



NEWSLETTER

ST MONICA'S PRIMARY SCHOOL

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PRINCIPAL: MR CAMERON LIEVORE
ASSISTANT PRINCIPAL: MRS JACQUI VAN DER BURG
PARISH ADMINISTRATOR: FR CLIFFORD D'SOUZA

Week 6 Term 4 19th November – 3rd December 2019

Principals Message

Dear Families,

Over the coming weeks we will begin the process of placing children into learning groups for 2020. This takes considerable time and the school has a clearly defined process that teachers work through with Mrs Van Der Burg and myself.

Children will have an opportunity to nominate 2 friends with whom they would like to be placed in 2020. Teachers will endeavour to place children with at least one nominated friend.

There is no need for parents to send in their child's nominated friends as teachers will ask this in class and have the children record 3 names.

Information from parents about the learning or social needs of their children is also one of the factors that is considered. If you have a specific request about the learning or social needs of your child, you are invited to place this in writing, addressed to me and forwarded to the school office.

It is important that parents understand that this is not an invitation for you to nominate your child's teacher. Instead, it is an opportunity for you to highlight any learning or social needs about your child that we might need to consider when placing them in a learning group.

Teachers will not be assigned to classes until the process of forming learning groups has been completed. It is also important to understand that *once children have been placed in a learning group, changes are not possible.*

Requests are to be in writing and forwarded to me through the school office by **Tuesday 26th November (Week 7)**. Requests received after this date will not be considered. While all information will be taken into consideration, no promises can be made about placements.

I would like to assure all families that a child's best interests are always central to any decision made when placing them in a learning group.

Cameron Lievore
Principal

Affirmation

To our Year 5 and 6 children for the outstanding manner in which they represented St Monica's at the Remembrance Day service in Richmond last week. There were many positive comments and the school was contacted by a member of the public who praised their behaviour.

Diary Dates	
Friday November 22	Kindy-Yr 1 Fun Morning 9.15am – 10.45am
Monday November 25	School Assembly 2.15pm Kindy 2020 Orientation
Tuesday November 26	Kindy 2020 Orientation
Wednesday November 27	Kindy 2020 Orientation
Thursday November 28	Kindy 2020 Orientation
Friday November 29	Kindy 2020 Orientation & Parent Session
Wednesday December 4	P&F School Disco – Richmond Club
Friday December 6	Swimming Carnival Richmond Pools Yrs 2-5 Yr 6 Reflection Day
Monday December 9	Yr 2 Expo of Learning 9-9.30am School Choir visit Nursing Home School Assembly 2.15pm
Wednesday December 11	Reports to go home Gingerbread House Making 6pm
Friday December 13	End of Year Mass, Awards, Morning Tea Carols in the Cola 6pm
Monday December 16	Games morning at Icely Park School Choir Christmas Party
Tuesday December 17	Promotions Morning Yr 6 Graduation Mass 6.30pm
Wednesday December 18	Yr 6 Fun Day Last Day School for students
Thursday January 30	Term 1 2020 Begins Ys 1-6 8.50am

CANTEEN ROSTER

Thank you to the following parents who will be working in the canteen this week. We appreciate the time and effort you give to our students. If you are unable to attend your rostered day please contact Michelle on 4570 3700 through the school office.

Wednesday November 20	Alex Bourke
Friday November 22	Louisa Berry & Alex Brown
Monday November 25	Sam Owens
Wednesday November 27	Nibya Ross
Friday November 29	Agi Tomaszewski & Catherine Chadevski
Monday December 2	Volunteer Needed Please
Wednesday December 4	Mence Chadevski

CAKE RAFFLE ROSTER

Week 6 – 21 st November			
KB	Natalia M	KW	Ryan P
1B	Bianca T	1W	Ceanna H-T
2B	Tomas B		
3B	Dylan R	3W	Max T
4B	Charlee R	4W	Evie R
5B	Luciana M	5W	Annabelle M
6B	Nelson M	6W	Emma L
K6G	Tyrone L		
Week 7 – 28 th August			
KB	Reuben S	KW	Indee B
1B	Luke W	1W	Pippa H
2B	Hayley C		
3B	Jazz S	3W	Olivia W
4B	Joseph S	4W	Georgie S
5B	Chayse M	5W	Rhianna M
6B	Isaac O	6W	Isabella N
K6G	Travis L		

SPORTS NEWS

Gymnastics – Moving Bodies

The students have been thoroughly enjoying their Gymnastics program and the challenges it has provided. They have all shown a development in their movement skills and were very willing to give everything a go. Last week was the final session for Years 3-6 and Years K -2 will have their final session tomorrow.

Karen Buccini
PE Teacher



Mark Taylor Cricket Comp

The St Monica's school team played their first round against St Joseph's Schofields and won that game. Then we played St Mary MacKillop South Penrith and won that game. Last week we played St Angela's Castle Hill and lost. They were a great team to play and we battered and bowled out our 30 overs. They scored 192 and we scored 109. Our team was made up of 7 Yr 6, 3 Yr 5 and 4 Yr 4 students.

I would like to thank the team and their parents and grandparents for the wonderful support with training and transporting to the venues. A big thank you to the parents who umpired or scored. It was a great experience.

Miss Gray



Happy Birthday to the children celebrating their birthday in NOVEMBER

Austin D 1B	Jesse K 6W
Luke W 1B	Anthony A K6G
Zac W 3B	Olivia W 3W
Leo B 4B	Nickson M 4B
Flynn F 2B	Emily K 6W
Alara P 3W	Jack L 1B
Seanna S 6B	Fearne I 1W
Emma M KW	Joel S 2B
Michael L 1B	Cooper S 4B
John M KW	Ezekiel H K6G
Bianca T 1B	Addison F KB
Connor B 6W	Eamon K 4B
Brayden J 4B	-----



Lost Property – Have you lost a pair of pink glasses? Please come to the office to collect them.

BLUE AWARDS

When your child receives 5 “you can do it” awards in class they then receive a Blue Award. When they receive 3 Blue Awards they have a Morning Tea with Mr Lievore. As there are only a few weeks left in the year can you please remind your child to hand in their Blue Awards to their teacher as we wouldn’t want your child to miss their Principal’s Morning Tea. These awards do not carry on over each year.

BOOK CLUB

Last day to order Book Club will be Monday 25th November. Please be reminded that all orders are to be completed online. Please see Book Club Order Form for details.



St Monica's Primary School Christmas Appeal 2019

This year we are supporting the **Vinnies Christmas appeal**. The Christmas Appeal provides our students and school community with an opportunity to have an impact on those in the local community who might be doing it tough, and to be reminded that Christmas is a time for giving. We are asking for donations of hamper items, and again we ask that for the wellbeing of our Conference members who deliver the hampers, that you place your donations in reusable shopping bags (e.g. calico), and not washing baskets. Bags are more manageable for our members and volunteers, who are often delivering to homes and apartments. Bags are also useful to our recipients.

The Christmas tree will be placed in the library by 25th November and you are invited to place your filled shopping bag under the tree.

Hamper Ideas

Christmas Pudding

Custard

Tea/Coffee/Milo

Long Life Milk

Sweet/Savoury Biscuits

Candy Canes

Fruit Cake/Christmas Cake

Jams/Vegemite/Honey

Pancake mix

Lollies

Cereal

Dried Fruit

Fruit mince pies

Muslie Bars

Pasta/Pasta Sauce

Couscous/Rice

Thank you for making a difference to someone's life ■

YEAR 2 CULTURAL DAY

Yesterday Year 2 experienced a wonderful day of multiculturalism. The day commenced with family members presenting a small insight into their cultural heritage and it ended with a magnificent international feast!



St Monica's Primary School
formally invites you to our End of Year Celebrations
Friday 13th December 2019

Awards Ceremony	9:30am in the hall
Morning Tea	10:40am in the hall
End of Year Mass	11:30am in the Church
Carols in the Cola	6:30pm under the Cola

Student eBook Of The Week





<http://bit.ly/2CmzeMQ>

Primary Schools
Nov 11 2019

Years 4 - 6

When Amelia and Charlie get caught in a time-loop at the Gateway Hotel, they are forced to relive the same day. Each loop brings them closer to catching a suspicious alien visitor – but also closer to danger. Can they stop time to save their lives?







SCHOOL RESUMES FOR 2020

Monday, January 27 Public Holiday

Staff Only: Tuesday, January 28

Mathematics Assessment Interviews (MAI's) 11am – 3:30pm

Staff Only: Wednesday, January 29

Mathematics Assessment Interviews (MAI's) 11am – 3:30pm

Thursday, January 30 Years 1-6 8:50am – 3:10pm

Friday, January 31 **Kinder 9:30am – 3:10pm** (NB Week 2, normal school start for Kindergarten at 8:50am)

WEEK 2
MONDAY, FEBRUARY 3
ALL CHILDREN KINDER TO YR 6 8:50AM TO 3:10PM

<u>Parent Connect 2019</u> With FREE childcare	For Dad's & Mums of children aged 0—8 years	<u>Term 4</u> 11th & 25th Nov, 9th Dec	10am—12noon
<u>Supporting Kids Through Loss & Grief</u> WITH FREE CHILDCARE	For Dads and Mums/ primary carers of children aged 0-12 years	Weds 26th February 2020	6.30 - 9pm
<u>GUTS—Growing Up Through Separation</u>	For kids aged 7-12 years who have experienced parental separation	6 x Tuesdays 25 th February, 3 rd , 10 th , 17 th 24 th & 31 st March 2020	3.30-5pm

Richmond Community Services Inc.

P O Box 260

20 West Market Street

Richmond NSW 2753

Tel: 02 4588 3501 (Mon, Tues, Wed 9.00 – 4.00 pm and Thurs 9.00 – 2.30 pm)

Fax: 02 4578 3322

www.rcsi-neighbourhoodcentre.org

WHAT'S ON AT PENRITH OBSERVATORY IN NOVEMBER 2019

Date: Saturday 16 November 2019

Event name: Public Astronomy Night: **Meteorites – Visitors from Outer Space Event details: Mr Ross Pogson**

Meteorites have fascinated people for thousands of years. They have been objects of fear, curiosity, superstition, religious veneration, and eventually, scientific study. Their extra-terrestrial nature was only recognised in the late 1700's to early 1800's, but the message was slow to spread. This talk will address historical accounts, what meteorites are, where they come from, the different types of meteorites and what they are made of. The world's largest meteorites and meteorite craters will also be mentioned. Ross Pogson is a Scientific Officer and Collection Manager for Mineralogy and Petrology at the Australian Museum, Sydney, where he has worked for 40 years. Includes presentation, short 3D movie, tour of the dome and viewing of the night sky through a range of telescopes (weather permitting).

NOTE: 8pm start time IMPORTANT: Parents/Carers are responsible for and must remain with their children at all times. BOOKINGS VIA OUR WEBSITE ESSENTIAL **Time:** 8pm – 10pm

Venue Address: Penrith Observatory (Building AO), Western Sydney University, Werrington North campus, Great Western Highway, Werrington 2747

Cost for Public Astronomy Nights:

\$18.00 Adult

\$12.00 Child/Concession

\$50.00 Family (2 adults + 2 children), children under 3 years of age free.

Contact phone or website for public enquiries and bookings:

https://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on

Facebook Event: <https://www.facebook.com/events/2671148572945028/> ***

Protecting children during a disaster

Although children can show remarkable resilience, they can also be very vulnerable to trauma in highly stressful situations. The best way to enhance children's ability to cope is to help them have a sense of safety and security, and to assist them to feel more in control of their fears.

Although children sometimes appear to cope well during an emergency, they may be very distressed much later. Some children are likely to feel more anxious and stressed than others in the face of a bushfire threat. Cuddling, holding and plenty of affection helps to comfort and reassure these children. Talking to them about what is going on and what the adults are doing to make things safe will help to give children a sense of security and closeness.

Older children may react with anger and blame (at parents or others for not keeping them safer), distrust or hopelessness, or may become rebellious or withdrawn. These are common reactions and adults can best deal with them by being patient and understanding while continuing to explain what is happening to keep everyone safe.

Authorities recommend that families leave their properties early on extreme or catastrophic fire danger days. This will not only reduce the risk of physical harm, but will also keep the family together in a less stressful situation and help children to feel safe. If your plan is to stay and defend your property, the authorities strongly advise that children should be sent away from the danger. Removing children from possible exposure to traumatic experiences is the best protection from long-term harmful effects. If you do choose to 'prepare, stay and defend' and you send your children away, you can help them deal with any distress at being separated by:

- Making sure they are looked after by familiar adults who they feel safe around
- Planning regular communication with children to let them know you are safe.

Seeking professional assistance

If you are worried about your child's fears or are finding it difficult to cope yourself, then you might find some additional support helpful. In most areas of Australia, psychologists are available to provide a range of assistance for children and adults to help them cope better both before and after a threatening or traumatic situation.

APS psychologists have at least six years of education and training. They are able to provide immediate, short-term stress management strategies and can also provide long-term, ongoing support for more complex stress reactions.

To talk to an APS psychologist, ask your GP for a referral, phone the APS Find a Psychologist service on 1800 333 497, or locate a psychologist in your area by going to the APS Find a Psychologist website – www.findapsychologist.org.au. Psychologists may also be accessed through your local community health service.

Other brochures and information on managing in bushfire emergencies can be found on the APS website and the website of the Australian Child and Adolescent Trauma, Loss and Grief Network.



Australian Psychological Society
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www.psychology.org.au



AUSTRALIAN CHILD & ADOLESCENT TRAUMA, LOSS & GRIEF NETWORK

Australian Child and Adolescent Trauma, Loss and Grief Network
ANU College of Medicine, Biology and Environment
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Acton ACT 0200
P: 02 6125 8412 F: 02 6125 0733 E: earlytraumagrief@anu.edu.au
www.earlytraumagrief.anu.edu.au

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ABN 23 000 543 788

PREPARING CHILDREN FOR THE THREAT OF BUSHFIRE

INFORMATION FOR PARENTS AND CARERS

Disasters such as bushfires can be frightening for anyone, but can be particularly terrifying for children. As families prepare for the bushfire season, it is important to protect children from becoming too frightened or anxious, even though many of their fears may be real.

This brochure provides ways of assisting parents and carers to help children manage their fears and to have a greater sense of being in control in threatening bushfire situations.



This brochure should be read along with information about being physically prepared to protect lives, homes and properties in a bushfire emergency, which is usually available from local councils and emergency services.

Helping children manage fears

Children react differently to fearful situations depending on their age and personality. Their reactions will also be significantly affected by how the important adults in their lives are responding to a threatening situation. Adults who are able to remain relatively calm and act in a controlled manner in an emergency situation will assist children to feel safe.

Being psychologically prepared when a bushfire is threatening can help you feel more confident, more in control and better able to think clearly about what you need to do to keep safe. Being cooler, calmer and more collected will also be very helpful to children.

You can help children by:

- Involving them in physical preparations
- Preparing yourself psychologically so that you feel more in control, and then teaching children the same skills
- Listening to children's concerns and correcting any thoughts or ideas that are exaggerated or inaccurate
- Remaining positive and reassuring, saying things like "Remember the plan we have and the things we can do to help us all keep safe if a bushfire comes".

Involving children in physical preparations

Involving children in your household's physical preparations for a bushfire emergency can help them have a greater sense of control and assist them to manage their fears.

- During a threatening situation, it helps everyone to remain calm if they can be occupied in some useful activity. Select a suitable activity for each child that gives them a feeling of having something to do, and note it in the household plan.
- Talk about the household bushfire plan with all the family, write it up and display it in a place where everyone can see it.
- Practise the plan with the family until everyone knows it really well.
- Talk with children about their school bushfire plan as well.

Being psychologically prepared

Psychological and physical preparation are closely linked and both are important. If all members of the household are psychologically prepared, everyone should be able to think more clearly and act according to the household emergency plan. Once you have learnt how to be psychologically prepared yourself, you can help children to learn the skills too.

A I M for being psychologically prepared in three steps

1. **ANTICIPATE** that the situation will be stressful
2. **IDENTIFY** your body changes related to anxiety and any frightening thoughts that are adding to the fear
3. **MANAGE** your responses using controlled breathing and self-talk

STEP 1

Anticipate your psychological reactions

When people understand their usual reactions to stress they can learn ways to manage them better when they happen.

- Think about how your children usually react to stress. What other frightening experiences have they had?
- Discuss with them what it might be like in an emergency and how they might react.
- Help them to understand that although these reactions are very understandable, sometimes they can get in the way of thinking clearly and acting in a helpful way in an emergency.

STEP 2

Identify feelings and thoughts

In highly stressful situations, the body usually shows signs of anxiety, such as a racing heart, feeling sick or being short of breath. These bodily reactions to stress usually trigger stressful thoughts such as "I can't cope" or "I'm so afraid".

- Help children to notice what is happening to their body and the changes that tell them that they are feeling scared.
- Help them to put names on these bodily feelings ("When I get butterflies in my stomach that can sometimes mean I am feeling scared").
- Show them how to identify unhelpful thoughts they might be having that are adding to their fears ("Something bad is going to happen to us").
- Remind children that strong bodily sensations and frightening thoughts are normal, but there are ways to manage them so they don't get out of control and stop us from doing what is helpful.

STEP 3

Manage responses to the stress

Children can learn two simple strategies to help them to feel more in control.

1. Teach children to slow down their breathing to help calm anxiety reactions ("Imagine you're breathing out like a sleepy dog lying in the sun"). When breathing out slowly, teach children to say to themselves "It's OK, breathe easy".
2. Teach children to replace frightening thoughts with more helpful ones ("This might be scary but there are some things that my family can do to help us stay safe"; "We have a plan of what to do and we have practised the plan, so that should really help").

When children know what to do in an emergency situation, they will often feel calmer. Make sure your whole household practises both your physical plan and your psychological preparations so you all know what to do and can all feel more in control.



St Monica's Fete Committee 2019

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