



©St Kieran's Catholic School Manly Vale

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 Issue: 6

Date: 6 March 2015

Looking ahead Term 1

Week 7	Week 8	Looking Ahead
<p>Monday 9th</p> <ul style="list-style-type: none"> Catholic Schools Week P&F meeting in the iCentre <p>Wednesday 11th</p> <ul style="list-style-type: none"> Children's Choir practice at lunch <p>Friday 13th</p> <ul style="list-style-type: none"> Cross Country Assembly Yr 5 Saturday 14 P&F Parent Wellbeing Workshop <p>Sunday 15th</p> <ul style="list-style-type: none"> Children's Choir at 9.30am Mass 	<p>Thursday 19th</p> <ul style="list-style-type: none"> Playful Parenting in iCentre <p>Friday 20th</p> <ul style="list-style-type: none"> Yr 1 Excursion to Sydney Aquarium Mater Maria Anti Bullying Play <p>Saturday 21st</p> <ul style="list-style-type: none"> P&F Car Wash 10am – 2pm 	<p>March</p> <ul style="list-style-type: none"> Tues 24th Yrs 3 & 4 Soccer Gala Day Yr 6 Cluster Mass Thur 26th Yrs 5 & 6 Soccer Gala Day Friday 27th Assembly Yr 1 <p>April</p> <ul style="list-style-type: none"> Thurs 23rd Twilight Open Day <p>May</p> <ul style="list-style-type: none"> Sunday 17th Children's Choir at 9.30am Mass

Notices in Attachment Email

- Parent Well Being Workshop & RSVP
- Tax Invoice Explained
- Introducing **KidsMatter** Primary
- St Kieran's P&F Car Wash

Principal

Dear Families,

This year St Kieran's will join with other Catholic schools across NSW and ACT to celebrate **Catholic Schools Week (CSW) from March 8-14th**. The theme of CSW is '**Educating for Today and Tomorrow**'. The theme ties in with the 50th anniversary of the Declaration of Christian Education, '**Gravissimum Educationis**'. This document recognised the continuing need for the Church to support parents in the education of their children.

Catholic Schools Week is about strengthening relationships between all those who have had a stake in our schools - students, staff, families, priests, parishioners, and members of the wider community. St Kieran's has a supportive school community of teachers, parents, carers, Board and P&F, clergy, parishioners and support staff who work together to focus on giving students the best education possible, encouraging success, promoting discipline, supporting creativity and instilling compassion.

I would like to take this opportunity to thank you, parents and carers for all the support you give to the school as partners in educating your children. I look forward to celebrating Catholic Schools Week with you next week and beyond. All parents are welcome to attend the Monday morning Assembly on Monday 9 March. Australian Catholic Superannuation are proud supporters of Catholic Schools Week 2015 and I encourage you to visit their website : www.catholic.super.com.au.

**God of all time – yesterday, today and tomorrow.
 For nearly two hundred years in this great Southern Land of the Holy Spirit,
 You have inspired in generations of believers the vision for Catholic schools.**

**We give thanks to you, the source of wisdom and inspiration,
 For the passion of teachers who spark the curiosity of their students;**

**For those who open their students hearts and minds to the mystery and wonder of the world and nature.
 We thank you for the passion and creativity of students in their search for truth and beauty, in their search for what is
 right and good.**

We thank you for school leaders who ensure our schools are places where Catholic faith and learning go hand in hand.

We thank you for the passion and service of administrative and support staff who ensure our schools are well organised, friendly and welcoming to all.

We thank you for our priests, the bearers of the Good News, leading and educating us in prayer and the celebration of the Sacraments.

We thank you for the passion, love and sacrifice of parents, carers and local communities as they work together to ensure a Catholic education for their children.

We pray that our Catholic schools, today and tomorrow, will continue their work in God's mission, spreading the Joy of the Gospel

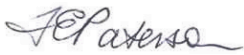
So we may know and love the world as God's creation,

Cherish justice, live life in response to God's call and serve to ensure the common good in society, now and into the future.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

God bless,



Terri Paterson
Principal

Assistant Principal



For the parents of children in Years 3 and 5, next term will see the children sitting for the NAPLAN 2015 Tests in Language Conventions, Reading, Writing and Numeracy.

The dates for NAPLAN testing are:

	Tuesday 12 May 2015	Wednesday 13 May 2015	Thursday 14 May 2015
Year 3	Language conventions <i>40 minutes</i> Writing <i>40 minutes</i>	Reading <i>45 minutes</i>	Numeracy <i>45 minutes</i>
Year 5	Language conventions <i>40 minutes</i> Writing <i>40 minutes</i>	Reading <i>50 minutes</i>	Numeracy <i>50 minutes</i>

In past years we have held a **Parent Information Session** on NAPLAN. However, last year we decided that in an effort to better ENGAGE and EQUIP all members of our parent community, we would organise a Weebly (website) specifically for parents of children in Years 3 and 5. The website would contain useful links and information about the NAPLAN tests. We have updated the website and it can be found at...

<http://naplan2015.weebly.com>

Please check with your child's teacher for the password .

Parents will be able to look through this website in their own time.

Should any parents require further clarification regarding NAPLAN, please feel free to contact me at school.

Enjoy the weekend...

Marisa Bombardieri

Religious Education Coordinator

Catholic Schools Week is held from 8 – 14 March. Its main aim is to raise awareness of the wonderful opportunities and distinctive traditions and values that exist in our Catholic Schools. Today Catholic Schools enrol about 20 percent of Australian school children. Broken Bay Dioceses has 44 systemic schools, 7 congregational schools and 2 specialist schools.

The Australian taxpayer and parental contributions fund Catholic systemic schools. The State and Federal government provide about 80 percent of the cost and parents provide approximately 20 percent of the total cost.

From humble beginnings in 1953 the Good Samaritan Nuns, followed by the Augustinians, have lead the school and parish communities of St Kieran's and St Cecilia's. Now North Harbour Parish, our schools **acknowledge and thank**

St Kieran's Manly Vale in 1953



the parishioners and Religious Orders who worked so hard in establishing our thriving schools. Without the support of our parishioners and religious our school would not be the vibrant places they are today.

Our Catholic Schools endeavour to strengthen the relationships between all those who have a stake in our school – students, staff, parents, families, priest, parishioner and member of our wider community. Our Catholic Schools exist to give witness to Jesus Christ and offer opportunities for discipleship to our students, staff and parents.

Ideas to nurture your family.

Day 14: Don't answer the phone/messages during meals. Practice the spiritual discipline of "Be where you are, and do what you're doing" throughout the meal.

Day 15: Talk to your children and point out how so many of the commercial messages they hear are full of empty promises that will not satisfy. Be aware of how you are susceptible to those empty promises, too.

Day 16: Read or discuss an uplifting story or news item with your family.

Day 17: Practice virtues such as patience, tolerance, compassion, forgiveness. Invite your children to choose one virtue to specially practice each day.

Day 18: Tell your child a favourite story about when he or she was younger.

Day 19: Take home a copy of your parish bulletin and read all the articles. Discuss with your children what lessons you have learned and how you see signs of God's life and love in the activities of your parish.

Day 20: Start each meal with prayer, thanking God for all the gifts you receive.



Please keep in your prayers the families and children who are preparing for their first Reconciliation.

This year our Holy Week Liturgies will reflect upon "A Journey with Jesus".

The School community will accompany Jesus on his journey through Holy Week each afternoon at a 2.30 pm assembly in the playground or in the church (wet weather). Each grade is preparing a small liturgy focussing on the aspect of the Holy Week that pertains to the area of their Religious Education. Students in each class will lead the school community in prayer. Parents and parishioners are invited to participate in our "Journey with Jesus".



Dates for your Diary:

Grade 1 Family Mass	Sunday 15 March 9.30am	Church
Holy Week Liturgies	A Journey with Jesus	
Monday 30 th March 2.30pm:	Palm Sunday	Kindy
Tuesday 31 st March 2.30 pm:	Last Supper	Year One
	Washing of the Feet	Year Four
Wednesday 1 st April 2.30pm:	Garden of Gethsemane	Year Two

Thursday 2nd April commencing at 11.30 am: **Stations of the Cross** Year Five

Year Five will re-enact and reflect upon some of the **Stations of the Cross**. Classes will join a pilgrimage around the Stations of the Cross which will commence at 11.30 am then every fifteen minutes. The pilgrimage should take half an hour. We will move to the church if there is rain.

Mrs Kerrie Wetzlar, Religious Education Coordinator.

★ ★ ★ Awards



KC	Sienna C, Lukas G	KR	Thomas S, Madhulika S
1L	Daniel P, Gretel W	1R	Tristan D, Mikayla L
2B	David S, Paria S	2S	Zoe R, Charlie D
3B	Jessica H, Ethan Z	3S	James M, Elizabeth C
4C	Ella H, Mattaeus P	4S	Emilia H, Wilson L, Isabella K
5L	Kai M, Briana G	5W	Lachlan C, Ashleigh W
6	Hayley E, Hayden W, Megan K	PE	Kailan S, Ella T, Amelia S, Chloe S, Kai S, Cole I, Christian C, Michael P, Yr 3 girls
Italian	Rose F, Stella M, Opal B, Rebecca M	Band	Sienna F, Matthew C

School News

Sibling Enrolments 2016

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 2016 we ask that you complete and enrolment form and return to the office ASAP.

School Fee Statements.

Fee statements are emailed home to all families every month to show any movement on your account, similar to receiving a monthly credit card statement. The school does not issue receipts when payments are made unless specifically requested. Please see the 'Newsletter Attachment' email *Tax Invoice Explained*.

If you have any questions regarding your fees please contact Julia Postle in the office.



Speed Limit

A reminder that the speed limit in the parish / school shared car park is 10km. For the safety of the children and parishioners please adhere to this limit.

Children's Choir

The Children's Choir will be singing at 9.30am Mass at St Kieran's on **Sunday 15 March**. Please have your children at church by 9am. **There will be a practice for the first half of lunch, next Wednesday 11 March**. Please meet Maria Dunn outside the canteen after the 2nd lunch bell. **WE'D LOVE TO WELCOME LOTS OF NEW SINGERS!!!!** So if you've never been in the choir before, come along to the practice, we'd love you to join us! If your child usually goes to oval on this day, please remind them not to go to oval and they can have some fun singing with us instead! The next Children's Choir Mass will be Sunday 17 May.

Robotics

Our first Robotics day was held on Monday this week. 5W was the first class to experience the fun and challenge of such a wonderful initiative. Below is a short summary of the work the children did with Mrs Townsend who ran the workshop.

Robotics WPS are a local business run by teachers who offer incursions and afterschool workshops in programming and coding using Lego Mindstorms robots and software.

Today the students used the EV3 robot and software and created up to 14 programs using Rotation Sensors, Ultrasonic Sensors and the Touch Sensor.

Throughout the day we achieved some challenges in precision programming including Challenge Cup using forward, reverse and different turns.

The other exciting challenge was a Last Man Standing battle with a program that uses Touch and Sonar sensors and enables the robots to navigate autonomously.

Parents of children in 5W will be able to view pictures and more information about the day on the Year 5 Weebly.

Maths Challenge Camp

Last week, some of our Year 6 students attended a Maths Challenge Camp. They had a wonderful time problem solving and working with other like-minded mathematicians. Below are some of their comments:

- Maths Camp was great because we learnt about great Mathematicians such as Pascall and Fibonacci. (Rory Yr 6)
- Maths Camp was good because we learnt lots of different techniques for solving problems. (Joshua Yr 6)
- I enjoyed Maths Camp because I learnt about Plato and how he identified 5 regular symmetrical 3-dimensional shapes. (Kyle Yr 6)
- Maths Camp was great because we learnt new patterns and sequences. We also explored the Fibonacci Sequence and Pascall's triangle. (Hayden Yr 6)

Pastoral Care Update

St Kieran's is a **KidsMatter** school. We believe that kids matter! The teaching staff at St Kieran's have been trained in **KidsMatter** and as a staff we are presently working on Component 2.

In the 'Newsletter Attachment' email are details of how we are incorporating **KidsMatter** into our teaching and learning programs from Kinder through to Year 6.

Turn off the TV or Computer Kids and Get Active

Did you know?

- Spending too much sedentary or 'still' time watching TV, surfing online or playing computer games is linked to children becoming overweight or obese.
- Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.
- Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.

How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it's the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?
- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it is finished. Alternatively, record the program and watch it together later on.
- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.
- Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.
- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

Sport News

Peninsula Swimming Carnival Results

Congratulations to all the children that represented St Kieran's at the Peninsula Swimming Carnival on Wednesday. A fantastic result with 7 children advancing through to the Broken Bay swimming carnival next Tuesday night on the Central Coast. Thank you also to our two amazing teachers Miss Leathem and Miss Scott-Fell who supported the swimmers on the day. A special mention for Kai M who broke a 22 year old (1993) Peninsula record in 50m backstroke. What a star!

Congratulations and Good luck to the following students: Liam D; Nicholas H; Ewen M; Kai M; Daniel M; Kailan S and Laura T.

Ali O'Brien



Soccer Gala Day

A letter went home today regarding the gala days at Warringah Rugby Park Warriewood Valley. Years 3 and 4 will be competing Tuesday 24 March and Yrs 5 & 6 Thursday 26 March. Student need to be at school by 8.45pm to depart on the bus. Permission notes are to be returned by Friday 13 March.

Parent Community

st.kierans.pf@gmail.com

St. Kieran's Car Wash - Saturday 21 March 2015

Our first fundraiser for the year and it's a good one! Last years Car Wash was a roaring success; the children LOVED washing the cars and a few lucky ones got the priests & a few teachers vehicles nice & clean! Be sure to book early as we've already had one time slot book out. Please refer to the attached flyer for details and look for the call out for volunteers and cake makers coming soon!

P&F Meetings

Term 1: Monday 9 March 2015 - iCentre/Library 7pm

Agenda attached. Please come along; find out what's going on behind the scenes, raise any points you may have or just listen! We'd love to see you there.

"Drinks Under the Stars" Debrief!

Despite the weather trying to thwart us again we did indeed manage to make it "Drinks Under the Stars" and not Drinks Under the Umbrella's or the Parish Hall Ceiling this year! A HUGE thanks once again to Brooke & Andy from

PartyTime for supplying all the beautiful lights, furniture and equipment. Thanks also to all who came along and made it an enjoyable & fun evening and especially the people who helped set up & dismantle; you know who you are. The P&F Exec look forward to attending next year's event without having to worry about the weather....

Uniform Shop

- **Opening hours:** every second Monday from 8.30am - 9.30am – next open **9 March**.
- Orders will be filled alternate Tuesdays. Orders placed through the office will be filled each Monday. 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

Canteen

Nudie & Soda: It has come to my attention that Nudie & Soda is actually classified “Red” not “Amber”, therefore we will be discontinuing them.

FlexiSchools: If anyone had an automatic order for last Friday 27 February, the Staff Development day, you have been refunded. FlexiSchools have been informed of future Staff Development days.

Next Week's Roster:

Wednesday 11 Mar: J Ruddock, C Wells (M), S Nicols (L)
Thursday 12 Mar: N Gennusa, P Dally
Friday 13 Mar: K Lewis, K Meagher, N Wall

Lenten Gathering

Looking for something to do for Lent? I would like to welcome any mums & dads (children most welcome too) to my home for a low key gathering each Wednesday morning from 9am - 10am during Lent. Join us for a cuppa and morning tea as we are guided through Lent with some beautiful reflections and discussions. My aim is to include everyone, wherever they feel they are, in their faith journey. It is always wonderful to hear your comments or perspectives from wherever you are in life. If you can only make one session or all six, we would LOVE you to come. The sessions will run each Wednesday during Lent from 9am – 10am at 46 Quinlan Pde, Manly Vale (which is quite close to school, just off King St on the way to Manly Dam). No need to RSVP, just come along, we'd love to see you! Bring your children if they're not yet at school, there's a great backyard and plenty of toys! Feel free to contact me on 0402 202 135 if you have any queries. Dates: Wednesdays: Feb 25, March 4, 11, 18, 25 & April 1.

God bless, Maria Dunn (Jessica Yr 6 & Emily Yr 3)

School Banking

From next week you can start redeeming your tokens for cool prizes!

BE AN 'OUTER SPACE SAVER' WITH SCHOOL BANKING

School Banking is back again on **Friday mornings from 8:20** in the playground.

This year you can earn tokens with every deposit you make. Get 10 tokens and select one of the super rewards. You also earn St Kieran's commission with every deposit you make – that's a WIN WIN !

If you would like to join, go to your nearest Commonwealth Bank branch and open a YOUTHSAVER account then come along and start saving.

Parent Well Being Workshop

Parents! Become equipped for authentic engagement!

Research clearly shows that parental engagement leads to positive outcomes in a child's education. To be authentically engaged means to be curious and excited about our children's school life. However, this cannot happen if we do not look after ourselves.

Our own sense of wellbeing is so very important in allowing us to engage.

**We invite you to a
PARENT WELLBEING WORKSHOP
to be held in St Kieran's Church Hall
on Saturday 14 March
from 10.30 am to 1.30pm**

Please see the full information in the 'Newsletter Attachment' email plus the RSVP (to be returned by Monday 9 March).

Agenda – St. Kieran’s P&F Term 1 Meeting

Term 1 – Monday 9th March 7.00pm

1. 7PM – Start & Formalities (10 Minutes) – Anthony Molinia
2. Parish Prayer – (5 Minutes) Anthony Gennusa
3. 2015 P&F Objectives Progress & Status Update – (30 minutes) Anthony Molinia
 - a. Status & Activities planned for the year
 - b. Volunteers & Support
 - c. Canteen Status update & Look forward
 - d. Key messages
4. Principal’s Report – (30 Minutes) Terri Paterson
5. Any Other Business (15 Minutes)
6. 8:30pm - Close

Community News

- **Do you have a child diagnosed with AD/HD?** Are you looking for positive strategies to help manage your child’s behaviour? Is your child between 6 and 12 years old? You are invited FREE OF CHARGE to attend a well-known parenting program at Macquarie University. The program is designed to assist parents to manage challenging behaviour and build a positive relationship with their child. The program is part of an evaluation study and participants will be asked to attend evening sessions and to fill in questionnaires (anonymously). For more information or to express interest in this study please contact: Julie Chesterfield (Department of Psychology, Macquarie University). E-mail: julie.chesterfield@students.mq.edu.au Phone: 0412 414 114
- **Cheeky Monkeys Vacation Care:** Ph: 9999 0388 Fax: 9979 1533 Email: info@cheekymonkeysplayhouse.com.au
- **Queenwood Tennis** and Sports Facility, formerly known as the Australian Tennis Academy, is now open for any of your tennis booking requirements. Phone: 9452 2298 / Mobile: 0421 813 940 / Email: Tennis@queenwood.nsw.edu.au

Return Slips

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PREMIER'S READING CHALLENGE:



I would like to participate in the **Premier's Reading Challenge:**

Name..... Class.....

___ I have lost my password

___ I am doing the PRC for the first time.

OFFICE USE ONLY:

Username:_____

Password:_____

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DID YOU KNOW?

A new 350-student primary school costs around \$20 million to build and a new 750-student secondary school costs around \$35 million.

Catholic school parents have contributed greatly to the development of their children's schools in the past.

But it will be harder to meet the forecast growth in enrolments, technology and other education costs without increased government support.

This is why funding support from Federal & State Governments must keep pace with rising education costs - *to maintain education quality and to ensure a Catholic education remains affordable for all families.*



Leadership, Advocacy and Support

Web: www.ccsp.catholic.edu.au



@CCSPNSWACT



Council of Catholic School Parents