



## 2022 - Celebrating 60 years of Catholic Education in Blacktown

### Parent Newsletter Term 1 Week 8 2022

We acknowledge the Darug people, the traditional custodians whose land we educate our students.

Dear Parents, Carers, Students and Friends,

Only four weeks to go of Term 1. This year has flown even with all its trials and tribulations including COVID outbreaks, rain, flooding, mould, mosquitos and frustrated children who have had to learn and play in classrooms. The back playground is still waterlogged. However, hopefully this week we can get the grass cut so it can dry out.



Another box of five Rapid Antigen Tests for each student was sent home on Friday. After hearing the latest news this may not be the last delivery of RATs as NSW Health are expecting a big surge of COVID and flu cases during March and April and are asking for the reinstatement of masks and restrictions. At St. Michael's we are still getting spikes of cases each day across all grades. With this in mind I have decided to continue with COVID restriction across the school until the end of this term. We are hoping that in the last week of school (Week 11) this can be eased so we can invite parents and carers to attend our Holy Week ceremonies and Easter Raffle draw. I wish to thank all parents and carers for their ongoing support and kind and encouraging words through this difficult time.

This week we will be sending out Easter raffle tickets. On the last day of Term 1 there will be a huge draw for Easter prizes. Last year we distributed 136 prizes. I wish to acknowledge Mrs Megan de Vos who has been instrumental in organising the prizes and tickets.

This Friday is the **National Day of Action against Bullying and Violence**. Towards the end of this newsletter I have included some terms of what a rude person is, what a mean person is and what a bully is. Please read over this information with your child to help understand the difference and what to do if they are bullied.

Congratulations to Mrs Jemima Macaulay (our Kindergarten teacher) and her husband Lachlan on the birth of their first child - a beautiful daughter - Jocelyn Edith Rae on 9th March, weighing in at 4.05kg. Mother, father and baby, doing well.



God Bless,

*Sue Veling*

Mrs Sue Veling  
Principal

DIARY DATES
<b>Monday 14<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 5 Day 1</li> <li>Easter Raffle tickets distributed</li> </ul>
<b>Tuesday 15<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 5 Day 2</li> <li>Yr 1 Excursion to Sydney Zoo</li> <li>Parent Newsletter published</li> </ul>
<b>Wednesday 16<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 5 Day 3</li> <li>Yr 2 Excursion to Sydney Zoo</li> </ul>
<b>Thursday 17<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 5 Day 4</li> <li><b>St Patrick's Day</b></li> </ul>
<b>Friday 18<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 5 Day 5</li> <li><b>National Day of Action against Bullying and Violence</b></li> <li>Police Liaison Office – Yr 6 presentation on Cybersafety</li> </ul>
<b>Saturday 19<sup>th</sup> March</b>
<b>St Joseph's Feast Day</b>
<b>Sunday 20<sup>th</sup> March</b>
<b>3rd Sunday of Lent</b>
<b>Monday 21<sup>st</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 6 Day 1</li> <li><b>HARMONY DAY</b></li> </ul>
<b>Tuesday 22<sup>nd</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 6 Day 2</li> <li>NSWCPS Swimming Championships</li> </ul>
<b>Wednesday 23<sup>rd</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 6 Day 3</li> <li>Year 5 NAPLAN practice Test</li> </ul>
<b>Thursday 24<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 6 Day 4</li> <li>Year 3 NAPLAN practice Test</li> </ul>
<b>Friday 25<sup>th</sup> March</b>
<ul style="list-style-type: none"> <li>Swimming Yr 6 Day 5</li> <li>Police Liaison Office – Yr 5 presentation on Cybersafety</li> </ul>
<b>Friday 1<sup>st</sup> April</b>
<ul style="list-style-type: none"> <li>Pupil Free Day (Staff Professional Development)</li> </ul>
<b>Monday 4<sup>th</sup> - Friday 8<sup>th</sup> April</b>
<ul style="list-style-type: none"> <li>Holy Week Ceremonies</li> </ul>
<b>Friday 8<sup>th</sup> April</b>
<ul style="list-style-type: none"> <li>Last day Term 1</li> <li>Easter Raffle draw</li> </ul>

## ST. MICHAEL'S SCHOOL MISSION STATEMENT

***St. Michael's is a Catholic community in which children, teachers and parents nurture a sense of personal worth as they work together in a safe, happy, challenging and faith-centred learning environment.***

## FROM THE ASSISTANT PRINCIPAL

Dear Parents & Carers,

### **Harmony Day 2022**

Harmony Day is celebrated around Australia on 21st March each year. Harmony Day is a celebration of our cultural diversity. The key message of Harmony Day is Everyone Belongs. It's about community participation, inclusiveness, respect and a sense of belonging for everyone. The theme in 2022 is 'Celebrating Harmony'.

On Monday 21<sup>st</sup> March, St Michael's will celebrate Harmony Day. Throughout the day, students will be involved in activities linked to the key messages of *Everyone Belongs* and *Celebrating Harmony*.

Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. On the day, we encourage students to either **wear something orange** or something that represents their culture such as a national costume or hat.



### **NAPLAN**

During Week 9, students in Years 3 and 5 will be involved in practice Naplan tests. Each practice test goes for approximately 40 mins.

- Wednesday 23rd March - Year 5 will do an omnibus test.
- Thursday 24th March - Year 3 will do an omnibus test and Year 5 will do a practice writing test.

*An omnibus test contains questions for reading, conventions of language and numeracy.*

No results will be recorded from these practice tests for any student. All schools are testing the online platform to make sure devices can access the wi-fi successfully when multiple students are completing the test.

All Year 3 & Year 5 students will require headphones for the practice tests. Most students at St. Michael's already have these. Please make sure your child has working headphones. These cannot be the earbud type but must cover the ear.



The official NAPLAN testing period for Years 3 & 5 is scheduled between Tuesday May 10th and Friday 20th May.

Miss Rebecca Teulan

Assistant Principal

## RELIGIOUS EDUCATION NEWS

### **PRAYING FOR ...**

We pray for the following students and their families as they begin their preparation to receive the Sacrament of Reconciliation - **Berne Andre Almojuela, Dylan and Christian Babela, Gian Evangelista, Braxton Fernandez, Adrienne Francisco, Jasmin Gaeta, Harper Gillett, Joel Gordon, Anastasia Grills, Anika Hathi, Daniel Jemison, Aaron and Gracia Leke, Maks Markovic, Gianluca Novella, Liam O'Connor, Evan O'Keefe McWhinnie, Emmanuel Pais, Charlize Pickering, Shaniah Rana, Samantha Ridout, Riley Sant, Laurena Stribl, Luca Totaro and Amelia Ventrice.**

We ask God to support and guide them on this journey as wrong in their lives and to experience God's healing

they learn to say sorry for the through forgiveness.



## CARITAS PROJECT COMPASSION

**Caritas AUSTRALIA** **Second Week of Lent** | (Week beginning Monday 14<sup>th</sup> March)

This week through Project Compassion we learn about **Biju** who lives in a rural village in India's east. He lost mobility in one of his legs, after contracting polio as a child. **Biju** worked as a shepherd, looking after other people's cattle, to support his wife and four daughters. Keeping up with the cattle was a challenge.

**Biju** taught himself how to repair bicycles by watching other people, but he never dreamed of using those skills to start his own business. With your generous support, **Biju** was able to access an entrepreneurship and livelihoods training program, run by Caritas Australia's partner, Caritas India. He gained the support and skills he needed to start his own bicycle repair business. Now, **Biju** earns enough money to support his family.

Watch a short film about **Biju's** story [here](https://www.youtube.com/watch?v=...).

Please support Project Compassion: [lent.caritas.org.au](https://lent.caritas.org.au)



Photo: Sameer Bara/Caritas Australia

## SACRAMENTAL PROCESS 2022



The sacramental program dates and online registration forms for 2022 are available on our parish website

<https://mqofblacktown.org.au/sacraments/>

If you have any further questions, please do not hesitate to contact our sacramental coordinator on the details below:

Gerald "Ged" Oblea  
Sacramental Coordinator –  
Mary Queen of the Family Parish Blacktown.  
Email: [sacraments@mqofblacktown.org.au](mailto:sacraments@mqofblacktown.org.au)  
Ph: 02 9622 1125 – option 4 Mobile: 0422 724 008

### Sacramental process registration closure dates:

Reconciliation process for Year 4 - 6: 20th February 2022.  
Reconciliation process for Year 3 - 6: 18th September 2022.  
First Eucharist Process: 2nd May 2022.  
Confirmation Process: 26th June 2022.  
High School Process: 3rd April 2022.



## A NANO THOUGHT.....



*Love One Another*  
**Mrs Anne Easton**  
*Religious Education Coordinator*



## CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO RECEIVED A LEARNING AWARD IN TERM 1 WEEKS 6 & 7.

**Kindergarten** – Maya Pokharel, Jordan Napier, Reeti Desai, Jordan O'Rourke, Jasmine Mansour, Jayda Tjhia, Vaughan Whitmore, Ava Young, Ellie Young, Donnal Kuanza, Nyok Deyb, Sami Drake, Noah Patel, Mylo Rendon, Clara Reynolds, Alexis Christie.

**Year 1 & Year 2** – Anthony Cassar, Daniella Rafalo, Sina Alizadeh, Sarina Basford, Amaanat Bhangu, Sarina Gulati, Aria Roberts, Richard Almoujela, Davina O'Regan, Noah Lehrer, Amelia Latimore, Antonia Agresta, Kate Nilon, Auriana Novella, Tanay Sanan, Elijah Todd, Mason Grima, Zavion Clews, Lynn Jbara, Elizabeth Bachak, Dev Raj, Ayesha Zaman, Keert Kaur, Jake Dizon-Esguerra, Lincoln Polley, Joseph Grima, Thomas Lemura, Bruce Hayton, Yagyata Arora, Alexander Gock, Aren Gok, Jaxon Michalski.

**Year 3 & Year 4** – Kiaan Arora, Seth Macic, Ranveer Hothi, Jacey Ragasajo, Christopher Makdesi, Harry Bajada, Gracie Nelson, Kyra Arora, Jett Boland, Georgine Matocinos, Jordan Saliba, Elissa Layouts, Enje Sulaiman, Matthew de Vos, Kristen Feata, Monika Dinjar, Maria DeDios, Mikaela Fenech, Christian Babela, Elena Amper, Vivaan Aggarwal, Madeleine Chakti, Joel Gordon, Jayden Hayward, Adrienne Francisco, Braxton Fernandez, Demira Parashar, Jayden Dizon-Esguerra, Aavni Nand, Dylan Babela, Christian Moore, Zara Jamal.

### **Year 5 & Year 6** –

Ayak Mayen, Karlo Mangala, Patrick Makary, Xavier Wong, Gian Evangelista, Bryson Debono, Elaia Minas, Jamall Knight, Elijah Dayher, Harkeerat Singh, Jaiden Michalski, Insia Hasnain, Vevina Anglo, Callum Dixon, Jhalak Dadhanian, Mavick Brar, Daniel Shein, Jasmin Kassab, Saleem Asfour, Aastha Patel, Nyalor Kor, Lachlan Cassar, Sophie Ackroyd, Husna Ali, Ava Gebrael, Ghaveek Mapper, Meghana Yarlagadda, Delinda Thompson, Hita Vaidya, Avneet Shergill, Prince Reec, Andrew Nogueiro.



# GRIP STUDENT LEADERSHIP CONFERENCE

On Monday 7th March I had the privilege of accompanying our school leaders to the annual GRIP Leadership Conference at the Homebush Olympic Park. Sophie Ackroyd, Joshua Ghattas and Mila Stribl (Mackenzie Kelly was absent) walked away feeling very resourceful and energized in their role as school leaders. Here are some of their reflections of the day.

**Mrs Julia Reaidi**

**Year 6 Coordinator**

Sophie:

**"A New Standard of Ideas**

Working with the grip leadership team was a great experience because it gave us new ideas towards problems that we face. We also got to interact with the other schools and we learnt what their ideas were. During the process we came up with the following ideas:

Getting higher fences and mowing the lower grass so Year six don't lose the school balls at the back oval. Fundraising for water refill taps via a bake sale and getting our environmental leaders to collect €10 refund bottles from classrooms seeing as we can't mix grades. GRIP was a great way to bring out our inner leader."

Josh

"Working with the GRIP leadership team was a great experience because it taught me how to raise the standard of teamwork. They showed us how you can work as a team well by listening to everyone's opinion/idea. It wouldn't matter if they are considered "smart" to have amazing ideas that could seriously help out. But if an idea is too over the top, you shouldn't use it. You should use a suitable idea, an idea that you can all agree on."

Mila

"Working with the GRIP leadership team was an amazing experience full of learning and fun. GRIP stands for Generosity, Responsibility, Integrity and People. One of the many sessions led by the team was about Stepping Up to Leadership. We thought about the many ways our school has served others. I thought about our bake sales, Mini Vinnies and our Christmas appeal. We then shared with other schools. Another one of the many sessions is stepping up to integrity where we used the acronym STEP which stands for...

**Show what is right**

**Tell the truth**

**Encourage others to do what is right**

**Persist if you are criticized**

This shows us the key ways to step up as a leader."



**A poem created by the leaders on the day.....**

**When we step up and aim for more  
We make things better than before**

**We want to be a shining light  
So we give our best and do what is right**

**With what we do and what we say  
We can do it a better way**

**We put a smile on our face  
And make our school a better place**

**As a team we will get more done  
So let's get started and have some fun!!!!**



## PUPIL FREE DAYS FOR 2022 (Please note change)

Term 1 - Friday 1<sup>st</sup> April (Staff Training Literacy & Numeracy)

Term 2 - Friday 10<sup>th</sup> June 2022 (Staff Training Emergency Care & CPR)

Term 4 - Monday 19<sup>th</sup> December 2022 (Staff Formation)

Term 4 - Tuesday 20<sup>th</sup> December 2022

## PRE-LOVED UNIFORM SHOP

If you would like to purchase any of our pre-loved uniforms, please go to the office and you will be taken to the shop by our staff.

## ST. MICHAEL'S SPORT NEWS

### 2022 SWIMMING PROGRAM

Our swimming program continues this week. Congratulations to Year 1 for the wonderful way they have conducted themselves. It is amazing how our children have improved their swimming skills in just 5 days of intense lessons.

[SWIMMING LESSONS for Term 1 2022](#)

[Year 5: Term 1 Week 8, March 14<sup>th</sup> – 18<sup>th</sup>](#)

[Year 6: Term 1 Week 9, March 21<sup>st</sup> – 25<sup>th</sup>](#)

This program caters for non-swimmers through to accomplished swimmers who will be able to gain experience in stroke techniques by participating in the coaching clinic. The class sizes are kept to a minimum with the 'least able' classes attracting smaller numbers to provide the individual attention required. Qualified Austswim Swimming Teachers will teach all children.

### DIOCESAN SWIMMING CARNIVAL RESULTS 2022

On Friday 11<sup>th</sup> March, St Michael's had the pleasure of sending 10 amazing swimmers to represent the Blacktown region at the Diocese Swimming Carnival.

All of our swimmers represented our school in amazing style, with many outstanding results experienced throughout the course of the day. Below are the results from the day:

<b>Sophia Azar</b> 8yr Girls 50m Freestyle – 3 <sup>rd</sup>	<b>Delinda Thompson</b> <ul style="list-style-type: none"><li>· 11yr Girls 50m Freestyle – 3<sup>rd</sup></li><li>· Open Girls 100m Freestyle – 3<sup>rd</sup></li><li>· 11yr Girls 50m Backstroke – 4<sup>th</sup></li><li>· 11yr Girls 50m Breaststroke – 4<sup>th</sup></li><li>· 11yr Girls 50m Butterfly – 1<sup>st</sup></li><li>· Snr Girls 200m IM – 3<sup>rd</sup></li></ul>	<b>Charlize Pickering</b> <ul style="list-style-type: none"><li>· 9yr Girls 50m Freestyle – 11<sup>th</sup></li></ul>
<b>Maisy Cyreszko</b> <ul style="list-style-type: none"><li>· 12yr Girls 50m Freestyle – 11<sup>th</sup></li><li>· Snr Girls 50m Backstroke – 12<sup>th</sup></li><li>· Snr Girls 50m Breaststroke – 14<sup>th</sup></li><li>· Snr Girls 50m Butterfly – 12<sup>th</sup></li></ul>	<b>Jacinta Thompson</b> <ul style="list-style-type: none"><li>· 10yr Girls 50m Freestyle – 5<sup>th</sup></li><li>· Jnr Girls 50m Backstroke – 9<sup>th</sup></li><li>· Jnr Girls 50m Breaststroke – 10<sup>th</sup></li><li>· Jnr Girls 50m Butterfly – 3<sup>rd</sup></li><li>· Jnr Girls 200m IM – 2<sup>nd</sup></li></ul>	<b>Isabella Dabit</b> <ul style="list-style-type: none"><li>· Snr Girls 50m Butterfly – 13<sup>th</sup></li></ul>
<b>Mikaela Fenech</b> <ul style="list-style-type: none"><li>· Jnr Girls 50m Breaststroke – 13<sup>th</sup></li></ul>	<b>Lachlan Ackroyd</b> <ul style="list-style-type: none"><li>· 9yr Boys 50m Freestyle – 16<sup>th</sup></li></ul>	<b>Alexander Koufos</b> <ul style="list-style-type: none"><li>· 11yr Boys 50m Freestyle – 15<sup>th</sup></li><li>· 11yr Boys 50m Backstroke – 14<sup>th</sup></li></ul>
<b>Sophie Ackroyd</b> <ul style="list-style-type: none"><li>· Snr Girls 200m Relay – 5<sup>th</sup></li></ul>	Junior Girls Relay – 4 <sup>th</sup>	Senior Girls Relay – 5 <sup>th</sup>

1st, 2nd, 3rd, 4th placegetters from each event have qualified for the Parramatta Diocesan Swimming team and will participate at the NSWCPs Swimming Championships on **Tuesday 22nd March at Sydney Olympic Aquatic Centre @ Homebush.** Congratulations to all the swimmers on an amazing day!



## TOUCH FOOTBALL GALA DAY - POSTPONED

Due to a number of weather events and shifts in the sporting calendar this term, the **Touch Football Gala day (Stage 3)** that was to take place on the 8<sup>th</sup> April 2022 has been postponed until later on in the year. Official dates will be provided when they have been confirmed. All permission notes that have been received so far will be considered valid for the new date, unless parents state otherwise. A new note will be distributed closer to the new date.

## CROSS COUNTRY CARNIVAL - POSTPONED

St. Michael's Cross Country Carnival for students in Years 3-6 & Year 2 students who turn 8 years old in 2022 has been postponed due to the waterlogged state of the back oval. The Cross Country will now take place during PE lessons. The 8, 9 & 10 years' age groups will run 2km with the 11 and 12 years' age groups completing 3km. An Infant's FUN RUN will take place in PE lessons.

Yours In Sport,  
**Mrs Amanda Ireton**  
 Sports Coordinator

## SCHOOL FEES TERM 1 2022

*Term 1 fee statements have been mailed to you and are due on 16th March. If you are experiencing any financial hardship or have any queries regarding your account, please do not hesitate to contact me.*

**Kim Antonelli on 02 8869 6200 or email [kantonelli2@parra.catholic.edu.au](mailto:kantonelli2@parra.catholic.edu.au).**

## FROM THE LIBRARY

### Premier's Reading Challenge 2022



The Premier's Reading Challenge (PRC) is an initiative by all the state governments in Australia. The aim of the PRC is to reignite the love of reading in our children. It is not a competition to see who finishes first. Children are encouraged to read, read more books, and read books that might be different to what they would usually read. Last year we saw 85



children complete the challenge. We are looking forward to many more children joining the challenge and completing it this year. So far we've had 27 new students sign up for the PRC, which is very exciting.

You could register your child online via this [form](#). Paper registration forms have been sent out to classes. Please remember that you need to register only once. The original note asks for forms to be returned by Friday 18 March but I will extend that by two weeks as it will allow for students who have been self-isolating at home to return their forms to me.

### **Read-alongs available on Sora**

We have a collection of over 550 ebooks on Sora that have narration added to them. These books are great for building your child's confidence in reading. The children can listen to the book and follow the words in the book at the same time. You might also find these books especially useful if English is not your first language.

- [Picture book read-alongs](#)
- [Cars, trucks, and planes read-alongs](#)
- [National Geographic readers read-alongs](#)
- [Marvel heroes read-alongs](#)

All these books are completely free for all our students and can be accessed on any device anywhere at all. Children will need to use their CEDP credentials to log-in to Sora. For older children, this will be the same information they use to log-in to use Google Classroom/Drive at school. If you are new to the school or would like to know more about how to access Sora this [short video](#) will guide you through the process.

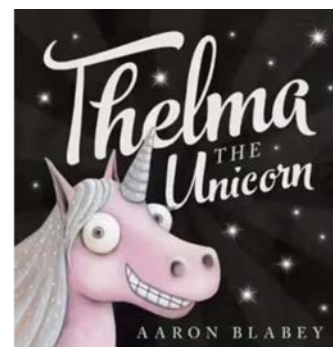
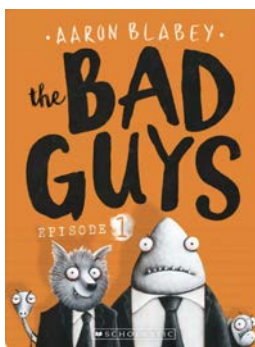
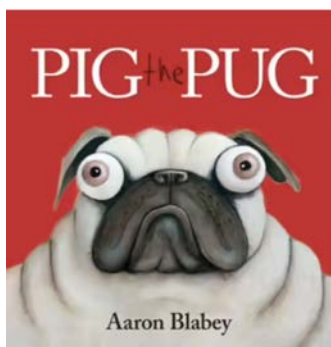
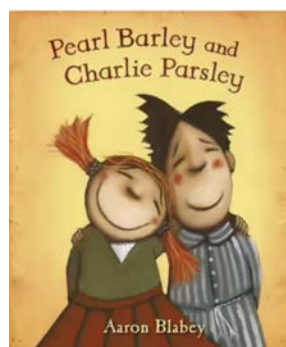
### **Author Spotlight - AARON BLABEY**

Aaron Blabey is a well-loved Australian author of children's books. He has been writing and illustrating since 2007. His debut book, Pearl Barley and Charlie Parsley, won the CBCA Children's Book of the Year Award in the Early Childhood category and was included in the Notable list from the Smithsonian Institution.

His Pig the Pug series is very popular with children of all ages. Pig the Pug tells the story of a bad-tempered, rude, and selfish dog. Pig the Pug has 8 books so far in the series with the most recent one being Pig the Monster that was released in 2021.

He created the Bad Guys in 2015 for junior readers. This humorous series tells the story of four dangerous and scary bad guys who try to redeem their reputations by doing good deeds. The Bad Guys became immensely popular with readers all over the world making it to the New York Times Best Sellers List (Children's series) in 2018 and remaining on the list since then. DreamWorks Animation has made a movie based on the book and it is scheduled for release this April.

We have most of Aaron Blabey's books in the library. There are a few of them available on our eBook platforms - [Sora](#) and [Wheelers](#).



If

you have any questions, comments, or suggestions please contact me via email [stmichaelsbltktnlibrary@parra.catholic.edu.au](mailto:stmichaelsbltktnlibrary@parra.catholic.edu.au)

Happy Reading

*Mrs Pinto*

Librarian

# Mean, Rude or a Bully?



## Rude People

Rude people do or say things that hurt people but they may have done it without thinking about what they are doing or considering the fact that it may hurt you in some way. They have not purposely wanted to hurt you or your feelings. Things like burping without covering their mouth, not waiting their turn, taking something you are using, touching your stuff or having poor manners are all examples of people being rude.





# Mean People



Being mean is when people say or do something to hurt your feelings. Mean people have thought about what would hurt you before they did it. They often do mean things out of anger or because they think that if they make you look bad, they will look better than you, which really is not true at all.

**This is a one off incident.**

# Bullying



Bullying is when someone says or does something hurtful on purpose and they do it again and again, with no sense of regret or remorse, even when they are told to stop or they can see that their victim is hurt or upset. Bullies enjoy seeing others feeling powerless and scared.

There are different kinds of bullying: physical, verbal, social (e.g. spreading rumors about the person or excluding them from a group) and cyberbullying.



# Why Do People Bully?

- People who feel frustrated, hurt, angry or are having difficulty at home or in class can direct these negative feelings towards others by bullying them.
- Bullies often lack attention from friends, parents or teachers. They will bully you just to feel popular and be seen as 'tough' or 'cool' and in charge.
- Some children have learned to bully by copying behaviours from others, such as parents, brothers or sisters. They may have seen them getting their way by being angry or pushing other people around. Sometimes, bullies are the victim of bullying, themselves.



# Why Do People Bully?

- Some people were never taught to be sensitive to other people's feelings and emotions when they were growing up. They may also have never been taught that bullying is unacceptable behaviour.
- Watching a lot of violent movies, TV and video games can make a person want try out violent words or actions. The reason why violent movies and games have an age restriction on them is so that young people are discouraged from copying similar behaviours.
- Some people have not been taught that everyone is unique and we should be treated the same even though we may also have differences, such as gender, race, religion etc.





## **What should you do if you are being bullied?**

- Remember it is never your fault if you are being bullied and it's okay to be upset about it.
- It is important that you tell someone about it. Talk to a teacher you trust or a family member.
- Keep a diary and write down all the details of what has been happening. Remember to include what happened, when it happened and who was involved. If the bullying is online, keep the evidence. Save any photos, videos, texts, e-mails or posts that show the bullying.
- Never take revenge on the bully! This is not the right thing to do. Also, you might end up getting in trouble or getting even more hurt.

## **What should you do if you are being bullied?**

- Make sure that you have told the bully to stop what they are doing. It's a good idea to tell them how you feel, e.g. "Please stop saying that, you are making me feel very uncomfortable."
- Only spend time with people who make you feel good about yourself.
- Remember to always respect other people! You don't have to be friends with, or like everyone.
- Make it clear to people around you that you don't like it when people bully others. If you see someone else being bullied, encourage them to ask for help.



# We're hiring!

## Thrive where your Values are Valued

Want to use your skills in a high-quality, caring early childhood service? Then join Ambrose and be part of a supportive, enthusiastic and professional team guided by Catholic values.

**Positions for all experience levels  
– Attractive Wages & Conditions!**

**Ambrose Activities and School Age Care (OSHC)** is seeking people of all ages to facilitate activities as part of a supportive team.

- Full time, part time, casual, and permanent
- No experience necessary – training is provided
- Leadership roles for experienced Teachers and Educators

Ambrose is a licensed ECEC Service Provider operating under the National Quality Framework. Working With Children Checks and other screening requirements are mandatory.

### Ambrose®

A social enterprise of Catholic Diocese of Parramatta Services Limited (CDPSL)

To apply or learn more about these roles, please direct your enquiry through our recruitment partner FireFly HR.

Apply online: [linktr.ee/CDPSLFireflyHR](https://linktr.ee/CDPSLFireflyHR)  
or email: [apply@fireflyhr.com.au](mailto:apply@fireflyhr.com.au).

Scan to apply



## YEAR 7, 2024 ENROLMENT INFORMATION EVENING

**Tuesday, 29 March 2022**

Our Lady of Mercy College Parramatta warmly invites you and your family to attend our Year 7, 2024 Enrolment Information Evening. Hear from our College Principal, Ms Lucie Farrugia and other key members of the College Leadership Team and discover why a Mercy Education is treasured for life.

**Time:** 6:00pm (Registration from 5:30pm)

**Enquiries:** Enrolments Office T (02) 8838 1222 E [enrolments@olmc.nsw.edu.au](mailto:enrolments@olmc.nsw.edu.au)

[www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au)

MERCY

COMPASSION

JUSTICE

DIGNITY

EXCELLENCE

HOSPITALITY

STEWARDSHIP

SERVICE

