

# Family Matters

Holy Family Primary School

13 September 2017

Issue # 9



EDUCATING IN FAITH FOR TOMORROW'S POSSIBILITIES

## Principal's message

Mrs Anne-Marie Marek

Dear parents/carers,

### RESILIENCE

**Children's Mental Health** is in the news a lot these days. I received a book in the mail this week, titled "Teach Your Kids to Shrug!" by Michael Grose. He says: "It's important to remember that having good mental health doesn't mean kids never experience difficulties or worries. Feeling worried, sad or fearful is normal. The difference is that kids who are mentally healthy are capable of managing the challenges that come their way. They don't let emotions overwhelm them. As a result they learn better and have more friends as well."

As a parent it's useful to reflect on the mental-health habits that you promote in your children. The following five basic habits may sound like common sense, but as children's and your own, lives become busier these habits can easily be squeezed out.

**Sleep.** Sleep is one of the building blocks of mental health and wellbeing. Your child needs between 10-12 hours sleep every night.

**Exercise.** Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. How much exercise does your child get?

**Help Others.** Helping others reinforces social connectedness and the importance of being part of a community, providing opportunities for positive recognition.

**Talk.** A problem shared is a problem halved.

**Relaxation.** Make sure your child has a hobby or activity that relaxes them.

### CLASS 2018

I was informed by Catholic Education last week that we will only be granted teachers for 25 classes in 2018. Our class structures for 2018 will be as follows:

#### Preschool

<b>Room 1</b>	22 children (Mon-Fri)
<b>Room 2</b>	22 children (Mon-Fri)
<b>Room 3</b>	22 children (Mon-Fri)
<b>Room 4</b>	22 children (Mon-Fri)

All preschool classes will consist of a mixture of full-time and part-time children

<b>Kinder</b>	3 classes
<b>Year 1</b>	3 classes
<b>Year 2</b>	4 classes
<b>Year 3</b>	4 classes
<b>Year 4</b>	3 classes
<b>Year 5</b>	4 classes
<b>Year 6</b>	4 classes

### ADVANCE NOTICE

Grandparents Day 2017 will be held on Wednesday 1 November.

See the flyer at the end of the newsletter



THE FETE WILL  
TAKE PLACE  
SATURDAY 25TH  
NOVEMBER  
10AM-2PM

Have you got November 25<sup>th</sup> marked in your diary? The school fete is fast approaching. Have you decided which stall you are going to help with? Many hands make light work.

The Fete Committee have sent home a newsletter in print form. We have also sent home raffle tickets yesterday. If you have not had the chance to contribute to this community this year, this is one small way you can by selling your book of raffle

## DATES TO REMEMBER

### Event 1

**Boys Cricket**  
Thursday and Friday

### Event 2

**3W Assembly**  
Friday

### Event 3

**Shake, Ripple, Roll performances**  
Wednesday 20th and Thursday  
21st with matinee performance on  
Thursday as well  
Erindale Theatre  
Tickets on line

### Event 4

**2R Prayer Assembly**  
Monday 18 Sept @ 9.00 in the  
Church

### Event 5

**FIRST RECONCILIATION**  
Parent  
Information night  
Wednesday 20 Sept @ 7.30pm

### Event 6

**Sock-tember**  
Friday 22 September

tickets, at work, to family and friends. We held our FETE launch at school yesterday afternoon. I thank Anne Potter and Lucy Gibson for launching this event and the Year 3 children for their fabulous fete song. We congratulate Jonah F, Steph C, Alicia T and Halle Lon their winning Hand voucher design. These will be used for all of our pre-purchased children's snacks on the day eg sausage, drink, ice-cream, chips, lolly.

## AWARDS

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

KR	Olivia D, Zarina C	3G	Cameron G, Ava N
KW	Daniel B, Giselle L	4R	Kenneth G, Ashlee A
KB	Ruby S, Beau P	4W	Marcello A, Leela R
1R		4B	Olivia S, Matthew K
1W	Archer E, Laura K	4G	Sophie H
1B	Seth S, Jack B	5R	Emily F, Pablo T
1G	Emily A, Neve S	5W	Emily D, Kyle B
2R	Brayden W, Grace Z	5B	Angeline E D
2W	Jaxon S, Isla P	6R	Christina El-B, Ashel D'S
2B	Bronte McC, Jeffery B	6W	Sofia M, Mackenzie C
2G	Jacob Z, Tara vG	6B	Clare K, Bridie Q
3R	Kevin K, Lareena B	6G	Sophie B, Natalie R
3W	Sophie B, Price T	ELC	Hunter C, Sarah F
3B	Monique G, Charlotte N	COOSH	Emily S, Sharon J

**Be your best AWARDS** Emily W, Sarah M, Christine B, Juliette B, Maja G, Rhys L, Carla G, Zoe A, Paige N, Alex N, Hunter G, Reuben B, Cooper T, Erin E, Declan K, Madison L, Lizzie B, Luke K, Oscar S, Samantha J, Reem J

**LEXILE AWARDS** **BLUE**– Mabel Y, David S, Lucy McA, Meaghann S, Kyle B **RED**– Olivia S, **BRONZE**– Erin S, Louise J

### STAFFING CHANGES TERM 4

I wrote to preschool parents today advising them that Michelle Dudley (our ELC Director) will be taking some leave for the first half of Term 4 to have surgery to replace her two knees. We wish her a speedy recovery– such a big operation! We will welcome Olivia Le (nee Gerstenberg) back to Holy Family as the acting ELC Director. Olivia is well known to many family as she was our COOSH Operations Manager for many years.

Ms Lisa Gill will also be taking Term 4 as leave. We wish her an enjoyable 'time out'. We welcome Mrs Kate Whitehead to a full-time position in Term 4 working with Arika Bassett and Louisa McIntosh, providing Release from Face-to-Face for our teachers. Instead of teaching Music, Kate will work with the children to develop their cooperative and higher order thinking skills each week.

### ACT TENNIS GALA DAY

Lucy Gibson is escorting our Tennis player squad to the Gala Day today. We wish the following children a successful and enjoyable day on the courts: Lachlan G, Billy M, James B, Matthew K, Meaghann S, Ashlee A, Erin S, Alera N, Hannah C, Kirby C, Cameron G, Malakai Y, Jacobi S, Lachlan J, Luke B, Liam D, Sophia G, Isla G, Adelaide N, Layla B.

God's blessing on you and your homes,

Anne-Marie Marek

[annemarie.marek@cg.catholic.edu.au](mailto:annemarie.marek@cg.catholic.edu.au)

## Assistant Principal's News

### Showcase

Year	Date	Time
Kinder	Thursday 21st September	3:30pm - 5:30pm
Year 1	Wednesday 13 <sup>th</sup> September	2.30-3.15
Year 2	Monday 18 <sup>th</sup> September	2.30-3.15
Year 3	Thursday 21st September	2.25-3.15
Year 4	Thursday 21 <sup>st</sup> September	1-1.30
Year 5 Year 6	Musical – Wednesday 6.30pm start; Thursday Matinee Midday and 6.30pm	

### ICAS Writing

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

Year 3: Brayden F, William F, Irene A, Izabelle A, Joel J, Like K, Brianna L and Chloe P

Year 4: Kirby C, Ruvarashe M, Amelie P, Erin S, Hannah W and Joshua Z

Year 5: Danika B, Ava F, Emily F and Bailey W

Year 6: Tharushika D, James E, Hugh H, Shaun J, Kirsten J, Emma M, Quinlan M and Kaitlin Z

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

Yours in Faith

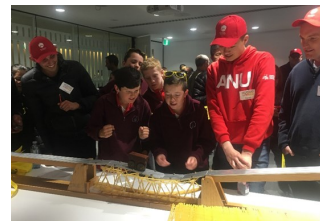
*Leah Taylor*

Assistant Principal

## Around the school...

### UNSW Engineering Games

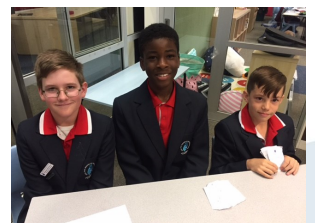
On Wednesday 6 September 16 students from Year 6 represented Holy Family at the UNSW Engineering Games. Students chose from a range of challenges which saw them construct a spaghetti bridge to hold a metal plate and car, a straw structure 500mm high to hold 3kg, a hovercraft and a geodesic dome. It was a great learning experience for all involved and we are excited to participate again in 2018. Thank you to all the parents and families which travelled to ADFA on Wednesday night to support us.



Mrs Young

### Debating team

Our 3 debaters made the trip across town to St John Vianney's to convince the audience that computers should not replace teachers. Bube, Oliver and Damian did an outstanding job and although they lost by the narrowest of margins- Damien was awarded best speaker. That concludes the debating season for 2017. Thank you to Mrs Marek, Miss Salcedo, Mr Hinds and the Year 6 teachers for their assistance



Mrs Huntly

*The community of Holy Family Primary School*

*Wish to invite you to join us in celebrating*

# **GRANDPARENT'S DAY**



**Date: Wednesday 1 November 2017**

**Time: 10.30am—1.00pm**

## **10.30-11.00am Classroom visits**

When arriving at Holy Family please make your way to the classroom.

If you are new to the school there will be students in the courtyard who are able to assist you with directions. ELC Grandparents are welcome to visit the preschool.



## **11.10-11.45am Recess**

Please bring a picnic morning tea to share with your children. Morning Tea snacks are available for purchase from our canteen on the day. Tea & coffee will also be available.

## **12.00-1.00pm Concert in the Hall**

Be prepared to be entertained!



What did you say?  
Holy Family is having  
Grandparent's Day?  
I'm on my way!