



Term 1 Week 6
Wednesday 2nd March 2022
Website: www.stmarysrydalmere.catholic.edu.au

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

DIARY DATES

TERM 1	2022
Wednesday 2 nd March	Ash Wednesday
Monday 7 th March	Catholic Schools Week
Friday 11 th March	Diocesan Swimming Carnival Blacktown
Friday 11 th March	Open Morning For new families 9:15 am – 10:45 am
Monday 14 th March	PRC AGM 7 – 9pm
Wednesday 16 th March	Backflip Bullying Incursion
Friday 18 th March	Year 6 Leadership Day (on site)
Friday 18 th March	Mark Taylor Shield
Tuesday 22 nd March	St Mary's Cross Country Carnival
Saturday 26 th March	P & F Family Event The FC Social from 3:30pm
Tuesday 29 th March	Back Up day for Cross Country Carnival

+

*Ash
Wednesday*

PRINCIPAL'S MESSAGE

Dear Parents,

For many years we have implemented our Positive Behaviour and Student Management Policy which is supported by programmes such as "You Can Do It". These programmes and policies are built on positive discipline – the features of which can be used at home...

It is inevitable that everyone in the house is more anxious and worried as families navigate the uncertainties of the pandemic. Younger children will struggle to articulate so are more likely to act out their stress or anxiety, while older children and teens can be miserable as they miss out on normal events and the activities they enjoy with their friends. Here are some ways you can help your children manage their emotions and behaviour:



Redirect bad behaviour. Sometimes children misbehave because they are bored or are unsure how they should behave. Help them find something else to do.

Creative Play. Help with ideas; build an indoor fort to keep germs at bay and fill it with stuffed animals or, use drawings of the ways your family is staying safe then construct a collage to remind everyone.

Cont..

Use rewards and privileges to encourage completion of homework and assignments as well as household chores.

Reinforce good behaviours by how you direct your attention. Notice good behaviour and effort, pointing it out and explaining clear expectations.

Choose when not to respond. Sometimes ignoring bad behaviour is the most effective way of stopping it. Just ensure it is not dangerous behaviour.

Time-outs can be effective especially when delivered unemotionally after warnings. Remove the child from the situation for a pre-set length of time. (1 minute per year of age may be a good guide).

Set aside **special time with each child** for activities such as cooking, reading, or playing a favourite game. You choose the time and let your child choose the activity. Just 20 minutes of undivided attention can make a big difference.

Finally, remember to take care of yourself as the caregiver. If both parents are at home share the load and give each other time out. Sleep, eat and exercise as well as you can to ensure your ability to keep the home a happy and positive place.

Acknowledgement: American Academy of Paediatrics 2020

Take CARE this week!

With peace and best wishes

Richard Blissenden
Principal



BIRTHDAY **CELEBRATIONS**

February 28th Alice B
Chang Hwi S
Charlie F
Antony W
Hannah P
Mitchell R

February 29th Ava A

March 1st Annie B
Sofia D
Stephen A

March 2nd Sienna C

March 3rd Ethan M

March 5th Ava E

March 6th Joanna G

March 8th Olivia G

March 9th Samantha G

March 13th Antonio C
Tahlia t W
Jayden t W

March 14th Ezekiel M
Esther L

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

FROM MR BLISSENDEN...

PLAYGROUP

Playgroup is back on Tuesday's from 9:30am until 11:30am in the hall. Enter from Myrtle St. Come along to meet other families with pre-school aged children. For more information or if you have any questions please contact Natalie Richardson 0418 600 358.

SCHOOL CROSS COUNTRY

We will be holding our School Cross Country on Tuesday 22nd March (with a backup in case of rain of the 29th March). Students in Years 2 to 6 will take part with the event being held at UpJohn Park. Parents and spectators along with volunteers will be able to attend.

PRC MEETING

Term 1's Meeting is on Monday 14th March 2022. Guest Presenter - Dr Greg Elliot - Student and Family Wellbeing. It will be held at Patrician Brothers Blacktown 7-9pm. Details to follow – all welcome.

DRIVER AND PEDESTRIAN SAFETY AROUND THE SCHOOL

I have written on numerous occasions about the need for drivers, in particular, to follow both the road rules and school procedures when driving near the school. Too often, when I speak with drivers about their behaviour the response is "I did not know...". In summary – please put safety first and not your convenience.

- **Do not drop your child off near gate 8** – ONLY drop off in the Kiss and Go area.
- **Do not do a U turn in a School Zone**
- **Do not enter the Kiss and Go line from Myrtle Street**
- **Do not queue in Pine Street waiting for space in Kiss and Go**
- **Do not park behind the pub**
- **ONLY cross your child at marked crossings**
- **For Kiss and Go driving instructions – watch this [video](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

Please note that Council Rangers and Highway Patrol have been contacted. Fines apply.

COVID RESTRICTIONS

Restrictions – no change	Changed / New Arrangements
Masks are compulsory inside all buildings for adults – please wear a mask if visiting the office foyer	Staggered Dismissal – now occurs in two groups. Students with surnames A-K are ready to be collected from 3pm while students with surnames L-Z are ready to be collected from 3.10pm.
	Excursions – are being planned (cross country has been booked)
	Incursions – are also being booked (an anti-bullying incursion is planned for this term)
	Lunch Play Areas – have returned to pre-COVID arrangements for the children

FROM MR BLISSENDEN...

CATHOLIC SCHOOLS WEEK (CSW)

will be celebrated around NSW and the ACT next week. This year we will acknowledge CSW with a Liturgy on Wednesday, an art activity for the students and we will welcome new families to visit to see our site, ask questions and begin the enrolment process for Kindergarten in 2023. Existing families may collect and return an enrolment form from today.

ASH WEDNESDAY

The great season of Lent commences today - with Ash Wednesday. Students participated in a liturgy with their own grades and Ashes were shared. A theme of Lent is sorrow and repentance. Without excuses or denial, we humbly recognise and acknowledge our sin before God and seek our merciful Father's forgiveness. This is essential to our lives as Christians, because all sin, whether serious or not, has the effect of distancing us from God. We need to repent of our sins so as to avoid being separated from God. As we commence Lent may we all 'turn away from sin and be faithful to the Gospel'

CSW LITURGY

Next week is Catholic Schools Week. This is an annual event and involves the communities of all Catholic primary and secondary schools across NSW and the ACT. Catholic Schools Week is about celebration. As a result, we will be celebrating the distinctive nature of Catholic education through prayer, wellbeing activities, and a liturgy during the week. Our liturgy will be held on **Wednesday 9th of March at 11:30am on the Mercy Site** (weather permitting). Parents are invited to our liturgy (only if it is not raining) which will be conducted in a COVID-Safe way including holding the event outside. We hope to see you there.

COMPASS

Do you have your notifications turned on? Do you read and keep up to date with information shared from the school? Having notifications on is the best way to know what is happening in the school – turn notifications on and never miss information from the school.

RAINCOATS

We have noticed most children do not have a raincoat for use when needing to cross the road, arrive or leave school. Raincoats are better than umbrellas (for obvious safety reasons) and can be stored in your child's school bag for easy and quick use. Given the forecast for a few more days of rain = a raincoat would be a timely investment.



ZONE SWIMMING CARNIVAL

On Monday 28th February, Mr Chandler and Mrs Day accompanied 18 competitors to the Zone Swimming carnival at Mount Druitt pools. The squad represented St Mary's with great pride. Every competitor offered encouragement to every member of the team and showed great sportsmanship. We are all so proud of every single student who attended and tried their best. We were fortunate enough to return with 4 trophies and numerous ribbons. Congratulations to Esther L (Senior Girls Age Champion), Antony W (11 Years Boys Age Champion), Noel L (Junior Boys Age Champion) and Michael K (Runner Up Senior Boys Age Champion).



YEAR 2 – A MOMENT IN TIME

A moment in time

By Year 2

I hear birds chirping loudly and cars driving noisily on the road
I see towering buildings above us and the clear blue sky
I feel the hot sun burning on my skin
I smell the fresh clear air.

Violet V

I hear the rainbow lorikeets squawking in the trees
I hear fast cars
I see the crystal blue sky
I feel the clear wind blowing on my hair
I smell a yummy hot dog!

Chase M

I can hear birds cheeping through the clear blue sky
I can see small leaves and big leaves falling on the cold, black ground
I see big trees waving in the wind
I feel crunching, scrunching leaves on the ground
I feel the wind on my face.

Angela L

I hear birds chirping in the trees and the band in the hall
I feel all of the heat on my skin
I smell the brown tree logs and the rotten brown leaves
I feel the hard cementy ground and hard oak wood on the prayer space
I see beautiful black and grey birds flying.

Marion P

4R DESCRIPTIVE WRITING

CARNIVAL!

Screaming, laughing and chatter can be found here. Children scream on rides as they zoom up, down round and round. The smell of hotdogs and cotton candy is delightful. The sound of shotguns shooting in the shoot the zombie game. Evil laughs and jump scares await throughout the haunted house maze. The prize booth sits there waiting for children to come and collect their prizes. Zip lines glide up and down. Families sit and wait until finally the firecrackers zoom straight into the air and then crack and they turn into fireworks! Dizzy kids go up and down round and round until finally the ride finishes. Butterflies fly out of their stomachs back to their homes. The 4D shooting game, the best outta them all. The guns go bang. Screams echo endlessly as they shoot. Prizes are won in basketball. Balls glide through the hoop as kids cross their fingers hoping it goes through the hoop. The maze of terror waits for kids to enter it took a while to get out. Kids wait impatiently for their go to enter the circus tent to see amazing great tricks. Water rushes down and up as kids scream on the water ride. As the carnival closes cars drive away. The day ends. The sky turns pitch black. I lay in bed thinking what an amazing day I had.

By Matilda S

4R DESCRIPTIVE WRITING

Storm by Josie

I hear thunder rolling and rain pattering softly on the ground. Thunder coming closer and further away. Lightning zigzagging in all directions and rain pouring down. People scattered in all directions trying to get to shelter. A sea of umbrellas churning in the wind. Thunder booming loudly as if it's doing it just for fun. I taste a fresh rain drop on my tongue. Little childrens screams swallow the night. The pool overflowing a centimetre of water flowing throughout the garden. The cat drenched fur clinging to her wet body. Hailstones scattered around the grass and deck. Paint scraped of garden gnomes. Chipped off bits of fence everywhere battered in the storm. Winds like hurricanes blowing rain drops and hailstones as they lash against me. The crisp winds bring the smell of fresh rain drops and the electricity of lightning. The pool umbrella falls into the pool. Now soggy and wet the umbrella has to be thrown out. Sticks flying everywhere in the pool and in the neighbours garden. Some small enough to fit into my mouth and some bigger than me. Tv not working and the internet lost. Broken windows on cars shattered in the hail. The shops flooded with water clear as sky. I hear the neighbours dog barking. Lights flickering madly on and off rapidly. Construction site wrecked metal poles zooming through the air hitting the ground. People running up and down the street desperately trying to go home. Cars zooming up and down the road The storm slowly surrenders and creeps away, the sun shows it's shy face and the storm's gone.

4R DESCRIPTIVE WRITING

Storm by Alex

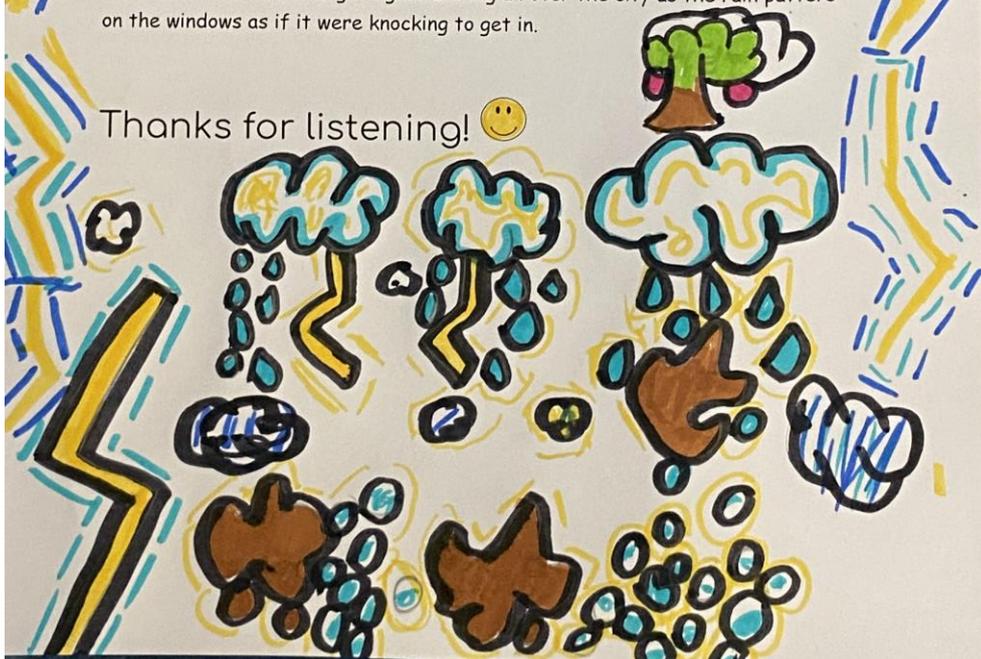
The crack of the shaky thunder, taking over. There are hailstones, zooming down to the wet, icy ground. Fear and dark clouds are dominating the sky. The air is freezing and the patter of rain, making it impossible to sleep. Suddenly thunder strikes as loud as a lion's ROAR! The occasional blinding pillar of light shoots down to the ground, filling the air with hot gas. Metallic tasting fear in my mouth feels as if a ghost was standing in front of me. The sudden gust of cold wind makes me shiver. There is nothing but cold terror in the air.

BOOM Another strike of fear inducing thunder. The air in my lungs is inhaling and exhaling faster, faster until I'm in a pool of sweat. I can feel my heart rate going on like an engine whirring faster and faster. Then... the storm calms from its savage madness. I see white ropes of rain lashing the tall skyscrapers.

Crack The powerline snaps in half like a piece of foam. The mud starts to get runnier. The grass is covered in wet, sticky dew. I hear a crow chirping, huddling all of its babies together waiting for the storm to end. The land is soaked but nature's offspring enjoy the blessing unlike us who can't sleep.

The sky is black with night and wet clouds are still bound. The neon signs flicker on and off. There are bright lights shining all over the city as the rain patters on the windows as if it were knocking to get in.

Thanks for listening! 😊





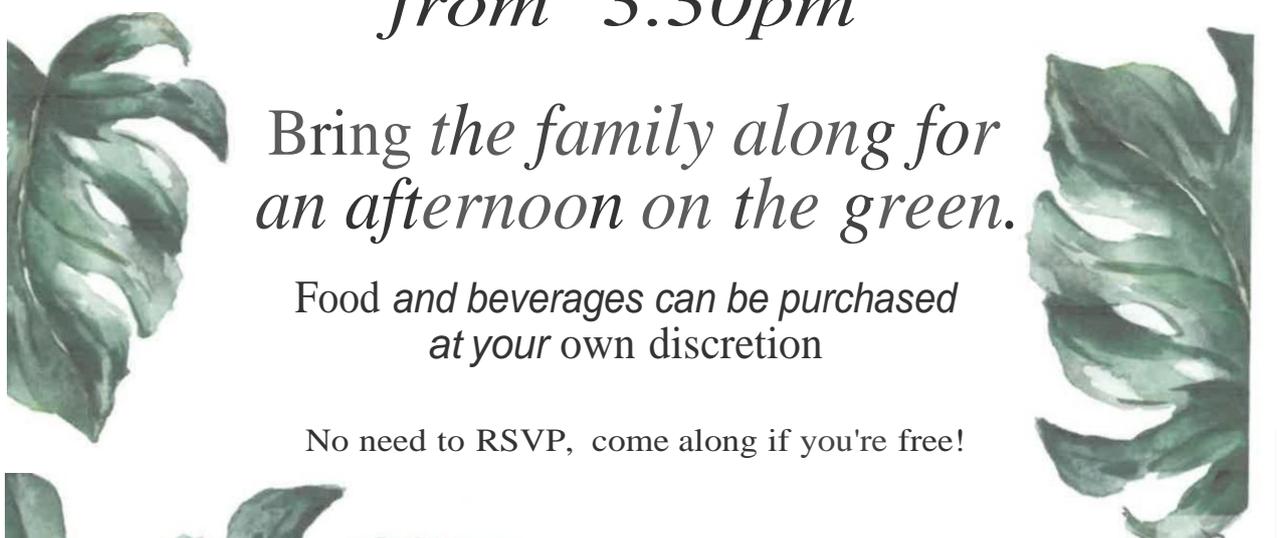
St Mary's Family Event



THE FC SOCIAL

Park Road, Rydalmere

Saturday MARCH 26 2022
from 3.30pm



*Bring the family along for
an afternoon on the green.*

*Food and beverages can be purchased
at your own discretion*

No need to RSVP, come along if you're free!



Greetings
ISLAND

Cumberland Police Area Command
POLICE PARENT/GUARDIAN FORUM
Agenda



NSW Police Force

- 8:45 – 9:00am** **Registration/morning tea**
- 9:00 – 9:15am** **Introduction**
Role of Youth Officer and Multicultural Liaison Officer (MCLO) toward young persons and families within the community.
- 9:15 – 10:15am** **Cyber Safety Presentation Think U Know**
- Ensuring children are participating safely and responsibly in the digital age.
- Sending/receiving of intimate images/videos and strategies to deal with this.
- Online challenges surrounding bullying, sexual abuse/exploitation, online privacy, and scams.
- 10:15 – 10:30am** **Refreshments**
- 10:30 – 11:00am** **Domestic Violence**
- Common causes of Domestic Violence involving Young Persons.
- Obligations of Police (Body Worn Video/recording legalities
- Religious/cultural beliefs vs Legislation
- 11:00 – 11:30am** **Mental Health & Suicide**
- Common mental illnesses suffered by young persons and Risk factors, signs and symptoms associated with mental illness in young persons.
- support agencies available regarding mental illness/suicide prevention.
- 11:30 – 12:00pm** **Drug Use/Abuse**
- Commonly used drugs by young persons.
- Signs and symptoms of drug use/abuse.
- Coping strategies for parents and support agencies available regarding drug use.
- 12:00 – 12:30pm** **Lunch**
- 12:30 – 1:00pm** **Cumberland Highway Patrol**
- Knowledge and understanding of Road Rules relating to school zones.
- Issues relating to Speeding, mobile phone use, signage, and road markings.
- Discussion about parking in or around schools
- 1:00pm** **Concludes**
-Questions

Cumberland PAC – Youth Officer

15-17 Memorial Rd Merrylands NSW 2160

T 02 98974805 **M** 0427 390 128 **E** cmbylo@police.nsw.gov.au

TTY 02 9211 3776 for the hearing and speech impaired ABN 43 408 613 180

TRIPLE ZERO (000)

Emergency only

POLICE ASSISTANCE LINE (131 444)

For non-emergencies

CRIME STOPPERS (1800 333 000)

Report crime anonymously

Cumberland Police Area Command
**POLICE PARENT/GUARDIAN FORUM
RSVP**



Time: 9:00am to 1:00pm

Date: Wednesday 22 June 2022 or Wednesday 29 June 2022

(Please circle which date you will be attending)

Place: Wednesday 22 June 2022 – TBA (Merrylands area)

Wednesday 29 June 2022 – TBA (Granville Area)

Name: _____

Name of School: _____

Special Dietary Requirements: _____

Number of attending (max 2): _____

How will you be attending the event? (Please Circle)

Car

Public Transport

Once you have completed this form please forward it on in one of the following ways:

- Email a copy to cmbylo@police.nsw.gov.au
- Mail it to 15-17 Memorial Rd Merrylands 2160 Attn: CMB YLO
- Hand it into your front office at your school.

RSVP BY 5th April 2022 for catering purposes

Cumberland PAC – Youth Officer

15-17 Memorial Rd Merrylands NSW 2160

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