



Term 1 Week 8

Wednesday 15th March 2017

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DIARY DATES

TERM 1 2017

Friday **Year 2 Assembly**
17th March **2:30pm in the School Hall**

Wednesday **NSWCPS Swimming**
22nd March **Championships**

Friday **Parent Commencement**
24th March **Party 7:00pm**

Monday **Year 5**
27th March **Bathurst Excursion**

Tuesday **Year 5**
28th March **Bathurst Excursion**

Friday **Year 5 Assembly**
31st March **2:30pm in the School Hall**

Friday **Term 1 Concludes**
7th April

TERM 2

Monday **STAFF DEVELOPMENT DAY**
24th April **"PUPIL FREE DAY"**

Tuesday **ANZAC DAY**
25th April **"PUBLIC HOLIDAY"**

Wednesday **Term 2 Commences**
26th April

Saturday **Enrolment for**
29th April **Reconciliation 5:30pm**

Sunday **Enrolment for**
30th April **Reconciliation 9:30am**

PRINCIPAL'S MESSAGE...

Dear Parents,

Parenting best practice, synthesized from research and clinical experience, helps parents reshape kids' challenging behaviour, create strong family bonds, and guide children toward becoming happy, kind, and responsible adults. Effective strategies include "Great parents do what they say they are going to do", "Great parents see that actions speak louder than words", and "Great parents are transparent about their decision-making process".

One easy-to-implement tip is replacing the word 'but' - which can have negative connotations - with 'and', which sounds more agreeable. For instance, instead of saying "That was a good job but you missed out an important part", you could say "You did a great job and you could consider this part too".

Another technique is to pivot. This means to use words that get your point across in a more positive way. Pivoting is the art of saying yes instead of no, and meaning the same thing. For instance, "No, we can't go to the park until after you have a nap" may get a better response if pivoted to "Yes, we can go to the park as soon as you've finished your nap". It's best to avoid labels. If your son is reluctant to join an activity, resist commenting to other adults that "He's just shy". Acting shyly is a behaviour and not always a permanent characteristic. Your child is listening and could come to think of himself in the manner you're describing.

Even a positive label should be avoided. By labelling your child clever, they may internalise this as "I am smart/creative/good at sports and I want to stay that way", which might lead to a reluctance to try new things for fear of failure and no longer being defined by that label.

Great parents focus near and far. Focusing only on the moment and not the long term can create problems. If your daughter typically whines for something at the store and you usually buy it for her, she'll learn that whining helps her get her way. A short-term solution has created a long-term issue. This is also true of yelling to get your point across. If we habitually yell to get our kids' attention, we are teaching them to ignore us until we yell and we are also teaching them that yelling is the way to get someone's attention.

Three questions to ask: "Is what I'm doing something I would be happy to see my kids emulate? Is what I'm doing creating a positive family dynamic? Is what I'm doing solving one problem but creating another?"

For parents with older kids, there is one last tip, titled "Great parents start where they are". Rather than fretting over past actions, keep in mind that you can only act on what you know, and most parents have been doing the best they can with what they know so far. Thankfully, most kids are both resilient and forgiving; they are more like hardy weeds than delicate flowers. Acknowledgement: "What Great Parents Do: 75 Simple Strategies for Raising Kids Who Thrive," Erica Reischer

Have a great week!

Richard Blissenden

PRINCIPAL



**CATHOLIC SCHOOLS WEEK (CSW)
THANK YOU....**

Our thanks to the wonderful P&F Executive who provided morning tea on Monday (for existing families) and Friday (for prospective parents) during CSW. We also had an amazing team of parents who came early on Tuesday morning to assist with our Community Breakfast for CSW. We had an amazing week and are very grateful for all the assistance provided!



**Thank
You!!!**

**IMPORTANT MEETING DATE IF YOU USE
OSHC**

St Mary's OSHC is a not for profit, community based centre that provides before and after school care for the children of St Mary's Primary School. The centre is managed and run by a voluntary parent committee. OSHC is an approved centre which gives parents the ability to access Child Care Benefits (CCB) and Child Care Rebate (CCR) as a fee reduction.

If your child uses OSHC you are requested to attend the Annual General Meeting of the Committee to be held on 22nd May 2017 from 6pm in the OSHC rooms.

STAFF DEVELOPMENT DAY TERM 2

Please note that there will be a Staff Development Day on Monday 24th April. Students will return for Term 2 on Wednesday 26th April. There is no school for students on Monday 24th April as the staff will be involved in professional learning on this day.

AFTERNOON COLLECTION REMINDERS

Parents and those collecting children are asked to wait on **any** of the silver seats near the COLA and Office. Enter via the main gate and ramp but please then move into the playground – do not wait on the ramp or stairs. If you are a volunteer for pick up and kiss, your children are to sit under the COLA. Children are to sit in their designated areas with their school bag (no bags to parents etc) until dismissed. Once dismissed parents and children leave via the main double gate. There are no games (eg running, chasing, handball or climbing trees) after school. Parents may sit on any of the silver seats while waiting. Thank you for your understanding and support of these measures.

**APPLICATIONS FOR ENROLMENTS IN
KINDERGARTEN 2018**

are now being accepted. If you have a child who will be 5 by the 31st July 2018 and you wish to apply for enrolment here at St Mary's, please contact the school office. Following our very successful tours last week during Catholic Schools Week we have had a large number of families take enrolment packs. Congratulations to our Student Leaders for their work showing prospective parents around the school – it was very successful morning.

YOUTUBE

During the Tech Sessions for Parents held last week during Catholic Schools Week we launched our very own YouTube Channel. To find us search St Mary's Rydalmere and subscribe to our channel. You can also find the channel here <https://www.youtube.com/channel/UC-BSb1AQInVXZK8EgRxwOWQ>

ST MARY'S CRICKET TEAM

This year a group of students from Years 4, 5 and 6 tried out for our cricket team to play in the Mark Taylor Shield. In Round 1 we had a bye and our first game in the knock-out competition was against Holy Family Luddenham. Our team won the match by 39 runs – first scoring 86 (all out) and then bowling Holy Family out for 47. Congratulations to Marcus Schembri-Green, Marcus Scrivener, Isaac Vinton, Beau Myhill, Ben Fairall, Liam Hardman, Oliver Homann, Eve Kannemeyer, Myles Panagiotopoulos, Ryan Vaughan, Jonah Watson, Zane White and to our coach Mr Green (Marcus Schembri-Green's father) and Mr Shaw. Our next match is in Term 4.

**BOOK CLUB**

The current Book Club brochure Issue 2 2017 has been sent home with all students.

ORDERS FOR ISSUE 2 CLOSE 24.3.2017

To order and pay for Book Club by credit card visit www.scholastic.com.au. Please order and pay via the website. No orders are to be sent to the school office. Books will be delivered to the school and distributed to students. Any questions, please contact Kris Muir—Book Club Coordinator.

TECHNOLOGY...

We have been 'On Screen ' this year and the impact in the classroom has been extraordinary.

Students are even more engaged and have found new ways to share their learning with each other. During Catholic Schools Week Mr Blissenden ran a workshop for parents interested in learning about some of the technology available in the school. Prospective parents were treated to a virtual tour of the school by some of our leaders as they showed films of how the spaces are used.

Have you had a look at our St Mary's YouTube Channel?

We have uploaded a few films about our school. If you have already had a look make sure you keep checking in, as new film will be uploaded regularly.

Movie making is taking hold with the addition of a 'green screen' in Stage 3 and that means that we can use a huge variety of backgrounds when we are making films. We also have a drone that will enable us to take amazing aerial shots and make our films even more exciting and professional.

To find our YouTube Channel, just search for **St Mary's Rydalmere** or use the link below:

<https://www.youtube.com/channel/UCBSb1AQInVXZK8EgRxw0WQ>

How about our Twitter Account?

Make sure that you follow our Twitter feeds. Each class has its own Twitter account and this is a great way to get a snapshot of what your children are doing in the classroom. Visit our website for the Twitter addresses.

Thank You!

Thank you to our Year 6 School Leaders for the work that they have done and special thanks to our Technology Team - Zane White, Josephine Smith, Therese Davidson, Ethan Rauniyar, Reshan Weerakkody, Lilla Ward and Liam Hardman.



BIRTHDAY CELEBRATIONS



March 16	Imogen Piper
March 17	Mitchell Peaty Jacinta Boustani
March 18	Oliver Homann
March 19	Chloe Chang
March 20	Lukas Luburic Keira Gad
March 22	Monique Gallagher Thomas Holman Brandon Eum
March 23	Flynn Smith Sebastien Pericaud Manuel Sabella Caleb Filardo
March 24	Dominic James
March 25	Thomas Lowery Nishaan Venkteshwar Amilia Garcia
March 26	Cooper Kennedy
March 27	Zoe Anderson
March 28	Amber Adams

We would like to wish all of these children a very happy birthday!!

Discover why a Mercy Education is Treasured for Life

Year 7, 2019 Enrolment Information Evening

Our Lady of Mercy College Parramatta warmly invites prospective families to the Year 7, 2019 Enrolment Information Evening starting at 5.30pm on March 21, 2017. Tour the College, collect an Enrolment pack, attend an information session, meet the College staff and enjoy Afternoon Tea with the OLMC P&F. For enquiries, please contact the Registrar on 8838 1222 or email registrar@olmc.nsw.edu.au.

STUDENT LEADERSHIP TEAM

On Wednesday the 8th March 2017 our Student Leadership team, along with Miss Boidin and Mr Blissenden attended the GRIP Student Leadership conference at Sydney Olympic Park.

The purpose of the day was to give student leaders practical examples of how to be effective leaders within their school.

We participated in activities that involved talking and working with students from different schools and making new friends. These activities helped us learn something new about ourselves and others around us.

We were taught that to be a better leader you need to know not only your strengths but your weaknesses as well. To work well as a team it is also important to learn the strengths and weaknesses of others, this allows every person to develop in their position.

Some key things we learnt were:

- As a leader you need to not only accept the duty but also meet others' expectations.
- How to turn your ideas into action
- How to think outside the box

Five reasons ideas don't get put into action

1. You're too lazy
2. You're too busy
3. You don't have the tools to make it happen
4. You don't have the confidence to share it
5. You're too distracted

We look forward to putting our new knowledge and skills into action and working with you to make St Mary's a better place!

Eve, Ben, Leah, Oliver, Carissa, Lilla, Elizabeth, Hannah, Annika and Zane
Student Leadership Team

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