



Term 2 Week 6  
Wednesday 26<sup>th</sup> May 2021  
Website: [www.stmarysrydalmere.catholic.edu.au](http://www.stmarysrydalmere.catholic.edu.au)

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## DIARY DATES

<b>TERM 2</b>	<b>2021</b>
Wednesday 2 <sup>nd</sup> June	Year 6 Graduation HOT DOG DAY
Saturday 5 <sup>th</sup> June	Prep Session for Year 4 & Up for Holy Communion 3:00 – 4:30pm
Monday 7 <sup>th</sup> June	<b>NO LUNCH ORDERS TODAY</b>
Monday 14 <sup>th</sup> June	QUEENS BIRTHDAY <b>PUPIL FREE DAY</b>
Saturday 19 <sup>th</sup> June	Prep Session for Year 3 for Holy Communion 3:00 – 4:30pm
Friday 25 <sup>th</sup> June	Term 2 Concludes

### **LINDA'S LUNCHES**

There will be **NO Lunch Orders on Monday 7<sup>th</sup> June.**

Normal ordering will recommence on Thursday 10<sup>th</sup> June. Sorry for any inconvenience.

## PRINCIPALS MESSAGE

Dear Parents,

As you know, last Sunday, our church celebrated one of the most ancient feasts of the Church, Pentecost Sunday. Christ had promised His Apostles that He would send His Holy Spirit, and, on Pentecost, they were granted the gifts of the Spirit.

The Apostles began to preach the Gospel in all of the languages that the Jews who were gathered there spoke, and about 3,000 people were converted and baptized that day. Pentecost is often called "the birthday of the Church."

***"And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability."*** (Acts 2:2-4)

Many of our own students will shortly begin preparation to receive the Sacrament of Confirmation. These 'candidates', as they are known will have the opportunity to confirm what was promised on their behalf at Baptism. They will then go on to receive the same gifts that the Apostles were given at Pentecost.

As the candidates begin their preparation for this sacrament please keep them in your prayers.



Peace and Best Wishes.

Richard Blissenden  
Principal

Cont...

**DID YOU KNOW?**

There are a number of extracurricular activities on offer before school and at lunch times. Mrs Radocchia opens the Library for reading and borrowing, Mrs Dennis runs two choirs, Miss Menday runs a Gardening Club, Mrs Sabat assists our Counsellor, Helen, with Lunch Club. Mrs Davison and Mrs Woods run Wombats (a social skills lunch group). Other clubs run in the past include coding, board games and run club. Our thanks to these members of staff who volunteer their time to run these activities.

**CLASSROOM HELP**

Our teachers have plans for the return of Parent Helpers to the classroom. Each grade is managing this individually and information will be shared as appropriate by each grade. We have also produced a new booklet to assist Helpers and Volunteers – teachers will share this as Helpers and Volunteers are arranged in each grade.

**BIRTHDAY CELEBRATIONS**



May 26	Tristan M
May 27	Nancy R
May 28	Angela L
	Ashley A
May 31	Cristian A
	Lucy S
June 2	Soopia C
June 3	Alexander M
June 5	Emily T
June 8	Alessandro C

We wish these children a very Happy Birthday!

**FOOTPATH UPGRADE OUTSIDE THE OFFICE ON PINE STREET**

This has been delayed. Parramatta Council have advised that the planned work on Pine Street scheduled for the 2020/21 financial year has been moved to the 2021/22 financial year. Council are hoping to complete this work in the September School Holidays.

**PRINCIPAL AWARDS TERM 2—Week 5&6**



KB	Alec H & Oliver M
KBT	Marcus B & Karline E
1A	Myles C & Jenny L
1D	Angela L & Chase M
2FM	Jemma L & Alice L
2RM	Hayley A & Sophia M
3J	Flynn Y & Alina N
3VR	Sarayah A & Gabriella L
4C	Michael K & Isabella M
4D	Jasper H & Heidi W
5G	Michael K & Scarlett S
5K	Sebastien P & Torie S
6K	Rachel G & Ryder A
6L	Ava C & Hayden G

**CARE AWARDS TERM 2 – Week 5&6**



KB	Luis G & Lucas M
KBT	Tara C & Tristan G
1A	Lisa D & Zara W
1D	Avril L & Chantelle G
2FM	Sophie C & Serena G
2RM	Patrick D & Jessica B
3J	Priscilla M & Harry G
3VR	Nixon Z & Amanda B
4C	Samuel J & Wyle L
4D	Thomas H & Nicholas K
5G	Isla M & Sara S
5K	Benjamin L & Gus G
6K	Francesca C & Christina L
6L	Genevieve B & Jessica A

## FROM MR BLISSENDEN...

### **DRESS AS A WOW WORD**

Students are invited to come dressed as a Wow Word to celebrate the end of a term of creative and fun writing that has featured many Wow Words. The dress up should be no/low cost and you can be as creative as you like. Ideas to get you thinking ... wear...

- large glasses, carry a notebook and maybe a magnifying glass = inquisitive
- different coloured clothes = colourful
- a shirt or pants with stripes = stripy
- a nice outfit = elegant
- any outfit and carry a bottle or two of water = thirsty

Students will need enclosed shoes and a hat. Please add a label (have your child write and decorate the label of their Wow Word. Dress as Wow Word – Tuesday 22<sup>nd</sup> June 2021 (last week of Term 2). More ideas in the next Newsletter.

### **AFTER SCHOOL PROGRAMMES**

We currently have two after school programmes running – the AFL programme, on a Wednesday, which is well attended. Our Coding and Robotics programme, on a Thursday has a small but dedicated group attending. In addition to the After School Programme, three Year 6 students are involved in weekend Robotics. Arsh is part of the FIRST® LEGO® League (FLL) competition team this year. Jackson and Nate are now attending the High School Engineering program (they are working with industry standard tools, making their own robot from scratch using metal chassis) – these photos show some of their work – and will be part of the FIRST® Tech Challenge competition which is next level up from FLL. Good luck to these students.



### **USING KISS AND GO**

Our video on procedures to keep everyone safe and the traffic flowing while using Kiss and Go can be viewed here:

[https://drive.google.com/file/d/1z8n\\_GuP\\_DBhph4w0KJvuJev\\_6TJP-izM/view?usp=sharing](https://drive.google.com/file/d/1z8n_GuP_DBhph4w0KJvuJev_6TJP-izM/view?usp=sharing)

### **AN ADDITIONAL MESSAGE FROM THE CROSSING SUPERVISOR**

Our Supervisor has asked me to thank all road users for the improvement in pedestrian and driver behaviour in the past two weeks. A reminder that for those people that use the crossing that **all pedestrians must wait** until the Supervisor is in position before crossing the road. **Please do not cross until told to do so.**

### **SECOND HAND UNIFORM SHOP**

The 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.

## FROM MR BLISSENDEN...

### **VINNIES WINTER APPEAL**

Vinnies Winter Appeal was launched by Audrey (Yr 6) and Carey (Yr 6) on Monday at assembly. As part of our outreach to those less fortunate than ourselves this year we will be collecting winter items to donate to St Vincent De Paul. Full details will be shared in a separate letter to be sent home tomorrow.

### **SHARING OUR LEARNING**

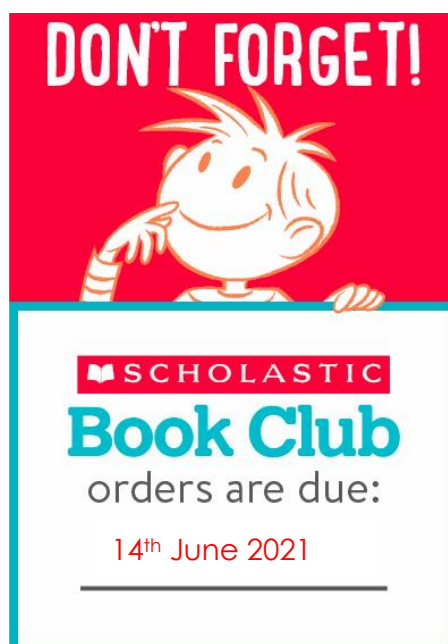
Classes are planning a session to invite parents in to visit and see and celebrate learning. Some classes will invite parents in this term while others will do this in Term 3. Dates for the first grades to share are:

Term 2 Week 9	2FM	Thursday 17.6.21 at 9:30 am
	2RM	Thursday 17.6.21 at 2:30 pm
	3J	Wednesday 16.6.21 at 2:15 pm
	3VR	Thursday 17.6.21 at 2:15 pm
Term 2 Week 10	5G	Wednesday 23.6.21 at 2:30 pm
	5K	Tuesday 22.6.21 at 2:30 pm
	6K	Thursday 24.6.21 at 9:00 am
	6L	Friday 25.6.21 at 9:00 am

These are the first classes to lock in dates for our 'Sharing Our Learning' class visits. Other classes will share during Term 3.

### **BOOK CLUB ISSUE 4**

The Book Club catalogue issue 4 2021 will be going home with students this week. You can order and pay online for your child's Book Club purchase using a credit card via LOOP. The order will be electronically linked to our school. Please order and pay via the website. Sign in or register an account at [scholastic.com.au/loop](https://www.scholastic.com.au/loop) or by using the LOOP App, which can be downloaded from the App store or Google Play. **Orders for issue 4 close 14.6.21.**



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**RSPCA DONATION**

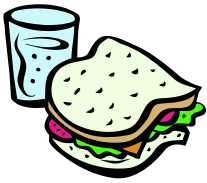
Faith L (5G), Levi L (3VR) and Juno L (KB) recently donated food to the RSPCA. They all celebrated their birthday recently and asked for dog and cat food instead of gifts so they could donate it to this worthy cause. Well done!



**REMINDERS**

- Staff and students should not attend work or school if they are unwell, even with mild symptoms of COVID-19. Staff and visitors to schools should maintain 1.5m distance from other people where practicable. Avoid congestion of groups of visitors in specific areas.
- Students who are absent with flu like symptoms need a negative COVID Test result to return to school. Please email the negative test result to the office.
- All visitors to a school site must comply with sign-in arrangements for record-keeping purposes. This includes signing in at the 'Sign In Kiosk' at the office and also checking in via the QR code on display in multiple locations.
- Office / administration procedures can be viewed via this short video. You can access it here [https://drive.google.com/file/d/1KyDG64-rHQoSkkjKV2\\_9LN0HaBe7sO59/view?usp=sharing](https://drive.google.com/file/d/1KyDG64-rHQoSkkjKV2_9LN0HaBe7sO59/view?usp=sharing)
- The following table is a quick view for “what day is the...” You may find this useful!

One Page Calendar 2021												
Dates					Feb	Jun	Sep	Apr	Jan	May	Aug	
					Mar		Dec	Jul	Oct			
					Nov							
1	8	15	22	29	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
2	9	16	23	30	Tue	Wed	Thu	Fri	Sat	Sun	Mon	
3	10	17	24	31	Wed	Thu	Fri	Sat	Sun	Mon	Tue	
4	11	18	25		Thu	Fri	Sat	Sun	Mon	Tue	Wed	
5	12	19	26		Fri	Sat	Sun	Mon	Tue	Wed	Thu	
6	13	20	27		Sat	Sun	Mon	Tue	Wed	Thu	Fri	
7	14	21	28		Sun	Mon	Tue	Wed	Thu	Fri	Sat	



# Linda's Lunches



Menu and Pricelist – May 2021

Available for Mondays, Thursdays & Fridays Via ordering online

Visit <http://www.myschoolconnect.com.au>

and follow the prompts to register as a parent and order for your child.

<p><b><u>FILLINGS</u></b></p> <p>Buttered \$1.20</p> <p>Hundreds &amp; Thousands \$2.20</p> <p>Vegemite \$2.20</p> <p>Honey \$2.20</p> <p>Strawberry Jam \$2.20</p> <p>Baked beans or Spaghetti \$2.20</p> <p>Cheese \$2.50</p> <p>Devon \$2.50</p> <p>Tomato \$2.50</p> <p>Sandwich Ham \$2.50</p> <p>Omelette \$3.00</p> <p>Egg &amp; Mayo \$3.00</p> <p>Tuna \$3.00</p> <p>Avocado \$3.30</p> <p>Salmon \$3.30</p> <p>Leg Ham \$3.90</p> <p>Roast Chicken \$4.50</p> <p>Salad (Lettuce/Tom/Cheese/ Cucumber/Beetroot/Carrot) \$4.50</p> <p>Chicken Schnitzel \$4.50</p> <p><b><u>EXTRAS</u></b></p> <p>BBQ sauce / Tomato sauce \$0.10 (Sauce for sandwiches and rolls only)</p> <p>Mayonnaise \$0.10</p> <p>Cucumber \$0.50</p> <p>Carrot \$0.50</p> <p>Beetroot \$0.50</p> <p>Tomato \$0.50</p> <p>Cheese \$0.50</p> <p>Lettuce \$0.50</p> <p>Pineapple \$0.50</p> <p>Hard boiled eggs (shelled) \$0.80</p> <p>Avocado \$1.00</p> <p>Salad (Lettuce/Tom/Cheese/ Cucumber/Beetroot/Carrot) \$2.50</p> <p><b>Tortilla Wraps – any 3 fillings</b> \$5.00 (E.g. Ham, Cheese, Tomato or Chicken, Lettuce, Cheese)</p> <p>Cheese only \$2.20</p> <p><i>Wraps can be toasted on request</i></p>	<p><b><u>SALAD TUBS</u></b></p> <p>Salad Tubs (as per sandwiches - French or Italian dressing.) \$5.00</p> <p>With chicken, tuna or ham \$6.00</p> <p><b><u>HOT FOOD</u></b></p> <p>Tomato Sauce, BBQ or Sweet Chilli \$0.20</p> <p>Parmesan Cheese \$0.30</p> <p>Garlic Bread \$1.50</p> <p>Chicken nuggets (4) \$2.00</p> <p>Hot dog \$2.00</p> <p>Noodles - beef or chicken \$2.50</p> <p>Sausage Roll \$2.80</p> <p>Pie \$2.80</p> <p>Pasta (home-made sauce) \$3.50</p> <p><b><u>SNACKS</u></b></p> <p>Raspberry or Apricot Fruit Sticks \$0.50</p> <p>Choc Chip or Yogurt Muesli Bars \$0.80</p> <p>Popcorn \$0.90</p> <p>Mamee Noodles \$0.90</p> <p>Cheese Sticks \$1.00</p> <p><b><u>FROZEN SNACKS</u></b></p> <p>Jelly Joys \$0.30</p> <p>Mini Zooper Doopers \$0.30</p> <p>Zooper Doopers \$0.50</p> <p>Pineapple Rings \$0.70</p> <p><b><u>FRESH FRUIT</u></b></p> <p>Banana \$1.50</p> <p>Apple – green or red \$1.50</p> <p>Orange \$1.50</p> <p><b><u>DRINKS (drinks can be ordered frozen)</u></b></p> <p>Apple/Blackcurrant or Orange Fruit \$1.40</p> <p>Tropical fruit Juice \$1.40</p> <p>Bottled Spring Water \$1.50</p> <p>100% Apple or Orange Juice \$1.70</p> <p>Chocolate or Strawberry Milk \$2.00</p>
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- Unless requested, all sandwiches will be made with margarine and NO salt and pepper.
- Sandwiches are prepared fresh on the day of delivery.
- Sandwiches and wraps can be toasted with any sandwich fillings.
- If there are any other choices that are not on the menu, please feel free to phone Linda.
- PLEASE NOTE: There is a \$0.33 administration charge on every order

**Contact: Linda on 96382631**

# ParentBrief



## Teaching kids to have confidence in themselves

We've all been there. Lost opportunities, last minute rethinks, lack of belief in our abilities and skills...and all because we lacked the confidence to take a risk, or be assertive, or tackle something new. In social-emotional development, self-confidence is a “biggy”. A healthy self-confidence means we'll give something a try, believe we can give it our best shot, and come out the other end still feeling good about ourselves, despite any setbacks along the way. So how can we teach our kids to have confidence in themselves?

## A daily dose of confidence

When you look at little kids, it's amazing just how much innate confidence most of them seem to have. They're programmed with natural resilience, perseverance, and an inbuilt capacity to thrive. But as they get older and especially when they enter the education system, they learn to doubt themselves. They learn to give up. They learn that they're not 'good enough'. Unfortunately, some kids also learn that they can't measure up when it comes to parental expectations.

Confidence is built through experiencing failure and success. A child's confidence is also built through age- appropriate independence, responsibilities, choices, healthy risk taking, and encouragement to make their own decisions. Parental role modelling means we are best placed to give our kids the opportunities and experiences to teach and build their confidence. This doesn't mean that we micro-manage their risk taking, or their problem solving, or that we take responsibility for their decisions or curb their independence in any way. Confidence is gained if we take a supervisory back seat and let our kids connect with their world.

# Ways we can help build confidence in our kids

- Daily doses of love, security and encouragement. This also helps build self-esteem.
- Appropriate praise for a job well done.
- Resist rescuing. Kids need to know it's OK to fail, feel disappointment, frustration and anger.
- Role model perseverance, commitment, working through tough situations and the self-talk needed when chores or schoolwork is boring.
- Resist stepping in too early to help solve the problem. Stay tuned, listen and encourage, but also give your child time to work it out for themselves.
- Talk about optimism and resilience. Talk about how disappointment can often translate to defeat unless we think about the situation differently.
- Monitor perfectionism and the fear of failure. Talk about times in your life when you didn't get it right first go.
- Encourage kids to make their own decisions and choices to gain confidence in their judgment.
- Nurture interests and hobbies. Give kids opportunities for success and socialisation.

On a daily basis, we can dole out big doses of confidence building by believing in our kids - their abilities, quirks, qualities and strengths. Confident kids are kids who are comfortable in their own skin...and more likely to take on the world.