



Term 4 Week 8
Wednesday 2nd December 2020
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DIARY DATES

TERM 4	2020
Thursday 3 rd December	Coding ASP 3:30 – 4:30pm
Friday 4 th December	Swimming Lessons Conclude
Tuesday 8 th December	Seasons Reconnector Session (Mrs Morgan's groups)
Thursday 10 th December	Seasons Reconnector Session (Mrs Violaris' group)
Thursday 10 th December	Coding ASP 3:30 – 4:30pm
Friday 11 th December	Year 6 Graduation Celebration
Monday 14 th December	End of Year Awards Kinder – Year 2 Years 3 - 6
Monday 14 th December	Meet the 2021 Teachers 1:45 – 3:00pm
Monday 14 th December	Year 6 Graduation Mass 7:00pm
Tuesday 15 th December	Year 6 Fun Day – Motiv8
Wednesday 16 th December	Last day of term for students
Thursday 17 th December	Staff Development Day

PRINCIPALS MESSAGE

Dear Parents and Carers,

This week saw the start of Advent. In the Catholic Church, Advent is a period of preparation extending over the four Sundays before Christmas. The word Advent comes from the Latin *advenio*, "to come to," and refers to the coming of Christ. Advent is the start of the Church's year and there are many symbols associated with Advent. Consisting of four candles (three purple or blue and one pink) arranged in a circle with evergreen boughs (and often a fifth, white candle in the center), the Advent wreath corresponds to the four Sundays of Advent.

During the Advent season, we remember the hope we have in Christ. The prophets of Israel all spoke of the coming of Christ, of how a saviour would be born, a king in the line of David. They spoke of how he would rule the world wisely and bless all nations.

We wait with hope for His return and we remember that it was from the manger at Bethlehem that He came and gave light to the world.

As we light the first candle, we are reminded to be alert and to watch for the light of Christ as we encounter new paths of hope.

Have a wonderful week.

Richard Blissenden
Principal



LIBRARY NEWS - Great News!

Our students will be able to borrow books to read over the school holidays.

Please make sure that all books currently at home are returned or renewed. Reading is very important to help avoid a slide over the long break so stock up on books and read, read, read!

SCHOOL ACTIVITY FEE CREDIT

As you would be aware, many of our pre-planned and budgeted activities for students did not go ahead this year. All these activities were charged as part of your 2020 school fees. As the year draws to a close, we have finalised the list of cancelled activities and are now in a position to process the cost of these back to your school fee accounts as a credit. The Year 5 and 6 overnight excursion charges have already been credited to family accounts.

In addition, the following whole school events were not able to take place: Swimming Carnival, Athletics Carnival, Book Week speaker, Life Ed program and an Indigenous incursion. Some individual grade excursions were cancelled, while others went ahead very early in the year or were modified.

The following amounts will be credited to your children's school fee accounts:

Kinder: \$54	Year 1: \$67
Year 2: \$65	Year 3: \$65
Year 4: \$37	Year 5: \$25
Year 6: \$40	

BIRTHDAY CELEBRATIONS

December 3	Lorelai T
December 4	Salvatore C Samuel P
December 6	Ned D Matilda C
December 8	Sienna T
December 10	Jireh S
December 11	Isla M
December 12	Aimon L
December 13	Tyler N
December 14	Nathaniel N

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

If your fees are fully paid for 2020, these amounts will carry forward to 2021 as a credit against next year's fees. If you still have a balance outstanding, please take these amounts into account and reduce your final payments accordingly.

A reminder that all school fee accounts are due for payment by 18th December 2020.

Any queries in regard to fees can be directed to Susan in the office or by email

salbertini@parra.catholic.edu.au

PRINCIPAL AWARDS
TERM 4—Week 8



KB	Soopia C & Zachary C
KGT	John R & Liam A
1A	Sienna G & Alyssa D
1D	Marcus R & Sophia C
2FM	Sarayah A & William Z
2RM	Anson Y & Aurelia R

CARE AWARDS
TERM 4—Week 8



KB	Salvatore C & Matias H
KGT	Nikita A & Ella M
1A	Ava A & Michael S
1D	Olivia N & Sophia S
2FM	Paris S & Josie C
2RM	Eva C & Isabella C

FROM MR BLISSENDEN...

STAFFING FOR 2021

After a very long association with our school and Parish, Mrs Deb Egan has announced she will be retiring at the end of 2020 - although will continue with us as a casual member of staff from 2021. 2020 marks 15 years of service to our school and many more as a member of our Parish. Mrs Egan's connection with the school and Parish includes working with a number of Priests and Principals, many teaching staff and hundreds of students across many grades – most recently in Stage 3 (Years 5 and 6) where she has been a driver of our Inquiry Work. While it is sad to see Mrs Egan move to a new chapter in her life, we are excited for her and look forward to hearing about all her adventures and to welcoming her back as a casual teacher from 2021.

Mrs Laura McFarlane, currently on Maternity Leave, following the birth of her son, has recently relocated to the Hunter Valley and as such will not be returning in 2021. Building a new house, relocating out of Sydney and starting a family during a pandemic has been challenging and Mrs McFarlane is sorry to be leaving us, but she is excited about her new adventures in the Hunter. Miss Catherine Doyle has accepted a position at St Kevin's, Eastwood and we wish her well with this position. Mrs Sonia Arena has accepted a position at St Anthony's Marsfield for 2021 while Mrs Kristy Goetz and Mrs Michelle Rush will continue working with us in a casual capacity from 2021.

Mrs Jana Webb will be returning to a part time position in 2021. Next year we will also welcome three new members of staff – Mr Taylor Chandler, currently a teacher at St John the Baptist Bonnyrigg, Mrs Stephanie Speranza, an experienced teacher currently working at St Ambrose Concord West and Mrs Nicole Dallas, an experienced teacher currently working at St Patrick's Guildford. I know you join me in welcoming these new members of staff while also wishing Mrs McFarlane, Miss Doyle, Mrs Arena, Mrs Goetz, Mrs Rush and Mrs Egan the very best as they embark on the next chapter of their respective journeys and thank them for their contributions to our school.

TEACHERS ARE LEARNERS TOO

In the past fortnight there has been considerable Professional Learning for the staff. Mrs Waterhouse and Mrs Gosper attended a full day of Zoom meetings about Mathematics, the staff completed a refresher in administering the MAI, Mr Blissenden had a System Leaders Zoom and staff have been evaluating the 2020 Action Plan and making plans for 2021.

"C" IS FOR "CELEBRATE"

With Semester 2 reports coming home next week, it is important to start the conversation about what to celebrate in the reports. It is critical to celebrate the effort your child has made to their learning. There is nothing more that we can ask of your child than for them to give one hundred percent effort to their learning. Given the structure of the reports, 'C' is to be celebrated too. Work that is graded as a 'C' means that it is demonstrating a level of achievement which is expected for this grade. Finally, progress is to be celebrated. If a report had a "C" last time and they received a "C" again, they have improved to maintain that "C", otherwise if they didn't improve, they would be looking at a "D". When reading the reports next week be sure to celebrate the achievements, progress and efforts of your child / children!

FROM MR BLISSENDEN... cont

HAIRCUTS

A reminder that our uniform expectations continue until the last day of school and this includes appropriate haircuts for boys and girls. Undercuts, shapes cut into shaved sections of hair and hair that is not tied back or is coloured is not acceptable – please keep these haircuts and styles for the holidays remembering that our uniform expectations will continue in 2021. Thank you for your co-operation.

END OF YEAR AWARDS ASSEMBLY

In previous years we have advised families if their child would be receiving an end of year award. Given that parents will not be able to attend our Awards Assembly this year but that instead the event will be shared electronically with all families, there is not a need to advise families in advance of awardees.

2021 DATES

For your diaries, please note the following dates:

- Wednesday 27th January – Staff Development Day / MAI's for students
- Thursday 28th January – Staff Development Day / MAI's for students
- Friday 29th January – Students in Years 1-6 return
- Friday 29th January – Twilight Swimming Carnival (for students, only, who have submitted entries)
- Tuesday 2nd February – Students in Kindergarten commence

CONGRATULATIONS TO US!

In case you haven't heard, the book, **COVID-19 and Us**, that was created by students to mark their experiences during the COVID-19 lockdown, has not only been published as an eBook, but is trending as the **No.1 most borrowed book on SORA**. The book has proven to be a great example of creative and authentic learning. These students have become authors of a book that can be accessed by over 250,000 students across the diocese! What a great way to end the year 2020! So proud!

CONGRATULATIONS!
TO THE STUDENT AUTHORS OF
ST MARY'S RYDALMERE

WOOHOO!

#1

Trending titles 30 November 2020

Covid-19 and Us
SORA trending title
#1

Total checkouts 2,640

Top 10 titles (by checkouts)

Rank	Title	Checkouts
#1	COVID-19 AND US	388
#2	WEIRDO	319
#3	Don't Kiss Girls	309
#4	WEIRDO 6	276
#5	ROALD DAHL WITCHES	256

YEAR 4 YOUTH ECO SUMMIT (LIVE) 2020...

On Wednesday 18th November, Year 4 participated in the Youth Eco Summit (Live) 2020, run by Sydney Olympic Park, as part of their Geography program. Thanks to Mrs Ribera who brought this summit to our attention and encouraged us to be a part of it.

We engaged in an online workshop called "Designing a Sustainable School". This workshop introduced students to the concept of a sustainable school and what it looks like in practice. We learnt about the different features of a sustainable school and why it is important to manage our school, communities and world sustainably.

Here are photos of the best of our plans for a sustainable school:

Torie and Lachlan
Antony, Scarlett and Joshua A
Olivia R and Samuel

Thank you to Mr Glen Halliday from Observatory Hill Environmental Education Centre for providing the prizes.



KEEPING HOLIDAY BODIES AND BRAINS ACTIVE – Tips and tricks for the holidays...

Exercise is important for their brains.

As well as having positive effects on mood and physical health, boosting your child's fitness levels will keep their minds sharp. Even half an hour of activity when your heart rate is up improves concentration levels and speed of learning and decision-making, and processing in the pre-frontal cortex for at least two hours. And that has a cumulative effect. Simply saying, "Go for a run!" can demotivate children. Inspire children by setting little challenges where they're trying for personal bests. Try seeing if they can run the distance from their home to where another town where grandparents live by working out the distance and running a little of it in the park every day. Or they could compete with a family member to see who can run 5k in the best time.

Don't ban the Xbox.

Gaming is not always time wasted. Many multiplayer games value teamwork, strategic thinking, and other social skills, which will help our children to negotiate school and indeed life. In *Minecraft* children might help their friends to gain resources and defeat a dragon; playing *Fortnite* during lockdown has helped many children to stay connected with their friends. In much of life now we do better when we work as team. Get children to consciously think about the group dynamic by asking our young gamers: "What do you like about what your team players do? What do you find annoying?"

These games are designed to give children a feeling of self-competency. They get to level up every few minutes. They get the right amount of challenge. But, satisfying though that is, we don't want them to leave the summer with the sense that they only felt good about themselves when they levelled up in video games. As parents, just make sure they have other skills they're working on to become more capable and secure, whether it's cooking, running, cycling or helping with chores.

Send your teenagers on a hike with a proper map.

Bolster confidence and resilience by giving them a map and sending them on a hike. Try other challenging outdoor activities, such as surfing, paddle-boarding or canoeing.

Ask your 14-year-old to recommend audiobooks.

Books need to be what they want to read, and how they want to read. They need to choose the content and format, whether they prefer to read by e-book or paperback. Audiobooks are a great way for young teenagers to plug their earphones in and get off the screen. Sometimes parents can feel that it's not proper reading, but the science behind it would suggest that it prompts much of the same work inside the brain as if you were reading the book. You can support them by getting them an audiobook account and listening to their favourites. They can bring books to you, not just the other way around. It's a lovely insight into what your teenager's thinking and feeling as well.

Reintroduce a civilised bedtime.

Children's brains are developing, and sleep is essential for their emotional wellbeing and cognition. 11-year-olds should get approximately 9½ hours' sleep; 12 and 13-year-olds about 9 hours and 15 minutes; and 14 to 16-year-olds about 9.

Establish a time, including the child in the discussion ("What time makes sense to you?"), on weeknights at least, when devices go downstairs and they go to bed. Don't leave it until the last week of the holidays to restore good sleeping habits. Like when we change time zones, our body clock can't jump instantly — it needs time to adjust. If we try to do it all at once, it can cause problems with sleep and concentration, just like severe jetlag.

We can help teenagers to reset their body clocks by exposing them to sunlight in the morning — and if we can't tempt them out of bed, open the curtains. It allows them to wake naturally by the light.

Acknowledgement: Anna Maxted, The Times, July 11, 2020



CARLINGFORD COUGARS

Junior Rugby League Football Club



Come and Play Junior League for the mighty Cougars!

2019 NSWRL VOLUNTEER OF THE YEAR AWARD WINNER!
2018 NSWRL "RESPECT" AWARD WINNER!
2017 NSWRL GRASSROOTS CLUB OF THE YEAR!



**"Come & Try" Day
Rugby League
& League Tag**
 Sunday, December 6, 2020
 9.00-10.30am at
 Sir Thomas Mitchell
 Reserve, Dundas.

**"Come & Try" Night
Rugby League
& League Tag**
 Friday, February 5, 2021
 5.30-6.30pm at
 Sir Thomas Mitchell
 Reserve, Dundas.



**Mini Footy (Ages 4-8)
Mod Footy (Ages 9-12)**

Safe Play modified rules
used for boys and girls
from U6-U12 age groups.

**League Tag - Girls Teams
(Ages 10-Opens)**

Come play "Non-Contact"
League Tag. Open to girls
aged 10 and above.

**Rugby League
(Ages 13-17)**

Safe Play Rugby League
rules used for U13s
and above.

We are an accredited Active Kids Provider

Season Kicks Off in April

To register online today, visit
CarlingfordCougars.com.au and
 click the 'Register Online' link.

For more info contact us on

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info@carlingfordcougars.com.au

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- Our games are played on SUNDAYS as part of the Balmain JRL.
- All players receive jersey, shorts, socks, training shirt and NRL passcode. (Mouth-guard, headgear and boots not included)
- Contact us for further information about the Active Child rebate.
- U6 First Year Free Rego
 Contact us for your discount code

Discipline • Team Work • Fair Play