



©St Kieran's Catholic School Manly Vale

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Issue: 12 Date: 1 May 2015

Looking ahead Term 2

Week 3	Week 4	Looking Ahead <i>continued</i>
Monday 4th <ul style="list-style-type: none"> Cyber Safety Awareness Yr 6 to IMAX Full Winter Uniform Tuesday 5th <ul style="list-style-type: none"> Police visit Yrs 4, 5 & 6 Wednesday 6th <ul style="list-style-type: none"> Open Twilight 6 – 7.30pm Thursday 7th <ul style="list-style-type: none"> P&F Mothers' Day breakfast & liturgy Friday 8th <ul style="list-style-type: none"> Mufti for Nepal 	Monday 11th <ul style="list-style-type: none"> 9-9.30am Parent Prayer in Kieran' Room Tuesday 12th <ul style="list-style-type: none"> NAPLAN Yrs 3 & 5; Parent Ed in Numeracy 7-8.30pm Wednesday 13th <ul style="list-style-type: none"> Children's Choir practice at lunch NAPLAN Yrs 3 & 5 Thursday 14th <ul style="list-style-type: none"> NAPLAN Yrs 3 & 5 Saturday 16th <ul style="list-style-type: none"> Working Bee 12.30 -5pm 	May <i>continued</i> <ul style="list-style-type: none"> Fri 29th 2pm Assembly Yr 3 June <ul style="list-style-type: none"> First Holy Communion dates 6th/7th, 13th/14th, 20th/21st Mon 1st P&F meeting in iCentre Mon 8th Public Holiday – Queen's birthday Tues 16th ICAS Writing Fri 19 Assembly – Library Tues 23rd Yrs 3 & 4 League/Eagle Tag Gala Thurs 25th Yrs 5 & 6 League/Eagle Tag Gala & End term 2 Fri 26th Staff Development Day
Looking Ahead	Looking Ahead	
May <ul style="list-style-type: none"> Sunday 17th Children's Choir at 9.30am Mass 17th – 23rd Family Week Mon 18th Athletics Carnival Manly Oval tbc 	May <i>continued</i> <ul style="list-style-type: none"> Tues 19th Parent Ed Numeracy 7-8.30pm Thurs 21st Yr 3 Rocks excursion Mon 25th Open Classrooms Maths 9am Wed 27th P&F State of Origin Brothers Club, Nolan Park 	

Principal

Dear Families,

Commemorating ANZAC Day last week with a focus on service and given the incredible work of our SES teams in getting our state of NSW back to working order and now those who have gone to assist in Nepal, it is a timely reminder to reflect on the good that is done and achieved within our own communities, local, nationally and internationally. I include the words of Pope Francis who praises those Christians who are out 'in the field'; binding wounds and bringing hope to people's lives:

"... we must not forget how many Christians are giving their lives in love. They help so many people to be healed or to die in peace in makeshift hospitals. They are present to those enslaved by different addictions in the poorest places on earth. They devote themselves to the education of children and young people. They take care of the elderly who have been forgotten by everyone else. They look for ways to communicate values in hostile environments. They are dedicated in many other ways to showing an immense love of humanity inspired by the God who became man. I am grateful for the beautiful example given to me by so many Christians who joyfully sacrifice their lives and their time. "

ANZAC Ceremony

Today the school took part in our own rescheduled ANZAC commemoration ceremony. A feature of the ceremony was the presentation to the school by Veronica and Mia from the Civics Team of the pine sapling received last week from the 100 Years 100 boats ceremony held at Collaroy Beach on Saturday. The pine sapling is a genetic descendent of the pine trees from the battle of 'Lone Pine' at Gallipoli and was given as memento to symbolise both the passing of our great ANZAC tradition from one generation of Australians to the next in commemoration of a new generation of understanding. The school is now in discussion as to where the pine sapling will be planted in acknowledgement of the centenary of ANZAC Day 1915.



KidsMatter: Social and Emotional Learning

School is not only about reading, writing and maths. It's also about making friends, learning how to work with others and knowing how to be more responsible for yourself. At St Kieran's the Pastoral Care School Improvement Plan has as its goal: *Implement KidsMatter Primary Framework to build a whole school approach that supports student mental health and wellbeing.*

Last term the students in Years 4, 5 & 6 completed a KidsMatter online survey. The results indicate;

- Students feel they belong and feel safe at this school
- Students feel they are cared for as an individual
- This school knows how to deal with bullying and harassment issues
- Teachers encourage students to take on new challenges

Students indicated via this survey that they would like:

- To have greater opportunities to practise building friendships and managing emotions
- Know how to manage emotions when things are difficult
- Talk to someone when they have a problem that they need help with.

As part of our social skills program, Jane Nethery, previously a trainer with KidsMatter and now part of the pastoral care team at the CSO, is coming to St Kieran's to deliver a sequence of learning outcomes in the area of personal development with our Year 5 girls. This is an exciting opportunity for our students and links in very well with the survey with students having opportunities to practise social skills.

FEELINGS are IMPORTANT

Children's feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy! When feelings take over children's behaviour they can find it difficult to manage without adult support. This is why learning to recognise and manage feelings is a very important part of children's social and emotional development. Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them, are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important first steps for learning to manage feelings.

Being able to manage feelings, get on with others and solve problems really helps children learn better and feel better.

How can parents and carers help children manage feelings?

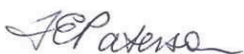
1. **Notice feelings:** Before we can learn how to control feelings, we first have to notice them. You can help your child/ren notice feelings by noticing them yourself and giving them labels: happy sad, excited, frustrated, angry, embarrassed, surprised, etc. giving feelings names helps to make them more manageable for children.
2. **Talk about everyday feelings:** Talking to children about what it's like when you are sad, angry, nervous or excited helps them to find ways to express their feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.
3. **Create a space to talk about difficult feelings:** Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think "I am feeling angry" means that children don't have to act really angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Travel (to and from school) on Buses

Many of our families take the opportunity for travel to and from school on buses. This mode of arrival and dismissal from school is certainly to be encouraged as it brings many benefits to both the children and their families as well as to the dismissal procedures in the afternoon. However, when this option is taken it is important that students are aware of the safe and appropriate use of this mode of transport. I would encourage parents to continue the conversation with their children about safe and appropriate behaviours for bus travel. Thank you.

**OPEN TWILIGHT RESCHEDULED TO
WEDNESDAY 6TH MAY 6 – 7:30PM**

God bless,



Terri Paterson
Principal

Assistant Principal



The Parent Education Sessions in Numeracy will be held on 12 & 19 May in the I Centre. Responses have been coming in this week from interested parents and places are filling up fast. If you haven't yet had a chance to respond and are interested in attending, I would urge you to fill in the reply form at the end of this newsletter before places fill up. I'm looking forward to working with the group of parents who will be attending. The discussion, learning and "Aha" moments are always inspiring!

I was watching a morning show on TV over the weekend and the presenters were interviewing a lecturer in Mathematics from the University of Western Sydney. They were discussing the importance of a strong foundation in mathematical understanding in order to enable students to grow into adults who would be "Financially Literate". The discussion was interesting but something that really struck a chord with me was a comment the lecturer made regarding attitudes towards Mathematics. She stated that socially it was not "acceptable" to admit to being poor in Literacy (Reading, Writing etc) but that it seems more socially "acceptable" to admit to not being "good at Maths"! It started me thinking....How many times have we heard someone say that? Is this something said to children? "I wasn't good at Maths when I was at school." Does this create a "closed mindset" when it comes to learning Maths? Certainly thought provoking!

Have a lovely weekend,
Marisa Bombardieri

Religious Education Coordinator

Thank you to Year 6 students and teachers who lead the school in our Easter Celebration.

What do Catholics Believe and Why.

The Parish of North Harbour is hosting, free of charge, a series of lectures that explore Catholicism. Catholic art, architecture, literature, music and the richness of the Catholic traditions are illuminated by Fr Robert Barron.

Date: Monday evenings from 18 May – 27 July

Time: 7.00pm – 9.00 pm

Location: St Kieran's Parish Centre

Contact: The Parish Office 9949-4455

Mission Marketplace: Put the "ur" back into Ch__ch!

If you are feeling renewed and refreshed after Easter and seeking to develop your own Catholic faith, you may find something that can facilitate this, at the Mission Marketplace. A new initiative in our Parish is a trade show or marketplace that highlights the various missions available at North Harbour Parish.

Following the 9.30am and 6pm Masses at St Kieran's on 3 May the Mission Marketplace will be held in the Parish Centre. The Mission Marketplace highlights a range of various initiatives from the Parish community. Learn how you can help be part of our special community. Find out if there is a way you can enrich your life by embracing ministry in our church.



Please remember in your prayers the Year 3 children who are preparing for the **Sacrament of the Eucharist**. Thank you to the parents, group leaders, teachers and Parish Sacramental team who are leading the children in their journey of faith.

Dates for your Diary: Term 2

- Year 6 Celebrate Sunday 3 May 6.00pm
- MOTHER'S DAY BREAKFAST: Mother's Day celebrations are next Thursday 7 May in the Parish Centre. Following Mother's day breakfast Kindergarten will lead the school community in a liturgy of thanksgiving for Mothers.
- Mission Project Team: Thursday 28 May Mission Day at Narrabeen
 - First Communion dates: 7, 14, 21 June.

Mrs Kerrie Wetzlar, Religious Education Coordinator.

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.

Mufti Day Fundraiser for Nepal

On Friday 8 May, we are asking all children to wear bright, colourful clothes to school instead of their regular uniform. We ask that every child brings in a gold coin donation. This money will be given to the Catholic Mission to help all the people who have suffered through the earthquake in Nepal.

Book Club: The current issue of Book Club was due back this morning. No late orders will be accepted.

Winter Uniform

All children are to be in **full winter uniform next Monday 4 May, 2015**. Below please find the winter uniform list for St Kieran's.

Girls	Boys
<ul style="list-style-type: none">• Check pinafore• White long sleeved shirt with peter pan collar• Navy bow tie• Navy knitted jumper, navy zip vest, polar fleece jumper• Short white socks, Long navy socks or navy tights• Black leather shoes—no coloured markings of any type• School hat	<ul style="list-style-type: none">• White long sleeved shirt• Navy long pants• School tie• Navy knitted jumper, navy zip vest, polar fleece jumper• Navy socks• Black leather shoes—no coloured markings of any type• School hat

Administration of Medications in Schools

With regard to the Diocesan Schools Policy – Diocese of Broken Bay, relating to the 'Administration of Medications in Schools' a reminder for parents to notify the school about your child's health needs.

St Kieran's is committed to supporting students' health and wellbeing. If your child requires medication at school please ensure the school has updated information. Children with ongoing medical conditions are reviewed by their doctor regularly. Please have your doctor complete and sign plans **annually** and ensure a copy is given to the school.

Information about medically diagnosed conditions such as allergies, asthma, diabetes, epilepsy and other health conditions that may require school staff to provide support to students, (including administering medication – prescription or over the counter and performing health procedures), will need to be provided to the school in writing and signed by both the **parent** and a **medical practitioner** or a prescribing health practitioner. Additionally, any health needs that may impact on school activities such as sports, excursions (including camps) must also be discussed with the school and supported by a medical practitioner's advice.

No over the counter medication (such as Panadol, Chlorsig or Zyrtec) or prescribed medication can be given to any student without authorisation from a Medical Practitioner.

Please also ensure you inform the school office staff of any changes to contact details or the contact details of the people nominated as emergency contacts.

All information is kept confidential and only disclosed to the relevant staff required to support your child. For any enquiries, please contact the school office.

★ ★ ★ Awards



KC	Leo R, Elsa P	KR	Grace M
1L	Joel S, Sefania S	1R	Thomas K
2B	Ella T, Hunter J	2S	Shae L, Lauren E, Phoenix B
3B	Kaidan S, Chloe W	3S	Eva D, Goergia R, Ashton B
4C	Grace P, Ruby M	4S	
5L	Liam K, Liam W	5W	Sam B, Ruby Q
6	Rory S, Kyle R, Charley P, Emily N, Isaac S	PE	Luca S, Rory S
Italian	Julian W, Joshua R, Sam C, Liam D	Band	

Sport News

Belated Congratulations

Congratulations to the proud Yr 3 / 4 team who won the Robbie Slater Cup at the soccer gala day at the end of last Term. Well done! Not only champions but great sports as well



“Save the Date” “Save the Date” The 2015 St Kieran’s **Family Fun Day** is on again this year!

When : Saturday 31 October

Where: @ St Kieran’s.

We have a big day planned with more news to come soon!

“WE NEED YOUR HELP” - Working Bee

The 2015 School Working Bee is on soon.

When : Saturday 16 May. 12:30 – 5:00pm.

Where: @ St Kieran’s.

This is the only working bee this year so the more help the better. Any time you can spare on Saturday 16 May from 12:30 – 5:00pm to help improve the school for the kids would be appreciated. If you can help out please email your name and contact details to Chris Hamill on 7hamill7@gmail.com

State of Origin

St Kieran’s Dads Committee State of Origin 1 Night - NSW V Queensland!! All St Kieran’s dads are invited to the Origin 1 Night to be held at Brothers Club, Nolan Park, North Manly (access off Kentwell Road) on Wednesday 27 May 2015. Please RSVP to Mike Punch at michael.punch@aurecongroup.com by 22 May.

Uniform Shop

- **Opening hours:** every second Monday from 8.30am - 9.30am – next open **11 May**.
- 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

Canteen

Due to price increases at Streets, Paddle Pops will now cost \$1.50 each from Wednesday 6 May. Chocolate and Rainbow flavours are available.

Thank you to all the Volunteers, without you our Canteen could not operate.

HELP required:

1. If you would like to go on the Canteen Casual list to fill in for Volunteers who can’t make it on their allocated day, either a Wednesday, Thursday or Friday, please email your details and I will add you to my list. Let me know which day would best suit. Thank you.

NEXT WEEK’s ROSTER (Term 2 - Week 3):

Wednesday 6 May: L Bellamy & A Raleigh

Thursday 7 May: J Schonen, M Polome & K Di Staso

Friday 8 May: S Molinia & L Snell

- Full day Volunteers are required from 9.00am to 1.45pm.
- Morning Volunteers are required from 9.00am to 11.30am (M).
- Lunch Volunteers are required from 11.30am to 1.45pm (L).

<https://www.flexischools.com.au>

Any changes to the canteen roster, please contact: Jo Nesbitt - SSKMV.canteen@dbb.catholic.edu.au or 0410 629 135

**ATTENTION!
DADS**

Volunteers needed for the Mother’s Day Breakfast Thursday 7 May 2015

Dads! We need your help to make this event special for our deserving Mums, Grandmas and Children.

We had fantastic support from our team of dads last year for our inaugural Mother’s Day Breakfast, with glowing feedback from our mums. We are hoping that the dads can step up to the plate again this year.

The assistance we are asking for is with regards to set up of the Parish Hall; greet the mums and marking off names and preparation and serving of the breakfast, including making tea and coffee.

If you are able to assist with all or any of the tasks listed in the return slip below, please complete it and return the slip to the school office via the class teacher by 27 April 2015 (which is the start of week two next term).

Thank you in advance

Deb Sweeny and Sunny Saady

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.

Afterschool Robotics

Dear Parents,

Apologies for this late email but I can blame it on the storm and no power for 5 days!

Welcome to the to the Term 2 St Kieran's EV3 Afterschool Robotics program, we still have spaces left if you know of anyone else wishing to join. Classes commenced Monday 27 April and run for 6 sessions until Monday 1 June.

Location: Kieran Room - I will meet students at the bottom of the stairs at dismissal time. Class Time: 3.00 - 4.30pm

For those students going to afterschool care or walking home please let me know. Otherwise I will bring them down the stairs at 4.30pm to meet you.

Please feel free to contact me with any questions on my email stage2-3@roboticswps.com.au or call me on 0402 101 708.

Jo Townsend, Workshop Facilitator

Junior Band Parents

A reminder that children need to get to band by 7.10am for a 7.20am start as the rehearsal needs to be set up by the whole band. Also please make sure they practice the pieces given to them at their lessons.

Warmest regards

Miss Hodges, Junior Band Conductor



Parent Prayer - The Grit and Grace of Motherhood

Please join us for Parent Prayer on Monday 11 May in the Kieran Room. We will commence at 9am and our reflection will conclude by 9.30am. There will be a fresh plunger of coffee and something sweet for those who would like to stay for a chat afterwards. You will be well nourished on all levels to start your week!

Our reflection is named "The Grit and Grace of Motherhood". As a way to celebrate Mother's Day festivities, we are going to recognise the ongoing daily joys and struggles of motherhood. As we all know motherhood is a complex journey which encompasses chaos, challenge, confusion and overwhelm alongside surprise, joy, wonder and deep love. It is a constant invitation to growth. So bring the richness of your thoughts and experiences along, and throw them into the reflection. Come as you are and hopefully you will gain some clarity and encouragement, as well as a laugh and at least half an hour's peace!

Katrina Beaman

Parish News

An Invitation to Families

from

The Catholic Community of North Harbour

St Kieran's at Manly Vale

&

St Cecilia's at Balgowlah

Parents who wish their child in Yr 2 or 3 to receive Confirmation, Reconciliation and Communion, are invited to attend an information session on May 12, 9.30am or May 13, 7.00pm in the Church
2 King St, Manly Vale.

For more information contact the parish office on 9949 4455 or
email Mrs Ricki Hayes : sacramentalcoordinator@northharbourcatholic.org.au

further details can be found at:

<http://www.northharbourcatholic.org.au>

Mission Marketplace

You are invited to attend your North Harbour Parish Community's first 'Mission Marketplace' following right after the 9.30am and 6pm masses this Sunday 3 May at St Kieran's, in the Parish Centre.

The Mission Marketplace aims to:

- Raise awareness of the range of outreach initiatives currently undertaken by the groups that exist



within the North Harbour Catholic Community

- Provide opportunities for Parishioners to learn about how they can help
- Encourage Parishioners to support an outreach activity or cause which they feel drawn towards, by volunteering their time and talents

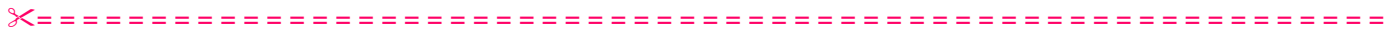
The following organisations will be represented: Social Justice Group, GIFT, St Vincent de Paul, Catechists, Catenians, Augustinian Volunteers Australia, Youth Group and more.

If you would like to register your organisation for the marketplace please contact the Parish Office at parishoffice@northharbourcatholic.org.au

Community News

- **Parent Well with the Mood Meter Program** - begins this Sunday, 3 May. Based on the latest research the Parent Well with the Mood Meter Program suits parents who want to give their children the skills to be happier, enjoy **better relationships** and experience **more success** at school. **Parents can register for this online course at** <http://www.parentingideasclub.com.au/Mood-meter-course> or telephone 1800 004 484.
- **Allambie Netball Club** is hosting an introduction to netball clinic for 6 to 8 year olds called Net Set Go. The clinic aims at providing fun games and activities to help the children develop the skills necessary for netball . Two clinics will be held . First clinic will be held from Wednesday 29 April 2015 to Wednesday 27 May inclusive from 3.45pm to 5pm at Manly Vale public school . The second clinic will be held from Friday 29 May to Friday 26 June inclusive from 3.45 pm to 5 pm at Allambie Hts public school . Cost is \$40 for Allambie netball club player . New participants \$50 per child with siblings \$40 . Your child can attend one or both clinics for this price. Registration can be done at allambienc.nsw.netball.com.au All inquiries can be made to Louisa Cochrane on email louisa.cochrane@optusnet.com.au
- **How to help your child with primary Maths:** Free seminar Tuesday 12 May. Book online at www.kids-first.com.au/mathsforparents or phone 9938 5419

Return Slips



Return Slip: Dad Volunteers for the Mother's Day Breakfast on Thursday 7 May 2015

Dad's Name and Contact Number: _____

Child's Name: _____ Class : _____

I am able to assist with the following:

❖ Night before (from 6pm should only take up to 1 hour):

_____ Setting up the hall

❖ On the day (from 6am for a 6:30am start to about 9am*):

_____ Front desk (greeting mums as they arrive and ticking off names)

_____ Serving mum's breakfast, including making tea/coffee

_____ Helping to tidy and pack up after the breakfast (should be finished about 9ish)

_____ I can help where I am needed

*Please can you indicate if you are happy to help for all of the time or some of the time (if some of the time, please advise what time you are able to help).

Many thanks in advance for your help!

Please return the slips to the school office via class teacher by 27 April 2015 (we would like to have all the slips returned by the beginning of the second week in term two).



Numeracy Parent Education Sessions

I will be attending the Numeracy Parent Education Sessions on May 12th and May 19th.

Name _____

Child or children's Grade/s _____



You are warmly invited to
Contemplation and a
Cuppa



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As usual, we will place our blue Community Prayer book at the front office for those who would like to make a particular petition or pray for someone in need. We always include these prayers in our reflections for those who are unable to join us. If you prefer you can email your petition to me and I will ensure it is included. Alternatively you can note a special prayer on the slip below and return it to the school office.

Look forward to seeing you there.

Katrina Beaman
rowankatrina@hotmail.com

Please pray for

.....

Monday 11th May.....Thankyou

