



# St Mary's Rydalmere Newsletter

Term 3 Week 6

25th August 2010

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## DIARY DATES

### TERM 3

<b>Friday 27th Aug</b>	<b>Diocesan Athletics Carnival</b>
<b>Monday 30th Aug</b>	<b>Years 3/4 Sport with St Patrick's Marist</b>
<b>Wednesday 1st Sep</b>	<b>Year 1 Excursion Powerhouse Discovery Centre</b>
<b>Wednesday 1st Sep</b>	<b>Father's Day Stall Gift Wrapping 7:00pm Staffroom</b>
<b>Thursday 2nd Sep</b>	<b>FATHER'S DAY STALL</b>
<b>Friday 3rd Sep</b>	<b>Father's Day Breakfast 8:00am Father's Day Liturgy/Mass 9:15am</b>
<b>Friday 10th Sep</b>	<b>School Feast Day Celebrations</b>
<b>Friday 10th Sep</b>	<b>ST MARY'S TRIVIA NIGHT La Valla Room St Patrick's</b>
<b>Sat/Sun 11/12 Sep</b>	<b>Holy Name of Mary Feast Day</b>
<b>Monday 13th Sep</b>	<b>Years 3/4 Sport with St Patrick's Marist</b>
<b>Thursday 16th Sep</b>	<b>Inter-Diocesan Athletics Carnival</b>
<b>Friday 17th Sep</b>	<b>Stage 2 Touch Football Gala Day</b>

**Good luck to our  
Diocesan Team!**

## PRINCIPAL'S MESSAGE...

Dear Parents,

This Sunday our Gospel reading reminds us of the importance of humility and how it needs to be balanced in our daily life. Through the sacred scripture we are challenged to explore how we can have a deep sense of personal worth and a deep humility. We need to maintain equilibrium between the positive aspects of our lives and the "not so positive aspects" of ourselves and how we treat others. Our Lord encourages us to be mindful of our downfalls as well as use the gifts and talents bestowed upon us by our Heavenly Father. The meaning of humility revealed by Jesus in this week's Gospel focussing us on welcoming others without looking for anything from them in return. In conclusion Fr Kevin O'Shea reflects on this week's Gospel defining humility as "putting yourself at the disposition of the Lord to do what the Lord wants, where and when he wants it."

Mrs Nicola Tutt has informed me last week that she will be leaving St Mary's at the end of the term. Mrs Tutt, who is originally from Western Australia, will be returning to Perth with her family in the next few weeks. We wish her and her family every happiness and success for the future and we thank her for the years of service she has given to our community.

Could parents please refrain from approaching teachers on the way into school following assembly? It is important that teachers are not interrupted whilst they are supervising their children on the way into class. If parents need to speak to staff before school please see the ladies in the office who will page your child's teacher if they are available. Alternatively, the office staff can pass messages onto teachers or organise an appointment for you to see the teacher at a time convenient to both of you. Your assistance with this matter will be greatly appreciated.

Last Wednesday evening the Parents and Friends AGM was held. Thank you to those parents who attended. On the night we paid thanks to the outgoing committee, ably led by Fran Cutler over the last three years, for all their contributions to our school community. Congratulations to our new president Jennene Gillies and her new committee as they begin their roles.

In recent weeks you would have seen advertised a CEO Parent Forum scheduled for Wednesday evening 1<sup>st</sup> September at Holy Spirit Primary School, St Claire commencing at 7pm. The forum will be hosted by our CEO Mr Greg Whitby, Diocesan principals and teachers as well as invited educational consultants who will explore various aspects of education for the twenty first century. There will be an opportunity for parents to listen to the guest speakers and ask questions to the panel on all aspects of 21<sup>st</sup> century learning and open learning. If you would like to attend please contact me before the end of the week.

Have a great fortnight!

Tony Hughes  
PRINCIPAL



**WEATHER WATCH RECORD HOLDERS**

Last week many of the children from our weather club, under the guidance of our weather guru Mrs Greenaway, were involved with over five hundred other schools across Australia in the world's largest interactive weather report. This achievement eclipses the previous world record of only two hundred and sixty one schools in the United Kingdom. Congratulations to Mrs Greenaway and St Mary's weather watch record holders who will appear in the Guinness Book of World Record website for this new world record!

**CLOTHING POOL**

Please note that the Pre-Loved Clothing Pool will be located in the School Canteen until all of our refurbishment works are complete. The Clothing Pool will be open this Friday from 8:30–9:30am.

**OUT OF SCHOOL HOURS CARE COORDINATOR POSITION**

The Executive Director of Schools invites applications from suitably qualified and experienced personnel for this newly created position, which will be responsible for the establishment and ongoing coordination and oversight of Catholic Out of School Hours Care services within the Diocese of Parramatta.

**Closing date: Tuesday 7 September 2010.** To obtain full information about this position before preparing your application, go to:

[www.parra.catholic.edu.au](http://www.parra.catholic.edu.au) <<http://www.ceo.parra.catholic.edu.au/>>

**SPORTING NEWS**

On the weekend Gianni Puglisi, Tahn Henley, Marcus Spinetti and Kiyah Spinetti played in the grand final of the Under 9/2 for the West Ryde Rovers against a 2 year undefeated Holy Cross Ryde team. They played with such determination, that after the full time whistle and a nil-all result, they went into sudden death extra time. The Rover's scored a blistering goal 2 minutes into the extra time which secured their well deserved win, taking out the minor premiers, making their coach John Puglisi and all their parents very proud. Well done boys!

**SCHOOL FEE REMINDER**

A quick reminder that the Term 3 school fees were due last Friday. If you are experiencing difficulty paying by this date, please contact Kate in the office. Thanks.

**NETBALL GALA DAY**

Yesterday a group of students headed out to Penrith for the Netball Gala Day. And what a great day it was! We would like to congratulate all the children on their playing skills and their wonderful sportsmanship. We were lucky to have two teams win their division—a big congratulations to our Under 8 Girls and Senior Mixed Teams—well done! We would like to thank Mrs Schroder, Mrs Morgan and Mrs Brewster for organising the day. Thank you to all the parents for your support and encouragement. To our wonderful umpires from St Patrick's Marist—you did a great job, thank you so much! And the biggest 'thank you' goes to our coaches. Without your support, day's like this don't happen!

**ST. MARY'S SCHOOL BAND**

St Mary's Band invites you to join us for a night of music!

Featuring large and small ensembles from our school band program.

**Date:** Friday 3rd September

**Time:** 7:00pm

**Venue:** Year 5 Learning Space

For many students, this will be their first concert for their parents and friends. They are looking forward to 'strutting their stuff' in public!

Everyone is most welcome to come along.

**Catholic School Parents Forum:  
Learning for Today's World**

Wednesday 1 September 2010  
7.00 pm for 7.30pm - 9.00pm  
Holy Spirit Primary  
7 Todd Row, St Clair

## FAITH JOURNEY...



### SCHOOL FEAST DAY 10TH SEPTEMBER

Friday 10th September will be a very busy day as we celebrate the feast of the Holy Name of Mary. Our school will gather in the church at 9:15am for mass, which will be led by the students, then we will move to our classrooms where we will be learning about the story of our school and parish.

Our morning mass is of particular significance as we will launch a school prayer that has been developed over the past year. We will also be visited by some of the Mercy Sisters who have been a part of our school's journey.

At 12:00pm, classes will walk to Upjohn Park (weather permitting) and have a picnic lunch at 1:00pm. Please join us for either our morning mass, picnic lunch or both. Grandparents and friends are most welcome to come along.

### FATHER'S DAY CELEBRATIONS

Next Friday 3rd September our Year 1 students will be leading our morning mass at 9:15am, to celebrate God our Father and all the fathers in our lives. Beforehand, our dads and grandfathers are invited to join us for breakfast. Please come along for a morning feed and then join us for mass.



### FOR YOUR CALENDER—GRANDPARENT'S LITURGY

Please jot down Monday 20th September in your diaries for our school's Grandparents Celebrations, beginning with a Liturgy in the church at 9:15am.

Mr Simon Stennett  
Religious Education Coordinator

## P&F NEWS...

### P&F COMMITTEE 2010/11

We would like to congratulate and welcome our new 2010/11 P&F Committee, who were voted in at last week's AGM. We would also like to say a "huge thank you" to our outgoing committee members. Your dedication and hard work over the last few years has been absolutely amazing, and we thank you all for giving so much of your time.



Our new committee is:

<b>President:</b>	Jennene Gillies	<b>Vice President:</b>	Heidi Cleary
<b>Secretary:</b>	Sharon Nann	<b>Treasurer:</b>	Kathy Vaughan
<b>Social Coordinator:</b>	Natalie Miskelly	<b>Mother/Father Day Coordinator:</b>	Anne-Louise Young
<b>Classroom Parent Coordinator:</b>	Trish Worsley		

### TRIVIA NIGHT!!

Sadly the response to our Trivia Night has been a little disappointing. At this point, we need another 8 tables to be able to go ahead with the night. Come on, call up your friends, get a group together and join us for what is going to be a night of fun, great prizes and a few surprises! If you have any questions or would like to donate a prize, please call Sue Thomas on 0403576490. Otherwise, pop into the office and add your name to the list of tables.



# NATIONAL ASTHMA WEEK...

## National Asthma Week 1 - 7 September 2010



Did you know having asthma doesn't mean you have to live with coughing, being wheezy or breathless? People with asthma tend to think that having symptoms is a normal part of their life, and that their asthma is under control even when it's not.

Common complaints include:

- Waking at night with asthma symptoms,
- Needing reliever medication for symptoms more than three times per week,
- Feeling wheezy or breathless, or having difficulty breathing during the day, or
- Being restricted in usual activities due to asthma symptoms.

But if someone with asthma is experiencing any of these complaints then their asthma is out of control. They should talk with their doctor and/or their local Asthma Foundation ph 1800 645 130 to find out how they can take control.

### Breathe Easy for Parents: Kids and Asthma Medications

The aim of good asthma management is to ensure your child can lead a normal healthy life, while taking only as much medication as is needed to stay well and avoid asthma attacks.

Children diagnosed with asthma are usually first prescribed a reliever medication. This should be used whenever symptoms occur, and should be kept with them at all times. If your child is still having regular symptoms despite using the reliever, the doctor will then add a preventer medication.

Using a spacer with a puffer can help increase the amount of medication that gets into the lungs, which may mean fewer side effects, fewer doses, and less worry about coordinating breathing in with squeezing the puffer. Spacers are recommended for all children under about 10 who are taking inhaled medications (but they can only be used with a puffer device).

If your child is under 5, they should use a smaller spacer, and under 3's should also use a mask. Older children can usually take reliever medication through a puffer when they are relatively well (e.g. before exercise) but should still use a spacer for reliever medication during an asthma attack.

Children should have regular reviews with their doctor to check their medication, any symptom issues, and update their action plan. If your child has been on the same preventer medication for a few months and seems stable, talk to your doctor about trying a lower dose. Never reduce the dose on your own without talking with your doctor first.

Finally, it is important that the people caring for your child are aware that they have asthma. You should keep them informed if there have been any recent changes to your child's medication or condition, and make sure you give them a spare reliever medication just in case they need to help your child.

More questions? Please visit [www.asthmafoundation.org.au](http://www.asthmafoundation.org.au) or call our Infoline 1800 645 130.