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Chronicle

Issue: 16 31 May 2019

LOOKING AHEAD

May

Fri 31 Yr 1 Parents night out

June

Sat 1 Yr 3 Parents night out

Mon 3 Athletics Carnival at Narrabeen

Wed 5 Discus comp for Yrs 3 and 4

Fri 7 Kinder Yoga

Stages 2 & 3 NRL Skills Clinic
2pm Athletics Ribbon Ceremony

Mon 10 Public Holiday

Wed 12 4.30pm Northern Beaches
Instrumental Festival – Snr Band

Fri 14 Kinder Yoga

Stages 2 & 3 NRL Skills Clinic
Polding Cross Country
2pm Assembly Yr 4

Mon 17 9 – 9.30am Open Classrooms –
Numeracy

P&F Meeting 7pm (note date change)

Wed 19 6pm Northern Beaches Instrumental
Festival – Jnr Band

Fri 21 Kinder Robotics
Stages 2 & 3 NRL Skills Clinic
Yr 6 Parents night out

Wed 26 6.30pm Winter Concert Series – Jnr &
Snr Bands

Fri 28 Stages 2 & 3 NRL Clinics
2pm Assembly Yr 5

July

Tues 2 Stage 2 League, Eagle Tag Gala Day
Vinnies Night Patrol Collection K-2

Wed 3 Stage 3 League, Eagle Tag Gala Day
Thurs 4 Stage 3 NRL Skills Clinic

Fri 5

End Term 2

Mon 22 Staff Development Day – Pupil free

Tues 23 **Term 3 commences for students**

Thurs 25 Yr 5 Excursion

Fri 26 10am Grandparents liturgy

Dear Families

Throughout the week, I have been visiting classrooms speaking to the students about our two school rules, **Safety** and **Respect**. We have also been discussing the meaning behind the school motto, **To Learn and To Love**. Within our school crest lies the Augustinian seal of a heart, an open book and an arrow. These symbols reflect our motto, which reminds us that St Kieran's is a community of love and learning. In speaking to the children, I have reminded them that we treat each other, our school and ourselves with care and respect. We do so in a safe and loving environment.

In regards to safety, students are supervised from 8:15 in the morning until the afternoon bell at 2:55pm. Outside this time, they are in the care of a parent, grandparent or Before/After School Care. Unfortunately, there have been some accidents during this time so a reminder that children do not play in the playground after the bell and that they are seated before school until a teacher is on duty. Your assistance in reminding your children would be greatly appreciated.

We are looking forward to a great day on Monday at the Athletics Carnival. The students are very excited and have been preparing at school during PE lessons. The carnival is a normal school day and children are asked to remain at the carnival for the day. Please ensure they are dressed appropriately and have sunscreen applied before they leave home in the morning.

God bless

Michael Gallagher
Principal

★ ★ ★ AWARDS ★ ★ ★

KH	Lincoln D and Fletcher C	KS	Peter S and Leila N
1L	Mateo BL and Allegra C	1S	Natasha M and Marcus F
2HR	Scarlett M, Erica K and Zara B	2L	Jasmine L and Alessia F
3C	Oliver F and Jj P	3V	Brooke Bathgate and Will P
4G	Olly O, Jackson G and Tristan D	4K	Michael P and April U
5K	Ana Luiza F and Nick W	Yr 5/6A	Ronan H and Alexander F
Yr 6	Paria S and Jordan W		
Italian	Max D, Ava W, Maddison Ro, Thomas T, Lukas G, Ashleigh W, Tadgh M and Catherine B		

SCHOOL NEWS

Kindergarten 2020 Enrolments

Enrolment interviews for Kindergarten 2020 have begun. If you haven't already submitted your child's application please do so as soon as possible.

Athletics Carnival - Monday 3rd June

Monday is our St Kieran's Athletics Carnival at Narrabeen Academy of Sports. Please see the Program of [Events](#) for the day. All students are to be at school by 8:45am to have their name marked off the roll and ready to get on the buses at 9am sharp. Please ensure all students are prepared for the weather for the day and have enough food and water for the day.

Please find attached both the Code of [Conduct](#) and Order of [Events](#) for the day. We look forward to enjoying a wonderful day together on Monday.

Broken Bay Cross Country

Congratulations to the sixteen students who participated in the Broken Bay Cross Country on Tuesday at Galston. Despite the cool temperatures, everyone represented St Kieran's and the Peninsula schools with pride and the sportsmanship for each other which was great to see!

A special congratulations goes to April U (1st), Philippa Q (2nd) and Tadgh M (2nd) for their selection to represent Broken Bay at the NSW Catholic Schools Polding competition at Eastern Creek in June. We wish them all the very best of luck.



Term 2 Years 3-6 Gala Day - Rugby League and Eagle Tag

Last week, parents of students in Years 3-6 were sent an email with a Google Form for permission to participate in the Term 2 Rugby League and Eagle Tag gala day. If you are yet to complete the form, please do so using the link provided below and read all information carefully. Please ensure that this form is completed ASAP as numbers need to be obtained for teams.

Please note: Those who choose to participate in Rugby League MUST have experience in playing this sport or in another football code that involves tackling e.g. AFL or Rugby Union.

<https://forms.gle/7hvp5VK4a9afyZAe8>

Kind regards,
Emily Channell

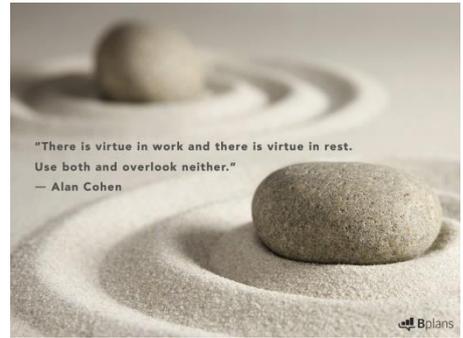
Chicken Pox

The school has had another case of chicken pox. This usually begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash. The rash usually begins as small lumps that turn into blisters and then scabs. For information from NSW Health click [here](#).

Religious Education

Playground Ponderings, from the Mouths of our Children, and REST.

Earlier this week I found myself at the oval supervising lunchtime play. A group of usually energetic Year 5 boys were laying in on the grass obviously enjoying the warm sun on their backs and each other's quiet company. As I approached I smiled at their idle chit chat about their weekend activities. The boys and I got talking. The boys were glad to do nothing and just enjoy the sun. They were tired from their busy weekend of sport, family gatherings, shopping and playdates. They were simply enjoying some down time. I thought about how wise they were to recognise their need for rest and take the time to lay on the grass, in the sun and enjoy each other's company. We could all learn from these boys.



There are many sites that provide technical information about the importance of rest and one I thought that was best value was <https://www.becomingminimalist.com/resting/>.

I have included a few quotes from the great thinkers of our world about the subject.

- **Leonardo da Vinci** said, "Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer."
- "He that can take rest is greater than he that can take cities." —**Benjamin Franklin**
- "Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee." — **Augustine of Hippo, Confessions**
- "Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." — **John Lubbock, The Use Of Life**
Mrs Kerrie Wetzlar



After School Care Lost Property

If your child attends Catholic Care please check the lost property box located next to the sign on desk at after school care. There is a large quantity of misplaced items and clothing in the box. Please remember to label all items.

Woolworths Earn & Learn

Between 1 May and 25 June St Kieran's will be participating in the Woolworths Earn & Learn program. Collect your stickers and encourage your family and friends to do the same. Stickers can be placed in the boxes outside the school foyer and also at Woolworths Balgowlah and Warringah Mall.

PARENT NEWS

From the P&F: any questions or comments please just email us. st.kierans.pf@gmail.com

Canteen: Canteen Menu [here](#)

NEXT WEEK's ROSTER (Term 2 - Week 6):

Wednesday 5 June: Anne Mitchell (M), Ali Hoile, Melissa Dunn (A)

Thursday 6 June: Susanne Foale, Dana Reedy

Friday 7 June: Susan Nicols, Alicia Potega, Sania Saady

- 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.

Entertainment™ Memberships 2019/2020

Click here <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

PARISH NEWS

Sacramental Program

First Communion Program

Practice

Tuesday 11 June 4.00pm and 7.00pm St Cecilia's Church

Wednesday 12 June 4.00pm and 7.00pm St Kieran's Church

Parents will be requested to check their child's First Communion date is correct, provide final numbers of those attending the ceremony and place their child's photo in the folder for their nominated First Communion Mass.

Confirmation Program

How do we accompany our children in the Confirmation Program as parents, parish and school?

Session for Parents (1 hour)

Tuesday 18 June 9.30am **OR** Wednesday 19 June 7.00pm

Group Facilitator Training (after the parent meeting) Tuesday 18 June at 10.30am **OR** Wednesday 19 June 8.00pm

Please contact Janette at sacraments@northharbourcatholic.org.au or 0408 866 521 if you have any questions.

COMMUNITY NEWS

The Football Factory: For information regarding holiday camps in July please click [here](#).

Live Life Well @ School
HEALTHY SCHOOL CANTEENS

Great News! By December 2019 NSW school canteens will help students make the healthy choice, the easy choice.

Thanks to the NSW Healthy School Canteen Strategy and our canteens:

- EVERYDAY**, healthy, tasty, food and drink options will be the main items available*
- OCCASIONAL** foods will be limited on the menu
- Sugary drinks** will not be sold.

Australian Guide to Healthy Eating

www.eatforhealth.gov.au

Choose a wide variety of nutritious foods. Eat more than food groups every day. Drink plenty of water.

Use small amounts. Drink quantities and in small amounts.

*based on the Australian Dietary Guidelines above.

For more information, visit:
healthyschoolcanteens.nsw.gov.au

NSW GOVERNMENT | **Health** Northern Sydney Local Health District