



Dear Parents and Friends of St Mary MacKillop Primary School

10 Tips On How To Manage Stress

I would like to share with you this week an article I recently read by Travis Bradbury on how successful people stay calm and manage stress.

1. They Appreciate What They Have:

Taking time to contemplate what you're grateful for isn't merely the "right" thing to do. It also improves your mood, energy, and physical well-being.

2. They Stay Positive:

Positive thoughts help make stress intermittent by focusing your brain's attention onto something that is completely stress-free. You have to give your brain a little help by consciously selecting something positive to think about. The point here is that you must have something positive that you're ready to shift your attention to when your thoughts turn negative.

3. They Disconnect:

Given the importance of keeping stress intermittent, it's easy to see how taking regular time off the grid can help keep your stress under control. You'll be amazed at how refreshing these breaks are and how they reduce stress by putting a mental recharge into your weekly schedule.

4. They Limit Their Caffeine Intake:

Drinking caffeine triggers the release of adrenaline. Adrenaline is the source of the "fight-or-flight" which sidesteps rational thinking in favour of a faster response. This is great when you are in danger, but not so great when you're responding to the usual challenges of work.

5. They Sleep:

Sleep is important because it increases your emotional intelligence and manages your stress levels. When you sleep, your brain literally recharges, shuffling through the day's memories and storing or discarding them (which causes dreams), so that you wake up alert and clear-headed. Your self-control, attention, and memory are all reduced when you don't get enough—or the right kind—of sleep. Sleep deprivation raises stress hormone levels on its own, even without a stressor present. Stressful projects often make you feel as if you have no time to sleep, but taking the time to get a decent night's sleep is often the one thing keeping you from getting things under control.

6. They Squash Negative Self-Talk:

A big step in managing stress involves stopping negative self-talk in its tracks. The more you ruminate on negative thoughts, the more power you give them. Most of our negative thoughts are just that—thoughts, not facts. When you find yourself believing the negative and pessimistic things, your inner voice says, "It's time to stop and write them down." Literally stop what you're doing and write down what you're thinking. Once you've taken a moment to slow down the negative momentum of your thoughts, you will be more rational and clear-headed in evaluating their veracity. Once you've realized how inaccurate these thoughts are rip them up and dispose of them with gusto.

7. They Breathe:

The practice of being in the moment with your breathing will train your brain to focus solely on the task at hand. This task of taking ten deep breaths may seem too easy or even a little silly, but you'll be surprised by how calm you feel afterward and how much easier it is to let go of distracting thoughts.

8. They Use Their Support System:

It's tempting, yet entirely ineffective, to attempt tackling everything by yourself. To be calm and productive, you need to recognize the benefit of asking for help when you need it. This means tapping into your support system, which includes prayer, when you feel overwhelmed.

These are strategies can be modified to assist children and adults at all stages of our lives.

Archbishop Anthony's Farewell Mass

Children and their parents are invited to participate in Archbishop Anthony's farewell by the youth of the Diocese on Saturday November 8, 11.30am at St Patrick's Church, 51 Allawah Street, Blacktown. The farewell presents a wonderful opportunity to express our appreciation to Archbishop Anthony for all he has done to encourage youth participation in the life of the Church. Archbishop Anthony is keen to see St Patrick's overflowing on the day. Parents please note that students, who do wish to attend, are asked to attend in full school uniform so as to explicitly note the appreciation of Catholic Education Diocese of Parramatta.

Time Capsule Opening in 2039!

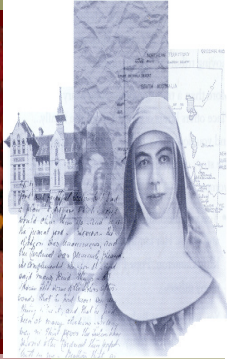
As part of the St Nicholas of Myra Parish 175 year anniversary, Father Mathew has invited our school community to contribute articles towards a time capsule to be buried in the church grounds, which will be opened at our Parish Bicentenary in 2039. The school will be putting in the time capsule a USB with letters from the children to the community in 2039, photos, newsletters etc. I am also inviting families to email to the school any memorabilia that you would like included in the Parish Time capsule as attachments that I can transfer onto the USB. Please send these emails to the school email address with the Subject label, 'Parish Time Capsule'.

Thought for the Week

"Whether we search in earth, or sky, or sea, we are everywhere met by the visions of the illimitable God"

-Rev Julian Tenison Woods 1882

Have a Blessed Week
 Michael Siciliano
 PRINCIPAL



Socktober: 'Sock it to Poverty- Crazy Sock Day

Thank you to all students who supported our fundraiser last Thursday which raised \$513.15 and will now go towards helping children living without hope in the dangerous ghettos of Jamaica (and around the world) receive a proper education and have the opportunity to break free from crime, violence and poverty to be 'alive' when they grow up and to achieve their dreams. Catholic Mission aims to help students learn more about the issues of justice and how we can all be involved with global mission, and participate in this wonderful work of sharing the loving grace of God throughout the world.

Diocesan Works Fund Appeal:

The final DWF Appeal for 2014 will be in run in schools and parishes and your generosity is once again called upon so that the good work can be continued. *'Without the money, there can be no mission'*. 'When all of us give on a regular basis, the Church can plan for mission into the future and make a real difference.

Mrs Leesa Gillard
Religious Education Coordinator

End of Year Reminders

Not Returning to St Mary MacKillop Primary in 2015:

If your child (K-5) is not returning to St Mary MacKillop in 2015 we need this confirmed in writing as a term's notice must be given to enable us to plan our overall staffing and learning groups for next year. It will also assist us with enrolment enquiries we are receiving for next year.

Bus Travel 2015:

Parents are reminded that students who travel by bus and are going into **Year 3 2015** need to re-apply for a bus pass. Applications are available from the school office. Applications must be returned ASAP.

Online Newsletter:

Next year we will be asking parents to subscribe to receiving the newsletter online via the website as we will no longer be printing a paper version of the newsletter. You will need to go to www.mackillopenrith.catholic.edu.au select News & Events>Newsletter and click on Subscribe to our online newsletter, complete the form, you will then receive the newsletter each fortnight via email. You can also view the newsletter on the website under current issue.

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Newsletters

Our school newsletter, **KIT (Keeping in Touch)**, is sent home every second week, on Thursdays and archived on the school website.

The daily happenings of our school are given here, so parents can share as fully as possible in all that concerns their children.

KIT provides relevant dates, curriculum news, and details of class activities, school celebrations and Parents and Friends' functions. If you would like this sent electronically please notify the school office.

Subscribe to our online newsletter

Did you know you can also be sent all the latest news and upcoming events straight to your email in-box? What a time saver! Subscribe to E-News, our online newsletter today.

Current Issue

 **Term 3 Week 8 4 September 2014**
National School Improvement Tool, Father's Day Liturgy, REC News, Dates for your Diary Term 3 & 4

Archive

Year: 2014
Year: 2013
Year: 2012
Year: 2011

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Subscribe to our online newsletter (E-News)

Did you know that St Mary MacKillop Primary can send the latest news and upcoming events from school straight to your email in-box? What a time saver!

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RSS Plugin

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Did you know that you can receive automatic RSS updates from any page of this website the moment they are updated? Find out how.



Touch Football Gala Day

On Friday 24 October, 32 Year 5 and 6 students represented St Mary MacKillop at the Touch Football Gala Day. The day was held at St Mary's Kingsway field and it was a scorching successful day! Both our girls and boys teams were undefeated and our mixed team (including many students who were new to Touch) lost just one game. The girls team were one win of 10-0, and had only two try's scored against them all day! The girls team were medal winners on the day. The boys also had immense success, winning one game 14-1 and conceding just 3 try's all day. The boys were equal first at the end of the competition but were unfortunately clipped in a count back. The mixed team improved with each game and took home second place. It was a fantastic day and Mrs Rowan and I were extremely proud of the sportsmanship and manners the students displayed. A big thank you to Mr Paul McCahon who coached and trained the girls team tirelessly, Mr Cauchi for training the boys team and to Mr Dunn, Mr Squires and Mr Dwyer who helped encourage and support out teams on the day. I was great to see so many parents cheering on our students. Well done Stage Three, bring on next year!

Miss Maryanne McNally

School Fees

A reminder to parents that 201 School Fees need to be finalised by the 28 November unless payment instalment arrangements have been previously made. Payment can be cash, cheque, eftpos, BPay, Aus-BillPost and credit card facilities via the phone or through the office. Payments can be made to the office from 8:30am - 3:30pm Monday to Thursday and 8:40-3:30pm on Fridays.

P & F News

SCHOOL DISCO:

First of all a big THANK YOU to Mrs Neal and her team of amazing parents that organised this fun evening for our beautiful children. Your assistance with such events makes it all the more fun and we are grateful to your dedication in making our school both sociable and fun for our children. Thank you students for being safe and respectful during the sessions. Together we raised \$1,600. Great effort people.

PRC - Smart Start School Readiness - Wednesday, 29 October 2014 @ 6:30pm - St Michael's Primary School, 155 Reservoir Rd, Blacktown South - Danielle Mantakoul is one of the most dynamic speakers in the early childhood industry. **Smart Start School** aims at assisting parents in making the transition to school easier for children. Topics such as bullying, composite classes, parent teacher communication, the importance of social/emotional development and much much more will be discussed. Book your spot today! email: preparraevents@hotmail.com

WORLD TEACHERS DAY - 31 OCTOBER 2014

On behalf of all the parents and friends at St Mary MacKillop Primary School, we wish all our magnificent teachers a very 'HAPPY WORLD TEACHER'S DAY'. You are the backbone of the school that helps it thrive into a place filled with knowledge about life, academics, social protocols, patience, faith and most of all resilience. You are blessings to each and every one of our children and we are thankful and privileged to have you in our lives. God Bless you today, tomorrow and beyond. **CARPE DIEM (Horace, 65 BC).**

GINGERBREAD HOUSE FAMILY FUN - 8 DECEMBER 2014

This fun event will be held on Monday 8 December from 5:30pm on the school premises. Please ensure to finalise your payments by 17 November 2014. This event has been organised by Mrs Billington, Mrs McGregor and Mrs Sykes. For more information or if you still want to place your order please contact Jade at billlo.mjte@gmail.com or Marissa at mcgregors25@live.com.au.

SUMMER IS NEAR- ZOOPER DOOPER IS HERE

The roster has been distributed. Ice block sales days can be downloaded from the school website in the 'Notes Sent Home' section. Zooper Doopers will be sold at 60c for a whole and 30c for a half at recess (1:30pm) on the following dates: Oct - Nov - 3, 14, 20, 26, Dec - 2, 8, 17. Thank you kindly to the parents that are helping us out.

UNIFORM SALES - 5 NOVEMBER after 11am

Uniform sale taking place from 11:00am on 5 November. Fill up a bag for \$5.

Liz Whalen

on behalf of the P&F Executive

Dates for Your Diary Term 4 - 2014

DAY	DATE	TIME	EVENT
Friday	31 October		Year 5 return from Teen Ranch
Monday	3 November	2:00pm	2015 Kindergarten Playgroup Session
Wednesday	5 November	9:00-11:00am	2015 Kindergarten Orientation Morning
Thursday & Friday	6 & 7 November		Year 6 Canberra Excursion
Friday	7 November	9:15am	Year 1 Grade Liturgy
Monday	10 November	2:05pm	5G Assembly
Tuesday	11 November	7:00pm 7:30pm	Parent Representative Meeting P&F General Meeting
Thursday	13 November	6:00pm	Year 5 Personal Development Information Night
Friday	14 November	9:15am	Year 4 Mass St Dominic's, Caroline Chisholm, Xavier and McCarthy Year 6 Orientation Day
Monday	17 November	2:05pm	4H Assembly
Tuesday	18 November		Year 2 Botanical Gardens Excursion
Friday	28 November	TBA	Whole School Advent Mass
Monday	1 December	11:00am	Parent Helper Morning Tea
Tuesday	2 December	TBA	Christmas Celebration Carols
Friday	12 December	6:00-9:00pm	Reports Sent Home Year 6 Fun Day Year 6 EOY Disco
Monday	15 December	9:30am 7:00pm	Year 6 Graduation Ceremony Year 6 Graduation Mass @ St Nicholas of Myra
Tuesday	16 December		Class Promotions
Wednesday	17 December		Term 4 Concludes for students
Thursday	18 December		Staff Development Day
Friday	19 December		Staff Development Day

Dates for Your Diary Term 1 - 2015

DAY	DATE	TIME	EVENT
Tuesday	27 January		Staff Return for 2015
Wednesday	28 January	8:45am	Term 1 commences for Year 1-6 2015
Thursday	29 January	8:45am-12:00	Kindergarten commence 2015 ½ day
Friday	30 January	8:45am-12:00	Kindergarten
Monday	2 February	8:45am-3:00pm	Kindergarten full days Years 3-6 Primary Swimming Carnival
Thursday	2 April		Holy Thursday - End of Term 1
Friday	3 April		Good Friday