



## Issue: 10 5 April 2019

### LOOKING AHEAD

#### April

- Sun 7 Yr 3 Family Day
- Mon 8 2.15pm Palm Sunday liturgy - Kindy
- Tues 9 Athletic Carnival entry forms due today
- Stage 2 Soccer Gala Day
- Wed 10 Vinnies Night Patrol collection Yrs 3-6
- 2pm Holy Thursday Night Yrs 1, 2 & 4
- Thurs 11 Stage 3 Soccer Gala Day
- 2.15pm Kinder Open Classrooms
- Fri 12 11.20am Stations of the Cross
- End Term 1
- Kindy picnic after school

#### Mon 29

Term 2 commences  
2pm Easter Liturgy

#### May

- Fri 3 Yoga – Kinder
- Mon 6 6.30pm Parent Ed in Literacy
- Wed 8 Northern Beaches Cross Country
- Fri 10 8.45am Mother's Day Liturgy – Yr 1
- Mon 13 **School Photos**
- Winter Uniform**
- 14-17 NAPLAN Yrs 3 & 5
- Fri 17 National Walk to School Day
- Yr 2 Robotics



### School Photos and Winter Uniform Changeover Monday 13 May

Students may return in Term 2 in either full summer or full winter uniform – **not** a mixture of both.

**All students are to be in full winter uniform by Monday 13 May.**

A reminder that this is also **school photo day**.

Please ensure your child/ren are in full winter uniform



### Dear Families

Open Day on Wednesday was well attended by many new families. There was a great sense of pride in our school by the students and parents who led tours. Following the presentations in the morning and evening, we received very positive feedback from the visitors. Thank you to our Civics and Citizenship Leaders from Year 6 and to the parents that volunteered on the day. Enrolments are now being accepted with interviews commencing in early Term 2. If you are enrolling a child in Kindergarten for 2020, ensure your enrolment forms are sent to the office as soon as possible.

Work on the lower playground will commence during the school holidays, along with the refurbishment of the Year 2 classrooms. The infants play area under the shade cloth is due for completion in July. Concept plans are on display in the glass cabinet outside KH. Unfortunately, there have been many “hold ups” with the projects. Due to the Easter and ANZAC public holidays falling in the school holidays, some work will still need completing when we return to school in Term 2, but hopefully with minimal impact on the playground.

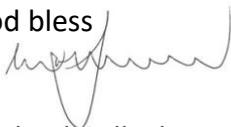
Our students from Years 3-6 walked to Manly Dam today carrying water back with them. This exercise was for them to experience what many children around the world do each day



so that their families can survive. Take a moment to talk to your child about the experience some time over the weekend.

Please keep Mrs Sullivan (KS) and her family in your prayers. Karen's mother passed away earlier this week and the funeral will take place next week on the Central Coast. Karen will be returning to school next term.

God bless



Michael Gallagher  
Principal

## FROM THE ASSISTANT PRINCIPAL

This week our Year 3 and Year 5 students have completed the NAPLAN Practice Test. This was a great opportunity for the children to navigate the online testing platform and for the teachers to identify any possible technical "glitches". NAPLAN this year is going online for all schools. The only test that won't be completed online is the Year 3 Writing test. Year 5 will complete all their tests online, including Writing.

The NAPLAN test is a comprehensive and thorough way to assess skills in Literacy and Numeracy. It is also a positive way to track and monitor individual student growth and to identify school trends. By identifying school trends we are better able to plan directions in curriculum that can impact on identified needs.

The timetable for completion of tests will be slightly different to what it has been over the past few years and will be as follows:

Tuesday May 14	Wednesday May 15	Thursday May 16	Friday May 17
Writing test for Years 3 and 5	Reading test for Years 3 and 5	Conventions of Language for Years 3 and 5	Numeracy for Years 3 and 5

[Attached](#) to this Newsletter is further information for parents regarding NAPLAN. Please take some time to read this carefully. Should you have any queries about NAPLAN, feel free to contact me at school.

Have a lovely weekend.  
*Marisa Bombardieri*

## ★ ★ ★ AWARDS ★ ★ ★

<b>KH</b>	Jude C and Emme O	<b>KS</b>	Ryan W and Sam T
<b>1L</b>	Harriet P and Charlie S	<b>1S</b>	Monty T and Grace P
<b>2HR</b>	Harry D and Maylea C	<b>2L</b>	Asher K and Ella C
<b>3C</b>	Jack P and Ivy V	<b>3V</b>	Lachlan F, Elloise R and Eddie W
<b>4G</b>	Olly O Max H and Lukas G	<b>4K</b>	April U and Josh P
<b>5K</b>	Trevor O and Daniel P	<b>Yr 5/6A</b>	Mia B and Mila C
<b>Yr 6</b>	Grace H and Scarlett P	<b>PE</b>	Sophie M, Jacob T and Charlie C

## SCHOOL NEWS

### Kindergarten 2020 Enrolments

Applications for enrolment in Kindergarten 2020 are now being taken. **If you have a sibling starting next year please download and fill in the [application form](#) and return to the school office as soon as possible** (application packs also available from the office). We do not require a Parish Priest reference form to be completed for siblings. Should you have any questions regarding enrolment please email or call the school.

### Lost Property

We have had a considerable amount of lost property returned to the school from After School Care. Items which were labelled have been returned to the students. Please check all of your child's uniform items to ensure they are clearly labelled and to ensure they have not picked up someone else's items.

## 2019 St Kieran's Athletics Carnival

If you are yet to complete the Google entry form for your child/ren, please do so as soon as possible by following this link: <https://forms.gle/7K5HxbcbDQo51Ew6A>

This form is due no later than next Tuesday 9 April.

*Emily Channell*

## PLCCS Soccer Gala Day

Next week, Stage 2 and Stage 3 will be participating in the PLCCS Soccer Gala Day at Cromer Park, South Creek Rd between 9.45am and 1:45pm (Tuesday 9 April - Years 3 & 4 and Thursday 11 April - Years 5 & 6)

All children will be catching a bus to the venue. They will leave school at 9:00am promptly. Therefore, all children need to be at school no later than 8.45am.

Students must wear their school sports uniform, sports shoes and shin pads. Suitable shin pads can be made using stiff cardboard, but some type of protection must be worn for insurance purposes. Football boots are optional (these must be brought to school, not worn). Students are to wear their school hat, sunscreen, and bring their lunch and drinks. A reminder for any parents who wish to spectate on the day that there are **NO DOGS PERMITTED** at the venue.



## Religious Education

### WALK 4 WATER

Students from Yrs 3- 6 will be walking to Manly Dam to collect water in old milk /cordial/ plastic containers or buckets. They will then be walking back to school carrying their water and emptying the water on the grass areas around the school. The round trip is 3 kms with a short rest at the dam.

The children will experience what it is like for millions of children, particularly girls, whose daily job is to walk up to the ten kilometres to access water for their families, cattle and gardens.

It is hoped that their families and friends can make a donation to the Project Compassion boxes for the student's water carrying efforts.

We plan to walk up to the dam on Friday 5 April at 11.20am. Following a brief rest we will return to school. Parents and friends are most welcome to join us on our WALK 4 WATER. Your support of this Social Justice activity is greatly appreciated.

## HOLY WEEK LITURGIES

- **Monday 8<sup>th</sup>** – Kindy will present Palm Sunday in the **assembly area** commencing at **2.15pm**
- **Wednesday 10<sup>th</sup>** - Holy Thursday Evening. The Last Supper by Yr 1, Washing of the Feet by Yr 4 and The Garden of Gethsemane by Yr 2 will be held at **2 pm in the church**.
- **Friday 12<sup>th</sup>** – A pilgrimage of the Stations of the Cross around the **playground** will be led by Yr 5. The first pilgrims set out at **11.20am** then every ten minutes.



**Holy Week**

Parents, parishioners and Friends are welcome to attend any or all of our Holy Week Liturgies.



**Thank you to our wonderful priests of parish** who turned out in force to preside at the Sacrament of First Reconciliation. To Fr Dipi, Fr Tan, Fr John and Fr Paul we say thanks for your gentle and prayerful ways.

We also should appreciate all the work that goes into organising the Parish Sacramental program. We have Mrs Janette Davidson to thank for the smooth running of the Parish based Sacramental program. Her devotion to duty and thorough preparation are well appreciated. Thank you Janette.

Parents are the first educators of their children and the parents leading their children through the Sacrament of Reconciliation are no exception. Thank you parents for taking on the challenge to lead your cherubs through their second sacrament.

Finally we congratulate all the students who have made their First Reconciliation over the last two weeks. The ability to self-reflect, acknowledge wrong doing, experience forgiveness and healing and move on with the confidence that only love can bring is both liberating and strengthening.

Yours in Religious Education,  
*Mrs Kerrie Wetzlar*

## Changes to Liturgy and Mass dates effecting Kindy and Year 1.

Dear Parents,

We offer our apologies that due to unforeseen circumstances we have had to make alterations to some Liturgies and Masses.

- The **Year 1 Family Mass** will now be in Term Three on **Sunday 18 August at 9.30am Mass**. There will be no Year 1 Mass in May.
- **Year 1** will be preparing and organising the **Mother's Day Liturgy on Friday 10 May** commencing at 8.45am
- **Kindy** will now be organising our Father's day Liturgy on **Friday 30 August** commencing at 8.45am.

Thanking you

*Mrs Kerrie Wetzlar*



### **Attention: Kindergarten Parents**

*RSVP request:*

**When: Monday 6 May 6.30 - 8.00 pm**

**Where: The Hub (Stage Three Classroom - upstairs above office)**

**Please RSVP via the following link:**

[https://docs.google.com/forms/d/e/1FAIpQLScdF\\_ViZHFRorVj41Xusd\\_Cg3eO36RWH2u4VDsR0C2RXW\\_hCw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScdF_ViZHFRorVj41Xusd_Cg3eO36RWH2u4VDsR0C2RXW_hCw/viewform?usp=sf_link)

As part of our continued commitment at St Kieran's to developing partnerships in education with our parents, we will be holding a Parent Education session early in Term 2.

This session aims to give parents strategies to help their children become confident readers and writers in their early school years. Also, 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 in the Kindergarten classes, you need to have attended this session.** Please note that the course needs to be completed only once, so there is no need to repeat the course if you previously attended when an older sibling was in Kindergarten.

The two main components of the course are:

- An introduction to how children learn to read and comprehend – with a St Kieran's perspective
- How to help with reading at home and at school

There will also be some focus on writing and spelling in these early years.

Mary Brown, Education Officer from the Catholic Schools Office, will give the presentation, supported by our Kindergarten teachers and me.

A Google Form will be sent to you in the last week of school this term so if you are interested, please reply to this to RSVP. We look forward to seeing lots of new Kindergarten parents there!

Kindest regards,

*Cara Appleton*

*(Literacy Coordinator)*

## Uniform Changeover

Students may return in Term 2 in either full summer or full winter uniform – not a mixture of both. **All students are to be in full winter uniform by Monday 13 May**. A reminder that this is also **school photo day**. Please ensure your child/ren are in full winter uniform.

## Pickles – New Opening Hours

Pickles Brookvale store opening hours will take effect from Term 2. Hours are:

- Mon 9am – 5pm
- Tues 9am – 5pm
- Wed 9am – 5pm
- Thurs 12pm – 7pm
- Fri CLOSED
- Sat 9am – 1pm

Any queries contact [info@picklesschoolwear.com](mailto:info@picklesschoolwear.com) .

## Sun Safety

Over the years we have all embraced the concept of sun safety. The Cancer Council has a slogan which has been a timely reminder to us all. Slip, slop and slap. The Cancer Council have now added seek and slide.



At St Kieran's, whilst in school, at sporting events and excursions, teachers and parents have made a concerted effort to provide students with sun safety reminders. Students wear protective clothing, slop on sunscreen and slap on their hats. Students are regularly reminded to seek shelter in extreme heat or sunny days. It seems the only part of the sun safe plan we haven't addressed is "slide on sunglasses". It is interesting to note that all teachers wear sunglasses whilst on playground duty, yet our children, who have more sensitive eyes, do not.

Like our skin, sun damage to our eyes surfaces when we are older. Please see the following articles for more discussion about the value of sunglasses for children. Some of the information contained in these articles was very interesting.

**ABC article:** <https://www.abc.net.au/news/2017-02-08/uv-causing-serious-eye-disease-and-damage-children-doctors-warn/8250768>

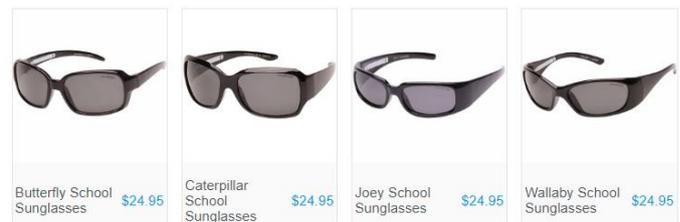
**Normalising sunglasses at school:** <https://www.beamers.com.au/blogs/the-science/normalising-sunglasses-at-school>

**Schools take sunglasses protection:** <http://www.optometry.org.au/blog-news/2014/11/24/schools-take-up-sunglasses-protection/>

**Sun safety for kids:** <http://sunsafetyforkids.org/sunprotection/sunglasses/>

*With this in mind, and in discussion with the P&FC committee, we will be encouraging the use of sunglasses for playground and excursion use. **The wearing of sunglasses is OPTIONAL and does not replace the school hat.***

### Sunglasses - School



Suitable sunglasses for school are those from the **Cancer Council's School Sunglasses collection**.

Let us remember that the sunglasses are an additional option to our **school uniform** and not a fashion accessory. It is important that students wear good quality, polaroid sunglasses which can be purchased from the Cancer Council shop. A **sports strap in black or navy blue** is also an important addition to sunglasses. This will allow students to run around without worrying about their sunglasses coming off. Please remember to clearly label your child's school sunglasses. <https://www.cancercouncilshop.org.au/category/sunglasses/school>

Mrs Kerrie Wetzlar



## **Term 2 - 2019 Afterschool Robotics - Monday**

**St Kieran's on Monday Afternoons.**

*TIME: 3.00 pm to 4.30pm*

*COST: \$250 for 10-week program (excludes gst)*

*DATES: April 29<sup>th</sup> 2019 – July 1<sup>st</sup> 2019*

### **MONDAY – Year 1 to Year 3 - WeDo Robotics Program**

*Each week the students do a Lego Build and Program guided by the WeDo Lego Software.  
They then use simple coding to bring the creations to life.*



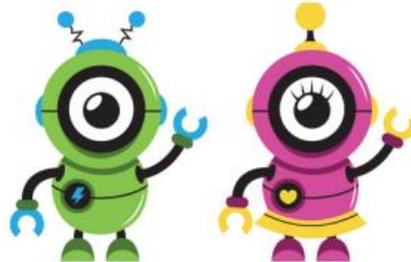
**CREATIVE KIDS VOUCHER available**

– See website below for details -

**PLEASE REGISTER with SERVICES NSW,  
BEFORE booking.**

<https://www.robokids.com.au/wp-content/uploads/2019/03/Creative-Kids-Voucher-Parent-Guidelines-NB.pdf>

**Bookings now open: [www.trybooking.com/BBQOZ](http://www.trybooking.com/BBQOZ)**



## **PARENT NEWS**

### **From the P&F**

We are here to help with any questions or concerns or just have a chat. Drop us a line at [st.kierans.pf@gmail.com](mailto:st.kierans.pf@gmail.com).

### **Canteen: Canteen [Menu here](#)**

Volunteers required please for:

- a full day, 9.00-1.50pm, week 10 of each term Wednesdays: 3 July, 25 September, and 18 December, and
- a morning shift, 9.00-11.15am, week 10 of each term Thursdays: 4 July, 26 September, and 19 December.

Thank you in advance.

NEXT WEEK's ROSTER (Term 1 - Week 11):

**Wednesday 10 April:** Rachel Woodland, Steph LaGreca

**Thursday 11 April:** Ally Browne, Trisha Byrne

**Friday 12 April:** Kirsty Conlon, Alana Janik, Christina Cole, Trisha Byrne

- Full day Volunteers are required from 8.50am to 1.50pm.
- Morning Volunteers are required from 8.50am to 11.15am (M).
- Lunch Volunteers are required from 11.15am to 1.50pm (L).

Any changes to the canteen roster, please contact: Jo Nesbitt - via text on: 0410 629 135.

### **Jo's chocolate chip muffins**

- 4 cups of SR flour
- ¾ cup of Coco powder
- 1 cup of caster sugar
- 1 cup of chocolate chips
- 250g butter
- 1 ½ cups of milk
- 4 eggs



Pre-heat oven to 180 degrees. Shift flour and coco powder into a bowl, add sugar and chocolate chips mix together. Melt butter in a microwave jug, and add milk, and whisk through the eggs, add this mixture to the dry ingredients and stir.

Place in muffins pans, and cook for 8-10 minutes depending on the oven. Makes 48 muffins.

## PARISH NEWS

### Family Colour Fun Run

Thanks to all parents from both St Kieran's and St Cecilia's schools who helped contribute to the great success of our Family Colour Fun Run which was held at St Augustine's College Oval last Sunday. We were blessed with a beautiful day and about 160 participants (parents and children) registered for the run.

Thanks to both our principals for their support in promoting the event and their assistance on the day. Thanks to the members of the P&F at both schools for organising support and equipment and assisting at the run. Members of the parish team, the Parish Pastoral Council and Men's Ministry (including dads from both schools) for their support in Registrations and the BBQ. The Bush Fire Brigade for hosing down the children and St Augustine's College for the use of the College and providing us with practical items needed.

It was also a great opportunity for families from both our parish schools to come together for a fun filled community family day.

Regards  
Janette

### First Holy Communion

The sacramental journey continues for the children (who have completed the Sacraments of Confirmation and Reconciliation in Year 3 and older) and their families next term as the children will prepare for, and receive, the Sacrament of First Holy Communion.

**Parent Information Meetings** will be held the third week of Term 2 on either **Tuesday 14 May at 9.30am OR Wednesday 15 May at 7.00pm both in St Kieran's Church.**

### 2019 – 2020 Sacramental Program for Children in Yr 2 (and older) – Key Dates

Parents of children in Year 2 (and older) who wish to participate in the 2019/2020 program are reminded that the program will commence the second week of Term 2 with a **Sacramental Program Information Meeting for Parents on either Tuesday 7 May at 9.30am OR Wednesday 8 May at 7.00pm in St Kieran's Church.**

Information presented at this session will include what parents need to know to accompany their children on their sacramental journey.

**Enrolment for Sacramental Program on Tuesday 21 June between 9.00am and 10.00am OR 6.00pm and 7.00pm in the St Kieran's Parish Community Centre.** All documentation including Registration Form to be handed in and family preparation groups finalised.

**Confirmation Parent Information Meeting on either Tuesday 18 June at 9.30am OR Wednesday 19 June at 7.00pm in St Kieran's Church.**

All documentation including the Program, Photo Card and Registration Form can be downloaded from the parish website at <http://www.northharbourcatholic.org.au/sacraments/sacramental-program/for-parents> and from the back of both Churches.

Please contact Janette Davidson on 0408 866 521 or at [sacraments@northharbourcatholic.org.au](mailto:sacraments@northharbourcatholic.org.au) if you have any questions about the programs.

## Live Life Well @ School

### LET'S SKIP TO IT!

Skipping is a fun way to improve cardiovascular fitness, balance coordination and muscle tone.

#### Get Skipping!

- **Practice** a walking skip by moving arms over the head before attempting to step or jump over the rope
- **Skip** through a hoola hoop
- **Play** fun music and skip in time to the beat
- **Get involved** in Jump Rope for Heart!



#### Skipping rope teaching cues:

1. Head and shoulders held level and straight
2. Arms held at 90 degrees with elbows close to the body
3. Move wrists in a circular action to turn the rope
4. Slight knee bend

For more ideas:  
Search 'Jump Rope' at  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)



Health  
Northern Sydney  
Local Health District