From the Principal

Dear Parents

Thank you to our families who support the School’s Code of Conduct. Working in partnership with parents and having parents’ support makes all the difference to getting across the message to our children regarding what is acceptable behaviour and the consequences that result from behaviour that is unacceptable.

The Greek philosopher, Plato, has a wonderful little story about honesty at the end of which he poses an interesting question. The story goes like this: “There was a shepherd named Gyges who was in the service of the king. One day, as he was pasturing his flock, there was a great storm and an earthquake. A huge opening appeared in the earth and Gyges descended into the chasm. There, he saw many astonishing things including what looked like a human corpse. Although there were many amazing treasures before him, he took only a gold ring the corpse had on his finger. Then, he made his way out.

Later, he attended the usual monthly meeting of shepherds with the king. As he was sitting at the meeting, he happened to twist the crown of the ring towards the inside of his hand. Immediately, he became invisible to his companions. He experimented with the ring several times to make sure he really had the power to make himself invisible by twisting the ring; it worked every time. Emboldened by his discovery, he managed to get himself invited to the palace on several occasions, where he stole great treasures from the king himself. Being invisible, he would never be caught and there would be no consequences for his actions.”

Plato then poses the question, “If we remove all consequences and all fear of punishment is there any reason to be honest and of good character?”

If one was to cast an eye across Australia over the past year or so, Gyges and his magic ring could be seen to pop up in all manner of guises from sporting clubs, to politicians, to police personnel, to company directors to mention but a few of the guises. Thankfully, ordinary Australians like “Norm” and “Norma”, were aghast at this dishonest behaviour, because they were people of character and virtue; they were honest and they were the real winners in life.

They were winners according to the words of St John, “The truth will make you free.” John 8:32. They had clear consciences and did not have to worry about making a slip-up that would expose their dishonesty. They were winners because people knew they could be trusted and responsibility placed in their hands was in good hands; they were esteemed and admired by their peers. They were winners because their children looked to them for leadership and guidance and knew that what they heard was genuine and truly lived.

Our young people need to know that it’s alright to make mistakes but a fault or a mistake that is covered by a lie, doubles itself and puts a dent in their character. True honesty is being able to do the right thing knowing that nobody will know whether you did it or not.

“A character of honesty,
A life of authenticity
Before the face of God
In public and in private
In labour and in leisure.” Sally Joshua

Seems like a good little code of conduct.

Wishing you every blessing for the week ahead.

Suzan Maka
Religious Education News

Children’s Liturgy of the Word

Children’s Liturgy of the Word takes place every Sunday during 10 am Mass throughout the term. All primary aged children are warmly invited to attend.

First Holy Communion

Second week of home group sessions commences Monday 2 June. Please keep the children, the home hosts and the group facilitators in your prayers.

First Home Communion Practice sessions

Children must attend the practice session designated for their Communion Mass.

Communion Mass Fri 20 June 7.30 pm—Practice time Wed 18 June 3.30 pm
Communion Mass Sat 21 June 11.30 am—Practice time Wed 18 June 4.30 pm
Communion Mass Sat 21 June 2.00 pm—Practice time Thurs 19 June 3.30 pm
Communion Mass Sun 22 June 2.00 pm—Practice time Thurs 19 June 4.30 pm

Year 3 Non-Eucharistic Liturgy

Year 3 will celebrate their Non-Eucharistic Liturgy at 10.15 am in the Church on Friday 30 May. All family and friends are welcome to attend.

Year 4 Eucharistic Liturgy

Year 4 will celebrate their Non-Eucharistic Liturgy at 10.15 am in the Church on Friday 13 June. All family and friends are welcome to attend.

Class masses

Children attend Parish Mass at 9.15 am during the term. Dates are as outlined in the Dates to Remember section of the newsletter.

David Ison
REC Coordinator

PARISH NEWS

Pentecost 2014

Pentecost - the birthday of the church will be celebrated on Sunday June 8 with a special Mass at 10.00 am, followed by a community lunch at 11.00 am.

Thank you to all those who volunteered for various roles at the Mass. This is a warm invitation to all families to come and share a meal and meet other families. Please bring a plate and if you cannot bring a plate, come and enjoy this friendly and inclusive event anyway.

Fr PJ APPOINTMENT

Fr. PJ has been appointed Administrator of St. Madeleine’s Parish, Kenthurst from Monday 23rd May to Thursday 10th July during the absence of the Kenthurst Parish Priest on leave. We wish Fr. PJ well as he undertakes this role. There will be no replacement priest appointed to Baulkham Hills Parish for the duration of Fr. PJ’s time at Kenthurst.

ST MICHAEL’S PLAYGROUP

Kindergarten 2015 children Social groups

Do you have a child starting kindergarten next year at St Michael’s 2015 and would you like the opportunity for your child to mix with others starting school next year?

Come along with your child (and toddlers) to 2 hour play sessions on Tuesdays or Fridays at St Michael’s Playgroup for the rest of 2014.

Enquiries and registration—Call Michelle 0415385353

(If you are only available on other week days, please call and register your interest).

SOCIAL SKILLS PROGRAM

The social skill for Term 2 Week 6 is:

Fairness

Being open-minded and completely free from bias or injustice.

School fees

Term 2 school fee statements have been issued and due by 4 June 2014. If you have any enquiries regarding school fees, please contact Linda Borsato in the school office on 9639 0518 or alternatively you can email lborsato@parra.catholic.edu.au

Student of the Week

Term 2 Week 4

KBlue Luke Sakr 3Red Eric Massih
KGreen Tea Stefanakis 3Yellow Stuart Small
KRed Sienna Pai 4Blue Aidan O’Sullivan
KYellow Rahul Ravindran 4Green Emma Boutros
1Blue Isabella Clement 4Red Emma Hallam
1Green Tobias Butterfield 4Yellow Natasha Hardy
1Red Dominic Daher 5Blue Kayden Anderson
1Yellow Matthew Mackay 5Green Gopika Satheesh
2Blue Amelia Vella 5Red Nathan Inms
2Green Zachary Hume 5Yellow Caleb Piper
2Red Lara Woods 6Blue Victoria Tindale
2Yellow Olivia Kelly Joshvin Prakash Audrey Martinez 6Green Benjamin Borgefjord
3Blue Victoria Garney 6Red Ryan Lange
3Green Oliver Lepri 6Yellow Olivia-Rose Tarantolo

CHANGES TO PRIVACY LEGISLATION

Changes have been made to Privacy legislation which came into effect on 12 March.

The Catholic Education Office has responded to the changes. Further information can be found on our website at the following location: http://www.stmichaelsbhills.catholic.edu.au/school-notes-and-school-policies—Policy and Procedures—Privacy

REMEMBER—BRINGING ITEMS TO SCHOOL

We request that your children do not bring in breakable, sentimental, valuable or expensive items to school to play with during recess and lunch. From time to time items get lost or broken which can leave children distraught. It is a child’s responsibility to look after items brought to school.

All soccer balls, netballs, basketballs etc MUST be carried to and from school in a bag (either school bag or other bag) for safety reasons and should be labelled with the child’s name. They should not be played with before and after school.
We apologise for any inconvenience this may cause.
Every effort is made to give as much notice as possible when changes occur.
that may occur and dates advertised for events may need to be changed.
Please note that from time to time there may be unavoidable circumstances

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 30 May</td>
<td>Year 3 Non-Eucharistic Liturgy at 10.15 am in the Church</td>
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<tr>
<td>Tue 3 Jun</td>
<td>5 Yellow and K Green—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 4 Jun</td>
<td>Years 3-6 ICAS Science Competition</td>
</tr>
<tr>
<td>Wed 4 Jun</td>
<td>5 Red and K Blue—Parish Mass 9.15 am</td>
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<tr>
<td>Thu 5 Jun</td>
<td>1 Green and 6 Green—Parish Mass 9.15 am</td>
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<tr>
<td>Thu 5 Jun</td>
<td>Yr 6 Cake stall—Recess and lunch</td>
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<td>Fri 6 Jun</td>
<td>Concert Band members’ performance at Assembly</td>
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<tr>
<td>Fri 6 Jun</td>
<td>Whole School Mass—Feast of Sacred Heart of Jesus</td>
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<td>Mon 9 Jun</td>
<td>Queen’s Birthday Public Holiday</td>
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<tr>
<td>Tue 10 Jun</td>
<td>4 Yellow and 4 Green—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 11 Jun</td>
<td>6 Blue and 1 Blue—Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 11 Jun</td>
<td>Yr 6 Farewell Committee Meeting—Winston Hills Tavern 7 pm</td>
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<tr>
<td>Thu 12 Jun</td>
<td>3 Blue and 3 Red—Parish Mass 9.15 am</td>
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<tr>
<td>Fri 13 Jun</td>
<td>Yr 6 Debating</td>
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<tr>
<td>Fri 13 Jun</td>
<td>Year 4 Eucharistic Liturgy at 10.15 am in the Church</td>
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<td>Mon 16 Jun</td>
<td>Years 3-6 ICAS Writing Competition</td>
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<td>Tue 17 Jun</td>
<td>Years 3-6 ICAS Spelling Competition</td>
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<tr>
<td>Tue 17 Jun</td>
<td>1 Red and 6 Red—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 18 Jun</td>
<td>4 Red and 4 Blue—Parish Mass 9.15 am</td>
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<tr>
<td>Wed 18 Jun</td>
<td>Year 5 Reconciliation—10 am in the Church</td>
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<td>Thu 19 Jun</td>
<td>Year 6 Excursion—Art Gallery NSW &amp; St Mary’s Cathedral</td>
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<tr>
<td>Thu 19 Jun</td>
<td>5 Green and K Yellow—Parish Mass 9.15 am</td>
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<tr>
<td>Fri 20 Jun</td>
<td>Year 2 Non-Eucharistic Liturgy at 10.15 am in the Church</td>
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<tr>
<td>Tue 24 Jun</td>
<td>1 Yellow and 6 Yellow—Parish Mass 9.15 am</td>
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<tr>
<td>Tue 24 Jun</td>
<td>Yr 6 Debating</td>
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<tr>
<td>Wed 25 Jun</td>
<td>K Red and 5 Blue—Parish Mass 9.15 am</td>
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<tr>
<td>Thu 26 Jun</td>
<td>2 Green and 2 Yellow—Parish Mass 9.15 am</td>
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<tr>
<td>Thu 26 Jun</td>
<td>Student and Citizen of the Term Award Presentations—2.30 pm in the Hall</td>
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<tr>
<td>Fri 27 Jun</td>
<td>End of Term Whole School Mass—10.15 am</td>
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School Holidays—Monday 30 June—Friday 11 July
Term 3 Resumes—Monday 14 July—Staff and Students

Please note that from time to time there may be unavoidable circumstances that may occur and dates advertised for events may need to be changed. Every effort is made to give as much notice as possible when changes occur. We apologise for any inconvenience this may cause.

**YEAR 6 CAKE STALL**

Thursday 5 June—Recess and lunch
This is a fundraising event for the Year 6 farewell.
Cakes will be sold outside the staff lunch room. Price from 50c.

**4 BLUE – H.S.I.E. News**

In Year 4 we are investigating British colonization and we have discussed the impact it had on the Aboriginal people. We are now looking at what life was like in Britain in the late 1700’s and why people explored. 4 Blue have had many in depth discussions and have learnt a lot of facts and interesting information about the topic so far. We can’t wait to learn more!!

Some of the questions we have are:

**Matthew** - How did Britain find New Holland?
**Natasha** - Why did Captain Arthur Phillip choose to start the colony at Botany Bay?
**Angelique** - Why did they choose Australia even though it was so far away from Britain?
**Katherine** - How many people and livestock got sick during the 8 months it took for the First Fleet to reach Australia?
**Julia and Alexander** - Why did they call our country New Holland at first? How/why did they later choose the name “Australia”?
**Olivia and Jonath** - How many convicts came across with the First Fleet and what crimes did they commit?
**Liana** - How long did it take to set up the colony at Botany Bay?
**Melissa** - What did the convicts and people of the time wear?
**Francesca** - How many aboriginal people died as a direct result of British colonization?
**Georgina** - What happened to the surviving aborigines?
**Nathan, Jaiden and Melissa** - What really happened when the aborigines and British fought? Were any aborigines put into slavery? Did any tribes die during this period? What happened to the ones that survived?
**Natalie** - What kind of diseases did the aborigines catch from the Europeans?

We will be working hard to answer these questions and no doubt will come up with many more during our unit. We look forward to our excursion next term to Old Government House in Parramatta and Elizabeth Farm.
I enjoy learning about Religion because we use different techniques to learn values from Jesus, for example, doing plays and having discussions. It is very enjoyable. **Raymond**

I enjoy learning about van Goh’s paintings because we saw the different paintings he made and we got to draw and paint them as well, for example, ‘Sunflowers’ and ‘Starry Nights’. We learnt about the different techniques we could use to perfect our Artwork. **Mia-Bella**

My learning in Religion is important to me because Religion is important in our every day lifestyle. This subject teaches me to forgive and believe without seeing. **Chris**

I enjoy learning the subject Science because I am able to look and learn things that you cannot learn in any other subject. Right now we are learning about circuits and how electricity flows through the wires. I find this subject very helpful for our everyday life. **Jessica**

My learning is important to me in PDH because it can help me to use my power responsibly. We are also learning about super heroes. This can teach me to set a good example and use my power to help others. **Jessie**

In PBL/HSIE we have been learning about how we can save Antarctica. This is a great topic as Antarctica is in danger. I have learned many things this term and I hope I learn more! **Samuel**

I really love narrative writing because I can just let my imagination run wild and come up with a good story. When we are done, I’m looking forward to reading my peers’ stories. **James**

In year 6 we are learning about Narratives. I enjoy this because I can express my creativity and use similes and metaphors. **Juliette**

I enjoy learning about Art and the different artists. For example, the “Sunflower” and “Starry Night” by van Goh. **Ben**

I enjoy learning PDH because we do art. We get to draw van Goh’s masterpieces like “Starry Night” and “Sunflowers” and learning drawing techniques. **Frederick**

I love learning PDH because you get to learn how to use power responsibly and you also learn about super heroes and to know about personal development in my every day life. **Alanis**

Learning how to save and protect Antarctica is important if we ever decide to explore Antarctica and what to expect when you go there. **Jessika**

I enjoy learning about Maths! I like learning about Maths because the focus questions push us to do my best and it gives me a challenge so I can improve on a certain part in Maths! This term we are learning about measurements and area in square units which will help me if I need it in my every day life! **Amy**

I love expressing myself and learning about the historical and memorable things that we either paint, colour or draw. For example my class got to learn about van Goh’s background ad we were able to paint his “Sunflowers”. I also was able to learn about Australian paints, for example, Sydney Harbour Bridge and Uluru! **Maddy**
Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

Iodine and learning

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

- cow’s milk, yoghurt and cheese
- Seafood
- Seaweed—as used in sushi or nori rolls

Quick and easy breakfast ideas:

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example

- wholegrain cereal with reduced-fat milk
- fruit smoothie
- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt
- wholemeal crumpets with sliced banana
- grilled cheese and tomato on toast
- tinned baked beans and toast
- porridge, sultanas with reduced-fat milk
- tinned fruit and yoghurt
- rice or noodles with lean meat or vegetables

Why is breakfast important?

- Children who miss breakfast are often reported as having poor behaviour and poor concentration;
- Children who miss breakfast are often unable to meet their daily nutrient requirements
- Children who miss breakfast are more likely to have a greater risk of being overweight or obese
- Eating breakfast helps children learn and establish healthy eating habits early in life.

The Parents Jury

The Parents Jury is a web-based network of parents who are trying to improve the food and physical activity environments for children in Australia. The Parents Jury is currently advocating for junk food free advertising during children’s TV programs and confectionery free supermarket checkouts. Members receive regular emails with links to current articles and are encouraged to add their opinions on issues that can effect families nutrition and activity levels. To find out more go to www.parentsjury.org.au

No time for breakfast?

Try some of these quick breakfasts children can enjoy “on the go”.

- reduced-fat yoghurt, or a yoghurt drink.
- reduced-fat milkshake
- healthy cereal in small plastic bag (a small carton of milk can add a calcium boost)
- slice of banana loaf or other low fat fruit loaf.

Kids love rewards

Praise healthy habits. This may be snacking on fruit, drinking water and being active. Use treats like stickers, special games and outings, hugs and praise. Avoid using food as a reward.

Dairy foods are important for strong bones and teeth.

The Australian Guide to Healthy Eating recommends children eat 2-3 serves of dairy foods, such as milk, cheese or yoghurt each day. Why not try including these high-calcium containing foods:

- milk on cereal or a tub of yoghurt at breakfast
- cheese on crackers after preschool
- fruit smoothie as a drink
- custard and fruit or as dessert.

Heart smart

Here are some healthy heart food tips:

- use margarine spreads instead of butter
- choose reduced-fat milk (2% fat or less) for children two years and over
- have fish at least twice a week
- snack on fresh fruit
- don’t add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals

Mrs Berenice Gerometta, PDH coordinator
SPORT NEWS

Congratulations to Liam McCallum for being selected in the NSWPSA AFL team. He will now represent NSW at the School Sport Australia AFL carnival next term.

Mr Kovelis
Sports Teacher

UNIFORM SHOP—2014

Every Thursday during Term time—8.30 am—9.30 am

WINTER UNIFORM PRICE LIST FORM
Available on our website at the following location:
http://www.stmichaelsbhills.catholic.edu.au/school-notes
Orders sent in during the week will be completed on Thursdays.

* * * * *

URGENT NEED FOR SIZE 10 & 12 SECOND-HAND TUNICS
If you would like to donate your second-hand tunic size 10 & 12 that would be appreciated as we have several students who wish to purchase one.

* * * * *

Please label all items of uniform clearly so that they can be returned to your child if lost and found.

SCHOOL HATS

Please ensure that your child does not lend or borrow hats to minimise the risk of head lice infestation.

Children are unable to borrow hats from the school office for the same reason.

COMPLAINTS AND GRIEVANCES POLICY

1. Rationale
At St Michael’s Primary School, Baulkham Hills, the dignity of each individual is valued and the rights and beliefs of all members of the community are respected.

2. Aims
However, from time to time concerns may arise between different groups within the school community. At St Michael’s we aim to attempt resolution as soon as any concerns arise.

3. Implementation

Parents
Complaints or grievances pertaining to classroom issues or that relate to other children are to be dealt with by school personnel. It is not appropriate for parents to approach other children or other parents while on school premises to resolve issues.

The recommended procedure to be followed by parents is:

3.1 The first point of contact is the child’s class teacher. An appointment with the teacher should be made via the school office or directly with the teacher.

3.2 If parents are not satisfied with the solutions offered or believe they have not been given a fair hearing, they are encouraged to make an appointment with either the principal or assistant principal, to discuss the issue further.

3.3 Parents are reminded that there are always two sides to every story and while it is important to listen to their own child, it is also just as important not to draw conclusions or make accusations until all the facts are known.

3.4 Parents may also contact Catholic Education, Diocese of Parramatta for further discussion.

3.5 All parties should aim to work towards a mutually agreeable solution to the grievance.

Students
The recommended procedure for students who have complaints or grievances is:

3.6 If and when issues arise in the classroom, students are encouraged to speak to the class teacher in order to seek assistance in finding a resolution.

3.7 Students encountering problems on the playground are asked to talk to the staff member on duty, who will then, if necessary, refer it to the class teacher or one of the school’s Leadership team.

3.8 Students may also speak to any other staff member regarding any issues.

4. Evaluation
Policy to be evaluated by staff in Term 4 of each year.