

# St Nicholas of Myra School

PO Box 265, Penrith 2751. Phone: (02) 4721 2623 Fax: (02) 4721 0141

Email: [stnicholas@parra.catholic.edu.au](mailto:stnicholas@parra.catholic.edu.au)

Website: <http://www.stnicholaspenrith.catholic.edu.au>

Term 1 Week 5  
2015

## SAVE THE DATE

**Staff Development Day**  
(Pupil Free Day)  
Friday 20th March

**Fri 27th Feb**  
Diocesan Swimming Carnival  
12:10pm Stage 2 Mass

**Sun 1st March**  
Reconciliation Parent Group Session 1 11am

**Mon 2nd March**  
Stage 3 Antarctica Incursion

**Wed 4th March**  
School Leaders Leadership Conference

**Thurs 5th March**  
Spring Rolls/Fried Rice Day

**Fri 6th March**  
Stage 1 Mass 12:10pm Parish Church

**Sun 8th March**  
Reconciliation Parent Group Session 2 11am

**Mon 9th—Fri 13th March**  
Catholic Schools Week

**Mon 9th March**  
2:30pm Liturgy

**Tues 10th March**  
Kindy Dinner 6pm King Henry's Court

**Fri 13th March**  
WRITE-ATHON

Dear Parents and Carers and Students,

As a school and parish community we began the season of Lent with our Ash Wednesday Mass and Liturgy. Thank you for joining us in prayer during these times. Lent originally meant "springtime" and so we can view it as a springtime for the spirit, a spring cleaning of the cave of our hearts.

Why the forty days for Lent? This period calls to mind the time Jesus spent in the desert. For some it was also a reminder of the forty hours he spent on the Cross.

Whatever the variations in the practice of Lent over the last 2000 years, the main question to ponder is how Lent can help us to become more aware of where I stand in relation to God and my neighbour/others (whether that be a sister, brother, aunty, teacher).

The traditions designed to achieve these goals are fasting, almsgiving and prayer. The call to fast focuses on the spirit rather than the body. The call to almsgiving makes us more alert to our neighbour's/others needs. The call to prayer nourishes my relationship with God, especially with Jesus in His Passion.

Lent is often a time given over to "holy" words of repentance and promises of self-reform but: "However many words you speak, what good will they do if you do not act on them?" Buddha. This sentiment was also reflected in Father Mathew's Ash Wednesday homily that, "Lent is an attitude of the heart." We need to make the effort to do or be more like God to one another, this may be attending Sunday Mass, this may be including someone else on the playground, it could be to attend Reconciliation on the weekend or pray as a family before meals.

Our spirituality is as personal as our breath or our fingerprint, but as we move through the forty days of Lent, we might on occasion, surrender freely to the quiet within us, to rediscover the resources and strengths that are there. We might begin to see better and appreciate more, the value of our existence, to see ourselves with more gratitude and respect and to see others in a like manner.

What is one small daily action you can do from now until Easter?

Peace and Joy  
*Anita Knezevic*  
Principal

With this Newsletter, today you will find numerous notes and forms, which I would ask each family to read, complete and return. Some recent changes in State Legislation and also procedures from the Catholic Education Office have meant we have needed to send home Consent Forms for families to complete. I appreciate you taking the time to complete the relevant forms and returning them to the school as soon as possible.

## Catholic Culture

Here are some of the ways we are a Catholic School and Parish Community:

- Opening School Mass
- Shrove Tuesday – Pancake Day! Thank you to the families for supporting this event. I would like to personally thank Vanessa Wheeler, Lidia Vlores and Clare Fidler for being our helping hands in the canteen distributing 269 pancakes!
- Ash Wednesday Mass with the Parish and K – 2 Liturgy. Thank you to the parents and carers who attended these liturgical events.

During Lent, the Parent Group decided to have Spring Rolls and Fried Rice.



### Extra Curricula opportunities in 2015

Extra Curricula opportunities, at St Nicholas of Myra, are based on the student's interest, their commitment to train or rehearse as well as their behaviour. Extra Curricula opportunities are 'extra' and therefore are a privileged event. These are privileged events because the students are representing our school, students require self regulation and trust to be in different environments and with other students, teachers and parents to be safe, responsible ambassadors. Last year, I was so impressed and received regular feedback about how well mannered our students are to each other and others.

From the feedback we received from the Parent Group early last year, we increased and gave more student opportunities to participate in more Sporting Gala Days. This will continue this year and is based on the number of students to construct a team and parent volunteers to help with coaching, transporting the students and to be a parent helper on the day.

This year we have added more Extra Curricula opportunities through the Creative Arts. On Tuesday, we had students (Years 2 – 6) participate with 8 other schools to learn four new songs. These songs will be rehearsed with Mrs Spyrou and then performed at the Joan Sutherland Centre later in Term 2. We are continuing with the School Choir (Years 2- 6) and we have added a Dance Troupe (Years 2- 6) as well.

Other opportunities like the Chess Tournament will also be offered this year.



### Zone Swimming Carnival

On Tuesday 24th February a team of 7 students represented St Nicholas of Myra at the zone swimming carnival which was held at Glenbrook Pool. These students were Callum Wamsley, Stacie Becroft, Breanna Haladus, Lilly Vlores, Brayden Parkes, Annabelle Fitch and Liam Wamsley.

We had a fabulous day! The weather was kind to us and all students tried their best and achieved some great results. Special congratulations to Breanna Haladus who came 2nd in the 50m backstroke and Callum

Wamsley who achieved 1st place in 11 yrs 100m Freestyle, 50m Freestyle, 50m Backstroke, 50m Breaststroke and the 200m Individual Medley as well as 3rd place in 50m Butterfly. These fantastic results also earned Callum 11 yrs boys champion on the day. These 2 students will now represent the Nepean Zone in these events on Friday at the Diocesan Carnival at Blacktown Pool. We wish them the very best of luck!

All students need to be congratulated on their efforts and sportmanship behaviour and a big thank you to the parents and family members who came along to support on the day.



### Captivate

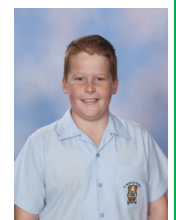
Congratulations to the students who are representing our school at Captivate this year. Captivate offers students the opportunity to collaborate and engage with students from other schools to enrich their performing skills and experiences. They do this through a combined school program with our focus being music this year. On Tuesday 24 February,

48 children from Years 2 – 6 travelled to Holy Family at Granville East where they worked with over 100 children to learn four very difficult and diverse songs. They will continue to practise these songs at school throughout the term. At the end of term 2, the children, along with the other schools will have the opportunity to perform these to a wider audience. The children should be congratulated on their excellent behaviour and efforts throughout the day. **Mrs Spyrou Creative Arts Teacher**



Hi, my name is Jed Prior and for 6 years I have been playing **Cricket** for Penrith RSL. I am also a member of the Penrith Junior Representative squad. There is lot of gear required for cricket. Helmet, box, thigh pad, leg pads, gloves for batting, gloves for wicket keeping and a hat when fielding. Training is 1 hour Monday and Wednesday's and 2 hours Friday. I play at multiple local grounds and for reps I play all over Sydney.

It gets hot playing in the sun all day by I love it because you are out there with your friends. Playing cricket you need extreme concentration otherwise you could get hit with a ball or you could get **OUT!**



## Awards

<b>Kindergarten:</b>	Archie Karadimas	Lolah Lestal-Braid	Isabel Mrcic	Oliver Simmons
<b>Year 1 – Blue</b>	Savannah Attard	Richard Reales	Audrey Sullivan	Lara White
<b>Year 1 – Gold</b>	Isla Fletcher	Lilah Lestal – Braid	Keoni Scrimmager	Chelsea Sharpe
<b>Year 2 – Blue</b>	Talya Arokianathan	Elle Rietkerk	Savannah Rivadeneira	Peter Xiberras
<b>Year 2 – Gold</b>	Marcus Caballero	Lachlan Criss	Nikea Powell	Jayden Varlow
<b>Year 3</b>	Ella Becroft	Lucy Keane	Grace Nenadic	Brayden Parkes
<b>Year 4</b>	Raphaila Idris	Adak Mapieu	Jed Quealey	Darcy Wheeler
<b>Year 5</b>	Sean Egan	Mariah Nicholopoulos	Owen Smith	Jasmine Teuma
<b>Year 6</b>	Jade Altman	Luke Busine	Levi Chia	Keely Hodgetts



**SILVER AWARDS** Joshua Busine Daniel Byimira Javier Caballero Taliah Cini Caeleb Culley  
Michaela Merkas Owen Smith

**GOLD AWARD** Michaela Merkas

### Teachers are Learners Too!

#### WHY?

Perhaps some parents and carers and students have wondered why I added this to the Newsletter last year. I hope what has been realised is that learning is life long. It needs to be beyond just something that happens in 'school' or at 'work.' Learning is a journey, cycle, fluid, organic, infinite – it requires constant renewing, adapting, adopting, changing, and taking risks. It requires individuals and teams of people to think critically, ask questions and to know how and what they need to do to be the best learners. I would hope by being role models and naming the learning we are doing as teachers we inspire our students to have inquiring minds. You will also notice that many of the learning days we attend are often in pairs, small teams and often reflect our learning goals for our students.

#### Extending Mathematical Understandings (EMU) Specialist Teachers.

This week, Mrs Lloyd and Mrs Cutajar have attended two days of EMU Specialist learning.

#### EMU Leaders Day

Miss Joseph and Ms Knezevic attended an EMU Leaders Day.

#### Early Years Assessment Days

Miss Joseph and Miss Inskip attended an Early Years Assessment Day. This day is to reinforce and give time for the teachers to sharpen their precision when Literacy testing.

#### Personalised Planning (previously known as Individual Learning Plans (ILPS))

Ms Knezevic, Mrs Lloyd and Mrs Bannister attended a Personalised Planning Day. This day allowed for a team approach to deliver a year's action plan. This day also helped to continually update and build on our knowledge as teachers as well as to ensure the processes in place make a difference to our students learning. Due to Federal Government requirements, we have had to rename what we have known as Individual Learning Plans (ILPS)

#### FIDES

Miss Joseph was endorsed and selected through an application process last year to attend a pilgrimage (FIDES) at the end of this term. Being apart of this pilgrimage group requires learning about faith and formation which is occurring today and tomorrow.

On Tuesday evening St Nicholas facilitated learning for a cluster of local schools. Staff from Corpus Christi, Our Lady of the Way and St Finbar's joined us in creating writing continuums for each learning space. The purpose of a writing continuum is for students to be able to access a range of writing samples in order to monitor, assess and improve their own writing. This professional learning will continue with the other schools in terms two and three as well.

## Kiss n Ride and Traffic Procedures

Safety of our children on the way to and from school is paramount in all our minds. Safe pedestrian, safe driving habits and parent-carer role modelling of safe behaviours will contribute much towards the safety of our children. Please be considerate of our neighbouring businesses by not blocking their driveways or parking on their premises.

Higgins Street is patrolled by the local police and rangers on a regular basis, therefore you need to be aware of traffic and parking regulations to avoid fines.

- Do not park across driveways or enter neighbouring businesses carparks
- Children must always alight from the car from the **LEFT** hand side
- The driver **MUST NOT** leave the car
- Plan to leave home earlier in the morning so your child isn't rushing to get out of the car if running late
- In the afternoon please do not start to queue up Higgins Street before 3:10pm. Make sure your **family name** is on the dashboard of your car. This helps staff on duty to have children prepared and ready to get into their correct car.



## Write-athon

Our Write-athon is on Friday 13 March, which is only a couple of weeks away! Thank you to the many students and families who have been busy collecting sponsors. Hopefully we are on our way to reaching our goal of \$5500. The money raised will go towards much needed student resources. The students and teachers are looking forward to working on lots of fun writing activities!



### Home Readers

Many students are now taking home readers as part of their homework. The books being sent home are those that students have worked on during guided reading. The purpose of sending these readers home is for students to be able to show off how clever they are at reading. It is a chance for them to practise reading with phrasing and fluency (reading like they are talking or reading like a teacher). The books are not meant to be challenging and should be quite easy for your child to read.



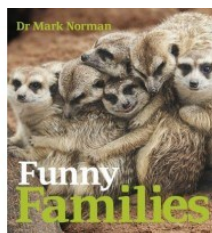
Each year during the season of Lent we are called to take up three practices: Prayer, Almsgiving and Fasting. As with previous years, the community of St Nicholas will be taking part in the Project Compassion initiative. Earlier this week each family received a Project Compassion box, where during Lent you are invited to make regular contributions. All funds raised through this annual project is used to help raise awareness about the world's poorer communities and all funds raised are sent to less fortunate nations. This project is discussed in class and we invite you to continue this conversation in your homes. The concept of giving alms is to ensure that all students have a deeper understanding of human dignity and justice for all. We encourage you to collect as much as you can over this Lenten season and return the boxed to school on Monday 30th March.

We thank you in advance for your generosity.

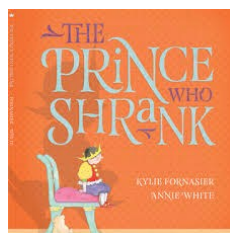
The children are enjoying visiting our Library space located in the school hall. All children **MUST** have a library bag to be able to borrow each week. These are available at the office for \$10 or a strong plastic bag is acceptable. Pictured below are books we have shared with the children during their visits. Have a chat with your child about these books.



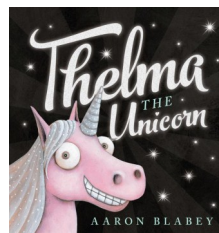
Stage 2 & 3



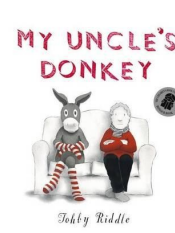
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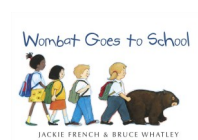
Stage 1 & 2



Year 3



Kinder



Kinder

### Canteen will be opened Mondays, Wednesdays & Fridays.

During the term there will be special food days e.g. hot dog days, pie & sausage roll days, noodle days etc. A note will go home to all families when these days will occur.

Zooper Doopers	\$0.50
Moosies	\$1.00
Chocolate (250ml)	\$1.50
Jelly Cups	\$0.50
Water (600ml)	\$1.00
Pretzels (30g)	\$1.00
Popcorn (25g)	\$1.00

### Correspondence

 which has been sent home in the past fortnight or with this newsletter includes:

- ☺ Impetigo (School sores) note
- ☺ St Nicholas of Myra COSHC—Pupil Free Day care for 20 March
- ☺ Spring Roll/Fried Rice Order Form
- ☺ Raffle Ticket Consent Form
- ☺ Standard Collection Notice
- ☺ Privacy Statement

# STEPPING BEYOND

## A Support Group for Separated or Divorced Adults



### **FREE** autism workshop for families

Like all school aged students, children with autism spectrum disorder benefit from strong, positive relationships between home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and full time carers in your local community.

Details for the upcoming 2 day workshop:

**Dates:** March 3<sup>rd</sup> and 4<sup>th</sup> 2015

**Venue:** Blacktown Workers Club

**Cost:** FREE- including resources, lunch, morning tea and refreshments.

Full details and online registrations at [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

This workshop is funded as part of an Australian Government Department of Education initiative to support school age children with ASD across Australia.

STEPPING BEYOND is a Process/Personal Exploration Group. It is a monthly gathering for men and women who are separated or divorced. Through facilitated group interaction opportunity is given to individuals to address issues that arise as a result of changed life circumstances and ongoing adjustments. Emphasis is on personal awareness and self-development.

Facilitators: Eileen Quade  
Rita Chater

**Date:** Last Tuesday of each month - (Jan—Nov)  
**Time:** 7.30pm to 9.30pm  
**Fee:** \$5.00  
**Venue:** CCSS Centre Blacktown  
51 -59 Allawah St  
Blacktown

#### BOOKINGS ESSENTIAL

Solo Parent Services  
Phone 9933 0205  
[soloparentservices@ccss.org.au](mailto:soloparentservices@ccss.org.au)



### General Tips to Share With Your Child

- Be aware of the personal space of others and learn not to invade it.
- Practice making and maintaining eye contact during conversations.
- Pay attention during conversations. Don't let your mind wander or daydream.
- Learn how (and when) to begin and end a conversation politely.
- Try not to monopolize the discussion. Remember, a dialogue is at least two-sided, so allow the other person (or people) to speak their mind (or minds).
- Engage in self-monitoring—that is, adapt your behaviour to reflect the social situation at hand. When you are with friends, feel free to let loose and act more relaxed and playful. At school, be attentive and responsive.
- Think twice before speaking to avoid inappropriate comments.
- Patience is a virtue. Allow others to finish speaking before you begin to talk. You wouldn't want someone to interrupt your train of thought, would you?
- Always be courteous—say please and thank you.
- Remind your child that practice makes perfect. The more you socialize the more confident you will become in social situations. And, make an effort to praise your child when he or she is being socially proper and is clearly striving to make a change in behaviour

<http://www.nclld.org/parents-child-disabilities/social-emotional-skills/tips-for-helping-your-child-build-social-skills>

Catholic out of school hours care is available at St Nicholas of Myra.

For further information please contact Ben

0418 260 386

Or visit

[COSHCSStNicholasPenrith@parra.catholic.edu.au](mailto:COSHCSStNicholasPenrith@parra.catholic.edu.au)



At St Nicholas of Myra we have a 'No hat no play' policy. If your child has forgotten their hat we **DO NOT** have spares in the office.

All children need to remember to bring their hats to school. They should be clearly labelled.

