



St Michael's Primary School Newsletter

Term 3 Week 8: Friday 9 September 2022

Message from the Principal

Dear Parents/ Caregivers

Father's Day

Thank you to our fantastic P&F for organising the Father's Day breakfast for our Dads and Grandfathers last week. This was an overwhelmingly successful gathering of our Dads, something that we haven't been able to do for the last two years and once again a memory that our children will treasure.

Year 6 Canberra Excursion

Our Year 6 students left today for Canberra. Updates of what is happening on the trip will be sent to the children's parents to keep them informed of where we are and to let them know what time we will arrive back at school.

The anticipated arrival time is 7 pm on Friday evening 9 September. Please support us by being punctual to collect your child/children.

The two days in Canberra are great learning experiences and fun-filled, so much so that I am sure the children will be eager to get home as soon as possible and share their experiences with their family.

Voice of Youth

Congratulations to our three students who represented St Michael's in the Cluster Final. Their presentation of their subjects were once again outstanding. Congratulations to Gianna Muscat who received the social justice award.



Week 10

Week 10 at St Michael's is promising to be a very exciting week. In that week we are celebrating the fact that St Michael's school was established in 1971 and it is 51 years since its opening. Last year, due to Covid our plans to celebrate 50 years were interrupted. We are now on track to celebrate 50 years (51) of *Knowledge, Faith and Love* at St Michael's.

Monday 19 September & Thursday 22 September: Years 3-6 Concert 1.30 pm - 3.00 pm (ticketed event)

Our school will be presenting a special musical / play / dance assembly. The concert is being performed on two days. We ask that when the tickets are available that you register your attendance and your family on one day only. Please limit the numbers to 4.

Tuesday 20 September is Mercy Day. The children will have the opportunity to engage in various activities and listen to a guest speaker, Sr Sally, about the history of the school and how it was established by the Sisters of Mercy. This is a day for the children only.

Wednesday 21 September: We will have a fun day - Retro-a-thon. Information regarding the Retro-a-thon has already been sent home this week. This event is a way of promoting social justice in our school with half the money being collected going towards the Sisters of Mercy and their work in the missions, both here in Australia and overseas.

Thursday 22 September: Repeat of Monday's Years 3-6 Concert 1.30 pm - 3.00 pm (ticketed event)

Friday 23 September: The children will attend a whole school Mass to celebrate St Michael's feast day and we will have a sausage sizzle for the children. Unfortunately this is a school event due to lack of space in the Church for families to attend. Our sincere thanks to our wonderful P&F who will be running the barbecue for us on the day.



Teach children to persist

"The ability to persist at a task and see it through to the end is one of the most important success skills that you can teach a child.

There are numerous times every day when children must persist rather than give in. A toddler learning to tie shoelaces must persist. A primary aged student must show determination to finish tasks and a secondary student needs to work through difficulties, particularly those he doesn't understand or complete right away.

They need to be able to persist when work gets hard or life gets tough. They need the 'stickability' to work through difficulties and hang in there when things don't go their way.

Some children are more naturally predisposed to persist than others. They have a determined, even competitive streak in their temperament that doesn't allow them to give in. These children and young people can drive themselves very hard to succeed.

Parents and teachers can develop persistence in children. Research suggests that persistence is a temperamental factor that can be improved over time.

Just as adults can promote persistence they can also impede its development by making life too easy for children so that they don't have opportunities to persist or hang in there.

Parents who allow children to stop work when it gets too hard, stay home from school for a minor reason or give up on a sport because they are not succeeding straight away are not doing their children any favours. They are depriving children of opportunities to develop persistence.

Parents can promote persistence by encouraging their children to keep going and not give in at the slightest hurdle or difficulty.

Parents can be a sounding board for children's gripes but they should show confidence in their ability to cope and get through their difficulties. "You can do it" is far more powerful in terms of promoting an attitude of persistence than "If it is a little too hard then try something else."

Let children know that there is a correlation between effort and success. In fact, they need to learn that by GIVING EFFORT they will more than likely experience more success.

The ability to persist in the face of difficulties may be an old-fashioned quality but it is one of the best success attributes that children will ever develop."

Michael Grose Parenting 21 series, Raising 21st Century Kids, Michael Grose Presentations Pty Ltd

Prayer

We thank you, Lord, for the giftedness with which you have blessed each one of us.

We pray for an open heart, glad to appreciate the riches amongst us.

We pray that we may build on what we are, to the realisation of your reign.

We make this prayer in the name of Jesus the Lord. Amen.

Wishing you every blessing for the week ahead.

Danuta Maka

Years 3-5 NAPLAN

On Wednesday the children in Year 3 and Year 5 were given their student report for **NAPLAN 2022** to bring home.

The National Assessment Program for Literacy and Numeracy was held in May this year.

These assessments provide a snapshot of your child's achievement at a point in time and information should be considered with school-based assessments and reports.

Should you wish to discuss your child's report with their class teacher, please contact the school office, thank you.



St Michael's Primary



Open Days

9:30am to 10:30am

Tuesday 20 September and

Thursday 20 October



3-5 Chapel Lane, Baulkham Hills

T 9865 1600

www.stmichaelsbhills.catholic.edu.au



Scan QR code to
register your interest

ENROLLING NOW FOR 2023 AND 2024 KINDERGARTEN

2023 KINDERGARTEN ENROLMENTS

We are still taking enrolments for 2023 Kindergarten and Years 1-6

Please contact the school on 9865 1600

2023 Kindergarten Orientation

The following events will happen in **November** to assist in the transition of 2023 Kindergarten children.

- **Information Evening:** A parent information night on the evening of Monday 7 November 2022 at 7 pm in the School Hall. This information session is for parents only.
- **Kindergarten Orientation** will take place for children on Tuesday 15 November and Thursday 17 November 2022.
There are two groups for orientation - one morning session for two hours and one afternoon session for two hours. The orientation times for your child will be mailed to you in September together with information on purchasing your child's uniform.
- **Parent Workshops:** How to develop your child's literacy and numeracy skills will be held during your child's orientation visit. Parents will also be taken on a tour of the school.

Further information on orientation will be forwarded to our parents at the end of September.

We look forward to your child starting with us in 2023!

Please contact the school office on 9865 1600 for further information.

Calendar Dates	
Week 9	
Mon 12 Sept	Kindergarten Author visit Years 3 & 4 Author visit School assembly 2.15 pm
Thu 15 Sept	Year 3 Incursion - Science Term 3 Student/Citizen of the Term Awards 2.15 pm*
Fri 16 Sept	Year 3 Incursion - Science
Week 10	
Mon 19 Sept	50th Anniversary School Musical Years 3-6: 1.30-3.00 pm*
Tue 20 Sept	Mercy Day 2023 Kindergarten-Year 6 Open Morning 9.30 am
Wed 21 Sept	Retro-a-thon
Thu 22 Sept	Class FUN Day 50th Anniversary School Musical Years 3-6: 1.30-3.00 pm*
Fri 23 Sept	Feast Day Mass and Sausage Sizzle End of Term 3
*Registration essential for all visitors	

Staff Development Days - Monday 10 October

Monday 10 October - staff will be undertaking professional development on the new Maths syllabus.

The school will be closed and no supervision will be provided. Please make alternative care arrangements for your child/ren on this day.

Thank you for your support.

Social Skill Tips and Mantras

Week 9: Suggesting and persuading (Instead of being bossy)

- Don't be a "bossy boots". Use good ideas and good reasons instead.

Week 10: Be aware of your facial expressions

- Be aware of your facial expressions (What are they really saying)

Term 4 Week 1: Negotiating and staying calm.

- Use a calm tone when dealing with a conflict.
- Make a request, pointing out how the other person will get something that they want too.

Prayers

We pray for those in our community who may be unwell or suffering at the moment.
We ask this through Christ Our Lord, Amen



Classes for 2023

Early next term our teachers will be working together to formulate our classes for 2023.

Our goal is to form parallel, even class groups in each grade.

The teachers look at the learning needs of each student, their behaviour and their social, emotional needs.

If you believe your child has any of the above needs which should be considered for their placement in a class for 2023, please put this information into a letter addressed to the Principal. Please submit your letters by Friday 23 September.

This is not an invitation for you to nominate your child's teacher. It is however, an opportunity to highlight any special needs that will help the teachers form class groups for 2023.

Teachers will also provide the children with an opportunity to nominate 2 or 3 friends that they would like to be with in 2023. The school will endeavour to have at least one of their friends progress with them if this is in your child's best interest.

On Friday 16 December at 2.00 pm our children will have the opportunity to meet their 2023 teacher together with their new classmates.

2022 School Terms

Term 3 - Monday 18 July to Friday 23 September

**Monday 5 September - Staff Development Day - Pupil free*

Term 4 - Monday 10 October* - Tuesday 20 December**

**Monday 10 October - Staff Development Day - Pupil free
Friday 16 December - Students finish for Term 4*

**Monday 19 December & Tuesday 20 December - Staff Development - Pupil free*

2023 School Terms

Term 1 - Friday 27 January* to Thursday 6 April

**Friday 27 January & Monday 30 January Staff Development Days - Mathematic Assessment Interviews.*

**Tuesday 31 January - Years 1-6 Commence*

**Wednesday 1 February - Kindergarten Commence*

Term 2 - Monday 24 April to Friday 30 June

Term 3 - Monday 17 July to Friday 22 September

Term 4 - Monday 9 October to Tuesday 19 December

Rotary Club of the Hills-Kellyville Annual Writing Competition

Since 2005, the Rotary Club of the Hills-Kellyville has been encouraging writing skills amongst our primary level students, in the community, through the annual Writing Competition which is open to all primary schools in the Hills District.

Congratulations to Ava Kalal, Joseph Naim and Ryan Pangalos (Year 6 students) for submitting the required narrative up to 500 words and who were finalists in this year's Rotary Writing Competition.

On Monday evening, Joseph and Ryan, along with their families and Mrs Knispel attended a presentation dinner at Castle Hill RSL.

The students were presented a Certificate of Merit and a book voucher and enjoyed being involved in the presentation.



Jersey Day

St Michael's is proud to support Jersey Day 2022 to raise awareness of organ and tissue donation.

Enjoy the St Michael's photos and staff video on our facebook page

<https://www.facebook.com/StMichaelsBHills/>



Captivate

Our Intermediate & Senior Bands participated this week in the Arts Factor Instrumental Primary Band Learning Exhibition at Nagle College Blacktown. The day was run by 'Captivate' - a creative and performing arts program for Catholic Schools in the Diocese of Parramatta.

Participation in the eisteddfod was a wonderful opportunity for our students, especially after a prolonged period of disruption to live performance. The students had a terrific day and were a credit to our school. Thank you to Mrs Lucia our Band Director & Mrs Cleur who accompanied our students on the day.

Congratulations children we're very proud of you all!

(More photos on our facebook page)



Father's Day



Daddy
TO THE
WORLD YOU ARE
ONE MAN, BUT TO
ME YOU ARE THE
world



WE
LOVE
YOU
DAD









FOOTSTEPS

"Walk a little slower Daddy,"
said a child so small,
"I'm following in your footsteps,
and I don't want to fall."

Sometimes your steps are very fast,
Sometimes they're hard to see,
So walk a little slower, Daddy,
For you are leading me.

Someday when I am all grown up,
You're what I want to be,
Then I will have a little child
Who will want to follow me.

And I would want to lead just right,
And know that I was true,
So walk a little slower, Daddy,
For I must follow you."



**EVERY CHILD
IN EVERY
COMMUNITY
NEEDS
A FAIR GO**



NATIONAL CHILD PROTECTION WEEK

4 - 10 September 2022

SUPPORTED BY: DEPARTMENT OF SOCIAL SERVICES



NAPCAN PREVENT CHILD ABUSE & NEGLECT

Find out more
www.napcan.org.au

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STRONGER FAMILIES, STRONGER COMMUNITIES

WHAT WE KNOW:

- Children thrive when their families get the support they need.
- To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy.
- Parenting can be like navigating waters. Everyone may experience bad weather from time to time but, with lighthouses and safe harbours, we can continue our journey.
- We can all help to be part of the lighthouses and safe harbours that families need.



HOW YOU CAN BE A SAFE HARBOUR FOR FAMILIES:

- Recognise that not every family and community in Australia has what children need to thrive and be healthy. This is why we see such big differences in child wellbeing across Australia.
- Support projects and policies that help to provide the strong foundations that every community needs – jobs, safe places, libraries, parks, playgrounds, schools, child care, affordable housing, health services, social activities, clubs, friendly neighbours, businesses and more.
- Smile and say hi to the people in your local neighbourhood. Children feel safer when they know the people in their community.
- If you see a family that is facing challenges, it is important that they get help as soon as possible before the problem gets bigger. You may need to ask advice from an expert about what to do, especially if you suspect that the children are at risk of harm.
- Take a moment to think about children in your school or community who might need extra support and how you might be able to help. Being kind and respectful, being a good role model, and offering practical help such as lifts or meals, are a great start.
- Connecting with your community is good for everyone. Joining playgroups, parenting groups or sports clubs helps families and children to have fun and meet people.
- Check in with your friends from time to time if you know they are busy looking after children. Sometimes a friendly message can be a huge help to a family.

For more information about how you can play your part or to get involved in

National Child Protection Week
(starting first Sunday September)

visit: www.napcan.org.au

NAPCAN PREVENT CHILD ABUSE & NEGLECT

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For more information about how to get involved with National Families Week (15-21 May) and how to help build stronger families, visit www.nfw.org.au

Term 3 School Fee Statements

Please be advised that Term 3 Statements have now been issued. Term 3 fees are due by 24/08/2022.

Should you wish to discuss your fees or set up a payment arrangement please contact our Finance Secretary Mrs Adriana Grima on 02 9865 1600.

Catholic Education Office leaving the school policy

If you are leaving the school, one term's notice in writing is required otherwise you will be charged the term's school fees as per the enrolment agreement. Thank you for your understanding.

Points for Your School Competition

The P&F have entered the school in a competition being run by Norwest Market Place. The competition is to go into the running to win one of 3 cash prizes for library resources for our school.

All you need to do is shop at Norwest Market Place and scan your receipt to earn points for our school. We are one of four schools entered so our chances are high!!!

Prize 1 is \$3000 Prize 2 is \$2000 Prize 3 is \$1000

Enter as many times as you like and each entry goes into the draw for a night at the Intercontinental Sydney

Thank you for your support!

Changeover into Summer Uniform Term 4

Children will continue in their winter uniform until the end of Term 3.

However, children may wear their summer uniform if the weather turns warm before the end of the term - as a guide 25°C or above.

Should this occur, children must either wear their full summer uniform or full winter uniform on these hot or cold days until the end of Term 3.

From Term 4, all children are expected to wear their full summer uniform.

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 Mercy Room (near the canteen).

Uniforms can be ordered through the QKR App, OzFashions.

Now is the time to order summer uniforms so that you have them for Term 4.



Did you know you're far more likely to come across someone having thoughts of suicide than someone having a heart attack? With the right skills, you could save a life!

LivingWorks Start is a FREE 90-minute online training program for all Australians 15 years and over to learn how to recognise when someone is having thoughts of suicide and respond to keep them safe.

Training features:

- An evidence-based practical four-step model to keep someone safe from suicide
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Simply register and complete in your own time.

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<https://www.livingworks.com.au/programs/livingworks-start/>

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*Terms and conditions apply

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Managing challenging behaviours

Parents/carers of children 2 – 12yrs old

Supporting your child through the many challenging behaviours they may display each day, can be difficult and exhausting. This group will help you understand why the behaviour may be occurring, and simple strategies to manage the behaviours in a safe and effective way.

What will I learn?

- Understand child development and the link between emotion and behaviour
- Understand and sort typical behaviours to identify the easiest way to manage them consistently
- Learn positive strategies to manage behaviour, including emotion coaching

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

For more information or to make a booking

intakeservice@catholiccare.dow.org.au
(02) 4254 9395

catholiccare.dow.org.au

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**Always
connected.**

IMPORTANT ALLERGY INFORMATION

At St Michael's we have a number of children with **life threatening allergies** (Anaphylaxis) to various forms of food, latex, dust, animals and insect stings.

Some children have allergies that are so severe that smells or touch could trigger a reaction.

In particular, we have a number of children who have severe allergies to nuts. While allergic reactions are common and most are not serious, for some people the reaction can be life-threatening. Anaphylaxis can occur within minutes of an exposure to a trigger.

We see prevention as a major part of providing a safe environment for these children. In order to support these children, we ask that you do not send in nuts or any foods containing nuts to the school with your children.

Common foods that trigger an allergic reaction are listed below and we ask you to be 'nut aware' and refrain from sending them to school and to seek suitable alternatives. The following list gives examples of such foods:

FOOD TYPE	EXAMPLES
Peanuts / peanut butter	Any kind of peanut or peanut butter
Tree nuts	Hazelnuts, almonds, cashews, pecans, walnuts, macadamia – any kind of nuts
Sesame seeds	
Nutella	Any brand
Biscuits containing or topped with nuts	Particularly chocolate biscuits
Cakes or slices containing nuts	
Snack packs containing nuts	Dried fruit + nut mixes
Chocolates containing nuts	Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit and Nut, Praline based chocolates – Guylian, Marble Blocks, Toblerone
Chocolate lollies containing nuts	Peanut M&Ms
Marzipan and nougat	
Breakfast cereals containing nuts	Crunchy Nut or Honey Nut Cornflakes, Muesli, Nutri Grain, Just Right etc
Muesli Bars and Snack Bars containing nuts	
Yoghurt with nut mixer packs	
Confectionary items	Lolly Gobble Bliss Bombs, Rocky Road
"Health Food" confectionary bars containing nuts	Uncle Toby's yoghurt muesli bars
Foods containing satay	Thai, Malaysian, Indonesian meals

The Canteen does not sell any of these products.

In the case of a child bringing a nut product to school, teachers will bring the matter to the attention of parents.

There are many foods that DO NOT contain peanuts or nuts in their ingredients list, but the food package has the statement. "May contain traces of dairy, nut or seed". This food may be brought to school and consumed only by non-allergic children.

Due to safety and concerns, we discourage children from sharing food and drink. We would also appreciate parents speaking to their children regarding this matter. Your child's diet at home need not change.

Below is a list of foods that are safe for you to choose from. We're sure you can think of many others.

- Fruit and vegetables
- Dried fruits, Fruit snack packs
- Vegemite, jam, honey, cheese spreads
- Parker's Pretzels, Rice crackers
- Chips, Popcorn
- Plain biscuits – sweet or savoury – without nuts
- Chocolate biscuits – without nuts
- Fruit based muesli bars and snack bars – without nuts
- Yoghurt – without nut mixes
- Lollies and confectionary items – marshmallow, spearmint leaves, jelly babies, snakes, raspberries, etc without nuts.



Basically we ask you not to send food to school with your child that contains a nut or nut product listed in ingredients.

We thank you for helping us to provide a safe environment for all children at St Michael's.

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COST: \$110 - \$150 AGE: Kindy to YR6

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THURS 29th - FRI 30th SEPT
ROUSE HILL HIGH SCHOOL

TUES 4th - WED 5th OCT
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