



©St Kieran's Catholic School Manly Vale

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Issue: 35

Date: 6 November 2015

Looking ahead Term 4

Table with 3 columns: Week 6, Week 7, and Looking Ahead continued. It lists school events for Monday through Friday of Week 6 and Week 7, and a list of events for the remainder of the term including P&F Rio Night, Taekwondo, Family Welcome Mass, Remembrance Day, and various sports events.

Principal

Dear Families

Again, a very BIG 'thank you' to all our families for making the FFD such a great success.

I was interested to hear from teachers at just how tired the children were at school on Monday. While I understand that Saturday was such a big day for our school community and for many the day concluded with neighbourhood 'Halloween' events and sporting commitments on Sunday, (even the rugby finals!), I reflected on these teacher comments. My own observations when I do a Monday morning duty and have the following responses from students "I'm tired... I had a busy weekend" has caused me to wonder... perhaps children returning to school tired after a wonderfully busy weekend on Monday is a natural reaction to their world moving too fast???

An increasing number of experts are warning that children lack adequate time to play, to rest, to reflect and to figure out for themselves what they care about and who they want to be. Child rearing is more an art than a race, requiring a balance between burdening children with parental expectations, or at the other extreme, indulging them so much that they are not encouraged to grow into responsible and resilient adults. A 'slow childhood movement' is about allowing time for the things that matter the most in forming healthy, happy people, including time for children to be carefree.

It seems like boredom is a cardinal sin in family life these days. Should a child complain of boredom, many parents spring to action in a rush to relieve this perfectly healthy and natural emotion, often by giving their children greater access to devices, which in itself can create further issues. Boredom is the crucible of the imagination; it creates the 'space' in a busy life for creativity to be explored and expressed. For some parents their child's boredom is taken as a judgement on their failure to provide sufficient stimulation for their child. Through all the goodwill in the world, they try to distract the child from the creative process by seeding it with ideas on in-filling it with activity. In truth, a parent's unwillingness to let a child endure boredom ultimately robs that child of an opportunity to let their creativity emerge and to learn how to self-manage their emotions and feelings.



Here are some comments that you might find interesting to ponder....

“If we see ourselves only as providers of services for our children (and indeed this is one important part of parenting) we end up confused about our authority, anxious about displeasing our children, insecure about whether we are providing enough opportunities, and worried that we are not doing enough to keep up with other parents. In a market economy, the service provider must offer what is the newest and the best, and must avoid disappointing the customer. When applied to the family this is a recipe for confused kids.” Bill Doherty, author and family therapist.

“Leisure time is something good and necessary, especially in the mad rush of the modern world... Yet if leisure time lacks an inner focus, an overall sense of direction, then ultimately it becomes wasted time... Leisure time requires a focus – the encounter of Him who is our origin and goal.” Pope Benedict XVI (Vienna 2007)

God bless,

Terri Paterson
Principal



Assistant Principal

The week after next is our **FALLOW Week** for Term 4. Over the past few years, this has become an important part of our school term and one that has actually become a necessity.

Schools, as institutions are sensitive to the changes and needs of society. Any school community is really a “small scale version” of society and so when we notice something, particularly in our students – we respond as best as we can. Terri has written this week about observations made as to how tired the students were this last Monday morning. The bigger picture with this is that we are living in a very fast paced, busy, busy, busy world. There is so much to occupy our lives and our minds! The most important and positive thing any of us can do for both ourselves and our children is to provide “time out”. We are *human* and humans need time to rest and reflect. No distractions. Fallow Week is the opportune time to plan how this time might look in your family. The benefits (especially in terms of mental health) we reap from ensuring that we have some time to rest, are countless!



Our Fallow week runs from Monday November 16 to Friday November 2. Have a “Family Talk” during next week to share some ideas in preparation for the following week!

Enjoy the weekend.
Marisa

Religious Education Coordinator

All Saints Day

From the first centuries after Christ, Christians who died a martyr's death were considered saints, who live in God's presence forever. Christians then remembered other outstanding Christians on the days they died. In the ninth century, Pope Gregory IV designated November 1 as the day to remember all the saints living in God's presence.



All Souls Day - November: A Month of Remembering

November, for many parts of the world, winter approaches. The leaves fall from the trees, temperatures plunge, and daylight rapidly grows shorter. In the northern hemisphere people are surrounded by signs of “death” in nature. It is no coincidence then that we focus on those who have died, not only on All Souls Day but throughout the entire month of November.

Catholics believe that death can separate people who they love from them for only a while. We are still united with them in the Communion of Saints. On this feast of All Souls, and throughout the entire month of November, we recall our deceased relatives and friends. St Kieran's parish keep a book of remembrance in the foyer of the church. Parishioners are invited to write the names of loved ones who have passed away.

Excerpts adapted from <http://www.loyolapress.com/>

Dates for your Diary

- Sunday 29 November: Yr 5 and Kindy 2016 Mass - Church
- Friday 11 December: Carols Evening - Playground

- Monday 14 December: Yr 6 Celebration Liturgy Evening - Church
- Wednesday 16 December: End of Year Thanksgiving Mass - 11.30 Church

Yours in Religious Education,
Mrs Kerrie Wetzlar

★ ★ ★ Awards



KC	F Daly, D Conlon	KR	C Wells, A Reade
1L	J Semken, A Wells	1R	A Smith, F Baker
2B	N Kelly, F McCloskey	2S	S Perry, L Economos
3B	M Carey, M Longobardi	3S	S King, B Schaafsma
4C	A Woodland, E Halloway	4S	B Foster, C Keating
5L	C Jeffery, R Munro	5W	A Williams, L Keogh
6	R Self, M Keogh, M Tully, S Frazer	PE	J Hamill, M Martin
Italian	J Hamill, J Rich, C Woodland, A Noble, H Smith		

School News



Lost/Found Property FFD

If you lost any of the following items at the Family Fun Day please come to the school office to collect: watch, sunglasses, ladies hat and a board game.

Italian Day Lunch – Wednesday 18 November

Italian day lunch order forms for pizza and gelato were sent home yesterday. For catering purposes all forms are to be returned by Wednesday 11 November.

Swimming Caps

Students are required to wear a 'house colour' swimming cap to participate in the swimming carnival on Thursday 3 December. Caps are available from the school office for \$3 each.

Junior Band Try Out

On Friday 20 March Surrey Hodges, Junior Band conductor, will be giving children in Years 2 & 3 the opportunity to do a 'blow test'. Children will be able to try different instruments to see if they like the sound and whether they can make a sound. The current Senior and Junior bands will then perform at Friday assembly at 2pm.

Sport News

Broken Bay Sporting Trials

Following are details for the upcoming Broken Bay Sporting Trials. These teams are targeted for students in Years 4 & 5 to compete in 2016. If your child wishes to attend the trials they must complete and return the Player Profile form to school no later than Tuesday 10 November. Children would have received *Profile* forms at school.

SPORT	TRIAL DATE	VENUE	TIME	No. to be selected
TENNIS BOYS/GIRLS	Tuesday 17 November	Pennant Hills Park Britannia St Pennant Hills	12.00-4.00pm Girls from 1pm	4 boys 4 girls
BASKETBALL GIRLS	Thursday 26 November	Northern Beaches Indoor Sports Center. Jacksons Rd Warriewood	1.00-3.00pm	8
BASKETBALL BOYS	Thursday 26 November		1.00-3.00 pm	8
SOFTBALL BOYS & GIRLS	Wednesday 18 November	Leo's College Woolcott Ave Wahroonga	4.00 – 5.30pm	9 boys 9 girls
CRICKET BOYS	Thursday 19 November	Hassell Park Cnr Palm St and Mona Vale Rd St Ives	12.30- 3.30pm	7
CRICKET GIRLS	Thursday 19 November		2.00- 3.30pm	7

FFD Thanks

Where to start! There are SO many people, businesses and members of the community to thank and we are getting around to doing this formally as we speak,...in the meantime one last show of gratitude and a shout out to: Airy Fairy, Angel Restaurant, Arcadian Organic Meat, Bakers Delight Dee Why, Bakers Delight Stocklands, Bennetts Surfboards, Berkelouw Books Balgowlah, BigW, Bradford School of Dance, Bunnings Warehouse Balgowlah, Cassidy's Hair Salon, Cibo Design, Cleavers Organic Meats, Coles Supermarket, Cunninghams Real Estate, Curly's on the Corner, Dance Pointe, Device Technologies, ecodownunder, Evergreen Music, Grocery Corp., House of Samsara, Just Cuts Hair Salon, Kevin Mascheranas' band, Kidstuff, Manly Allambie Football Club, Manly Vale Football Club, Michael McGowan Mortgage Choice, Mike Pawley, New Tricks, North Manly Gourmet Food, PartyTime, PCB Digital, Pharo Cleaning, Pilu at Freshwater, Prodeuce, Room Two to Ten Restaurant, Roseberry Street Roasters, St Kieran's Eisteddfod Team, St Kieran's School bands - Junior and Senior, Sushi Bar, T2, Tempo Red Dance School, Woolworths Supermarket, 4 Pines Brewery.....

We would like to thank Tim from Pharo cleaning for his fantastic support for Family Fun Day. Tim provided all his services at no cost to us and made a financial donation to the school. Lots of people commented on how clean and fresh smelling the toilets were - a big achievement with so many people around. Tim brought in extra staff at the end of the day to help us which meant the school and parish centre were looking sparkling for the Bishop's visit and Father Paul's celebration on Sunday. If you look after offices or other commercial buildings/ facilities, please consider Tim and his family business - Pharo Cleaning - you'll find all the details at www.pharocleaning.com.au and <https://www.facebook.com/pharocleaning>.



The P&F would also like to say a huge thanks to Julia, Bev and Viviana in the office, Kevin, Chris Burrows and the team in the Parish Office for all their help and the priests for their understanding about car parking on the day. Lastly, to Terri & Marisa for assisting us and the teachers who bravely allowed themselves to be dunked (several times!) and all our lovely families who donated goods, services and their time.

RIO CARNIVAL PARTY - YEAR END PARENT FUNCTION 21 November!

NEXT!.....This promises to be a fabulous evening, please see flyer attached and book your tickets online at www.trybooking.com/JPVZ Dancers from Rhythm Brazil will be welcoming guests on the Corso from 7:30pm - 8:15pm which will be sure to create a huge buzz! Spaces are somewhat limited so book in quickly and don't miss out!

Thank You

The Di Staso family would like to thank the St Kieran's for supporting FAST at the Family Fun Day. They had an awesome result raising \$1200.



Uniform Shop

- **Opening hours:** every second Tuesday from 8.30am - 9.30am – next open **Tuesday 10 November**.
- Orders will be filled alternate Tuesdays. . 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

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

Help required Friday 27 November and Friday 11 December, please

Date for the diary - Italian Day on Wednesday 18 November, Volunteers are required to help serve pizza and gelato from 12.15pm to 1.30pm, please email: joanne.nesbitt@dbb.catholic.edu.au

Coming soon: Fried rice with bacon pieces, this will be available on FlexiSchools next week.

NEXT WEEK's ROSTER (Term 4 - Week 6):

Wednesday 11 November: S Henderson, J Quarrell

Thursday 12 November: J Cronin, S Hamill, D Gennusa

Friday 13 November: N Donohoe, S Zadel, 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).

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

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

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.

CIBO
BATHROOMWARE

CIBO DESIGN PRESENTS
ST. KIERAN'S END OF YEAR BASH

RIO CARNIVAL PARTY

LET YOUR HAIR DOWN & LIMBA UP FOR SUMMER

DANCERS FROM
Rhythm Brazil

Julio Molina
AND HIS BAND
Revolucion

THE OLD
MANLY BOATSHED
BAR • RESTAURANT • NIGHT CLUB

SAVE THIS DATE:
Sat 21st Nov 2015
7.30pm to very, very late

VENUE:
Old Manly Boatshed

IN ASSOCIATION WITH



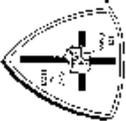
JOHN NEWELL
THE HOME OF MAZDA



mazda

Cunninghams

Ho Famel Mangiamoi!
(I'm hungry - Let's eat!)



Italian Day Pranzo (Lunch)

This year Italian Day at St Kieran's will be celebrated on Wednesday, 18th November. There will be a special assembly put on by students at 2pm, and the canteen will have a special menu on that day for Italian Day.

Italian Day in the canteen will consist of Pizza and Gelato. There will be two choices of Pizza available, as well as three flavours of Gelato (gluten free) - which comes in a small 100ml tub.

Please fill in the form below and return it to your Class Teacher by Wednesday, 11th November. This will be the deadline for orders as the canteen is not open on Monday and Tuesday so we will not be able to collect any late orders. Please make sure you get your order in on time. Please fill in a separate form for each child - this is important for ordering and class purposes. Please include correct money in an envelope and give to your class teacher.

The choices for Pizza are:

- Margarita
- Hawaiian

The choices for Gelato (100ml) are:

- Chocolate
- Strawberry
- Bubblegum

Italian Day Meal Deal:

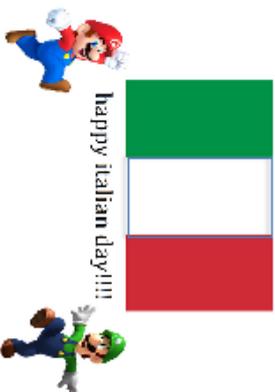
The cost of a slice of Pizza and tub of Gelato will be: \$4.00

Single slice of pizza

\$2.50

Small tub of Gelato (gluten free)

\$1.50



Italian Day Pranzo (Lunch)

c/- The Canteen

NAME: _____ CLASS: _____ TOTAL \$ _____

Pizza		Gelato			
	No.		No.		
Margarita		Hawaiian		Chocolate	Strawberry
					Bubblegum

Grazie

Looking for a Music Tutor?

We have a great team of talented tutors and musicians for a range of instruments including...

Acoustic Guitar	Drums	Trumpet
Banjo	Electric Guitar	Trombone
Bass Guitar	Flute	Ukulele
Cello	Piano	Voice
Clarinet	Saxophone	

Already have a Music Tutor?

Why not sign up for one of our music workshops!

Run during school holidays and coached by some of our Evergreen team, these workshops are designed for participants to be immersed in music over 3 days and wrap up with a fun gig for family and friends

We have held some great workshops to date...from *Rockabilly* to *Reggae* to heading *Back to the 80's*, there's something for all budding musicians to enjoy!

Need Live Music for your event?

We are proud to offer a variety of musical styles and ensembles to compliment any occasion

From a small group right up to a 10 piece band, we cover a range of events including Birthdays, Weddings, Funerals, Community Events, Themed parties, Corporate Functions and Charity Events

Contact us for more info
info@evergreenmusic.com.au
Deb 0417 043 949
Ben 0411 809 072



#evergreenmusicsydney
www.evergreenmusic.com.au



Evergreen Music

You are warmly invited to Contemplation and a Cuppa...

Please join us for **Parent Prayer** on **Monday 9th November** 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 (Yum!!) 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!

We will begin with our famous beautiful gratitude meditation to cleanse the complaints and re-ignite our sense of hope and wellness. As our reflection is entitled "**Putting Life into Living**" we will then explore the many things that give us life and those that drain us of life. God loves us deeply and through Jesus we come to know that he calls us to "have life, and have it to the full". We often live out the negative and self-defeating messages in our conversations with ourselves and others, and these deny us of accepting that Love. I know I often find I am surviving the constant juggle and demands of daily life and that these cloud the celebration of life. In our busy, commercial world we also often lose our way and become attached to things that drain us of life and are filled with empty promises, only to find we seem constantly unfulfilled and searching for peace. We only have half an hour to reflect on what is undoubtedly a deep topic but through the quietening of our minds, simply being more aware of these things can ultimately help us point towards putting LIFE INTO OUR LIVING. (Cartwheels optional!) 😊

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.

Look forward to seeing you there for half an hour's escape from the busyness of our minds into the serenity of the given moment.

Katrina Beaman

rowankatrina@hotmail.com

Transport for NSW

Fact sheet: The School Opal card

Who's eligible?

To be eligible for a School Opal card, students need to be NSW residents and may need to live a minimum distance away from their school:

- Years K-2 (Infants) there's no minimum distance.
- Years 3-6 (Primary) 1.6km straight line distance or 2.3km walking or further.
- Years 7-12 (Secondary) 2.0km straight line distance or 2.9km walking or further.

Students completing secondary studies at TAFE, boarding school students and students temporarily in Australia may also be eligible for a School Opal card. The eligibility criteria for these students is available at transportnsw.info/school-students.

A School Opal card is provided to eligible students who need to travel within the Opal network. Paper travel passes are issued to eligible students who need to travel outside the Opal network.

Who needs to apply?

Most students or parents won't need to apply for the School Opal card. The School Opal card will be sent to a student's school automatically at the beginning of the new school year in 2016.

However, a new application is required if:

- The student is just starting school or has not had a pass for travel before.
- The student is progressing from Year 2 to 3, or Year 6 to 7.
- The student is changing schools, including going between primary and secondary school.
- The student's personal details have changed (e.g. address).

Applications must be made by a parent or guardian for children aged 15 years and under. Applications must be made by the student if aged 16 years or older.

How to apply

Step 1 Complete the application at transportnsw.info/school-students.

Step 2 Print, sign and submit the form to the school for endorsement.

Step 3 The school will then forward the application to Transport for NSW for processing. Once approved, Transport for NSW sends the School Opal card to the home address given in the application.

The application may take several weeks and the applicant's email address is required.

If the student doesn't qualify for free travel

They may be eligible for a Term Bus Pass which offers travel on buses between home and school at a discounted rate for the whole school term.

Apply at transportnsw.info/school-students.

Find out more

For more information on the School Opal card and the School Student Travel Scheme (SSTS), please visit transportnsw.info/school-students.