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EMAIL: STJOSEPHSKWOOD@PARRA.CATHOLIC.EDU.AU

St Joseph's Primary School

Message From Mrs Reilly...

Dear Parents and Carers,

The Staff had a valuable professional learning experience on our Staff Development Day when we went to Mulgoa to learn about how we can look after our wellbeing and the wellbeing of others. It has helped me to reflect on how important it is to take time to reflect and to enjoy life.

As a parent it's also useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing.

1. **Model good mental health habits:** *If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important.*
2. **Make sure they get enough sleep:** *Sleep is one of the building blocks of mental health and wellbeing. Children need between 10 and 12 hours' sleep to enable proper growth and development. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.*
3. **Encourage your kids to exercise**
4. **Encourage creative outlets:** *It's energizing and helps take stressed and worried kids out of themselves.*
5. **Provide a space of their own:** *Children of all ages benefit from having some space of their own where they can think.*
6. **Talk about their troubles:** *Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness.*
7. **Help them relax:** *Make sure your child has time to chill out so they can relax naturally.*
8. **Have two routines – weekday and weekend:** *It's important to have time on the weekend to slow down*
9. **Foster volunteering and helpfulness:** *Encourage your child to be connected to and help others in any way possible.*
10. **Bring fun and playfulness into their lives:** *Kids should be the kings and queens of play. Make time for them to have some fun.*

Have a safe and relaxing holiday break - take some time for your children's and your own wellbeing.

Take care,
Trish



Catholic Culture News

Micro Vinnies – Pyjama Day

Our Micro Vinnies social justice team is concerned about the plight of the homeless. They have decided to run a pyjama day on the last day of school this term 22nd September.

For the cost of a gold coin, students will be allowed to wear their pyjamas to school. Monies raised from the day will be sent to the St Vincent de Paul to assist the homeless. This is the Micro Vinnies version of the annual St Vincent de Paul winter sleep out.

As always with mufti days, students must wear runners to ensure their safety.

Confirmation

Three students are currently preparing for the Sacrament of Confirmation which will be held at St Joseph's Church in October. Please keep Erica, Tianna and Lily in your prayers as they continue with their preparation.



Understanding Faith

This excellent resource for both children and adults can be accessed as follows:

Website: www.understandingfaith.edu.au (click on Primary in the top right hand corner)

Username: ceo.parra.1769

Password: ceo.parra.2017

There is a variety of information, games and videos that help to bring the faith of your child alive.

2017 School Fees



2017 School Fees are now overdue.

If you have not completed paying your school fees and are not on a payment plan please finalise your payment by the end of this term. If you are having difficulty in paying your school fees please contact Jenny Pendleton on 4726 4200.

New School Phone Number



New Phone Number

St Joseph's is in the process of changing to a new phone system. The new school phone number is **4726 4200**. The new school fax number is 4726 4299.

There will be 18 months of staged redirections and messages for calls to the 'old' school phone number.

For the first 6 months calls to the old number will be automatically redirected to the new number.

For the second set of 6 months, the call will be automatically redirected after a brief message that the number has changed.

For the last 6 months, callers to the old number get a recorded message that states the new number but then hangs up, so the caller has to manually dial the new number themselves.

Kindergarten 2018 Enrolments

Enrolments for Kindergarten 2018 are filling up fast. If your child was born between 1st August 2012 and 31st July 2013, please collect an enrolment form from the school office.

Enrolment interviews have now commenced. If you have collected an enrolment form and not returned it, could you please do so as soon as possible. Acceptance letters will be posted by the end of this week.

Please contact the school office if you have not yet received an appointment day and time for an interview.

Enrolments for Kindergarten 2018 now open!

Students Leaving St Joseph's

A term's notice (10 school weeks) in writing must be given to the Principal before the removal of a student or a **full term's fees will be payable**. The notice can be given any time during term for the next term. Where appropriate notice has been received a pro-rata credit can be calculated based on a pro-rata 40 week year.

One exception is that notice in writing will be accepted at any time during Term 4 in relation to the following years' enrolment ie the notice period of 10 school weeks will be waived in this circumstance.

We will commence using a new finance system in 2018. Part of the change will be that CEDP will be billing the school fees. Therefore, it will be an automatic billing of the 10 weeks if the required notice is not given.

Child Protection Reminder

A reminder to all parents in our community- if you have an issue with another child in the school you **must not** directly approach the child. All issues must be addressed through either the class teacher or the school leadership team. This is for your own protection.

Thank you.

Library Books



As the term is coming to an end, please remind your children to return their library books to school so they can borrow some new ones to read over the school holidays.

SECOND HAND UNIFORM SALE

Will be held early in Term 4!

Attendance Update

At St Joseph's we are aiming for over 90% total school attendance.

We encourage children to be at school and on time every school day. However, if your child is sick please keep them at home.

If your child is sick and away from school for 3 or more consecutive days a doctor's certificate is required on their return.

Sporting Achievements

Congratulations to Jack Vella (5Y). On the weekend he was awarded 3rd in the state for the NSW Enduro Championships in the JM class after almost a year of hard work and battling gruelling conditions including snow!

Well done Jack, we are very proud of you.



Parent Association News



- * 10 Games of Bingo
- * 10 Games of fun for the kids
- * Fun & Laughter with the awesome Mr Tim
- * Lucky door prize
- * And amazing prizes kindly donated by
 - Coles
 - Cables Water Park
 - Lollipops Playland
 - Hoyts
 - Featherdale Wildlife Park
 - Unreal Mini Golf

**Friday
27th October**



More details will be sent out first week of Term 4



Pastoral letter on the same-sex marriage postal survey

Dear sisters and brothers,

As I write to you, the national debate on same-sex civil marriage is in full swing. It is an issue that many feel passionate about and hence, it has potential to polarise the community. I appeal to all Catholics in the Diocese of Parramatta to conduct this dialogue with a deep sense of respect for all concerned, and for the opinion and decision that each person is free to make.

It is important to remember from the very outset that the postal survey is about whether or not Australians want the legal definition of civil marriage changed to include same-sex couples. It is not a referendum on sacramental marriage as understood by the Catholic Church.

Many years ago, divorce was legalised in Australia; but this change did not alter the law of the Church. Therefore, whatever the outcome of the survey or the eventual legislation by the government, the Church will continue to hold that marriage is a natural institution established by God to be a permanent union between one man and one woman, directed both to mutual companionship and to the formation of a family in which children are born and nurtured.

For many Catholics, the issue of same-sex marriage is not simply theoretical but deeply personal. These may be same-sex attracted people themselves or that may be the case with their relatives and friends. In such cases, they are torn between their love for the Church and their love for their same-sex attracted child, grandchild, sibling, cousin, friend or neighbour.

As your bishop, I wish to reiterate the commitment I made at my installation: "I am committed to make the church in Parramatta the house for all peoples, a church where there is less an experience of exclusion but more an encounter of radical love, inclusiveness and solidarity." As a community of disciples, we seek to accommodate, accompany and care for one another irrespective of sexual orientation, marital status and situation.

I invite all Catholics in our Diocese to exercise our responsibility as citizens to engage in this community discernment. It should not be a matter of a simple answer Yes or No to the postal survey. It should be an opportunity for us to witness to our deep commitment to the ideal of Christian marriage. But it should also be an opportunity for us to listen to what the Spirit is saying through the signs of the times.

Throughout much of history, our gay and lesbian (or LGBTI) brothers and sisters have often not been treated with respect, sensitivity and compassion. Regrettably, the Church has not always been a place where they have felt welcomed, accepted and loved. Thus, regardless of the outcome of the survey, we must commit ourselves to the task of reaching out to our LGBTI brothers and sisters, affirming their dignity and accompanying them on our common journey towards the fullness of life and love in God.

Let us pray, discern and act with the wisdom of the Holy Spirit. Catholics, in keeping with the tradition of the Church, are asked to exercise their consciences, ensuring that they are informed as they come to exercise their democratic rights in the coming postal survey.

Yours sincerely in Christ,

**Most Reverend Vincent Long Van Nguyen OFM Conv
Bishop of Parramatta**

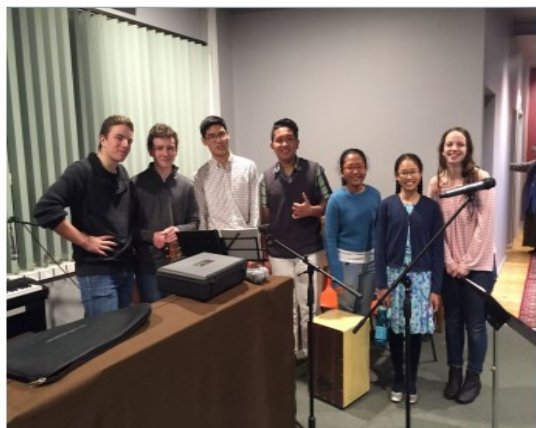
*Given at Parramatta on 13 September A.D. 2017,
Memorial of St John Chrysostom*

Community News



Enrol now for
2018

Phone 4777 0900



**YOU'RE INVITED TO COME TO THE
ST JOSEPH'S YOUTH MASS**
Hang out, have fun and eat pizza.

SATURDAY 23rd of September at 6pm
Special Intention for Year 12 students
preparing for their final HSC Exams.

12-22 Richmond Rd-Kingswood

Ballet Under the Stars

4th November 7.30pm

Ballet Under the Stars is a free outdoor performance of world-class ballet in Penrith supported by our Strategic Partner Destination NSW and Major Partners Celestino and Penrith City Council. Experience the thrill of live ballet while enjoying the beautiful surrounds of the Sydney International Regatta Centre.

Be captivated as The Australian Ballet performs an excerpt from the magical and highly acclaimed production *The Sleeping Beauty*, with its fairies and wood nymphs, bluebirds and storybook characters against the stunning backdrop of Penrith Lakes. The company will also perform a selection of divertissements (bite-sized works of about ten minutes) that will showcase the speed, athleticism, diversity and grace of our dancers.

Bring your family and friends, a rug and a picnic and enjoy a spectacular evening with

NCNS



Nepean Community & Neighbourhood Services

Parenting - Term 4, 2017

Having one of those days? Tired of yelling at the kids? Or just want to know more?
FREE Practical tips for everyday parenting



What's available this term?

Positive Parenting Program (Triple P)
- 2 to 12 years

NCNS is known for providing parenting services that welcome diversity. All services are free. Bookings are essential.

Facilitator: Narelle Smith

Phone: 0409 986121 or email:
Parenting@nepeancommunity.org.au

Nepean Community & Neighbourhood Services

NCNS

RESPECT. RESILIENCE. RECONCILIATION.
www.nepeancommunity.org.au

For dates, times, and venues, please see the reverse of this page.



A DAY OF PEACE IT STARTS WITH ME

Join us for a Day of Peace.

It's a celebration that promotes respect and recognises that all people, and all faiths, share a common desire for peace, security and dignity.

Saturday 23 September
1.30 - 4.30pm

The Mondo greenspace
(between Westfield and the Joan)



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NSW Multicultural
NSW

penrithcity.nsw.gov.au/DayofPeace

Holiday Activities

AFTER SCHOOL ACTIVITIES TERM 4



HENNA WORKSHOP with Gul Mehndi

In this workshop you'll have one-on-one interaction with the instructor so you can create your own unique designs!

WHO: For students in Years 7 - 12
TIME: 4 - 6pm
DATE: Tuesday 17 October
TICKETS: \$25

Limited tickets.
Book in early to secure your spot.



CUBISM ART WORKSHOP with Na'ama Atzmon-Simon

In this dynamic workshop, you'll use drawing, painting and other techniques to make a still life painting inspired by the Cubist art movement. Come in clothes suitable for a messy hands-on workshop and get ready to make some great artworks!

WHO: For students in Years 7 - 12
TIME: 4 - 6pm
DATE: Tuesday 24 October
TICKETS: \$25

Limited tickets.
Book in early to secure your spot.

SCRATCH CODING with Build-a-Mind

For those wishing to take their first steps into coding, as well as those who've already had a go but want to know more. In this workshop, you'll create art, animations, programs and games, working with Scratch Coding.

WHO: For students in years 1 - 6
TIME: 4.15 - 5.15pm
DATE: Thursday 12 October - Thursday 30 November
COST: \$100

For more information contact Barjinder on
4732 7890 or email barjinder.kaur@penrith.city



**PENRITH
CITY LIBRARY**
601 High Street
Penrith 2750
Ph: 4732 7891

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penrithcity.nsw.gov.au

CHILDREN'S NEWSLETTER

ISSUE 95, SPRING 2017

AUTHOR TALK FOR TEENS



WILL KOSTAKIS AND GABRIELLE TOZER

Will Kostakis' first novel, *Loathing Lola*, was released when he was just 19. His second novel, *The First Third*, won the 2014 Gold Inky Award. It was also shortlisted for the Children's Book Council of Australia. Gabrielle Tozer is an internationally published author of three young adult novels: *The Intern*, which won the State Library of Victoria's 2015 Gold Inky Award, *Faking It* and *Remind Me How This Ends*.

WHO: 12 years +
TIME: 6.30pm
DATE: Wednesday 13 September
TICKETS: FREE

Tickets essential.
Light refreshments provided after the talk.

Dymocks stand available to purchase books and get them signed by Will and Gabrielle.

Look inside the Children's Newsletter for all of our great school holiday activities!

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penrithcity.nsw.gov.au



FAMILY SHOWS

MAGIC MYSTERY AND WONDER with Jay Scott Berry

Climb aboard the magic carpet for a fantastic voyage down the rabbit hole and over the rainbow. Jay presents mind-boggling mysteries with a playful, whimsical style - the closest thing to real magic you will ever see! Young and old alike will be amazed, amused and inspired by this non-stop celebration of wonder.

WHO: For the whole family
TIME: 10.30 - 11.30am
DATE: Wednesday 27 September
TICKETS: \$5 per person (children under 2 free).



JANNAWI - WITH ME, WITH YOU with Peta Strachan and Dharpaloco Yunupingu

Peta Strachan, formerly with Bangarra Dance Theatre, and Dharpaloco (Dubs) Yunupingu presents a spellbinding program of traditional and contemporary dance, story, culture and artefacts. You'll learn the 'leaf' and 'honey bee' dance and some traditional language words.

WHO: For the whole family
TIME: 10.30 - 11.30am
DATE: Wednesday 4 October
TICKETS: \$5 per person (children under 2 free).

SCHOOL HOLIDAY TICKETS ON SALE FROM MONDAY 28 AUGUST

All events are held at Penrith Library unless stated otherwise. Bookings are essential! Tickets sell quickly so be quick to avoid disappointment. There will be no refunds or exchanges for tickets purchased. Family shows are \$5 per person and every adult and child attending must have a ticket. Workshops are supervised by professional performers and library staff. All accompanying adults can attend our workshops for free. Your feedback helps us plan future events - email the Library's Children's team at barjinder.kaur@penrith.city

WORKSHOPS

DENIM & LEATHER ART with Christine Butterfield

Be your very own designer and create a stylish fashion accessory using leather and denim in this hands-on workshop. You'll make unique leather and denim creations. Let your imagination run wild!

WHO: For 8 - 13 year olds
TIME: 10.30am - 12.00pm
DATE: Tuesday 26 September
TICKETS: \$20 per child



WORKSHOPS

SNAKE TAILS with Australian Reptile Displays

Meet a variety of Aussie pythons, lizards and turtles and discover all kinds of quirky facts about our cold blooded friends.

WHO: For 6 - 14 year olds
TIME: 10.30 - 11.30am
DATE: Tuesday 3 October
TICKETS: \$12 per child



SCIENCE with Fizziks Education

LITTLE LIFE
In this fun biology lab, children will learn about life cycles and basic ecological relationships between plants and animals.

WHO: For 6 - 10 year olds
TIME: 10.30 - 11.30am
DATE: Thursday 28 September
TICKETS: \$15 per child

CSI FORENSIC
Children will be working in groups to find clues via finger prints, blood types, facial reconstructions, hair and fibre analysis and much more.

WHO: For 8 - 14 year olds
TIME: 12 - 1pm
DATE: Thursday 28 September
TICKETS: \$15 per child



DRAWING POKEMON with Matt Lin

Children will learn to draw Pokemon characters under the guidance of brilliant artist, Matt Lin. With lots of awesome tips and plenty of fun, this workshop will leave you inspired.

WHO: For 7 - 11 year olds
TIME: 10 - 11am
DATE: Thursday 5 October
TICKETS: \$15 per child



DRAWING MANGA with Matt Lin

Learn how to draw Manga characters like a pro with artist, Matt Lin. Step by step Matt will demonstrate how to build your characters from the ground up. Whether you are a beginner or a more advanced drawer, Matt will provide you with loads of tips to take it to the next level.

WHO: For 12 - 17 year olds
TIME: 12 - 1pm
DATE: Thursday 5 October
TICKETS: \$15 per child

Dates for your Diary

<u>Week 10</u>	Wednesday 20th September	7pm Musical
	Friday 22nd September	Stage 3 Touch Football
		Pyjama Day - Gold Coin Donation
		2pm End of Term Award Assembly
		Last day of term 3
<u>Term 4</u>		
<u>Week 1</u>	Monday 9th October	First day back at school for students and staff
	Thursday 12th October	9:15am Kindy 2018 Orientation
<u>Week 2</u>	Friday 20th October	2:15pm Whole School Assembly

St Joseph's Birthdays



Happy Birthday to...

September - Ariana, Elise, Aaron, Leo, Jayden, Amelia, Skye, Zac, Movina, Lachlan, Lillian, Jennifer, Marley, Pallav, Tiana, Charlie, Tegan, Montana, Kristopher, Tristan, Isobel, Jade, Shamman

Have you moved house or changed your phone number? Have your emergency contact details changed? If so, please fill in the slip below and return it to the office. It is vital that we always have up-to-date contact details for you.

CHANGE OF DETAILS FORM			
SURNAME:		CHILD/CHILDREN'S NAME/S:	
<u>New</u> Address Details:			
<u>New</u> Home Phone No:			
<u>New</u> Mother's Mobile No:			
<u>New</u> Mother's Work No:			
<u>New</u> Father's Mobile No:			
<u>New</u> Father's Work:			
<u>New</u> Emergency Contact Details:		Name:	Relationship to Child:
		Phone: Home:	Work: Mobile:
Date:		Signature:	