



St Mary's Rydalmere Newsletter

Term 2 Week 4

Wednesday 22nd May 2013

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PRINCIPAL'S MESSAGE...

Dear Parents,

This Sunday we celebrate the feast of the Holy Spirit. On this day we are reminded that there are three persons in our one God. God the Father, God the Son and God the Holy Spirit. One way of explaining the Holy Trinity lies in the fact that Jesus loves God the Father with all his heart, soul, mind, and strength. Therefore Jesus loves each and every one of us as he loves his Father. We are reminded that God the Father loves God the Son with all his heart, soul, mind, and strength. In turn The Father loves each and every one of us as he loves his son. Finally the spirit is the power of God's love; working through each of us bestowing gifts upon us all.

Last week our students in Year 3 and 5 completed the NAPLAN exams in Literacy and Numeracy. NAPLAN is an annual national assessment that provides parents, schools and policy makers with an important snapshot of information of how well students are performing in the various strands of numeracy and literacy. The results due for release in September assist schools in identifying vulnerable students who require additional intervention and support as well as acknowledging the development of all students across these two subjects. Thank you to the teachers who administered the tests and Mrs Gosper who coordinated the program over the last few weeks.

In recent weeks you will have noticed parking patrol officers from the council patrolling in the morning and afternoon to ensure that parents dropping off and picking up their children do so in a safe manner in accordance with the law. It is important that all drivers obey the traffic signs in both Pine and Myrtle Street. Failure to do so will result in traffic infringements being administered. Your support and co-operation in maintaining the safety of all members of our community is greatly appreciated.

Thank you to all concerned who organized our Mother's Day breakfast and raffle last Friday week. It was certainly an enjoyable morning for our community. It concluded with a beautiful liturgy led by our Kindergarten students and their teachers. I hope all our mums, aunties and grandmothers enjoyed time with their families on Mother's Day.

Please remember that there is to be NO PARKING of a morning or afternoon in the hotel carpark adjacent to the Marist site. Club management has informed me that several of our parents are parking in this car park, which is for Family Inn patrons only. Cars illegally parked will be towed away. Please observe their requests.

See you all at the "Pyjama Party" on Friday evening!

Tony Hughes
PRINCIPAL



DIARY DATES

TERM 2 2013

Thursday 23rd May	Kinder 2014 Interviews 9:15–2:40pm
Friday 24th May	Kinder 2014 Interviews 9:15–3:30pm
Tuesday 28th May	Stage 3 Boys Soccer Gala Day
Tuesday 28th May	Kinder 2014 Interviews 9:15–3:30pm
Thursday 30th May	Kinder 2014 Interviews 9:15–2:40pm
Friday 31st May	St Patrick's Strathfield Band Visit
Monday 3rd June	Year 5 Assembly 2:15pm
Tuesday 4th June	Athletics Carnival Wyatt Park Auburn
Wednesday 5th June	Science Competition
Wednesday 5th June	Confirmation 7:30pm
Friday 7th June	Camp Quality K-2 10:15–10:50am Yrs 3-6 11:20–12:00pm
Monday 10th June	Queens Birthday Holiday "Public Holiday"

LIBRARY - Covering Books

I have purchased some fantastic new books for the children. The trouble is, before I can put them out on the shelves they need to be covered. So if you are able to contact books and can spare some time, please come and see me in the library (Mon-Wed). Your help is greatly needed and will be greatly appreciated.

Lia Radocchia—Teacher Librarian

CRAFT STALL WORKSHOP

Our next Fete Craft Stall workshop will be held on Monday 27th May from 9:00 am in the hall. We are still accepting donations which can be left in the school office.

P&F MEETING

Our next P&F Meeting will be held on Tuesday 28th May at 7pm in the school library. Tea and coffee will be provided. Come along and find out how the P&F funds are used to purchase classroom resources and find out what is happening at our school. Everyone is most welcome to join us!

~ SCHOOL PYJAMA PARTY ~
NIGHT CAP CAFE

If you are able to help out with a bit of baking for our "Night Cap Café" please contact Sue Thomas on 0403 576 490. All help is truly appreciated.

PRINCIPAL AWARDS
TERM 2—Week 4



KK	Dylan Hallit and Nadia La Macchia
KL	Orlando Ballout and Sierra Lake
1A	Jacinta Rice and Christopher Moon
1C	Andrea Leon and Alyssa Villena
2C	Marcus Pastrovic and Christian Boumalhab
2Q/D	Mikayla Cotsinis and Kieran Roshan
3B	Jaanvi Kanwar and Emily Radford
3J	Tara Nann and Ethan Lee
4E	Hamish Davidson and Yolani Rodrigo
4O	Nicholas Norris and Liam Watson
5G	Paul Sheslow and Katie Pan
5J	Siddhant Kalra and Thomas Scrivener
6B	Sarah Cantrill and Dayne Hird
6L	Alex Cutler and Joshua Tetto

HEAD LICE

Please be aware that we have had several cases of head lice within the school. Can everyone please take the time to check through your child/children's hair. If any lice are found, please treat them accordingly. An information leaflet on how to treat head lice was sent home last week. Children are not to return to school until **ALL** lice and eggs are removed from their hair.



BIRTHDAY
CELEBRATIONS



May 22	Melissa Blanchard Emma Biviano
May 23	Jaanvi Kanwar
May 24	Elijah Seruvatu Stefanie Gabriel Holly Fulton
May 27	Lachlan Callaghan Zoe Peters
May 28	Jacob Wahbe Max Luburic
May 30	Liam Hardman
May 31	Mark Blanchard Massimo Di Sano
June 1	Claudia Sobral
June 2	Jack Gittany

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

CARE AWARDS
TERM 2—Week 4



KK	Marcus Schembri-Green and Sarah Jalil
KL	London Ardeleanu and Gordon Boulous
1A	Zechariah Acosta and Laila Riccardi
1C	Domeniq Mourched and Max Cimillo
2C	Alannah Cantrill and Peta Turner
2Q/D	Isabella Filardo and Lachlan Callaghan
3B	Cameron Menin and Bronte Frain
3J	Rochelle de le Roche & Sebastian Padden
4E	Kiara White and Nikolai Dmitrieff
4O	Stephanie Brooks and Holly Fulton
5G	Lana Bannister and Michael Menin
5J	Elouiza Stefulj and Madison Sloane
6B	James Furolo and Jake Donaldson
6L	Julie Saba and Elise Blacklaw

FAITH JOURNEY...

CONFIRMATION

We continue to pray for the children of our parish who will be making their Confirmation on Wednesday 5th June.

FIRST HOLY COMMUNION (for children that have made their Reconciliation)

Parent Night: 11th June 2013 at 7.30pm
 Preparation weekend: 15th and 16th June 2013, 10.30- 3.30. (Parents to choose date)
 Presentation of Prepared Candidates to community: Sunday 23rd June at the 9.30 Mass
 Celebrations for First Holy Communion (Max of 15 per mass): 29th June 5.30pm, 30th June 9.30am, 6th July 5.30pm, 7th July 9.30am and Sunday 14th July 9.30am

PENTECOST SUNDAY

Thank you to Year 4 for organizing our Pentecost Liturgy on Monday. It was an opportunity for us to gather as a community and to reflect on how we as individuals and as a school community allow the Holy Spirit to work within us so that we can renew the face of our earth.

Out of nowhere, this mighty Gust burst into the disciples' lives, sweeping away their fear. They were ecstatic and emboldened to proclaim the gospel. The Holy Spirit was gusting through them into the world with gale force.

What fear will we let go of so that we can share the Good News freely? 'Come Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love. Send forth your Spirit and they will be created, and you will renew the face of the earth.' © Fr Michael Tate

PROTECTIVE BEHAVIOURS...

Theme 1 (Part 2) - "We all have the right to feel safe all of the time".

Safety is an emotional, psychological and physical experience that differs for everyone.

Safety

Safety may feel different from child to child. Students discuss what makes them feel safe and protected. They discuss how some situations may start off feeling safe but can escalate to a situation where they feel unsafe.

Fun to Feel Scared

It can be fun to feel scared sometimes. You may get your Early Warning Signs, and this is where we reinforce the formula: Safety = Choice + Control + Time Limit on the activity.

Risking on Purpose

We discuss with students that sometimes they have to risk on purpose to get better at things, to meet their goals or for the times that if they don't do something there could be a negative consequence. We discuss the difference between positive, healthy risk taking and being reckless or destructive. Some examples of risk on purpose are when having a needle, learning to swim or going to the dentist.

Unsafe

Unsafe may also feel different from child to child. We explore with students what makes them feel unsafe, threatened, insecure or unprotected. We discuss how you can start off feeling unsafe in a situation and continue down the continuum and end in feeling safe. We reinforce the formula: Safety + Choice + Control + Time Limit by using an example such as learning to ride a bike, learning to swim etc. In the beginning they may have started out feeling unsafe, but because they risked on purpose and persisted they can now feel safe in that situation.

ASTHMA FOUNDATION NSW...

BUSTING COMMON ASTHMA MYTHS

Most people think they know all the basics about asthma, but there's usually a few old wives' tales hidden in there. Check your facts!!

Asthma can be cured

FALSE! Asthma is a treatable health condition. Despite great advances in treatments over the years, unfortunately we still don't have a cure. However, with appropriate diagnosis and good management, just about everyone with asthma can lead normal, active lives.

Inhaled steroids are dangerous and addictive

FALSE! Inhaled steroids are preventer medications, and are the best way to keep moderate or severe asthma under control. Some people get them mixed up with anabolic steroids that you hear about in sports, but they are very different. Inhaled steroids are a safe and very effective, non-addictive medication that is usually the best way for you to avoid asthma attacks.

It's normal to puff on a blue reliever at least once a day

NO WAY! If a child is regularly using their blue reliever to deal with asthma symptoms three times or more a week, then their asthma is not under control. They need to see their GP and talk about what's going on. If the child is on a preventer medication, then they need to make sure they're taking it every day. Needing to use reliever medication frequently is a strong indicator that they could soon have an asthma attack, so do something about it NOW.

Asthma can improve by moving to the country or to the coast

IT DEPENDS! Because asthma is such an individual disease, some people find the coast is better, while others have fewer problems in the country. Most triggers can unfortunately be found wherever you go. A number of people also find that while a change in climate may improve their symptoms for some time, they then develop allergies to other things in their new environment.

You shouldn't have pets if you have asthma

FALSE! Lots of people with asthma have pets of all different types. Some people definitely have problems with pets as triggers, or are allergic to particular animals; with the furry cats and dogs most often causing issues. Depending on the animal, allergens can be found in the saliva, sweat, hair, urine or dead skin. Sometimes the reaction only occurs when you get really close to the animal so it depends on your own response. If all else fails, there's always fish or lizards!

Children will usually outgrow asthma

UNLIKELY! Asthma is a long term health condition in which the lungs over-react to certain things. This overreaction never entirely disappears, but in some people it becomes so minor that there aren't any more symptoms. Some children have asthma symptoms that improve or disappear during adolescence. Those with more severe or persistent asthma tend to remain much the same as they become adults. Even when symptoms disappear completely, there is a chance they may return later on in life, particularly with infections or exercise, or major changes such as pregnancy.