



©St Kieran's Catholic School Manly Vale

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Looking ahead Term 2

Week 4	Week 5	Looking Ahead <i>continued</i>
<p>Monday 11th</p> <ul style="list-style-type: none"> 9-9.20am Parent Prayer in Kieran' Room <p>Tuesday 12th</p> <ul style="list-style-type: none"> NAPLAN Yrs 3 & 5 Children's Choir practice at lunch Parent Ed in Numeracy 7-8.30pm <p>Wednesday 13th</p> <ul style="list-style-type: none"> NAPLAN Yrs 3 & 5 <p>Thursday 14th</p> <ul style="list-style-type: none"> NAPLAN Yrs 3 & 5 <p>Saturday 16th</p> <ul style="list-style-type: none"> Working Bee 12.30 -5pm Band Workshop 1 – 5pm 	<p>Sunday 17th</p> <ul style="list-style-type: none"> Children's Choir at 9.30am Mass 17th – 23rd Family Week <p>Monday 18th</p> <ul style="list-style-type: none"> Athletics Carnival Millers Reserve <p>Tuesday 19th</p> <ul style="list-style-type: none"> Parent Ed Numeracy 7-8.30pm <p>Thursday 21st</p> <ul style="list-style-type: none"> Yr 3 Rocks excursion 	<p>May <i>continued</i></p> <ul style="list-style-type: none"> Mon 25th Open Classrooms Maths 9am Wed 27th P&F State of Origin Brothers Club, Nolan Park Fri 29th 2pm Assembly Yr 3 <p>June</p> <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

Principal

Dear Families,

I begin my newsletter with a heartfelt "Thanks" to so many within the community who have made this week so special: firstly to the senior students, senior band, parents and teachers who were involved in the successful OPEN Twilight on Wednesday evening as we showcased St Kieran's school for another cohort of families joining our community.

Secondly to the parents who so beautifully organised for the Mothers' Day breakfast, in particular, Sania Saady and Deb Sweeny and their committee of helpers with special mention to the supportive dads. It was a beautiful occasion and truly appreciated by our mothers who were able to gather in the spirit of Mothers' Day. The liturgy presented by our Kindergarten was particularly moving as the focus was on our own spiritual mother, Mary, our model of gentleness and strength in her saying YES to God and being open in her expression of faith hope and love.



**"Hail Mary, full of Grace. The Lord is with you.
 Blessed are you among women and blessed is the fruit of your womb, Jesus.
 Holy Mary, mother of God, Pray for us sinners,
 Now and at the hour of our death, AMEN**

Happy Mothers' Day to all our mums, carers and grandmothers!

ATHLETICS CARNIVAL

I am pleased to advise that the rescheduled Athletics Carnival for St Kieran's, Kindergarten to Year 6, will take place on **Monday 18 May** at Millers Oval. Please advise the school if you are able to assist in the running of the day.

Everyone's good at something! Supporting kids' confidence

How confidence develops

For most children starting school means spending more time on learning and less on play. It also means more expectations of them – from parents, carers, teaching staff and also from themselves.

Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and teaching staff respond to what they do.

Children who lack confidence in their abilities sometimes try to avoid even having a go at some things. This can get frustrating for parents and carers. It can also stop children from developing the skills they need to tackle tasks confidently.

How parents and carers can help build confidence in their children

Confidence improves through building on small successes. Parents, carers (and teaching staff) can help by:

- explaining to children that skills develop with practice
- encouraging children to persist when they don't succeed straight away
- praising effort, persistence and improvement
- making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
- being ready to help when necessary, without taking over.

“Encouraging children to have a go and valuing individual improvement support children’s confidence”

Confident thinking

Self-esteem is an important part of confidence. Having good self-esteem means accepting and feeling positive about yourself. Confidence is not just feeling good but also knowing you are good at something.

Particular ways of thinking are very important for building confidence. Helpful ways of thinking include:

- believing that, if you try, you can succeed
- finding positive ways to cope with failure that encourage having another go
- enjoying learning for its own sake by competing with your own performance rather than that of others.

Dealing with disappointment

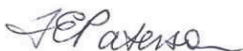
Everybody fails to achieve their goals sometimes. Parents and carers (and teaching staff) can help by:

- Responding sympathetically and with encouragement, e.g. “That was disappointing, but at least you had a go.”
- Helping kids focus on what they can change to make things better, rather than thinking that the situation is unchangeable or that there is something wrong with them, e.g., “What can you try that might make that work better next time?”
- Challenging ‘I can’t’ thinking by showing, and saying, you believe in them and reminding them of what they have achieved.

Optimistic thinking recognises what has been achieved more than what is lacking. It looks at the glass as half full rather than half empty.

Parents and carers can help children focus on their own effort and on achieving personal goals as the best way to measure success.

God bless,



Terri Paterson
Principal



Assistant Principal

Later this month, we will be holding our Open Classrooms for parents to come into classrooms and view part of a **Numeracy Block**. The date for this is Monday 25 May. At the end of that week, teachers will send home either a Maths Workbook or samples of investigations in Maths. This will be particularly “timely” for those parents who, by then, would have completed the **Parent Education Sessions in Numeracy**.

Actually seeing the teaching and learning of Maths is a positive way to consolidate new learnings and insight into current practice in this area. There are a couple of remaining places for the Parent Education Sessions (Dates: May 12 and May 19). Should you be interested in attending please either fill in the slip at the end of this newsletter or contact me at school by **no later than Monday 11 May**. I look forward to starting our sessions next week!

The OPEN TWILIGHT was a wonderful success on Wednesday this week. I must extend my heartfelt thanks



...to all the WONDERFUL helpers who assisted. To the parents who acted as Tour Guides on the evening; the parents who delivered flyers directly to letterboxes in their local neighbourhoods (coordinated by our fabulous Class Parent Coordinator!); the Year 6 students who assisted on the night; the Senior Band (what an outstanding performance!); the “Band Parents” who transported children/instruments and assisted on the night; the teachers who showcased specific KLA's and/or assisted by also acting as Tour Guides; our Admin staff.....Thank you!! Teamwork really is the key to such a positive achievement!!

Have a lovely weekend!

Marisa

Religious Education Coordinator

Who would have thought that our beautiful Kindergarten group would be leading the school in such a reverent and prayer?



Thank you to our Kindy students and their teachers for a wonderful Mother's Day liturgy where we recalled that Mary, the mother of Jesus, is our mother also.

Catholicism – A Journey Around the World and Deep into our Faith.

The Parish of North Harbour is hosting, free of charge, a series of ten lectures that explore Catholicism. Each lecture is a standalone lecture so you can participate as much or as little as you like. 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

Please remember in your prayers the Yr 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.



Attention Year Two Parents - Confirmation is on its way

The **2015 Confirmation Program** will commence next month with the first meeting (Stage 1) that parents need to attend being on 12 or 13 May. Please note that parents who have had a child through the confirmation program in 2013 or 2014 do not need to attend this first meeting on 12 or 13 May but they do need to let us know by email as they will need a special enrolment form to be emailed to them.

Please e-mail Ricki and Adriana to let them know you are joining the Parish based Sacramental program.
sacramentalcoordinator@northharbourcatholic.org.au

Bishop Peter Comensoli will celebrate the Sacrament of Confirmation on the following dates:

- Friday, August 21 at 7pm at SK Church
- Saturday, August 22 at 10am at SK Church
- Saturday, August 22 at 2.30pm at SK Church

Dates for your Diary: Term Two

Confirmation, Stage One: 12 May - 9.30 am or 13 May – 7.00 pm in the church.

Mission Project Team: Thursday 28 May Mission Day at Narrabeen

First Communion dates: 7, 14, 21 June.

Mrs Kerrie Wetzlar, Religious Education Coordinator.

★★★ Awards



KC	April U, Ava D	KR	Thomas M, Belinda M
1L	Tadhg M, Regan Y	1R	Owen B, Stella P, Kai S
2B	Christian C, Lilli G	2S	Etienne C, Oliver J
3B	Joe L, Sienna F	3S	Sarah K, Dylan C, Emily N
4C	Oscar M, Jedd T	4S	Jack H, Albert I
5L	Charli F, Ryan M	5W	Stella N, Simon A
6	Veronica W, Sophie J, Hayden W, Nicholas T, Cole D	PE	Mya B, Jasmine W, Mia H, David S
Italian	Emerson A, Aaron M, Hayley E, Sienna F	Band	Olivia G

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.

Cyber Safety Week at St Kieran's!

This week is *St Kieran's Cyber Safety Awareness Week*. The Technology Team have been working extremely hard with their teacher mentor organising to provide a variety of resources that students can use in the classroom to promote and encourage discussion around Cyber Safety at St Kieran's.

As parents, you don't need to be a technology expert to help keep your children safe online. The parenting skills for online safety are the same as they are in the physical world. While children might seem to have good technical knowledge, their online behaviour still requires parental monitoring and guidance. Computer filters and e-security software are good basic protective measures to have in your home. Education and communication are also important in helping to keep your child safe online.



The Guide to Online Safety for Parents can be found on the following website:

<http://www.cybersmart.gov.au/Parents.aspx>

This is a fantastic guide with specific advice for parents when dealing with tricky online situations such as Cyber Bullying, Mobile Phone Safety, Sexting and Social Networking. It is encouraged that all parents discuss these Cyber Safety issues with their children so as to reiterate the learning that has been happening at school this week. It is important to remember that being Cyber Safe is a joint effort. It involves the combined efforts of students, teachers and parents.

Mrs Tracy Brown, (ICLT Coordinator)

World Asthma Day

Last Tuesday was World Asthma Day which is a timely reminder to parents to ensure their child's Asthma Plan is up to date and a copy is given to the school. If you wish to know more regarding asthma please visit

asthmaaustralia.org.au .

Students with asthma may carry their Ventolin on them and it is always worthwhile having a spare kept in the school office. No other medications other than for asthma or anaphylaxis should be carried by students and both these need a plan held by the school. All other medications require a signed request by the parent and a medical practitioner and must be kept in the school office.

Children's Choir

The Children's Choir will be singing at 9.30am Mass at St Kieran's next week on **Sunday 17 May**. Please have your children at church by 9am. There will be a **practice for the first half of lunch, next Tuesday 12 May at 1pm**. Please meet Kathryn Williams outside the canteen after the 2nd lunch bell. **WE'D LOVE TO WELCOME LOTS OF NEW SINGERS!!!!** So if you've never been in the choir before, come along to the practice, we'd love you to join us! If your child usually goes to oval on this day, please remind them not to go to oval and they can have some fun singing with us instead!

We're looking forward to hearing lots of wonderful voices in 2015!

God bless,

Maria Dunn & Kathryn Williams

Band

To all band members, a reminder that the Band Workshop is on Saturday 16 May from 1 – 5pm. Please practise all your pieces so you can enjoy the day. Looking forward to it.

Warm regards

Miss Hodges, Junior Band Coordinator

Sport News

Cross Country News

Congratulations to all the competitors who competed in the Peninsula Cross Country event on Thursday 30 April. They were wonderful St Kieran ambassadors – both in their running and their school spirit.

Thank you to the parents who supervised a checkpoint on the day – Leanne Dolly, Justine Oakley, Elisa Filpi and Fiona Kenny.

The following children will now represent the Peninsula Cluster at the Broken Bay Cross Country event on Tuesday 19 May at Fagan Park Galson.

8 Years	9 years	10 years	11 years	12 Years
Jackson Q	Kye P	Wilson L	Rory A	Joshua O
Joseph L	Oscar M	Kai M	Joe M	Nicholas T
Eve S	Opal B	Dahlai A	Lachlan C	Saxon Y
Zanthe J		Laura T	Rose C	Charley P
Zac A		Libby C	Zara H	
Dylan C		Milla A		

Athletics Carnival Monday 18 May

Parents, as previously mentioned our Athletics carnival will now be at Millers reserve on Monday 18 May. We will need parent helpers to assist us on the day. Please fill in the form in the return slips section of this newsletter if you are able to assist and return no later than **Wednesday 13 May**.

Attached is also an entry form for the students that **were not available** to compete at our cancelled athletics carnival on the first day of term. Please fill this out and return asap so your child can be placed on the program.

Ali O'Brien

Parent Community

st.kierans.pf@gmail.com

Mother's Day Breakfast

Many thanks to Sunny Saady, Deb Sweeny & all the wonderful dads who helped to make this year's Mothers' Day Breakfast such a success. The event ran so smoothly from the front of house and it was such a treat for all the mums. Everyone was commenting on all the little touches that went into making it such a special morning.

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@arecongroup.com by 22 May.

P&F Meeting

Monday 1 June in the iCentre (Library). We would love you to come along, join in, listen, have your say, hear about St Kieran's Current Affairs!

"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

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

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

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

HELP required:

- 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 4):

Wednesday 13 May: R Woodland & S La Grecca

Thursday 14 May: C Moore, G Giles & P Daly (M)

Friday 15 May: S Zadel, L Wilson & E Wilson

- 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).

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

From Beata Kromrych

Good afternoon everyone,

My name is Beata, I am St Kieran's Mum with 2 kids at school and 1 still at home.

On 17 May 2015 for the first time I am running the Sydney Herald Half Marathon to raise the money for Breast Cancer Network Australia.

If you wish to support this wonderful organization would you please have a look at my fundraising page. I share there my personal story with the cancer. <https://smh2015halfmarathon.everydayhero.com/au/beata-s-half-marathon>

Thank you very much for your support!

God bless,

Beata Kromrych (3S & KR)

Entertainment™ Memberships – ORDER YOURS NOW!

The 2015/2016 Entertainment™ Memberships are available and St Kieran's is participating in this fundraising initiative. They contain over 2,000 offers for up to 50% off and 2-for-1 at [Sydney and Sydney North's](#) best restaurants, cafés, attractions, hotels, resorts, shopping and more that you can use whenever you like until 1 June 2016!

With each membership 20% of the cost is contributed to our school.

Available as the **printed Entertainment™ Book** that comes with a Gold Card and vouchers, or the **Entertainment™ Digital Membership** that puts all the offers onto your smartphone!

Please [CLICK HERE](#) (or go to <https://www.entertainmentbook.com.au/orderbooks/2001d10>) to order your membership now. For further information and to answer all your questions, please contact Susan Nicols at slnicols@hotmail.com

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.



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

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>

Community News

- **Star Athletics:** U/15, /U/9, U/5 mums and bubs. Recreational runners, comp prep, group training at Freshwater, Collaroy, Narrabeen or Manly. Phone 0414 504 554 for further information.

Return Slips



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

