



UPCOMING EVENTS:

SEPTEMBER

Wed 7th	Choir and Orchestra visit to St Hedwig's Nursing Home 9.45am-12.30pm
Fri 9th	Year 3 excursion to Lessons Afloat  Maths Olympiad
Sun 11th	SPRING FAIR
Fri 16th	Stage 2 Touch Gala Day
Fri 23rd	St Michael's Day Mass—9.30am  Parent Morning Tea, Creative Arts Presentations  Snack Pack Lunch  TERM 3 CONCLUDES

OCTOBER

Mon 10th	TERM 4 COMMENCES
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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  
Fax: 9622 6902

Website:

stmichaelsblacktown.catholic.edu.au

Email:

stmichaelsblkn@parra.catholic.edu.au

# St Michael's Primary School

## Blacktown South

### NEWSLETTER

2016 - ISSUE 14

6th September 2016

### From the Principal

Dear Parents and Friends,

Over the weekend, Pope Francis made Mother Teresa a saint. She was a woman of great compassion who served the poor and held a similar vision to Pope Francis in ensuring "a poor church for the poor."

Her vision was shared by Nano Nagle, who lived out the mission of the Church, by reaching out to those in need. As we celebrate our new saint let us share her many messages of love to our children.

Quote

“Spread **Love** everywhere you go. **Let** no one ever come to **you** without leaving **happier**.”

- Mother Teresa



This Sunday we will celebrate together as a community and enjoy the many events of the Spring Fair. It will be a wonderful day of rides, food, stalls, entertainment and prizes. We hope you, your friends and family can join us for the day.

Mr Laffan and I have mentioned many times that to ensure the safety of all of our children it is important that all visitors sign in at the school office. In the mornings, it is Kiss and Drop and then we kindly ask that you exit via the school gates. In the afternoon, please wait outside the gates and our staff will bring all children to the dismissal areas safely. I appreciate your support in following this.



Please respect our neighbours in surrounding streets by not parking over driveways and obeying the street signs. Please do not park in St Hedwig's property. We are all on team St Michael's so it is important that we are following the rules and respecting others.

Looking forward to seeing you at the Spring Fair!

Blessings to you and your families.

Katherine McKay  
ACTING PRINCIPAL

## ROYAL COMMISSION INTO INSTITUTIONAL RESPONSES TO CHILD SEXUAL ABUSE

The Diocese of Parramatta is required to appear before the Royal Commission into Institutional Responses to Child Sexual Abuse, Case Study 44. This public hearing is expected to begin on Monday 12 September 2016. For more information please refer to the Royal Commission web-site [www.childabuseroyalcommission.gov.au/public-hearings/case-studies](http://www.childabuseroyalcommission.gov.au/public-hearings/case-studies)

**For anyone needing information and support please contact the Diocese of Parramatta information line on (02) 8838 3470.** Operational from 03/09/2016 until 07/10/2016, Mon to Fri 7am-10pm, Sat and Sun 9am-5pm.

The Child Protection Information Line 1300 661 015 is available for families who would like more information about protocols or support services in Catholic schools run by the Diocese of Parramatta. Concerns or allegations about any criminal offence should be reported to NSW Police on 131 444. The Diocese of Parramatta is committed to continuously reviewing and improving its child protection policies and procedures. For more information please visit [www.safeguarding.org.au](http://www.safeguarding.org.au)

## From the Acting Assistant Principal

Dear Parents and Friends,

Last week at St Michael's we celebrated National Literacy and Numeracy Week. The week was a fantastic celebration of our commitment and passion towards developing our students to be highly effective readers and writers and mathematical thinkers and problem solvers. The opportunity to visit our classroom spaces during the week showcased



how at St Michael's innovative and highly competent instruction of literacy and numeracy is taking place on a daily basis. At St Michael's we strive to implement the most current instructional practices in both literacy and numeracy to ensure the best outcomes for students. National Literacy and Numeracy Week served as a reminder of the importance of literacy and numeracy to student future learning, life participation and work opportunities. So how can we continue to work in partnership to develop our young children's skills in literacy and numeracy?

## You can make a difference

Parents and carers can have a big impact on their children's education. By providing learning opportunities and support at home you can help encourage literacy and numeracy learning from an early age right through to high school.

### Top Literacy and Numeracy Tips for Parents

#### Early Years (EY) & Primary (P)

##### Literacy

- (EY) Try to make reading time a happy part of your daily routine – just 10 minutes a day can make a big difference. Check out Learning Potential for tips and ideas on reading to your child.
- (P) Try to spend at least 10 minutes a day reading with your child, it will make a difference to how well they do at school. Listen to them reading and keep reading aloud together even when they are able to read for themselves to improve their fluency and vocabulary.
- (EY) Have a range of children's books available around the home and within reach for your child to choose at any time.
- (P) Visit your local library and let your child choose books they like. Borrow books and audio books you can read and listen to together.



- (EY) Telling stories, nursery rhymes and singing songs are a great way to improve your little one's vocabulary, memory and rhythm for reading.

**Numeracy**

- (EY) Talk about numbers and count things with your child every day.
- (P) Help your child see how you use maths in everyday life. For example, explore how you use fractions in cooking; percentages while shopping; distance in driving; keeping score in sports games and telling the time.
- (EY) Cooking with your child is great for developing early maths skills. Talk to your child about shapes, sizes and quantities while they watch or help you cook. For example, *'I need one large carrot and one small potato' or 'I am cutting our sandwiches in triangles today.'*
- (P) Maths is a learned skill that improves with practise. Encourage your child to use what they already know to help them solve investigations and problems they find challenging. Talk positively about maths and encourage your child to practise as much as possible as part of a regular routine.



Check out the government's new Learning Portal App for further support at [www.learningpotential.gov.au](http://www.learningpotential.gov.au). The Learning Potential App is packed with helpful tips and inspiring ways you can be more involved in your child's learning.

**Attending school everyday is important!**



**MOST STUDENTS ATTEND SCHOOL EVERY DAY**

It's important that children are at school all day, every day



Ok reasons to stay home from school



It's NOT OK to skip school to shop, sleep in, finish an assignment, go on holidays

**EVERY DAY AT SCHOOL COUNTS**

Missing even 1 day can make a difference



Each day's learning builds on what has been learnt before



Good attendance starts in Kindergarten It's where good habits begin



**ATTEND ALL DAY, EVERY DAY**



**WHAT PARENTS CAN DO**

- Get involved in your child's school
- Promote the importance of school
- Get to know the teacher
- Go to school events
- Read the school newsletter
- Be organised at home
- Supervise homework
- Ask about your child's day
- Volunteer to help at school

## Returning Absentee Notes Reminder

If your child is absent due to illness please ensure you provide written details relating to their absence on the day of their return to school—you can also send an **ABSENTEE NOTE** via your phone, tablet or computer! **HAVE YOU DOWNLOADED THE SKOOLBAG APP**



### How To Install Skoolbag On Your Smartphone

#### For iPhone and iPad users:

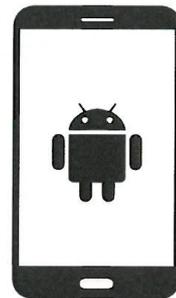
1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



#### For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

#### For Windows 8.1 Phone and Windows 8.1 or 10 device users:

1. Go to the Windows Store on your 8.1 Windows Phone or Windows 8.1/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 8.1 version Windows Phones, or Windows 8.1 and 10 devices.



Find out more at [www.skoolbag.com.au](http://www.skoolbag.com.au)

Don't forget to like us on Facebook!

Thank you for your cooperation in this process.

God Bless

Mr Coley White

**ACTING ASSISTANT PRINCIPAL**

## RE News

Next Sunday we will hear about the three parables that appear in Luke 15 and are unique to the gospel of Luke – none of the other gospels use these parables. They are the parable of the Lost Coin, Lost Sheep and Lost Son. They are used by the gospel writer to further highlight a theme that runs throughout this gospel: the release and acceptance of those who are oppressed and afflicted. More than any other gospel, this one portrays Jesus as having a special care and compassion for those who have been rejected by society.

- ◇ **Who are the 'Lost' we see each day?**
- ◇ **How can we help them be 'Found'?**
- ◇ **Do we try to help the 'Lost'?**

This week we pray for the children and their families who are receiving the Sacrament of Confirmation. We pray that they will know the gifts of the Holy Spirit in their lives.



## MARY, QUEEN OF THE FAMILY PARISH, BLACKTOWN

*Our Parish Mission Statement*

*Mary, Queen of the Family Parish is a welcoming, diverse, multicultural, Catholic community.  
We seek: to live, teach and share the joy of the Gospel;  
to grow as disciples of Jesus through prayer, witness and action  
and to respond to the needs of the family in the Blacktown community and beyond.*

***We acknowledge the Darug people, the traditional custodians on whose land we worship.***

**It is great to have you here in the MQOF parish community!**

### MASS TIMES

#### Weekday Masses

**St Michael's**  
58 Orwell St, Blacktown South  
9622 1125

Mass 8:00am Mon, & Fri & 7.30pm Wed  
Communion Service 8.00am Tues & Thurs

**St Patrick's**  
51-59 Allawah St, Blacktown  
9622 1125

Mass 9.00am Tues & Thurs & Sat  
Communion Service 9.00am Mon, Wed, Fri  
First Friday 7.30pm St Patrick's

#### Sunday Masses

5.30pm Saturday Vigil (St Patrick's)  
7.00am Sunday (St Patrick's)  
8.00am Sunday (St Michael's)  
9.30am Sunday (St Michael's)  
10.00am Sunday (St Patrick's)  
11.30 am 4th Sunday - Filipino Mass  
(St Michael's)  
2:00pm Sunday - Sudanese Mass (St  
Patrick's)  
5.30pm Sunday (St Patrick's)  
6.00pm Sunday (St Michael's)

#### Sacrament of Reconciliation:

Wednesday 7.00pm - 7.25pm  
(St Michael's)  
Saturday 9.30am - 10.25am (St Patrick's)

#### Anointing of the Sick

First Saturday during 9.00am Mass  
(St Patrick's)  
or by appointment contact Parish Office

#### HOLY HOUR:

6.30pm - 7.30pm Wednesday @ St Michael's  
6.30pm - 7.30pm First Friday @ St Patrick's

#### Baptisms, Marriages, Funerals

by appointment.  
Please contact office for details

RSVP  
TODAY

## PARISH PILGRIMAGE

### MARY QUEEN OF THE FAMILY

### MERCY WALK

Join together as a parish community to walk from St Michael's Church to St Patrick's finishing at the Polish War Memorial Chapel in Marayong. There we will walk through the Holy Doors as designated by the Parramatta Diocese. Join us on the walk, or meet at the Polish War Memorial Church at 12.30pm for Mass and BBQ.

**WHEN:**  
**24TH SEPTEMBER 2016**  
**START AT 8.30AM**

**WHERE:**  
**MEET AT ST MICHAEL'S CHURCH**  
**58 ORWELL ST**  
**SOUTH BLACKTOWN**

COLLECT  
AN INFO SHEET  
FROM A  
TEAM MERCY REP  
OR THE CHURCH  
FOYERS

#### WHY ARE WE HAVING A PARISH PILGRIMAGE?

People have always gone on pilgrimage for many reasons – perhaps to say sorry to God, or to pray for someone who is ill, or the pilgrims themselves might be looking for an answer to a particular question. It could be even to say thank you to God or as an expression of gratitude. But this year the Church has a special reason to encourage pilgrimage, along with our own personal intentions. This year, is the Extraordinary Jubilee of Mercy. During a Jubilee Year in The Catholic Church, Holy Doors throughout the world are opened. All members of the faithful have the opportunity to make a pilgrimage to their local Holy Door, for us in Blacktown, it is the Polish Shrine to Our Lady of Czestochowa in Marayong. This pilgrimage will be about all of us here at Mary Queen of the Family, walking with God and each other to welcome God's mercy, compassion and love into our lives.

#### HOW CAN I REGISTER?

If you would like to register for the pilgrimage, please write your name on the sign-up sheets in the church foyers as well as the number of people that will be walking with you. Or see a Team Mercy Rep who will be at some of the parish Masses over the weekend. Or you can call the Parish Office on 9622 1125 or email [admin@mqofblacktown.org.au](mailto:admin@mqofblacktown.org.au)

***In this Year of Mercy, and always,  
Mary, Queen of the Family: Pray for us!***

Mrs Anne Easton  
**RELIGIOUS EDUCATION COORDINATOR**

## Uniform Shop

Term 4 is

**SUMMER UNIFORM TIME (from Monday 10 October 2016)**

**Beat the rush & start thinking about your uniform needs**

**Normal trading hours:**

Wednesday 8:15am – 11:00 am

Orders can also be placed through the office

**We are also open in the school holidays:**

**Wednesday 5 October 2016**

**8:30 am – 12:30 pm**

For any queries please phone:

(02) 9622 9910

## From The Office

**URGENT**—all parents who currently have children at St Michael's that have siblings wishing to attend next year please make application as soon as possible as places are filling fast and only limited vacancies.

Also if you have friends or family wishing to apply please ask them to make contact with the school now.

**DAY**

**AUTO PLACE X PETER BROCK DR, PROSPECT**

**TUESDAY 4TH OCTOBER 2016**

**10AM - 2PM**

Come along during the school holidays and ride in a safe environment with real traffic lights.

- Bring your own bike and helmet
- Face Painting (gold coin donation)
- Parking is on site and free
- Bring a picnic
- Sausage sizzle and drinks
- Adult Supervision required

**Gates will not open until 10:00am**

**Blacktown City Council**

**OPEN**

## BUILDING CHILD SAFE COMMUNITIES - FOR ALL VOLUNTEERS

If you wish to volunteer as a helper (eg. canteen, classroom, excursion, sporting events etc.) at St Michael's Primary School, Blacktown South there are new online forms that we ask you to complete. It is now a two step process. Please use the link below to complete the forms and we appreciate and thank you for your continued support and help at St Michael's.

<http://childprotection.parra.catholic.edu.au/volunteers>

**BUILDING CHILD SAFE COMMUNITIES**

OVERVIEW EMPLOYMENT VOLUNTEERS CONTRACTORS

**Volunteers**

Thank you for your interest in volunteering. The opportunities provided to students are greatly enhanced by the contribution of volunteers.

**Step 1: Complete 'Building Child Safe Communities - Undertaking for Volunteers' Form**

You will need to complete a Volunteers Form for each location that you volunteer. A notification of your successful completion of the form will be sent via e-mail to the volunteering location and also to your email address.

[VOLUNTEER FORM](#) [PRIVACY STATEMENT](#)

**Step 2: Complete the online training module**

It is a system requirement that the online training module be completed by all volunteers commencing at any of our locations and the training needs to be completed every second year.

- Open the module by clicking the **Start** link below.
- Read through the presentation.
- Complete and submit quiz questions (this will take approximately 10 minutes).

[TRAINING MODULE](#) [PRIVACY STATEMENT](#)

**CONTACT US**

For child protection matters contact:  
John Horan  
p 8407 7006

For Risk of Significant Harm issues contact:  
Kate Munro  
p 8407 7006

For Working With Children Background Checks contact:  
Kasia Pufukin  
p 8407 5674

Confidential fax:  
1 9942 8622

[Send us an email](#)

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## Congratulations

CONGRATULATIONS to the students who received an **OUTSTANDING ACHIEVEMENT AWARD** at our Whole School Assembly:

### KW

Sienna Cataldo  
Alan Castelino

### KR

Tianah Xerri  
Maurice Smith

### KH

Madison Rendon  
Adhiraaj Shrestha

### KP

Elizabeth Toole  
Abram Shenouda

### 1J

Meya Kinnane-Pearce  
Ashray Puri

### 1G

Bella Chand  
Darcy Said

### 1S

Bhavrit Sidhu  
Sharon Piya

### 1C

Aiden O'Connor  
Jasmine Vella

### 2S

Jordan Elia  
Josephine Dear

### 2M

Levi Waters  
Samantha Macrohon

### 2C

Venkata Ravi  
Lucy Perry

### 2L

Breanna De Souza  
Simon Lattouf

### 3R

Ethan Ahmed  
Georgia Langshaw

### 3T

Jazelle Vella  
Vaneet Brar

### 3B

Isabella Ciccone  
Samathan Capati

### 3S

Joy Malak  
Mackenzie Lillia

### 4E

Luke Fletcher  
Abigale Montoya

### 4M

Lauren Esangga  
Jayden Santos

### 4X

Zviko Nyamutswa  
Donna Dimmy

### 4S

Eklavya Saini  
Natasha Luiz

### 5A

Zac Smith  
Angelize Estil

### 5B

Nikshay Nand  
Ella Suarez

### 5C

Riley Deluca  
Fredritz Brillo

### 5S

Mandera Elias  
Joachim Tabone

**6W**

Ava Roach  
Matthias Barrett

**6P**

Olivia Sultana  
Liam Cruz

**6E**

Angelena Haddad  
Marina Simic

**6C**

Nathaniel Darmali  
Brendan Fares

## Premier's Reading Challenge

CONGRATULATIONS to the following children who have completed the Premier's Reading Challenge.

Sebastian Cortez <b>KH</b>	Sophie Konnecke <b>KH</b>	Nathan Saws <b>KR</b>	Flyn O'Neill <b>1C</b>
Benjamin Furiscal <b>KH</b>	Jeeran Rajeevan <b>KH</b>	Xayne Casipit <b>KR</b>	Sally Mangala <b>1C</b>
Nicholas Ciccone <b>KH</b>	Lauren Renouf <b>KH</b>	Lucian Nyamutswa <b>KR</b>	Rey Pila <b>1C</b>
Ashleen Kaur <b>KH</b>	Heath Warren <b>KH</b>	Surkhaab Sharma <b>KR</b>	Meera Chand <b>1C</b>
Brendan Myint <b>KH</b>	Claire De Vos <b>KH</b>	Angela Mickael <b>KW</b>	Cooper Debono <b>1S</b>
	Abram Shenouda <b>KP</b>	Nicholas Serra <b>KW</b>	Max Taborsky <b>1J</b>
			Joshua San Luis <b>1J</b>
			Emily McCann <b>1J</b>
Francesco Tabone <b>2C</b>	Neha Lal <b>2S</b>	Keira Santa Maria <b>2S</b>	Alyssa Reichel <b>3S</b>
Rhythm Pandya <b>2C</b>	Nicole Hathi <b>2S</b>	Samantha Macrohon <b>2M</b>	Joy Malak <b>3S</b>
Analise Mafi <b>2S</b>	Timothy De Vos <b>2S</b>	Rafael Vidovic <b>3S</b>	Athalie Nepomuceno <b>3S</b>
Charlise Warren <b>2L</b>	Jared Ragasajo <b>2S</b>	George Basili <b>3S</b>	Rubal Sraw <b>3S</b>
			Mackenzie Lillia <b>3S</b>
Sahej Singh <b>3R</b>	Joanna Fernando <b>4S</b>	Aiden Galea <b>5B</b>	Shannon Gibbins <b>6W</b>
Owais Mohammed <b>3R</b>	Esha Varma <b>4S</b>	Fredritz Brillo <b>5C</b>	Sahib Singh <b>6C</b>
Gabrielle Behrens <b>3T</b>	Dante Carbone <b>4S</b>	Aimee Gatt <b>5A</b>	
Bethany Xiberras <b>3T</b>	Michael Kositse <b>4S</b>	Nikshay Nand <b>5B</b>	
Arnav Puri <b>3T</b>	Natasha Luiz <b>4S</b>		
Samara Serra <b>3T</b>	Zviko Nyajmutswa <b>4X</b>		
Isabella Ciccone <b>3B</b>	Jenille Calingao <b>4M</b>		
Alyssa Reichel <b>3S</b>			
Alexia Francis <b>3S</b>			

### The NSW Premier's Reading Challenge has now closed for 2016.

Books you read after the Challenge closes can count towards next year's Challenge.

All students that have completed the Premier's Reading Challenge and have entered all books online, will receive a certificate in November.

Miss Rodriguez and Miss Galea





## ST. MICHAEL'S SCHOOL *Parents & Friends Association*

*Parents and parish members working together to  
develop a stronger community within our school*

### **P&F News.....**

**P&F Meeting-** Our meeting was held on Wednesday 24<sup>th</sup> August. It was wonderful to hear of the proposed plans for the infants play area and what our funding can be used for. We discussed our commitment to building on our community spirit and this has been seen in the support of so many families who have been volunteering at some of our ventures up until now. We thank all of the parents who took the time to attend on that very rainy night. It's great to see some familiar as well as new faces at the table.

**Father's Day Stall:** It goes without saying that our Father's Day stall was another success. This would not have been the case without the wonderful support of our volunteers. We would like to show our appreciation to Mirella Sandro, Karen Estrada, Shane Tabone, Wendy Evans, Danielle Grills, Lucia Wormleaton, Sharon Borg, Cath Fury, Jo Stacks, Donna Dungeon, Leanne Dever. And of course a warm thank you to our organisers Maria Ridout and Kristen Gardoll, who without their hard work we would not have had a stall. We hope all dads had a wonderful day on Sunday.

**Spring Fair:** The fair is just days away and we have been very busy preparing all of the prizes for our famous Chocolate Wheel. A huge thank you to Karen Regner, Karen Estrada, Belinda Warren, Leanne Cash, Kristen Gardoll and Mary who came along and assisted Maria, Heidi and Jackie on the weekend to put these all together.

**White Elephant Stall:** We are still accepting second hand or new items for our White Elephant stall. You can drop these off in the kiss and drop during the week or on Saturday afternoon between 2pm and 4pm.

**Ride Bands:** All rides are confirmed and we are selling ride bands each day this week at the front and back of the school. \$25 each or \$30 on the day for unlimited rides. Rides are \$5 each. Please note: You will receive a receipt to exchange for the ride bands on the day. Please keep this receipt as proof of purchase. This will also be required for a refund in the event of rain on the day.

We look forward to seeing you all at the fair... Please make sure you tell your family and friends as we will have lots of stalls, food, entertainment, rides and more!

P&F Team

## Sports News

### Netball

On Tuesday of week 6 St Michael's had 7 netball teams participate in the St Nicholas Netball Gala Day in Penrith. We would like to thank our parents/grandparents and teachers for their assistance on the day with the teams. Special thanks to Mrs Andrews, Mrs Carbone, Mrs Grills, Mrs Truscott, Mrs O'Callaghan, Miss Speed, Mrs Foxe and Mr Xuereb for all of your efforts on the day.



Lots of netball was played on the day and there were some very tired bodies at the end of the day. It was a mixture of results for most teams, which was a superb effort when you take into consideration the amount of children who actually play netball as their chosen sport. Our senior girls were winners of their pool, CONGRATULATIONS to you all a superb job on the day with Mrs Foxe at the helm. These girls were presented with their winners medals at last week's assembly.

### Athletics



On Friday of last week St Michael's had a huge representation of athletes at the Parramatta Diocesan Athletics Carnival in Blacktown. Our children were running, throwing and jumping throughout the day. All of the children should be extremely proud for the opportunity of representing Blacktown Zone at the Diocesan Carnival, this is a fantastic achievement. We have 3 athletes who gained selection into the Parramatta Diocesan Athletics team to compete at the Mackillop Athletics Trials on Monday 19<sup>th</sup> September at Homebush. Congratulations and best of luck to Gloria Kuri in the 8 years girls 100m, Owen Evans in the 11yrs boys Long Jump and Christina Neria in the Snr girls Discus.

### Touch Football Stage 2

Thank you to all of the children who trialled for these teams, we had approximately 50 boys try out which was a huge task to narrow down to the final 9 places. Congratulations to all of the boys and girls who were selected, all permission notes have been sent home with the children. All notes need to be returned to school ASAP, the children will be training at school during lunch time. Look forward to sharing our results in the next newsletter.



### Basketball Trials



With the Basketball gala day quite early in Term 4 ( week 3), we will be holding trials for the St Michael's basketball teams over the next few weeks. The children will be notified at school as to when those trials will be. Please speak with your child and if they are interested remind them to listen out for the basketball trial announcements.

### How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.



**We are constantly encouraging and reminding children to bring a drink bottle to PE lessons filled with water. This is important especially as we start to experience warmer weather in the coming months.**

Yours in Sport

**Mrs Cristy Budd/ Mr Jeff Phillips**

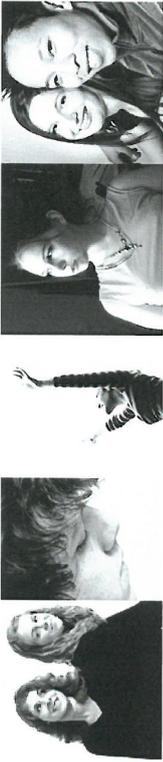


**Kinas Kindergarten**  
*a place to grow*

132 Reservoir Road  
 BLACKTOWN NSW 2148  
 Tel: 9831 6092  
 Email: [kinas.kindy@bigpond.com](mailto:kinas.kindy@bigpond.com)

- Ⓞ Open 50 weeks of the year. 8.00am to 4.00pm
- Ⓞ Caring and educating children from 2-6 years old.
- Ⓞ Child Care Benefit and Child Care Rebate are available, which is approved by Family Assistance Office. (13 61 50).
- Ⓞ Highly qualified educators, 4 currently studying their Bachelor of Education. All staff are Qualified.
- Ⓞ Outstanding School readiness Program, providing a high quality and affordable, developmental and educational child care services to our community.
- Ⓞ We operate with a strong focus on family values and we are designed to be a place where families can form friendships, gain support and advice from parenting experts.
- Ⓞ We encourage parents to participate in our programs, allowing them insight into their child's day to day activities.
- Ⓞ We aim to provide children in our care with a safe, happy, and healthy environment, which recognises the special needs and talents of individual children to ensure that all aspects of each child's developmental needs form the basis of our programs.
- Ⓞ Play activities planned by our educators allow children to naturally develop and have the opportunity to guide their own learning.

You are welcome to come and visit anytime to have a look at our centre, no appointment needed. Come in to see how we can work together to ensure your child is set up for achievement, see how we provide them with a head start to a positive and successful life.



## ENGAGING ADOLESCENTS™ PARENT COURSE

*Parenting skills for resolving teenage behaviour problems*

A three-session program for parents and carers  
 at St Agnes Catholic High School, Rooty Hill

on Tuesday evenings of 25<sup>th</sup> October, 1<sup>st</sup> November & 8<sup>th</sup> November 2016  
 from 6pm – 8pm.

**Learn:**

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

**Registration**

The course costs \$10 per parent/couple/carer(s) to cover the cost of the parent workbook (only one required per family). This workbook will be available for purchase on the night.

Register for this course by contacting St Agnes school office on 8882 0700

**What parents have said...**

*A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.*

*A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case*

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)

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**SPRING CAMP 2016**  
 Wednesday October 5th  
 Thursday October 6th  
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