



# St Mary's Rydalmere Newsletter

Term 3 Week 6  
Wednesday 21st August 2013  
Website: [www.stmarysrydalmere.catholic.edu.au](http://www.stmarysrydalmere.catholic.edu.au)  
Twitter: #StMarysRydal

1 Myrtle Street, Rydalmere  
Ph: 9684 4044 Fax: 9684 2262  
Email: [stmarysrydal@parra.catholic.edu.au](mailto:stmarysrydal@parra.catholic.edu.au)

## PRINCIPAL'S MESSAGE...

## DIARY DATES

### TERM 1 2013

**Wed-Fri**      **Year 6 Canberra Excursion**  
**21-23 August**

**Friday**      **Diocesan Athletics Carnival**  
**23rd August**

**Monday**      **VOY Cluster Final**  
**26th August**

**Monday**      **Father's Day Stall**  
**26th August**      **Wrapping in Hall—7:00pm**

**Tuesday**      **Father's Day Stall**  
**27th August**      **9:00—10:50am**

**Wednesday**      **STAFF DEVELOPMENT DAY**  
**28th August**      **~ Pupil Free Day ~**

**Friday**      **Father's Day Breakfast**  
**30th August**      **8:00am**

**Friday**      **Father's Day Liturgy**  
**30th August**      **9:00am**

**Monday**      **Year 6 Assembly**  
**2nd Sept**      **2:15pm**

**Wednesday**      **Fete Meeting 7:00pm**  
**4th Sept**

**Wednesday**      **Chamber Music Night**  
**4th Sept**      **6:30pm—Hall**

**Friday**      **Stage 2 Touch Football**  
**6th Sept**      **Gala Day**

**Thursday**      **School Feast Day Mass**  
**12th Sept**      **9:15am**

**Monday**      **Kindergarten Assembly**  
**16th Sept**      **2:15pm**

Dear Parents,

Late last week I attended the Diocesan Principal's Master Class. During one of the sessions we reflected on the role of saints in our lives and the need to pray to them for divine intervention daily. This focus was most relevant to us all, as we had only just celebrated the feast day of Australia's first saint Mother Mary of the Cross [Mary MacKillop] the week before. Below is a statement from Pope Francis and his request for us to pray for more saints in our world:

*"We need saints without cassocks, without veils—we need saints with jeans and tennis shoes. We need saints that go to the movies, that listen to music, that hang out with their friends. We need saints that place God in first place ahead of succeeding in any career. We need saints that look for time... to pray every day and who know how to be in love with purity, chastity and all good things. We need saints—saints for the 21st century with spirituality appropriate to our new time. We need saints that have a commitment to helping the poor and to make the needed social change. We need saints to live in the world, to sanctify the world and not to be afraid of living in the world by their presence in it. We need saints that drink Coco Cola, that eat hot dogs, that surf the Internet and listen to their iPods. We need saints that love the Eucharist, that are not afraid or embarrassed to eat pizza or drink beer with their friends. We need saints that love the movies, dance, sports, theatre. We need saints that are open sociable normal happy companions. We need saints who are in this world and who know how to enjoy the best in this world without being callous or mundane. We need saints."*

Today Yr 6 students, myself and several teachers left on our Canberra field trip. This three-day excursion is an integral part of their 'Democracy and Government Unit' being studied this term. Whilst in the nation's capital, they will visit the A.I.S., Questacon and The Australian War Memorial. We wish our touring group a safe and enjoyable trip. Follow our group over the next few days on twitter at **#StMarysRydal**.

Yesterday over one hundred of our students participated in the Diocesan Netball Gala Day. Our teams all played well and were indeed ambassadors for our school. Thank you to the teachers and parents who assisted with coaching and managing the teams over the last few weeks. Special thank you to Mrs Morgan who co-ordinated the event.

Tony Hughes  
**PRINCIPAL**



**LIBRARY NEWS**

This is the last reminder that **ALL** reading records need to be finalised and entered by Friday 23rd August for the NSW Reading Challenge. No entries will be accepted after this date.

**BOOK WEEK**

“*READ ACROSS THE UNIVERSE*” is the theme for this year’s *Childrens’ Book Week*. To celebrate, all competition entries need to be in by Monday 26 August. Competitions include:-

- Kindy and Year 1**- “Alien Colouring -in”
- Years 2 and 3** - Draw an Alien
- Years 4, 5 and 6** - Create a playdough or plasticine model of something related to the book week theme.

**UNSW WRITING COMPETITION**

Congratulations to the 20 students who participated in the UNSW Writing Competition this year. We were awarded 5 Distinction, 4 Credit and 11 Participation Certificates. Well done to the following students:

- Distinction**—Claudia Ball, Lana Bannister, Sidhant Kalra, Alexandria Padden and Eve Watson
- Credit**—Estella Warwick-Smith, Elissa Bayeh, Eliza Arathoon and Clare Kuys
- Participation**—Jaanvi Kanwar, Daniel Ryan, Elijah Seruvatu, Ria Iyer, James Ryan, Gregory Grugan, Tatiana Seruvatu, Jocelyn Xiao, Nikita Tuite, Georgia Hogan and Hovig Melkonyants.



**P&F NEWS**

Firstly, we would like to take this opportunity to thank our current P&F Committee, who are stepping down from their positions. They have all done a wonderful job over the years in supporting the school and its community.

We would now like to welcome our new Committee members, who were voted in at our AGM meeting last week. They are:

- President: Kate Redfearn
- Vice President: Amanda Green
- Secretary: Trish Menin
- Treasurer: Eli Ogrizek
- Parent Coordinator: Anna Pan
- Mother’s/Fathers Day Stall Coordinator: Paula Gabriel  
Laura Joseph
- Social Coordinator: Nancy Peaty
- PRC Representative: Heidi Cleary

**BIRTHDAY CELEBRATIONS**



- August 21 *Alexandria Padden*
- August 22 *Yanisha Rodrigo*
- August 26 *Thomas McGlashan*  
*Kayla Anisse*  
*Sarah Iacono*
- August 29 *Jonathan Xiao*
- August 31 *Rebekah Meafou*  
*Myles Panagiotopoulos*  
*Christopher Padden*  
*Benjamin Tejo-Natoli*
- September 1 *Matthew Hogan*  
*Sebastian Padden*  
*Kelly Stevens*
- September 2 *Lana Bannister*  
*Abbey Owtrim*

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

**PRINCIPAL AWARDS**  
**TERM 3—Week 4**



- KK** Mathew Cotsinis and Nancyann Bogiso
- KL** Zoe Peters and Lilly Chirgwyn
- 1A** Sarah Iacono and Cristiano Sobral
- 1C** Lochlan Cesar and Brendan Ipwanshek
- 2C** Therese Davidson and Peta Turner
- 2Q/D** Elizabeth Hogan and Christian Mourched

**CARE AWARDS**  
**TERM 3—Week 4**



- KK** Blake White and Samuel Peddell
- KL** Cian McIndoe and Sophia Parsons
- 1A** Kelly Stevens and Jonas Pellegriti
- 1C** Sarah Nam and Philippe Jendrich
- 2C** Ryan Vaughan and Liam Hardman
- 2Q/D** Kayla Anisse and Oliver Homann

# FAITH JOURNEY...

## FATHER'S DAY LITURGY

We will celebrate Father's Day with a liturgy on Friday 30<sup>th</sup> August commencing at 9am. This liturgy will be led by our Year 3 students. Please come along and join with us as we celebrate our wonderful fathers.

## SCHOOL FEAST DAY—HOLY NAME OF MARY

We will be celebrating our school feast day on Thursday 12<sup>th</sup> September. The celebrations will commence at 9:15am with a whole school mass. Please keep this date free and share in the Eucharist with the children of St Mary's. Stay tuned for more information about the day, as it gets closer.



## FEAST OF THE ASSUMPTION OF MARY - AUGUST 15TH

Our Catholic tradition teaches us that Mary, the Mother of Jesus, was taken body and soul into heaven as a reward for her faithfulness. Her life and devotion should be an example for us. On Wednesday 15<sup>th</sup> August the school community joined with the parish and celebrated this special solemnity.

Rebecca Boidin  
Religious Education Coordinator


Nutrition Snippet

## The simplest way

to set a healthy example for our kids.

Did you know that in NSW **9 out of 10** parents are not eating the recommended daily amount of veg and **half** are not eating the recommend daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By **eating more fruit and veg now** you'll be a healthy role model for your kids and help protect their health in the future.

**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  
Local Health District



## ASTHMA NEWS...

### Can your child bend it like Beckham or make a splash like Thorpie?

You might be surprised to know that some of the most famous sports stars have asthma, and it hasn't stopped them achieving at the top of their game. David Beckham and Ian Thorpe are just two examples of how asthma doesn't need to hold a person back in sport.



Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and these symptoms do not improve within a few minutes of rest. If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

### Why does it happen and can you prevent it?

Normally we breathe through our nose, which warms, moistens and filters the air we breathe. When your child exercises they will start to breathe faster and through their mouth. This can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult. If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy.

Encourage them to warm up before sport or exercise; ten minutes of gradually increasing exercise is the minimum someone with asthma should do before working out intensely. In very cold, dry weather you could try giving them a scarf or face mask to wear during warm up. If the child is doing this and still experiences symptoms when exercising go back to your doctor, he or she may need to change the type of medication being used. For some people they will advise an extra dose of their blue reliever puffer before they start exercising, but this needs to be monitored carefully so it's not too much.



People with asthma should be able to participate in almost any sport or exercise. If you are finding asthma gets in the way of your child's ability to participate in and enjoy sport, call the **Asthma InfoLine on 1800 ASTHMA (1800 278 462)** or email [ask@asthmafoundation.org.au](mailto:ask@asthmafoundation.org.au) for more information on how to better manage their asthma.