



# St Mary's Rydalmere Newsletter

Term 3 Week 4

Wednesday 7th August 2013

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## PRINCIPAL'S MESSAGE...

Dear Parents,

In this Sunday's gospel St Luke explores one of the less well known parables of Jesus. The focus of this parable is around the uncertainty in our own lives. St Luke points out in his writing that God is the only one who knows the destiny of our lives. This includes when He calls us to our eternal life with him in Heaven. The parable explores what we must do in order to be prepared for when we are called to eternal life, as often we are not expecting it. Life is full of uncertainty, change and challenges that we learn to cope with as we live out a life of faith as members of God's family. A life of prayer, a love for one another and following in the footsteps of Our Lord will prepare us for life ever after in Heaven.

We welcome back Miss Boidin tomorrow following her role as a supervisor of the Parramatta Diocesan Pilgrims who attended the World Youth Day week of festivities in Brazil. From all reports our pilgrims from the Diocese found the experience life changing and faith enhancing. We give thanks in prayer for their safety whilst abroad.

Last Friday we celebrated our Grandparents' Day. This was a great community occasion for St Mary's. It was terrific to see so many of our students' grandparents attend our mass, followed by our open classroom story-telling sessions and morning tea. Over the years the day has grown into the biggest community occasion on the school calendar. It was also terrific to see our students and families attend our book fair on the day. Thank you to Mrs Morgan who coordinated our liturgy on the day and to Mrs Radocchia who facilitated the book fair and related events during the week.

Next Wednesday evening the St Mary's P&F Association will hold the Annual General Meeting. The meeting will be held in the school library and will commence at 7pm. All parents and friends of the school are invited to attend. During the meeting, the 2013/2014 office bearers will be elected for the next twelve months. Last Friday, a list of the duties pertaining to each of the P&F office bearers was sent home for you to read and to consider taking on for the upcoming year. Please come along and support this parent body whose main role is to support the school through a variety of social and fundraising initiatives. If you have any questions regarding these committee roles please contact me by phone or email or just drop in at the office.

Last week, some of our Stage 2 students participated in the Diocesan Soccer Gala Day. From all reports the students enjoyed the opportunity to represent our school and were great ambassadors. Thanks to Mrs Jarrett and Mrs Queixalos who managed the teams and the parents who attended on the day to support our players. Today our Zone Athletics Team attended the Cumberland Zone Athletics Carnival at Blacktown. We look forward to hearing about their achievements in the coming days.

Have a great week!

Tony Hughes  
PRINCIPAL



## DIARY DATES

### TERM 3 2013

Wednesday 7th August	Fete Meeting 7:00pm
Thursday 8th August	St Mary of the Cross MacKillop Mass 9:15am
Wednesday 14th August	Kindergarten Excursion Sydney Aquarium
Wednesday 14th August	P&F AGM 7:00pm in the Library
Thursday 15th August	Feast of the Assumption Mass 9:15am
Tuesday 20th August	Netball Gala Day
Wed-Fri 21-23 August	Year 6 Canberra Excursion
Friday 23rd August	Diocesan Athletics Carnival
Monday 26th August	Father's Day Stall Gift Wrapping in the Hall 7:00pm
Tuesday 27th August	Father's Day Stall 9-10:50am in the Hall
Wednesday 28th August	STAFF DEVELOPMENT DAY ~ Pupil Free Day ~
Friday 30th August	Father's Day Breakfast 8:00am Father's Day Liturgy 9:00am

**CRAFT STALL**

Our next Craft Stall session will be on Monday 12th August in the school hall commencing at 9:00am. We are still taking donations and would also like to thank everyone who has made a donation. Your generosity is much appreciated.

We are currently looking for donations of old music books/sheets and small or large Moccona coffee jars.



**BABY NEWS**

We would like to congratulate the Pericaud family, Isabelle in KL, on the birth of their baby boy, Beau.



**FOSTER CARE ASSOCIATION**

The Foster Care Association NSW Inc. is the voice of foster carers in this State. Our role is not only to support the work of carers in policy setting, but to encourage people to take up caring. If you are interested in becoming a foster carer, why not contact the Foster Care Association at [shaz@fca.org.au](mailto:shaz@fca.org.au) or go to our website for more information [fcansw.org.au](http://fcansw.org.au) to gain information and background. The Association is made up of experienced carers who can answer your questions about what caring "feels like". Foster Care Association NSW Inc. provides information and advocacy for foster and kinship carers throughout the State.

**PRINCIPAL AWARDS**  
**TERM 3—Week 3**



- 3B Sam Schembri-Green and Rachael Anderson
- 3J Lara Waterhouse and Ashlee Liwanag
- 4E Gabriela Villena and Alex Johnson
- 4O Leila Vertley and Ashton Ballout
- 5G Catherine Azize and Liam Young
- 5J Angelina Acosta and Justine Kim
- 6B Isabella Waterhouse and Elie Saba
- 6L Cameron Foster and Chloe Tsigounis

**P & F AGM**

**WEDNESDAY 14TH AUGUST 2013**

**7:00PM IN THE LIBRARY**

All parents are invited to come along to the P&F's Annual General Meeting. A new Committee will be elected, so if you are interested in joining the P&F, please make sure you come along to this very important meeting.

**BIRTHDAY**  
**CELEBRATIONS**



- |           |                      |
|-----------|----------------------|
| August 7  | Raymond Ghalloub     |
| August 8  | James Furolo         |
| August 9  | Mia Northwood        |
|           | Nancyann Bogiso      |
| August 12 | Mikeeli Lake         |
|           | Lara Waterhouse      |
|           | Benjamin Fairall     |
| August 13 | Kane Vinton          |
| August 14 | Michela de la Roche  |
| August 15 | Alexander Cutler     |
|           | Joshua Nakhil        |
|           | Alexander Johnson    |
| August 16 | Usenio Lee           |
| August 17 | Lucas Timoteo        |
| August 20 | Daniel Schokman-Love |

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

**CARE AWARDS**  
**TERM 3—Week 3**



- 3B Lara Mastronardo and Mia Ezzy
- 3J Jaspen Arathoon and Zane Watson
- 4E Hamish Davidson and Trinity Tecala
- 4O Maddison Boulous and Nicholas Norris
- 5G Bethany Bayeh and Caitlin Turner
- 5J Priya Palaiyan and Bernhard Tandean
- 6B James Furolo and Shaun Cassidy
- 6L Tim Greig and Georgia Hogan

## FAITH JOURNEY...

### **August 8 – Feast of St Mary of the Cross MacKillop**

Mary Helen MacKillop was born in Fitzroy, Melbourne on January 15, 1842. Together with Fr Tenison Woods, Mary founded the Congregation of the Sisters of St Joseph in 1867, an Order dedicated to the education of poor children. Mary faced many challenges, not least of which was her (questionable) excommunication by Bishop Shiel in September 1871 – an excommunication lifted five months later. By 1891, there were three hundred sisters working in nine dioceses in Australia and New Zealand. An ordinary Australian woman, yet a woman of heroic holiness, goodness, warmth and determination, Mary died on August 8, 1909. On October 17, 2010 Mary MacKillop, Saint Mary of the Cross, was declared a Saint by Pope Benedict XVI. One of her best known sayings is 'Never see a need without doing something about it!'

On Thursday 8th August, there will be a Mass in the Church starting at 9:15am celebrating the "Feast of St Mary of the Cross MacKillop". Everyone is most welcome to come along and join us.



## COMMUNITY NEWS...

### **MANAGING REDUCED FINANCES**

Each year Catholic Care Solo Parent Ministry offers an Information night for anyone interested in gaining a greater understanding on how to manage on reduced finances. This seminar will cover things like Tracking your spending, Money plans, Prioritising your finances and how to make your money work for you. There will be brochures on No Interest Loans, Fridge Buy Backs, Centrelink etc. This night is being held on **Wed 14<sup>th</sup> August at 7.30pm** at CCSS Centre, 51-58 Allawah St, Blacktown. Guest Speaker: Sharon Yeh (CCSS Financial Counsellor) and Jennifer Saunders (Home Energy Savings Scheme). Further details and registration: [soloparentministry@ccss.org.au](mailto:soloparentministry@ccss.org.au) or Ph. 99330205.

## **WEST RYDE ROVERS CRICKET**



### **REGISTRATION FOR 2013/14 SEASON**

Boys and Girls

- \* In2cricket (Milo) 4 - 7 yrs (10 week program, term 4)
- \* U8/U9 modified cricket competition.
- \* 10 – 16 yrs competition + girls only team.

### **Registration Day**

Sunday 11 August (11am – 4pm)  
Denistone Sports Club  
59 Chatham Rd West Ryde.  
Contact: Kerrie O'Brien (Club secretary)  
[roverscricket@gmail.com](mailto:roverscricket@gmail.com)



## LIBRARY NEWS..



THANK YOU!  
THANK YOU!  
THANK YOU!



Our Book Fair was a major success thanks to all the children, parents, grandparents, teachers and friends that supported it by buying books. It was reassuring and inspiring to see so many children enthusiastic about books and reading. This enthusiasm also translates to an amazing \$1,600.00 for us to spend on more resources for the library!

A big thank you to the book fair volunteers - Susan Boulous, Kate Redfearn, Branka Ball, Kelly Alcuri, Allison Markarian, Eli Ogrizek, Alex Quinn and Carly Lake - who helped out over the three days. I couldn't have done it without you!

Lastly, a special thank you to the families of the following children - Joshua Green (K), Ana and Matthew Ogrizek (K), Tara Quinn (K) and Dakota Prudnicki (Y1) - who donated books to the library on their behalf. These will be appreciated by all of us.



Nutrition Snippet

## The simplest way to eat more fruit and veg.

Here are a few ideas for how to make eating the recommended 2 serves of fruit and 5 serves of veg easier:



- **Canned and frozen fruit count.** Stay healthy with canned fruit in juice not syrup, and canned veg with no added salt.
- **Legumes are vegetables too.** Try adding dried peas, beans and lentils to meals.
- **Juice only counts once.** 125ml of 100% fruit or vegetable juice is 1 serve, but doesn't contain the fibre of chopped fruit and veg. Water is the ideal drink.
- **Dried fruit only counts once.** A small box of sultanas or 4 dried apricots equals one serve – but don't go overboard on dried fruit.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.



Health  
Nepean Blue Mountains  
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