



**©St Kieran's Catholic School Manly Vale**

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**Issue:** 5 **Date:** 27 February 2015

## Looking ahead Term 1

Week 6	Week 7	Looking Ahead
<b>Monday 2<sup>nd</sup></b> <ul style="list-style-type: none"> <li>Parent Prayer</li> <li>Robotics Workshop Yr 5</li> <li>Yr 3 Planetarium Incursion</li> </ul> <b>Tuesday 3<sup>rd</sup></b> <ul style="list-style-type: none"> <li>Yr 3 Boys to St Pauls</li> </ul> <b>Wednesday 4<sup>th</sup></b> <ul style="list-style-type: none"> <li>Peninsula Swim Carnival</li> </ul>	<b>Monday 9<sup>th</sup></b> <ul style="list-style-type: none"> <li>Catholic Schools Week</li> <li>P&amp;F meeting in the iCentre</li> </ul> <b>Wednesday 11<sup>th</sup></b> <ul style="list-style-type: none"> <li>Children's Choir practice at lunch</li> </ul> <b>Friday 13<sup>th</sup></b> <ul style="list-style-type: none"> <li>Cross Country</li> <li>Assembly Yr 5</li> </ul>	<b>March</b> <ul style="list-style-type: none"> <li>Sun 15<sup>th</sup> Children's Choir at 9.30am Mass</li> <li>Thurs 19<sup>th</sup> Playful Parenting in iCentre</li> <li>Sat 21<sup>st</sup> P&amp;F Car Wash</li> <li>Tues 24<sup>th</sup> Yrs 3 &amp; 4 Soccer Gala Day Yr 6 Cluster Mass</li> <li>Thur 26<sup>th</sup> Yrs 5 &amp; 6 Soccer Gala Day</li> <li>Friday 27<sup>th</sup> Assembly Yr 1</li> </ul> <b>April</b> <ul style="list-style-type: none"> <li>Thurs 23<sup>rd</sup> Twilight Open Day</li> </ul>

## Notices in Attachment Email

- Parent Prayer Invitation
- James O'Loughlin (Author) order form
- How to Help your Child become a Better Reader
- Drama Special Offer
- St Kieran's P&F Car Wash

## Principal

### Dear Families,

Thought for the Lenten journey.....

*Give up harsh words: use generous ones*

*Give up unhappiness: take up gratitude*

*Give up anger: take up gentleness and patience*

*Give up pessimism: take up hope and optimism*

*Give up worrying: take up trust in God*

*Give up complaining: value what you have*

*Give up stress: take up prayer*

*Give up judging others: discover Jesus within them*

*Give up sorrow and bitterness: fill your heart with joy*

*Give up selfishness: take up compassion for others give up being unforgiving : learn reconciliation*

*Give up words: fill yourself with silence and listen to others.*

### Parent Engagement

At St Kieran's' parents have a variety of opportunities to engage with the school community and actively be in partnership with the education process relating to their own child/ren. Over the past week there have been opportunities for parents to engage and I want to take this opportunity to THANK the many who have exercised this school community partnership:

- P&F Executive for their organisation of a special evening 'Under the Stars'. Thank you to those parents who came and supported your P&F and who made the evening such a wonderful way to begin the school year.
- Parents who attended class on Monday and were able to be part of their child/ren's learning on Monday morning (Literacy)

- Reconciliation Sacramental program, coordinated by the parish but Teams facilitated by many of our parents
- Parents who attended the *Literacy in the Early Years* with Mary Brown (3B) to learn how literacy skills are taught in the early years and ways that parents can support their child/ren in this area.
- Parents who committed themselves to assisting our family with dismissal by manning the pedestrian crossing and drive through. THANK YOU!!!
- Parents who assisted with our special visitors this week eg. author visit (James O'Loughlan) and 'Camp Quality'

### Staff Development Day: Pupil Free Day TOMORROW!

Teachers will be at school analysing the MAI results which parents would have received today via their child/ren. Focus will be given to viewing the results at a classroom, grade, stage and whole school perspective. Teachers will develop learning plans for differentiated programs of learning to meet the needs of their class based on this analysis.

Our Teaching and Learning target for 2015 is:

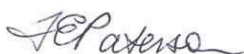
- *Decrease the % of students identified as vulnerable in Number (MAI) in both the middle and upper primary.*

Having whole school data to analyse in depth will greatly assist the school in reaching the 2015 target for the primary years.

I trust that this 'long' weekend will greatly assist our families and children especially, re-energise for the final five weeks of the first term.

Please keep the Wilson family in your prayers. The children's grandmother passed away last week. May she rest in the loving arms of the Lord.

God bless,



Terri Paterson  
Principal

## Assistant Principal

It was wonderful to see so many parents visiting our classrooms during our Classroom Open on Monday morning. Parents who attended viewed part of a Literacy Block in action. This would have been particularly meaningful for those parents who have attended the Parent Education Sessions in Literacy over the last two weeks as they are then able to better place what they've heard about, into context.



This weekend, your child's teacher will send home either an English Work Sample or Work Book for you to look through together with your child. Please ensure the work is returned on Monday!

Have a lovely weekend,  
*Marisa Bombardieri*

## Religious Education Coordinator

### Question of the Week

'discussing what 'rising from the dead' could mean.'

*Mark 9:10*

- At school: When I think about someone dying, do I remember that Jesus rose from the dead?
- At work or study: Do I connect the rising of Jesus with the rising of myself, my family, all others?
- In my family life: If Jesus rose, what about our great, great grandparents? Have a talk about this.

Prayer this week: God, in the raising of Jesus, you give the promise that all people will find life beyond death. Somehow, we understand this in our very depths, and we trust gratefully in you. Amen.

## ☆☆☆ Awards



<b>KC</b>		<b>KR</b>	Sophia B, Noah M
<b>1L</b>	Ashleigh W, Joshua A	<b>1R</b>	Amelia S, Jaden W
<b>2B</b>	Mia B, Harrison L	<b>2S</b>	Jackson Q, Luka H
<b>3B</b>	Mikel M, Mia L	<b>3S</b>	Jaden S, Seb S
<b>4C</b>	Sophie M, Oliver W	<b>4S</b>	Sara C, Sarah H, May J
<b>5L</b>	Rose C, Sam B	<b>5W</b>	
<b>6</b>	Mia T, Grace H, Luke S, Rebecca M	<b>PE</b>	Khoder A
<b>Italian</b>		<b>Band</b>	Rory S, Nicholas T

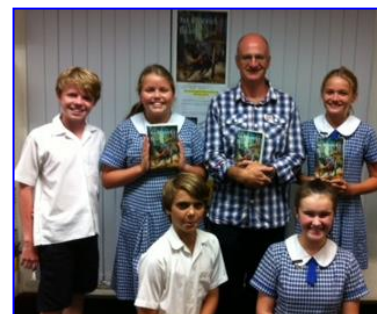
## School News

### Sibling Enrolments 2016

Enrolments are now open and application forms are available online or from the school office. If you have a sibling starting at St Kieran's in 2016 we ask that you complete and enrolment form and return to the office ASAP.

### Author Visit

The students from Years 3-6 thoroughly enjoyed the visit from James O'Loughlin on Wednesday. James spoke about being a writer and then read excerpts from his book. Some students purchased his book on the day. Many students took order forms home and may return completed order form (with money) by **next Tuesday, 3 March**. An order form also appears in the 'Attachment' email. Books will be distributed the following week.



### Drama Special Offer

If you would like your child to try Tuesday Drama, classes are being offered in March at a reduced fee. Please see the *Attachment* email for further information.

### Alladin Auditions

We would like to congratulate the following children for their fantastic auditions!

Please find the Cast List for this year's musical 'Aladdin' written by Mark and Helen Johnson.

**The performance will take place in Term 3 on Wednesday 29 July and will feature all Year 5 and Year 6 children.** Please write it in your diaries.

Scheherazade- Finnlay H	Sultan- Ellia S
Sultan's Servant- Joseph M	Aladdin- Hayden W
Widow Twankey- Charlie P	Wishy- John J
Washy- Isaac S	Abanazar- Grace H
Wantu- Sophie F	Wife- Emerson A
Builder- Samuel C	King- Samuel B
Jasmine- Mia T	Oracle- Sienna F
Man- Ethan S	DJ- Mia H
Woman- Brianna G	Matt Paint- Charlie F
Trader- Sophie R	Genie- Jessica D
Tom- Sophie P	Wal Paper- Sienna J
Mr Rick- Ellia S	Mr Shaw- Emerson A
Salesman- Veronica W	PC Bright- Lucia B
PC Crook- Ella B	Police- Emily N
MC- Emerson A	Villager 4, 7, 10- Ellia S
Villager 2, 5, 12- Veronica W	Villager 1, 8, 11- Emily N
Villager 3, 6, 9- Lucia B	Rats x 2- Taylor S (1) and Ella S (2)
Kings Servants- Sam S (1), Scarlett S (2), and Jasmine W (3)	
Suitors- Veronica W (1), Lucia B (2), Ella B (3) and Ashleigh W (4)	
Jasmine's Maids- Taylor S (1), Ella S (2) and Emily N (3)	
The Three Wishes- Hayley E, Sophie J and Mischa H	
Gems- Sareta R (Pearl), Rose C (Goldie), Laura T (Emerald) and Ruby Q (Ruby)	
Washing Line- Ella S and Stella N (2)	

If you have any questions please speak to Vanessa Ryan and Jordan Waller.

### Student Attendance

A reminder that absence forms are available from the school office and the school website. Forms must be signed by the parent/carer, not the student. Partial absence forms are to be handed to reception in exchange for a 'token' which the student will hand to their teacher. Below is a brief summary of the forms

- **Full Day/s Absence** form is to be filled in for 1-9 consecutive day absences. NB\* Absences of more than five consecutive days will be communicated to the Principal. IMPORTANT\* Absences of 10 or more days or absences relating to employment in the Entertainment Industry OR participation in an elite Sporting Event require completion of **FORM A1**.
- **Partial Absence – Early Departure** form is to be filled when student is required to leave school before the end of the school day.
- **Partial Absence – Late Arrival** form is to be filled in when student is late for commencement of the school day.
- Reason is to be cited on the form (Tick Box or explanation)
- **Leave and Return** form is to be filled in when a student is collected by a parent during school hours in order to attend an appointment and then *returned* to school before the end of the school day.

### Book Club

Issue 2 of Book Club has been distributed to students and is due back to school by Friday 6 March. No late orders can be accepted.

Parents are strongly encouraged to use the new LOOP system for ordering and payments online. Please go to <http://mybookclubs.scholastic.com.au> to select St Kieran's to place and pay for your own order. The LOOP ordering system will be open for one week beyond the due date for orders sent back to school.

## Sport News

### Broken Bay Diocese Winter Sports Trials 2015

- Broken Bay Sports Council will conduct trials to select students to be invited to attend the Polding Area winter sports trials in the following sports: AFL, rugby league, netball, football (soccer), hockey, touch and rugby union.
- The purpose of the Polding Area trials is to select an open age team to compete at the NSW PSSA State Carnival for the particular sport.
- It is important to note that these trials are for children who display an above average ability in the chosen sport. While teams are open in terms of age it is **strongly recommended** that only outstanding children of representative standard in years 5 & 6 be invited to attend.
- A school **may not send more than 5 students to any one trial** without prior permission from the Primary Sport Coordinator.

#### Parents need to be informed of the following details (as listed on 'parent note'):

- Students may only attend the Broken Bay trials with the permission of their school.
- Parents are responsible for all transport and supervision arrangement for their own children attending Broken Bay trials.
- Students must provide their own personal protective equipment.
- For rugby league and rugby union: Note that these are essentially body contact sports with some degree of inherent risk of injury. The wearing of a correctly fitted mouth guard is mandatory in all games and training sessions. Head gear is strongly recommended.
- **The selectors' decisions are final.**
- Children need to be competent at the sport and, in the case of netball and boys soccer, only those children who have been selected in community development or representative squads or who play A grade and are of a representative standard, will be permitted to attend.
- As age groups are open (except 11's league) it is expected that children will be from senior grades. Children turning 13 who are selected, will not be eligible for selection in NSW representative teams.
- If a training session is organized, attendance is compulsory.

Please see Mrs Shefford for an entry form if interested.

*Claire Shefford*

## Parent Community

[st.kierans.pf@gmail.com](mailto:st.kierans.pf@gmail.com)

### Uniform Shop

- **Opening hours:** every second Monday from 8.30am - 9.30am – next open **9 March**.
- Orders will be filled alternate Tuesdays. Orders placed through the office will be filled each Monday. Order forms available at reception or on the website.
- Stock held at office: ties (girls & boys), hats, excursion bags, & scarves. Please have the correct money as only small change is held.
- EFTPOS and credit card facilities are available at the Uniform Shop.
- If you have any uniform queries please email: [lizsnell72@gmail.com](mailto:lizsnell72@gmail.com)

### Canteen

Mrs Mac Pies and Sausages Rolls, as well as Chook'd Breast Fillet Patty Burger have been moved from "Specials" to "Hot Food" on Flexischools. These are now available all three days.

Next week's roster:

- **Wednesday 4 March:** L Bellamy, A Raleigh
- **Thursday 5 March:** J Schoene, M Polome, K Di Staso
- **Friday 6 March:** K Murrell, C Gonzalez, Victoria Poole

## **Lenten Gathering**

**Looking for something to do for Lent?** I would like to welcome any mums & dads (children most welcome too) to my home for a low key gathering each Wednesday morning from 9am - 10am during Lent. Join us for a cuppa and morning tea as we are guided through Lent with some beautiful reflections and discussions. My aim is to include everyone, wherever they feel they are, in their faith journey. It is always wonderful to hear your comments or perspectives from wherever you are in life. If you can only make one session or all six, we would LOVE you to come. The sessions will run each Wednesday during Lent from 9am – 10am at 46 Quinlan Pde, Manly Vale (which is quite close to school, just off King St on the way to Manly Dam). No need to RSVP, just come along, we'd love to see you! Bring your children if they're not yet at school, there's a great backyard and plenty of toys! Feel free to contact me on 0402 202 135 if you have any queries. Dates: Wednesdays: Feb 25, March 4, 11, 18, 25 & April 1.

*God bless, Maria Dunn (Jessica Yr 6 & Emily Yr 3)*

## **Parent Prayer**

Parent Prayer kicks off Monday 2 March 2015. Please see the attached invitation. All are welcome - no spiritual passport required. Come as you are. Please feel free to email or call me if you have any enquiries.

*Katrina Beaman (Sam 3S, William KC) 0403 904 663*

## **School Banking**

### **BE AN 'OUTER SPACE SAVER' WITH SCHOOL BANKING**

School Banking is back again on **Friday mornings from 8:20** in the playground.

This year you can earn tokens with every deposit you make. Get 10 tokens and select one of the super rewards. You also earn St Kieran's commission with every deposit you make – that's a WIN WIN !

If you would like to join, go to your nearest Commonwealth Bank branch and open a YOUTHSAVER account then come along and start saving.

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## **Community News**

### **Mater Maria College Warriewood Open Day - Sunday March 15, 2015 11.00am - 2.00pm**

A warm welcome is extended to all prospective families to join us for Open Day on Sunday 15 March, 2015 from 11.00am to 2.00pm. We are now enrolling students currently in Year 5. Please visit the College website [www.matermaria.nsw.edu.au](http://www.matermaria.nsw.edu.au) or contact our Enrolment Registrar for a prospectus, Application for Enrolment or to register for a College tour. Applications for Year 7, 2017 close on April 1, 2015.

**St Augustine's College Brookvale Open Day** Friday 13 March, 4:30pm To 7:00pm. Meet our College students and staff and see a glimpse of the exciting new buildings under construction including a new Primary school, Science Wing and large canteen indoor/outdoor food services area. For further information phone 02 9938 8269 or go

[www.saintaug.nsw.edu.au](http://www.saintaug.nsw.edu.au)

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# Parent Well Being Workshop

**EMBRACE – EQUIP – ENGAGE**

## Parents! . . . . . Become equipped for authentic engagement!

Research clearly shows that parental engagement leads to positive outcomes in a child's education. To be authentically engaged means to be curious and excited about our children's school life. However, this cannot happen if we do not look after ourselves.

Our own sense of wellbeing is so very important in allowing us to engage.



**We invite you to a  
PARENT WELLBEING WORKSHOP  
to be held in St Kieran's Church Hall  
on Saturday 14 March  
from 10.30 am to 1.30pm**



The day will include a short introduction to the principal of wellbeing and a choice of workshops designed to help you to explore different practices you can employ to enhance your feeling of wellbeing as well as a nice cuppa and a chat.

## 4 great workshops to choose from

### NUTRITION WORKSHOP

Do you suffer from energy slumps? - often at 3pm when the kids get home !!  
Do you collapse into bed at night exhausted, or wake up still feeling tired?

This workshop will teach you how to eradicate energy slumps, increase your vitality, and empower you to make nutrition choices that will allow you to operate at your very best. All day, everyday.

### CREATIVITY WORKSHOP – Collage Art

Collage art is the creative process of art making to improve and enhance the physical, mental and emotional well being of individuals of all ages.

Collage has been found to reduce stress, as we move our hands it activates the frontal cortex, which provides contentment and joy.

Using your intuition to create a collage of your life interests and dreams will leave you feeling relaxed, aware and inspired.



### YOGA WORKSHOP

A small taste of the fantastic benefits that yoga will on your sense of wellbeing and happiness. This workshop will introduce you to different styles of yoga. If you choose this workshop please wear comfortable clothing.

### MEDITATION WORKSHOP

Gift yourself and those around you with a replenished and nourished parent.

Meditation is a simple and effective tool to reduce stress and anxiety, restore calm, encourage deep and restful sleep and create balance in our busy lives.

RSVP SLIP.....Towards the end of this newsletter. Please return by 9 March



# Return Slips

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## PREMIER'S READING CHALLENGE:



I would like to participate in the **Premier's Reading Challenge:**

Name..... Class.....

\_\_\_\_ I have lost my password

\_\_\_\_ I am doing the PRC for the first time.

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### OFFICE USE ONLY:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

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## Parent Well Being Workshop – Saturday 14 March

**EMBRACE – EQUIP – ENGAGE**



TO RSVP  
PLEASE FILL IN THE FORM BELOW AND RETURN TO  
ST KIERAN'S SCHOOL OFFICE  
CLEARLY MARKED PARENT WELL BEING  
BY  
9 MARCH 2014



I would love to attend the Parent Wellbeing Workshop held in St Kieran's Parish Hall on Saturday 14<sup>th</sup> March from 10.30am till 1.30pm

Name: \_\_\_\_\_

CONTACT PHONE: \_\_\_\_\_

School: \_\_\_\_\_

Please indicate which TWO (2) workshops you would like to attend

(Please circle)

NUTRITION

CREATIVITY/COLLAGES

YOGA

MEDITATION

Signed \_\_\_\_\_