



Dear Parents and Friends of St Mary MacKillop Primary School.

### THE POWER OF POSITIVE ROLE MODELS

This week I'd like to share with the school community an interesting article I read written by Michael Gross.

"Children learn what they live."

It has been estimated that ninety to ninety- five per cent of all human behaviours are learned through modelling.

Modelled learning is largely unconscious, picked up from non-verbal behaviour and is strongly influenced by the quality of the relationship that exists between the model and the learner. The higher the regard the more likely a person is to follow an example, which makes parents such influential models.

That also means it is a little scary being a parent. Someone is watching and perhaps copying every move we make: - the good and the bad stuff, the behaviours we are proud of and the behaviours we want to forget!

For healthy development children need to be surrounded by adults who model responsible, caring behaviour. If they experience nurturance they are more likely to be nurturant. If they experience encouragement they are more likely to encourage others and if they experience optimism they are more likely to develop a positive view of the world and themselves.

Twentieth Century poet Edgar Guest best expressed the power of modelling in his poem "*The Living Sermon*":

*"All the lectures you deliver may be very wise and true,  
But I'd rather get my lesson by observing what you do.  
Though I might not understand you and the fine advice you give.  
There's no misunderstanding how you act and how you live."*

As significant adults in children's lives parents and teachers need not leave modelling to chance. We need to harness its power and consciously model behaviours and language we want children to learn before they move into adolescence. For instance, if we want children to resolve conflict in civil ways they need to see adults do the same. If we want children to watch less television and read more then our chances of success increase if we set the example ourselves.

The period of life before puberty offers the prime opportunity for parents to model pro-social behaviours that often last a lifetime. The impact of modelling on children by parents and other significant adults in their lives is profound and shouldn't be left to chance.



### A PRAYER OF THANKS!

A difficult, yet life giving and rewarding mission is that of parenting.

A thank you and a thought:

Beatitudes for Parents

Blessed are those parents who make their peace with confusion and with noise, for such is the kingdom of adolescence.

Blessed is the parent who engages not in the comparison of her child with others, for precious unto each is the rhythm of his own individuality and growth.

Blessed are the mothers and fathers who have learned laughter, for it is the music of the child's world.

Blessed and wise are those parents who understand the goodness of time, for they make it not a sword that stifles growth but a shield to protect the growing one.

Blessed and mature are they who without anger can say "no", for comforting to the child is the security of firm decisions.

Blessed is the gift of consistency, for it eases the heart of a child.

Blessed are they who accept the awkwardness of growth, for they are aware of the choice between marred furnishings and damaged personalities.

Blessed are the teachable, for knowledge brings understanding, and understanding brings love.

Blessed are the women and men who in the midst of everyday routine give love, for they bestow the greatest of all gifts to each other, to their children, and in an ever-widening circle to their fellow human beings.

And ... Blessed are parents for they love their children!



Thought for the Week  
We may feel our crosses hard at times,  
but our courage should rise with them.  
-St Mary MacKillop 1882

Have a Blessed Week  
Michael Siciliano  
PRINCIPAL

### **APPOINTMENTS**

If parents have matters of concern, questions or difficulties, staff are available to assist. The first point of contact is the child's class teacher, or the Stage Co-ordinator. If there are more serious concerns please contact the Assistant Principal or Principal.

To ensure availability please phone the office to make an appointment. If you wish to speak to your child's teacher regarding his/her progress it is necessary to make an appointment before or after school. Appointments with class teachers can only be made outside of school hours. Parents are always welcome to discuss matters of interest or concern with the Principal.



### Extraordinary Jubilee Year of Mercy 8th December 2015—20th November 2016



Year of Mercy Logo



Diocese of Parramatta Logo



#### **The Canonisation of St Mary MacKillop – Mon 17<sup>th</sup> October**

Monday, 17<sup>th</sup> October marked 6 years since the canonisation of our patron saint, Saint Mary of the Cross MacKillop at St Peter's Basilica, Rome. This very significant day officially recognised the work and dedication of Mary MacKillop, and gave Australia their very own saint.

'The Church does not make a saint – it recognises a saint. Canonisation is the act by which the Holy Father declares in a definitive and solemn way that a Catholic Christian is actually in the glory of heaven, intercedes for us before the Lord and is to be publicly venerated by the whole Church. Canonisation is a double statement – about the life of the person and also about the faith of the people who are alive at this moment.' <http://www.marymackillop.org.au>

During this week, I invite you to reflect upon the following Mary MacKillop Prayer:

*Ever generous God,*

*You inspired Saint Mary MacKillop to live her life faithful to the Gospel of Jesus Christ and constant in bringing hope and encouragement to those who were disheartened, lonely or needy.*

*With confidence in your generous providence and through the intercession of St Mary MacKillop we ask that you grant our request.....*

*We ask that our faith and hope be fired afresh by the Holy Spirit so that we too, like Mary MacKillop, may live with courage, trust and openness.*

*Ever generous God hear our prayer. We ask this through Jesus Christ. Amen*

#### **Way of the Mercy Cross and Relics – Liturgy 9:15am Monday 24<sup>th</sup> October**

As part of the Year of Mercy celebrations, a four metre Cross of Mercy and two relics (of St Mary MacKillop and St Teresa of Calcutta) are journeying through our diocese between August and November. During this period the Cross and Relics will visit most parishes and schools providing time for reflection and inviting us to consider how we are agents of God's mercy in our world today.

On Monday 24<sup>th</sup> October, the Way of Mercy Cross and Relics will be coming to Saint Mary MacKillop Primary School as part of its diocesan journey in the Year of Mercy. A special liturgy, that will focus on God's merciful love and the mission he invites us to take up, will be held at 9:15am in the hall.

All in the community are warmly invited to attend this very special and extraordinary event.

*Please note that all Monday Week 3 Gymnastics lessons will be made up on Monday of Week 10*

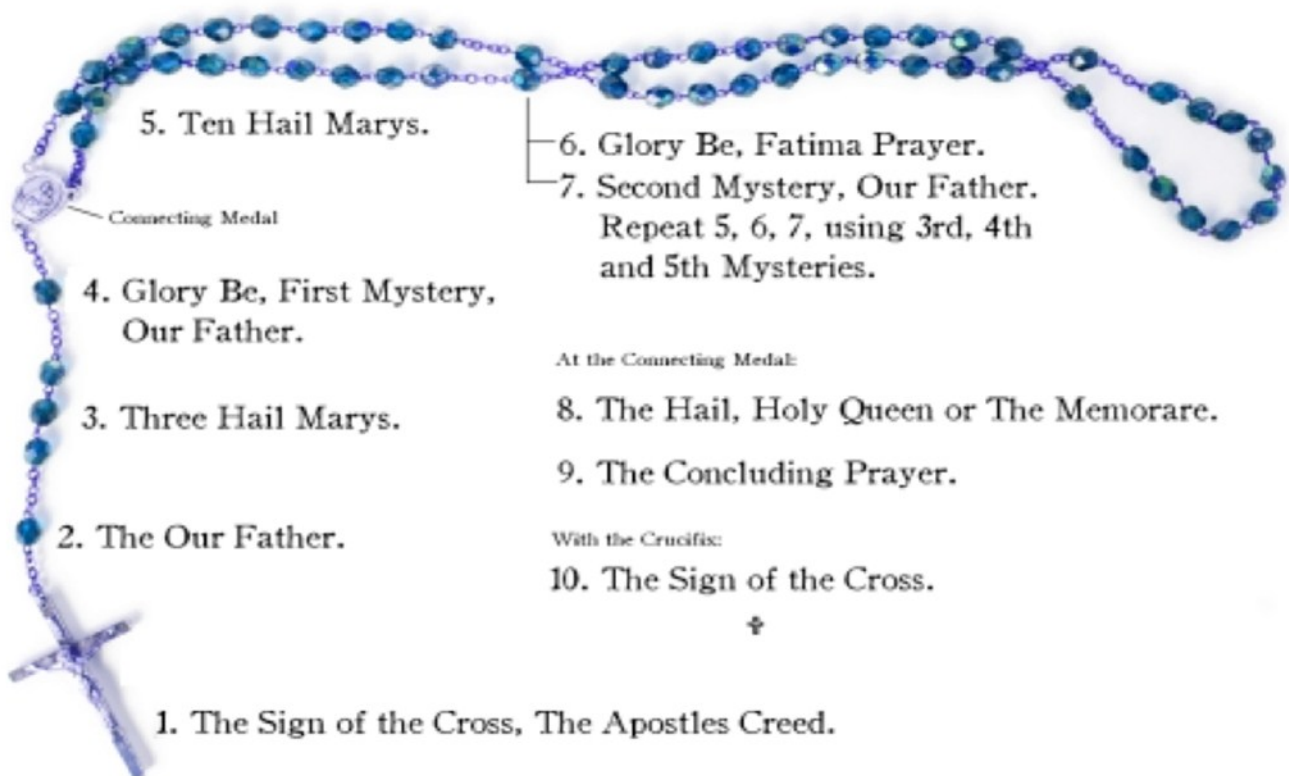


### Praying The Rosary

Traditionally the month of October is dedicated to the Holy Rosary and this has been a tradition in the Catholic Church for a long time. Catholics pray the Rosary because it is a powerful prayer to God through His mother, Mary.

The word 'rosary' comes from Latin and means a garland of roses, the rose being one of the flowers used to symbolize the Virgin Mary. It is recognized as a truly biblical form of prayer—after all, the prayers that comprise it come mainly from the Bible.

During the month of October there will be a school focus on the Rosary. The students in Years 3-6 will focus on learning and praying The Rosary during whole school prayer time at 2pm on a Friday afternoon. Whilst we have Rosary beads at school the children are encouraged to bring in their own set of beads to personally enhance their prayer experience and to foster the prayerful practice in their own homes.



Kind regards,

Leesa Gillard

*Religious Education Coordinator*



## News from the Assistant Principal

---

Recently, the St Mary MacKillop staff have been reviewing and reflecting on the current format of our Primary School Swimming Carnival. This reflection has involved asking the students about their thoughts on the way we currently run our swimming carnival, surveying staff and consultation with other catholic schools as to the format of their swimming carnivals.



One of the options that we are considering for the future is exploring the possibility of selecting our school representatives for the zone carnival by conducting a 'twilight' swimming carnival. In essence, this would be an invitation for anyone who is a swimmer and would like to trial for the zone team to be at the pool for an afternoon after school and swim their race. From these times, we would select our zone team. This would replace our current model of having a Primary swimming carnival during a school day in the first few days of Term one.

No decision has been made yet and we welcome your feedback and thoughts on this matter.

**Steve Cauchi**

## P & F News

Well I can't believe yet another year is passing us by. Welcome to Term 4, only 8 weeks left of school and 9 weeks till Christmas, CRAZY!!

**Bargain Buyers Shopping Trip** – A big thank you to Mrs Bryant for organising this year's fundraiser shopping trip & thanks to the parents or friends who joined the shopping trip to raise money for our beautiful school. We'll keep you posted on the money raised from this event.

**School Disco Thursday 20<sup>th</sup> October** – The P&F are very excited about this year's school disco with glow sticks, cordial & water on offer on the night. There will also be prizes up for grabs, for the games held on the night! Thank you in advance to the parents that have already handed back in their volunteer notes to help us out on the night.



**Next P&F Meeting/AGM** – Our next P&F meeting will be on Tuesday 15<sup>th</sup> November at 7pm. This will then be followed by our AGM. If you wish to attend our meeting or want to be a part of our committee for 2017 please express your interest by contacting myself (Michelle Darwen) on 0423 763 926 or via email on [michelle.darwen@outlook.com.au](mailto:michelle.darwen@outlook.com.au). In the 4 years I've been a part of this wonderful school the committee have always been so supportive to each other & it's a great way to stay in touch with upcoming school events if you feel you can't help out any other way.

We are always looking for new faces and fresh ideas to help raise money for our school, so we hope to see you there.

**Michelle Darwen**

**President**

**On behalf of P&F Executive Team**

## Sport News

### Soccer Stars set sights on Portugal

Congratulations to Blake and Harrison who have both had amazing achievements over the last few weeks. Both Blake (U11's) and Harrison (U10's) represented NSW in Futsal in the School Holidays. Blake scored 15 goals and Harrison 5 goals.

A week ago Harrison received exciting news that he has been selected to play for Australia in the Australian Futsal team, which will be traveling to the U.S in July 2017.

It gets even better! Both Blake and Harrison play for Rangers (outdoor soccer rep team) and have BOTH been invited to play in Portugal in 2017.

The Futsal Institute also invited Blake and Harrison to represent NSW in Spain 2017.

Congratulations on your achievements Blake and Harrison. We are so proud of you!



### Fine Young Dancers Represent their State in Style

In the school holidays Jorja and Indee Bowman participated in the KAR National Dance Competition in Canberra representing their dance studio, Dance Avenue. The girls had to showcase three dances: lyrical, hip hop and jazz. Both girls were awarded 1st place in each of their routines! Jorja was named Runner Up Miss Junior Dance and Indee was named First Place Miss Petite Dance. What an amazing achievement for the girls!

Last term, Sienna and Stella Murphy travelled to Queensland to participate in a national dance competition called Get The Beat. Stella got through for a special event called Champion of Champions and was selected to compete in a "Top 5 Dance Off." Sienna came first in Acrobatics and received a huge trophy. The girls competed against other dancers from across Australia and New Zealand and did extremely well.

### Term 3 Touch Football Gala Day

The Stage 3 Touch Football Gala Day was held on Friday 23rd September and was a fun day of football! A huge thank you to our wonderful coaches: Mr Matt Dwyer, Mr Matt Breust, Mr David Hendry, Mr Colin Marsh and Mrs Tracey Gallen. The students loved having you to share the day with and teach them your football skills and knowledge. All teams experienced a few wins and a couple of losses; just what a Gala Day is all about! That concludes our Gala Days for 2016. There is one last day: a Gymnastics Competition taking place in Marayong next month. Thank you for all the entries: Margaret Thornton is currently going through the numbers as the interest was too great this year and she unfortunately has to refuse some participants. More news as we receive it.

### School Gymnastics Program

Our School Gymnastics program started this week and has been a huge hit with the students so far. The students have been able to use gymnastics equipment such as the mini tramp, the vault, the rings and the balance beam - and it's only Week one! We are happy to have School Gymnastics running such a professional and engaging program in our school this term, as part of the student's learning in PE.



## **ST MARY MACKILLOP TALENT QUEST- Get Practising!!!!**

Our school will be holding our annual Talent Quest this term. The Talent Quest is an opportunity for students to showcase their skills whether it be performing as a singer, musician, magician, comedian and so on.

Please see below the dates where each grade will be holding "heats" in the Hall (*teachers and students only*).

Kindy/ Year 1/ Year 2  
Years 3 / 4  
Years 5 / 6

Friday 18<sup>th</sup> November  
Thursday 24<sup>th</sup> November  
Wednesday 23<sup>rd</sup> November

A note will come home in the coming weeks for you to fill out and return if your child is interested in participating. Students performing with music on the day are asked to bring their music on a USB stick or CD on the day of their heat. If your child would like to dress in costume, please feel free to do so.

We will then be holding a Talent Quest Showcase in the Hall on Thursday 1<sup>st</sup> December at 11.30. All parents and friends are welcome to come and see St Mary MacKillop's amazing talent.

Yours musically,  
Mr. Brad Carroll  
Creative Arts



## **Canteen Ordering**

If you would like to order your child lunch there are two options. You can either order online via the website [www.melstastybites.com](http://www.melstastybites.com) (before 9:30am) or you can place a lunch order. Lunch orders need to be written on a paper bag (or you can purchase a bag from the canteen) and the child needs to hand it in to the classroom teacher before 9:00am to ensure they get their lunch on time. The canteen also offers an account system, where it runs on credit, you can leave \$50 or more on your own personal account. This is only for recess or a treat at lunchtime.



## Dates for Your Diary Term 4~ 2016

<i>DAY</i>	<i>DATE</i>	<i>TIME</i>	<i>EVENT</i>
Thursday	20 October	4:30pm-5:30pm 5:45pm-6:45pm	K –2 P & F Disco 3-6 P & F Disco
Friday	21 October	12:30pm-1:30pm 2:20pm	Kindergarten 2017 Playgroup Session # 2 Whole School Assembly
Monday	24 October	12:30pm-3:00pm	Way of Mercy Cross School Celebration
Thursday Friday	27 October 28 October		Year 5 Teen Ranch Excursion
Friday	28 October	9:15am 12:30pm-1:30pm 2:20pm	Year 3 Liturgy Kindergarten 2017 Playgroup Session # 3 Whole School Assembly & 4BL Item
Tuesday	1 November		St Dom's Year 7 Orientation
Wednesday	2 November		Mrs Gillard @ REC Professional Learning Day
Friday	4 November	12:30pm-1:30pm 2:20pm	Kindergarten 2017 Playgroup Session # 4 Whole School Assembly & IR Item
Wednesday	9 November	9:00am-11:00am	Kindergarten Orientation & Parent Information
Thursday	10 November	6:00pm	Year 5 PD Parent and Student Meeting
Friday	11 November	9:15am 10:45am 2:20pm	Year 2 Liturgy Remembrance Day Whole School Assembly & KH Item
Monday	14 November		2017 Captain Speeches
Tuesday	15 November	7pm	Caroline Chisholm Orientation Day P & F Meeting
Wednesday	16 November		K-2 Pet Education Program
Thursday Friday	17 November 18 November		Year 6 Canberra Excursion
Friday	18 November	9:15am 2:20pm	Year 4 Liturgy Whole School Assembly & 3M & 3W Item
Friday	25 November	9:15am 2:20pm	Whole School Advent Mass Whole School Assembly & 5G Item





## 2017 Parramatta Diocesan Team Sport Trials

Any Primary students enrolled in Parramatta Diocesan Schools in Year 5 and 6 in 2017 are invited to participate in the Parramatta Diocesan Team Sport Trials during Term Four of 2016 (Summer Sports - Basketball, Cricket, Softball & Tennis) and Term One/Two in 2017 (Winter Sports - AFL, Football, Hockey, Netball, Rugby League League, Rugby Union & Touch).

It is important to note that these trials are generally for those children who display an above average ability and/or have representative experience in their chosen sport. While teams are open in age it is strongly recommended that only children of a representative standard in Years 5 & 6 in 2017 be invited to attend.

Parramatta Diocesan trials in 2017 will be held in the following sports:

\*AFL (boys), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11 yrs & Opens), Rugby Union (boys), & Touch(B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website

[www.primarysportparra.catholic.edu.au](http://www.primarysportparra.catholic.edu.au). This online form is an **EXPRESSION OF INTEREST** for the 2017 Parramatta Diocesan Primary Sport Team trials. You may complete this form to attend a selection trial or if you have been selected in a representative squad or team. One form is to be completed per child, per individual sport. Each sport has its own criteria therefore, it is imperative that the correct form is completed.

Please note that your online registration is an **EXPRESSION OF INTEREST ONLY** and **MUST** be approved by your child's school. In order for your child to attend the nominated trial or event this may come down to the discretion of your school as to who is selected to attend the trial. In some sports only 2 students per school can be nominated. **Please complete all fields and especially "Representative Experience"**.

Please ensure that the **SUBMIT** button has been pressed upon completing the form and notification email will be sent to the parent/guardian listed on the form confirming this expression of interest has been received.

**Your child's school will notify you one week prior to the trial date if your child is to attend to the Parramatta Diocesan trial for their selected sport by providing a trial information sheet.**

***Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.***

**Summer Sports Registrations close Friday 28<sup>th</sup> October 5pm.**  
**Winter Sports Registrations close Friday 3<sup>rd</sup> February 5pm.**

Please contact your school sports coordinator for any further information.

Yours In Sport,  
*Margaret Thornton*  
Teaching Educator – Primary Sport  
Catholic Education Diocese of Parramatta

**2017 SCHOOL NEWSLETTER INFORMATION**

## Why didn't you stay?

I wish you could have stayed  
You've left me in such a terrible way  
You made me feel so stupid  
Because I felt like you were cupid.

I wish you loved me like I loved you  
I was so blind I had no clue  
My heart was crushed  
The last time you made me blush

You walked out the door  
You said: "I can't take this anymore."  
My heart feels like a shattered piece of glass  
How could you be such a ... donkey!

Hard-hearted, horrible human  
Lost, lethargic, lonely loser

Lying here all alone  
Waiting for an apology from the phone  
I wish that you would come back.  
I wish that you would come back.

By Scarlett Wakeman

## Kung Fu – Sparring

I put my gear on Whooooch! Slip!

I put my mouth guard in UGH!

I bow and take a stance KIYA!

I kick Whooooooooo

My opponent screams Yooowch!

I jump HUA!

Then land Stomp!

My opponent tries to punch – I block – Bang!

I hit him again POW!

Me smashes to the ground

He's back up, ready for my next move

I wait, then a jumping roundhouse kick SWOOOOSH!

He ducks Fwoooosh!

He get's back up STOP! Our Sifu shouts

Bow. Shake hands. Clap Clap Applause!

By Xavier Whalen

## Stolen Generation

They took me from my loved ones,

And I didn't know what to do.

They had guns,

Our last chances to escape were through.

I was shoved in a car,

I was scared and upset.

They had gone too far,

I was covered in sweat.

The weather in this new place was flaming,

I wanted to escape the dungeon of white mankind.

The white people tried to teach us aiming

The white were so blind

They couldn't see the frowns on our faces

We wanted to go home.

They practically put us in unpleasant bases,

Everyone forced to live in what looked like a dome

I want my family and my life back

The white did it because we were black.

By Samantha Gallen

## Limericks

Limericks are hard to make

They rhyme too much for goodness sake

You see one and freeze

Other poems are a breeze

It's limericks that make you ache!

I wrote a limerick one day

But it was terrible wouldn't you say?

It didn't make sense

It made me all tense

Who'd write a limerick anyway?

In my poem I conclude

That all limericks must be sued!

For being too hard

Like a ground that's been tarred

My opinion is now glued!

By Hayden Walsh

My Town

As I walk along the sand, feeling the wind in my hair,  
At last I feel free, no one needs to care  
I feel happy and peaceful this is wonderful!  
Then I hear THUD! THUMP! This no longer feels cool.

People start to run, people start to flee  
I don't know what to do, I cant really see  
The ocean gets disturbed, the trees get scared  
I don't have a clue, I am really unprepared  
Oh no, I think I believe what's going on  
It's the war - its back - so quickly all at dawn.

The dread, the horror, all built up inside of me  
Alarmed people screaming: "When can we feel free?"

Apartments as tall as skyscrapers all toppling down  
Everybody is dying this feels more like a ghost town.  
Everyone, everywhere, the existence of mankind ends  
All the people running, running to family and friends.

Marshmallow clouds of ash and rubble turn to dust on the exploded tar  
All the blessed towns watching us crumble from afar  
Why cant we live like them? In harmony and love.  
But now, we live like animals, this is what we are tired of.  
Tired of being under attack, everywhere is dangerous  
Our town is a horror movie, no one can be adventurous

We have to protect ourselves, we all value our lives.  
But we can't live forever, we ended up stabbed by knives

So please help us, help our town,  
Otherwise it might as well do in the water and drown.  
I really hope that this will end soon,  
All by light, the light of the blue moon.

By Lily Loughland Larsen

# Be Sun Smart!

Always wear a hat

It is also very important to wear sunscreen when swimming! Even though you are under water the sun's rays are not protected from the sun's rays.



Tanning booths also let off UV (ultraviolet) Rays, instead using lamps. These are just as damaging as the sun.

Do you really want that tan?

UV (ultraviolet)

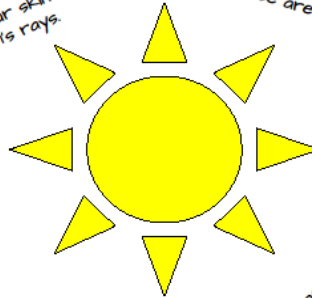
The sun has powerful UV rays! UV is a type of radiation produced by the sun and few artificial sources. UV is the main cause of sunburn, premature aging, eye and skin damage, which can lead to skin cancer.

Skin Damage

Slip, Slop, Slap

Make sure you are wearing a hat and/or sunscreen when out in the sun to prevent sunburn! You should reapply sunscreen every 2 hours, when doing outdoor activities.

Sun burn



## SUN SMART!!!

- Always wear sunglasses that Meet the Australian Standard AS 1067
- Always wear a hat
- Stay out of the sun from 10am to 2pm (11am to 3pm in daylight saving time)
- Apply sunscreen 30 minutes before Going outside
- Choose a sunscreen that is water Resistant and has a high sunscreen Protection factor such as SPF 30+



REMEMBER:

- Oils cause the skin to burn quickly



## SUN SMART



Protect yourself in five ways from skin cancer



Dont get Skin Cancer!  
It really hurts  
Put on sunscreen  
Sun cancer kills

Slip on a rashy  
Slop on some sunscreen  
Slap on a hat  
Seek some shade  
Slide on some sunglasses

When u go in the pool or to the beach bring sunscreen  
Apply sunscreen every 30 minutes

By Cody BM