

## 90 Seconds with the Principal

[WATCH VIDEO](#)



*"Love is a fruit always in season, and no limit is set. Everyone can reach this love."*

*Mother Teresa*



### Mission:

### Kids can do it as well!

Yesterday Yr 4 had a visit from Sr. Rosie who is a sister from the Missionaries of God's Love. Her message to the children was one we need to hear in our own lives. Too often the worries and troubles of the world, along with the everyday challenges of life, can get us down and we become despondent. We need to remember that we are people of hope and faith. That Jesus is alive and God's plan is for us to have life and have it to the full. That means we are people of the Resurrection! Nothing is impossible with God and we are God's hands, feet and voice in the world. Do not be afraid, but be courageous in your love and fearless in your work for justice and compassion in the world. It's time to make a difference. Kids can do it and so can you!

On the 4th August 2015, 30 students represented Mother Teresa Primary at the Cumberland Zone Athletics Carnival held at Blacktown International Sports Park. All the children had a fantastic day and performed at their best. It was such a wonderful atmosphere, with all the children supporting and cheering for each other when one of them was in a track or field event. Following on from this event 13 students represented Mother Teresa Primary at the Diocesan Athletics Carnival on 21st August 2015. Congratulations to Ashyra, Liam, Roberto, Jasmine, Anushka, Keziah, Lucy, Sebastien, Charlee, Lavinia, Jarrod, Emilia and Sally for being wonderful representatives of our school. Lavinia will be representing MacKillop in the Interdiocesan Carnival. We wish her the best of luck.



## Important Dates:

- **Friday, 28th August**  
NO CANTEEN
- **Friday, 4th September**  
Fathers' Day Liturgy & Picnic  
12:30—1:30
- **Friday, 18th September**  
Mother Teresa Feast Day  
St Patrick's Cathedral,  
Parramatta

## Woolworths Earn & Learn



Thank you for participating in the Woolworths Earn & Learn program. This program enables our school to earn educational resources when anyone from the school community shops at Woolworths. Just a reminder **the Earn and Learn finishes Tuesday, 8th September**.

## Canteen Price List

[Click Here](#)

# Parenting *ideas* INSIGHTS



*Building parent-school partnerships*

WORDS Michael Grose

## Build up Frequent Father points

Michael Grose looks at the importance of topping up Frequent Father points, and the benefits for both dads and for kids.

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some '**dad time**' with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids ('Your dad's very busy but he would love to see you play sport but he can't make it.') As well, she'd keep him up-to-date with the children's lives.

Blokes, it seems, are valuing the time they spend with their kids on their own.

Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to **do together** with their dads. Playing, walking, fishing, wrestling....the list goes on.

It's through shared activity and involvement in kids' lives that dads build up **frequent father points**. It's hard to build good connections with kids when you are not there!

### Don't wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is

a predictor of good health and longevity for men. I'm not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child's space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it's easy to forget that one of the fundamentals of raising kids well is to spend some time in your child's space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner's) Frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

**Author's note:** *Sole mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.*

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)

© 2015 Michael Grose



## **Catherine McAuley Westmead**

### **School Open Morning**

9.15 – 11am

Thursday 3<sup>rd</sup> September and Tuesday 3<sup>rd</sup> November 2015

### **Enrolments for Year 7 2017**

Catherine McAuley is now accepting enrolments for Year 7 2017.

Each year the demand for places at Catherine McAuley exceeds what is available. Join us on either of our two upcoming school tours especially for Year 7 2017 applicants but open to any year group.

Our Open Morning is a great opportunity to tour around our school grounds, view our fantastic facilities and meet our students and teachers. You will have the opportunity to go into classrooms and see them in action. Both children and adults are most welcome.

Please contact School Reception on 9849 9100 if you would like to attend. Our school tours will leave at 9.15am and car parking will be available in the visitor's car parking area via Gate 3 from 9am onwards.

Ask for details when making your booking.