



21st August 2018 - Term 3 - Week 5

Staying in Touch

St Michael's Primary School, Blacktown South
Email: stmichaelsblkt@parra.catholic.edu.au
Website: www.stmichaelsblacktown.catholic.edu.au
facebook.com/StMichaelsBlacktownSouth

Dear Parents,

Last Friday I had the privilege of accompanying the Year 6 students to their excursion to Canberra. The children were well prepared with their learning and were able to articulately answer questions about Democracy and Parliament. They participated in all activities with enthusiasm and enjoyed the time spent with their friends. On a number of occasions the students were congratulated on their knowledge and behaviour.

Congratulations Year 6 on representing St Michael's as leaders of our school.

I would like to sincerely thank Mr Baddock, Mrs Walsh, Mrs Reidi, Mrs Peterson, Mrs Russo, Miss Galea and Mr Ng who all accompanied the children on the trip.



Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Yours sincerely,

Sarah O'Rourke

ACTING PRINCIPAL



Book Fair:

Once again, books will be provided by Central Coast Book Suppliers. They will bring a great range of picture books, novels and non-fiction, all at very good prices. Come along and shop for birthday presents and some to put away for Christmas.

The Fair will be open at the following times

Wednesday, 22nd August: 8.30am - 9am and 3pm - 3.30pm

Thursday, 23rd August: 8.30am - 9am and 3pm - 3.30pm

Friday, 24th August: 8.30am - 9am and following the dress-up parade for 30 minutes.

Book Parade:

We will be celebrating book week with a book Parade, so make sure you get dressed up as your favourite book character or a Pirate to go with theme 'Find your Treasure.'

All parents and carers will be welcome to join us and you may even like to dress up too!

Book parade will begin at 9.15 in the Primary Quad.

See you there!

Congratulations to the following students who participated in ICAS Science, Spelling and Digital Technologies this year.



Certificates will be handed out at next weeks Monday Assembly.

SCIENCE:

Xavier Fenech
Sidhi Oruganti
Diya Brahmhatt
Josiah Jackson
Shreeya Singh
Giuseppe Novella
Bhavrit Sidhu
Timothy DeVos
Tanmay Gupta
Chloe D'Sa
Beau Mazzitelli
Tanush Oberoi
Jared Ragasajo
Raija Punjwani
Sahej Singh
Rubal Sraw
Adam D'Sa
Keyan Patel
Ronash Alves

SPELLING

Xavier Fenech
Sidhi Oruganti
Diya Brahmhatt
Jarryd Gordon
Aiden O'Connor
Shreeya Singh
Bhavrit Sidhu
Kia Dizon
Timothy DeVos
Archie Griffiths
Tanmay Gupta
Amelia Korczowski
Beau Mazzitelli
Tanush Oberoi
Jared Ragasajo
Raija Punjwani
Sahej Singh
Isabella Ciccone
Gianni Dimopoulos
Ethan Moon
Ronash Alves

DIGITAL TECHNOLOGIES

Diya Brahmhatt
Shreeya Singh
Bhavrit Sidhu
Archie Griffiths
Tanmay Gupta
Beau Mazzitelli
Tanush Oberoi
Jared Ragasajo
Raija Punjwani
Sahej Singh
Rubal Sraw
Keyan Patel

IMPORTANT DATES:

Wednesday, 22nd August
Thursday, 23rd August
Thursday, 23rd August
Friday, 24th August
Tuesday, 28th August
Friday, 31st August
Wednesday, 5th September

Book Fair - 3.00pm
Book Fair - 3.00pm
Diocesan Athletics
Book Week Parade - 9.15am
St Nicholas Netball Gala Day
Father's Day BBQ 7.15am - Liturgy 8.15am
Infants Performance

SURVIVOR-A-THON

All children should have received their SURVIVOR-A-THON Sponsorship Card. We have some great prizes in our Raffle and hope that all children obtain sponsors to be in the draw.

SCHOOL FEES

School Fee Statements are due on 30th August 2018. If you require any assistance please contact Madlin Aboelsaad in the office on 8869 6200.

SECURITY

As you may have noticed we now have a monitored locked gate to enter the office. If your child is going to be arriving at school after 9.10am you **MUST** bring your child to the office and sign a late to school slip. **NO CHILD IS TO BE DROPPED OFF AT SCHOOL AFTER THIS TIME AND LEFT ON THEIR OWN AS THEY WILL NEED PARENT ASSISTANCE TO GAIN ENTRY.**



P&F



Parents & Friends Association

Facebook: St Michael's Blacktown South P&F
Kristen Mobile: 0409 952 852

Email: stmichaelspandf@gmail.com
Leanne Mobile: 0413 546 062

STAYING IN TOUCH

FATHERS DAY:

The Father's Day Stall is on **Thursday 30th August, 2018**. We would love your help on the day so if you can offer an hour or 2 or even the whole day please contact Kristen on 0409952852. Working at the stall is a great way to meet new people and also your children love seeing their parents helping out at the school.

P&F MEETING:

Our next P&F meeting will be held on Wednesday 29th August in the staff room. The meeting will begin at 6.30pm. Light refreshments will be provided. Come along and hear about the things that have been happening at the school. We were so happy to see so many new faces at our last meeting so it will be great to see you all there again. If you have anything that you would like to add as an agenda item please send us an email or message Leanne or Kristen.



parenting*ideas

insights

How do you show up for your kids?

by Dr Jodi Richardson

Every now and again a meme pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of 'You know you're a mum when going to Target alone feels like a holiday'. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important 'job' any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can't tell you the number of times I've arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I've even taken my key out of the door. I'm not joking. I tried to implement some sort of buffer for myself so I didn't feel so stretched within the first minute of getting home but it never worked. They'd always be so happy to see me and it didn't seem fair to not be immediately available, despite the fact that it was quite overwhelming. It's not as though I was ever gone that long either. I wasn't even working. I'd only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all of the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they'd always had heaps of fun because the family room always resembled a toy shop. There was never any "Let's put things away as we're finished with them" on Dad's watch!

Whether our kids are little and jump on us the minute they see us or they're that bit older and don't necessarily even come to the door when we get home, it's worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

The Third Space

Dr Adam Fraser calls it the "Third Space". It's the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and

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reset.

Reflection is time spent looking back over the day and contemplating what you've achieved and what went well. It could be that you accomplished something you're proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn't matter, it's just about reflecting on a handful of good things about your day.

Rest is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn't matter what you do or for how long, it's just about doing something that recharges your batteries and helps you feel relaxed.

Reset is all about how you're going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn't want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It's so easy to let the events of the day affect our time with our family, but they don't have to. Our relationships with our kids and our partners play an important role in our kids' development, happiness and mental health. Let's do what we can to show up for them as our best possible selves. They deserve it, and we do too.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au

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GBW:vt

21 August 2018

Dear Members of St Michael's Blacktown School Community

It is with pleasure that I announce the appointment of Mrs Sue Veling as the Principal of St Michael's Primary School, Blacktown, commencing on Monday 5 November, 2018.

For the past 5 years, Sue has been the Principal of Our Lady of the Way Primary, Emu Plains. Prior to that, Sue's previous appointments were Assistant Principal and Teacher.

Sue has a reputation for building engaged and connected school communities, and a strong culture of learning. She has high expectations of students and challenges them to be the best they can be.

I know you will join me in congratulating Sue on her appointment. I also take this opportunity to thank Fr Peter Confeggi for his support and his pastoral leadership of Mary Queen of the Family Parish.

I would also like to extend thanks and appreciation to Sarah O'Rourke for leading the St Michael's community since Term 2, 2018.

Finally, I would like to express my appreciation to you for the support that you provide for Catholic schooling as we give witness to the Gospel that enriches the lives of our children and the communities in which we live.

Yours sincerely

Gregory B Whitby
Executive Director
Catholic Education
Diocese of Parramatta