

Holy Spirit Primary School



From the Principal

Dear Parents and Carers,

Resilience

Resilience is related to a child's personal capacity not only to manage stress but also to come out of a difficult situation positively. To come out 'on top'. To bounce back.

Resiliency is not being happy all the time, not about being brave and not about always being strong. Resilience has a genetic component some individuals are naturally more resilient than others (eg. glass half full vs glass half empty). Even though some are more naturally resilient than others, resilience is mostly a learned approach and influenced by experiences and relationships. Individuals who are not naturally resilient are the ones who need opportunities to practice being resilient the most.

Strategies to Build Resilience

- Secure relationships and predictable home life
- Regular bed times
- Regular routines
- Regular meal times shared together
- Consistent disciplining techniques
- Accepting some aspects of sibling rivalry, don't become the referee. Take 5, give prompts etc
- Don't solve problems..... "how could we..." Ask questions that avoid yes and no.
- Providing opportunities for children to take some risks, make some decisions eg. ride a bike, climb a tree, go on slippery slide.

Adults must model resilient thinking by sharing feelings, sharing optimism and reflective listening. Acknowledge emotions, allow children to feel how they feel, don't always save them.

Encourage exploration don't always solve everything for them, try using questions such as:

*How might we solve this?
What do you think?
Is there another way?*

Try not to save your children as you won't always be around to save or fix things for them. Build their resilience! (Early Life Foundations)

Kind Regards
Anne Hines
Principal

Staff Development Day - Monday 2nd November

Please note this is a pupil free day. There will be no classes for students on this day.

Term 4, Week 2

14 October 2015

Prayer
Liturgy Committee

Holy Spirit,

Soften hard hearts
so that people treat
others the way that
they would like to
be treated.

Breathe love into
lives that are filled
with fear.

Bring peace where
hate and war divide.

Help us to be
peacemakers in our
school and in our
homes.

We make this
prayer through
Jesus Christ our
Lord.

AMEN

Kindergarten Orientation

A meeting for kindergarten parents will be held on Wednesday 4th November at 7pm in the MPA. Kindergarten orientation for children and parents will be held from 9:15am – 10:30am on Thursday 5th November. Please put these dates in your diary. Thank you.

Thank You

A big thank you to everyone involved in our school musical. Thank you to Emma, Cheyne and all the parents and grandparents for your help with our sausage sizzle on the last day of term. The children had a wonderful time.

Used Postage Stamps

Used postage stamps are wanted to help Mary MacKillop International Missions in Peru. The stamps need to have 5-10mm of paper around the edge. Please send to the school office in the next 2 weeks. Thank you.

Sport

Children attending Sport Gala Day and competitions pay a fee. This fee goes towards the payment of fielding a team and covering the cost of replacing teacher.

From the Assistant Principal

Early Bird Reading took place during Terms 2 and 3. Certificates have been given to those students who attended and filled their Early Bird Reading and Tutor cards during this time. At the end of last week children who received certificates over Term 2 and Term 3 chose a book, which they could take home.

Congratulations to all these children and thank you to the parents who ensured that the children were here on time and able to participate.

A special mention is made to those tutors who would arrive on time and sometimes would listen to three or four readers. Your help and support was greatly appreciated. A quote that I must share with you comes from one of our tutors. At the end of the session, while putting things away, we were having a general discussion about encouraging the younger children to bring in their readers and be part of the Early Bird Program.

"I have told my friends to read in the morning because if I would have done that maybe I would be a better reader now."

From the mouths of babes...

As with every new skill we learn during our lifetime, the more we practice the better we get. This includes reading. Please encourage your child by listening to them read or reading with them.

Christine Figuero
Assistant Principal

Administration

School fees

Parents please be advised that Term 3 fees are now **overdue** and must be **finalised immediately**.

This excludes parents who have made direct debit arrangements with the Catholic Education Office or who have notified the school office, in writing, that they will be making regular part payments and have adhered to this commitment.

Parents please ensure if your child is in Year 6 that their school fees are finalised at the earliest.

Kiss-n-Ride

Parents are reminded that it is not appropriate to block driveways for any amount of time. This includes our neighbours and church driveway. The edge of the gutters of the church driveway have been painted yellow as a reminder to parents and carers that this area is **not** to be blocked.



2016 Parramatta Diocesan Team Sport Trials

Any Primary students enrolled in Year 5 and 6 in 2016 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term Four in 2015 and Term One in 2016.

It is important to note that these trials are generally for those children who display an above average ability and/or have representative experience in their chosen sport. While teams are open in age it is **strongly recommended that only children of a representative standard in Years 5 & 6 in 2016 be invited to attend.**

Parramatta Diocesan trials will be held in the following sports:

*AFL (boys), Basketball (B&G), Cricket (B&G), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), Softball (B&G), Tennis (B&G), & Touch (B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website www.primarysportparra.catholic.edu.au. This online form is an **EXPRESSION OF INTEREST** for the 2016 Parramatta Diocesan Primary Sport Team trials. You may complete this form to attend a selection trial or if you have been selected in a representative squad or team. One form is to be completed per child, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

Please note that your online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST be approved by your child's school**. In order for your child to attend the nominated trial or event this may come down to the discretion of your school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. **Please complete all fields and especially "Representative Experience"**.

Your child's school will notify you one week prior to the trial date if your child is to attend to the Parramatta Diocesan trial for their selected sport by providing a trial information sheet.

Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

Currently only the Summer Sports of BASKETBALL, CRICKET, SOFTBALL & TENNIS are open and registrations close on Friday 30th October as these trials will be held in November 2015.

All other sport registrations will open on 2nd November for 2016 trials.

Please contact your school sports coordinator for any further information.



Parents there will be a price increase commencing next year on the following uniform items:

- School Hats - \$15.00
- Medium School Bag - \$40.00
- Large School Bag - \$45.00

Uniform trading hours

Wednesday and Friday - 8.45am-9.30am

Community News

Post-Separation Recovery Program

A series of seven workshops which help you begin to

- deal with intense emotions
- face & accept your changed life-situation,
- attend to your grief,
- learn lessons from the past
- redefine yourself
- forgive and let go
- set new goals & rebuild on a strong foundation

The Program
Each Session led by trained Facilitators follows a set agenda including Video Input, Personal Reflection, Journaling, Large & Small Group Sharing,


Non Exploitative Non Directive Non Judgemental

Venue: Diocesan Assembly Centre
1-5 Marion St
Blacktown

Time: 7.30pm – 9.45 pm

Dates: Seven Wednesdays
21st Oct- 2nd Dec, 2015

Fee: \$80.00

 **CATHOLIC CARE**
Social Services

Bookings essential.

Solo Parent Services
Ph. 02 9933 0205
soloparents@ccss.org.au

**Saturday 24th to Sunday 25th
October 2015
9:30am - 4pm**
Adults \$6 • Concession \$4 • Children \$2

**27th Annual
Doll Bear
Craft Show**

FEATURING:

- Unique Handmade Products
- Reborn Dolls
- Dolls and Accessories
- Wooden Toys and Furniture
- Doll's Houses and Supplies
- Teddy Bear and Making Supplies
- Aromatherapy • Jewellery, Craft

For more information call 4731 3000
or visit www.dollbearcraftfair.com.au

 **MUSEUM OF FIRE**
"Learn Don't Burn"

Museum of Fire, 11 Museum Drive, Penrith.
The Museum of Fire is a Registered Charity

Upcoming dates...

Thursday 15 October
Buddy Mass 9am - 2B & 5H

Year 6 Canberra Excursion

Friday 16 October
Year 6 Canberra Excursion

School Assembly 2.30pm
MPA

Tuesday 20 October
Mission Activities

11.30am Reconciliation 4A

Wednesday 21 October
Mission Activities

Wednesday 21 October
Parent Scripture
Meditation 8.50am

11.30am Reconciliation
4S

Thursday 22 October
Year 1 Excursion—
Australian Arms Museum

Friday 23 October
Augustinian Prayer 3pm

Wednesday 28 October
Basketball Gala Day

Parent Scripture
Meditation 8.50am

Sports Days

Kinder - Tuesday & Thursday
Year 1 - Monday & Friday
Year 2 - Tuesday & Friday
Year 3 - Tuesday & Thursday
Year 4 - Thursday
Year 5 - Tuesday & Thursday
Year 6 - Tuesday & Thursday

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