



©St Kieran's Catholic School Manly Vale

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Issue: 4

Date: 19 February 2016

Looking ahead Term 1

Week 5	Week 6	Looking Ahead <i>continued</i>
<b>Monday 22<sup>nd</sup></b> <ul style="list-style-type: none"> <li>Yr 5 Robotics</li> </ul> <b>Tuesday 23<sup>rd</sup></b> <ul style="list-style-type: none"> <li>Kinder/Yr 1 Literacy Parent Ed</li> </ul> <b>Friday 26<sup>th</sup></b> <ul style="list-style-type: none"> <li>8.15am School Banking</li> </ul> <b>Saturday 27<sup>th</sup></b> <ul style="list-style-type: none"> <li>7 – 10pm P&amp;F Welcome Drinks Under the Stars</li> </ul>	<b>Monday 29<sup>th</sup></b> <ul style="list-style-type: none"> <li>Yr 5 Robotics</li> </ul> <b>March</b> <b>Tuesday 1<sup>st</sup></b> <ul style="list-style-type: none"> <li>Yr 3 Boys to St Pauls</li> </ul> <b>Wednesday 2<sup>nd</sup></b> <ul style="list-style-type: none"> <li>Yr 4 Excursion Hyde Park Barracks</li> </ul> <b>Thursday 3<sup>rd</sup></b> <ul style="list-style-type: none"> <li>Peninsula Swim Carnival</li> </ul> <b>Friday 4<sup>th</sup></b> <ul style="list-style-type: none"> <li>8.15am School Banking</li> <li>Assembly – Yr 3</li> </ul>	<b>March</b> <ul style="list-style-type: none"> <li>Mon 7<sup>th</sup> Robotics Yr 6 &amp; 9am Parent Prayer</li> <li>Tues 8<sup>th</sup> 9am School Tours</li> <li>Thurs 10<sup>th</sup> Yr 6 Cluster Mass</li> <li>Fri 11<sup>th</sup> Yr 5 Excursion to West Head</li> <li>Sat 12<sup>th</sup> Band Workshop</li> <li>Mon 14<sup>th</sup> Yr 6 Robotics</li> <li>Tues 15 Open Day 9.30 – 11am</li> <li>Thurs 24<sup>th</sup> Yr 5 Holy Week Presentation</li> <li>Fri 25<sup>th</sup> Good Friday</li> <li>Mon 28<sup>th</sup> Easter Monday</li> <li>Tues 29<sup>th</sup> Yr 6 Easter Story 8.45am</li> </ul> <b>April</b> <ul style="list-style-type: none"> <li>Fri 1<sup>st</sup> School Photos</li> </ul>

*Drinks Under the Stars*

**Saturday 27 February 7—10pm**

St Kieran's Playground (Parish Hall if wet)

Principal

Dear Families

It's almost difficult to believe but we are already looking ahead to 2017 and planning our Open Day for prospective Kindergarten enrolments. Our Open Day will be held on 15 March from 9.30am – 11am. Please let anyone who may be interested in enrolling for 2017, know of this date. More about this in next week's Newsletter!

The first of our two Literacy Parent Education sessions was held on Tuesday evening. It was wonderful to see so many of our new 2016 Kindergarten parents attend (as well as others with children in the older grades!) Thanks to Mary Brown, the parents were presented with an informative and engaging session which highlighted key points regarding how young students develop skills in Literacy. Thanks also to Vanessa Ryan and Emily Channell who attended and shared their expertise on the night.

Attached to this newsletter is a flyer for parents of students in Years 3 and 5. This flyer contains valuable information about NAPLAN. The NAPLAN Assessment will be held in May this year and it involves students in Years 3 and 5. Please read through the information carefully as it provides clearly explained answers to questions you may have regarding NAPLAN.

Terri Paterson has decided to extend her leave for another week and so will be unavailable next week. We look forward to her return soon!

Enjoy the weekend –  
Marisa Bombardieri

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## Religious Education Coordinator



### A Year of Mercy.

Excerpt taken from "Nurturing Faith in Families" by Janette Davidson

'Mercy' is simply love's response to suffering, and 'a work' is simply a good action. For something to be truly a work of mercy it must be **done out of love for our neighbour because of our love for God**. As Christians we are called to imitate Jesus' compassionate love, service and sacrifice through works of mercy.

All works of mercy are works of love (charity) and are a particular response to the sufferings and misfortunes of others. Often we think of these 'works' as involving extraordinary activities or as directed only to strangers, however **we live out 'mercy' in the ordinary things of everyday life at home**, school and work, amongst family, friends, neighbours and strangers.

For more words of wisdom and down to earth ideas please read the attached "Nurturing Faith in Families" prepared by Janette Davidson.

Last week each family received their **Caritas Project Compassion boxes**. The children may wish to contribute to the Project Compassion boxes by doing extra jobs around the house or going without treats and putting the cost of the treat in the Project Compassion box. Please discuss with your children why they are donating to Project Compassion and how their efforts will money will help others.



Caritas Australia works through the community development, supporting people to help themselves out of poverty, hunger and injustice. Caritas Australia works to bring relief and aid to people whose lives have been devastated by natural disaster or conflict. Integral to undertaking these key activities of aid and development, Caritas Australia works within Australia to engage all people in education and advocacy programs. For further information about where Caritas spends its donations please visit <http://www.caritas.org.au/>.

### Dates for your Diary:

Grade 2 Family Mass	Sunday 21 Feb 9.30 am	Church
Grade 1 Family Mass	Sunday 20 March 9.30am	Church
Holy Week Liturgy	Thursday 24 March TBC	Church

Yours in Religious Education,  
Mrs Kerrie Wetzlar

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## ★ ★ ★ Awards



<b>KC</b>	D Morales, M Williams	<b>KR</b>	B Langford, S O'Brien
<b>1L</b>	J Gennusa, L Kelly	<b>1R</b>	L Giles, L O'Brien
<b>2B</b>	A Starkey, H Glavin	<b>2S</b>	G Wilson, B Digby
<b>3B</b>	E Thompson, J Delaney	<b>3S</b>	H Joseph, S Keogh
<b>4R</b>	J Hamill	<b>4U</b>	C Williams, O Fiorenza
<b>5L</b>	I Day, Sa Callow	<b>5W</b>	L Cannon, J Wells
<b>6</b>	All of Year 6 – Assembly	<b>PE</b>	R Trew, A Browne, S Nicols, D Joseph
<b>Italian</b>	J Quarrell, K Porter, T Sokolow, L Siew, J Cooper	<b>Band</b>	J Wells, A McGrath, C Barton

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## School News

### Sibling Enrolments 2017

Enrolments are now open and application forms are available [online](#) or from the school office. If you have a sibling starting at St Kieran's in 2017 we ask that you complete and enrolment form and return to the office as soon as possible. We ask that all enrolments are in by the end of May.

### Photograph/Video Permission Form

All photograph/video permission forms should have been returned to the office. If you haven't returned your form/s please do so asap. This form requests permission for your child to be photographed or filmed at school events. This includes posting photos of school events on our webpage, or in the newsletter. If your child's photo is to be used in a local newspaper we would seek your permission to do so. Not signing the permission form excludes your child from the newsletter and our website. They will not be included in photographs of our sports carnivals, grandparent's day, musical and other school events. **We respect the right of parents not to allow their child to be photographed and ask parents and students not to post other students on social media without permission.**

## To ALL band parents for 2016

I would like to thank all children AND parents for a great start to the 2016 year. I am enjoying myself immensely with all the great talent that we have at this great school. I would also like to thank everyone who attended the Band meeting last Thursday, as it was essential in getting the standard of the program going forward into the future.

There is also the Band Workshop coming up on 12 March, so please put this date into your calendars as it is so important for all members to attend and will be lots of fun for everyone.

The permission slip will be sent out ASAP and will need to be handed back in to the office. I am really looking forward to this event as it will be practice for the Open Day performance for Senior Band on the following Monday morning.

The schedule for the band workshop is this:

- 10:45- arrival
- 11:00- start- Junior Band tutorial and Senior Band rehearsal
- 11:45- finish and swap over
- 12:00 Senior Band tutorial and Junior Band rehearsal
- 12:45 finish and break for 30 mins
- 1:15- Junior Band tutorials and Senior Band rehearsal
- 2:00- finish and swap over
- 2:15- Senior Band tutorials and Junior Band rehearsals
- 3:00- finish and have lunch and games
- 4:00- get set-up for performance
- 4:30 performance
- 5:30- home

Getting excited.

*Miss Hodges*

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## Sport News

### Winter Broken Bay Sporting Trials

Attached are dates for the upcoming Winter Broken Bay Sporting Trials and the date/location if students are successful to compete at Polding. Students from Year 5 & 6 are invited to try out for the Broken Bay team. Students who are highly experienced (play in a representative team) can trial for Netball and Soccer as there is a maximum number of students that can attend trials from one school. Other sports do not require students to have played at a representative level. If your child is interested in attending the trials, please see Miss Scott Fell or Miss Leathem for a form.

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## Parent Community

[st.kierans.pf@gmail.com](mailto:st.kierans.pf@gmail.com)

Dear Parents

### Reminder - Request for feedback

An email was sent earlier this week requesting your participation in a P&F Survey. This will only take about 10 minutes of your time. To access the survey please go to <https://www.surveymonkey.com/r/StKP-Fsurvey>. All responses to this survey will remain anonymous, and results will be de-identified and reported as group trends. Please complete survey by Monday 7 March.

### Your P&F Team

The P&F team who have volunteered to help further the improvements from P&F's past and are honoured to support the School of St Kieran's for the 2016 and 2017 calendar years, are:

- Cameron Matthews (President)
- Kathy Siu & John McKee (Co-Vice Presidents)
- Jo Quarrell (Secretary)
- Vaughan Saady (Treasurer)
- Steph La Greca (Parent Coordinator)
- Sania Saady (Diocese of Broken Bay Parent Council Representative)
- Howard Giles (Dads Coordinator)

*Cameron Matthews, President – [stkierans.pf@gmail.com](mailto:stkierans.pf@gmail.com)*



### Uniform Shop

- **Opening hours:** every second **Thursday** from 8.30am - 9.30am – next open **Thursday 25 February** and then every 2<sup>nd</sup> Thursday after (10 March etc).
- Orders will be filled alternate Thursdays. . Order forms available at reception or on the website.
- Stock held at office: ties (girls & boys), hats, excursion bags, & scarves. Please have the correct money as only small change is held.
- EFTPOS and credit card facilities are available at the Uniform Shop.
- If you have any uniform queries please email: [lizsnell72@gmail.com](mailto:lizsnell72@gmail.com)

### Canteen

Thank you to all the Volunteers, without you our Canteen could not operate.

NEXT WEEK's ROSTER (Term 1 - Week 4):

**Wednesday 24 February:** Jo Quarrell, Jo Funtanilla

**Thursday 25 February:** Charmaine Skea, Gabi Selwyn

**Friday 26 February:** Dana Reddy, Alana Janik, Sascha Schwhan-Harris (M), Clare Foale (A)

- Full day Volunteers are required from 8.50am to 1.50pm.
- Morning Volunteers are required from 8.50am to 11.15am (M).
- Lunch Volunteers are required from 11.15am to 1.50pm (L).

<https://www.flexischools.com.au> Any changes to the canteen roster, please contact: Jo Nesbitt - [joanne.nesbitt@dbb.catholic.edu.au](mailto:joanne.nesbitt@dbb.catholic.edu.au) or text 0410 629 135.



### Free Friday Fitness –Walking Group

The Friday morning walking group is going great and it's not too late to join in!

- Come as little or as often as you like.
- All parents are welcome to join in – whether you are fit or not – and it doesn't cost a cent.
- The group departs when the morning bell goes at 8:45am sharp and returns at 9:30am.
- It is led by Martha (mum to Opal Bird, Yr4) who is an exercise scientist so you're in safe hands.
- All fitness levels are catered for – you will walk (talk) and do short blocks of intervals and exercises to tone and strengthen your total body.
- Learn correct technique and take away some new workout ideas too.
- Prams are welcome.
- It will be cancelled if raining hard.
- If you have any other questions, contact Martha directly on [Loureybird@bigpond.com](mailto:Loureybird@bigpond.com) otherwise just meet at the gates near the canteen each Friday morning.
- Don't miss out – the last week will be Friday 11 March.

Welcome to 2016....

You are warmly invited to ....  
Contemplation and a Cuppa

Please join us for **Parent Prayer** on **Monday 7<sup>th</sup> March** in the **Kieran Room**. We will commence at 9am and our reflection will conclude by 9.30am. There will be a fresh plunger of coffee and something sweet for those who would like to stay for a chat afterwards. You will be well nourished on all levels to start your week!

Our reflection is named **"Welcome"**. Firstly, we will embrace the new year and welcome each other, particularly new parents joining our school community. (So come along guys...don't be shy!). Secondly, as we begin the journey of Lent, we will contemplate the rich and powerful embrace of the Father and Lost Son in Rembrandt's famous painting of the Prodigal Son. While I am no connoisseur of fine art, it is a painting which has sustained and inspired me on so many levels. Particularly how we all get 'lost' searching for love in the wrong places some times, and then also how we are challenged to embrace and forgive. The "welcome" in this painting is an exceptional invitation to PEACE within. So...after all of that...come and contemplate what this means for you and embrace the new year. If you simply want to stare into space and enjoy a meditation and a coffee then come and absorb. All are welcome - come as you are....

As usual, we will place our **blue Community Prayer** book at the front office for those who would like to make a particular petition or pray for someone in need. We always include these prayers in our reflections for those who are unable to join us. If you prefer you can email your petition to me and I will ensure it is included.

Look forward to seeing you there.

Katrina Beaman (4U) and (1L)  
[rowankatrina@hotmail.com](mailto:rowankatrina@hotmail.com) / 0403 904663

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## Community News

- **Stella Maris College Manly Year 7 2017 Scholarship** Applications now open. Stella Maris College offers scholarships for Academic Ability and Performing Arts. Closing date for applications - Wednesday 24 February, 2016. Details and registration forms are available on our website [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au) Phone 9977 5144
- **Marist College North Shore Expo Day** Saturday 5 March 2016, 10:00am - 2:00pm. Come and visit our staff and students and learn about Marist College North Shore's integrated and comprehensive curriculum program that, for every student, promotes faith, encourages excellence, engenders responsibility and develops respect and dignity. Currently accepting enrolments for Year 7, 2018. For an application: [www.maristcollege.com](http://www.maristcollege.com) or contact the Registrar on 9957 5000, E: [northshore@maristcollege.com](mailto:northshore@maristcollege.com). Applications close 24 March 2016. 270 Miller St, North Sydney NSW 2060
- **St Lucy's School Open Day Wednesday 16 March – Start Right Program.** For children with intellectual disabilities. St Joseph's School 108 Ocean St Narrabeen. Contact details [enrol@stlucys.nsw.edu.au](mailto:enrol@stlucys.nsw.edu.au) or phone 8355 3157
- **St Lucy's School Open Day Wednesday 9 March 9.05am – excellence in education for children with intellectual disabilities.** 21 Cleveland St Wahroonga [enrol@stlucys.nsw.edu.au](mailto:enrol@stlucys.nsw.edu.au) or phone 8355 3157
- **St Augustine's College Brookvale** - Celebrating 60 years of teaching boys in Years 5 to 12. the Augustinian values of Truth, Love and Community. **Open Day** Friday 11 March 4:30pm TO 7:00pm. Meet our College students and staff and celebrate our rich Augustinian history. Tour our brand new \$12m multi-tiered facilities.

Currently interviewing for Years 5 & 7, 2018. Enrol by April 1, 2016. [www.saintaug.nsw.edu.au](http://www.saintaug.nsw.edu.au) | 9938 8223 | [registrar@saintaug.nsw.edu.au](mailto:registrar@saintaug.nsw.edu.au) Federal Parade Brookvale NSW 2100 |

- **Mercy Catholic College Open Day** - Sunday 6 March 11am to 2pm. Providing Excellence in Teaching and Learning. HSC top 100 schools in NSW ranked 70 in 2015. For further information, contact College office: Mercy Catholic College 101 Archer Street, Chatswood NSW. Phone: 02 9419 2890 | [www.mercychatswood.nsw.edu.au](http://www.mercychatswood.nsw.edu.au)

## Winter Broken Bay Sporting Trials

SPORT	TRIAL DATE Broken Bay Diocese	VENUE	TIME	CONVENER	POLDING TRIALS
<b>11 YRS LEAGUE</b> (Born 2005 or later) Boys only. Students to bring own protective gear. Mouthguards required.	<b>Tuesday 15 March</b>	Forestville Oval Currie Rd Forestville	12.30 – 3.30pm	Garry Simmons St Augustine's College Brookvale Email: taff.walsh@ saintaug.nsw.edu.au	Friday 29 April Bathurst
<b>AFL</b> Students to bring own protective gear. Mouthguards required	<b>Wednesday 16 March</b>	Bateau Bay Sports Facility	3.30 – 5.00pm	Kelly Denneman Mackillop Wamervale Ph:43929399	Tuesday 5 April Newcastle (Teralba)
<b>HOCKEY</b> <i>Boys and Girls</i> Students to bring own protective gear. Shin pads compulsory.	<b>Wednesday 16 March</b>	Pittwater RSL	4.00 – 5.00pm	Angela Wark St Joseph's Narrabeen 9913 3766	Friday 29 April Lithgow
<b>SOCCER –Boys</b> Students to bring own playing & protective gear – shin pads compulsory. Bring own ball.	<b>Thursday 17 March</b>	Lionel Watts Oval Blackbutts Rd Frenchs Forest	12-3pm	Grant Colquhoun Maria Regina Avalon Ph: 99182608	Friday 29 April Bathurst
<b>SOCCER – Girls</b> <i>Students to bring own playing &amp; protective gear – shin pads compulsory.</i> Bring own ball	<b>Thursday 17 March</b>	Lionel Watts Oval Blackbutts Rd Frenchs Forest	12-3pm	Lucinda MacMahon St Patrick's Asquith Ph: 94773800	Friday 29 April Bathurst
<b>OPEN LEAGUE</b> Boys only. Students to bring own protective gear. Mouthguards required.	<b>Friday 18 March</b>	St Peter's Catholic College Gavenlock Rd Tuggerah	1.00 -3.00 pm	Jenny Dickson St John's Tumbi Umbi Ph:43885800	Friday 29 April Bathurst
<b>NETBALL</b> Girls only	<b>Monday 21 March</b> N Shore/ Peninsula Cluster only: 12.00pm	Northern Beaches Indoor Sports Centre Jacksons Rd Warriewood	12.00 – 3.00pm	Kellie Denneman MacKillop College Wamervale Ph: 43929399	Friday 29 April Bathurst
<b>TOUCH Girls</b>	<b>Tuesday 22 March</b>	EDSAAC Yakalla St Bateau Bay	3.30- 5.00m	Amanda Morrison OLSS Terrigal Ph:43656229	Friday 3 June Port Macquarie
<b>TOUCH Boys</b>	<b>Tuesday 22 March</b>	EDSAAC Yakalla St Bateau Bay	3.00- 4.30pm	Amanda Morrison OLSS Terrigal Ph:43656229	Friday 3 June Port Macquarie
<b>RUGBY UNION</b> Boys Students to bring own protective gear. Mouth guards and headgear required.	<b>Tbc</b> <b>Details available in term 2</b>				Mon 27 June Forbes

# AN EVENING WITH MICHAEL GROSE

*Don't miss this amazing opportunity!*

ALL WELCOME - NO COST

Australia's Leading Parent Educator



We all want to be the best parent we can be - come and join us as Michael shares his insights into raising happy confident kids and keys to building a strong family.

Sacred Heart Catholic,  
MONA VALE  
Wed 24 Feb 7 pm  
RSVP: DPC Website



## Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

### Why limit screen time?

Effects of too much screen time can include:



- Poor posture
- Poor eyesight
- Strains of the thumb, wrist and elbow
- Sleep problems
- Delayed ability to make friends with others
- Becoming overweight

Limit your child's screen time to a maximum of two hours per day



Health  
Northern Sydney  
Local Health District

## Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Communities.

### How can I limit screen time?

There are many simple things you can do to limit the time your child spends in front of a screen.

#### Tip 1.

Remove TV's, computers and other electronic devices from bedrooms and keep them in a central location like the family room.

#### Tip 2.

Turn off the TV during dinner and eat together as a family.



Health  
Northern Sydney  
Local Health District

### What is NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

### Why do students do NAPLAN tests?

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement.

NAPLAN tests are one aspect of a school's assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student's performance.

### What will be tested and how?

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. From 2016, NAPLAN content will be aligned with the Australian Curriculum. For more information on this please see the NAP website: [www.nap.edu.au](http://www.nap.edu.au). Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: [www.nap.edu.au](http://www.nap.edu.au)

### Who will run the tests?

NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

### How can I help my child prepare for the tests?

NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child's preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day. The use of services by coaching providers is not recommended.

### What additional support can schools provide for students with special needs?

All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.



### How is NAPLAN performance measured?

NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

### What happens if my child is absent from school on test days?

Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 13 May 2016.

### Will I receive a report on my child's performance?

A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

### How are NAPLAN test results used?

- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: [www.myschool.edu.au](http://www.myschool.edu.au)

### Where can I get more information?

For more information about NAPLAN:

- visit the NAP website [www.nap.edu.au](http://www.nap.edu.au)
- contact your child's school
- contact your state or territory's education authority (details available on the NAP website).

### NAPLAN 2016 tests timetable

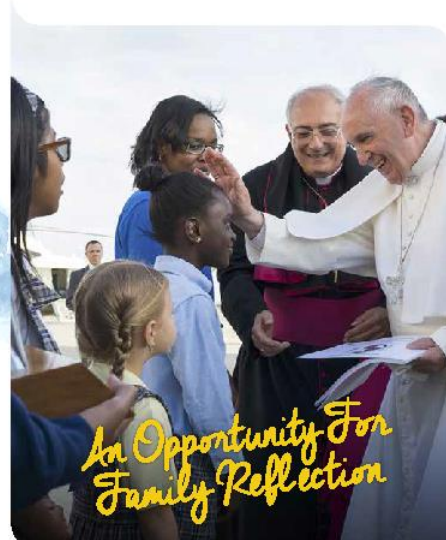
	Tuesday 10 May	Wednesday 11 May	Thursday 12 May
Year 3	language conventions 40 minutes writing 40 minutes	reading 45 minutes	numeracy 45 minutes
Year 5	language conventions 40 minutes writing 40 minutes	reading 50 minutes	numeracy 50 minutes
Year 7	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy <a href="#">calculator</a> 40 minutes <a href="#">non-calculator</a> 40 minutes
Year 9	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy <a href="#">calculator</a> 40 minutes <a href="#">non-calculator</a> 40 minutes

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number; space; algebra, function and pattern; measurement, chance and data.
- Calculators are NOT permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student sits one numeracy test where calculator use is permitted and one where it is not.



JUBILEE YEAR OF MERCY

Pope Francis has called a special Holy Year, a Jubilee Year of Mercy, from 8 December 2015 (the feast of the Immaculate Conception) to 20 November 2016 (the feast of Christ the King). In this Jubilee Year he has asked that we "rediscover the richness encompassed by the spiritual and corporal works of mercy."



*An Opportunity For Family Reflection*

**Works of Mercy, their meaning and purpose**

'Mercy' is simply love's response to suffering, and a 'work' is simply a good action. For something to be truly a work of mercy it must be done out of love for our neighbour because of our love for God.

As Christians we are called to imitate Jesus' compassionate love, service and sacrifice through works of mercy.

All works of mercy are works of love (charity) and are a particular response to the sufferings and misfortunes of others.

Often we think of these 'works' as involving extraordinary activities or as directed only to strangers, however we live out 'mercy' in the ordinary things of everyday life at home, school and work, amongst family, friends, neighbours and strangers. By using this resource we can reflect with our children on practical ways to 'live' these works in our everyday family and wider life. It may assist children if they focus on one or two of the works of mercy at a time spaced out over a number of days; perhaps as part of night time prayer (some of the suggested works will need to be adapted for younger children and will require the supervision or accompaniment of an adult).

Whilst there are two categories of works of mercy, corporal (physical) and spiritual, it is important to realise that body and spirit are part of the one person and our good actions affect the whole person; for example, a person may hunger for 'food' to nourish both the body and the spirit.



**General Reflection**

When we re-frame our daily service at home in light of Gospel values and the example of Jesus, we are likely to change our attitude toward family duties and realise that they include works of mercy answering Christ's call to love God and one another.

This resource can be used in the context of family and school as an opportunity for conversation around the significance of our everyday actions; remembering that mercy is all around us and is at the heart of every relationship especially in family life. We may not talk about mercy as such, but that does not mean it is absent. Whether at home or school, or as outreach to others, works of mercy are a daily part of our lives as Christians.

It is important to help children to see that the 'works' are not a list to be learnt but actions to be lived in our lives.

**Questions that might help your family/school reflection:**

- Has our reflection given us an opportunity to give thanks to God for the many works of mercy carried out every day in our homes?
- Does reflecting on the 'works' present an opportunity perhaps to think about the ways we do what we do. If we largely carry out corporal works indirectly, say by supporting a charitable organisation, could we from time to time be more direct?
- Does my kindness have to be directed towards a 'stranger' or do I realise that I can also do corporal and spiritual works of mercy for a friend, family member, school friend or co-worker?
- Can you think of some of the special ways we do works of mercy at home and at school?
- Is it difficult to see the ordinary messy work of family life as spiritual work, as God's action, love and power within us?
- Who benefits from works of mercy?

**Conclusion**

The Year of Mercy is a call to each one of us to rediscover and to live the works of mercy every day.

Pope Francis wants us to stop and think, especially during this year, as to how rewarding the works of mercy are, and how important they are, for a happy and meaningful life as intended for us by God our Father.

This is part of a series of handouts on Nurturing Faith in Families published by the Diocese of Broken Bay. For further information please contact Janette Davidson, Diocesan Coordinator Family Life Ministries janette.davidson@dbb.org.au



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**The Seven Corporal Works of Mercy**  
*(responding to physical and material needs of others)*

**Feeding the Hungry and Giving Drink to the Thirsty**

- shopping for groceries, cooking meals, packing lunches;
- sharing meals and drinks with others;
- avoiding food wastage;
- supporting and volunteering for food pantries, soup kitchens, and agencies that feed the hungry;
- volunteering to work at a clothing drive or at a shelter where clothing is distributed to those in need.



**Clothing the Naked**

- doing the washing, ironing, mending;
- shopping for and handing-down clothes;
- giving unwanted/excess clothes, shoes, towels, linen to charities;
- volunteering to work at a clothing drive or at a shelter where clothing is distributed to those in need.



**Sheltering the Homeless**

- sharing household tasks;
- repairing, painting or other tasks that make a home liveable;
- working to make mortgage or rent payments;
- offering hospitality to visitors;
- supporting and/or volunteering for charities which care for the homeless and provide support following natural disasters;
- advocating for public policies and legislation that provide housing for low-income people.

**Caring for the Sick**

- taking someone to the doctor, pharmacy, clinic;
- giving medications, wrapping sprains, taking temperatures, changing bandages, getting up at night;
- being with a family member in a hospital or nursing home;
- spending time with and cooking and delivering meals to the sick or homebound;
- taking the time to call, send a card or an email to someone who is sick;
- volunteering at a hospital or day care/respite centre.



**Visiting the Imprisoned**

- being 'there' for a teenager who isolates him/herself in their room;
- actions of a teenager who volunteers to take care of his/her brothers and sisters so that parents can have a free evening - to go out to dinner or to a movie;
- praying for those imprisoned and their families;
- supporting prison chaplaincy and programs designed to rehabilitate prisoners;
- supporting agencies that advocate on behalf of refugees, asylum seekers and those who are unjustly imprisoned.



**Burying the Dead**

- planning or going to funerals and wakes and visiting family graves;
- cooking, babysitting or offering help to families when a death occurs;
- sending cards, flowers or remembrances to grieving families;
- cleaning out the home of a deceased parent or relative;
- supporting or volunteering at a hospice/palliative care unit;
- participating in a grief and loss/bereavement ministry.

**The Seven Spiritual Works of Mercy**  
*(responding to spiritual and emotional needs of others)*

**Teaching those lacking knowledge/ understanding (Instructing the Ignorant)**

- helping with homework;
- showing children how to grow plants/vegetables, clean, make things;
- establishing and enforcing house rules;
- committing yourself to learning about the Catholic faith and sharing your understanding of the faith with others;
- sharing your insights, knowledge, and skills with others, especially friends, fellow students, co-workers;
- taking time to 'tutor' those who are just beginning tasks.

**Advising/Counselling the Doubtful**

- setting limits for children and explaining why there are consequences;
- helping children/spouse choose wisely between options in their activities/work;
- teaching children how to use their time and talents;
- intervening in situations in which people are clearly doing harm to themselves or others;
- responding to negative and prejudicial comments with positive statements;
- putting an end to gossip by walking away - setting a good example for others.

**Correcting those who need it (Admonishing the Sinner)**

- encouraging good behaviour through affirmation and praise;
- being courageous yet compassionate in calling people and institutions to be faithful to Gospel values;
- setting an example by refusing to participate in harmful/mean activities;
- drawing attention to wrong acts for the purpose of improvement, not to judge or punish.

**Comforting and Consoling**

- holding a crying child;
- being available to listen when family members need a sounding board;
- affirming a child's efforts even when s/he doesn't succeed;
- offering positive words to fellow students or co-workers who are having a difficult time with their tasks;
- being present to those who are struggling with grief and bereavement, in emotional pain or despair;
- responding to cynicism, scepticism, and doubt with hope.

**Forgiving**

- having a family practice of saying sorry and reconciling with each other before the day's end;
- praying for those who have wronged you and praying for the courage to forgive;
- asking for forgiveness from others;
- letting go of grudges; going out of your way to be positive with someone you are having a difficult time with;
- understanding the importance of and participating in the Sacrament of Reconciliation.

**Being patient when you are wronged**

- working at being less critical of others;
- overlooking minor flaws and mistakes;
- giving people the benefit of the doubt;
- assuming that people who may have hurt you did so because they are enduring pain of their own;
- praying for those who have wronged you.



**Praying for the Living and the Dead**

- praying for the sick, suffering and those with terminal illnesses;
- praying during Mass for all those who have died - especially during November (the month of Holy Souls);
- praying with (as well as for) a deceased loved one (in the knowledge that they continue to be with us in spirit and are there to help us when we are in need).