



# St Michael's Primary School

## Blacktown South

### NEWSLETTER

#### UPCOMING EVENTS:

#### NOVEMBER

Thurs 3rd	Mufti Day Fundraiser
Fri 4th	K2017 Step-Up 9.30-11am
Mon 7th	Whole School Assembly 9am
Tues 8th	1G & 1S Excursion to Penrith Lakes
Wed 9th	K2017 Parent Information even- ing 7:30pm
Fri 11th	K2017 Step-Up 9.30-11am
Tues 15th	1C & 1J Excursion to Penrith Lakes
Wed 16th	K2017— Orientation 9.30- 12.30am
Fri 18th	K2017 Step-Up 9.30-11am
Tues 22nd	Year 1 Excursion to Wannabees
Wed 23rd	Twilight Swimming Carnival—Nirimba Pool 4-7pm
Thurs 24th	K2017— Orientation 9.30- 12.30am
Fri 25th	Year 5 Leadership Day

Church of St Michael's  
58 Orwell Street  
Blacktown South

#### Weekend Masses:

Sunday: 8.00am, 9.30am, 6.00pm  
4th Sunday 10.45am Filipino Mass

#### Weekday Masses:

Mon, Tues, Thurs, Fri: 8.00am  
Wed: 7.30pm

#### First Friday: 7.30pm

#### Sacrament of Reconciliation:

Wed: 7.00pm-7.25pm

#### Holy Hour of Adoration:

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

#### Website:

[www.stmichaelsblacktown.catholic.edu.au](http://www.stmichaelsblacktown.catholic.edu.au)

#### Email:

[stmichaelsblktn@parra.catholic.edu.au](mailto:stmichaelsblktn@parra.catholic.edu.au)

2016 - ISSUE 17

1st November 2016

## From the Principal

Dear Parents and Friends,

Last week we farewelled our dear friend and colleague, Mr Ron Hoogenvest, after an illness over the last few years. This week we will unveil the first of our buddy benches in honour of Mr Hoogenvest who loved St Michael's and the students. I want to thank the Mini Vinnies team for all their work. I ask you to keep Mrs Hoogenvest (one of our office ladies) and her family in your prayers.

### St Michael's Stars

The dancing mums and dads of Blacktown came to Bonnyrigg today. There was plenty of excitement about our first dance competition. I couldn't have been prouder watching so many of our boys and girls perform so confidently today and with so much happiness beaming from their smiles. In our section we were awarded **first place and highly commended** for our two groups. My congratulations and thank you to Mrs Siroklyn for all her work preparing the children and to Mrs Easton who came along and supported the children.



### Class Lists

This term our teachers will be working together to formulate our classes for 2017. Our goal is to form parallel, even class groups in each grade. The teachers look at the learning needs of each student, their behaviour, their social and emotional needs. If you believe your child has any of the above needs, that we are not aware of, which should be considered for their placement in a class for 2017, please put this information into a letter to the Principal. This is not an invitation for you to nominate your child's teacher. It is however, an opportunity to highlight any special needs that will help the teachers form class groups for 2017.

The school will endeavour to have at least one of their friends progress with them if this is in your child's best interest. Towards the end of Term 4 the children will have the opportunity to meet their 2017 teacher together with their new classmates .

### Staffing for 2017

We are in the process of finalising our teaching teams for 2017. I wish to congratulate Mr Coley White who has been appointed Assistant Principal for 2017 at St Canice's Katoomba. He will be able to bring his many gifts and talents to his new community. Once our teams are confirmed I will be able to let you know later this term.



### Kindergarten 2017

We welcome our new Kindergarten families next week to our Parent Information Evening. This is always an exciting time where we tell the story of who we are at St Michael's and welcome our new and existing families on their 7 year journey with us.



Blessings to you and your families.

Mrs Katherine McKay

**ACTING PRINCIPAL**

# From the Acting Assistant Principal

Dear Parents and Friends,

## Learning positive friendship skills

### Activities to help children communicate, connect, empathize, and read minds

At St Michael's we want our children to succeed in the social world-to learn how to cooperate, make friends, and negotiate conflicts. We want them to develop strong perspective-taking skills, and treat other people with fairness and compassion.

#### How can we work together to help them do it?

**In a variety of ways.** Kids learn from us when we act as good role models. They also benefit when we create environments that reward self-control. And studies hint at the power of play. Fun activities may be a particularly promising way to foster friendly behaviour and social savvy.

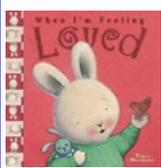
Here are a few research-inspired social skills activities you may like to try at home in support of the social and emotional development of your child.

#### Reading facial expressions

People who are good at interpreting facial expressions can better anticipate what others will do. They are also more "pro-social," or helpful towards others. Experiments suggest that kids can improve their face reading skills with practice.



#### Story-based discussions about emotion



It sounds simple, and it is: Read a story with emotional content, and have kids talk about it afterwards. Why did the main character get angry? What kinds of things make you get angry? What do you do to cool off? When kids participate in group conversations about emotion, they reflect on their own experiences, and learn about individual differences in the way people react to the world. And that understanding helps kids develop their "mind-reading" abilities.

#### Cooperative construction

When kids team up to create something together with blocks, they must communicate, negotiate, and cooperate. Do these social skills activities make a difference? They might.

In one study of patients with high-functioning autism and Asperger's syndrome, school children attended a one hour session of group construction play once a week for 18 weeks. Compared with kids given special training in the social use of language, the kids in the construction group showed greater improvement in their social interactions (Owens et al 2008). Other research indicates that the benefits of these experiences last for years (Legoff and Sherman 2006).



#### Charades

The traditional game of charades, a player draws a slip of paper from a container and silently reads the word written there. Then she tries to convey this word to her unknowing team mates through pantomime.

What gestures are most likely to communicate the crucial information? The best players are good at perspective-taking, or imagining what viewers need to see in order to guess the answer. Moreover, recent research suggests that watching charades switches our brains into "mind-reading" mode: During MRI scans, players observing gestures experienced enhanced activity in the *temporo-parietal junction*, a part of the brain associated with reflecting on the mental states of other people (Schippers et al 2009). It seems, then, that charades encourages kids to think about other perspectives, and fine-tune their nonverbal communication skills.

#### Team sports

Research suggests that team athletics can have beneficial effect - *if we teach kids how to be good sports*. In one study, K-3 school students who received explicit instruction in good sportsmanship showed greater leadership and conflict-resolution skills than did their control group peers (Sharpe et al 1995). Support good sportsmanship by implementing and following these principles:

Before a game, remind kids on the goals of good sportsmanship:

- Being a good winner (not bragging; showing respect for the losing team)
- Being a good loser (congratulating the winner; not blaming others for a loss)
- Showing respect to other players and to the referee

- Showing encouragement and offering help to less skilful players

Resolving conflicts without running to the teacher

During a game, give kids the chance to put these principles into action *before* intervening in conflicts. If they don't sort things out themselves after a few minutes, you are encouraged to of course intervene and offer support. And when the game is over, give kids feedback on their good sportsmanship.

## Boosting self esteem with encouragement

Encouragement is the greatest tool that adults can use to boost children's self esteem. Think back to how you encouraged your children to talk, to walk, to ride a bike. You would have used encouraging words and shown through your body language that they could do it!

Are you still an encourager? Do you focus your positive language on your child's efforts, point out their improvement and show appreciation for trying? Every child needs someone in his life who says "I know you can do this." Encouraging language:

"It is great to see you trying to ...."

"You have improved in ...."

"Thanks for helping me..."

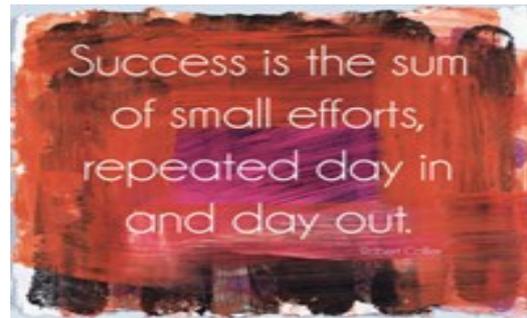
"I know you can do this..."

(Michael Grose Positive Parenting)

God Bless

**Mr Coley White**

**ACTING ASSISTANT PRINCIPAL**



## RE News

In last week's Gospel, Jesus teaches by making Zacchaeus a role model. Religious people were shocked that Jesus would dine with Zacchaeus. But Jesus, unlike them, saw the man's heart and scolded onlookers for judging Zacchaeus.

Zacchaeus can be our role model, too. And I think if we looked around, we'd see Christians just like him. We all have friends who constantly go out of their way to see Jesus' spirit in people we write off. They remind me of Zacchaeus. We have friends who will quickly admit their wrongs and make things right. They remind us of Zacchaeus. We have friends who have great wealth but focus more on sharing it with the poor than on protecting it for themselves. They remind us of Zacchaeus. We have friends who have been pushed around and belittled. They've never been part of the "in crowd". But they don't act bitter. They focus in living a good life. They remind us of Zacchaeus.

I bet if we look around your school, parish, family, or local community, we'll see Zacchaeus. You might catch a glimpse of him if you look in your mirror. I bet people see some of Zacchaeus in all of us!!!

### ***Whom do you know that reminds you of Zacchaeus?***

Today is the Feast of All Saints Day. A saint is anybody whose soul is in heaven. The Church celebrates a certain number of Saints whose lives provide a glimpse of God for the rest of the Church. But there are many, many more saints whose glimpse of God was only ever experienced by their family, friends and those with whom they worked. The feast of ALL Saints is an opportunity to remember and reflect on the lives of those saints who've been known and loved by just a few and whose sphere of influence was such that they will never be recognised as Saints by the universal Church.

God Bless

Anne Easton

Mrs Anne Easton

**RELIGIOUS EDUCATION COORDINATOR**

## From The Office

**Planning for 2017** will commence shortly. If your child will not be returning in 2017 (Years K-5 2016) it would be greatly appreciated if you could please notify the school in writing, stating that last day you will be attending St Michael's and the school your child will be attending next year. This is a Government requirement. The late day of Term 4 for students is Friday, 16th December 2016.

As always it is important that if your child is absent from school that the school receives notification. It is vital that if your child will be on leave in the last weeks of 2016 and will not be commencing on the 1st day of 2017 (Tuesday, 31st January 2017 for Years 1-6 2017), that we be advised of this.

## Uniform Shop News

Please find a list of trading dates and times which will assist you in the purchase of uniforms for your child.

**Normal trading hours are Every Wednesday 8.15am - 11.00am.**

**There are also extra trading days scheduled and these are as follows:**

- Wednesday 16 November 2016 – 8:15am to 2:45pm
- Thursday 24 November 2016 – 8:30 – 3:30 pm
- Wednesday 18 January 2017 - 9:00am to 12pm
- Wednesday 25 January 2017 - 8.15am-2.45pm



## Canteen News

Two Weeks ago we sent a lot of bills home, Please check your children's bags for the bills that were for no lunches and no recess. As we are in November we will be running out of the slower food items like fried rice and will not be replacing these hot foods.

As we go through the next 5 weeks we will let you know what hot food will be available and which ones will be taken off the list.

Ice Cream cups and BBQ Pizzas are no longer available.

Thankyou for your support  
Jan & Geny

## Sports News

### ATHLETICS

Congratulations to OWEN EVANS in year 6 who placed 9<sup>th</sup> in the state in long jump at the NSWPSA Athletics championships. An outstanding effort Owen, everyone at St Michael's is very proud of your achievements.



### BASKETBALL

Last Wednesday we had 6 teams travel out to Penrith to compete in the Parramatta Diocesan basketball gala day. The children had a day of mixed results, they all tried their best and represented their school proudly. Thank you to the many wonderful parent helpers and supporters who attended on the day. We are very grateful for your assistance at gala days like these. A BIG THANK YOU to Miss Speed and Mr Ng for attending the day with the students I am sure just like the students you rested well that evening



### THE TEMPERATURE IS RISING

A kindly reminder as the weather is starting to warm up that ALL children have a hat (labelled with his/her name) with them each day and most importantly a drink bottle filled with water. We are continually reminding children each week to bring a drink bottle to school and especially to their PE lessons. We want to ensure they are well hydrated during and after their physical education lessons. Sunscreen should be applied prior to coming to school in the morning.



### TWILIGHT SWIMMING CARNIVAL

All permission notes for the upcoming twilight swimming carnival were sent home last week with children in years 2 through to 5. The carnival is to be held on

**WEDNESDAY 23<sup>RD</sup> NOVEMBER FROM 4.30 PM TO 6.30PM.**

We kindly ask that all permission notes and event entries be returned to school ASAP.



#### PLEASE NOTE:

- 50mtr Freestyle races are in ages (8,9,10,11,12 years)
- 100Mtr Freestyle is an open age event.
- Breaststroke, Backstroke and Butterfly events are all 50 mtr races and are in Jnr (8,9 & 10Yrs), 11yrs and Opens (12 & 13 years) age groups.

Thank you to those who have already returned their forms, remember this is for **competitive swimmers ONLY**. Your child **MUST** be able to swim 50mtrs /100mtrs **CONFIDENTLY**.

Yours in Sport

Mrs Cristy Budd/ Mr Joe Ng

# Uniform Shop

50% OFF THE FOLLOWING ITEMS – REDUCED TO CLEAR:

1 x Medium Rain Jacket - \$20

4 x Medium V Neck tops - \$20 each

4 x Small V Neck tops - \$20 each

1 x size 4 V neck top - \$20

1 x size 14 V neck top - \$20

4 x size 10 V neck top - \$20

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