



# ST. MICHAEL'S SCHOOL

## NEWSLETTER

St. Michael's Primary School  
155 Reservoir Road  
Blacktown NSW 2148  
Ph: 9622 9910 Fax: 9622 6902

Volume 2011 Issue 12  
9 August 2011

### FROM THE PRINCIPAL

Dear Parents & Friends,

### **"Depression Proofing Our Children"**

As part of our next instalment on Mental Health and Wellbeing, here is some advice from Andrew Fuller, reknowned Psychologist.

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some times of depression.

Unfortunately, once someone has experienced depression, they are at far greater risk of feeling that way again.

In the last article, I stressed the importance of creating and keeping good relationships. Obviously you have done this from the day your child was born. The challenge is to keep communication lines open as they grow older. Once again, awareness and knowledge are the keys.

- ◆ **Sadness is not always bad** - Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helping us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of being human and without them we don't live whole lives.
- ◆ As Adults we need to develop in our children "Resilience" - It's the key to long term Happiness. **Lower the amount of stress** - If you can't avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.
- ◆ **Find some good friends** - Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.
- ◆ **Eat healthily**— What we eat changes our moods. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.
- ◆ **Have some sources of "Flow"** - We experience "flow" when we get involved in activity that captivates us. Losing yourself in a few pleasureable activities that challenge you is highly protective against depression.

And finally, as part of this relationship comes our responsibility as adults and parents. The Media **can not be the "Third Parent"**. We must ensure a high level of explicit teaching and vigilance. Too much television is harmful to children. Violent video/computer games can create violent and aggressive children.

**John Laffan**  
PRINCIPAL



#### School Website:

www.stmichaelsblacktown.catholic.edu.au

#### Email:

stmichaelsblktn@parra.catholic.edu.au

### AUGUST

Mon 8th— Thur 14th	Healthy Harold Week
Tues 9th	World of Maths Years 4, 5 & 6
Wed 10th	World of Maths Years 4, 5 & 6
Thurs 11th	7pm Captivate Concert St Andrews Marayong
Fri 12th	Health Harold Day
Mon 15th	2.15 pm Whole School Assembly St Michaels School Voice of Youth (Yr6)
Tues 16th	Blacktown Zone Athletics Carnival 6J 4E 2F Life Ed ICAS Maths
Wed 17th	6C 3S 1O Life Ed
Thurs 18th	Year 5 Bathurst Excursion
Fri 19th	Year 5 Bathurst Excursion
Mon 22nd	Life Education 4M 3W 2.15 pm Assembly KG/KS
Tues 23rd	Life Education 5B, 3D, IP St Nicholas Netball Gala Day

#### St. Michael's Church Orwell Street, Blacktown South

#### MASS Times:

Sat. Vigil—6.00pm

Sunday—8.00am, 9.30am, 6.00pm

Weekdays—8.00am

Wednesday Evening—7.30pm

1st Friday 7:30 pm Ph: 96229149

[www.stmichaelsparish.com](http://www.stmichaelsparish.com)

#### GOING HOME with this Newsletter:

- ◆ Centrelink— Support for Grandparents Information
- ◆ P&F Family Fun Day Flyer
- ◆ Father's Day Stall
- ◆ Fathers Day Invitation




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## FROM THE ASSISTANT PRINCIPAL

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### 2011 ICAS COMPETITION—SCIENCE

Congratulations to the following children who achieved outstanding results in the 2011 Science International Competition and Assessment for Schools:

Caleb Scerri	Year 3 Credit	Sargun Saddhar	Year 5 Credit
Aidan Tong	Year 3 Credit	Hannah Walker	Year 5 Credit
Eric Tripathi	Year 3 Credit	Jacinta Jarosz	Year 5 Credit
Joshua Lin	Year 4 Credit	Michelle Lin	Year 5 Credit
Liann Aquino	Year 5 Credit	Ly Nguyen	Year 6 Credit

### CARPARK REMINDER—SAFETY ISSUE

Due to the number of vehicles which are entering the staff car-park during afternoon dismissal, we will be closing the large entry and exit gates on Reservoir Road between 2:30 pm and 3:10 pm.

Parents, Teachers and children have expressed concern regarding the safety of children during dismissal time while vehicles are moving through the staff carpark.

Parents with special parking permits will need to enter or exit the gates before 2:30 pm or after 3:10 pm.

**Mr Michael Siciliano**  
Assistant Principal

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## AWARDS

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Congratulations to the following students who received a **MERIT CERTIFICATE** at our **INFANTS ASSEMBLY** on 1 August 2011:

<b>KG</b>	<b>KG</b>
Oliver Bicanic	Liam Dever
Fredritz Brillo	Jessica Gafa
Jaime O'Callaghan	Cheriedan Arias
Akheera Kandula	Montanah Terkildsen

**KS**  
Emily Borg  
Lual Lual  
Riley DeLuca  
Madeleine Tabone

**1L**  
Pavithran Visakesewaren  
Rebecca Salman  
Eshaa Dalal  
Jevon Stanic

**1O**  
Bryce Long  
Aliyah Arif  
Jordan Relunia  
Ante Zlendich

**2B**  
Vince Maiurana  
Aaliyah Khoury  
Nicholas Pezzano  
Julina Barisic

**KW**  
Aaron DelaRosa  
Steven Elomina  
Emily Portelli  
Matthew Borg

**1M**  
Maggie Grills  
Daniel Valderrama  
Ioanna Hatzianandreou  
Janbaz Singh

**1P**  
Ciara Haddad  
Leonard Reinoso  
Rory Walker  
Denica Brillo

**2F**  
Costa Kotrolos  
Lorenzo Estil  
Bronte Weyham  
Krystal Sultana

**2H**  
Cherise Bartolome  
Nikayla Tighe  
Anton Marincic  
Robert Stanton

**2S**  
Hayley Hadda  
Devansh Sharma  
Erika Yu  
Brandon DeLos Reyes

Congratulations to the following students who received a **MERIT CERTIFICATE** at our **PRIMARY ASSEMBLY** on 8 August 2011:

**3D**  
Mina Gendy  
Elizabeth Grills  
Mika Lansley  
Jing Lual

**3G**  
Joanne Salvana  
Nicholas Portelli  
Breydan Koong  
Ashley Galea

**3S**  
Claudia Estrada  
Ryan Santa Maria  
John Elomina

**3W**  
Haeley Soriano  
Luke Osborne  
Chloe Ornelas  
Avigalle Mendoza

**4C**  
No awards

**4E**  
Angelo Yazbek  
Salim Touto  
Anton Bellett  
Marjorie Laquain

**5B**  
Jasmine Wormleaton  
Julie Bayeh  
Lancelot Garcia  
Kaleb Pearson

**5K**  
Nadia Tong  
Zahrah Khan  
Jason Barrak  
Tianna Armstrong

**5P**  
Lachlan Cremen-Darkin  
Marcelle Sadar

**5S**  
Antonio Ayala  
Katelyn Bellett  
Breyton Smith  
Michelle Besterwitch

**6C**  
Shai Kowalski  
Georgia Peterson  
Jessie Carr

**6E**  
Riquelle Webb  
Jack McCabe  
Marian Gendy

**6J**  
Tarnpreet Kaur  
Layla-Ann Kairouz  
Carmen Makarous  
Joel Relunia

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## SPORTS NEWS

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Best of luck to our Zone Athletic Competitors for Tuesday 16th August. Keep up the hard training and you will do well. Just to clarify, High Jump and Discus do not take place at Zone. Competitors results are forwarded on and the best two per age group are selected for the Diocesan

Jeff Phillips  
PE Department

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## CANTEEN NEWS

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Please be advised **Kyneton's Mineral Water IS NOT AVAILABLE** so could you please take it off your price list.

Jan Crawford  
**CANTEEN MANAGER**  
Home Phone: 9622 5703 after 4.00pm



## LIBRARY NEWS

### Premiers Reading Challenge

Wow! The readers at St Michael's have been busy last week with 15 more students completing all requirements of the Challenge. Congratulations to:

Alexis Rossi	KS	Shaun Blaje	IM
Roen Dantoc	1L	Nathaniel Darmali	1O
Maggie Grills	1M	Jasmine Rossi	IM
Rebecca Pearce-Amato	1P	Melissa Correia	2H
Johan Dantoc	2H	Elizabeth Grills	3D
Emily Hartsuyker	4C	Hannah Harvey	4C
Joanne Candor	5P	Mariah Correia	5B
Malvin Khan	6E		

The time for reading finishes on 31st August but I would like all readers to be finished by 25th August as I still have a lot of administration tasks to finalise so that students can get their certificates in December.

### Book Week

Our main activities for Book Week will be held early September with a Book Fair and Dress Up Day Book Fair. Once again, I have organised to have Central Book Suppliers provide books to sell. Everyone has said they are very pleased with the variety and prices of the books which are very reasonable. Books will be sold from the Library from Wednesday 7th until Friday 9th September.

### Dress Up Day

We will be holding a Dress Up Day on Friday 9th September. Students are asked to dress up as a favourite book character or in a costume related to Book Week theme of "One World, Many Stories". We do not expect students to buy a costume, but to use their imagination and creativity to make something they can wear.

Thank You  
Judy Buhagair, Library

## McCain School Veggie Patch

Remember to hand your barcodes in at school so that we may redeem them for veggie patch equipment.

- ◆ All McCain frozen vegetable 1kg, 1.2kg and 2kg packs are worth 10 points.
- ◆ All McCain frozen vegetable and McCain Purely Potato 500g, 600g, 750g and 800g packs are worth 5 points.
- ◆ For more info visit [mccainveggiepatches.com](http://mccainveggiepatches.com)



## P & F NEWS

Hello everyone,  
The Fathers Day stall will be held on Wednesday 31st August. There will be no I.O.U.'s handed out on the day. All parents must ensure that your children bring money on the day. Tuesday 30th will be set up day. If you are able to offer some of your time on either day please call or email me.

Children enjoy seeing their parents at these days, they still get a thrill of saying, "That's my mum/dad!" "Go ahead, Make Their Day".

The Family Fun Day is being held on the 18th September at the school. Over the next couple of weeks there will be more information disseminated. For those who have already sent in gifts for hampers thank you, and for those who haven't, have your children bring them to their classroom for collection. For the parents who are helping the sub-committee, thank you.

The uniform shop has all the stock that we normally carry. Remember that the new tax rules mean that you can claim up to 50% of your uniform costs, so keep your receipts. (See A.T.O website or your accountant.) The clothing pool is open Wednesday afternoon and Friday mornings. If you are unable to make it to the clothing pool use the mail order form in last weeks newsletter, if you have misplaced it email me so I can send it to you. For the portion of the uniform we don't carry you can get these from Lowes Blacktown or Mrs Prsa on 9621-3217. (Mrs Prsa makes some items of uniform at her home)

The general Meeting for term 3 will be held Wednesday 7th Sept at 1.30pm.

Don't forget to keep bringing in your Woolworths and Coles Vouchers. Thank you for your support and service

Paul Scott—President (0416250591)

## AFTER SCHOOL HOMEWORK SUPPORT AT ST MICHAEL'S SCHOOL

Our first After School Homework Support Program commenced at St Michael's in the Open Learning Space last Tuesday afternoon. It is held from 3:15 pm to 4:15 pm. This program currently is run to support our African students in Year 5 and 6. With English as their second language, it is imperative that as much support is given to our enthusiastic students to bridge their learning process before students commence their High School years.

Special thanks is extended to Mr John Cinya, our Sudanese Liaison Officer and to Mr Mark Small, the Manager of Educational Services at Marist Youth Care and to Br Gerry Burns, a Marist Brother, along with Mrs Mary Leask, Principal of Nagle. Without their support this project would not have come to fruition. Twenty four Nagle students have volunteered to tutor our St Michael's students. This generosity of spirit and commitment is to be applauded. I also wish to thank Mr John Laffan for his support and encouragement. The Open Learning Space is a wonderful venue for learning together.

We are commencing our program in small measured steps but as the year progresses we hope to extend the invitation to more Primary Students. It is most appropriate that these lines are being penned on St Mary of the Cross MacKillop's feast day. Mary penned these lines "Never see a need without doing something about it". We are grateful for her life of dedicated service and compassion in caring for the education of many students in difficult times.

Mrs Monica Bright  
ESL Teacher



## STUDENT NEWS

### “The First Step in my Music Career” By Lauren Ward 6C

On Sunday 24th July, my family and I went to Surry Hills so I could audition for the musical “Joseph and the Amazing Technicolour Dream Coat”. The production is being created by a group named Artes Christi. I auditioned by singing two songs; “From this Moment” by Shania Twain and “Home” from the Wiz by Diana Ross (Dorothy). The Director, Emma O’Shea and a man involved in the making of the musical, Rioghnach McCaughan, watched me perform the two songs. My Mum also came in with me for support.

A few days after the audition, Mum received a message from the Director announcing that I had been cast in the children’s chorus. All my family were very proud and congratulated me for getting the part.

The rehearsals are every Sunday and getting closer to the performance date, some Wednesday nights. The show will open for two weeks in October at the Seymour Centre and I’m looking forward to performing in my first musical.

### Waste Watchers Visit—Year 2 By Kyle Zammit (2S ) and Mrs Sebelic

On Wednesday the 3<sup>rd</sup> of August Year 2 went to the open learning space where a lovely lady named Natalie from the waste watchers team was there to talk to us. She talked about compost, worms, recycling, rubbish and how we can keep our world beautiful. She brought in a worm farm too, which was cool.

Some interesting facts I learnt about worms were...

- \*Worms have ten hearts.
- \*Worms are both a boy and a girl.
- \*Worms are vegetarians
- \*Types of worms that we use in compost bins are tiger worms, Indian blue and red wigglers

Natalie also taught us how important recycling is and that if we don’t recycle then we make more rubbish, which then goes to a smelly tip. If we keep making rubbish then we have to make more tips would you like a tip to be next to your house?

She also taught us about certain food scraps that can be put into our school compost or at home. Fruit, vegetables, hair, paper, coffee and tea can be put into your compost bin. Please do not put in oranges, lemons, onion, dairy and meat. Mrs Sebelic was taking photos. I think Year 2 had a great morning learning about recycling and composting because I know I had a great morning. So come on St Michael’s—  
**REDUCE, REUSE, RECYCLE!**



### Mind Quest 2011 By Ryan Santa Maria 3S

On the weekend 25th and 26th June, I attended Mind Quest and did Chemistry Fun. I learnt about how to work safely in a laboratory and the names of the laboratory equipment. I learnt how to make rainbows using vinegar, water, universal indicator in a measuring cylinder. We experimented with dry ice and indicators. We separated colours and this is called chromatography.

We made butter by shaking milk. We learnt that we do science every day at home without realising it. We do science in our kitchens every day. We also made bath bombs and bath crystals to use in our baths with things we can find in our kitchen.

Lastly we experimented with flowers to see if they are indicators. The whole weekend was so much fun. It was much better than Dreamworld.

Thank you to Mr Laffan, Mrs Hutchinson and teachers for giving me this opportunity to go to Mind Quest. It was the best experience!!

### CHESS REPORT By Julie Car

The Chess Team played at St Andrew’s Marayong on 5 August 2011 in the afternoon. Our 4 players engaged their thinking and battle chess skills to their best effort yet. Congratulations to Ryan Santa Maria for his awesome attack technique which left the St Andrew’s player floundering. Eric Tripathi, our unbeaten warrior who came from behind first half to fight a spectacular game. Briana Car went in with a tactical mission, anticipating every move to grab the St Andrews players queen with her silent bishop’s move. And Maksim Car for his gentlemanly gamesmanship, pointing out his opponent’s mistakes to ensure he was not disadvantaged. A well deserved win!

A spectacular round of nail-biting chess! Congratulations on representing our School with impeccable manners and sportsmanship.

## COMMUNITY NEWS

### PARENTS PLEASE HELP!! CREATIVE ARTS EXPO

Our Creative Arts Expo is only 5 weeks away! We are looking for anyone who is handy with a sewing machine and who has the time to make a few simple costumes for our performers. We will provide the material and the information on how to make them. You don’t have to be a fashion designer, the costumes are only skirts, sarongs and tops. If you are willing to help us make our performance the best it can possibly be, please contact Miss Galea or Miss O’Brien at School. Thank you for your support

Our Lady of Mercy College Parramatta College Open Morning  
Tour Monday 15th August 2011 at 9:15am.  
Please contact the Enrolment Officer on  
1800 Mercy Girl (637 294) or enrolment@olmc.nsw.edu.au