

# Family Matters

Holy Family Primary School

30 August 2017

Issue # 7



EDUCATING IN FAITH FOR TOMORROW'S POSSIBILITIES

## Principal's message

Mrs Anne-Marie Marek

Dear parents/carers,

Welcome to Family Week ... a week to catch our breath, spend time with the family, no homework for students. Enjoy.

### SUMMER UNIFORM

A reminder that the wearing of Summer Uniforms commences in Term 4, so please check the wardrobe and visit the CLOTHING POOL or our retail suppliers, if any items are needed. We will have the usual transition period in early Term 4 if necessary, to cater for the unpredictable weather. Another reminder is that black leather school shoes are an essential item of uniform. Several parents comment that their Year 6 child only has one term left at school. However, students also need black school shoes in high school. I also wish to remind everyone that the current fluoro style runners are not school uniform and cannot be worn to school on sport days. When enrolling your child into this school, you agreed to the wearing of the correct uniform. Holy Family aims for a high standard of school uniform and we will be making every effort to ensure that this is achieved.

### SCHOOL FEES

Thank you to the parents who have settled their Term 3 account. If you have not done so, it would be appreciated if you could do so immediately. Payment can be made via BPay, EFTPOS, credit card, cheque or cash. Please do not hesitate to contact me if you are having any difficulty.

### FATHER'S DAY BBQ on FRIDAY AFTERNOON

There will be an opportunity for dads to look through the school from 3.30pm prior to having a sausage and beverage from 4pm. The BBQ will take place on our school oval, let's pray for fine weather. The P&F hosts this event. There will be an opportunity to support the Prostate Cancer Support Group by donating a gold coin to this charity.

As mentioned in the P&F newsletter this week, if you can spare an hour to assist, please let the front office know asap.

### CONGRATULATIONS LUCA HRSTIC Year 6

Last Monday evening Luca competed in the ACT finals of the Rostrum Public Speaking competition at the ANU. I'm thrilled to announce that Luca won the competition— a wonderful result Luca. We are so proud of you!



### DATES TO REMEMBER

#### Event 1

**FATHER'S DAY BBQ AFTERNOON  
FRIDAY FROM 3.30PM**

#### Event 2

**K RED PRAYER ASSEMBLY  
MONDAY 4 SEPT @ 9.00PM**

#### Event 2

**BOARD MEETING  
WEDNESDAY 6 SEPT @ 6.30PM**

#### Event 3

**Tuesday 5 Sept  
TUGGERANONG ATHLETICS  
CARNIVAL**

#### Event 4

**2 WHITE ASSEMBLY  
FRIDAY 8 SEPT @ 2.15PM**

### TUGGERANONG ATHLETICS CARNIVAL

Thank you so much to the handful of parents who offered to assist Anne Potter run the Athletics Carnival next week. Holy Family is tasked with the responsibility of running the canteen at the grounds on the day. PLEASE consider lending a hand for an hour— this would help enormously. Please contact [anne.potter@cg.catholic.edu.au](mailto:anne.potter@cg.catholic.edu.au) Hoping we get a huge response from parents.

### P&F MEETING TONIGHT

@  
7.30PM

## AWARDS

Congratulations to the children who received White Awards at last Friday's Assembly:

KR	Nicholas B, Clancy H	3G	Luke K, Clare L
KW	Elliot C, Joseph P	4R	Natalia D, Laura S
KB	Annabel AD, Noah L	4W	Angelina R, Lachlan H
1R	Owen G, Levi V	4B	Patrick B, Hanna C
1W	Julian H, Mason M	4G	Ethan C, Abigail C
1B	Samuel H, Sienna H	5R	Hannah M, Brianna S
1G	Mitchell J, Lucy C	5W	Maxim P
2R	Saidee M, Alyssa C	5B	Abbie E, Amy McL
2W	Thomas A, Darcy O'R	6R	Gypsy-Rose B, Ryan MCK
2B	Lara L, Peter T	6W	Kate H, Carla G
2G	Kiara N, Summer O	6B	Liven K, Emelia M
3R	Kiara W, Lukas N	6G	Mackenzie G, Bube I
3W	Lucy McA, Gabriel P		
3B	Monique G, Chloe P	COOSH	Skyla B, Marcello A, Emily F, Emily W

**Be your best awards:** Madison R, Billy C, ac McM, Isabella S, Luke O, Tyler R, Jayden T, Tahlia G, Max K, Joseph F, Williams E, Kasia S, Kirsten J, Isaac A, Danny McL, Riley A, Ashley P, Layla B, Luke S, Annabel A, Kara W, Denly J, Annika K, James W, Patrick K

### KNOWING WHEN A PROBLEM IS REAL

All children will complain about school to their parents on occasions. There are literally thousands of social interactions that go on in school every day, and a small percentage of those will not go well for some children, and parents will hear about them.

"The teacher doesn't like me."

"I've been put in a class with no friends."

"Everyone is picking on me and I do nothing wrong."

"I hate school."

"Nigel was mean to me today."

"Meredith is bullying me."

Learning to distinguish between a real problem and every day ups & downs is a challenge for teachers – and also for parents. Learning to grow up is about learning how to deal with and manage a world that won't always go your way. When you can't change a situation then you need to find a way of adapting or coping. How do you know when a problem a child experiences at school is serious, or whether you are just dealing with a serious complainer or maybe a child who is not taking responsibility for their own actions? Here are a few thoughts to reflect on:

1. Is your child's health and well-being affected? Regardless of whether you think an issue is minor or not, if a child is losing sleep, his or her appetite is affected or their behaviour is erratic then the problems need to be taken seriously.
2. Are there some patterns occurring? Sometimes complaints or problems revolve around a central theme to do with the child in question, or a number of children. Perhaps, a child is always complaining about social problems, or is always being left out. Some investigation may reveal that there is a serious problem with the child or with a group of children. On the flip side it could be a child that is not owning their own actions or behaviours? We still need to help in both situations.
3. Are you being a 'helicopter' parent and hovering around, constantly looking for the negative things in a child's day? Who is benefitting from this sort of behaviour? Is reliance and optimism being developed?
4. Is your child having problems in different areas of his or her life? Sometimes small problems at school can be a breaking point for some kids as there is so much else happening in their lives. With one in four families classified as non-intact, increasingly kids have to contend with a lot at home.

## Father to Father

Michael Grose (parenting Ideas)



As a father and father-in-law to three young dads, it's great to see each of them embracing the life-changing nature of fatherhood and becoming fully involved in their children's lives.

I see myself in these young fathers, and in doing so I'd like to guide them away from making the same fathering mistakes I did. However, knowing that young dads are loathe to take fathering advice from a member of the previous generation, I'll give the following advice to my younger self instead:

### 1. Play to your strengths

Men generally parent differently to women, based on their biology. Fathers often parent in a more active or action-oriented way than mothers so games, play and physical activity become important parts of a man's parenting repertoire. Your partner may not always appreciate your more active approach, particularly if you play with kids just before bedtime then leave it to her to calm them down.

**Practical advice:** Be yourself, but be smart about it!

### 2. Lighten up – don't take yourself too seriously

It's easy to get caught up in your own importance, taking yourself and your work too seriously. For many men a bad day at work translates into poor or, at best, distracted experiences when they're with their families. Consider putting a strategy in place, such as exercise, that will help you leave work and the moods it engenders behind.

**Practical advice:** Be present in mind as well as in body when you're with your kids.

### 3. Have something in common with each child

It would be wonderful to say that you can always connect with your kids, but family life is not that straightforward. There'll always be a child who we struggle to connect with or a developmental stage during which a child seems alien to us. In these cases and times it helps if you share a common interest (such as a love of sport or music) with a child so that you always have something that will bring you together, even though you may not always see eye to eye.

**Practical advice:** Be prepared to take an interest in your child's interests.

### 4. Take it easy on your son

Many dads are tough on their boys and have expectations way above their son's interest and ability levels. It helps to remember that it takes a little longer for a boy to mature. Resist the temptation to turn every game and every joint activity into a lesson and avoid giving advice when all your son wants is some understanding.

**Practical advice:** See the boy as he is now, not the future man, when you spend time with him.

### 5. Enjoy the outdoors with your daughter

The biological nature of fathering causes most men to be very protective of their daughters. But that doesn't mean you should put your daughter on a pedestal and treat her like a little princess. Expect a lot from her. Play with her, and get her outside into nature as it will do wonders for her confidence levels.

**Practical advice:** Enjoy spending time with your daughters on a daily basis.

### 6. Be ready for kids to knock you off your pedestal

Most children in the pre-school and middle- to late-primary school years look up to their dads. “My dad is better/ bigger than your dad” is a type of mantra that’s familiar to many parents. Make the most of it as this Superman Syndrome doesn’t last. Young children soon become adolescents and will go to great lengths to prove that you’re Clarke Kent after all. Expect that they will stop laughing at your jokes, raise an eyebrow at your well-intentioned advice and even stop being friendly to you in public. Ouch! It can be hurtful to a man who just wants to be the best dad he can be.

Practical advice: See number 2 above: don’t take yourself too seriously.

### 7. Give your kids a compass and a map

One day your children will become independent of you. Don’t worry! You won’t be irrelevant, just redundant in a practical and managerial sense. There are two things you can do to help your kids safely navigate the world when you’re not around. First, help them develop a set of positive values including integrity, honesty and respect that will act as their moral compass when they have difficult decisions to make. Second, reveal your personal story over time as this narrative will become a personal map that will reassure them when life gets tough. It’s good to know that they are not in uncharted territory when they finally strike out on their own.

Practical advice: Tell kids your story – don’t make them guess it or learn it from someone else.

## Wishing all our dads a happy Father’s Day



### CONGRATULATIONS

Congratulations to James E, Nikolas K, Cameron R, Oliver P, Solomon B, Sid S, Joel S and Joel W who played in the Basketball Carnival grand final at Southern Cross Stadium in Tuggeranong. Although they didn't win a great time was had by all. Well done boys!



### SCHOOL SURVEY CLOSES TOMORROW FRIDAY 1 SEPTEMBER

All parents at Holy Family are invited to complete the parent survey. The survey link was sent to parents via email however if you did not receive an email please click on the link below.

<https://www.research.net/r/holyfamilyparent2017>

I ask God’s blessing on you and your homes

*Anne-Marie Marek*

Principal  
annemarie.marek@cg.catholic.edu.au

## Assistant Principal's News

ICAS – Science

We congratulate all the following students who sat the ICAS UNSW Spelling competition. Once again we have achieved some excellent results. Well done children!

Year 3: William H, Irene A, Izabelle A, Brayden F and Aidan R

Year 4: Thomas, Antonio A, Patrick B, Levi B, Prisha M, Amelie P, Hararie R, Erin S and Joshua Z

Year 5: Cooper B, Euan C, Madilyn C, Emily F, Casey H and Aidyn O

Year 6: Hugh H, Solomon B, Abigail C, James E, Kristen J, Quinlan M and Kaitlyn Z

This Year children received 5 Merit certificates, 6 Credit Certificates and 1 Distinction Certificate. These awards will be presented at this Friday's Morning Assembly.

Yours in Faith

*Leah Taylor*

Assistant Principal

## Around the school...



**HOLY FAMILY YEAR 5 AND 6 PRESENTS**  
**Shake, Ripple & ROLL**  
**2017**

*Shake, Ripple & Roll: A Rock and Roll Musical*  
 Book and Lyrics by Jenifer Toksvig  
 Music by David Perkins  
 BY ARRANGEMENT WITH ORIGIN™ THEATRICAL ON BEHALF OF SAMUEL FRENCH Ltd.

Year 5 & 6 2017 will be presenting their musical at Erindale Theatre on the 20<sup>th</sup> and 21<sup>st</sup> of September (Week 10).  
 Get ready to SHAKE, RIPLE & ROLL!

**TICKETS COMING SOON!**



### Next week is National Health and Physical Education Week.

The Health & Wellbeing group is busy planning activities for Wednesday through to Friday. We have a lunchtime DISCO, skipping, a teacher versus student soccer match and competitions.

This all culminates in a Wear your Jersey to school day on Friday (week 8). Listen to morning assembly announcements and further details in next week's Newsletter.

## RELIGIOUS EDUCATION NEWS

### Take up your Cross

This weekend's gospel is taken from Matthew 16 where Jesus told his disciples that he would suffer and die and then be raised to life. But Peter said to Jesus, "This must never happen to you." Then Jesus said to him, "Get away from me Satan! You are an obstacle in my way because these thoughts of yours don't come from God but from human nature. If any of you want to come with me, you must forget yourself, carry your cross and follow me."

In the gospel, Jesus is warning us against selfishly seeking after material comforts. He promises reward for those who give up these comforts to follow Jesus.

What do you think? What things do you really enjoy? What would you give up so that you could follow Jesus?

### Anointing Mass

Last Friday 6 Red attended the Anointing of the Sick Mass with the parishioners in our parish who are ill. This was an experience that humbled the students and gave them an appreciation of the elderly and frail in our community.

It also allowed the students to have some connection with other people in our parish. After the mass the students were invited to share morning tea with the parishioners. Many students found this a rewarding and enjoyable experience.



This week's value is...**INTEGRITY** and **TRUTH**

### Week 8 Prayer

Prayer Assembly: Kinder Red

Monday 9.15am HFC

Class Mass: KB & 2R