



Term 1 Week 4
Wednesday 17th February 2021
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DIARY DATES

TERM 1	2021
Monday 8 th March	Catholic Schools Week Commences
Tuesday 9 th March	Diocesan Swimming Carnival – Blacktown
Friday 12 th March	OPEN DAY for new families 9:15 – 10:45am TBC
Monday 15 th March	Incursion for Years 3-6 Luke Kennedy
Wed/Fri 17 th /19 th March	Years 6 Excursion to Canberra
Monday 29 th March	3 Way Interviews (3WI's)
Tuesday 30 th March	3 Way Interviews (3WI's)
Wednesday 31 st March	3 Way Interviews (3WI's)
Thursday 1 st April	Term 1 Concludes

CATHOLIC SCHOOLS WEEK

Monday 8th – Friday 12th
March, 2021

PRINCIPAL'S MESSAGE

Dear Parents

Thank you to everyone who was able to join each of the grade teams for various Parent Information Sessions held via zoom recently. Across the school we had over 260 people log into the sessions, which is a huge increase in 'attendance' from last year and represents about three quarters of our population – thank you. Thanks also to our teachers who prepared and shared information to help set families up for success in 2021.

We were very sorry not to be able to share the information face to face but are looking forward to the opportunity to meet families during the Three-Way Interviews which we are hoping will be face to face at the end of this term.

One of the tasks completed at the Information Sessions included the nomination of Class Parents. Thank you to all our volunteers. We also usually have families share their email address with the rest of the grade. In this way the Class Parent can arrange social functions and stay in touch with you. As we did not meet physically, we were not able to do this. You will shortly receive a form from the school asking for permission to share your email address with the class parent. A simple response of yes or no is needed so we can prepare and share those emails of families that wish to share it.

As mentioned in all of the Parent Information Sessions, if you have any questions, please do not hesitate to contact your child's / children's teacher.

Finally, an invitation is extended to parents and carers to attend the next Parents and Friends Meeting to be held via Zoom. The details of the Zoom meeting will be sent home via Skoolbag. The meeting will be held from 7pm on Tuesday 23rd February. We hope to see you there!

Please continue to take care. With Peace and Best Wishes,

Richard Blissenden
Principal

PARENTS NEEDING TRANSPORT

We have two families in need of some support with after school transport. One family has an appointment in North Rocks after school on a Thursday and another family is looking for some assistance with afternoon drop off towards Telopea. If you can assist in any way, please let the office know and we will put you in touch with these families.

DO YOU KNOW THESE ACRONYMS USED IN OUR SCHOOL?

COLA – *Covered Outdoor Learning Area*. We have two COLAs – one is near the office and we know this as the Marist COLA. The second is on the Mercy Site, known as the Mercy COLA

COSHC – *Catholic Out of School Hours Care* – this is the new name for our before and after school care.

GATE NUMBERS

As our school has a number of gates located on both sites, we have installed some signs to help with navigation. For your reference, the main gate is Gate 1 while the COSHC gate is Gate 7. We hope this little improvement will make it easier for families when visiting the school.

BIRTHDAY CELEBRATIONS

February 7	Valeriy S Ella M James F Patrick D
February 8	Scarlett S
February 9	Madison C
February 10	Aaron S
February 12	Siyun K
February 13	Hope B
February 15	Sienna C
February 17	Alisa S Riley I Parker D Josephine L
February 20	Isabella W
February 22	Oliver Mc
February 23	Stephan O
February 26	Stella B
February 27	Joanne J
February 28	Hannah P Antony W Mitchell R Hwi Son Charlie F Alice B
February 29	Ava A
March 1	Sofia D Stephan A Ava L Sarah S
March 2	Sienna C

We wish these children a very happy birthday!

PRINCIPAL AWARDS
TERM 1—Week 4



Kindy	Alessandro C & Jacob A Sienna C & Tara C
1A	Keira D & Liam A
1D	Cristian A & Harriet S
2FM	Adeline T & Hope E
2RM	Angelina B & Jessica B

CARE AWARDS
TERM 1—Week 4



Kindy	Oliver T & Angelo R Chloe G & Juno L
1A	Mikako D & Mabel H
1D	Ella M & Tia Z
2FM	Daniel L & Louis I
2RM	Aaron A & Judah M

FROM THE PRINCIPAL...

Parliament and Civics Education Rebate (PACER)

Students from our school will soon be undertaking an education tour of Canberra, the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.



DUNDAS CHINESE ENROLMENT FOR 2021

Thinking of learning Chinese? Here is your chance to learn **Cantonese** or **Mandarin** after school.

We have **small** native and non-native classes, catering from Kindergarten to High School age.

We focus on Speaking and Listening, Reading and Writing and Chinese Culture. Offering **one FREE trial** lesson. We accept Creative Kids vouchers as part of your payment of school fees.

Venue: Dundas Public School
85 Kissing Point Road, Dundas NSW 2117

Date: Thursdays (during the school term)

Time: 3:30 – 5:30pm

Contact: Phillip Ng (School Principal)
0408 478 101 or dundascschool@gmail.com

SCHOLASTIC BOOK CLUB...

Scholastic Book Club is a long established book seller who distributes catalogues to schools allowing students and their parents to purchase books. The catalogues are sent home twice per term. The start of the year is a good opportunity to support your child in their reading through Book Club.

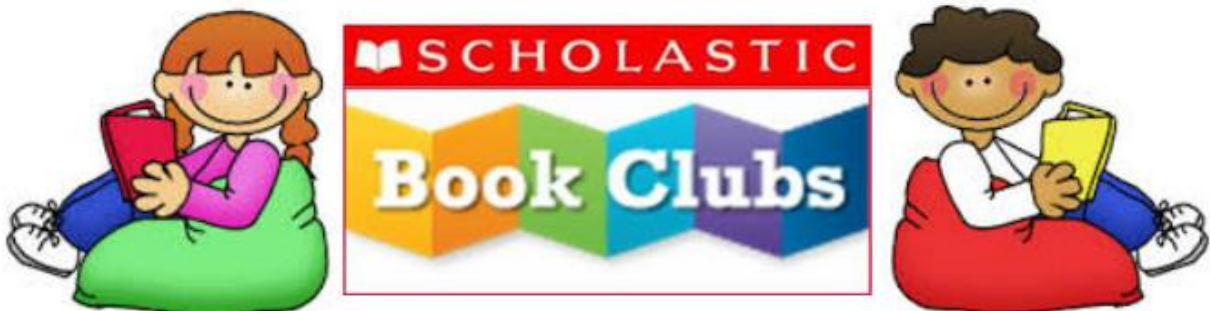
You can order and pay online for your child's Book Club purchases using a credit card via LOOP (the Scholastic online order platform). The order will be electronically linked to our school. No orders will be taken or cash collected by the school. Please order and pay via the website.

HOW TO ORDER USING LOOP

1. Sign on or register an account at: scholastic.com.au/loop or by using the LOOP app, which can be downloaded from the App store or Google Play.
2. Click on ORDER and select school and child's class.
3. Add child's first name and last initial (so we know who the book is for).
4. Enter the product item number from the Book Club catalogue.
5. Make payment via credit card.
6. All orders will be delivered to St Mary's and distributed to the children.

Book Club benefits our school as every Book Club order placed results in the school receiving 20% of the order spend in reward points which are used to purchase educational resources for the school.

Any questions please contact Kristine Muir – Book Club Organiser on 8844 5700 or by email kmuir2@parra.catholic.edu.au



WORLD'S GREATEST SHAVE...

Our very own **Mr Troy Loudon** is participating in this year's World's Greatest Shave. Please take the time to read below and if you would like to donate to this worthy cause, please click on the link:



I'm on a mission to shave the world from blood cancer, and
I need YOUR HELP!

A little boy in my son Josh's class has been diagnosed with Leukaemia. I plan on shaving my head to raise awareness.

I'm sacrificing my locks to help Aussie families facing blood cancer.

Will you step up and sponsor me as I take on the World's Greatest Shave?

Your donation will provide families facing blood cancer with the special care they need to make it through every scary, uncertain moment that follows a diagnosis.

It will also help brilliant research scientists continue their search for better ways to diagnose and treat blood cancer more effectively.

Every day another 47 Australians are diagnosed with a blood cancer.

I'm on a mission to change that.

Will you help by sponsoring me?

[Click here to sponsor me today!](#)

Thank you!
Troy

ParentBrief



Helping our children get top grades: Are we pushing our kids and expecting too much?

Parents who are enthusiastic and interested in their children's education and achievement are wonderful. However, when our expectations for our kids are unrealistically high and our kids feel unable to achieve them, it can have a big, negative impact.

Sadly, some parents like the ones in the illustration, communicate to their children that they are not satisfied with their child's performance no matter how hard their child has tried and always want their child to finish on top...regardless of whether or not their child is capable of finishing #1.

In today's world, much is expected of the current generation of kids to grow to full potential, achieve and perform well. And as parents, it's natural to want our kids to achieve their potential. But where is it written that parents should demand that their kids always achieve at the highest levels possible? When we do so, we do so at a cost...are we pushing our kids too hard and expecting too much in the achievement stakes?

What is the right amount of pressure - am I communicating excessive expectations?

As parents today, many of us will have heard of 'tiger parenting'. Many tiger parents expect too much of their children and make it impossible for their children to measure up. Interestingly, a US study* found that although tiger parents do engage in positive parenting strategies, unlike supportive parents, tiger parents scored high on negative parenting dimensions. In debunking the myths of the benefits of tiger parenting, the study found that kids with supportive parents showed better developmental outcomes than those with tiger parents; children of easy-going parents showed better developmental outcomes than those with tiger parents; and children with harsh parents showed the worst developmental outcomes.

*American Psychological Association: <http://www.apadivisions.org/division-7/publications/newsletters/developmental/2013/07/tiger-parenting.aspx>

Cont...

Tiger parenting and excessive parenting may work for some kids. It may do little harm and some good, but for other kids, it can be a slippery slope – they get the support up the hill, but when they do not achieve as their parents desire, they go sliding down the hill experiencing low self-esteem and hopelessness. And when you are sliding down the hill after taking a hit in the 'ego,' it is more difficult to pick yourself up and try harder.

Almost all kids need encouragement and support combined with their parents communicating high and realistic expectations. When we communicate realistic expectations to our kids, it helps them internalise what is expected of them and motivates them to have a strong goal orientation for achievement. However, when we communicate unrealistic expectations, many young people because they will struggle to achieve lofty heights, many begin to feel inadequate and ultimately rebel.

Achievement: The good and the bad

While accomplishment contributes to high levels of wellbeing, it's worth knowing that there can be a downside to achievement. When children use their own or others' achievements as a yardstick to measure their self-worth, when their achievement in comparison with that of their peers is used as a basis for self-evaluation and a source of ego gratification, then achievement is loud, noisy, and can be harmful to the development of their human spirit.

When children develop the fear of not achieving good grades in school because adults have failed to help them focus on the pleasures of trying and have graded them on ability rather than effort, curiosity, and involvement in learning, their quest for achievement can cause harm.

Yes, keep your kids tuned into achievement Generally, and there are exceptions of kids who are exceptionally self-motivated to achieve, we need to provide our kids with both pressure to do their best (not to be the best) and support and guidance for when they are not successful.

In guiding our kids in the achievement stakes, tiger parenting and excessive expectations are likely to burn them out. Whatever our reason for excessive expectations, we need to know that it often produces an effect opposite from what was intended.

Achievement is healthy and leads to happiness, to a sense of well-being and being alive. Yes, push when needed, but also know when to back off and allow achievement to happen.



REGISTER NOW PLAY RUGBY LEAGUE



PLAY RUGBY LEAGUE ON SUNDAYS
GIRLS AND BOYS
UNDER 6 - UNDER 15
FREE REGO FOR UNDER 6
UNDER 13 - UNDER 15
CONFERENCE COMPETITION

**2021 REGISTRATION DATES:
OPEN REGISTRATION TO BE HELD AT**

ST PATRICK'S COLLEGE DUNDAS

6:00PM-7:30PM - 18TH & 25TH OF FEBRUARY

10:00AM-12:00PM - 21ST & 28TH OF FEBRUARY

CALL OR EMAIL:

0433 313 483 | INFO@SHAMROCKSDUNDAS.COM.AU

**FREE RUGBY
LEAGUE CLINIC**

**St Patrick's College
Dundas**

5:15pm-6:30pm

24th and 25th

February



A MEMBER OF THE BALMAIN DISTRICT JUNIOR RUGBY LEAGUE
NSW BLUE SHIELD ACCREDITED

