



Dear Parents and Friends of St Mary MacKillop Primary School

SWEET DREAMS

At St Mary MacKillop we endeavour to ensure that each child reaches their full potential in their learning by exploring their unique gifts and talents. In order to reach these goals it is vital that students eat well, exercise and have adequate sleep.



The quality of our sleep directly affects the quality of our waking life, including our mental sharpness, productivity, emotional balance, creativity, physical vitality, and even our weight. Some children do not appear to get enough sleep each night. Adolescents require between 8.25 and 9.25 hours of sleep per night.

Sleep isn't exactly a time when our body and brain shut off. While we rest, our brain stays busy, overseeing a wide variety of biological maintenance that keeps our body running in top condition, preparing us for the day ahead. Without enough hours of restorative sleep, we won't be able to work, learn, create, and communicate at a level even close to our true potential.

According to Dr Michael Carr-Gregg, one of Australia's leading adolescent psychologist's, "A good night's sleep is the best study tool." It is so important for parents to ensure that their children have a good sleeping environment. Good sleep hygiene is essential. Bedrooms should be dark, cool and quiet to enable good quality sleep. No technology (particularly mobile phones and laptops) should be kept in bedrooms at night as these offer far too many distractions and interruptions. Diet also plays an important role – sugary sweets and coffee should never be consumed before going to bed. Sweet Dreams!

It's a Miracle

What do you think about miracles? Are you a believer? Apart from surviving parenthood and still being of sound mind, do you think that extraordinary things might happen which have no apparent rational explanation? What do you think of this occurrence?

In May 1917, three Portuguese children, Lucia Santos and Jacinta and Francesco Marteo, aged ten, eight and seven, claimed to have seen a Lady from Heaven who spoke to them about mankind's need to change its approach to living. They said that a miracle would take place on October 13 so that all would believe. They were laughed at and scolded by their families and when the story began to be talked about more widely, they were arrested and imprisoned by the local mayor. In spite of separating them and threatening them with various forms of punishment, each of the children persisted with the same story.

On October 13 a crowd of 70 000 people from all walks of life and persuasions, gathered to see the miracle which the children had told them to expect around midday. The vast crowd stood in the pouring rain for several hours till, shortly after midday, the clouds parted and they saw the sun turn different colours whilst apparently spinning on its axis. This lasted for about ten minutes. Then, the entire crowd saw the sun plunge towards the earth. They were terrified, as it seemed like the end of the world. When they looked again, the sun was in its accustomed place and though they had been standing in the pouring rain, they were completely dry. Adapted. The True Story of Fatima. John de Marche.

There were hundreds of written testimonies as to what happened, so, was it a miracle? It would seem unlikely that so many thousands of people were simultaneously tricked or took part in a lie or that the detailed historical records, still in existence, were somehow “made up” later on without anyone realising it.



People of Christian faith recognise that miracles do take place and base their entire belief on a past miracle namely, Jesus’ Resurrection from the dead. During His three years of public life, Jesus performed many miracles most of which were miracles of healing. Often associated with these acts of healing were the words, “Your sins are forgiven” or “Go and sin no more”. These words would have been considered a blasphemy by the Jewish hierarchy for only God had the authority to forgive sins. Jesus was saying that He had that authority to decide who would enter the Kingdom, no matter what their status in life, provided they believed in Him and tried to live good lives.

So, at Fatima, during the First World War, “the Lady from Heaven” restated Jesus’ message to ordinary people: have a good look at your lives, remove the negative behaviours and return to God’s way – love God, love your neighbour, love yourself and peace will come not only to you personally, but to the world.

Probably, none of us has had our own personal miracle, but possibly, we have each had an encounter in life, that has made us think more deeply about ourselves. Perhaps we have undergone a healing process that has brought peace into our life, maybe we are more accepting of ourselves, of other people, maybe more aware of God’s Spirit within us.

Dear
“Lady from Heaven”,
in every instance that you have appeared
to people throughout the ages,
you have always called them to your Son.
Help us, now,
to come to Him
with open and willing hearts.
Amen.

Thought for the Week

“We must hold ourselves in readiness for God’s will
Whichever way things go.”
Mary MacKillop 1899

Have a Blessed Week

Michael Siciliano

PRINCIPAL

REMINDER

Morning supervision commences at 8.15am when school gates are opened. Parents are reminded not to leave children unsupervised before this time. Afternoon duty concludes at 3.30pm.

Parents please contact the school office if you are running late to collect your child.

Extraordinary Jubilee Year of Mercy: 8th December 2105 – 20th November 2016

The Corporal Works of Mercy

Last KIT the first two Corporal Works of Mercy were explained. This week we will unpack the third and fourth works and their implications for our lives today.

The seven Corporal Works of Mercy are:

- (1) Feed the hungry
- (2) Give drink to the thirsty
- (3) *Clothe the naked***
- (4) *Shelter the homeless***
- (5) Visit those in prison
- (6) Comfort the sick
- (7) Bury the dead



Clothe the Naked

Our universal concern for the plight of the poor must be acknowledged as a genuine priority.

The *Catechism of the Catholic Church* teaches: "[Human] misery elicited the compassion of Christ the Saviour ... Hence, those who are oppressed by poverty are the object of a *preferential love* on the part of the Church" (2448).

As for "clothing the naked," you can always go through your closets and find garments to donate to the needy. Local charity shops would be happy to make them available to the needy at a low cost (and often those shops are selling their items to raise money for other good causes, too, such as a local hospital or hospice).

Shelter the Homeless

There are many circumstances that could lead to someone becoming a person without a home. Christ encourages us to go out and meet those without homes, affirming their worth and helping them seek a resolution to the challenges they face.

See if your parish or diocese is involved with a local homeless shelter and volunteer some time.

Donate time or money to organizations that build homes for those who need shelter.

Many homeless shelters need warm blankets for their beds. If you can knit or sew that would be an extra loving gift.

There are also well-established groups that specialize in relieving the problem of homelessness. Supporting their work is almost always a great way to practice these works of mercy. For example, Habitat for Humanity enables volunteers to actually lend a hand in building brand-new homes for the poor and underprivileged. Remember that our Lord himself started His life as a homeless child, born in a manger because there was no room at the inn, and often, throughout His ministry, He had nowhere to lay His head. He must have a special compassion for those who have had to share so closely in His experience of periodic homelessness.

To accept the challenge of being a true disciple of Jesus Christ, means making yourself available to whatever our Lord might call you to do in His service. It means opening your eyes, opening your hearts, and serving His children. It's our duty.

<http://www.thedivinemercy.org>

<http://www.usccb.org/>

Sacrament of First Holy Communion

We pray for and congratulate the following children who have received (28th or 29th May) or will receive (4th or 5th June) their Sacrament of First Communion. The reception of this Sacrament is another step in their initiation into the Catholic Church.



Jessica A, Cooper B, Layla B, Austin B, Tayla B, Riley B, Georgia B, Mikayla C, Elise C, Trinity D, Isabella F, Kate F, Emily F, Thomas F, James F, Iaria G, Vashti G, Judith G, Georgia G, Emilia G, Bryce H, Amy J, Brianna K, Kalinda K, Alic L, Ella L, Lachlan L, Amelia Mac, Keely M, Lincoln Mc, Jake Mc, Bailey Mc, Rory Mc, Emily Mc, Joshua M, Jayden M, Whyte O, Ava O, Angelica P, Olivia R, Kyle R, Chontelle R, Grace R, William S, Lachlan S, Tayla S, Taylor T, Kaden V, Jeremy V, Matilda V, Samuel W, Genevieve W, Emily W, Noah W, Tori W, Elle W and Xavier x

Social Justice Activity: St Vincent de Paul and Penrith Community Kitchen **Thursday 16th June**

This term our Social Justice Initiative will be based around supporting the St Vincent de Paul Winter Appeal and Penrith Community Kitchen. With winter upon us both these worthwhile charities are in need of our support.

The St Vincent de Paul Society expects to see an increase in demand for assistance over the winter months. With energy prices and the cost of living increasing, more Australian families are struggling to make ends meet and cover basic household expenses.

Penrith Community Kitchen, is a community project that is staffed by volunteers and has been operating for 19 years. It is open five days a week and provides approximately 900 meals each week.

Sadly, too many Australians will experience a long, cold and often lonely winter this year. As part of our social justice program, on Thursday 16th June we will have a Donation and Mufti day. All the children will be asked to wear mufti clothes to school and donate one or more of the following items:

St Vincent de Paul needs donations of:

beanies
gloves
scarves

Penrith Community Kitchen needs donations of non-perishable food such as:

Tinned food such as; soups, vegetables, meat, tuna, salmon
Packets of rice, pasta or cous-cous
Bottles of pasta sauces

All donated items will be collected and presented to the appropriate charity. Thank you in advance for your help in reaching out and supporting those in need in our local community.

Whole School Mass - 9:15am Fri 24th June

Please join us for a whole school mass at 9:15am on Friday 24th June to celebrate the Feast of the Birth of John the Baptist. This feast is special because ordinarily the Church observes the day of a saint's death as their feast, because that day marks their entrance into heaven. There are two notable exceptions to this rule, the birthdays of Blessed Mary and of St. John the Baptist. The day of John's birth, the day on which he began his mortal life, is sacred. The reason for this is that the Lord wished to announce to the world His own coming through John the Baptist, so that all the world would not fail to recognize Him.

Mrs Leesa Gillard
Religious Education Coordinator

P & F News

What a fabulous Grandparents day & Book fair last Friday. It was nice to see so many families join us for the Liturgy & Book Fair, hope your grandchildren didn't drain your pockets too much. A huge thank you to Sonya Peters, Liz Whalen, Jenni Hicks, Wendy Attard, Cecily Ellston, Joanne Randall & any other parents that came to help our P&F for the Morning tea & Book fair, your support is much appreciated.

We have so many more great events coming up in our School later this year like the Father's Day Liturgy, School Dance-a-thon, School Disco & our School Musical for this year (The Lion King).

Mrs Fiona Bryant has organised our Bargain Buyers shopping Trip again which will be held on the 8th of October 2016. Keep an eye on this space & the Facebook page for more details coming soon.

The Class Parent Representatives are in for 2016, below is a list of Parents that have offered to take these positions on. The Parent Class representative role is to support the Parents and Friends Association (P & F) wherever necessary in communicating and requesting parents to get involved with BBQ events, morning teas, cleaning bees, assisting teachers with reading and numeracy programs, library assistance and fundraising events etc. Also the Parent Class representative assists by directing parents/guardian to the appropriate person within the school for any queries that may arise.

Fiona Bryant – KA
Sonya Peters – KH
Rachel Brennan-Gale – 1R
Yonghua Miller – 1J
Cecily Ellston – 2A
Cath King – 2M
Michelle Darwen – 3M
Liz Whalen – 3W
Rachel Brennan-Gale – 4BL
Rachel Brennan-Gale – 4M
Erin Carroll – 5G
Tracey Marsh – 5PM
Liz Whalen – 6Mc
Rebecca Keane – 6M

Finally just a huge thanks to all our Families for their support & help with our Events so far this year & can't wait to see the continually support flow through for the rest of this year. Enjoy the rest of Term 2 as there's no long to go now.

Michelle Darwen
President
On behalf of P&F Executive Team

Sport News

Firstly an apology for a misprint in the last KIT. James Rowan has qualified for the Parramatta Rugby Union team. Congratulations James!

Soccer Gala Days are taking place this term. A huge thank you to the wonderful team of Dads who have given up their time to train and coach the Stage 3 teams. Thank you to Mike Hicks, Nathan King, Paul Townsend and Darren Parrington. The boys have loved having your support and guidance.

The Stage 2 (Year 3 and 4) Soccer Gala Day is booked in for Thursday 30th June, Week 10. We are busy trialling all the Stage 2 students at the moment. It is fantastic to see so many students having a go! We wish we could take all of you but we do applaud you all for giving up your lunch times to trial and making the job of selecting very difficult!

Netball Trials will be taking place in Week 9 and 10 of this term. We look forward to another huge interest in the St Nicholas Netball Gala Day, booked in at Jamison Park on Tuesday 23rd August, Term 3 Week 6.

The Primary Athletics Carnival will take place next Monday, 6th June at Blair Oval, St Marys for our 8 year olds and ALL Year 3, 4, 5 and 6 students. Students will wear their sports uniform and travel by bus to the Oval. We are all looking forward to a wonderful day of running and jumping! Thank you to all those parents who have offered to assist with timekeeping on the day. If you still wish to help out, please send a note in with your child. Many hands make light work! :)

Maryanne McNally
Sport Coordinator



Dates for Your Diary Term 2 - 2016

<i>DAY</i>	<i>DATE</i>	<i>TIME</i>	<i>EVENT</i>
Friday	3 June	9:15am 2:20pm	Year 5 Mass Whole School Assembly & 1J & 1R
Monday	6 June		Primary Athletics Carnival @ Blair Oval
Tuesday	7 June		Year 4 History Excursion @ Hyde Park Barracks Year 5 Excursion to Mary MacKillop Place North Sydney
Friday	10 June		STAFF DEVELOPMENT DAY No School for Students
Monday	13 June		Queen's Birthday Public Holiday Public Holiday School Closed
Tuesday	14 June		ICAS Writing Competition
Friday	17 June	9:15am 2:20pm	Kindergarten Liturgy NSWCPS & CCC Cross Country @ Eastern Creek Whole School Assembly & 2A Item Reports Sent Home
Monday	20 June	3:30pm- 6:00pm	Parent / Teacher Interviews
Tuesday	21 June	7pm	Captivate Showcase @ Nagle College
Wednesday	22 June	3:30pm- 6:00pm	Parent / Teacher Interviews
Friday	24 June	9:15am 2:20pm	Whole School Mass for St John the Baptist Whole School Assembly & 5PM Item
Thursday	30 June	9:30am	Animals of the Dreaming Performance Stage 2 Soccer Gala Day @ Jamison Park
Friday	1 July	9:15am 2:20pm	Year 4 Mass Whole School Assembly Term 2 Concludes
Monday	18 July		Term 3 Commences
Friday	22 July		NSW PSSA Cross Country
Wednesday	27 July		Maths Olympiad
Tuesday	2 August		ICAS English Competition
Monday	8 August		Feast of St Mary of the Cross MacKillop

Peer Support Program 2016

This term, the Year 6 students have been leading small groups of around 11 students in weekly Peer Support sessions. The sessions, which occur every Monday, focus on the unit *Positive Relationships* and are designed to engage students in fun activities that teach social skills and strategies for making and sustaining friendships.

The Year 6 leaders have been doing a wonderful job and we are very proud of the leadership skills they are demonstrating. Last week, we asked the students to share some reflections on Peer Support and reflect on what the program has taught them.

“At first it was hard because I’m not really used to being the leader and it was hard keeping everyone on the same page. Now I’m more comfortable and not as shy.” Harry

“Peer Support is a fun time. I’ve learnt a lot about myself and what I’m capable of from running Peer Support sessions by myself.” Grace

“Peer Support is fun. It encourages me to share responsibilities and helps me improve my social skills. I like helping others during the Peer Support lessons.” Oscar P

“Peer Support has encouraged me to talk to new people and learn things about different people. I have become more confident in talking in front of a group.” Abbey

“Peer Support builds confidence in talking to others. It’s enjoyable to lead a small group.” Angelo

“Being a Peer Support leader is great; getting to know all of the younger students. It is challenging at times but it’s fun with a partner. I couldn’t have done it without my partner. We are a team!” Oliver

“The Peer Support program has been one of the best experiences in school so far. It has boosted my level of confidence from medium to pretty high. It has taught me that I shouldn’t doubt myself. My group have been a pleasant group of students and I look forward to teaching my group every Monday.” Jedd

“When I first thought about Peer Support, I was really scared! Mrs Meehan believed in me and now I am actually excited about being a Peer Support leader and I am happy to be working alone. With the help of Mrs Meehan, I have gained self-confidence.” Olivia A

“My time as a Peer Support leader has been fun and happy. I have made new relationships with the people in my group. I have grown more courage to speak in front of a group and lead a group like a teacher would.” Lachlan R

“Being put in a group with people you don’t know very well allows you to make new friendships. This has happened for my partner and I and for the students in our group. I love it; it’s more than just teaching them it’s watching them learn. It’s showing them how to socialise with more people and helps them make friends. My partner has really supported me and given me a confidence boost.” Elise

“Peer Support is building my confidence more and more each week. It is helping me to speak in front of a small group and boosting my self esteem.” Thomas O

“My time as a Peer Support leader has given me more confidence in public speaking. It made me feel special leading the students and it’s been great getting to know everybody.” Javier

Peer Support Program 2016

"I like being a Peer Support leader because I get to know students from other grades." *Isaac T*

"I have learnt how to be a good leader. I have learnt that in leadership you always have to help others, use positive talk and have confidence." *Xavier W*

"As a Peer Support leader I've gained confidence since week one. I really like Peer Support and I think it's great for the students." *Tim*

"The Peer Support program helps us build relationships because we are working together and helping each other out. I am becoming more confident as a leader because I have to take responsibility of running my small group." *Lachlan H*

"I love being a Peer Support leader as it's building my leadership skills. I love teaching the students how to make and keep friendships." *Jack*

"Peer Support is great because I get to meet new people and spend quality time with my buddy." *William*

"Peer Support has been a great experience. I thought it was going to be easy but it wasn't. I think it helps us build confidence because we are working with students we didn't know before and we are building relationships by meeting new people." *Joseph*

"I love Peer Support, I love meeting new people and teaching the younger students about making friendships." *Francesco*

"The Peer Support program builds relationships because you have to interact with people you don't know. It's making me more confident to speak in front of new people. It's making us responsible for a group." *Scarlett*

"The students in the group are making new relationships because even outside of Peer Support the students can say hi, play together or even just smile at one another." *Hayden*

"The program puts students in small groups and allows them to interact with each other and encourage them to make new friends. We are becoming better leaders because we are learning how to be calm and controlled in front of a group and how to interact positively with our group." *Lily*

"Peer Support builds relationships by putting you in the same group each week, so you grow stronger bonds with that particular group. Being in charge of the group means I have to be a leader and step up." *Samantha*

Mrs Meehan and Miss McNally – Year 6 Teachers



BUILDING CHILD SAFE COMMUNITIES – NEW FORMS FOR ALL VOLUNTEERS AND CONTRACTORS

'Building Child Safe Communities' is a new initiative developed by Catholic Education Diocese of Parramatta that enhances our commitment to ensuring the safety and wellbeing of all students in our care. It is now a requirement that all volunteers and contractors complete an online undertaking form that confirms expectations in relation to behaviour whilst volunteering or contracting at schools, Catholic Out of Schools Hours Care and Catholic Early Learning Centres. This undertaking form also seeks to determine the suitability of volunteers and contractors by requiring them to declare that they do not have a criminal history involving children.

- **Volunteers** – please click on '[Building Child Safe Communities – Undertaking for Volunteers](#)' or access the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).



Then click on '[Volunteer Form](#)' (halfway down page).

You will receive a confirmation email once the form has been submitted. Your details are maintained confidentially in a central database and a copy of your confirmation is emailed to the location where you are volunteering.

- **Contractors** – please click on '[Building Child Safe Communities – Undertaking for Contractors](#)' or access the form via the Catholic Education Diocese of Parramatta public webpage <http://www.parra.catholic.edu.au>, then click on 'Child Protection Training Forms' (halfway down page on the right hand side).



Then click on '[Contractor Form](#)' (bottom of page).

You will receive a confirmation email once the form has been submitted. Your details are maintained confidentially in a central database and a copy of your confirmation is emailed to the location where you are contracting.

A new form is required:

- For each location that you are a volunteer or contractor
- If any of the details you have provided on the form change

We thank all volunteers and contractors for their continued support of Catholic Education.