From the Principal

Dear Parents

Wellbeing

I hope that Wellbeing Family Week has provided you with the opportunity to slow down and spend some quality time together.

Our staff and students in Years 4 to 6 have responded positively to their sessions with the Life Skills teacher. We hope the children will use the relaxation and mindfulness techniques in their day to day interactions, relationships and as a way to relax on their own. Specific programmes on Wellbeing are fantastic, however there are still the good old-fashioned things like:

“Finding fun in simple ways, makes the happiest days.”
Or:
“I’m going to be happy today, though the skies may be cloudy and grey,
No matter what might come my way, I’m going to be happy today.” Ella Wilcox

Positive thoughts and emotions protect you from negative emotions like fear, melancholy and anxiety. If you have slipped into the habit of negative emotions, then there is the need for a good clean out. You will need to pay attention to what makes you feel unhappy. Talk less and dwell less on your difficulties. Leave gossip alone along with complaining and envying others. If your thoughts make you unhappy, then don’t stay with them, move onto more positive ones. If your habits are bad for you, single them out and rid yourself of them one by one. You have within you the power to recreate your life and reclaim happiness.

“Happiness is a thing to be practised like a violin.” Author unknown

Equally important is the need to forgive, to get rid of all those petty grudges and all those negative thoughts about incidents and relationships or even mistreatment. Lighten your life of all that unnecessary “baggage” that sits heavily upon your heart, fuelled by anger and resentment, and that prevents the mind from moving on to more fulfilling and creative acts of life.

We all need to give ourselves permission to be human. Setbacks are part of life but happy people roll with the punches. If we can accept emotions such as fear, sadness, anxiety, disappointment as natural parts of our life and allow them to have their say at appropriate times, we are more likely to be able to say “enough” and move on to more positive emotions.

Happiness and how to live it has many forms of expressions, such as: happiness is the natural state of a loving heart; happiness is a grateful spirit, an optimistic attitude and a heart full of love; the best way to have happy thoughts is to count your blessings and not your money. Of course, Jesus, had a contribution to make when He said that the greatest commandment or guideline for life was, “To love God, love your neighbour and love yourself”. How positive is that!

So, how do we teach our children to be happy? Well firstly, make sure they know about the Christian way, then be good models to your children; let them see in your life that the secret of happiness is not always doing what you like to do, but liking what you have to do.

“I’m going to be happy today, though the skies may be cloudy and grey,
No matter what might come my way, I’m going to be happy today.” Ella Wilcox

“God, our Father, May Your Spirit guide us away from poor choices of word or action that dull our ability for happiness. We ask for a positive inner attitude of mind and heart that will give expression to true happiness in the words and actions of our lives. Amen”

Wishing you every blessing for the week ahead,

Danuta Maka
Religious Education

A new Bishop for Parramatta

The Liturgical Reception and Solemn Mass of Installation of Most Rev Vincent Long Van Nguyen OFM Conv DD as the fourth Bishop of Parramatta will take place at 7.30 pm on Thursday 16 June in St Patrick's Cathedral in Parramatta. Please keep Bishop Vincent and his future ministry among us in your prayers.

Altar Server Training Course

Girls and boys who have received the Sacrament of First Eucharist are eligible to minister as Altar Servers. St Michael's will soon be commencing a Training Course of Altar Servers. At this stage we are asking those who are interested to contact the parish office on 9639 0518. Training dates will be advised shortly.

Mr David Ison, Religious Education Co-ordinator

Social Skills and Mantras Program

Week 8: Listening and asking good questions
- Interesting people show interest in others. Look at the person who is talking and occasionally nod or say “uh ha”.

Week 9: Telling an interesting story
- Tell the right story to the right person and keep it brief.

Week 10: Having an interesting conversation
- Take turns and talk about something you are both interested in.

2017 ENROLLING NOW

Interviews are currently taking place for Kindergarten 2017 siblings and new families

For parents wishing to enrol their child in Kindergarten, or any other year level for 2017, applications are now being accepted. Enrolment packages for can be collected from the school office.

If you have a Kindergarten 2017 child who has siblings at St Michael’s, and you have not already lodged your Enrolment application, please ensure that you have submitted your Enrolment form prior to the end of June or contact the school office on 9639 0518.

Interview times for Kindergarten 2017 are being timetabled and conducted with the aim that they will be completed by the end of June.

If you have any relatives or friends considering enrolling their child at St Michael’s in 2017, now is the time to remind them to apply.

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

Enrolment at St Michael’s Primary

Enrolment at St Michael’s Primary Catholic School includes your return of the Enrolment Application with supporting documentation including copies of the following:
- Passport photo of your child (original)
- Birth Certificate*
- Baptism Certificate*
- Immunisation History Statement* (visit www.medicareaustralia.gov.au or call 1800 653 809 and request your statement)
- Passport with visa* (if not Australian Citizens).

*Originals of all documents must be sighted at the interview or upon lodgement of the Enrolment Application via the school office.

It is essential that both parents/guardians sign the different sections of the Enrolment Application.

When you return your Enrolment form, you will be invited for an interview with your child.

The school office will contact you to organise a time for this interview.

Further Information

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

Year 5—Recycling old phones—Final call

MobileMuster is a free not for profit mobile phone recycling program that accepts all brands and types of mobile phones, plus their batteries, chargers and accessories. It is the mobile phone industry’s way of ensuring old mobile phone products don’t end up in landfill - but instead are recycled in a safe, secure and ethical way.

Year 5 students at St Michael's are working with MobileMuster to help reduce landfill. Please help them by sending in your old devices to recycle by Tuesday 14 June.

Teachers will collect them and send them to Year 5 for the mobile muster pick up in Week 8. Thank you for your help.

3C Red

In Year 3, we love to read. We have been sharing with each other the books we are reading during SMART time and at home. This helps us choose new and exciting books.

I’m reading the book Matilda by Roald Dahl. I think it is amazing that a girl of Matilda’s age can be so clever. I love the funny tricks she plays on her parents. Mikayla

I’m reading The Accidental Princess by Jen Storer. It is a thick book but I’m getting through it. I like it because it is a funny book. I love to read during SMART time at school and when I first wake up in the morning. Breanah

I’m reading Goosebumps - The Haunted Car. I have read most of the Goosebumps series. I like reading them because they are exciting and a bit scary. My favourite times to read are first thing in the morning and the last thing at night, when I’m in bed. Luke

I’m reading Goosebumps - A shocker on Shock Street. The title is a bit of a tongue twister! My friend gave me the book for my birthday. I love reading before bed and on the weekends. Isabella

My favourite author is Enid Blyton. I have lots of her books. I like the characters in her books. Amelia Jane is my favourite character. She is a bit naughty but she is always sorry for causing trouble. Emily

I’m reading The Folk of the Faraway Tree by Enid Blyton. I like Connie because she is a bit of a drama queen! I love to read because I learn new words and I like fantasy and adventure stories. Isabella C

We are reading Matilda in class and I am following the story with my own book. I like the fact that Matilda is so clever and that her parents are so stupid. The story is funny. I love to read before bed because it helps me relax and fall asleep. Xavier

Matilda

Week 5—Listening and asking good questions

Interesting people show interest in others. Look at the person who is talking and occasionally nod or say “uh ha”.

Week 6—Telling an interesting story

Tell the right story to the right person and keep it brief.

Week 7—Having an interesting conversation

Take turns and talk about something you are both interested in.

- Passport photo of your child (original)
- Birth Certificate*
- Baptism Certificate*
- Immunisation History Statement* (visit www.medicareaustralia.gov.au or call 1800 653 809 and request your statement)
- Passport with visa* (if not Australian Citizens).

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When you return your Enrolment form, you will be invited for an interview with your child.

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Further Information

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

**Week 7**  
Fri 10 Jun  
School Assembly 8.50 am  
P&F Pyjama Mufti Day—Gold coin donation  
*Please note: Children can come to school in their pyjamas and dressing gown or in their normal Friday school uniform*

**Week 8**  
Mon 13 Jun  
Queen’s Birthday Public Holiday  
Tue 14 Jun  
Wed 15 Jun  
Parish Mass: 3 Red & 3 Green 9.15 am  
Thu 16 Jun  
Parish Mass: 5 Yellow & 5 Green 9.15 am  
Fri 17 Jun  
School Assembly 8.50 am  
Year 1 Aquarium & Wildlife World Excursion  
Year 6 Debating  
Year 4 Eucharistic Liturgy 10.15 am

**Week 9**  
Tue 21 Jun  
Parish Mass: 1 Red & 1 Yellow 9.15 am  
Wed 22 Jun  
Year 3 “Saltbush” Riverside Excursion  
Parish Mass: 5 Blue & 5 Red 9.15 am  
Thu 23 Jun  
Parish Mass: 4 Yellow & 4 Green 9.15 am  
Fri 24 Jun  
School Assembly 8.50 am

**Week 10**  
Mon 27 Jun  
Years K-6 Monty Prior Incursion  
Tue 28 Jun  
Parish Mass: 3 Blue & 3 Yellow 9.15 am  
Wed 29 Jun  
Parish Mass: 6 Blue & 6 Yellow 9.15 am  
Year 4 “The Little Prince” Excursion  
Thu 30 Jun  
Years 2-6 Athletics Carnival  
Fri 1 Jul  
School Assembly and Students & Citizens of the Term Awards 9.00 am  
End of Term 2, 3.10 pm

**School Holidays 2 July—17 July**

Events, including representative sport are regularly added to the school’s calendar on our website,  

**2016 School terms**

Term 2—Tuesday 26 April to Friday 1 July  
Term 3—Monday 18 July to Friday 23 September  
Term 4—Monday 10 October to Friday 16 December

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**Uniform shop**

Open: every Thursday during Term 2  
8.30 am—1.00 pm  
Uniform price list form is available on our website at the following location:  
Please check your children’s clothing, especially hats, to see if they have the correct item belonging to them. **Please label all items clearly**, especially hats and jackets. Children are responsible for their own belongings. Lost property is placed in a tub outside the Uniform Shop.

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**Speech defect leads to acting in “A Bright Light in the Darkness”**

*Blue Whale Theatre* visited and performed “A Bright Light in the Darkness”, (the life of Catherine McAuley) for the students at St Michael’s on the 25th of May.  
“A Bright Light in the Darkness” was performed because it is the year of Mercy. It was a special performance for us because St Michael’s was founded by the Sisters of Mercy. As special visitors the Sisters of Mercy nuns came to watch the performance of Catherine’s life.

The three actors got together in August last year. Therase Neve owns *Blue Whale Theatre* and met Roger Adam Smith when they performed together in “Mid-Summer Night's Dream.” When Therase first arrived in Sydney from England she met Jade Alex performing in the Sydney Fringe festival. Jade was the person who played Catherine McAuley in “A Bright Light in the Darkness”. Therase and Roger played seven other people in the performance. They didn’t have lots of props in the play but they moved them around to suit the section of the play. The play was broken into three sections so if anyone didn’t understand anything they could ask question to the actors in ‘character’ at the end of the section.

L-R – Jade, Therase and Roger

The actors were drawn to theatre in many different ways. “I was inspired to join acting because when I was born I was born with speech defect so I couldn’t speak properly,” said Roger. He added “and part of my learning how to speak properly was acting.” Jade was inspired by the musical ‘Cats’.

When the actors were asked where they rehearsed they all laughed! Why? “We rehearsed in the most unusual place! A pub! Why? Because the owner supports the arts, and they had rehearsal rooms for free.”

*By Kieran Franklin-Browne & Carissa Anderson*
**Sport**

Congratulations to the girls stage 3 soccer gala day team who played through the day undefeated. A tally of 5 wins and 2 draws at the end of the day saw them finish the day as champions of their pool. To make the day even better he girls were commended on their behaviour both on and off the field by officials on the day.

![Image of soccer team](image)

Thanks also to Tim Flood and the Hills Knights FC who donated our brand new football jerseys.

Well done to the 70 boys (approximately) who attended the rugby league knock out last week. St Michael's were one of the only school that managed to have 5 teams there on the day and the results showed that our teams weren't just there to beef up the numbers. Our under 8s played hard, had fun and learnt a lot. The under 10s had a tough draw and lost their first game but then improved during the day finishing 2nd in their pool.

The under 12s, after coming together for the first time last year, improved immensely and went within seconds of getting their first result as a team. Great improvement boys.

Both the under 9s and 11s went through the day undefeated with a combination of hard fought and dominant victories leaving them on top of their divisions. They both progress to the North vs South final in the last week of term.

Congratulations also to the girls AFL team who represented us well at the regional final of the Paul Kelly Cup. The girls drew a tough pool (including the eventual winners of the carnival) finishing 3rd in their pool. The girls did themselves proud.

Final congratulations to Claudio Pellegrini who represented Mackillop at the NSWPSSA boys football carnival last week. Helping his team to a 7th place finish in the competition.

One more big thanks to all the dads who helped coach teams over recent weeks. Your efforts are appreciated by myself and the students.

**Mr Steve Kovelis, Sports teacher**

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**Assembly Awards**

**Week 5 Students of the Week**

<table>
<thead>
<tr>
<th>KBlue</th>
<th>Max Hall</th>
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<tbody>
<tr>
<td>KGreen</td>
<td>Eli Safy</td>
</tr>
<tr>
<td>KRed</td>
<td>Oscar Harding</td>
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<tr>
<td>KYellow</td>
<td>Connor Carter</td>
</tr>
<tr>
<td>1Blue</td>
<td>Drew Fleming</td>
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<tr>
<td>1Green</td>
<td>Siella Nassour</td>
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<tr>
<td>1Red</td>
<td>Charlotte Ursino</td>
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<tr>
<td>1Yellow</td>
<td>Grace Zaitony</td>
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<tr>
<td>2Blue</td>
<td>Sinead Hawes</td>
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<tr>
<td>2Green</td>
<td>Sienna Pai</td>
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<tr>
<td>2Red</td>
<td>Anthony Khoury</td>
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<tr>
<td>2Yellow</td>
<td>Lucas Tait</td>
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<tr>
<td>3Blue</td>
<td>Mia Jurcevic</td>
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<tr>
<td>3Green</td>
<td>Oliver Cory</td>
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<tr>
<td>3Red</td>
<td>Mikayla Eltenn</td>
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<tr>
<td>3Yellow</td>
<td>Cooper Crawford</td>
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<tr>
<td>4Blue</td>
<td>Elizabeth Paton</td>
</tr>
<tr>
<td>4Green</td>
<td>Roko Buric</td>
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<tr>
<td>4Red</td>
<td>Matthew Tanios</td>
</tr>
<tr>
<td>4Yellow</td>
<td>Bailey Wright</td>
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<tr>
<td>5Blue</td>
<td>Joshua Bugeja</td>
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<tr>
<td>5Green</td>
<td>Christopher Lucin</td>
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<tr>
<td>5Red</td>
<td>Angus Lewis</td>
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<tr>
<td>5Yellow</td>
<td>Rachel Wong</td>
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<tr>
<td>6Blue</td>
<td>Caleb Woods</td>
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<tr>
<td>6Green</td>
<td>Liam Edmilao</td>
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<tr>
<td>6Red</td>
<td>Gracia Fares</td>
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<tr>
<td>6Yellow</td>
<td>Emma Hallam</td>
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</tbody>
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**Music**

Madison O'Brien, Cooper Mostyn

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**Literacy Tip for Parents**

**Tell family tales**

Children love to hear stories about their family. Talk about a funny thing that happened when you were young.

**One more time with feeling**

When your child has sounded out an unfamiliar word, have him or her re-read that sentence. Often kids are so busy figuring out a word they lose the meaning of what they’ve just read.

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**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.

Please wash your child’s hat regularly and ensure that their name is clearly legible for easy return should it be found on the playground.

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**Star Corner**

Congratulations to Cooper Crawford who has been selected in the Western Sydney Giants U/9 Junior Development AFL Team and will be competing in the Long Weekend Carnival at the weekend at Blacktown International Sports Park against other district Development teams.
Child protection—Tutors and coaches can help to keep kids safe

From 1st April 2016 all tutors and coaches who provide services to children are being phased-in to the new Working With Children Check online system in NSW.

Tutors and coaches working in schools and other organisations, including those previously checked by employers under the old system, will need to apply for a new Working With Children Check.

The Certificate for Self Employed People from the old Working With Children Check will no longer be valid after their expiry date.

Tutors and coaches providing private services to children will also need to apply for a new Working With Children Check.

The tutor or coach should provide their name, date of birth and WWCC number to parents/carers for online verification.

Applications for a Working With Children Check can be made at www.kidsguardian.nsw.gov.au/check

The Office of the Children’s Guardian has produced a poster for private tutors and coaches to display their name, date of birth and WWCC number.

The downloadable poster and parent verification process are at www.kidsguardian.nsw.gov.au/parentscheckthecheck

A WWCC clearance means the tutor or coach can work with children in NSW.

A WWCC bar or interim bar means the tutor or coach cannot work or volunteer with children in NSW.

If you suspect that an adult is providing services to children without a Working With Children Check you can make a confidential report online or phone (02) 9286 7219.

Calls to and from teachers

Teachers cannot take phone calls in class time or during their rostered duty times.

Teachers try to return phone calls as quickly as possible and at their first available opportunity.

Thank you for your understanding.

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 and class
- Doctor who has prescribed the medication
- Medication name, dosage and time of dosage

For further information, please contact the school office on 9639 0518.
St Michael’s Playgroup

If you are the parent / grandparent of a young child, aged 0-5 years, looking for an opportunity for your child to play and socialise with children of a similar age, why not join St Michael’s Playgroup? This is a fantastic opportunity for the children to mix and have fun in a safe environment, whilst you enjoy the company of other adults from our local community. Groups meet on Wednesday or Friday mornings between 9 and 11am, in the Sisters of Mercy Building.

Please contact Bernadette Savill 0421 413 754.

Vacation Care Program for July School Holidays

Offering craft, cooking, science experiments, outdoor games, movie & Dress up days!!!!

$70.00 per day or $45.00 per ½ day (5.5 hours max)

CCB/CCR subsidies available

Operating hours: 7am-6pm

Booking Essential on 8850 6669 or at jenny.piper@earlyeducare.org.au

79 Showground Rd, Castle Hill, NSW 2153