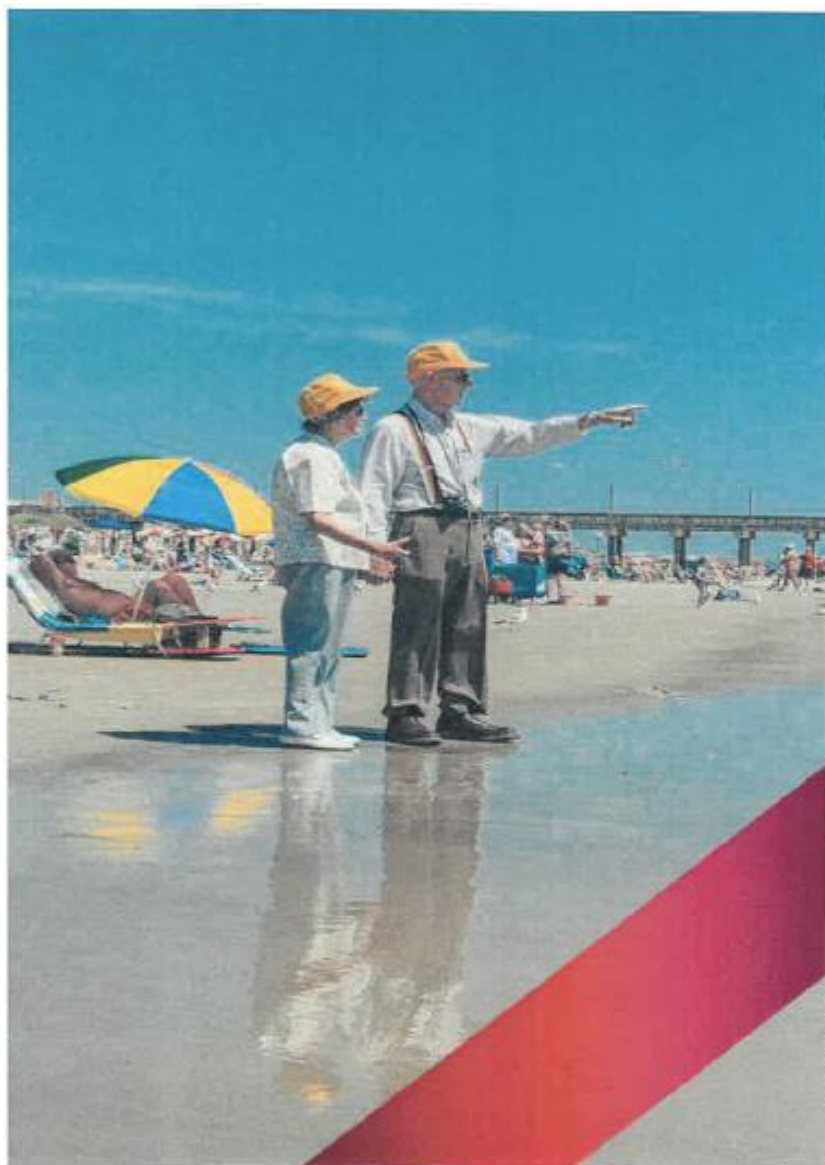
As I walked through the enormous school gate I jumped in fright. The teachers were wicked and vicious, torturing the children, making them suffer. I glimpsed once or twice at the dreadful teachers and realised they were being hypnotised. Suddenly something out of the ordinary happened. I was not in a safe school any more. The school had turned wicked.

These extraordinary words popped up in front of my face. 'Find the key and place it in the door. Then and only then will everything go back to normal' I mumbled as I felt my stomach turn. I knew this would take effort but I really wished I didn't come to school.

I started my adventure following the map through sticky quicksand, over a rickety bridge and up a steep hill. As I reached the pointy, steep mountain I was frightened for my health and prayed that everything would go well. I came across some extremely hard levels so I had faith that I would be fine.

I began my quest up the mountain hoping I'd see another day. Each step took an enormous amount of effort and every breath stole a part of my confidence and tossed it into the ocean. I thought this was hopeless and that I would never get home but then I saw the door.

I used all my strength and ran. I grabbed the wonderful key and felt grateful that I didn't give up. I put the rusty, old key into the tiny hole on the door. Everything went back to normal and I asked myself a rhetorical question. 'If I didn't come to school today everyone would be doomed' I said with a smile on my face.



**Do you have a family member or friend
who is aged 60 years or over?**

**Are you interested in how you work
together?**

**THE DEPARTMENT OF PSYCHOLOGY AT MACQUARIE
UNIVERSITY IS CONDUCTING RESEARCH ON HOW
OLDER ADULTS COMMUNICATE AND SOLVE
PROBLEMS WITH THE PEOPLE CLOSEST TO THEM.**

We are looking for participants who have regular contact with someone aged 60 years and older. If you are eligible for this study, you and your loved one will be asked to complete questionnaires and attend an online zoom meeting where you will complete several activities together.

For more information, please contact Courtney Muir on (02) 9850 8670 or at courtney.muir1@students.mq.edu.au or Professor Viviana Wuthrich at viviana.wuthrich@mq.edu.au

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ParentBrief



POTATO KIDS – GETTING THEM OFF THE COUCH

A major concern used to be that our kids were spending too much time slumped on a couch watching television. TV still rates a mention, but these days so do other screen: smart phones, tablets, laptops, and video consoles. What hasn't changed is the fact that many kids are still couch potatoes, regardless of which screen their umbilical cord is attached to. Our kids may not agree but getting them off the couch or computer chair is in their best interests, especially when it comes to their physical and mental health.

Encouragement to get off the couch

As parents, our involvement is key to our kids' success. We want them to achieve to their potential and to do this they need to be fit, both mentally and physically. Slumped on the couch or computer chair for hours on end may be doing great things for the mind, but the body will be stagnating. Not all kids will be interested (or equipped) for running a marathon or even swimming a few laps, but if encouraged, most kids are into a walk, back yard game of cricket, or kicking a ball in the park. Creating an inside space for an exercise bike, a few balls or hoops can also encourage our kids to stretch and move more.

The benefits of exercising

Regular exercise helps develop muscles and strengthen bones. Kids who exercise, generally sleep better, and suffer less from tension and stress. Kicking a ball for half an hour is a great way to release pent up emotions and help rid the body of toxins. Aerobic exercise such as walking or running helps increase stamina, endurance, strength, flexibility, and the body's ability to provide oxygen to the cells. Physical fitness also aids concentration and overall feelings of wellbeing. Most kids are naturally active, but screen time can be addictive and it's easy for them to lose track of how much time has been spent sitting in the one position.

Play is exercise

Play is great exercise for kids of all ages. For little kids in particular, play is work and a natural part of their development. Creative play in particular helps them to develop dexterity, gross and fine motor skills and muscle strength. As play becomes more involved, kids develop agility, coordination, flexibility and spatial awareness. Screen time can be mostly solitary and consume a child's undivided attention, whereas play encourages kids to be social, cooperate and work as a team.

Ideas for getting kids moving

- **Sign up for sport:** not every kid's ideal, but for those who don't mind rules and like being part of a team, competitive sport can be the go. Being part of a team also encourages feelings of belonging as well as encouraging friendships and commitment.
- **Move with them:** do things as a family, like walking, biking, swimming, playing outdoor games.
- **Picnic more often:** map out a favourite place, take the Frisbee, bats and balls.
- **Get to know the neighbourhood:** walk, catch public transport, check out shops, visit friends.
- **Social Saturdays:** – book up friends with kids of the same age, visit museums, libraries, adventure parks with climbing frames and other equipment.

Getting them off the couch can be done anytime. The aim is to keep it enjoyable, regular and social. While our kids keep moving, they're helping to keep their weight in check and lessen the potential for type 2 diabetes. They're also going to look good and feel great and the same can't really be said for potatoes.