



St Margaret Mary's School

Listen Share Act

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Newsletter No 34

Bulletin

Wednesday, 7th November, 2018

Diary Dates

Thursday, 8th November

Friday, 9th November

- Selected Yr 6 Students attending Remembrance Day Service.
- Yr 5 Puberty Talk by Catholic-Care.

Monday, 12th November

- 8:40am Whole School Assembly and Prayer.
- Yr 5 Leadership Day at Narrabeen 7:30am - 4:30pm.

Tuesday, 13th November

Wednesday, 14th November

- Kindergarten 2019 Orientation Morning. 9am—10:40am.
- Kindergarten 2019 Parent Information Session. 9am - 10:40am.
- StMM's Parish Sacrament of Confirmation 7:00pm - 9:00pm.

Leaving

If you know your child/ren will not be returning to this school in 2018, please let the office know as soon as possible, in writing. It is a CEDP Policy that 10 school weeks notice is given to the principal before the removal of your child from the school, otherwise a full term fees will be required to be paid.

Change of Details

If you have moved house or changed your contact details, please notify the school office as soon as possible to update your details in case of an emergency.

Skoolbag App

All parents are encouraged to have the Skoolbag App, as this will be the main preference for communication to all parents. Our **School Name** for Skoolbag App is **SMMPM**.



Principal's Message

Dear Parents, Boys and Girls,

Over the last three weeks I have had a number of opportunities to reflect on interviews that I had with a number of parents, staff and students. I was reading a book about the role of listening in giving Feedback and FeedForward and decided to write something for our community on LISTENING. The internet provided a very easy article on Listening!

Stop Talking!

I can't multi-task speaking and listening. If I am talking, I am not listening. This rule also applies to the talking inside my head. If I am thinking intently about what I want to say, I am not listening to what is being said.

Create a Space

Create a physical space. Focus on reacting and responding to the speaker. Create, too, a space in *your mind* for what the speaker has to say. Create a space between your thoughts.

Hold Your Judgments

How often we have passionately expressed a gut reaction only to become turned around and regret what we said after hearing more of the facts? Allow for a thoughtful pause between reacting, a space in which to ask yourself, "Do I have the whole story?"

Open Your Mind

While we may not consciously feel the need to be right, we tend to have certain ideas about reality and feel groundless when they're threatened. Groundless now and then isn't a bad thing. Without it we can't break new ground or find common ground; it's okay to be unsure.

Focus

When someone is speaking, focus. If you're paying attention, you'll likely be showing signs of focus – such as making eye contact – without thinking about it at all.

Remember Names

The first step in remembering names is deciding that they are important to remember. Listen when you're told about someone prior to introductions. Repeat the names when you are introduced. Make associations to remember names.

Questions

Going into a listening situation with questions in your mind will help you remember and, often, put information into the framework of your existing knowledge. Listen to body language and be quick to clarify assumptions if you are unsure or are getting a negative message. Observe. Listen. Ask.

God Bless,

Yours in Christ

Kevin Mills
Principal

Administration

Staff Reflection Day

Friday, 23rd November 2018

This is a pupil free day



SPEAK BOLDLY AND WITH PASSION

Between now and 6th March 2019, the Catholic Bishops of Australia are asking everyone to share their voices.

Something like this hasn't happened for over eighty years. In fact, it is the highest form of official gathering that a church in a particular country can have. It is called a Plenary, and as this meeting will take place in 2020, the process is being called Plenary 2020. Bishop Vincent Long, the Bishop of Parramatta, particularly wants to hear from us. He is asking us to forward submissions to the national church, but he is also asking us to let him know what we think. He doesn't want to wait till 2021 for the Plenary Council to conclude. We, as a diocese will start acting in 2019 based on what is shared. So... speak boldly and with passion!

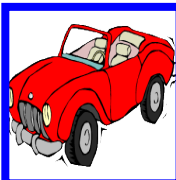
More information will go home with students over the coming weeks as and the school communities thoughts.

Important

Parents and students, please note. Children are not allowed to send messages to parents during school hours via any type of technology device.

Car Pick-up Service.

Please note that this is a service provided by the school for the safety of each student leaving using this routine. The following points need to be followed by the students and the teachers. We have over 180 students leaving school by this process each afternoon and we are calling the support of students and parents to ensure its smooth running each day. Children who cannot behave for this service will have a consequence for their actions.



For Students:

- Move quickly to the Carpick-up Area
- Sit with members of your family
- Take a book to read & listen for your number
- Move quickly when your number is called
- Follow the staff instructions at the cones
- Move quickly into the car and put your seatbelt on
- Thank the staff member who is helping you

For Parents:

- Car line up following StMM's Instructions
- We suggest that you space your arrival between 3:00pm and 3:30pm.
- We have been advised it is illegal to double park on the other side of Henson Street. **The police will book cars**
- Move to the cones to pick up your child
- All students must have correct seating arrangements

Student Banking

NEXT WEEK IS THE LAST WEEK FOR STUDENT BANKING FOR 2018.

Student Banking will return in Week 6, Term 1, 2019.



School Uniforms

All uniforms must be worn neatly and correctly. All hairstyles should be appropriate to the students age and the schools expectations. Long hair must be tied back. Our Sun Safe program requires students to wear our school cap or hat when outside: **No Hat No Play**. These hats and caps are available at the school office. Sleeper earrings and stud earrings may be worn. Simple signet rings may also be worn. No expensive jewellery is to be worn at school.

Monday Morning Assembly

This week, we were told that Catholic Mission are coming to visit infants. On Tuesday, we have the 'Faith Fair' at recess and lunch which is being run by Kindy and Year 5. On Wednesday, we have the first Kindy Orientation Day in the



morning and we have the Yr 4 Prayer Service in the afternoon, all parents are invited. On Friday, four students from Year 6 will be going with Mr Maunick to represent St Margaret

Mary's at the Remembrance Day Service in Auburn.

Finally, we congratulated all the students in Year 6 that attended the Basketball Gala Day last week for their sportsmanship and participation!

By: Media Team



Faith Community

Faith Fair

On Tuesday, 6th November, Kindergarten held a Faith Fair. Kindergarten worked very hard to make many of the items! They sold things



such as Prayer Cards, Artworks, Decorations and Rosaries. All the money raised will go to Catholic Mission to "Heal a Nation Through Education" and allow children all around the world to be educated and have a better life. Thank you

to Miss Fardella and Year 5 buddies for helping with the making and selling of the items!

By Billy Russell, Jacob El Rassi and Anthony Baaini



Personal Growth

NSWPSSA Primary Athletics Championship

A huge congratulations to Clara Fetrie in 3Red.

Clara competed in the 100m at the NSWPSSA Primary Athletics Championship at Sydney Olympic Park last Wednesday and Thursday. In her heat, on Wednesday, Clara came first (QT



15.16s) and was ranked overall third. In the final on Thursday, Clara came first with a time of 14.8secs! We are so proud of the way Clara displayed outstanding sportsmanship and gave it her best. You are a champion Clara!



L. Look
L. Listen
L. Learn



D. Do
Y. Your
B. Best



H. Hats
O. On
H. Hands
O. Off



R. Rubbish
I. In
B. Bin



K. Keep
O. On
T. Task



Q. Quick
Q. Quiet
Q. Quality



B. Be
F. Friendly
G. Gentle



R. Right
P. Place
R. Right
T. Time



Basketball Gala Day

The St Margaret Mary's defence was amazing, we stole the ball off the attacking team and quickly got the ball to the shooters. It was a clean shot and St Margaret Mary's won the game with that special teamwork, splash!

We arrived at school at 6:45 am on Monday, 29th October



as the Yr 6 Basketball Gala Day was being held at Penrith Sports Stadium. There was a boys and a girls team. The boys & girls team both achieved 4th place out of 7 schools which was very good considering it was our first basketball gala day! Thank you to Margaret Gong for allowing us to train very hard at her basketball court at the Merrylands Youth Centre at King Park.

By Christopher Fares, Anthony Bejjani, Joey Farah, Dany Abou Zeid Year 6



Swimming Carnival!

On your marks, get set, go! On the 30th October, there was an Invitational Swimming Carnival where children from Year 2 to 5 walked to Merrylands Pool to compete with other students. They did strokes including freestyle, backstroke, breaststroke and butterfly. Everyone from the swimming carnival would like to thank the parents, teachers and students that came to support us on the day. We would like to thank Mrs Foley for organising the swimming carnival!

By Lydia Neculman and Jessica Perello



BIRTHDAYS



Grace Zhang	Gabriella El-Gemayel	Yasmine Abraham
Angelina Mouna	Ita Rakhbandari	Efthimia Kapetangiannis
Shirley Lou	Raquel Nasr	Aliay Hawach
Raymond Hayek	Jeremy Habib	Rita Bougoide
Marcus Haddad	Destiny Karam	

Congratulations to all those children who celebrated their birthday around this time.

Partnership

P&F News

Annual General Meeting

Would you like to be part of events such as our annual Mother's & Father's Day Stalls and huge Easter Raffle or our Christmas Raffle?

Do you have some fun ideas so we can try to help raise funds for the school?

Then come and join the P & F Committee.

We need to have our P&F, as it is a way parents can have a voice in the school. This is an excellent forum to be involved in.

Nominations for the following positions will be taken at the meeting: President, Secretary, Treasurer and Fundraising Committee.

Please join us for our 2018 AGM (Annual General Meeting).

Time: Wednesday, 28th November, 6:30pm.

Place: The School Staff Room.

Preschool Visit

On Tuesday 6th November some teachers and children from Community Kids Preschool came to visit Kindergarten. They viewed our learning space and joined us in reading activities. We had fun playing with them.



MERRYLANDS WEST SCHOOL & WORKWEAR CENTRE

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PH: 02 9637 4502

St Margaret Mary's Primary School - Price List*

As of 1st October 2018

You can now purchase your uniforms on our website: cruniform.com.au

How to create an account:

Hover over **ONLINE SHOP** tab and select your school
Your school's **Sign up Passphrase** is **STM7867**

LOWES
*Shop & Save
for Christmas*

Exclusive offer to
ZERO & REWARDS CARD HOLDERS

20% OFF
SCHOOLWEAR
AND EVERYTHING ELSE

INSTORE & ONLINE - THURSDAY 15TH NOVEMBER

* Excludes gift cards & all sale packages. Cannot be combined with other offers or discounts. Floor stock only.
Suits and colours may vary from store to store.
No rain checks. Please choose carefully, exchanges and refunds only with receipt. Includes seating 25% discount.
Offer ends midnight (AEST) 15/11/18. Must use Zero or Rewards card to receive discount.

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 separate puffs of blue/grey reliever puffer

- Shake puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer

Repeat until **4 puffs** have been taken

Remember: **Shake, 1 puff, 4 breaths**

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)



3 Wait 4 minutes

- If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above

OR give 1 more dose of Bricanyl or Symbicort inhaler



4 If there is still no improvement call emergency assistance - Dial Triple Zero (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 separate puffs** every **4 minutes** until emergency assistance arrives

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort



Call emergency assistance immediately - Dial Triple Zero (000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma

Asthma Australia

Contact your local Asthma Foundation

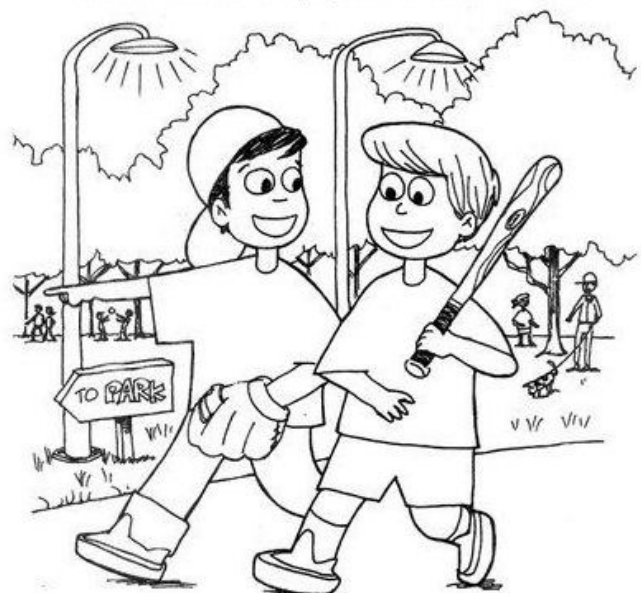
1800 ASTHMA Helpline (1800 278 462) asthmaaustralia.org.au

© Asthma Australia 2016 Supported by the Australian Government

Translating and
Interpreting Service
131 450

Adapted from First Aid course A&A 17 November 2015

Don't take shortcuts or play in dark or deserted areas.



BE SMART

It's always safer to do things with a friend and to stay in well-lit places where there are people.

6.