



# Holy Spirit Primary School Newsletter

Term 4 Week 6 ~ 15 November 2017

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## From the Principal

Dear Parents and Carers,

Recently I read an article 'The Opposite Effect' by Madeleine Dore. It is for adults but may help in parenting. Please see below.

"When I've experienced a period of unhappiness in my life I've often sought external change – switching my job, hairstyle or even home- only for such feelings to eventually find me again. Changing the way I think could be longer lasting. Thought awareness can build resilience as we learn to attach less meaning to our thoughts.

I tracked my most common thoughts... the themes were clear: worrying about the future, worrying about what other people think, beating myself up for perceived flaws, comparing myself to others, negatively internalising other people's actions or words and ruminating in the past.

What was most startling when reflecting on this list was that many things I worry about are outside my control.. For the most part I can't control what happens in my life, but I can control how I think about it.

Now when I slip into negative thoughts I ask 'can I control or change this?' We can't eliminate the negative thoughts in our lives but we learn to move on from them."

Kind Regards  
Anne Hines  
Principal

### How to support your developing reader

Read every day, anytime, anywhere: for enjoyment, to learn things, to keep safe, to make things. It helps if you: find books your child likes, read to your child, talk about the books.

If the book is too hard – you read it, too easy your child reads it and if just right take turns. (ALEA)

### Dates for your diary

- ♦ Carol's night is Tuesday 28<sup>th</sup> November in playground, 6:30pm for a 7 pm start, some snacks and drinks available for sale. Children to wear red and green (Christmas colours).
- ♦ Our final awards assembly for 2017 will be held on Thursday 7<sup>th</sup> December at 9:15am. Please join us.
- ♦ End of year Mass will be held on Monday 11<sup>th</sup> December at 10:15am. Please join us.
- ♦ Last day of Term 4 will be Friday 15<sup>th</sup> December.

# School Captains Prayer

Dear God,

Fill us with  
your grace,  
So that our  
lives and our  
words will be  
as true as our  
faith.

May we grow  
more and more  
in your son's  
likeness.

We ask this  
through Christ  
our Lord

Amen

## Sunday's Readings

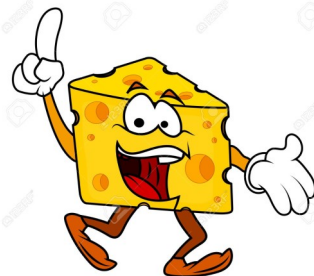
Next Sunday's Responsorial Psalm begins with the words: 'Blessed are those who fear the Lord'.

Fear of the Lord is one of the gifts of the Holy Spirit in the rite of confirmation. The bishop prays: 'Fill them with the spirit of wonder and awe in your presence'. Where we would expect the expression 'fear of the Lord' we find 'wonder and awe in God's presence'. This is a good way of beginning to get a correct understanding. Imagine you are on a cliff at the edge of the ocean. You are safe behind a strong railing. But the sea is thundering, the waves are roaring in and crashing against the cliff and water is being hurled into the sky. It is awesome. This image brings us somewhere near what is meant by 'Fear of the Lord'. If we ever just take God for granted, or find God boring, then we can be sure that we have completely failed to understand who God is. God is the source of all existence. God holds each of us in being every moment of our lives. This is truly awesome.

We become aware of how easily we can forget God and God's love and get caught up in what are, after all, petty distractions - our own plans and whims and pleasures and ego. Our lives can be pretty boring and second-rate. We can exist on the surface and miss the power and wonder and challenge of life and of love, the experience of wonder and awe in God's presence.

*Fr Michael Fallon*

Joke of the  
Day



Q. What do you  
call cheese that's  
not yours?

A. Nacho Cheese  
(Not your  
cheese!)

**Student Attendance rate for last week was 92.7%**  
**Remember every school day counts!**

# From the Assistant Principal

## Emergency procedures

Ensuring the safety of our children at all times is essential to all staff. During the school year we prepare, practise and evaluate our procedures for an emergency. This is an essential element of WHS component in all schools of the Parramatta diocese.

It is mandatory that we practice both Evacuation and Lockdown procedures throughout the year.

Schools must be prepared in the event of an emergency. Examples of an emergency include medical, fire, gas leaks and chemical spills.

The children have practiced evacuation earlier in the year and lockdown last week. The teachers discussed our procedures with the children before the drill explaining that it is only a practice and the importance of listening and staying calm and quiet.

It is better that as a community we feel secure in the knowledge that we know what to do in the event of an emergency situation so that we remain safe at our school.

Christine Figuero  
Assistant Principal



every learner  
every day 

  
Catholic Education  
Diocese of Parramatta

# What's Happening at Holy Spirit...

<i>Friday 17 November</i>	<i>School Assembly ~ 2:30pm .</i>
<i>Thursday 23 November</i>	<i>Diocesan Gymnastics Competition Buddy Mass Years 1 &amp; 4 ~ 9am</i>
<i>Friday 24 November</i>	<i>Augustinian Prayer ~ 3pm</i>
<i>Tuesday 28 November</i>	<i>Christmas Carol Evening ~7pm</i>
<i>Thursday 30 November</i>	<i>Buddy Mass Kinder &amp; Year 6 ~ 9am</i>

## **Congratulations to the following students who have received Awards at our School Assembly on Friday 3rd November**

### **Principal Award**

Dallas (KR), Cash (KW), Gabriel (1R), Neave (1W), Daniel (2R), Bailey (2W), Hannah (3R), Mashec (3W), Jorgiah (4R), Brianna (4W), Lilliana (5R), Mia (5W), Benjamin (6R), Jordan (6W)

### **MacKillop Award**

Jasmine (KR), Victoria (KW), Farhana (1R), Scarlett (1W), Mia (2R), Asher (2W), Julia (3R), Alisha (3W), Maya (4R), Ayesha (4W), Sienna (5R), Madison (5W), Anthony (6R), Giselle (6W)

### **Holy Spirit Award**

Maryam (KR), Lucas (KW), Angelina (1R), Finn (1W), Brooklyn (2R), Alad (2W), Brody (3R), Chelsy (3W), Tahlya (4R), Dut (4W), Emma (5R), Mya (5W), Hannah (6R), Hayley (6W)

Rhiann in year 3 is writing a book called The Cat Hero. Here is her first chapter:

One Monday morning there was a cat and her name was Meows. Meows was a cat princess. Meows was nine. She wore a purple and pink dress. It looked adorable on her so she wore it everyday. Everyone called her BM which stands for Beautiful Meows. "O hi Meows" everyone would say when they saw her.

Meows and her family went to Dream World, Movie World and Sea World. When the day was almost over they decided to go to sleep. Just then Meows heard a loud roar, it sounded like a dragon roar!



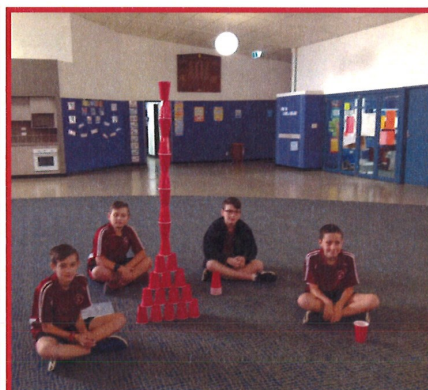
## L.E.A.D. with Courage™: Stage 3 Leaders Program

On Wednesday 8 November, Cameron helped us to be better leaders. He showed us how to grow, with enthusiasm. He taught us how to work as a team, with fun activities and communication. He showed us that being a leader is shown through actions not badges. He supported us along the way, encouraging us that anything is possible.

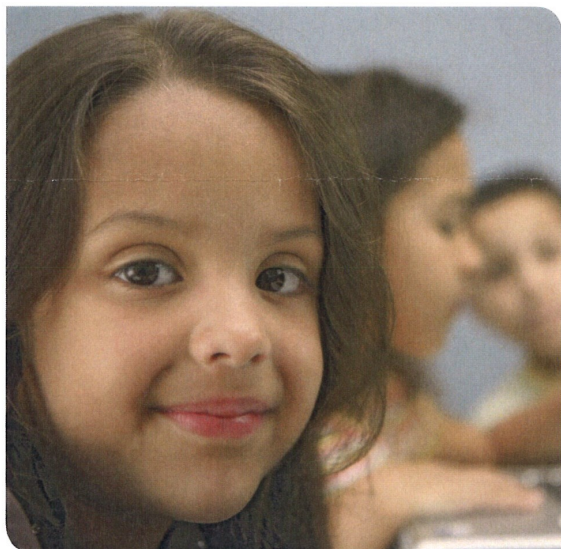


Cameron showed us that everyone can be a leader, no matter what age. We need to look for new challenges and new ways to overcome them. We have to fail to succeed. We need to express ourselves. He showed us leadership is an action - not a role.

By *Cooper, Anthony, Caitlin J, Marisa and Kaitlyn U*  
(Year 6)





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**FREE information evening!**  
**A must-attend for all parents and carers.**

**Topics will include:**

- ▶ Cyberbullying
- ▶ Online stranger danger
- ▶ Photo-sharing and image-based abuse
- ▶ Accessing inappropriate content
- ▶ Sharing personal information online
- ▶ Balancing time online
- ▶ Safe and respectful online behaviour

Working in partnership with schools, Life Education is Australia's largest non-government provider of health and drug education, empowering children and young people to make safer and healthier choices through education. Life Education is a certified provider of online safety by the e-Safety Commissioner.

**Book fast – limited places available.**

Register online at <https://lenswcyber.eventbrite.com.au> **by Friday 17th November 2017**

**Other:** Light refreshments and free child minding available. There is limited parking onsite, otherwise parking can be found in surrounding local streets.

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**For more information email [nsw@lifeeducation.org.au](mailto:nsw@lifeeducation.org.au) or call 1300 HAROLD (1300 427 653)**

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