



#### Diary Dates

##### Thursday, 20<sup>th</sup> February

- Diocesan Swimming Carnival at Blacktown Swimming Centre.

##### Friday, 21<sup>st</sup> February

- Mufti Day - \$1, \$2 or \$5 Donation. For the Bushfire Fundraiser.

##### Monday, 24<sup>th</sup> February

- 8:40am Whole School and Prayer Service.

##### Tuesday, 25<sup>th</sup> February

##### Wednesday, 26<sup>th</sup> February

- Ash Wednesday - Whole School Mass 9am

## Principal's Message

Dear Parents, Boys and Girls,

### The Definition of Good Parenting

by Michael Grose (adjusted and edited by Mr Mills)

1. Good parenting involves a great deal of **consistency** and **routine**, which gives children a sense of control.
2. Good parenting focuses on developing **independence** in children, so parents do themselves out of a job.
3. Good parenting involves consideration of a child's age and stage of development. That is, there is a match between **expectations**, **discipline** and **resilience-building** strategies and a child's developmental age.
4. Good parenting aims at **socialising** kids. Parents provide children and young people with social prompts to enable them to **negotiate** their expanding social horizons. This social prompting helps them negotiate their online and offline worlds.
5. Good parenting develops a **growth mindset** in kids rather than a mindset that says that a child's intelligence is fixed. Parenting that develops a growth mindset links kids' success to effort and strategy as opposed to purely recognising and developing natural ability.
6. Good parenting focuses on **encouragement** over praise, **consequences** over punishment and **cooperation** over obedience. This ensures parenting matches the times in which we live.
7. Good parenting insists that kids **help** at home without being paid so they learn to be **givers**, not takers.
8. Good parenting takes into account children's birth order, personality and gender differences. **One parenting size** doesn't fit all kids.
9. According to the best available research the best parenting style is an authoritative style which is a balance of **firmness** and **nurturance**. The outcomes are generally best for kids in terms of academic success, mental health and good well-being when they are raised by parents that use an authoritative style.
10. Families work well when they are **guided democracies**. Someone should be in charge of a family, and it's a good idea if it's parents! So our questions are:
  - I. How does your parenting look?
  - II. What's your family like?

At the beginning of each year, I look towards our parents and care-givers and am amazed at the level of commitment and love shown towards our children at St Margaret Mary's in Merrylands.

God Bless.

Mr Kevin Mills  
Principal

#### 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.



# Administration

## Kindergarten

As of Monday, 24<sup>th</sup> February Kindergarten will join the rest of the school at the Monday morning assembly. Parents are welcome to attend our Monday morning assemblies when we gather as a whole school community.

## Learning Support

We would like to welcome Mrs Marie Debes as Learning Support Coordinator. Mrs Debes is at school Monday - Wednesday each week.

We would also like to welcome Mrs Sue Yanz to the role as Instructional Coach for StMM's.

## School Fees

Catholic Education Diocese of Parramatta have sent out all Invoice/Statements for the 2020 year. If you have not received your statement by the 28<sup>th</sup> February, please contact Maria in the school office. Term 1 School Fees are due by 18<sup>th</sup> March unless you have entered into an arrangement with the school or with CEDP. Details as per your school statement.

Any queries with regards to your 2020 Statement or arrangements, please contact Maria Pagano on 8633 8400.

## Year 3

Year 3 have now returned to their learning space after the rain last weekend. Thank you for your support in this matter.

## 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.



Students are NOT wearing the correct sports shoes and socks. The school sports shoes should be predominately white and socks should be white with a fold down top. Parents are asked to ensure that students have the correct uniform on at all times.



# Lent Begins Ash Wednesday

## Canteen Lunch Orders/Flexischools Online Ordering

All lunch orders are placed online. It has come to our attention that orders need to be confirmed at the last stage of the process within Flexischools. If "**Confirm Order**" is not pressed, you will **not** receive an emailed confirmation. If you do not receive an emailed confirmation your order has **NOT** been processed. Please note **daily specials** are capped and need to be placed **online only**. Some students are bringing money to school to order their lunch and due to the fact that no over the counter orders are taken, student are then not making healthy choices when purchasing from the canteen at recess and lunch. Lunch orders can be placed in advance.

## School Hours

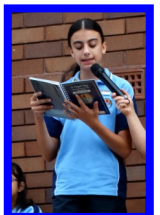
Parents are reminded that lessons begin at 8:40am and finish at 3:00pm. Children should be at school by 8:30am.

There is no supervision in the mornings before the 8:15am bell. From 8:15am until 8:30am it is walk and talk time only. Students are reminded that there is to be **NO** running or ball games in the playground in the mornings. If you are dropping your child/ren off or picking them up from the Parish car park, please remind your child/ren about the safety around cars and the dangers of running in this area.

Parents are also reminded that they need to collect their child/ren from school at 3:00pm. If you are running late please contact the school office. The school office is open from 8:15am to 3:15pm every day.

## Morning Assembly

On the fourth week of Term 1, St Margaret Mary's had our first morning assembly. The students that participated in the Cumberland Zone Swimming Carnival last week were presented with their certificates by Mrs Foley. Joab Hada from Year 5 and



Isabella Blandon Cano from Year 6 both received Age Champion Runner Up. They received a certificate and trophy. Adriana Mekdessi from Year 4 received a certificate and a \$30.00 voucher for her participation in the Summer Reading Challenge. Finally, two Year 6 students explained that this Friday, 21<sup>st</sup>



February would be a whole school mufti day. If you wear mufti you must bring in a gold coin donation to donate to those affected by the NSW bushfires.

Sienna Tamer and Thomas Yu  
Media Team



## Faith Community

### Ash Wednesday

Whole School Mass 9am in the Church. Parents and friends are welcome to join us at Mass.



### Opening Mass

On Friday, 14<sup>th</sup> February the whole school community including families and friends joined together in the church for an Opening Mass and to congratulate the Year 6 Leaders for 2020. Father Janusz welcomed us all back and spoke about how Valentine's Day reminds us to love our family. At the end of mass, Father Janusz blessed the badges for the Year 6 Leaders, and were presented with their badge by their parents.



After Mass, the new School Leaders and their parents enjoyed morning tea together. To conclude the morning, the Year 6 leaders had a group photo with Mr Mills.

*By Thomas Yu & Sienna Tamer Media Team*



## Teaching & Learning

### Parent/Student/Teacher Interviews

#### Years 1-6 Parent Interviews

Dear Parents/Carers

Years 1 – 6 will have parent/student/teacher interviews in week 7. You will receive a letter shortly, and we ask that you book a time slot as soon as possible. It is an expectation that all students from Years 3 – 6 accompany their parents to the interview. Time slots are for 10 minutes and interviews will occur in your child's learning space.

#### Kindergarten Parent Meeting

On Wednesday, 11<sup>th</sup> March 2020, Kindergarten parents will be invited to one of two allocated meeting times, 4pm – 5pm or 6pm - 7pm. The meeting is to give feedback based on the Best Start Assessments that every child in Kindergarten completed at the beginning of the year. You will also receive a written report on your child's assessments, as well as some ideas on how to support your child's literacy and numeracy learning at home. We look forward to seeing every Kindergarten parent/carer at this meeting. A letter will go home shortly, asking you to indicate what time slot you will be attending.

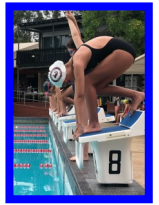
### Reading Diary

Every student at StMM's is expected to read each night and record their efforts in the Reading Diary. Setting aside a time to read each night at home is an excellent routine to establish before students enter high school. If parents feel their child is responsible (Yrs 5 & 6) the student may do the recording and sign off.

## Personal Growth

### Cumberland Zone Swimming Carnival

St Margaret Mary's had an amazing time at the Cumberland Zone Swimming Carnival and we had 20 children representing our school. On the day,



students participated in individual events, as well as team events such as the relay. The Senior Girls Relay Team put in a great effort and came 1st in their race and overall on the day.

St Margaret Mary's was also very lucky to have two children walk away with trophies!

Joab Hada from Year 5 was awarded Junior Boys Champion Runner Up and Isabella Blandon Cano received the Senior Girls Champion Runner Up.



As a result of their amazing achievements on the day, 17 children will represent STMM in the Parramatta Diocesan Swimming Carnival on Thursday 20<sup>th</sup> February at Blacktown Swimming Pool.

Congratulations to all the students who participated in the Cumberland Zone Swimming Carnival and to those who are moving onto the

Diocesan Swimming Carnival.

*By: Lisa Shrestha & Havana Smith Year 5*



### Cumberland Zone Swimming Representatives

Congratulations to the following students who will represent Cumberland Zone and St Margaret Mary's at the Diocesan Swimming Carnival on Thursday, 20<sup>th</sup> February at Blacktown Swimming Pool. We wish you the best of luck!

Angelique Baaini

Isabella Blandon Cano

Mikayla Gadd

David Choi

Joab Hada

Shirley Lou

Lisa Shrestha

Ruby Shrestha

Cooper Smith

Havana Smith

Charlie Tilbrook

Isabella Haddad

Jayden Othman

Chadi Haouchab

May Derbas

Leeroy Tautu

Xavier Tautu



# Partnership

## Students Wellbeing

StMM's endeavours to provide a safe environment where all students' needs are catered for equally without further discrimination and fear. The number of children with food allergies in Australia is increasing and it is estimated that 1 in 20 have a food allergy and 1 in 50 have a peanut allergy. The most common food allergies are peanuts, tree nuts (walnuts, almonds, cashews etc) cow's milk, soy, seafood and eggs. The health and wellbeing of students at this school is carefully considered in all activities. It is important all families are aware that StMM's has a number of students who have a range of Allergies (Some anaphylaxis). These include, but not limited to the ones listed above with ten students needing an Epi-pen if they come in contact with the trigger allergy.



**Allergies:** Allergies occur when the immune system produces antibodies against substances in the environment (allergens) that are usually harmless. Once an allergy has developed, exposure to the particular allergen can result in symptoms that vary from mild to life threatening (anaphylaxis).

**Anaphylaxis:** Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. Although there has been an increase in the number of children diagnosed as at risk of anaphylaxis, deaths are still rare. However, deaths have occurred and anaphylaxis must therefore be regarded as a medical emergency.

### Did you know?

- Anaphylaxis is a medical emergency that requires a rapid response.
- A child can have an allergic reaction from simply shaking hands or sharing toys with students who have eaten foods earlier in the day.
- The key to prevention is identifying triggers and preventing exposure to these triggers.
- Adrenaline given through an adrenaline Epi-pen is the first line treatment for anaphylaxis.
- The Epi-pen is designed so anyone can use it in an emergency.

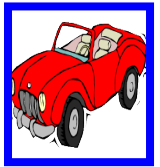
### Tips for Students

Do not swap food  
Wash hands after eating  
Tell the teacher if you are worried about particular food  
Know which friends have an allergy

### Tips for Parents

Discourage children from swapping food  
Check all food labels  
Inform the school of all allergies  
Work with the school to make a Health Care Plan  
Supply an Epi-pen to the school  
Check Epi-pen expiry date regularly  
Teach your child about their allergy

## Car Pick-up Service.



Please note that this is a voluntary service provided by the school for the safety of each student leaving the school, 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 be asked to move to parent pickup area.

### 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 who are not following the road rules.**
- Move to the cones to pick up your child
- All students must have correct seating arrangements

**CERDON COLLEGE**  
Merrylands  
Aspire to Great Heights



### Open Day

Tuesday 3 March 2020  
Come along anytime between  
4:00 pm to 7:00 pm  
Sherwood Road Merrylands  
Phone: (02) 8724 7300

Enrolment Packages available  
for Year 7 2021 and 2022

Strive for Higher Things at Catherine McAuley Westmead

Enrolling now for 2021 - Applications close 27th March 2020  
**OPEN EVENING** Wednesday 4th March 2020 4pm - 7pm  
Catherine McAuley Westmead, 2 Darcy Rd, Westmead | [www.mcauley.nsw.edu.au](http://www.mcauley.nsw.edu.au)

**OPEN DAY**  
Sunday, 8 March 2020  
10.00am - 2.00pm

You are warmly invited to join us for Open Day 2020.  
Principals Welcome at 10.00am and 12.00pm  
Bookings can be made by visiting the College website [www.olmc.nsw.edu.au](http://www.olmc.nsw.edu.au)

*A work of the Sisters of Mercy Parramatta since 1881*

YEAR 7 2022  
ENROLMENT  
INFORMATION  
EVENING  
Tuesday, 28 March

**Open Day**  
Sunday 1st March  
11.30am - 3pm

• College Tours  
• Lesson Demonstrations  
• Parents & Friends Association  
• Staff & Students available to answer your questions

Phone: 02 8968 3700  
Facebook: [www.facebook.com/stpaulsgreystanes2145](https://www.facebook.com/stpaulsgreystanes2145)  
[www.stpaulsgreystanes.catholic.edu.au](http://www.stpaulsgreystanes.catholic.edu.au)

*Simon Humphries  
Acting Principal*