From the Principal

Dear Parents

Goals for our supportive school culture

Schools are increasingly recognising the need to address bullying, resilience and social skills. Our school will be taking further steps this year to create a friendly and supportive culture. The resources we will use are based on evidence from 12 years of empirical research from the Child Health Promotion Research Centre. Years 4 and 5 are the grades implementing the Friendly Schools Program and Cool Kids Program. Our aim is to implement these programs across the whole school from Kindergarten to Year 6.

The resource materials aim to help schools to encourage positive social behaviour and reduce bullying behaviour. Actions we take will include a review of our school bullying policy/wellbeing policy.

Our goals are to:

- Provide all students with opportunities to develop and practise getting along with other children through classroom learning activities.
- Create a positive social environment within our school which actively discourages bullying including cyber bullying.
- Continue to encourage staff, students and parents to treat all school community members with respect, care and compassion.
- Implement a clear and consistent approach to managing reported bullying incidents.
- Provide parents with resources and strategies to help them communicate more effectively with their children about bullying.

Families’ role in creating a supportive school culture

Research demonstrates that efforts to change the attitudes and behaviour of students are more likely to be successful if families are actively involved and share a sense of ownership over the process.

What can you do to help reduce bullying in our school?

- Talk regularly with your children about bullying.
- Encourage your children to ask for help if they are being bullied at school.
- If your children are fighting at home, help them discuss their problem and come to a mutual solution.
- Encourage your children to be assertive by helping them to practise speaking in a firm but friendly way, making eye contact, looking clam, smiling and feeling good about themselves.

Reflection

“Lord, teach me to open myself to love, to love all those:-
To whom I owe the love of gratitude,
To whom I owe the love of fidelity,
To whom I owe the love of responsibility,
To whom I owe the love of thanksgiving,
To whom I owe the love of care,
To whom I owe the love of pardon,
To whom I owe the love of forgiveness,
For in loving these I become a little more like you. Amen”

Wishing you every blessing for the week ahead

Damita Maka
Religious Education News

Sacramental Facilitators Needed - Confirmation

Would you like to be part of this Faith Experience?

The parish-based, family-centred Sacramental Program involves weekly small faith sharing group meetings as our young people continue their Journey of Faith. The Sacrament of Confirmation will be conferred on approximately 120 children at St Michael’s on 31 August, 1 September and 2 September this year. Due to the large number of candidates we will need many facilitators to keep our group numbers small.

We invite anyone who would like to assist in this Program whilst at the same time renewing your own knowledge of our Sacraments. We are seeking Facilitators and Home Hosts from our Parish/School community. The programme commences on Monday 3 August. A Facilitators meeting, will be held on Monday 27 July at 7.30 pm in the Downey Room. If you are able to offer your help in facilitating and/or hosting a home group for our parish based Programme please phone the parish office on 9639 0598.

Parish Mass

Children attend Parish Mass at 9.15 am through the term.

If it is raining when students are due to attend mass, a decision is made whether to attend or cancel. This decision is made to ensure that your child is not walking in heavy rain to the Church. Please be aware that it may not be possible to contact you to let you know of this cancellation. We apologise for any inconvenience that may occur if the situation arises that you attend Parish Mass and the children are not in the Church.

Parish News

Fr Pio Jang will be joining St Michael’s Parish on 3 August as Assistant Parish Priest.

Fr Wim is on annual leave from 15 July to 14 August.

Mr David Ison, REC Coordinator

Social Skills and Mantras Program

Term 3 Week 3

♦ Accept being told “No”

There is a time and place for everything and the significant. Accept “No” and don’t keep pestering.

Term 3 Week 4

Be responsible: Accept the consequences of your behaviour

♦ Accept when you have done the wrong thing. Apologise and accept that there are consequences that go with a wrong choice.

Sympathy

Please keep in your prayers the Burley family (Kye 2 Green) and family on the passing of his maternal grandfather.

Please keep in your prayers the Flood family (Jackson 5 Yellow & Eliza 4 Green) on the passing of their maternal grandfather.

Eternal rest grant to them Lord. Let Your perpetual light shine upon them. May they rest in peace. Amen.

We continue to keep in our thoughts and prayers the families of those who have recently suffered the loss of a beloved family member. We also pray for the many people in our community who have family members seriously ill at this time.

Medication

If it is necessary for your child to take medication during the school day, the medication together with a medication note needs to be left at the office on the child’s arrival at school. For safety reasons, medication is not to be self-administered.

If possible, it is preferable for a medication form from the office to be completed. This is available on our website or from the school office. The Office Staff will assist children in taking their medication.

The medication note needs to include the following information:

- Child's name
- Class
- Doctor who has prescribed the medication
- Medication name
- Dosage
- Time of dosage

For further information, please contact the school office on 9639 0518.

2016 ENROLMENTS

Interviews currently being conducted for siblings and new families.

Enrolment packages for Kindergarten 2016 can be collected from the school office.

Please return your Enrolment Application as soon as possible so that an interview can be arranged.

Further Information

For further enquiries please contact the school office on 9639 0518.

BABY NEWS

Congratulations to the Pellicano family on the recent birth of their baby girl, sister to Georgette 6 Blue, Antonio 3 Green, Olivia 1 Green.
DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 24 Jul</td>
<td>Grandparents Day: Whole School Memorial of Sts Joachim &amp; Anne Mass 10.15 am</td>
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<tr>
<td></td>
<td>P&amp;F Grandparents’ Moring Tea 11.15 am</td>
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<td>Tue 28 Jul</td>
<td>ICAS English competition</td>
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<tr>
<td>Tue 28 Jul</td>
<td>2 Green &amp; 2 Blue @ Parish Mass 9.15 am</td>
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<tr>
<td>Tue 28 Jul</td>
<td>5 Yellow Excursion—Camden Park Environmental Education Centre</td>
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<tr>
<td>Wed 29 Jul</td>
<td>5 Red Excursion—Camden Park Environmental Education Centre</td>
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<tr>
<td>Wed 29 Jul</td>
<td>6 Green &amp; 6 Red @ Parish Mass 9.15 am</td>
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<tr>
<td>Wed 29 Jul</td>
<td>1-2-3 Magic &amp; Emotion Coaching Parent Course 7-9 pm School Hall Session 1</td>
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<tr>
<td>Thu 30 Jul</td>
<td>5 Green Excursion—Camden Park Environmental Education Centre</td>
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<tr>
<td>Thu 30 Jul</td>
<td>4 Yellow &amp; 4 Green @ Parish Mass 9.15 am</td>
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<tr>
<td>Fri 31 Jul</td>
<td>School Assembly 8.50 am</td>
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<tr>
<td>Fri 31 Jul</td>
<td>Year 3 Incursion—Teddy Bear Hospital</td>
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<tr>
<td>Tue 4 Aug</td>
<td>2 Red &amp; 2 Yellow @ Parish Mass 9.15 am</td>
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<tr>
<td>Tue 4 Aug</td>
<td>5 Blue Excursion—Camden Park Environmental Education Centre</td>
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<tr>
<td>Wed 5 Aug</td>
<td>1 Green &amp; 1 Yellow @ Parish Mass 9.15 am</td>
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<tr>
<td>Wed 5 Aug</td>
<td>Year 5 Reconciliation—5 Red 10 am; 5 Blue 10.30 am; 5 Yellow 11.45 am; 5 Green 12.15 pm</td>
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<td>Wed 5 Aug</td>
<td>P&amp;F Meeting 6 pm</td>
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<tr>
<td>Wed 5 Aug</td>
<td>1-2-3 Magic &amp; Emotion Coaching Parent Course 7-9 pm School Hall Session 2</td>
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<tr>
<td>Thu 6 Aug</td>
<td>1 Blue &amp; 1 Red @ Parish Mass 9.15 am</td>
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<tr>
<td>Fri 7 Aug</td>
<td>School Assembly 8.50 am</td>
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<td>Fri 7 Aug</td>
<td>Year 6 Debating v Christ the King</td>
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<td>Fri 7 Aug</td>
<td>Kindergarten Non-Eucharistic Liturgy 10.15 am</td>
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<td>Fri 7 Aug</td>
<td>Kindergarten Teddy Bears’ Picnic—11.15 am—1.00 pm</td>
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<tr>
<td>Fri 7 Aug</td>
<td>School Census Day</td>
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<tr>
<td>Tue 11 Aug</td>
<td>ICAS Mathematics Competition</td>
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<tr>
<td>Tue 11 Aug</td>
<td>3 Blue &amp; 3 Yellow @ Parish Mass 9.15 am</td>
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<tr>
<td>Wed 12 Aug</td>
<td>K Blue &amp; K Green @ Parish Mass 9.15 am</td>
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<tr>
<td>Wed 12 Aug</td>
<td>1-2-3 Magic &amp; Emotion Coaching Parent Course 7-9 pm School Hall Session 3</td>
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<td>Thu 13 Aug</td>
<td>Hills Zone Athletics Carnival—Blacktown International Sports Park</td>
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<tr>
<td>Thu 13 Aug</td>
<td>3 Green &amp; 3 Red @ Parish Mass 9.15 am</td>
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<tr>
<td>Thu 13 Aug</td>
<td>Year 6 Canberra Excursion</td>
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<tr>
<td>Fri 14 Aug</td>
<td>Years 1-5 Feast of the Assumption Mass—10.15 am</td>
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Choir News

2 Blue and 2 Green will perform a song they have learnt in music lessons at the Week 4 assembly (August 7).

Lyndall Parker, Music Teacher

Back path

If you are collecting your children from the back path in the afternoon, please park your car and walk to the back gate to collect your child.

Car park

Please be careful in the car park at all times as pedestrians walk to and from cars and down the path to the school gate, particularly when reversing. Please ensure that pedestrians are well clear of your vehicle as you slowly reverse out of car parking spots.

Banking

Banking will resume on Tuesday 28 July.

Kim, Banking Coordinator

Excursion News

Year 6 enjoyed a visit to Riverside Theatre.

“The Witches” production was a one-man extraordinary show that could be enjoyed by all ages. The actor switched from voice to voice and character to character. The co-ordination between the actor, lights and sound was excellent and made the play very realistic. There were even special effects when a smoke bomb went off, and mechanical mice at the end of the show.

Year 6 students and teacher would recommend this play.

Year 3 went to the play “Snugglepot and Cuddlepie”. It was a good play and Year 3 would recommend it to all ages. It was very funny and it had a good message. The message was that sometimes friends fight but always make up.

Olivia and Kaitlin

Uniform shop

Open every Thursday 8.30 am—1.00 pm

Uniform price list form is 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 and sent home via your child.

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.
Students of the Week

Term 2—Week 10
KBlue Emily Ryan
KGreen Jacob Barbara
KRed Gabriella Pavhi
KYellow Liam Rubbo
1Blue Owen Nada
1Green Ysabel Sallago
1Red Liam Bellomo
2Blue Liam Glanville
2Green Brianna Tinney
2Red Natalia Vezos
2Yellow Matthew Urquhart
3Blue Joshua Agnas
3Green Audrey Martinez
3Yellow Ashley Jay
4Blue Holly Wills
4Green Ashley Gremmo
4Red Maddalena Barbara
4Yellow Jessica Betros
5Blue Kieran McNab
5Green Nikola Mirosevic
5Red Natasha Richards
5Yellow Scarlett Butterfield
6Blue Tiana Moore
6Green Blake Heylbut
6Red Jonathan Carlos
6Yellow Nathaniel Mustac

Term 3—Week 1
KBlue Marcus Catford
KGreen Amelia Rowlandson
KRed Brooklyn Calma
KYellow Nathan Halcrow
1Blue Georgia Goodchild
1Green Gabriel Younan
1Red Sheena Ram
1Yellow Cameron Lee
2Blue Adrian Biankin
2Green Cameron Lee
2Yellow Hollee Stewart
3Blue Blake Fitzgerald
3Green David Haddad
3Red Isaac Kot
3Yellow Cooper Hume
4Blue Brayden Barton
4Green Ryan Glanville
4Red Dylan Brettle
4Yellow Charlotte Finnerty
5Blue Bradley Mathewson
5Green David Kennedy
5Red Chanel Chen
5Yellow Simone Pai
6Blue Angus Bracks
6Green Tahlia Issa
6Red Patrick Tanios
6Yellow Jonah Sailago

Music awards—Week 10
Sophie O'Brien
Lachlan Paredes
Thomas Bermingham
Stephanie Wong Kee
Elyse Moutia
Chloe Nolan

Sport award—Week 10
Lily May Sharma

Citizens of the Term—Term 2

Students of the Term—Term 2

From the counsellor—Mrs Belinda Burgess

10 best phrases to teach resilience to your kids

1. Good Humour
   Phrase: "Come on, laugh it off!"

2. Good Contain thinking, perfectionism and anxiety
   Phrase: "Don't let this spoil everything!"

3. Good Distraction
   Phrase: "Let's take a break!"

4. Good Handling worry and asking for help
   Phrase: "Who have you spoken to about this?"

5. Good Offering hope
   Phrase: "I know it looks bad now but you will get through this!"

6. Good Positive reframing
   Phrase: "What can you learn from this so it doesn't happen next time?"

7. Good Acceptance
   Phrase: "Don't worry — relax and see what happens!"

8. Good Perspective
   Phrase: "This isn't the end of the world!"

9. Good Flexible thinking
   Phrase: "You could be right. But have you thought about ... ?"

10. Good Taking action
   Phrase: "What can we do about this?"

Kindy Green are learning about dinosaurs this term. This week they have been listening to stories about t-rex, the kind of the dinosaurs. They wrote some wonderful stories about this scary dinosaur.

Teleigha—The t-rex was eating other dinosaurs. When it stopped eating it went to sleep. When it woke up he had a run.

Tahnae—T-rex is the tallest of the dinosaurs. He is the king. No people were alive.

Zac H—T-rex has very sharp teeth. T-rex can go very fast.

Grace Z—I like the t-rex. It is big. The t-rex is funny. Now they are dead.

Ethan—T-rex is a carnivore. They have sharp teeth.

Thomas—My dinosaur is fast. He is fighting the t-rex.
SAVE THE DATES!

Term 3

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

Wednesdays 29/7, 5/8 & 12/8 at 7pm - 9pm

To register for this free course, please email P&F Secretary Sally Carey by Friday 24th July - ccarey74@optusnet.com.au

P&F Meeting, All Welcome
Wednesday 5th August 6pm

Term 4

Trivia Night - Rescheduled!

Saturday 21st November

Christmas Theme!
Term 4
Family Carnival Day
Saturday 12th September

PYJAMA MUFTI DAY
Huge thank you to all families for their support of this very fun day last term!
We raised just over $800! This will contribute to the upcoming Grandparents’ Morning Tea.

Thank you to the parents who sent in these great photos!
The Catholic Diocese of Parramatta wants to hear from you

If you or someone close to you has suffered ANY abuse by a representative of the Catholic Church (school, parish, other Catholic group) in Western Sydney and the Blue Mountains we invite you to contact us.

Our professional staff will listen to your experience, respect your confidentiality and discuss all available options.

You can contact us on:
Phone: (02) 9933 0233
Web: www.parra.catholic.org.au/safeguarding
Email: safeguarding@parra.catholic.org.au
Mail: PO Box 3066 North Parramatta, NSW, 1750

For any complaints that may relate to criminal conduct we encourage you to contact
NSW Police on 1800 333 000

Unpacking NAPLAN & a case study for improvement
Term 3 PRC General Meeting—Monday 3 Aug 2015, 7 pm
All catholic school parents and educators welcome!
Free presentation to all who attend the Term 3 General Meeting.
Presenters: Mrs Sue Walsh, Deputy Executive Director, Catholic Education, Diocese of Parramatta and Dr Elizabeth Ricketts, Principal, St Aidan’s Primary School, Rooty Hill

Venue: Diocesan Assembly Centre (IFM)
Ground Floor
Cnr Flushcombe Rd & Marian St, Blacktown
Doors open 6.30 pm for coffee and tea.

Further enquiries: Please email prcparrapresident@gmail.com
Please note: notetaking is the responsibility of each attendee for the benefit of themselves and the school community that they represent. Formal handouts from presentations is unlikely.

‘The Twin’s Magical Birthday Surprise!’

Miss Craven has written and illustrated a children’s book that has now been published, called ‘The Twin’s Magical Birthday Surprise!’ It is a junior fiction story of fantasy and adventure suited to boys and girls aged 5-11 yrs. It contains many strong Christian values for children to learn from as well as belief in miracles. It is $28.00 plus only $1 for shipping if ordered through Miss Craven. If you would like to order her book, please send the correct amount in a sealed envelope with your child’s name and class on it to the office by Friday 24 July. It can also be ordered at Balboa Press (1800 050 315) or google the title and author for other sites.
BAULKHAM HILLS CRICKET CLUB INC
2015/2016 Season—Registration Day
For both Junior and Senior players
New players always welcome!
Saturday 25th July – 9.00am to 2.00pm
Baulkham Hills Sports Club, Renown Rd, Baulkham Hills
Senior cricket—for age 16 & over
Senior cricket is played on Saturday afternoons 1.30pm - 6.15pm from September to March. We normally field a minimum of 10 senior teams each year.
Junior training and grading will be held throughout August. Senior training and grading also in August
Whether you are a first time player or someone returning to the game, come & find out why we are the biggest club in the Hills District.
Find more details on our website
www.baulkocricket.com.au

St Michael’s Softball Club
Registration Open

We are looking for players from U7 to Opens, both boys and girls. Softball is a great sport for all levels of skill and is a fun way to play with friends.

Registration Day is Saturday
25 July 2015 2 pm to 4 pm @ Crestwood Reserve, Peel Rd (near the netball courts)
Registration fees are: U7 - $80; U8/U11 - $120; U13/U17 - $140; U19 - $155; Opens $165
All new U7 to U11 players receive a free glove, ball and backpack.

Further information, please contact
Julianne McCaffery
secretary@stmichaelssoftballclub.com, or go to our website www.stmichaels.softball.org.au

OLMC Parramatta Open Morning Tour

Our Lady of Mercy College Parramatta warmly invites you to attend our Open Morning Tour on August 3, 2015.

Tour the College and discover why A Mercy Education is treasured for life and enjoy a ‘comfortable cup of tea’ with the College Leadership Team.

The College is now enrolling for 2017 limited places 2016.
Visit www.olmc.nsw.edu.au or phone 8838 1222 to reserve your place or obtain further information.