

# St. Andrews Primary School

# Newsletter Term 3 - Issue 15

11th September 2015

# From the Principal's Desk

Once again we come to the end of another busy term and the children get a chance for a well deserved break. When I look back over the term the children certainly have experienced a lot of success and enjoyment. I am particularly pleased with the development of all the children's literacy and numeracy skills over this term with many children exceeding our targets for them and we still haven't finished the year. This is extremely gratifying for all of us as it is probably the culmination of a year of hard work for the staff and the children. I mentioned in an earlier newsletter that by any measure our school is certainly a good school and we are good because we continue to improve what we do all the time. This cannot happen without enthusiasm from the children, parents and teachers as we continue to work together in the best interests of the children.

I would especially like to thank all the parents for your support of our fundraising efforts. All the money raised will go towards the purchase of new technology for the children to use in the learning spaces.

Last week, I attended a meeting with all principals, Assistant Principal's and school counsellors on children's absenteeism. As a result of our discussions there are some new procedures being introduced to assist parents in ensuring all children have the opportunity to maximise the benefits of attending school. It is important to note that your child's attendance rate will be now calculated as a percentage of the total school days for the year. Both explained, not explained absences and approved leave for holidays during school time count on the attendance rate. I suppose the question to ask yourself as a parent is, what would be a reasonable number of days that you would be comfortable with your child missing each year? You might like to look at this table to help you decide what you think might be a comfortable number and how this might affect your child's learning.

Attendance Rate	Student Absence	Educational Risk	Days absent per year	Cumulative Absence (10 years of school)
90% or more	Regular	Low or zero	20 days or less	1 year or less
80%-89%	Emerging	Medium	Between 20 and 40	1-2 years
70%-79%	Chronic	High	Between 40 and 60	2-3 years
69% or less	Complex	Severe	60 days or more	3 years plus

I think that it is important that you keep track of how many days your child may be having away from school to ensure that your child is maximising the benefit of school. I have included this in this newsletter as I found this information interesting but I also know that sometimes the number of days away does mount quickly and sometimes in my conversations with parents they haven't realised the number of days away their children have had. I would ask all parents to limit the time away from school as the research says that this can have a significant impact on a child's learning.

I hope you get a chance to spend some quality time with the children over the next couple of weeks. Thank you for your continuing support. **Term four commences on Tuesday, 6<sup>th</sup> October, 2015** 

Kind regards Michael Tonnet Principal

**Parenting Tip-** One of the most important things that we can teach our children is how to be independent and responsible. Children need to develop a sense of being able to manage things for themselves as they grow up. There are lots of ways that you can teach them this kind of confidence.

Help them to learn to do things for themselves instead of always having the answers given.

Give your child choices. Be prepared to let them have their choice.

Ask your child's opinion about things that are to do with them (you do not always have to do what they say but help them to feel that they have some say).

Start to teach them to solve their own problems. For example, if two children are quarrelling you can get them to listen to each other's feelings. Then ask them to think about what they could do to try and fix the problem. They might need a lot of help at first but it is worth the effort in the long run.

Give approval and encouragement for trying new things and for getting something right, even if your child doesn't get it all right at first.

As your child gets older give them responsibility for doing things for themselves, such as working out how to spend pocket money, get a meal, shop for themselves (within reason).

36 Breakfast Rd, Marayong NSW 2148 Phone: 9671 6622 FAX: 9676 3048 PO Box 4010, Marayong NSW 2148 email: standrewsPrimary@parra.catholic.edu.au www.standrewspsmarayong.catholic.edu.au

#### Student of the Week

10 01212022	ic of the tree	
K Blue	Name Withheld	Grace Athwal
K Green	Olivia Shen	Arturo Aguilar
K Red	Caleb Vassallo	Ashton Poon
K Yellow	Jayden San Jose	Enzo Roque
1 Blue	Alexis Bigeni	Monica Luong
1 Green	Angelo Demian	Angelique Goupy
1 Red	Danielle Lau	Brock Walker
1 Yellow	Elaina Quinn	Name Withheld
2 Blue	Alyssa Petsas	Isabella Elias
2 Green	Name Withheld	Name Withheld
2 Red	Ella Bautista	Luke Smith
2 Yellow	Name Withheld	Isabelle Metcalfe
3 Blue	Luke Binny	Jarrod Alsford
3 Green	Domenic Fatone	John McCaffray
3 Red	Elijah Ashraf	Isabella O'Dea
3 Yellow	Amponsah Antwi	Name Withheld
4 Blue	Niamh Healy	Name Withheld
4 Green	Taylan Arslan	Alysa Sklibosios
4 Red	Riley Bettiol	Mishthi Sharma
4 Yellow	Lauren Dela Cruz	Name Withheld
5 Blue	Deep Batra	Jake Parkes
5 Green	Name Withheld	Rhys Kelly
5 Red	Rajan Kumar	Tara Flores
5 Yellow	Kane Mizzi	Zain Chaudry
6 Blue	Kodi Kalemusic	Tane Bob
6 Green	Pouriel Magol	Thomas McKinley
6 Red	Aiden Tipping	Arnav Rao
6 Yellow	Kaplan Sonmez	Jasmin Murray Buchanan

**Dear Parents** 

The last day for the uniform shop is Wednesday 16th September. We will re open Wednesday 7th October.

The uniform shop will be opening during the school holidays on the following days:-Wednesday 23rd September 12.00 -1.30pm Saturday 26th September 12.30 - 2.00pm

Summer uniforms are now available. Online orders via email and phone orders are available to parents who cannot make to the uniform shop during opening hours. Orders will be taken to the office every Monday and Wednesday where they will be given to your child.

St. Andrews regular opening hours Monday 8.30-10.00 Wednesday 8.30-10,00 For any further enquiries please contact Elle 0421216414

Email: elle@ozfashions.com.au

#### Younger Widowed Bereavement Support Group

Has your spouse or partner died and are you searching for someone who understands the enormity of your loss and the impact this is having on your life and your children? Do you long to connect with others who have experienced a similar loss?

Are you unsure of how to assist your children through their grief?

Would you like support as you deal with your changed circumstances?

VENUE: CCSS Centre 51 – 59 Allawah St., Blacktown

DATE: 3rd Tuesday of each Month (Feb –Dec)

TIME: 7.00pm – 9.00pm COST: \$5.00 REGISTRATION Solo Parent Services PHONE: Eileen or Rita - PH: 9933 0205

# LIBRARY NEWS

A big thank you to all the parents and children for making our Book Week celebrations and the Book Fair a great success. It was fantastic to see so many children dressed up in character for our Book Week Parade. The children were extremely well behaved and enjoyed watching each other parade in the hall. They were particularly entertained by the



staff, parents and toddlers who participated on the day. Thank you parents for the time and effort spent on the children's costumes and to those who came along to share in the fun.

Proceeds from the Book Fair will go toward much needed technology and resources for our school Library. Thank you to all the happy customers who purchased from our Book Fair and to the parent helpers who made our job much easier.

We have been advised from the distributor that back orders from the Book Fair will take approximately 3 weeks to arrive provided the books are in stock. Upon arrival books will be given directly to your child.

#### Infants Carnival

A huge thankyou from all the infants children to the mums and dads who cooked our yummy sausage sandwiches. Thankyou, thankyou, thankyou. To our mums, dads and relatives who came to cheer us on thankyou, thankyou, thankyou.

### **IMPORTANT FUTURE DATES**

# Term 3 Week 10

# Friday 18th September

- Touch Football Stage 3 (boys and girls)
- Last day of Term 3



# Term 4 Week 1

# Tuesday 6th October

First day of Term 4

# Wednesday 7th October

• **PHOTO DAY**—<u>SUMMER UNIFORM</u> (no sports uniforms please) how to order photos information in today's newsletter.

# P&F News

We hope that all the fathers and grandfathers had a fantastic Father's Day. Thank you to all the wonderful mums who helped out at the father's day stall. You helped to make it a success, and we hope all the fathers and grandfathers enjoyed their gifts.

The infants' carnival was a fun filled day! What a great day! It was wonderful seeing all the children have a go. Thank you to all who helped with the sausage sizzle. Once again, we couldn't do it without your support.

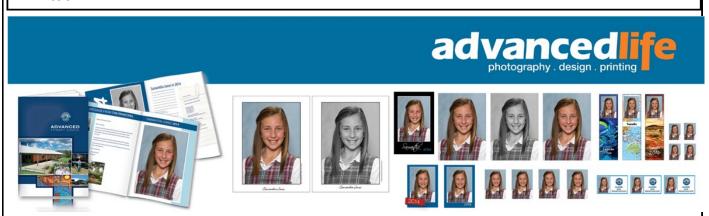
With the term coming to an end, we would like to take this opportunity to wish all the families a happy and fun holiday. Until we see each other next term, keep safe and God bless.

If you would like to reach us about anything, please call Pauline on 0412 663 649 or Kylie on 0423 285 036.



# Important Information for parents Photo Day 7th October 2015

- Photo envelopes have been sent home today to all children. Sibling envelopes are now available at the office for your convenience.
- If you wish to order photos online please read the instructions below. If you do not wish to
  order online and are sending cash/chq with your child/ren PLEASE NOTE envelopes can
  only be brought by your child on photo day, 7th October 2015.
- Children are to wear their **full summer school uniform**. No sports uniforms to be worn on photo day.
- PLEASE NOTE: if you are paying by cash—no change can be given at the office or canteen.



For the convenience of our school community advancedlife have now introduced Online Ordering. School photos can now be ordered and paid for using a secure online Web Portal. *Please note:* Photos can still be purchased using an envelope (cash and cheque accepted).

The preference of our school is that Orders and Payments be made through the Web Portal as this reduces the administration and associated order issues related to the return of cash & envelopes on photo day. To place your order visit <a href="www.advancedlife.com.au">www.advancedlife.com.au</a> and enter the code- N3T DCQ WEQ. A full set of instructions on how to order can be found on the back of the order flyer. The order code can also be found printed on the envelopes supplied by advancedlife. Please be aware that-

- Sibling/Family Photos may be ordered online or via envelope. To ensure a smoothly run photography day, Online Orders for Sibling/Family Photos will be cut off 48hrs before our photography day to allow a list of students that require Sibling/Family photographs taken to be compiled. Sibling Photos can still be ordered after the Online cut off date by collecting an envelope from the office in the usual way and returning the envelope on photo day with payment enclosed.
- 2. All Online Orders should be placed on or before our day of photography. Please Note: Once orders are closed a LATE FEE will apply.
- 3. The Online code above Web Portal may also be used to order *previous* years' sports and other group photos at any time.

All Online Orders placed through the Web Portal will be returned to school for collection.

#### **Contact Details and Office/School Hours**

School Phone Number 9671-6622 School Fax Number 9676-3048 School Address 36 Breakfast Road, Marayong 2148

School Email Address <u>standrewsPrimary@parra.catholic.edu.au</u> School Website Address <u>http://ceo-web.parra.catholic.edu.au/standrewsprimary/index.html</u>

Postal Address PO Box 4010

Marayong 2148

School Hours 8.50am to 3.00pm Infants

3.07pm Primary

School Office Hours 8.30am to 3.30pm Accounts 8.30am to 3.00pm

#### Children Arriving Late to School

Our school day starts at 8.50am with a Primary and Infants gathering. Children move into class quickly after these line ups. If a child arrives at school after the bell has gone parents need to take children to the office and sign them in – it is marked as a partial absence in the Roll.

#### Children Leaving Early from School

If parents ask to take their child from the school any time before 2.50pm parents must either: a) provide a letter explaining when and why their child must go early and go to the office and fill our an **Early Dismissal Permission Notice** or b) come to the office & fill out an **Early Dismissal Permission Notice**. In both situations your children will then be called to join parents in the school office. Parents are free to then leave the school grounds. The Early Dismissal Permission Notice is given to the class teachers who will record details as a partial absence and notes are kept as a record of attendance. Any request after 2.50pm parents will have to take children from afternoon dismissal lines.

#### **Parking**

Parents and visitors are asked to park between the appropriate traffic signs outside the school. **Parking is not permitted in the Staff Car Park**, the bus bay or any other no parking area. Serious injury to a child can result because of parents parking illegally.

#### Medications

It is school policy that no staff member is to administer medications at school such as Panadol, Cough Mixtures and Antibiotics. Parents are asked NOT to give their children medication and ask them to self medicate while at school. This is an unsafe practice as medication could be misplaced or incorrectly administered. Medications that need to be administered for long term conditions, asthma parents are required to complete a medical form which is available from the school office. The school also has a nebuliser for any child that may need to use it. Parents will need to contact the school office to make necessary arrangements. Puffers are to be kept with the child. Children should be taught how and when to use their puffer. Children who need puffers should be reminded to take them to sport sessions, excursions, or other activities that take place outside the classroom.

#### First Aid

First aid is administered by the office staff. Parents are called immediately if a child may need special attention. *It is important that we always know how to reach parents in case of an emergency.* 

#### Allergy

Throughout our school, we have several children with **life threatening** allergies. This is a serious matter that the school must address. We appeal to all parents to assist us in caring for these children by considering the type of foods you pack for your own child's lunch.

Our aim is to minimise the amount of peanut, nut products and other foods known to trigger allergic reactions (foods which are extremely dangerous to our children with allergies) Common foods that trigger an allergic reaction are listed below and we ask that they **not** be brought to school at **any time**.

- Peanuts including M & M peanuts
- Cashews, hazelnuts, almonds, walnuts, macadamia, pecan, brazil and all tree nuts
- Peanut Butter
- Nutella
- Whole egg boiled egg, curried egg
- Sesame seeds remember some bread rolls have sesame seeds on them including some McDonald's hamburger buns
- Foods that contain satay e.g. Thai, Malaysian, Indonesian dishes
- Chocolate blocks, biscuits and lollies

Our canteen does not sell any of the above items. In the case where a child brings a food that may trigger an allergic reaction, teachers will bring the matter to the attention of parents. Checking the ingredient list on food items will assist you in deciding whether products are safe for school. If peanuts or nuts are not on the ingredient list of a particular packaged food but the food has the statement:

#### "MAY CONTAIN TRACES OF NUT....."

this food may be brought to school and consumed only by **non** -allergic children.

Due to safety concerns, we discourage children from sharing food. We would also appreciate parents speaking with children regarding this matter.

We thank you for helping us to provide a safe environment for all of our children.

#### **Change of Address/Phone Number**

It is important to immediately advise the school office of any change to address or home or emergency phone numbers. This information is essential to ensure effective communication and is kept in confidence. Parents are required to fill in an updated information sheet each year.

#### Parent Helpers/Volunteers

It is important to know that any parent helper or visitor working with children needs to have completed the Online Training Module-Child Protection for Volunteers located at <a href="http://ceo-web.parra.catholic.edu.au/asp/volunteerscpmodule/index.asp">http://ceo-web.parra.catholic.edu.au/asp/volunteerscpmodule/index.asp</a> filled in a Prohibited Persons Form before commencing duties.

#### **Second Hand Uniform Shop**

The second hand uniform shop is open each Wednesday from 8:30am to 9:00am.

#### **Uniform Shop**

The uniform shop is open each Monday and Wednesday 8:30am to 10am. Ordering online or by phone is also available for parents who cannot make it to the shop. For more information please contact Ellie 0421 216 414.

#### **Lost Property**

It is very important that all children's belongings are clearly marked. Unlabelled items will be placed in the Lost Property box in the foyer of the Canteen. Any unclaimed items at the end of the term will be given to the clothing pool.

# Page 7

TERM 3								
Week	Mon	Tue	Wed	Thu	Fri			
1 Newsletter Week	July 13 Staff Development Day	14 First Day for Students Term 3	15	16	17			
2	20 P&F Meeting 7pm-8pm	21 Year 3 Mass	22	23	24			
3 Newsletter Week	27	28 Year 4 Mass	29	30 Voice of Youth	31 St Andrews Assembly 2:15pm-3:00pm			
Week 4 Sat 1 August Kinder 2016 Interviews	3 August	4	5	6 Year 6 Canberra Excursion	7 Year 6 Canberra Excursion			
5 Newsletter Week	10	11 Diocesan Athletics Carnival	12	13	14			
6	17	18	19	20	21 St Andrews Assembly 2:15pm-3:00pm Skill-a-thon			
7 Newsletter Week	24 Book Week	25	26 Book Parade	27	28 Kinder Excursion to Art Gallery			
8	31	Sept 1 Year 2 Mass 9:00am	2 Infants Sports Carnival	3 Father's Day Stall	4 Talent Show A-thon Prize Giving			
9 Newsletter Week	7 Disco Years 5/6	8 Disco Years 3/4 Mass 9:15—Birthday of the Blessed Virgin Mary	9 Disco Infants	10 Year 1—Taronga Zoo Excursion	11 St Andrews Assembly 2:15pm-3:00pm Year 5 Bathurst			
10	14	15	16	17	18 Touch Football Stage 3 Last Day of Term 3			

A 7 session course about healing wounds and recovering self-confidence and hope.

Venue: Diocesan Assembly Centre,

1 – 5 Marion St Blacktown

Time: 7.30pm – 9.45 pm

Dates: Seven Wednesdays commencing 21st Oct 2015

Fee: \$80.00

#### Bookings essential.

For further information and registration.

Solo Parent Services 02 9933 0205

soloparentservices@ccss.org.au



#### What it is:

- A supportive learning process.
- An opportunity to share just what you want to (and no more), just when you want to (and not before).
- An opportunity to listen to others who have also suffered loss.
- A series of Workshops that set in training a liberating and lifechanging dynamic.
- A process which helps you move from having a victim mentality to one in which you know you can choose to be cocreator of your future destiny.

Moving people from blame To taking responsibility!

#### The Workshop Program

Each of the seven meetings follows a set agenda including video input, personal reflection, journaling, large & small group sharing.

All of the trained and accredited facilitators have a personal experience with the loss of a spouse or partner through death, separation or divorce.

Non Exploitative

**Non Directive** 

Non Judgemental

#### The Post-Separation Recovery Program

assists you to take control of your life so that you can move towards positive life goals of your own choosing.

# Post-Separatíon Recovery Program



If you are separated or divorced, and are unsure as you step out on your new path, then this self-help workshop is designed for you.

> Don't waste your tears. Learn from your sorrows and grow!

# Seven Steps towards Recovery

- 1. THE CRISIS: Unravelling like a knitted cloth coming apart; the feeling of failure and the destabilization of emotions and of life; loss of self- confidence and future hope. Identify your feelings and own them.
- 2. THE BRIDGE: The twisty road of relationships; the unthinkable chasm which separates couples forever; choices: reconcile, compromise or cross the bridge. Burn the bridge and move on.
- GRIEF: Grief takes you down a path with many twists and turns, and returns. Grief cannot be hurried. Understand that part of your experience is grief.
- 4. LESSONS LEARNT: Life is looked at as a building site on which something new must replace the old; preparing the site means dealing with the rubble of the old structure. Learn from your past mistakes so that you don't repeat them.
- 5. REDEFINING MYSELF: Have I worth as a person? Am I lovable? Other people's eyes can influence how you answer that question; new days may require new friends. Seek out people who will look at you with fresh eyes and with approval.
- 6. TAKE NO PRISONERS: Don't get even, get better; resentment leads to sickness; forgiveness leads to health; holding "prisoners" takes a great deal of energy. Let the "enemy" go and use all your energy on recovery.
- 7. LOVE MAGNET: Love is the glue which helps a shattered person get back together again; there are many loves besides romantic love. Like iron filings drawn to a magnet, people are drawn to people who give love to others. Learn to love again and you will be loved.

# **Post-Separation Recovery Program**

A series of seven workshops which help you begin to

- deal with intense emotions
- face & accept your changed life-situation,
- attend to your grief,
- learn lessons from the past
- redefine yourself
- forgive and let go
- set new goals & rebuild on a strong foundation

## The Program

Each Session led by trained Facilitators follows a set agenda including Video Input, Personal Reflection, Journaling, Large & Small Group Sharing,

Non Exploitative

Non Directive

Non Judgemental

Venue: Diocesan Assembly Centre

> 1-5 Marion St Blacktown

Time: 7.30pm - 9.45 pm

Dates:

Seven Wednesdays 21<sup>st</sup> Oct- 2<sup>nd</sup> Dec, 2015

\$80.00 Fee:

CATHOLICCARE

Bookings essential.

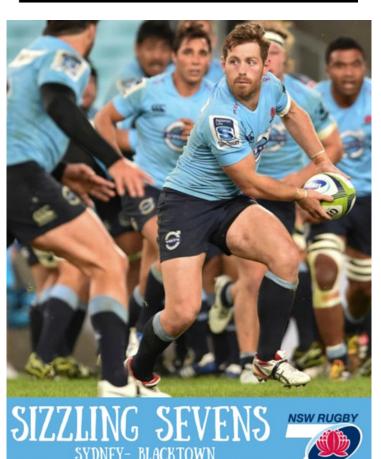
Solo Parent Services Ph. 02 9933 0205 soloparentservices@ccss.org.au



81-83 Richmond Rd, Blacktown, NSW | 9622 1998







22nd September U7- U12

9am-3pm - \$69 (inc Sportspack)

To register visit nswrugby.com.au