Dear Parents, Boys & Girls,

I was speaking to fifteen Yr 6 Students in my office yesterday. I was trying to show the importance of making connections in our LEARNING. One of the activities was unpacking the acronym “DYB”. I found this reflection on “Do Your Best” and thought it was of benefit to our Yr 6 Students and community at St Margaret Mary’s:

Every family in Australia at some stage in the life of their children, have encouraged them to “do your best”. All things in our lives are buzzing and changing all the time, so our child’s best will sometimes be high quality and at other times will not be as good.

When children are doing their best, it’s usually because they enjoy what they’re doing and feel confident about it rather than doing it for a reward. They do their best because they want to do it, not because they have to do it and not because they are trying to please someone else. So, how can we support our children to do their best?

Well, most children become what adults tell them they can become.

Children take words to heart, especially words from the adults they love; they want and need to believe what their parents say about them. By our talk and behaviour to our children, we communicate to them our expectations and their potential. Sometimes, children will need feedback from their parents to help guide their behaviour. When we do give feedback, we need to focus on the behaviour.

To help children to do their best (DYB) we need to show a genuine interest in them and let them know how much we care about them. We need to accept what’s important to them and provide support about who they are and what they’re doing. We need to say “well done” as worthwhile things always take time and effort. When the need arises, we might offer to lend a hand; if our children see that we are willing to give our time and energy to their interests, they will be more committed to see things through and be less likely to give up on themselves.

“Lord, we invite You to walk with us
As we journey with our children.
Help our guidance to be reflective of You,
So that it is always loving, compassionate and honest.”

Thanking you for your support.

Kevin Mills
Principal

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**Tuckshop Roster**

- Thursday February 13th  L. Saliba
- Friday February 14th
- Monday February 17th
- Tuesday February 18th
- Wednesday February 19th  L. McLeay
### Next Week’s Happenings

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>Thursday</strong> 13th February</td>
<td>Assembly: Year Six 2:00pm in the Hall</td>
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<tr>
<td><strong>Friday</strong> 14th February</td>
<td>Cumberland Zone Swimming Carnival at Parramatta Swimming Pools</td>
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<tr>
<td><strong>Monday</strong> 17th February</td>
<td>8:40am Morning Assembly and Prayer</td>
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<tr>
<td><strong>Tuesday</strong> 18th February</td>
<td>Student Banking</td>
</tr>
<tr>
<td><strong>Wednesday</strong> 19th February</td>
<td>Year Five Prayer Service 2:15pm in Learning Space</td>
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</tbody>
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### Notes Sent Home

- Zone Swimming
- Year Five Antarctica Incursion

### Student Medical Information

If your child/ren suffer from Asthma or have a medical condition, could you please contact the office in writing with an update of the medical condition and any other information that may be helpful to the school in relation to the care of your child’s medical condition. For example if your child suffers from Asthma please supply an update of your child’s Asthma Plan.

Thank you

Office Staff

### Get Ready......

#### Crunch and Sip

This year we will introduce Crunch and Sip program in our school. The aim is to promote positive attitudes towards eating fruit and vegetables.

#### What is Crunch and Sip?

Crunch and Sip is a break during class when students can refuel on fruit and veg and rehydrate on water. The break assists students with physical and mental performance, and concentration in the classroom.

Crunch and Sip encourages fruit and vegetable snacking and drinking water. Healthy eating behaviours are modelled in the classroom and reinforce the nutrition messages in the PD/H/PE curriculum. By making fruit and vegetable eating and water drinking normal in the classroom, healthy habits can be formed and continued into adolescence and adulthood.

The Crunch and Sip break gives students the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox. Students are also more likely to eat their fruit or vegetables and drink their water if their friends and peers are all doing it too!

### Book Club

Approximately twice a term children are given the opportunity to order books from Ashton Scholastic Book Club. It is important that when you are ordering items offered by Ashton that you read the information provided in the catalogue regarding the product. If you are not fully satisfied with your purchase parents are asked to contact Ashton as the school’s role is only ordering and distribution. It is not compulsory to order these books. The order forms will be sent home with your child and are to be completed and returned to the school with the exact money (no change will be given). Payment can be made by cash, cheque or credit card. Please ensure that the child’s name, class and amount enclosed are clearly marked on the envelope as well as on the order form.

When paying by credit card, please follow the instructions on the order forms.

### BIRTHDAYS

- Bella Injerkouchi
- Michelle Diab
- Roman Mika
- Maria-Teresia Faraj
- Tyrone Wedlock
- Anthony Sattout
- Costa Zoumpoulis
- Annabelle Danil
- Melissa Lahoud
- Abuk Juk
- Sal Gattouso
- Isaac Zoumpoulis
- Sally Fung
- Mawunedi Passa
- Brent Jara
- Annalise Anderson
- Mariah Gwynnete Carraan
- William DELA CRUZ
- Nicholas BLEEKER
- Mark Wang Shi
- Talisa Bourke-Taufaha
- Athok Mayom
- Liana O'Donoughue
- Neveh Shrestha
- Sophie Hatter
- Charbel El Ghousain
- Gabriella Gattuso

Congratulations to all those children who celebrate their birthday around this time.
Change of Details
If you have moved house or changed your contact details during the school holidays, please notify the school office as soon as possible to update your details in case of an emergency.

School Start Time
Students need to start making their way to class at 8:30am, music will play from 8:30am to 8:40am. All gates will be locked at 8:40am. This means that any student not here at 8:40am is late for class. At 8:40am on Monday mornings we assemble as a whole school.

School Uniforms
All uniforms but be worn neatly and correctly. It is expected that children have suitable hairstyles appropriate to their age and school expectations. Students with long hair must tie the hair back and boys haircuts should be no shorter than No 2 cuts.

Our Sun Safe program— No Hat No Play requires students to wear our school cap or school hat at each playtime. These hats and caps are available at the school office.

Sleeper earrings and stud earrings may be worn. Please be aware that these can be dangerous during sport times. Simple signet rings may also be worn. No expensive jewellery is to be worn at school.

Codes of Conduct
At our school we have three Code of Conduct for our students. In our behaviour management policy we show the following

“The whole school community of St Margaret Mary’s continues to provide an environment that enhances our Christian values and embraces the diversity of people and cultures. The members contribute to ensure that each individual receives their basic needs of Love, Belonging, Importance, Freedom and Fun. This is achieved by members knowing they have the

**Right**
- to be happy and feel safe
- to learn
- to be respected

and the **Responsibility**
- to allow others to feel happy and safe
- to allow learning to occur
- to show respect for everyone

Therefore the school maintains a Code of Conduct that states
- Everyone has the right to Teach and Learn
- Everyone has the right to feel Valued and Respected
- Everyone has the right to feel Safe and Secure”.

We ask that you speak with your children about our three Codes of Conduct – we have high expectations that our students will be consistent with their behaviour.

Grades Assemblies for Term 1
Assemblies are held on Friday afternoons at 2:00pm in the school hall. Please be aware that grades may change days at short notice.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Date</th>
<th>Week</th>
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<tbody>
<tr>
<td>Kinder</td>
<td>28th March</td>
<td>(Week 9)</td>
</tr>
<tr>
<td>Year 1</td>
<td>21st March</td>
<td>(Week 8)</td>
</tr>
<tr>
<td>Year 2</td>
<td>14th March</td>
<td>(Week 7)</td>
</tr>
<tr>
<td>Year 3</td>
<td>7th March</td>
<td>(Week 6)</td>
</tr>
<tr>
<td>Year 4</td>
<td>28th February</td>
<td>(Week 5)</td>
</tr>
<tr>
<td>Year 5</td>
<td>21st February</td>
<td>(Week 4)</td>
</tr>
<tr>
<td>Year 6</td>
<td>14th February</td>
<td>(Week 3)</td>
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</tbody>
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Grades Prayer Services for Term 1
Grades Prayer Services will be held in Grade Learning Spaces. Please be aware that grades may change days and/or times at short notice.

<table>
<thead>
<tr>
<th>Grade</th>
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<tbody>
<tr>
<td>Kinder</td>
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</tr>
<tr>
<td>Year 2</td>
<td>Wednesday 19th March 2:15pm</td>
</tr>
<tr>
<td>Year 3</td>
<td>Thursday 3rd April 2:15pm</td>
</tr>
<tr>
<td>Year 4</td>
<td>Thursday 27th March 2:15pm</td>
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<tr>
<td>Year 5</td>
<td>Wednesday 19th February 2:15pm</td>
</tr>
<tr>
<td>Year 6</td>
<td>Thursday 20th March 2:15pm</td>
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Zone Swimming Carnival
Good Luck to the following children who will be competing at the Zone Swimming Carnival representing our school.

- David Curkovic
- Vanessa Cheng
- Alek Kouvas
- Joey Issac
- Lily Parrott
- Alesandra Nasr
- Georgia Abraham
- Grace Othman
- Taya Higgins
- Leba Younan
- Grace Neculman
- Thomas Gerrie
- Victoria Georges
- Raquel Saliba
- Jessica Bahous
- Joel Incognito
- Shivam Malhotra
- Dennison law
- Christian Karam
- Nicholas Tan
- Marcus Bounassif
- If there are any parents who can help out on the day of the carnival and their child is not attending the carnival, please contact Mrs Foley.

All students who represent our school should abide by the School Code of Conduct at all times.
Canteen Helpers

Do you enjoy conversation with your lunch? Would you like to see your children occasionally during school hours? Are you looking for a way to become involved at school, in a social relaxed way and you have completed the Child Protection Module. Then the canteen is the answer you’ve been looking for. We require some new faces to join our wonderful team of canteen ladies, because some of our old ones have left. If you can spare a day in a week, fortnight, month or even occasionally, please fill out the form and return it to the school office.

We really do need the help. Many hands do make light work and your child would love to see you in the canteen. Mums, Dads, nans, or Pops are all welcome. Lunch provided. If you would like any more information please see Georgina in the Canteen.

Mrs Bruderlin & Mrs Wilton

Back Row: Jasmine Ezenwa-Ndukaku, Elias Othman, Charlene Pickering
Front Row: Megan Nader, Madeleine Clark, Ameli Passa

Summer Holiday Reading Program - Parents and Teachers Work Together to Achieve Goals

During the summer holidays, ninety eight targeted students from Kindergarten, Year One and Year Two, took part in our first, and very successful, ‘Summer Holiday Reading Program.’

The program was introduced to parents in a meeting where they had the opportunity to ask questions and were provided with ideas on how to make reading in the holidays enjoyable for their children. During the meeting, we emphasised the importance of during the summer break. Research shows that students who stop reading regularly during the holidays experience ‘Summer Reading Setback,’(Allington & McGill-Franzen, 2013). ‘Summer Reading Setback’ can result in lower reading levels and achievement gaps.

In order to gauge the success of our first ‘Summer Holiday Reading Program,’ we chose a selection of participants to assess. We found that the majority of students who participated in the program and read during the holidays maintained their reading skills and level or improved.

We are extremely impressed and thankful for the support parents have provided during the program. The program is a great example of parents and teachers working together to achieve the best result for children. Seeing as this program proved to be beneficial, we hope to offer it again in the future.

We have created a website with further ideas and information. Please feel free to visit the website and leave us a comment or question.

Mrs Bruderlin & Mrs Wilton

Back Row: Jasmine Ezenwa-Ndukaku, Elias Othman, Charlene Pickering
Front Row: Megan Nader, Madeleine Clark, Ameli Passa

Canteen Helper

Name: ____________________________________
Contact No: ______________________________
Child’s Name: ____________________________
Child’s Class: ____________________________

Please circle when you are able to help.
Monday  Tuesday  Wednesday
Thursday  Friday  Saturday
Weekly  Fortnightly  Monthly
Emergency