

8th March 2019



## 90 Seconds with Dr Justin Coulson

[Watch Video](#)

### 90 Seconds with the Principal - Dr Justin Coulson

In the 90 seconds with the Principal video this week we interview Dr Justin Coulson. This week our students in Years 4,5 & 6 participated in workshops with Dr Justin on 'How to be Happy'. In our 90 seconds this week Justin explains the 5 things our children can do to help them be happy. I will also attach the handout Justin gave parents which summarised the '5 ways to be happy'. These top 5 are:

- 1) **Connect** - with at least one other significant person you can have real conversations with about how you're feeling..a parent, a grandparent, a relative, a teacher.
- 2) **Be active** - go out and play, enjoy time with friends, limit screen time and get plenty **of sleep**.
- 3) **Be mindful** - take time to slow down and enjoy and appreciate.
- 4) **Keep learning** - have a growth mindset - keep improving.
- 5) **Give** - children (and adults) who give their time to help others, people who think of others are happy people.

### Dr Justin Coulson - Visit to MTP Tuesday 5th March - Thank you for the thank you!!

It was great to work with our Parent community and parents from Sacred Heart Primary School on Tuesday night. We had well over 100 parents attend the evening so thank you for your participation. I had many positive comments following the workshop and I was really impressed with the parents who emailed me at school to thank us for the opportunity - always lovely to hear.



### Catholic Schools Week - School Open Day sessions and enrolment Kindergarten 2020

This week is Catholic Schools week and a great time to stop and reflect on the positive and inclusive community in which we work together. At our Catholic Schools Week assembly on Monday

morning our choir helped us out by leading us in a short liturgy and as always, they did an outstanding job.

Yesterday Mrs Stennett, Fr Walter and myself welcomed many new families to Mother Teresa Primary and the Westmead Catholic Community - these families have children wishing to enrol in 2020. If you are an existing family wishing to enrol a younger sibling for 2020 could you please complete the necessary application forms as soon as possible as interviews and letters of offer will be distributed shortly. If you are concerned or unsure about your child's readiness for Kindergarten in 2020, please do not hesitate to contact me through the school office and we can discuss your individual situation.



*"Let us not make a mistake—that the hunger is only for a piece of bread. The hunger of today is so much greater: for love—to be wanted, to be loved, to be cared for, to be somebody."*

**St Mother Teresa of Kolkata**

### Important Dates:

- **Friday, 22nd March**  
Harmony Day Mufti  
Donate Gold or Fold  
National Dress, colours of your culture or something Orange  
(further information from note that was sent home)
- **Friday, 29th March**  
School Photos  
Full school uniform
- **Friday, 12th April**  
Last day Term 1
- **Monday, 29th April**  
First day Term 2

### Tuckshop-2-U

"In purchasing your child's tuckshop order online through Tuckshop2U, 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."

## Cuppa with the Principal - Parent Forum - Change of date

Last week I published our next parent forum in Term 2 for Friday, 3rd May at 8.35am - due to a compulsory meeting Mrs Stennett and myself are required to attend we need to move the next Cuppa with the Principal/Parent forum to Friday 3rd May. Thank you in advance for your understanding.

## Tuck shop 2 U - closing at the end of Term 1

In the past week we have been notified that the school canteen supplier, 'Tuck Shop 2 U' will cease business at Mother Teresa Primary from the end of Term 1. This will impact some other schools in the Diocese of Parramatta. Currently, the CEDP is seeking tenders for the canteen supply service and as soon as the new company is announced we will convey this information to all families.

## Thank you - Kindergarten and New Families Welcome BBQ and information evenings

It was great to gather and celebrate together as a community for our Kindergarten and new families welcome BBQ. I would like to take this opportunity to thank our hard working (and super dancing) staff who are not only great teachers but also wonderful at barbecuing and dancing! Following the BBQ we had another Kindergarten information session and an information session for families of children in Years 1-6 who are new to the school. Again, thank you to our staff who stayed back on this evening either to do some child minding or to present to our parent community.

## Seesaw

It has been great to see our students share their learning and work samples with their parents via our Seesaw app - lots of positive feedback. If you have lost the parent invite with the QR code to join your child's portfolio please see Mrs Halligan in the office as she has a copy of the codes for every child.

## Kindergarten Enrolments for 2020 at MTP

We are currently accepting enrolments for 2020. If you are a family with children enrolled at the school and you have a child starting in 2020, you must also complete an enrolment application. **Enrolments close end March 2019.**

## High School Enrolments

Is your child in Year 6 at MTP? Are you looking to enrol your child in either Catherine McAuley High School or Parramatta Marist High School? Please complete the enrolment forms for these respective High Schools as soon as possible. Interviews for Mother Teresa Year 6 students have commenced.

## Give Lent 100%



During **LENT** we are often called to 'give up' something. At Mother Teresa Primary we promote Transformative Learning: Here as a few suggestions of things you might like to give up in order to walk with Christ for the rest of your life.

**Fear of Failure** – You don't succeed without experiencing failure. Just make sure you fail forward.

**Your Comfort zone** - It's outside our comfort zones where new discoveries are made.

**Feelings of Unworthiness** – You are fearfully and wonderfully made by your creator.

**Impatience** - God's timing is the perfect timing.

**Comparison** - I have my own unique contribution to make and there is no one else like me.

**Blame** - I am not going to pass the buck. I will take responsibility for my actions.

**Guilt** - I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.

**Over commitment** - do less better and accomplish more.

**Entitlement** - The world does not owe me anything. God does not owe me anything. I live in humility and grace.

**Complaint** - Instead of contributing to the problem, be the solution.

**Hatred** - do not be overcome by evil, but overcome evil with good (Romans 12:21)

**Negativity** – I will put the best light on everything when it comes to other people. I will also minimize my contact with people who are negative or toxic.

**Apathy** - Live is too short not to care. (Thanks to Phil Ressler)

## Important Dates:

- 'Cuppa with the Principal' - Friday, 3rd May at 8:35am
- SDD Staff Development Days 2019 - these are pupil free days:
  - ⇒ Term 2 - Friday, 7th June
  - ⇒ No SDD in Term 3
  - ⇒ Term 4 - Friday, 1st November
- Term 4 - Last day of school for students Wednesday 18th December

## News in Sport



Congratulations to all athletes who competed at the Cumberland Zone Swimming carnival held at Mount Druitt Pools on the 12th February 2019. As always, team spirit was high on the day with plenty of cheering and congratulations all round. The results are:

**Giselle**—Year 3 placed 5th in the 9 yrs girls 50m Freestyle.

**Alessia**—Year 3 3rd 8years girls 50m freestyle.

**Bak Ho**—Year 3 competed in the junior boys 50m backstroke and 9 years boys freestyle.

**Lilliana**—Year 4 placed 7th in the 10 years girls 50m freestyle

**Aaron K**—Year 4 achieved 1st place junior boys 50m breastroke, 2nd place junior boys Butterfly, Backstroke, & 10 years boys 50m freestyle.

**Elias**—Year 4 placed 8th in the 10 years boys 50m freestyle.

**Christian M**—Year 5 achieved 6th place in the 11yrs boys 50m Breastroke & 7th place in the 11years boys 50m freestyle

**Max**—Year 5 achieved 7th place 11yrs boys 50m Breastroke & competed in the 11yrs boys 50m freestyle.

**Georgia S**—Year 6 - competed in the Senior girls 50m butterfly, breastroke and backstroke?

**Johan**—Year 6 - competed in the 50m freestyle.

A special thank you to Mrs Sande-Hashim (Teaching Assistant) for volunteering as the acting Team Manager on the day and braving the heat to help our students. Your assistance and organisation is very much appreciated.

Following this event, Aaron K from year 4 went on to represent the Cumberland Zone at the Diocesan Swimming Carnival at Blacktown pools. He had a very successful day and is now off to NSWCPSS Swimming Competition at Homebush for the following events: 50m Freestyle, 50m Backstroke & 50m Breastroke. Good luck Aaron, we look forward to hearing the results!



Mrs Thompson PE Teacher.

# ENROLLING NOW FOR 2020





Catherine McAuley is a Catholic girls' secondary school, located at Westmead. Our broad curriculum encourages young women to pursue independent lifelong learning.



## OPEN NIGHT

Tuesday 12 March 2019 4.00pm - 7.00pm

This school open event will give visitors the opportunity to tour the school and view facilities as well as meet our School Principal and School Leadership Team.

**CONTACT OUR SCHOOL ON 9849 9100 FOR AN ENROLMENT PACK. APPLICATIONS CLOSE 22nd MARCH 2019**

Catherine McAuley, 2 Darcy Road, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)

# SUPERSTAR KIDS

How to help your kids overcome anxiety,  
succeed at school and flourish in life

Dr JUSTIN  
COULSON

## 1. CONNECT



To a child,  
**love** is spelled  
**T-I-M-E**



Stop, look & listen  
Reduce pressure  
Create special time  
together

### CONSIDER

When do you really  
connect with your child?

When does your child  
really feel heard?

When does your child  
know you are there for him  
or her?

Is there one time each  
week that you could set  
aside for real connection?

## 2. BE ACTIVE



**sleep** is the  
ultimate  
ergogenic aid

### CONSIDER

What are your child's favourite  
ways to be active?

What can you do with  
your child to connect  
and be active?

What barriers exist to your  
child being more active?

Does your child get  
enough sleep?

What barriers exist to your  
child sleeping healthily?

## 3. TAKE NOTICE

Remember the  
**simple things**  
that bring you joy



Screen Warning  
Pressure Warning

## 4. KEEP LEARNING



**FIXED** mindset  
versus  
**GROWTH** mindset

*A few modern philosophers  
assert that an individual's  
intelligence is a fixed quantity  
which cannot be increased. We  
must protest and react against  
this brutal pessimism. With  
practice, training, and above  
all method, we manage to  
increase our attention, memory,  
our judgment, and literally to  
become more intelligent than  
we were before.*

**ALFRED BINET**  
French Psychologist  
(Binet, 1909/1973, pp. 105-106)

## 5. GIVE

What's it all  
about... really?

