



©St Kieran's Catholic School Manly Vale

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Date: 12 February 2016

Looking ahead Term 1

| Week 4 | Week 5 | Looking Ahead <i>continued</i> |
|--|---|---|
| Tuesday 16th <ul style="list-style-type: none"> Kinder/Yr 1 Literacy Parent Ed 7 – 9pm Friday 19th <ul style="list-style-type: none"> 2pm Assembly (Yr 6 presenting) | Monday 22nd <ul style="list-style-type: none"> Yr 5 Robotics Tuesday 23rd <ul style="list-style-type: none"> Kinder/Yr 1 Literacy Parent Ed Saturday 27th <ul style="list-style-type: none"> P&F Welcome Drinks Under the Stars | February <ul style="list-style-type: none"> Mon 29th Yr 5 Robotics March <ul style="list-style-type: none"> Tues 1st Yr 3 Boys to St Pauls Wed 2nd Yr 4 Excursion Hyde Park Barracks Thurs 3rd Peninsula Swim Carnival Fri 4th Assembly – Library Mon 7th Robotics Yr 6 Tues 8th 9am School Tours |



Remember—the speed limit in the school / parish carpark is 10km
If you are parking in the surrounding streets please be mindful of our neighbours and DO NOT park across their driveways.

The following Articles can be found in the ' Newsletter Attachment 12/2/2016 ' on the school website www.skmvdbb.catholic.edu.au and has also been emailed to parents

- **Strong Roots** – Tall Trees: A 5 week program for children's wellbeing
- **Are you on the Right Track:** A 3 hour workshop
- **Live Life Well at School** – NSW Health regarding children's lunches and activity
- **2016 Canteen Menu**
- **2016 Canteen Roster**
- **KidsMatter** – Making Sense of Children's Emotions and How to Help
- **Celebrating Forgiveness in Family Life** – from the Parish Support Unit

Principal

Dear Families

“BE MERCIFUL, AS OUR HEAVENLY FATHER IS TO YOU”

These words were said to our children as they received ashes on their forehead on Ash Wednesday; this begins the liturgical season of Lent. During this time of Lent we are encouraged to spend some time looking into our own lives to see the “direction” our lives are taking and whether that direction is sometimes towards other people and not always towards ourselves. The annual Lenten appeal of the Australian Catholic Relief is called ‘Project Compassion’; .compassion means “a strong feeling of understanding or sympathy for the feelings of another.”

This week all families received a Project Compassion boxes to take home. Each classroom also has their own Project Compassion box on their prayer table.

2016 marks 50 years of Project Compassion, Caritas Australia's annual Lenten fundraising and awareness raising campaign and one of Australia's largest humanitarian appeals. Each year Project Compassion, which runs through the six weeks of Lent, brings together thousands of supporters across Australia in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

Thanks to the generosity of supporters, the Parish and School communities Caritas Australia's major appeal last year raised a record \$11.57 million nationwide. Money raised goes towards Caritas Australia's humanitarian and long-term

development programs in more than 40 countries across Asia, Africa, the Pacific, Latin America and with First Australian communities.

Please note that included in the 'Attachment Newsletter' are some ideas to explore and use within the family to celebrate this important time in our liturgical year. **Hopefully as Lent progresses we will be able to lead our children to a better understanding of compassion and mercy and how they can exercise this virtue in their own lives.**

Parents will receive a Planned Giving brochure from our North Harbour parish for consideration of a family ongoing financial commitment to the Church via the planned giving program. Further information is available in the 'Parish' section of this newsletter.

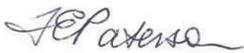
Communication re Student Learning

In 2015 parents were invited to participate in a survey regarding aspects of schooling at St Kieran's. Feedback indicated that parents had a preference for meeting teachers earlier in the year to discuss student progress rather than at the end of Term 2. Marisa has explained in greater detail the 2016 process of parent- teacher meetings that will occur for all classes at the end of this term.

Parents are able to contact teachers at any time through the term in regards to the progress of their child/ren. However, it is expected that parents make an appointment to meet with the teachers via the school office. This allows for the teachers to prepare and have student learning data available to discuss.

I will be taking some personal leave next week and assure you that the school will be in the very capable hands of Marisa Bombardieri and the leadership team during my absence.

God bless,



Terri Paterson
Principal



Assistant Principal

Robotics

This term, we begin our Robotics Program with students in Years 5 and 6 participating in a "Robotics Day" led by Mrs Jo Townsend (mother of Laura Yr 6).

All other classes will participate in the Robotics Program during Terms 2, 3 and 4 so that all St Kieran's students will get to experience and learn these skills. Under Jo's guidance the children will learn how to program computers in order to create "processes". This skill is also referred to as "Coding". You may have heard lots about Coding in the media recently.

So what will the children be working on?

They will work with computer programming "languages" to express three essential things:

1. The order in which a sequence of instructions is performed.
2. The designing of a sequence of instructions repeated a number of times to accomplish a task or action.
3. Testing as to whether or not a sequence of instructions is performed.

Being introduced to coding gives students an appreciation of what can be built with technology. We are surrounded by devices controlled by computers. Understanding how computers work is enhanced by understanding coding. A computer program is effectively a means of automating processes. This is such an empowering and enriching competence for students to have and it is crucial knowledge for life in the 21st century.

Parent Teacher Interviews

In past years we have held Parent Teacher Interviews after the Mid- Year Reports were sent home.

I wrote briefly, in a previous newsletter, about some changes we are making to this process in 2016. Parent Teacher Interviews will be held during the last two weeks (that is Week 10 and 11) of Term 1. Children in Years 2-6 have also been included in the interview as we believe this is a valuable experience for students to be reflective and responsible learners who are also able to set goals for future learning. There are a number of reasons we are holding the interviews earlier. By the end of Term 1, teachers will have:

- Gathered data on your child
- Designed specific programs to meet your child's learning needs,
- Have spent a number of weeks observing progress
- Identified future directions and not only learning needs but also social and/or other needs.

By the end of Term 1, students will have:

- Settled into the grade and begun to establish relationship with the class teacher and other students.
- A sound idea of expectations and learning standards for the grade.
- Begun to identify personal goals for learning. (Years 2-6)

By having an opportunity to discuss all of these aspects of your child's learning earlier in the year, it means that parents, teachers and students are all "on the same page" when it comes to the student's learning journey for the year.

Parents of students in Years K-6 will be involved in these interviews and there will be the option of booking the interview online. There will be information about how to do this in an upcoming newsletter.

Enjoy the weekend....

Marisa

Religious Education Coordinator

Congratulations to Year 5 students who ably prepared and led our Ash Wednesday Mass. It was a Mass of many firsts for our students. Children led the singing and percussion, proclaimed the Good News, served on the altar and participated in the many processions.

We also thank Fr Paul for presiding at the Mass and Mr Ian Woodbury for assisting. We are grateful for the talent of Mr Ben Marshall who lead the music, adding a vibrant and inspiring layer to our celebration, thank you Ben. Our Ash Wednesday Mass was further enhanced by the participation of the many parishioners and parents who attended. There was a true community feel to our celebration.

Following Mass, Year 1 and Kindergarten students received the ashes in their classroom. The children spoke about Lent and Ash Wednesday listing all the good deeds they intend to engage in.

Please keep in your prayer the Year 3 children and their families who are preparing for the **Sacrament of Reconciliation**. Family group lessons are underway with the children and their learning about this Sacrament of Reconciliation and Forgiveness is being supported in the classroom.

This week we include in the 'Newsletter Attachment' section "**Nurturing Forgiveness in Family Life**". Trying to put into practise some of the ideas in this handout is a worthy Lenten undertaking.

Dates for your Diary:

| | | |
|---------------------|------------------------|--------|
| Grade 2 Family Mass | Sunday 21 Feb 9.30 am | Church |
| Grade 1 Family Mass | Sunday 20 March 9.30am | Church |
| Holy Week Liturgy | Thursday 24 March TBC | Church |

Yours in Religious Education,

Mrs Kerrie Wetzlar



The Liturgy Team have asked to introduce the "**Disciple of Jesus**" award. This award is to recognise students who display Jesus like actions of an exemplary nature in their everyday school life.

We wish to acknowledge Noah Kelly, Charlie Ricketts and Blake Unwin for the care and concern they showed towards a younger member of our school community one morning. Keep up your kindness and empathy boys!

The Liturgy Team

☆☆☆ Awards



| | | | |
|----------------|--|-----------|--------------------------------|
| KC | E Scholtens, J Paver | KR | A Feeney, N Foale |
| 1L | A Sutherland, W Beaman, M Piggott | 1R | D Joseph, D Conlon, T Campbell |
| 2B | M Lynch, R Yang | 2S | I Cannon, V Rischmiller |
| 3B | I Gennusa, J Saady, I Sharp | 3S | C Ingleton, C Barton |
| 4R | A Noble, B Schaafsma | 4U | Z Scholtens, J Genusa |
| 5L | E Lefers, J Thomas | 5W | O Glavin, S Hiscocks |
| 6 | S Rindfleisch, J Meagher, B Gennusa, C Collins, J Nicols | PE | B Schoene, Z Molinia |
| Italian | J Kelly, G Polome, S Cott, S Perry, S Beaman | | |

School News

Kinder and Year 1 Parent Education Course in Literacy 2016

At St Kieran's we are committed to explaining the 'why?' behind the teaching and learning practices that occur in our classrooms. We value parent help in our school and know that this works best when we work together with shared understanding.

For this reason, **if you wish to assist as a parent helper with reading or writing in the Kinder or Year 1 classes, you need to have completed both sessions of this course.** However, the course needs to be completed only once, so there is no need to repeat the course when younger siblings arrive at school.

We believe this course will help you with guiding your own child in these early years as readers and writers.

The course consists of two sessions of two hours 7-9pm and we ask you to commit to **both sessions**.

The 3 main components of the course are:

- Literacy learning and introduction to how children learn to read
- Reading at school and home
- The Writing process and learning to spell

Each week one the Kindergarten teachers join me to also give input from the point of view of the classroom teacher.

The course includes:

- Presenter input
- Time to share with other parents
- Supportive take-home notes
- Strategies to try at home
- Opportunity for questions

The feedback we received over past years showed that parents found the course worthwhile in helping to understand the beliefs that underpin how we teach literacy at school these days, how you can help at school and most importantly, how you can help your child at home.

The course is offered over two evenings. Both sessions are conducted in the iCentre (library) and dates and times are listed below:

Session 1: Tuesday 16 February 7 - 9pm

Session 2: Tuesday 23 February 7 - 9pm

A soft copy of the registration form is attached to this email. A hard copy will come home with your child. Please complete the *Return Slip* toward the end of this newsletter if you would like to attend. **Please return immediately if you would like to attend.**

Regards,

Mary Brown, (Literacy Coordinator and Year 3 teacher)

School Fees

Invoices for 2016 were emailed to all families at the end of January. This invoice shows the total due for the year and the amounts and dates payment is required. Please adhere to your payment schedule as requested on your family registration form.

- If you are paying in the standard three instalments first payment is due by 26 February,
- If you are paying monthly fees are due by 15th of each month.
- For other instalment types please check your invoice.

If you wish to change your time payments or discuss your fees please contact Julia.postle@dbb.catholic.edu.au Statements will be emailed to all families at the beginning of each month showing amounts owing. Unpaid fees will be referred to the Catholic Schools Office for collection unless other arrangements have been made.

Sibling Enrolments 2017

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 2017 we ask that you complete and enrolment form and return to the office as soon as possible. We ask that all enrolments are in by the end of May.

Photograph/Video Permission Form

All photograph/video permission forms need to be returned to the office by Friday 12 February. This form requests permission for your child to be photographed or filmed at school events. This includes posting photos of school events on our webpage, or in the newsletter. If your child's photo is to be used in a local newspaper we would seek

your permission to do so. Not signing the permission form excludes your child from the newsletter and our website. They will not be included in photographs of our sports carnivals, grandparent's day, musical and other school events. **We respect the right of parents not to allow their child to be photographed and ask parents and students not to post other students on social media without permission.**

Chicken Pox

A case of chicken pox has been reported at the school. As this is an infectious disease, please note the following received from NSW Health:

- **Time from exposure to illness** approx 2-3 weeks.
- **Symptoms** – slight fever, runny nose and a rash that begins as raised pink spots that blister and scab. Can be more severe in pregnant women and newborns.
- **Do I need to keep my child home?** Yes, for 5 days after the rash first appears and until the blisters have all scabbed over.
- **How can I help prevent spread?** Immunisation is available for children over 12 months old. It is recommended for people over 12 years who are not immune.

For further information please go to

<http://www.health.nsw.gov.au/Infectious/factsheets/Pages/chickenpox.aspx>

Book Club

Orders for the current issue of Book Club were due back today. No late orders will be accepted.

School Banking

Banking is available each Friday at 8.15am in the school playground. Prizes are available each term once you have reached 10 deposits.

Library News

The Premier's Reading Challenge (PRC) for 2016 opens on March 7.

If your child has already read books this year that are listed in the PRC, they can be added once the challenge opens. ALL user names and passwords that were previously issued can be used again this year. Please refer to the PRC site for information regarding the challenge including the rules and book lists, <https://online.det.nsw.edu.au/prc/home.html>



Your child's teacher will receive the user names and passwords in March and they will be passed on to your child if they would like to participate.

Parent Help – I always need help for shelving and covering books. If you would like to continue, or to start helping in the library, please fill in the form towards the end of this newsletter.

We will send home about a dozen books for covering once or twice a term at most. Parents who have not covered books for me before will be required to come and see me for a brief "lesson" on covering. If you wish to help shelve books you can choose to come in the morning or afternoon – whichever suits you.

Many thanks and happy reading
Liz McGuire

St Kieran's is a KidsMatter school!

At St Kieran's we believe that kids really DO matter! Here at St Kieran's the teachers implement strategies into their daily teaching and learning programs to ensure that the students become "connected" with their classmates and teachers alike. Equipping the students with the necessary social and emotional skills (SEL skills) to cope with life's challenges is a priority.

Parents play an essential role in the development of their child's social and emotional (SEL) skills. The 2 pages in the 'Attachment' issue of this newsletter will give an insight into how parents and carers can aid in the development of dealing with emotions effectively.

The KidsMatter website contains further information: <https://www.kidsmatter.edu.au/primary>

Yoga to Go Unit 2: 6 Week Program ~Week 1~ Respect

The Life Skills Group program, Yoga to Go Kids - Unit 2 has commenced, and the students and teachers are so excited. The program is a 'kid centric' curriculum based HPE and SEL program that aligns with the NSW Teaching Standards. Each week Life Skills teachers facilitate classes aligning lifelong values, fundamental movements, and positive psychology through various games, breathing exercises, guided stories and relaxation. We are happy to be working with you, your child and the school community to support, grow, inspire, and build happy, healthy, and well-adjusted kids and families.

Today in the Yoga to Go Kids program, students were introduced to mindfulness – a practice which trains the brain to slow down and process sensory data.

One of the best ways to practice mindful awareness is through deep belly breathing, or moments of awareness in mindful bodies, as they are called in the Life Skills Group program.

Focusing on the breath helps calm the body by slowing the heart rate, lowering blood pressure, and sharpening focus. When children pay attention to their breath, they are also supporting the strong functioning that takes place in the frontal lobes or prefrontal cortex.

Controlled breathing also calms the body and mind and decreases the anxiety that sends our amygdala into flight, fight, or freeze mode. This practice primes the brain to be more reflective and less reactive. Over time, this strengthens neural pathways and connections and mindful awareness moves from being a state to a long-term trait.

Today's focus was Respect. How can I be respectful to my body, to material possessions and to others?

Sport News

Congratulations

Congratulations to Sienna James who recently qualified to participate in the Cricket Girls Polding Team. Sienna will represent Polding in the inter New South Wales competition in October.

A Future Star

We have a golfing star in the making. T Sokolow featured in yesterday's Manly Daily. Read the article on page 22 if you haven't already done so.

Parent Community

st.kierans.pf@gmail.com

Uniform Shop

- **Opening hours:** every second **Thursday** from 8.30am - 9.30am – next open **Thursday 25 February** and then every 2nd **Thursday after (10 March etc)**.
- Orders will be filled alternate Thursdays. . 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.

Pancake Day thank you: Sarah Molinia, Susan Nicols, Sania Saady, Cris Uwin, Maria Dunn, Arna Kelly, Sascha Chahwan-Harris, Juliette Cronin, Jo Townsend, Rachele Woodland, Aileen Cahill, Jo Hull and Kathryn Williams.



NEXT WEEK's ROSTER (Term 1 - Week 3):

Wednesday 17 February: Lessa Bellamy, Shannon Morrell

Thursday 18 February: Joanne Hoey (M), Jane Smith, Kristie Hardy (A)

Friday 19 February: Natasha Gennusa, Peita Daly, Arna Kelly

- Full day Volunteers are required from 9.00am to 1.50pm.
- Morning Volunteers are required from 9.00am to 11.15am (M).
- Lunch Volunteers are required from 11.15am to 1.50pm (L).

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

Any changes to the canteen roster, please contact: Jo Nesbitt -

joanne.nesbitt@dbb.catholic.edu.au or text 0410 629 135.

A huge thank you to all those who have signed up for this year's Canteen Roster it is greatly appreciated. Please find attached the complete Roster.

FLEXISCHOOLS: Can **all** families please **update** their child/ren class on Flexischools next time they are on-line ordering? <https://www.flexischools.com.au> . An explanation of the classes is listed below. Thank you.

K-1 = KC, K-2 = KR, 1-1 = 1L, 1-2 = 1R, 2-1 = 2B, 2-2 = 2S
3-1 = 3B, 3-2 = 3S, 4-1 = 4R, 4-2 = 4U, 5-1 = 5L, 5-2 = 5W



Free Friday Fitness

The morning walking group is back! **Starting Friday 12 Feb, it will run for 6 weeks until Friday 18 March.** Come as often as you like. **All** parents are welcome to join in – whether you are fit or not – and it doesn't cost a cent. The group departs when the morning bell goes at 8:45am and returns 9:30am.

It is led by Martha Lourey-Bird (mum to Opal Bird, Yr4) who is an exercise scientist so you're in safe hands. All fitness levels are catered for – you will walk (talk) and do short blocks of intervals and exercises to tone and strengthen your total body. Learn correct technique and take away some new workout ideas too.

If you have any questions, contact Martha directly on Loureybird@bigpond.com otherwise just meet at the gates near the canteen each Friday morning, starting on Friday 12th February.

Parish News

It has been 2 years since we last asked this community to review their financial commitment to our Church. By the end of that campaign 475 families had committed to or continued their commitment to our planned giving program. Currently, due to a variety of reasons, we are facing the prospect of having less than 350 families committing to a regular contribution in support of our Church. The effect of this has been a \$650 drop in our weekly income. However thanks to the efforts of our current and past Priests, Finance Committees and Parish Councils our parish continues to be in a strong financial position. This may not continue to be possible without the ongoing financial support of those whose lives are touched by the sacramental programs, parish schools, baptisms, weddings, funerals, Masses, our parish centre, hospitality, music groups and many other programs run by the Parish.

It has always been a conscious decision to run the planned giving campaign during Lent as this is a time in the liturgical year when we are challenged to look at our sacrificial giving to the Church. Therefore we are asking people to consider contributing 1 hour of the family income to support our Parish, of course we realise every family is different and some will be able to give more, some less. On the last page of the brochure there is a tear off slip. We encourage everybody during this Holy Season of Lent to think about what the Church means to them and over the next couple of weeks return the slip either on one of the collection plates or the office.

Chris Burrows, Parish Administrator

Community News

- **Stella Maris College Manly Year 7 2017 Scholarship** Applications now open. Stella Maris College offers scholarships for Academic Ability and Performing Arts. Closing date for applications - Wednesday 24 February, 2016. Details and registration forms are available on our website www.stellamaris.nsw.edu.au Phone 9977 5144
- **Pink Ball** - MWBA's Training Program for GIRLS ONLY. This program is designed to introduce 7-12yr old girls to basketball. The Focus will be on skill development and enjoyment and will be run by female coaches and senior representative players. Sat 20th February to Sat 2nd April from: 2:30 – 3:30pm. For information please email: bdaltbasketball@optusnet.com.au
- **Coastrek Volunteer** - We would like to invite YOU to join the Coastrek Volunteer team and bring along your friends and colleagues to join in the fun! **Friday March 4th**. Areas we need Volunteers – great roles – registrations, crowd management, Marshals and more. *Please register at* www.coastrek.com.au/volunteer/register Janine Moodley | Volunteer Coordinator | **0412 162 846** janine@wildwomenontop.com | www.wildwomenontop.com |
- **Northern Sydney Health:** Parenting ideas for parents and carers are available including Triple P, Tuning in to Kids, Helping with Anxiety, Terrible Toddlers, Tuning in to Teens, Resilient Kids, Dealing with Backchat. For information go to www.nslhd.health.nsw.gov.au/services/CAP
- **Marist College North Shore Expo Day** Saturday 5 March 2016, 10:00am - 2:00pm. Come and visit our staff and students and learn about Marist College North Shore's integrated and comprehensive curriculum program that, for every student, promotes faith, encourages excellence, engenders responsibility and develops respect and dignity. Currently accepting enrolments for Year 7, 2018. For an application: www.maristcollege.com or contact the Registrar on 9957 5000, E: northshore@maristcollege.com. Applications close 24 March 2016. 270 Miller St, North Sydney NSW 2060
- **Lifeline Northern Beaches Giant Book Fair:** 19 - 21 February 2016 at Ted Blackwood Hall, Cnr Jacksons & Boondah Rds Warriewood. Friday 1pm -- 8pm, Saturday 9am -- 5pm, Sunday 9am -- 2pm (Entry by gold coin donation very much appreciated). We will also have a wide selection of puzzles, games, CD, vinyls etc so there's something for everyone!

Return Slips



Library Volunteer for 2016

I am willing to **cover** books with plastic / contact (pleases circle preference)

Name _____ Contact Number _____

Child's Name & Class _____

I am willing to **shelve** books on:

Tuesday (morning/afternoon) Wednesday (morning/afternoon)

Weekly Fortnightly Monthly Once per term

Name _____ Contact Number _____

Child's Name & Class _____



Parent Education in Literacy Course Registration Form

Yes, I/we would like to attend the Literacy K-Yr1 Parent Education Course.

I/We understand the commitment to **both sessions**.

Name/s: (Please print) _____

Child's Name _____ Class: _____

Signed: _____ Contact No: _____

Please return by Monday 15 February

**AN EVENING WITH
MICHAEL GROSE**

Don't miss this amazing opportunity!

ALL WELCOME - NO COST

Australia's Leading Parent Educator

We all want to be the best parent we can be - come and join us as Michael shares his insights into raising happy confident kids and keys to building a strong family.

Sacred Heart Catholic,
MONA VALE
Wed 24 Feb 7 pm
RSVP: DPC Website

