



90 Seconds with the Principal

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90 Seconds with the Principal

Earlier this year we worked with Dr Justin Coulson on creating positive relationships with our children. In the 90 seconds video this week Dr Justin Coulson answers some questions on how to help my child build resilience. Three big ideas include;

1. Teach children who they are and where they belong - their own identity
2. Teach children to have a growth mindset - everyone can improve
3. Identify your child's strengths and talk to them about their strengths.

Bingo Disco Friday 16th August—6pm



Our school Bingo-Disco night will be held on August 16th from 6pm to 8pm in the Morley Centre. This is a great fund raiser but also a great opportunity for our parents and families to socialise at a fun night out. Thanks to the families who have donated items for our prize baskets for the night - any more donations will be

gratefully appreciated. The teachers are excited about dressing up in something starting with M, T or P and are looking forward to having a dance with the children. Thanks to the volunteers who have nominated they can help out with wrapping the prize baskets on Wednesday morning 7th August from 8.30am at school - if you have some free time come along and join us! Thanks also to Mr Howayek (father of Grace, Year 1) for volunteering to be our DJ for the evening and Miss Hull for volunteering to be our BINGO caller (with a little help from some friends). Come along with your dancing shoes on!

Get Well Soon Mrs Louise Bucholtz!

As many are already aware, Mrs Bucholtz hurt her arm last week at school and will be off school for a while. Thank you to all in our community who have offered their best wishes for Mrs Bucholtz' speedy recovery. A huge thank you to Mrs Rhonda Fares (Mia Year 2 and Joseph Kindergarten) who jumped in immediately with an offer of help for our morning 'Kiss and Drop' duty, we are very grateful for your support.

Genius Hour at MTP

This week we commenced our Genius Hour activities for Years 3 to 6. These groups will continue working with their Genius Hour groups on a Monday afternoon for the remainder of Term 3. If your child is in the Sport Group they can wear their sports uniform on a Monday. It was great to see the excitement and engagement as the students commenced their selected inquiries for Term 3.



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

St Mother Teresa of Kolkata

Important Dates:

- **Tuesday, 6th August**
Zone Cross Country
- **Monday, 12th August—
Wednesday, 21st August**
Mobile Dental and Optometry Services
- **Friday, 16th August**
Stage 3 Excursion
Fieldwork Walk
- **Friday, 16th August**
School Bingo / Disco Fundraiser Night
5:30pm—8:00pm
- **Thursday, 22nd August**
Cuppa with the Principal 8:35am
- **Thursday, 29th August**
Father's Day Book Reading and Liturgy
1:45pm



"In purchasing your child's tuckshop order online through Welcomeasy, you are contracting directly with the supplier. You are responsible for checking that the ingredients of what you order are not incompatible with your child's sensitivities or health issues. Please ensure you check the disclaimers in the supplier's website. If in doubt you should contact the supplier."

Online Safety Parent Information Evening

Thank you to those parents who joined me for the parent workshop focussed on online safety on Wednesday night. A very interesting and informative evening, presented by Mr Brett Lee, a former detective with over 20 years experience in the Police Force. Some of the key take away points included:

- * The internet is public and permanent - everything can be tracked - if you wouldn't say it to someone's face, don't put it on the internet.
- * Always protect your identity online and it is important to teach your child that their identity is gold.
- * As a parent it is our responsibility to set very clear boundaries and limits for our child.
- * As a parent we have a right to determine which programs, apps and websites our children use.
- * Dangers are real - discuss with your child what is happening online; keep the conversation going.
- * Cyberbullying is a federal offence - the Office of the e-safety commissioner has a website with information and a place where cyberbullying can be reported (children and adult victims) www.esafety.gov.au

6 principles to guide you as a parent:

1. **WHAT** - you as the parent decide what programs, apps and websites your child uses.
2. **WHEN** - you as the parent set time limits (e.g. no games during the week - the internet goes off at 7pm) and occasions for use (e.g. no screens during family dinner time, have face to face conversations)
3. **WHERE** - you as the parent decide where you will allow your child to use the internet/technology - a VERY strong recommendation for no technology in the bedroom.
4. **WHO** - you can decide who they connect with on the internet, remember if your child does not know the person in real life they are strangers.
5. **LANGUAGE** - you decide the language you find acceptable for use online, as in real life.
6. **PROBLEMS** - make sure your child knows what to do if they run into trouble online - constantly remind them to come and talk to you.

5 simple strategies to keep your child safe:

1. Set clear rules and boundaries
2. You, as parent, make the final decisions (even though your child may think you're being unfair, that is part of being a parent)
3. Use management controls, like apps which you can use to track their devices - they are children and can't handle adult situations, you have a responsibility to help them manage this world.
4. Stay up to date with their usage - what are they using? Who are they talking to?
5. (MOST IMPORTANT) Communicate with your child.

I have some extra flyers which were handed out on the night if parents would like them they are available in the school office. Brett Lee also has a website with additional resources available: www.internetsafeeducation.com

ACARA (Australian Curriculum, Assessment and Reporting Authority) Data Collection Notification

The Australian Curriculum, Assessment and Reporting Authority (ACARA) collects data from schools to determine the Index of Community Socio-educational Advantage (ICSEA). CEDP is currently working to provide relevant details to the Catholic Education Commission of NSW. Data collected is de-identified of personal information. Parents and caregivers must advise their school if they don't want their child's data included in this report by 30 August 2019. Copies of Catholic Education Diocese of Parramatta (CEDP) Standard Collection Notice and Privacy Policy can be obtained from the school office.

Student Forum and Cuppa with the Principal

Last week Mrs Stennett and myself met with students from Kindergarten to Year 6 for our student forum meeting held each term. This term the students were very positive about our school and the great things happening that make Mother Teresa a great place to be. It was really wonderful to hear students articulate that learning at school is 'our business' and that we are all here to learn. The students came up with some great suggestions from more play equipment and toys to an underground carpark! Great creative thinking and these ideas will be taken back to our leadership team.

As you know we also meet each term with parents for a 'Cuppa with the Principal' chat. Our next scheduled gathering is Thursday 22nd August at 8.35am. Come along if you have some free time, it is a great way to get to know other parents in the Mother Teresa Community.

1-2-3 Magic and Emotion Coaching Parent Course (CEDP)

Some of the school counsellors from the Diocese of Parramatta are running the 1-2-3 Magic course for parents of children aged 2 to 12. This is a three session course run at St Monica's Catholic Primary School, North Parramatta. The parent course involves attending three sessions Wednesdays 14th, 21st and 28th of August from 6pm to 8pm. The cost is \$10 to cover the cost of the workbook. The course offers discipline techniques without arguing with your child, how to handle challenging and testing behaviour, using emotion coaching to encourage good behaviour and 7 tactics for encouraging good behaviour. If you are interested in attending the course at North Parramatta please call 8832 4100 to register. (Please see the flyer attached to this newsletter for further information).

Book Week and Literacy and Numeracy Week at Mother Teresa Primary

At Mother Teresa Primary we will be celebrating National Literacy and Numeracy Week in Week 8 of this term (Week commencing the 9th of September). We will be reading the prize books nominated by the CBCA (Children's Book Council of Australia) in the next few weeks with all of our students and they will be integrated into our daily literacy block. We celebrate NLNW as it is a great way to highlight the learning in both literacy and numeracy at our school. This year we have some great learning activities prepared for our students including drama presentations, a poetry slam competition, a writer's festival and a mathematical themed treasure hunt - stay tuned for more details later in the term!

Save the date - MTP Father's Day Liturgy 1.45pm Thursday 29th of August

This year we will be celebrating the gift of our Fathers (and father figures) through an open school where at 1.45pm Dads and Grandads are invited to come to their child's Learning Studio/s to read a book to the children. Following this book sharing experience, at 2pm approximately the whole school will gather in the COLA (Covered Outdoor Learning Area) for a Liturgy of the Word. We look forward to celebrating the special and important role Dad's play in the lives of our children.

Stage 3 Excursion and Camp changes 2020 and 2021

When Mother Teresa Primary school first opened, and in the schools early years, all students in Stage 3 (Years 5 and 6) participated in overnight camps one year and an excursion to Canberra to study Government on a single day excursion to Canberra on the alternate years. As the school is now at capacity with full cohorts in Years 5 and 6 the practicalities of designing learning experiences to cater for a very large number of children, especially overnight have limited our options. From 2020 only Year 6 students will be participating in the overnight camp experience and the focus will be on developing independence, resilience and leadership skills of our senior students. The Year 6 overnight camp for next year will be at Wedderburn Christian Camp and details of this camp will be made available closer to the date. Year 6 camp will become an annual event. No child will miss out on the camp experience as our current Year 5 students will get to attend camp when they themselves are in Year 6. A review of our current practice of taking students in Years 5 and 6 for a day trip to Canberra can no longer be justified given changes to the History and Geography syllabus for Stage 3 in recent years. Students in Year 5 and 6 will continue to study the current History syllabus and cover outcomes related to significant events for all Australian people.



Woolies Earn and Learn - Thank you!!!!

Thank you so much to the many, many parents and Grandparents from our school community who were very generous in collecting the Woolies 'earn and Learn' stickers last term. We were amazed with how generous our community is - we were able to order many resources for our school to support learning. As you know students in Kindergarten to Year 2 participate in Investigative Play and we have ordered two big, beautiful doll's houses for imaginary play. For our older students we have ordered special microphones to help students creating imovies and digital texts on their ipads. In addition, we have been able to purchase sports equipment like balls, which all students will be able to use. We have been told the order will arrive in October and we will share photos with the community photos of the equipment we have been able to order as a result of your generosity. On behalf of all the children at MTP "Thank you"!!

Skoolbag Updates

A newer version of skoolbag has been in operation for the past few months. If you have not updated from the old app it will not be supported from the 1st August, 2019. Please use the following link and follow the instructions to download the newer version of the app.

<https://www.moqproducts.com.au/skoolbag/installation-instructions/>



Hospitality- How are we the face of Jesus to others?

Hospitality is more than merely serving food. The essence of hospitality is presence. The truly hospitable person is one who offers the gift of their time, attention and interest. Can we find time in our busy lives to be present to others. To sit, to be still, to open our eyes and hearts and be truly interested in what they have to offer in this moment?

Help me, Lord, to become more conscious of your presence. Teach me to recognise your presence in others. Fill my heart with gratitude for the times your love has been shown to me through the care of others.

Thursday, 15th August is the Feast of the Assumption of the Blessed Virgin Mary. This is a Holy Day of Obligation and we would encourage families to attend mass to celebrate this feast day together. Masses on the day for Westmead Parish will be:

Thursday, 15th August

- 8:00am in the Morley Centre, Parramatta Marist
- 7:00pm at Sacred Heart Parish

Gaye Dennis—Acting REC

School Fees

Term 3 school fee statements are being sent my mail by the Catholic Education Office. Fees are due by the 28th August 2019, unless you have an arrangement in place.

If you are having difficulty with paying your fees by the due date, please do not hesitate to contact Judy Attard on 8841 2600.

Parenting Ideas Webinar

Mother Teresa Primary has a school subscription to 'Parenting Ideas'. This is a resource which offers help, support and ideas with parenting. If you are interested in participating in this webinar, you'll develop clear guidelines and learn impactful strategies to support you to build strong healthy relationships with your children, bolster their independence and support them in their use of technology in these rapidly changing times. On 28th August at 8:00pm about creating 21st century rites of passage, you can register using the following link <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-creating-21st-century-rites-of-passage> and follow the instructions below.

How to redeem the voucher

- ⇒ Click this link:
- ⇒ <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-creating-21st-century-rites-of-passage>
- ⇒ click 'Add to cart'
- ⇒ click 'View cart'
- ⇒ enter the voucher code **rites** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 28 September 2019.
- ⇒ click 'Proceed to checkout'
- ⇒ fill in your account details. These are the details you will use to login to your account and access your parenting material
- ⇒ click 'Place Order'

Important Dates:

- 'Feast of the Assumption' Parish Mass (with families 8:00am and 7:00pm options)
- Cuppa with the Principal Thursday, 22nd August 8.35am
- Father's Day Book reading and liturgy Thursday, 29th August 1.45pm
- Term 4 Staff Development Day (Pupil free day) Friday, 1st November
- Term 4 - Last day of school for students Wednesday, 18th December

Great Writing at MTP

As you know, this year our school literacy goal revolves around using mentor texts and the traits of quality writing to improve the quality of student writing. Last week all students returned to school to find a mysterious 'tent' and camping scene set up in the school playground. All students from Kindergarten to Year 6 had the opportunity to spend some time recording some story ideas, related to the tent scene, in their Writer's notebook (these are blank books every student at MTP has to record the seeds of ideas for their writing). The results from Kindergarten to Year 6 were fantastic and we have lots of things to celebrate about the quality of our writing. We also know where our challenges lie and the next steps for each individual student. I would like to share with you an example of a text written by one of our Year 5 students who wished to remain anonymous - I'm sure you'll agree with me that this student has taken on the traits great authors use to create texts.

Spine-Tingling Spirits

By a Year 5 student at MTP

"Just one more thing," Lauren retorted, disappearing into her bedroom.

Scout sighed impatiently. This plan of burning time during the school holidays by camping wasn't going to be successful if this time management continued. Lauren emerged from her room lugging a book the breadth of approximately one-thousand pages. These, of which, were tattered and beige at the edges. It was clearly ancient.

Throughout the hike to Spine Woods, where the two girls were camping, Lauren suffered under the weight of the book. When Scout asked her what the book was about, she returned with an incredibly mysterious answer.

"There's a myth that Spine Woods is haunted," Lauren explained warily. "The good spirits are ghosts, and the relatively negative spirits are shadows."

For the next few hours, Scout couldn't remove the tattoo on her mind which was Spine Woods being haunted. The mere thought of spirits lurking and hiding in the foliage of the woods caused her to shudder.

Even though the moon rose, the two sat tensely in their camping chairs, the warm light from the fire crackling and illuminating their anxious expressions. Suddenly, Scout heard a hushed whisper. Surely this couldn't be...

It echoed in her head all night. Even her eyes began to act strange when a dark silhouette formed on a tent fabric. The shadow crawled around. It chased them out of the tent, and even further away from the campsite. Nevertheless, Lauren refused to leave the book behind. It was a wise decision, because within a few heartbeats the fire roared and the tent erupted into flames. The book would've been blackened to ashes. Was this the shadows - the evil spirits who roamed around haunting Spine Woods? If the shadows were active, then where were the ghosts? The life-savers... the victors?

The whisper Scout had replaying in her brain like a broken record raised in volume. As she stepped north, the whisper became clearer.

"Turn back and we will halt the malice?" The ghosts chanted. Since they had no other choice, or anyone else to trust, Scout and Lauren turned back to their campsite. For a moment, panic struck them as the flames were still capturing everything aflame. But to their relief, a gush of water formed from thin air drowned out the fire.

Along with it floated three ghosts. One was female, sporting an ostentatious outfit of pearls and sequins. The second was a male, his attire equivalent to the amount of glamour of the female. On the other hand, the last was small and humble. No matter the look of the ghosts, each one of them looked generous and joyful.

"Not to worry, we have punished the shadows," the man told her.

"To the core of the Earth," the woman added.

The small ghost did not say anything, but flashed Scout a sweet smile.

The friends had encountered whispers, spirits, shadows, fire and ghosts in the past few hours - the Spine Woods certainly sent a tingle down their spine.



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

Learn to manage difficult behavior in children

2-12 years old

Venue: St Monica's Catholic Primary School, North Parramatta

10 Daking St, North Parramatta. Tel: 8832 4100

The Catholic Education Office Diocese of Parramatta together with St Monica's Catholic Primary at North Parramatta, are pleased to offer parents and carers in our Diocese, the 1 2 3 Magic and Emotion Coaching course.

The course is 3 sessions and will be run on the following dates:

Session 1 6pm – 8pm Wednesday 14th August 2019

Session 2 6pm – 8pm Wednesday 21st August 2019

Session 3 6pm – 8pm Wednesday 28th August 2019

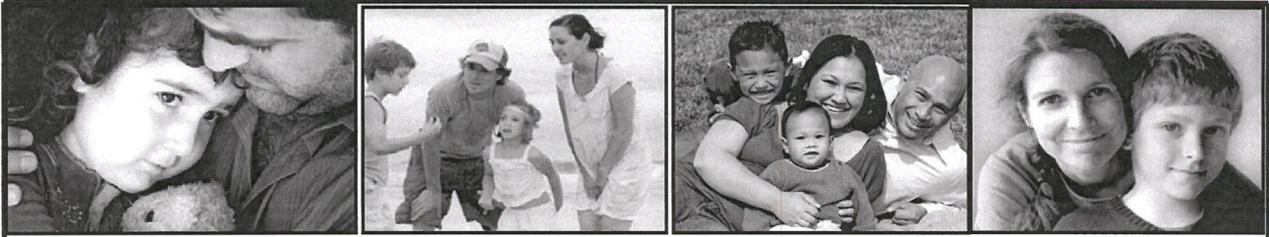
Course Facilitators: Madeline Patrick & Anoushka Houseman

Cost is \$10 per parent/couple/carer(s) to cover the cost of the parent workbook (only one required per family). This can be brought on the night

Register by calling St Monica's school office on 8832 4100

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au



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

*Learn to manage difficult behavior in children
2-12 years old*

A three-session program for parents and carers.
Venue: St Monica's Catholic Primary School, North Parramatta
10 Daking St, North Parramatta. Tel: 8832 4100

Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

Parents will receive:

- A 1-2-3 Magic & Emotion Coaching Parent Workbook

Registration Fee?

The course costs \$10 (per parent or per couple) which covers the cost of the Parent workbook
Register for this course contacting **St Monica's School Office** on **8832 4100**

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Who is running it?

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

This course is being run by a ParentsShop® licensed practitioner. www.parentshop.com.au