



UPCOMING EVENTS:

JUNE

Thurs 8th	Stage 3 Boys Soccer Gala Day
Mon 12th	PUBLIC HOLIDAY
Tues 13th	ICAS—Writing— 7.30am
Wed 14th	ICAS—Spelling— 7.30am
Thurs 15th	TALENT QUEST SHOWCASE 11.30am all parents are welcome Year 6 CAKE STALL at Recess SNACK PACK lunch
Wed 21st	KINDERGARTEN 100 days in Kindy— celebration — Details to follow Choir Performance at St Hedwigs's Nursing Home—10am- 12.30pm
Fri 23rd	Feast of the Sacred Heart—9.30am School reports sent home

Church of St Michael's
58 Orwell Street
Blacktown South

Weekend Masses:

Sunday: 8.00am, 9.30am, 6.00pm
4th Sunday 10.45am Filipino Mass

Weekday Masses:

Mon, Tues, Thurs, Fri: 8.00am
Wed: 7.30pm

First Friday: 7.30pm

Sacrament of Reconciliation:

Wed: 7.00pm—7.25pm

Holy Hour of Adoration:

Wednesdays 6.30pm—7.30pm

Phone: 9622 9149

Website: mqofblacktown.org.au

St Michael's Primary School
155 Reservoir Road
Blacktown South 2148
Ph: 9622 9910

Website:

www.stmichaelsblacktown.catholic.edu.au

Email:

stmichaelsbktn@parra.catholic.edu.au

St Michael's Primary School

Blacktown South

NEWSLETTER

2017 - ISSUE 8

30th May 2017

From the Principal

Dear Parents and Friends,

I invite you to take time reading this important paper. Our work as Parents, Grandparents and Teachers is to constantly seek out ways of supporting our children's growth and wellbeing....

The silent tragedy affecting today's children

May 24, 2017 by [Victoria Prooday, Occupational Therapist](#)

“Here is my new blog post. I encourage every parent who cares about the future of his/her children to read it. I know that many would choose not to hear what I say in the article, but your children need you to hear this message. Even if you disagree with my perspective, please, just follow the recommendations at the end of the article. Once you see the positive changes in your child's life, you will understand why I say what I say!” — Victoria Prooday

The silent tragedy affecting today's children (and what to do with it)

There is a silent tragedy developing right now, in our homes, and it concerns our most precious jewels - *our children*. Through my work with hundreds of children and families as an occupational therapist, I have witnessed this tragedy unfolding right in front of my eyes. *Our children are in a devastating emotional state!* Talk to teachers and professionals who have been working in the field for the last 15 years. You will hear concerns similar to mine. Moreover, in the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions:

- ⇒ [1 in 5 children has mental health problems](#)
- ⇒ [43% increase in ADHD](#)
- ⇒ [37% increase in teen depression](#)
- ⇒ [200% increase in suicide rate in kids 10-14 years old](#)

How much more evidence do we need before we wake up?

No, “increased diagnostics alone” is not the answer!

No, “they all are just born like this” is not the answer!

No, “it is all the school system's fault” is not the answer!

Yes, as painful as it can be to admit, in many cases, WE, parents, are the answer to many of our kids' struggles!

It is scientifically proven that the brain has the capacity to rewire itself through the environment. Unfortunately, with the environment and parenting styles that we are providing to our children, we are rewiring their brains in a wrong

direction and contributing to their challenges in everyday life.

Yes, there are and always have been children who are born with disabilities and despite their parents' best efforts to provide them with a well-balanced environment and parenting, their children continue to struggle. These are NOT the children I am talking about here.

I am talking about many others whose challenges are greatly shaped by the environmental factors that parents, with their greatest intentions, provide to their children. As I have seen in my practice, the moment parents change their perspective on parenting, these children change.

What is wrong?

Today's children are being deprived of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits and guidance
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement and outdoors
- Creative play, social interaction, opportunities for unstructured times and boredom

Instead, children are being served with:

- Digitally distracted parents
- Indulgent parents who let kids "Rule the world"
- Sense of entitlement rather than responsibility
- Inadequate sleep and unbalanced nutrition
- Sedentary indoor lifestyle
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments

Could anyone imagine that it is possible to raise a healthy generation in such an unhealthy environment? Of course not! There are no shortcuts to parenting, and we can't trick human nature. As we see, the outcomes are devastating. Our children pay for the loss of well-balanced childhood with their emotional well-being.

How to fix it?

If we want our children to grow into happy and healthy individuals, we have to wake up and go back to the basics. It is still possible! I know this because hundreds of my clients see positive changes in their kids' emotional state within weeks (and in some cases, even days) of implementing these recommendations:

- Set limits and remember that you are your child's PARENT, not a friend
- Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.
- Provide nutritious food and limit snacks.
- Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects
- Have a daily technology-free family dinner.
- Play one board game a day.
- Involve your child in one chore a day (folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table etc)
- Implement consistent sleep routine to ensure that your child gets lots of sleep in a technology-free bedroom.

Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges:

- Don't pack your child's backpack, don't carry her backpack, don't bring to school his forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

Teach delayed gratification and provide opportunities for “boredom” as boredom is the time when creativity awakens:

- Don't feel responsible for being your child's entertainment crew.
- Do not use technology as a cure for boredom.
- Avoid using technology during meals, in cars, restaurants, malls. Use these moments as opportunities to train their brains to function under “boredom”.
- Help them create a “boredom first aid kit” with activity ideas for “I am bored” times.

Be emotionally available to connect with kids and teach them self-regulation and social skills:

- Turn off your phones until kids are in bed to avoid digital distraction.
- Become your child's emotional coach. Teach them to recognize and deal with frustration and anger.
- Teach greeting, turn taking, sharing, empathy, table manners, conversation skills,
- Connect emotionally - Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

At St Michael's we believe that the whole village support **ALL** children.

“Love One Another”.

John Laffan
PRINCIPAL

Assistant Principal

Dear Parents and Friends,

Considering our neighbours

It is concerning that there are a number of parents who are parking in our neighbours private car parking spots at Tina's Kindergarten and the CELC. Please make sure you do not park in private property or your car could be towed.



It is also a timely reminder that the Staff Car Park is for staff only. At no times is anyone permitted to park in this area unless you have a disabled sticker and are dropping off a student. This is to ensure the safety of all members of our community.



It is important that driving near schools, at car drop off and pick up and in car parks we are extra vigilant of young children. There are many toddlers and young children walking around the school so it is important that all adults are obeying the road rules and driving safely.

Parent Teacher Interviews

In Week 10 we will be having our half yearly parent teacher interviews. This is an important opportunity to meet with your child's teacher to discuss your child's strengths, areas to develop and set goals for the second half of the year. I strongly encourage you to make an appointment during this week.



Talent Quest

We have had large numbers of students wanting to participate in the St Michael's Talent Quest. Over the next two weeks we are holding auditions and a small number of performances will be selected to showcase their talents on Thursday 15th June at 11:30am. This is not a competitive event rather an opportunity to showcase some of the many talents we have. At recess on that day we will have a Cake Stall to raise money for the Year 6 Dinner Dance and a Snack Pack deal at lunchtime that needs to be pre-ordered. (Notes went home yesterday and are also available on Skoolbag)



Katherine McKay

ASSISTANT PRINCIPAL

RE News

Next Sunday we celebrate the feast of Pentecost, which celebrates the power of the Holy Spirit coming upon the disciples and energising them to set about their mission of continuing the ministry of Jesus. Jesus had breathed the Spirit upon them but it took the roaring wind to make a real impression on the disciples. There are frequent references in the gospels to Jesus being 'filled with the Spirit'. It is this Spirit with which he was filled that he breathed upon his disciples; it is that same Spirit that we receive sacramentally in Confirmation.



For the weeks following the death of Jesus the disciples had lived in fear and confusion, not fully understanding what had happened and not really knowing what to do. When they realised that the Spirit Jesus had breathed upon them was really present and urging them to action they finally had the courage to begin the mission that Jesus had entrusted to them: to spread the Good News of Jesus and continue to realise his message in the world.

The word Pentecost comes from the Greek for fiftieth day. Pentecost Sunday ends the season of Easter and comes after seven weeks. In Jewish tradition the 50th day after the Passover was celebrated as a blessing of the harvest and rather than the unleavened bread of Passover it was celebrated by leavening the bread. It was for this reason that the disciples were gathered together when they experienced the Holy Spirit empowering them. In Christian tradition, Pentecost is celebrated as the arrival of the Spirit, promised by Jesus, that animated the disciples to spread the gospel of Jesus and gather believers to form what would eventually become the Church.

Just as the disciples became 'spirit filled people' we too can become 'Presentation People' and take that one step beyond what we feel we can.

Anne Easton

RELIGIOUS EDUCATION COORDINATOR

Office News

TERM 2 SCHOOL FEES

Term 2 school fees were due Monday 29th May.

Thank you to those who have already paid.

If you did not receive an invoice please contact the school office.

If you have any concerns please contact Robyn Hoogenvest or Sharon Lewis to discuss making an arrangement for payment.

**WE ARE NOW ACCEPTING ENROLMENTS FOR 2018
PLACES AVAILABLE KINDERGARTEN TO YEAR 6
PLEASE SHARE WITH YOUR FAMILY AND FRIENDS**

From the Library

At present we have a lot of new books to be covered. If you are able to help, please call in to the Library from Wednesday to Friday before or after school. All plastic covering is provided. You can take as many or as few as you can manage.

Many thanks in advance.

Judy Buhagiar

TEACHER/LIBRARIAN

Sports News

Athletics Carnival

WOW, WOW, WOW!!!! What a fantastic day our annual athletics carnival was, the weather really put on a show for us. After many months of preparation, the children ran, jumped, threw, chased, laughed and cheered. It was wonderful to look around and see the children of St Michael's all enjoying themselves. Events like this are not possible without the wonderful support of so many.

To all of the staff of St Michael's a big THANKYOU, especially to Mr Xuereb, Mrs Foxe and Mrs Easton who along with Mrs Budd and Mr Ng were there bright and early setting up the day. A special thank you to Mr Eato who was not only our starter for the day, but also arrived early to help set up.

To our parent helpers, Mrs Gardoll, Mrs Rubbo, Mrs Sultana, Mrs Norman, Mrs Williams, Mr Tabone, Mrs Estil, Mr DeVos, Mrs Moore we say thank you. All of the St Michael's community are very grateful for your contribution on the day.

Thank you to the Patrician Brothers students, we are so lucky to be able to call on such wonderful young men to assist us with the running of our carnival. Thank you to Mr Borg, who is very supportive of our school.

To the students, we say thank you for your enthusiasm, good sportsmanship and superb behaviour on the day. Your efforts resulted in the fantastic day had by ALL!



Stage 3 Girls Soccer

Last Thursday a group of girls represented St Michael's at the Stage 3 Soccer Gala Day in Penrith. What a thoroughly enjoyable day we all had, the sun was shining, the girls were smiling and they showed some great skills throughout the day. The girls experienced a variety of results with wins, losses and draws. Regardless of the results, the girls showed great respect towards their opponents and referees and proudly represented St Michael's. Well done girls!



Cross Country Representatives

St Michael's has 3 runners representing at the upcoming NSWCPSS Cross Country at Eastern Creek on Friday 16th June. We wish Antoni Arshillo, Zachary Smith and Aiden Galea the best of luck. The whole St Michael's community will be cheering for you.



Boys Stage 3 Soccer—Thursday 8th June 2017

These teams have been finalised and all boys have received notes. Please ensure both the permission note and code of conduct is signed and returned to school ASAP. The boys are training during lunchtime at school to prepare for this gala day. We wish both teams GOOD LUCK!



Boys and Girls Stage 2 Soccer—

Thursday 29th June, Jamison Park, Penrith

Trials for both the boys and girls stage 2 soccer teams will be held at school next week (week 7). Please note it is parent's responsibility to get your child to and from the venue. The day starts at approximately 8.15am and concludes around 2.30pm. Please discuss with your child if you would like them to trial for these teams.



Lost Property

Every week after PE lessons we are picking up and returning items of clothing to students. We are still collecting items with NO NAMES on them. This makes it very hard for us to return them to their owners. Please check and label all items of clothing as this makes it easier to find its way home.



Yours in Sport

Mrs Cristy Budd /Mr Joe Ng

PE TEACHERS



P&F



Parents & Friends Association

Facebook: St Michael's Blacktown South P&F **Email:** stmichaelspandf@gmail.com

Kristen Mobile: 0409 952 852

Leanne Mobile: 0413 546 062

Calendar of Events

2017

August

31st – Father's Day Stall

October

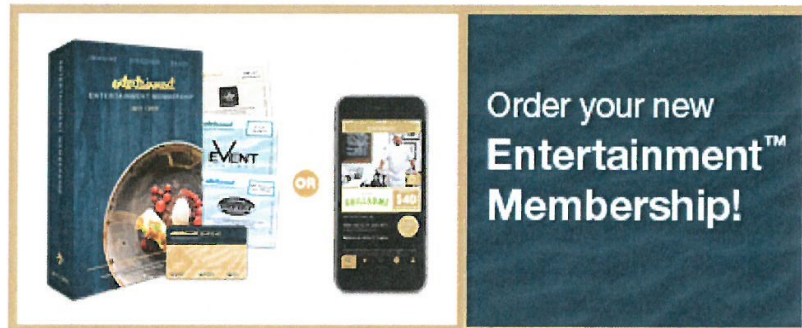
15th – Shopping Bus Trip

22nd – Bunnings BBQ & Cake Stall



Change of Date.....Father's Day Stall

For those who may have already put the Father's Day stall in their calendar, there has been a date change for this and it will now be on **Thursday 31st August, 2017**. Don't forget to update your calendar ☺



Help us raise some funds for the school by buying an Entertainment Membership from us. You'll receive hundreds of valuable offers for everything you love to do, and help our fundraising at the same time!

Cost: \$65 (for Sydney Greater West 2017/2018)

Purchase Digital (for your Apple or Android device) or Book:

[Click here](https://www.entertainmentbook.com.au/orderbooks/2159v74) or visit: <https://www.entertainmentbook.com.au/orderbooks/2159v74>

If you purchase the Book: See Kris at Kiss & Drop or call her direct on the mobile number at the top of the page to organise.

Not sure which one? [Click here](https://www.entertainmentbook.com.au/about/Choose-your-Membership) or visit:

<https://www.entertainmentbook.com.au/about/Choose-your-Membership>

PRC

Parents

Representative

Council - Web:

<http://www.prc.catholic.edu.au/home>

School Representative:

Michelle Williams



We are very excited to announce that we have booked a Shopping Tour for **Sunday 15th October, 2017** which is just in time to start organising yourself for Christmas.

Save the Date (15th October, 2017) and a separate flyer will be sent home in the coming weeks with all the details.

Don't forget to start asking your Family & Friends ☺



15-23 June
2017
SHOWCASE

Showcasing the talents
of our music, dance
and drama students.

VENUE: NAGLE COLLEGE 58A Orwell Street Blacktown Sth

tickets on sale now

Enquiries: 9840 5649 captivate@parra.catholic.edu.au
 @CaptivateParra CaptivateParra

Tickets \$15 (adult) \$10 (concession) Family (\$40)
 Showcase Season Pass available

CAPTIVATE
the spirit of expression
www.captivate.catholic.edu.au


 Catholic Education
 Diocese of Parramatta

The Music Bus Free Trial Lesson



For a limited time, we're offering
new students a free trial lesson
– just to give it a go*.

Tuition in Keyboard, Ukulele,
Singing, Drums, Guitar and
Rock Band.

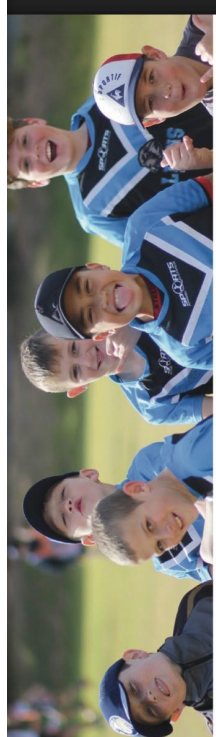
Only \$16 per week (Drums \$18)

BOOK
your child's
Free Trial
Lesson
NOW!

phone 1300 168 742
Limited space available.

www.themusicbus.com.au

*Offer available until end of term. To new students only. 1 free trial per student.



Lions League Winter Camp

Where: Patrician Brothers College,
Blacktown

When: 9am-3pm, 4th-5th July 2017

Ages: 6-13

Registration www.lionsleague.com.au

f facebook.com/lionsleague15 **@lionsleague**
info@lionsleague.com.au