

# Holy Spirit Primary School



## From the Principal

Dear Parents and Carers,

I recently attended a meeting regarding the affects that student absenteeism has on academic achievement. I have listed the key facts for your information below. As you will see it is imperative that children attend school to give them the best opportunity for academic achievement. Partial absences viz. being continually late at school or leaving school early also impacts significantly on a child's academic performance.

### Attendance at School

Research has shown that attendance affects academic achievement. There is no safe threshold - every day counts. The affects of chronic school absence accumulate over time. Absence from school is related to academic achievement not only in the current year, but for future years. Sporadic absences can affect academic achievement as much as absence over consecutive days.

Some startling facts:

Days absent per year	Cumulative absence over (10 years of school)
20 days or less	1 year or less
Between 20 and 40 days	1-2 years
Between 40 and 60 days	2-3 years
60 days or more	3 years plus

Kind Regards  
Anne Hines  
Principal

### Parenting Tips

Michael Grose (director of parenting ideas) suggests the following five tips for assisting children with their emotions.

1. Listen first. When a child fusses and fumes about some wrong doing or hurt they've experienced listen and show understanding, avoid trying to fix the situation.
2. Contain rather than manage. Children's behaviour can become tangled up in upsets and disappointments. As a loving, caring adult give them time to soothe their own souls. Don't do it for them.
3. Know that emotions can be pleasant and unpleasant. Instead of making judgements about emotions by saying some feelings are good eg. feeling happy and others are bad eg. feeling sad, recognise that all emotions are acceptable. However explain that behaviours such as hurting someone when you are angry are unacceptable.
4. Build a vocabulary around emotional intelligence. Encourage children to name their emotions beginning with I statements. I feel happy because..., I feel upset because...

Term 3, Week 10

16 September 2015

## Prayer 2B

Dear God,

Thank you for  
always inviting us  
to your table.

Thank you for  
giving us food,  
and family and  
friends to share it  
with.

May we always do  
our best to do  
your good work  
and help those  
who are less  
fortunate than us.

Amen

Just a reminder to  
parents that  
summer uniform is  
to be worn next  
term

5. Help children recognise, then regulate, emotions. Children like adults need to recognise their feelings before they can regulate their emotional state and that's not easy. Helping children learn to recognise their feelings is a continuous process that's best started when young, before the ups and downs of adolescence become a reality. (Topics, Vol 25, T3)

*Term 3 concludes this Friday 18<sup>th</sup> September. Term 4 begins on Tuesday 6<sup>th</sup> October.*

### **School Musical**

The school musical will be held on Thursday (17<sup>th</sup> September) at 6:30pm at Emmaus College school hall. All children **must** be accompanied by an adult. **No child is to be dropped at the venue.** Children are asked to be at the hall at 5.45pm. Tickets have been sent home with your child. Please remember to bring your tickets with you on the night.

### **Head Lice**

Parents we have a few cases of head lice in the school community. Please ensure you check your child's hair on a regular basis.

### **Children's Safety**

If you have a concern about your child please make an appointment to see your child's teacher. It is not appropriate to approach children other than your own at anytime. Thank you.

## **From the Assistant Principal**

Early Bird Reading has finished for the term. Thank you readers, parents and tutors. On those cold winter mornings it was good to come into the MPA and be part of this program that promotes the importance of reading for all ages. I will endeavour to have the certificates for Readers and Tutors out by the end of the week, failing that it will be the first week next term.

Being able to read is an essential skill in the development of each child. It has always been a focus at Holy Spirit and we encourage parents to promote the benefits of reading at home.

Below is a list of six elements of instruction that every child should experience every day:

1. Every child reads something he or she chooses
2. Every child reads accurately
3. Every child reads something he or she understands
4. Every child writes about something personally meaningful
5. Every child talks with peers about reading and writing
6. Every child listens to a fluent adult read aloud

Reading should continue over the holidays. Children could read different sorts of text other than the readers that are sent home during the term. Non-fiction books from the library, children's magazines, suitable articles or stories from the Internet and for the older children ... the newspaper.

There are some children who need constant encouragement to read and others who love it and will always find the time to read. I think I have mentioned before I have one of each, one that I needed to read with constantly and the other who would fall asleep still holding on to her book. That's the challenge of being a parent!

### **Kiss and Ride**

Over the last term we have been using the gate nearer the library as an entrance when we drop the children off in the morning. The decision was made to do this because the driveway to the church and presbytery was constantly blocked making it difficult for the priests to drive in for 9:00 Mass.

After further discussion with Father Michael he has agreed to go back to using the main walkway in the morning. The edges of the gutter have been painted in yellow as a reminder to parents and carers that this area is not to be blocked.

We need to remember that it is not appropriate to block driveways for any amount of time. Showing consideration to all our neighbours is a witness of who we are as a Holy Spirit community.

Christine Figuero  
Assistant Principal

# Infants Sport Carnival

On Wednesday 9 September, the students in Year K, 1 and 2 participated in the Infants Sports Carnival at our school. The day involved the students taking part in a variety of physical activities, which provided opportunities for fitness, co-operation, problem solving and of course lots of fun! The children enjoyed the day and showed great sportsmanship.

Thank you to all the parents and grandparents who came to support their children and a special thank you to our wonderful parents who helped on the day. A special mention goes to our Year 6 students who showed wonderful leadership. The teachers are very appreciative of all the help on the day.



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

- Kindergarten: Kang Jr, Anger, Dylan, Shania
- Year 1: Mashac, Lissa, Saadet
- Year 2: Sabrina, Aleks, Jasmin, Samantha
- Year 3: Flynn, Jorja, Mya, Declan
- Year 4: Harry, Nikki, Caitlyn, Kaitlyn, Piper, Arthur, Jenna, Harvey
- Year 5: Ariane, Stefan, Ira, Annika
- Year 6: Julian, Jacob, Adhel, Jaslyn, Justin, Harrison, Anthony



## Earn and Learn

Thank you to all the families who have participated by collecting Woolworths Earn and Learn stickers. This program has now finished. We ask that all stickers and/or sheets are sent to the school by Friday 18 September.

The Sydney East Schools Sports Association invites primary aged students (Year 3-6) to participate in the Sydney Metropolitan Water Polo Gala Day. Students are to be experienced in water polo, this is not a come and try day. If you would like further information contact the school office.



# Community News

*time for us*  
A weekend for Young Couples and Families  
**16-18 October 2015**

On-going formation and development is necessary in many aspects of our lives. Do we apply this to our marriage and family? Are we journeying with other families? 'Time for us' is an initiative of the International Schoenstatt Movement that allows young couples and families to share faith, life and experiences which foster a more dynamic way of living in a tranquil atmosphere. We invite you to join us for this wonderful and unique opportunity!



**Where:** Mount Schoenstatt Retreat Centre — 230 Fairlight Road Mulgoa  
A 'place of grace' set in lower Blue Mountains on 50 acres of bushland  
**When:** 6pm Friday 16 October — 6pm Sunday 18 October (incl. dinner)  
**Investment:** \$250 per couple  
\$50 per child 3+ yrs and free for children under 3  
includes all meals, linen, activities & accommodation  
Sponsorships are available

**For info and to register:** [info@schoenstatt.org.au](mailto:info@schoenstatt.org.au) or 02 4773 8338



[www.schoenstatt.org.au](http://www.schoenstatt.org.au)

**Includes:**

- Input and discussion time for couples
- Quality family time and games
- Fellowship with other families
- Programme for children and baby-sitting
- Prayer, reflection and Holy Mass
- Families have individual rooms with ensuite

## Help for parents with shy/anxious young children

Would you like to know how to boost your shy/sensitive child's confidence and reduce their fears and anxieties?

You are invited to take part in a new study of an online parenting program offered by La Trobe University and Macquarie University. Cool Little Kids Online offers parents practical skills to build their shy/sensitive young child's confidence and reduce worries, fears and anxieties. Cool Little Kids Online is available now for free to parents as part of a research program.

For more information and to participate, please visit [www.coollittlekids.org.au](http://www.coollittlekids.org.au) or email [clkostudy@latrobe.edu.au](mailto:clkostudy@latrobe.edu.au) or telephone Dr Amy Morgan on (03) 9479 5193.

**GIANTS HOLIDAY CAMP**

**PENRITH**  
**Tuesday 22<sup>nd</sup> September**  
**10.00am – 2.00pm**  
**Dukes Oval**  
**Emu Plains**



AFL NSW/ACT & GWS GIANTS would like to invite all boys and girls aged 4-12 to attend the AFL GIANTS Holiday Camp at Dukes Oval, Emu Plains.

For \$30, children will:

- Receive an AFL Fun Pack and Football
- Free 2016 Junior GIANTS GMan Membership
- Participate in skills & fun games.
- Be provided with morning tea and lunch.
- Meet G-MAN.

To register, please call 8867 7403 or email [sophie.mckibben@aflnswact.com.au](mailto:sophie.mckibben@aflnswact.com.au).  
Alternatively, registrations can be taken in person from 9.30am at the venue on the day of the camp.



## Upcoming dates...

**Thursday 17 September**  
School Musical—6.30pm  
Emmaus Catholic College  
(Kids need to arrival at 5.45pm)

**Friday 18 September**  
Last day of Term 3

Mufti Day/Picnic Lunch  
(Gold coin donation)

Canteen Closed

Term 4 resumes -  
Tuesday 6th October

**7-17 Todd Row**  
**ST CLAIR NSW 2759**  
**Phone: 02 9670 5379**  
**Fax: 02 9834 3209**  
**E-mail:**  
[holyspirit@parra.catholic.edu.au](mailto:holyspirit@parra.catholic.edu.au)  
**Web address:**  
[www.hsstclair.catholic.edu.au](http://www.hsstclair.catholic.edu.au)