



Term 3 Week 8  
Wednesday 1<sup>st</sup> September 2021  
Website: [www.stmarysrydalmere.catholic.edu.au](http://www.stmarysrydalmere.catholic.edu.au)

1 Myrtle Street, Rydalmere  
Ph: 8844 5700  
Email: [stmarysrydal@parra.catholic.edu.au](mailto:stmarysrydal@parra.catholic.edu.au)

## DIARY DATES

TERM 3	2021
Friday 3 <sup>rd</sup> September	Father's Day Liturgy
Sunday 5 <sup>th</sup> September	FATHER'S DAY
Wednesday 8 <sup>th</sup> September	Netball Gala Day <b>POSTPONED</b>
Friday 10 <sup>th</sup> September	Feast Day Mass Live stream midday
Friday 17 <sup>th</sup> September	Term 3 Concludes
Monday 4 <sup>th</sup> October	Labour Day Public Holiday
Tuesday 5 <sup>th</sup> October	Term 4 Commences



## PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Last week's announcement from the Premier will now see us in Lockdown for the remainder of Term 3 and into Term 4. The analogy of 'a marathon, not a sprint' now rings even more true than ever, as we need to pace ourselves, be positive and appreciate what we have. Our health and wellbeing above all is the most important.

Thank you for being a wonderful role model for your children each and every day, as you encourage them to be resilient and continue the journey of remote learning.

As we continue our online learning, we will experience different feelings and emotions. Focussing on how we can 'Bounce Back' when things don't work out the way we would like or expected them to is of utmost importance. We are committed to encouraging students to embrace a positive mindset by taking opportunities to 'Bounce Back' which means that we can be happy or successful again after having a problem. Perseverance and the willingness to keep on trying or 'Just keep swimming!' as so famously stated by Dory in the movie 'Finding Nemo' is key to developing this positive mindset.

Part of that positive mindset is to focus on the things that are in our circle of control even in Lockdown. Invest into things such as:

- establishing and maintaining routines,
- connecting with family and friends,
- enjoying activities that help you relax
- limiting social media
- taking breaks in a day
- having a positive attitude
- showing kindness towards others

When we spend less time and energy on the things we cannot control and more time on the things we can control, the outcome can positively contribute to our lives and the lives of others.

As we continue to navigate these challenging times, please know I am keeping you in my thoughts and prayers.

Take care,

Richard Blissenden  
Principal

**PLEASE UPDATE YOUR CONTACT DETAILS**

On Monday 16 August you would have received an email or SMS (for those parents without email) from Catholic Education Diocese of Parramatta (CEDP) asking you to review and, where necessary, update the key information they hold about your children currently enrolled in CEDP schools.

The purpose of this review is to ensure that CEDP has the right details to correctly identify and support students, including contacting families in an emergency or to share important updates.

Steps have been taken to ensure this process is as secure as possible to protect your information and your family's privacy. Your information is only accessed by authorised staff when it is necessary and in accordance with our [Privacy Policy](#).

The link is **open until Friday 3 September** and I encourage you to complete the review/update as soon as possible to ensure that your family's correct details are on file. This is particularly important as Greater Sydney remains in lockdown due to the COVID-19 outbreak.

This [short "how to" video](#) may assist you with completing the process (use the closed caption icon to turn on subtitles). Please don't hesitate to contact the school office if you have any questions or concerns.

Only one person per family needs to complete the survey and it takes about 15 minutes to complete. If you have any questions or to seek help, please contact the CEDP Community Liaison Team on 9840 5796.

**BIRTHDAY CELEBRATIONS**



September 2	George C
September 4	Eva C
September 7	Louella M
September 8	Gabriel P
September 9	Judah M
	Rachel G
September 10	Charlotte N
	Christopher O
September 11	Matilda S
September 12	Kristen D
	Matthias N
September 13	Arnav V

We wish these children a very Happy Birthday!

**FRIYAY**

This week's FriYay theme is Crazy Hair FriYay. Students and staff are encouraged to add some flare to their zoom meetings by showing their "crazy hair". Hope you all have fun on FriYay!

**SHORT MID ILEARN@HOME SURVEY FOR PARENTS AND CARERS**

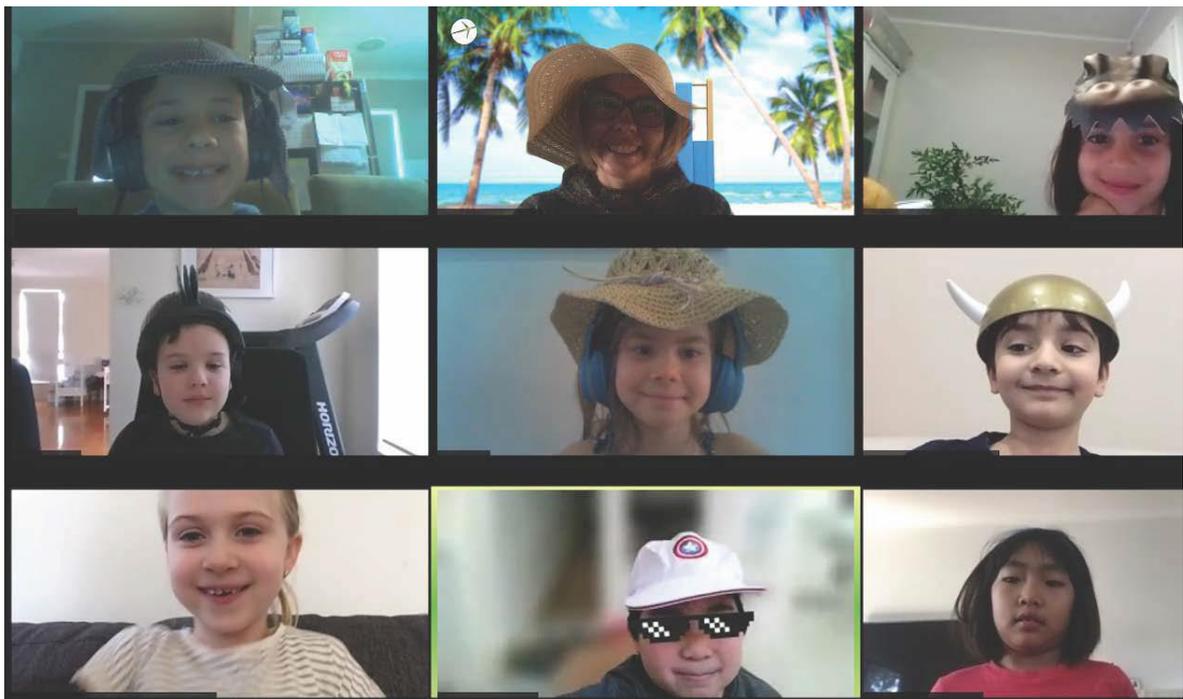
As part of our commitment to ongoing improvement and to seek your feedback about the first seven weeks of iLearn@Home you are invited to complete this very short survey: <https://forms.gle/dZNYfaFExtwYFQ6>

We are continually looking for ways to support our students and their families during these extraordinary times. We are using a WWW-EBI (What's Working Well – Even Better If...) framework to help us maintain and increase the successes we have experienced. Thank you in advance for your time to complete this short survey.

# WELLBEING WEDNESDAY



# FRIYAY



YEAR 2

**YEAR 2 CINQUAINS IN RESPONSE TO  
THE FISH THAT COULDN'T CLIMB TREES by STEVE ATTEWELL**

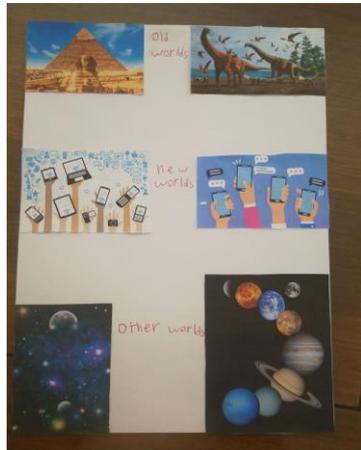
Fish  
Red, small.  
Swimming, saving, teaching  
Happy, favourite, kind, sad  
Swimmer

Squirrel  
Naughty, unkind  
Climbing, teasing, scrabbling  
Bad, confident, silly, foolish  
Learner

Fish  
Playful, helpful  
Swimming, life saving teaching  
Squirrel's favourite swimming teacher  
Friend

Squirrel  
Mean, furry  
Taunting, laughing slipping  
He learned his lesson  
Creature

# YEAR 3 BOOK WEEK POSTERS



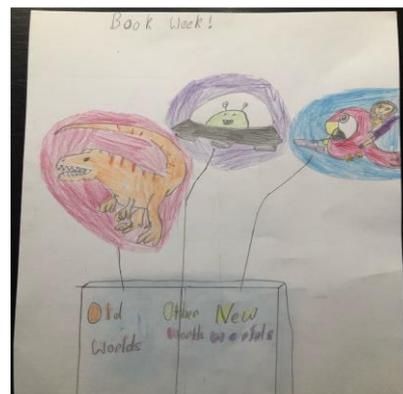
Isabella C – 3J



Harry G – 3J



Gabriella L – 3VR



Matilda S – 3J



Paris S – 3J



Gabriel P – 3VR

### **CLASS OF 2016**

Two ex-students from the Class of 2016 were recently elected as part of Our Lady of Mercy College Parramatta's Student Leadership Team for 2021/2022. Congratulations to Olivia Kim (McAuley House Leader) and Tyler Nann (Doyle House Leader).



Olivia Kim  
McAuley House Leader 2021/2022



Tyler Nann  
Doyle House Leader 2021/2022

### **CITY OF PARRAMATTA LIBRARIES**

During September, City of Parramatta Libraries is celebrating Spring into Health, a partnership with Western Sydney Local Health District, to share the latest health and wellbeing information for families.

One of the programs is **Healthy snack and lunch ideas for children**. An online 20 minute live presentation for parents providing a range of ideas and practical tips to inspire them to provide tasty options from each of the five core food groups.

#### DATES:

Monday 6<sup>th</sup> September – 10:30am  
Tuesday 14<sup>th</sup> September – 3:40pm  
Friday 24<sup>th</sup> September – 10:30am  
Thursday 30<sup>th</sup> September – 3:40pm

Cost: Free

Bookings required. Bookings and further information about Spring into Health available at <https://www.cityofparramatta.nsw.gov.au/spring-into-health>





## Advice from NSW Government, NSW Health and CEDP

COVID-19 continues to impact the communities of Greater Sydney. With COVID-19 case numbers remaining high, this impact is being felt strongly in Western Sydney. Recently, some of our schools have needed to temporarily close as a result of COVID-19 cases in the school community. The Blacktown remains an LGA of concern.

Whilst a **“return to school roadmap”** is welcome, strengthened ‘stay-at-home’ orders remain in place, and the safety of our community is our top priority, **I again ask you to please do everything possible to keep your children at home as there is an added risk for your children when they attend school and come into contact with others outside their immediate family.** Supervision will continue to be provided at school only for the families who need this support - authorised workers, vulnerable students, or those who are not at home and have no other supervision options. There continues to be minimal staff onsite and the expectation is that children engage in remote learning from home.

As we continue to work together to respond to COVID-19, your cooperation and understanding are greatly appreciated. You are also encouraged you to let us know if there is any information that you feel we should know about your family's needs at this time. Please contact the school by email [stmarysrydal@parra.catholic.edu.au](mailto:stmarysrydal@parra.catholic.edu.au) or by telephone 8844 5700.

Thank you for your support as we work together to keep our communities safe and learning. Please be assured that we will continue to support your children in their learning and wellbeing in Term 3.