



St. Andrews Primary School

Newsletter Term 4 - Issue 11

24th October 2014

From the Principal's Desk

Last week I read an article in the Sydney Morning Herald entitled 'Ten tips, to a longer healthier life.' Maybe it says a lot about my thinking in recent times. The ten tips were:

- Floss
- Get a colonoscopy
- Stop eating before you are full
- Use sunscreen
- Stop smoking
- Sleep
- Move
- Eat produce
- Cultivate healthy relationships
- Be Grateful

I love the last two tips especially because it speaks to me about our attitudes to others and thinking positively about how very fortunate that we all are to have others in our lives. It makes you think about how do I show my gratitude to the people in my life not just the people you are close to but to others that I meet?

Pope Francis has also published his tips which is a nice contrast to the ones in the Herald article

The Pope's 10 Tips for a Happier Life

1. **"Live and let live."** Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."
2. **"Be giving of yourself to others."** People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."
3. **"Proceed calmly" in life.** The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist — gaucho Don Segundo Sombra — looks back on how he lived his life.
4. **A healthy sense of leisure.** The Pope said "consumerism has brought us anxiety", and told parents to set aside time to play with their children and turn off the TV when they sit down to eat.
5. **Sundays should be holidays.** Workers should have Sundays off because "Sunday is for family," he said.
6. **Find innovative ways to create dignified jobs for young people.** "We need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said.
7. **Respect and take care of nature.** Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"

8. **Stop being negative.** "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the Pope said. "Letting go of negative things quickly is healthy."

9. **Don't proselytise; respect others' beliefs.** "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyses: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytising," the Pope said.

10. **Work for peace.** "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.

Staff Development day

Friday 21st November 2014

Infants Sport carnival on Monday

Christmas Raffle

This week I sent home a note about the Christmas hamper raffle. Due to some changes to the Privacy Act, it now necessary to ask your permission for the school to send you raffle tickets to sell as part of Christmas Hamper fundraiser. I will be unable to send you raffle tickets unless you return **the bottom slip to school by Friday, 31st October.** Of course this might also mean that if we don't have sufficient parents wishing to take raffle tickets, the fundraiser may not be able to go ahead. Could you please return the permission slip by next Friday so that we can ascertain whether this activity should go ahead.

Kind Regards
Michael Tonnet
Principal

Newsletter Subscription

Thank you to the parents who have subscribed to receive the newsletter.

If you have yet to subscribe please follow the steps below.

1. Access your preferred email account (ie your home email address or work email address)
2. Send an email stating your eldest child's name and class to the following newsletter email address
standrewsprimarynewsletters@gmail.com

These two simple steps will ensure you receive a newsletter each fortnight.

PLEASE NOTE: Newsletters are available to view on the St Andrews Primary Website. Emails sent via the website will not be received by St Andrews Primary. Please email your request for a newsletter to the above email address only.

Second Hand Uniform Pool

The second hand uniform pool will be open each Wednesday morning from 8:30am to 9:00am.

Uniform Shop

The uniform shop trading hours

Monday 8.30am -10.00am

Wednesday 8.30am- 10.00am

We also do online orders and they can be downloaded from your school website and emailed to elle@ozfashions.com.au.

If parents can't pick up orders they will be taken to the office and they will be given to your child.

Elle: 0421216414 Email: elle@ozfashions.com.au

All Play

The last session of All Play for Term 4 will be conducted on Friday, 28th November. We have been advised that this sports program will no longer continue in 2015. We would like to thank the students who have participated in this program over the years.

Thank you,

All Play coaches

St Andrew the Apostle, Marayong Children's Christmas Play

If you would like to participate in this years' Christmas Play, please come along to our rehearsal sessions at the church on Saturday 6 and 20 December, from 10.30am to 12.30pm. We will also be practicing during Sunday School, which runs from 9.45am to 10.30 am every Sunday.

The play will be presented to the parish at the Christmas Eve family Mass at 6.00pm on December 24.

If you have any questions, please contact the parish office on 9622 0817.

We look forward to seeing you at practice!

Important Dates

Week 3

Fri 24/10

- St Andrews Assembly 2:15pm—3:15pm 1 Blue

Week 4

Mon 27/10

- Year 3 Excursion—Sculptures by the Sea—3B & 3G

Wed 29/10

- Year 3 Excursion—Sculptures by the Sea—3R & 3Y

Fri 31/10

- All Saints & All Souls Day Mass— 9:15am

Week 5

Wed 5/11

- Transition Kinder 2015 9-11am

A **Worldwide Marriage Encounter Weekend** is a *Marriage Enrichment* experience for married couples – set in peaceful, picturesque surroundings, away from the distractions of everyday life. During the weekend, couples have a unique opportunity to reconnect, rekindle and refresh their relationship. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage!

Weekend dates: 7 – 9 November at Mt Carmel Retreat Centre, Varroville, NSW

Bookings: Ardell & Bill Sharpe tel. 02 4283 3435

or wsharpe@bigpond.net.au

www.wme.org.au

www.facebook.com/WWMEasternUnit

Canteen News

Ice Blocks / Ice Creams

Please be advised that children can purchase ice blocks and ice creams at lunch time.

Price List as follows...

Fandangles Fairy Floss.....	\$2.00
Icy Poles Lemonade.....	\$1.30
Icy Poles Raspberry.....	\$1.30
Life Saver.....	\$2.00
Zooper Dooper Various.....	\$0.80
Tropical Juices.....	\$1.50
Wildberry Juices.....	\$1.50
Sunny Boys Raspberry.....	\$1.30
Sunny Boys Cola.....	\$1.30

OLMC Mercy Scholarships

Our Lady of Mercy College Parramatta is now accepting applications for Mercy Scholarships for Academic Excellence and Music Excellence. Girls entering Years 7, 9 or 11 in 2016 are invited to apply. Visit the College website www.olmc.nsw.edu.au for more information.

Birthday List

25/10/2014	Caitlyn Singh, Jeremiah Stone
26/10/2014	Carli Pieters
27/10/2014	Claudia Kirkby, Jeremy Sabbadin
28/10/2014	Cassandra Kokcek, Nathan Roncesvalles
31/10/2014	Holly Campbell, Gabriel Narayan, Monique Richardson, Aesha Rosas
01/11/2014	Pocholo Dy-Liacco
02/11/2014	Jake Morris, Kiara Lomibao
03/11/2014	Daniel Bannister
04/11/2014	Denzell Williams
05/11/2014	Sebastien Grima, Angela Soon
06/11/2014	Ethan Silva, Nathan Andronicus, Maraia Pickering
07/11/2014	Damian Cotelo





Student of the Week

6Red	Nabila Lakasa	Shulin Parikh
6Blue	Jacob Baltis	Armand Gehan
6Green	Nicholas Mathias	Anna Mateja
6Yellow	Ashleigh Alag	Daniel Bannister
5Red	Atasha Domingo	Josh Kehal
5Blue	Aidan Brennan	Alyssa Callus
5Green	Patrick Healy	Emilia Milas
5Yellow	Diaco Lloyd-Jones	Mercy Yosia Edward
4Red	Ryan Laycock	Deep Batra
4Blue	Mark Cruz	Holley Manks
4Green	Leanne Alata	Jeremy Mathias
4Yellow	Gracy Gaba	Monica Magpayo
3Red	Eric Ngo	Cameron Zammit
3Blue	Riley Bettiol	Ayla Areola
3Green	Chloe Herbert	Nathanael Petersen
3Yellow	Maria Madheng	Nicholas Boustani
2Red	Matthew Jesswein	Alyssa Timbs
2Blue	Shemen Koroma	Ayden McGuinness
2Green	Lilli Langley	Alannah Bautista
2Yellow	Chloe Burston	Moses Badelles
1Red	Angus Rice	Priyana Sahai
1Blue	Adrian Jakubowski	Kevin Pham
1Green	Tyrone Micallef	Alyssa Petsas
1Yellow	Tristan Schrader	Jacob Felipe
KRed	Taran Mittal	Emmanuel Eroles
KBlue	Daniel Forster	Tamika Lewis
KGreen	Monica Luong	Robson Carrier
KYellow	Harbhagat Singh	Katelyn Wichman

Sports News

Over the past two weeks Mr. Haynes has been announcing the upcoming registrations for Diocesan team trials at Monday morning line up. Each year our Diocese takes teams to compete in the ACT against other Diocese for MacKillop representation. Registration for expression of interest is now open online for your child. This is open to current Year 4 or Year 5 children who display an above average ability in their chosen sport. Please read the CEO letter to parents regarding trial selection below.



Catholic Education
Diocese of Parramatta

2015 Parramatta Diocesan Team Sport Trials

Any Primary students enrolled in Year 5 and 6 in 2015 are invited to participate in the Inter-Diocesan MacKillop Primary School team sports trials during Term Four in 2014 and Term One in 2015. Parramatta Diocesan trials will be held in the following sports:

*AFL (boys), Basketball (B&G), Cricket (B&G), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), Softball (B&G), Tennis (B&G), & Touch (B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website www.primarysportparra.catholic.edu.au.

This online form is an **EXPRESSION OF INTEREST** for the 2015 Parramatta Diocesan Primary Sport Team trials. You may complete this form to attend a selection trial or if you have been selected in a representative squad or team. One form is to be completed per child, per individual sport.

Please note that your online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST be approved by your child's school**. In order for your child to attend the nominated trial or event this may come down to the discretion of your school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. **Please complete all fields and especially "Representative Experience".**

Your child's school will notify you one week prior to the trial date if your child is to attend to the Parramatta Diocesan trial for their selected sport by providing a trial information sheet.

Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

Please contact your school sports coordinator for any further information.

Yours In Sport,

Margaret Thornton

Teaching Educator – Primary Sport

Catholic Education Diocese of Parramatta

Basketball, tennis, cricket and softball trials are held this year in November. Registration for these four sports close on the 7th November.

All other team trials are held during the first term next year. If parents have any queries regarding registration please feel free to see Mr Haynes.

NSW PSSA Athletics

Congratulations to Lucas Watson competed in long jump at the NSW PSSA Athletics at Homebush last Thursday. Lucas says he enjoyed the competition, but it was a great challenge for him. He also spent the weekend at the Parra Olympic Association Sports camp competing in a variety of sports. Lucas thoroughly enjoyed competing over the weekend and I am sure he would have been very tired come Monday morning.

Diocesan Basketball Gala Day.

On Wednesday two teams from Stage 3 competed at the annual basketball gala day at Penrith. Both teams played to their best ability. The boys were undefeated in their division and the girls improved their skills continually throughout the day. Thank you to Mr Fletcher for coaching the teams and to the parents for supporting their children with transport and assistance.

ISKA Word Cup

Last week we had four students compete in the ISKA World Cup at the Whitlam Centre at Liverpool. The students competed over Friday, Saturday and Sunday in a variety of disciplines including: sword combat, extreme weapons, traditional form, extreme form and sumo. Competitors from a variety of nations competed at the event. Well done to the following students who participated during the World Cup. Thomas Hancock (3rd place extreme weapons), Ilias Vasiliou, Jazmine Kovacs, and Charlize Taranto.

Matt Haynes

Primary Sports Coordinator.

What's Happening in the Parish ...

Registration Form for Altar Servers

The Parish of St Andrew the Apostle Marayong is seeking both boys and girls (Year 4 to Year 11) who have received the Sacrament of Holy Communion to join the Altar Servers Ministry.

Altar Serving - Why, Who & What ...

- An Altar Server is a lay assistant to the Priest during a Eucharistic Celebration
- As an Altar Server you are called to serve Jesus, who is the chief Priest at every Mass.
- You are given the special tasks of carrying sacred vessels during the celebration and are closest to Jesus on the Altar.
- Being an Altar Server means you have been "Chosen to serve Jesus".

Formation Program: Three Sundays after the 8.45am Mass
Dates: November 9th, 16th and 23rd 2014 **Time:** 9:30am to 10:30am

If you would like to serve Jesus as an Altar Server, please talk to your parents or caregivers and complete the Registration Form below. These forms need to be handed back to the parish or school office.

St Andrew the Apostle Marayong ALTAR SERVER REGISTRATION FORM

[Please Print]

Last Name: _____

First Name: _____ Age _____

Address: _____

Parents' e-mail: _____

Home Phone: _____

Mobile Phone: _____

School You Attend: _____

Grade: _____

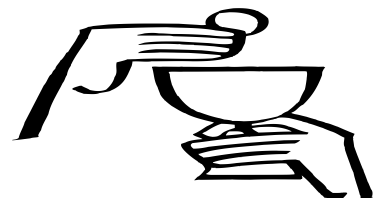
Mass Preference - 1 being first and 4 being last:

☐ Saturday 6.00pm

☐ Sunday 7.30am

☐ Sunday 8.45am

☐ Sunday 10.30am





17th October, 2014

Catholic Parish of St Andrew the Apostle Marayong

40 Breakfast Road (PO Box 4345)
Marayong NSW 2148

Phone: (02) 9622 0817

Webpage: www.standrewsmarayong.org.au

Fax: (02) 9671 7971

Email: saapm@bigpond.com.au

TO THE FAMILIES WHO HAVE CHILDREN THEY WISH TO BE PREPARED FOR THE SACRAMENTS OF PENANCE (RECONCILIATION),

FIRST HOLY COMMUNION & CONFIRMATION IN 2015

In 2011, the Diocese of Parramatta released a revised *Sacraments of Initiation Policy* for children preparing for the above mentioned sacraments. The process of preparation for these sacraments remains as a parish based, family centred program which creates particular opportunities for parents to continue sharing their faith with their child at the appropriate time. The sequence for the reception of these sacraments has returned to the order that you may remember as a child.

The *Sacraments of Initiation* are **Baptism, First Holy Communion** and **Confirmation**. The Sacrament of **Penance**, sometimes called *Reconciliation* or *Confession*, is also an important part of the journey of faith for all of us. It is necessary to receive this Sacrament before you are able to receive the Sacrament of First Holy Communion.

As with all Sacramental Programs it is essential that parents and children are involved. While the students are supported by religious studies in the schools, the actual preparation takes place on a parish and home level. Parents and children are required to attend Sunday Mass and classes, and parents are helped by Facilitators who conduct the sessions.

Each year there are opportunities for your children to receive the Sacraments of **Reconciliation, First Holy Communion** and **Confirmation**. This is based on the presumption that they have already received the **Sacrament of Baptism**, as this is the pre-requisite for all other Sacraments. Usually the **Sacrament of Penance** is received in Year Two. **First Holy Communion** may be received the year after the **Sacrament of Penance** is received. Preparation for the **Sacrament of Confirmation** may begin when your child has entered Year 5 or Year 6 and have already made their First Holy Communion.

Parents have an essential role in discerning when their children are ready to be prepared for the Sacraments. When they believe this is the case they should present the children for registration in the appropriate Sacramental Program.

There is a definite commitment required of families involved in Sacramental Programs. Parents will have to attend one or two *Parent Education Evenings* in regard to the Sacraments concerned. There will also be an *Enrolment Ceremony* conducted during Mass on a Sunday morning. **Attendance at the 8:45am Sunday masses and all classes during the Sacramental Preparation Program are compulsory.**

Please Note: *What does 'Parish-Based Preparation Programs mean?*

What this means in practice is that families need to present their children to their own parish community for preparation.

In other words for people to be eligible to receive the sacrament in St. Andrew's Parish, Marayong, they need to fulfil one of the following criteria --

- 4The family must live within the parish boundaries of the Parish *and / or*
- 4The families need to have chosen this parish as their parish community and this is expressed by ...
 - their registering as parishioners of this Parish and
 - by their participation in the life of this parish community.

If you do not live within the parish boundaries of St Andrew's, or are not registered as a parishioner of the parish, you will need to explain why you are seeking the Sacraments here at St Andrew's. This should be done before the Registration Night. It will require an appointment with one of the Priests or the Sacramental Coordinator. Attendance at the schools in the parish does not automatically make one a parishioner of this parish. As all Sacramental Programs are parish based, it is normally the case that Sacraments are received in the parish where you live or the parish where you worship and are involved.

If your child was baptised at a Church other than St Andrew's Marayong, you will need to bring along a copy of the child's Baptismal Certificate.

What should you do now?

The Program for 2015 is outlined below. Please note in your diaries the Registration Period for each Sacramental Preparation Program you wish to enroll your child for and register in person at the Parish Office during that period. **[Only PARENTS can collect a Registration form for their child / children.]**

Sacrament of First Holy Communion

[For children in Year 3 and above who have made their first Reconciliation.]

Registration Period begins:	Tuesday 27 th January, 2015
Registration Evening:	Tuesday 10 th February, 2015
Classes (including Mass):	Sundays 1 st & 8 th March, 2015
Date of Sacrament:	Saturday 21 st March, 2015 (6 pm) &
(Choose One)	Sunday 22 nd March, 2015 [8.45am or 12.15pm]

[Please note – Allocation to the 6pm, 8:45 am or 12:15pm masses will be based on when Registration forms are collected from parish office.]

Sacrament of Confirmation

[For children in Year 5 and above who will have made their First Holy Communion before the Confirmation Ceremony.]

Registration Period begins: Monday 20th April, 2015
Registration Evening: Tuesday 5th May, 2015
Classes (including Mass): Sundays 17th May, & 24th May, 2015
Date of Sacrament: 9th and/or 10th June, 2015 [7.00pm]

Sacrament of Penance (Reconciliation)

[For children in Year 2 and above who have been baptised.]

Registration Period begins: Monday 6th July, 2015
Registration Evening: Tuesday 21st July, 2015
Classes (including Mass): Sundays 2nd, 9th & 16th August, 2015
Date of Sacrament: *[Choose one]* Saturday 22nd August or Saturday 29th August
or Saturday 5th September, 2015 [All 9.30am]

Parish Sacramental Team

Parish of St Andrew the Apostle, Marayong

TERM 4

Week	Mon	Tue	Wed	Thu	Fri
1 Newsletter Week	Oct 6 Public Holiday	7 1 st Day for students Full Summer Uniform	8 St Andrews Photo day	9	10
2	13 P&F Meeting 7pm— Library	14	15 Kinder 2015 Transition 9am-11am	16	17
3 Newsletter Week	20	21 Stage 3 Basketball	22 Kinder 2015 Transition 9am-11am	23	24 St Andrews Assembly 2:15pm – 3:15pm 1 Blue
4	27 Year 3 Excursion Sculptures by the Sea 3B & 3G Infants Sports Carnival	28	29 Year 3 Excursion Sculptures by the Sea 3R & 3Y	30	31 All Saints & All Souls Day Mass 9:15am
5 Newsletter Week	NOV 3	4	5 Kinder 2015 Transition 9am-11am	6	7
6	10	11	12 Kinder 2015 Transition 9am-11am	13	14 St Andrews Assembly 2:15pm – 3:15pm 6 Blue & 6 Yellow
7 Newsletter Week	17	18 Year 6 reconciliation	19	20	21 Staff Development Day
8	24 Kinder 2015 Infor- mation Night 7pm	25 Year 6 reconciliation	26 Kinder 2015 Orientation 9am – 11am	27	28
9 Newsletter Week	DEC 1 St Andrews Feast Day Mass 9:15am	2	3	4	5 St Andrews Assembly 2:15pm – 3:15pm 1 Red & 1Green
10	8 Meet the teacher Day Year 6 - St Andrews College Orientation	9	10 Reports go home to par- ents	11	12 Christmas Pageant 11:30am
11 Newsletter Week	15	16 Yr 6 Graduation 7pm	17 Last day for students Yr 6 Rewards Day	18 Staff Development Day	19 Staff Development Day