

# Holy Spirit Primary School



## From the Principal

Dear Parents and Carers,

We all experience disappointment at times. To help children handle disappointment and rejection, try the following strategies:

- Model optimism, children will pick up on your positive viewpoint.
- Talk to children about how you handle disappointment and rejection. It reassures children to know that their parents understand how they feel.
- Help children recognise times in the past when they have bounced back from disappointment, remind them that the same strategies can be used again.
- Laugh together. Humour can put disappointment into perspective.

Supporting children to handle life's hurdles helps them to develop a lasting sense of resilience which is essential for good emotional health and well being. (Michael Grose Parenting Ideas Insights 2016)

Kind regards  
Anne Hines  
Principal

### Happy Mothers Day

Wishing all of our mothers and grandmothers a happy day on Sunday.

I read this recently and thought you might enjoy it:

*A few things my mother taught me:  
My mother taught me about Religion  
"you'd better pray that won't stain".  
My mother taught me about weather  
"your room looks like it was hit by a cyclone!"  
My mother taught me about anticipation  
"just wait until your father gets home!"  
My mother taught me about justice  
"one day you'll have children, and I hope they turn out  
just like you".*



Term 2, Week 2

4 May 2016

### Prayer

Loving God,  
Help us to live  
always in the  
hope of the  
Easter season.

Help us to  
share the Good  
News of the  
Father's love  
with others and  
carry the  
mission of  
Jesus to our  
families, our  
school and the  
world.

Make us into  
people of  
Easter joy!

*Amen*

### **Thank You**

Thank you to Catholic Education Diocese of Parramatta (CEDP) for their support in financing the recent new concrete under the COLA. The softfall was uneven in many places and we are very grateful for the support in this first stage of work.

### **Parish/Staff Carpark**

For children's safety parents and carers are **NOT** to use the Parish Carpark of a morning and afternoon.

At 3:10pm when the school bell goes children are to walk to the bus area, Kiss n Ride or to their parents. Please note that as there is no teacher on duty and the children are to stand with you and not play games as they could sustain an injury.

### **Pentecost Mass**

A whole school Mass will be celebrated on Thursday (5<sup>th</sup> May) at 10:15am in our parish church. The Mass is a celebration of our feast day, Pentecost, which is on Sunday 15<sup>th</sup> May. All parents and carers are welcome to attend. In the Mass we will pray especially for mothers. There will be a cup of tea/coffee following Mass for our mums in the MPA.

### **Mother's Day Stall**

This will be held on Friday. Thank you to Jess and Yvonne (Kindergarten parents) for organising this event for the children.

### **Winter Uniform**

As the weather gets colder children may wear their winter uniform. All children are asked to wear their winter uniform from Monday May 9.

### **Naplan**

NAPLAN (The National Assessment Program – Literacy and Numeracy) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement. Naplan tests will be held next week 10-12 May, 2016.

### **School Committee**

Our next school committee meeting will be held on Tuesday 10<sup>th</sup> May at 7pm in the school library. All parents are welcome. Please see your class representatives if you have any points for discussion. At this meeting there will be a mini workshop on Numeracy.

### **Excursion**

Only children who behave safely and appropriately at school are able to attend school excursions. Children who are not safe at school may put their safety and the safety of others at risk in an unknown environment.

### **Toys**

The school is in need of dress up clothes, tonka trucks, toy kitchen equipment in reasonable condition. If you have some to donate please leave at the school office.

### **Head Lice**

Parents we have had a few cases of head lice within our school community. Parents please ensure you check your child's hair on a regular basis and treat if needed.

# Learning Matters

It seems at times that the role of parents is very demanding. There are endless decisions to make about home, school and friends. Not to mention the basics about food choices, setting rules and boundaries and all the incidentals children need to know that the curriculum does not cover.

I started to search for some information that would shed light on some strategies to assist parents to help their children become happy, well adjusted people with a caring nature. As parents if we can achieve that then we have done extremely well.

Some web pages suggested twenty-five tips while others suggested five. The Australian Government had a worthwhile page that included five points. Each of these points is discussed further so I have included a link for you.

1. Have hopes, dreams and ambitions for your child
2. Help your child to enjoy learning
3. Talk with your child everyday about their day
4. Read with your child
5. Get involved with your child's school and local community groups

<https://www.education.gov.au/what-can-i-do-help-my-child-do-well-school>

The information on this site is worthwhile and sound but none of these strategies will be effective if we ignore the basic principles of well-being. This concept can be very complicated but lets keep it simple. In order for children to get the most out of their day they need to:

- Have a good night's sleep,
- Have eaten a nutritional breakfast,
- Know that there are others at home who care about them and give them security,
- And know that God's love is with them always.

Christine Figuero  
Assistant Principal

## *Congratulations to the following students who have received Principal Awards.*

**Kindergarten:** Richa, Gizelle, Scarlett, Brodie, Kaye, Sienna  
**Year 1:** Myles, Alexandra, Andrew, Mia, Raphael, Reem  
**Year 2:** Tayah, Bridy, Angus, Ryan, Emily, Isabella  
**Year 3:** Ashton, Duku, Elijah, Aria, Suhavi, Isaac  
**Year 4:** Maddi, Isabella, Caoilinn, Mia, Rheana, Adam  
**Year 5:** Gabriel, Maya, Giselle, Kaitlin, Anthony, Kenyon  
**Year 6:** Jada, Nicolas, Theodore, Ellie, Brohym, Jack



## **1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE**

*Learn to manage difficult behavior in children*

*2-12 years old*

Venue: Our Lady of the Rosary, St Marys  
32b Saddington St, St Marys. Tel: 9623 2500

The Catholic Education Office Diocese of Parramatta together with Our Lady of the Rosary Catholic Primary at St Marys, are pleased to offer parents and carers in our Diocese, the 1 2 3 Magic and Emotion Coaching course.

The course is 3 sessions and will be run on the following dates:

Session 1      9am – 11am      Tuesday 31<sup>st</sup> May 2016

Session 2      9am – 11am      Tuesday 7<sup>th</sup> June 2016

Session 3      9am – 11am      Tuesday 14<sup>th</sup> June 2016

Course Facilitators: Melina Leonello & Anoushka Houseman

**Cost is \$10** per parent/couple/carers(s) to cover the cost of the parent workbook (only one required per family). This workbook will be available for purchase on the night.

**Register by calling Our Lady of the Rosary school office on 9623 2500**

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)

# Prayers for our students as they prepare for the Sacraments

We keep in our prayers all of our students who are enrolled in the Parish Sacramental Program.

The reception of these sacraments commits us to live a liturgical life, one which is not restricted to Sunday alone but where sacramental grace is lived out on a daily basis allowing us to make Christ present for others. Please keep our young students in your prayers as they in turn pray for us.

Lorraine Alexander  
Religious Education Coordinator

## Community News

**COME PLAY BASKETBALL!**  
**BASKETBALL IS FAST & FUN!**

Penrith & Districts Basketball Association is looking for Boy players and Girl players in our Under-8s to Under-18s age-groups.

Basketball is a FUN and FAST way to keep FIT and HEALTHY.

Even if you're new to Basketball or experienced, we have programs available for all

**All you have to do is:**

1. Choose what to sign up for,
2. Call or email Jarrod for more details
3. Come and play your 1<sup>st</sup> game/lesson



**What can I sign up for?**

Program options:

- Learn 2 Play Basketball classes for Beginners
- Join a Team in our Winter Junior Competition! U8 - U18

**For more information:**  
Participation\_penrithbasketball@people.net.au  
Penrith Valley Regional Sports Centre: 30 Herbert St, Cambridge Park  
4731 3252  
[www.penrithbasketball.net.au](http://www.penrithbasketball.net.au)



*School Committee Meeting*

*Tuesday 10 May at 7:00pm*

*In the Library*

## Upcoming dates...

**Thursday 5 May**  
Whole School Pentecost  
Mass 10:15am

Parent Morning Tea 11:15am

**Friday 6 May**  
Mothers' Day stall

Mothers' Day raffle drawn

**Tuesday 10 May**  
Early Bird Reading MPA

NAPLAN—Years 3 & 5

School Committee Meeting  
7pm in the Library

**Wednesday 11 May**  
Early Bird Reading MPA

NAPLAN—Years 3 & 5

**Thursday 12 May**  
Buddy Mass 2KV & 5A

NAPLAN - Years 3 & 5

Year 6 Canberra Excursion

**Friday 13 May**  
Year 6 Canberra Excursion

Augustinian Prayer

**Monday 16 May**  
Graffiti Incursion—Year 5

**Tuesday 17 May**  
Early Bird Reading MPA

**Wednesday 18 May**  
Early Bird Reading MPA

Parent Scripture Meditation

**Mothers' Day Stall**

**Friday 6 May**

Gifts ranging from \$2.00 - \$7.00



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