

# St Nicholas of Myra School

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Term 1 Week 5



**Friday 28 February**

2pm - St Dominics  
College visit to Years  
5 & 6 Boys

2pm—Caroline  
Chisholm visit to  
Years 5 & 6 girls

**Sunday 1 March to  
Saturday 7 March  
CATHOLIC  
SCHOOLS WEEK**

**Monday 2 March**

9:10am - Parent  
Group Meeting  
All parents are  
welcome to attend

4pm and 6pm  
Twilight Tours of the  
school for  
new enrolments

**Thursday 5 March**  
Captivate Drumming

**Tuesday 10 March**  
School Photo Day

6pm Kindergarten  
Dinner at  
Product of Italy

**Wednesday 11 March**  
School Cross Country

**Thursday 12 March**  
Newsletter Day  
Captivate Drumming

Dear St Nicholas of Myra Families,

It is always wonderful to share in the Shrove Tuesday Feast of Pancake Day ! This feast we shared in as a school community this Tuesday led into what we experienced as a faith community either in Parish Mass or Liturgy yesterday known as Ash Wednesday. These ashes mark the beginning of our Lenten Period. I have put together a short prayer for you to use for yourself or as family reflect on to mark this pinnacle season in our Catholic Fith.

## **LENT: A TIME TO BETTER UNDERSTAND GOD'S FORGIVENESS**

**PRAYER:** God, our Father, may this Lent be a time for us to understand better Your forgiveness of our shortcomings. We ask that the light of Your Spirit enable us to look within ourselves with honest eyes, to identify and deal with any behaviours that prevent us from being true to Your love for us.

**SCRIPTURE READING:** You, (God), are merciful to all, for you can do all things, and you overlook people's sins, so that they may repent. For you love all things that exist. How would anything have endured, if you had not willed it? Or how would anything not called forth by you, have been preserved? You spare all things, for they are yours, O Lord, you who love every living thing. Wisdom 11:23.

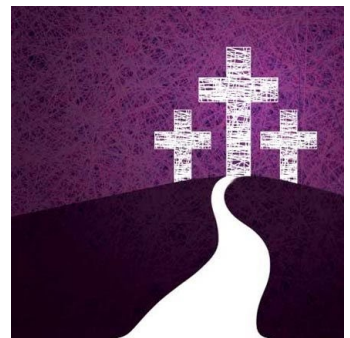
**RESPONSE PRAYER:** Spirit of God within me, help me this Lent to grow in gratitude for my life; help me to reveal the face of Christ to other people as they enter into my life.

**READING:** We need the Season of Lent if we are to live in imitation of Christ, to be Christians. We need to work out for ourselves what it is in our lives that needs to go, to be no longer part of our lives, that which makes us candidates to receive the forgiveness that Jesus gained for us when He died on Good Friday. If we are able to achieve this, to sweep out the negatives, then Easter will not be a shallow celebration but one full of meaning, for we will be totally aware of the new birth that started in the Resurrection of Jesus. Author unknown.

**RESPONSE PRAYER:** Lord, our needs are many but too often our wants out number them. May Your life direct our attention towards those things that promote goodness, truth and justice in our lives.

**PRAYER:** Lord, may we be encouraged this Lent to reflect on the difficulties You had in Your life. We ask for courage to face the challenges that daily enter our lives and bring them to resolution, as You did. Amen.

Peace and Joy  
Anita Knezevic  
Principal



# General News

## Catholic Schools Week

This year from 1-7 March 2020 St Nicholas of Myra will join with Catholic schools across NSW and the ACT to celebrate Catholic Schools Week (CSW).

Catholic Schools Week is about forging and strengthening connections between everyone who has a stake in our schools – students, staff, families, priests, parishioners and members of the wider community by showcasing our activities and actions.

- Monday Prayer at morning assembly
- Monday Twilight Tours 4pm and 6pm on for prospective families
- Tuesday Open Classroom 2:40pm

## School Photos - Tuesday 10 March

A note was sent home to all families regarding school photos. Please read this carefully.

## Safety

Each term we practise an emergency procedure. Today we knowingly participated in a Fire Drill . Throughout the year different scenario drills will be undertaken.

## Bucket Drumming—Captive Primary

Bucket Drumming is a great new experience because as a team we get to learn about how to do new things. For example, we had three buckets in front of us. The right bucket was right dot and the left bucket was left dot, and the middle bucket was left and right dash. The thing is if you hit the middle bucket with your left hand it would be left dash but if you hit it with your right hand it would be right dash. Also, we have two sticks just like a real drum so it is really exciting. Our instructor's name is Matt. Matt is good and passionate about Bucket Drumming. He gave us compliments and tips to improve whilst we played the drums. Overall, Bucket Drumming is a FANTASTIC experience and I would like to thank Ms Kenezivic, Mrs Clarke and Matt for giving us this opportunity.

Written by: Maddison Yr 6



# General News

## Student Medical Information

If your child/ren suffer from asthma or have a medical condition and you have not informed the school office, could you please do so as soon as possible. For example, if your child suffers from asthma, please supply an updated Asthma Action Plan from your child's doctor. All medication must be brought to the school office by a parent and a medication form needs to be completed by the parent.

## Photo Permission

From time to time photos and / or video footage of your child will be taken at school and school events. These photos and video footage may be used in the school newsletter, diocesan newsletter, in newspapers, brochures, advertising, websites or in publications. If you do not wish for photos or videos of your child to be published or shown on the website please notify the school office in writing.



## Allergies

As you may or may not be aware there are a number of children attending our school who have severe allergies to many different foods. This means that if these children come in contact with any food products they will have a severe allergic reaction. Foods such as peanut butter and nutella are particularly dangerous to many of these children. We ask that you remind your child/ren to not share their lunch or any other food with another. We are a nut aware school.

## 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. Any person who may collect your child needs to be recorded as an Emergency Contact.

## Mobile Phone Policy

Students bringing mobile phones to school is not encouraged, however, if a student has to bring a phone to school they MUST leave at the office on arriving at school and collect at the end of the day. The school takes no responsibility for mobile phones being lost, stolen or damaged.

## Hairstyling, Grooming and Earrings

Students are expected to keep their hair clean neat and tidy at all times. Students are to keep their hair off their face and out of their eyes. Students haircuts are to be in a sensible and conventional style. There are to be no extremes in fashion hairstyle and colour. Shaving of any part of the head and undercuts are not permitted. Long hair below the shoulder must be tied back in a ribbon, scrunchie hairband or clip in school colours. Only one pair of sleepers or studs to be worn in the lower lobe. No dangling earrings.

## Volunteering at School

All parents/volunteers who wish to offer assistance in the school or other school related activity must ensure that they complete the Catholic Education Diocese of Parramatta Child Protection for Volunteers (Building Safe Communities) training module. This training is required every two years and is done online. The module may be accessed via the Catholic Education Diocese of Parramatta website at: <https://www.parra.catholic.edu.au/About-Us/Building-Child-Safe-Communities>.

From the Our Schools drop-down select Parents as Partners, then select Building Child Safe Communities. Click on Volunteer and Contractor Training. Scroll down to Volunteers and click on Training Module and follow the instructions.

## Morning Arrivals

Supervision of children by teachers starts at 8:30am. All children arriving before this time are to be **seated** outside near the gates. During this time there is no ball games to be played and children must be seated. Please have a discussion with your child the expectations that is required from them when waiting for the teacher to come on duty. You will be directed to COSCH if regular early drop off patterns occur.

# Religious Education

## Ash Wednesday

This week the season of Lent begins with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project compassion. Each family will receive a Project Compassion box and/ or a set of envelopes for their donations or you can donate online via our website at [lent. Caritas.org.au](http://lent.Caritas.org.au)

Let's go further, Together!

# Catholic Culture

## Fiver for the Fires

Thank you to the parents/ carers for your support for our fellow Australians and Australian Animals in wearing mufti clothes! Due to your generosity we were able to donate \$790.70 to Catholic Care Bush Fire Appeal.



## Shrove Tuesday - Pancake Day !

Thank you for your support with our feast of pancakes for the first Fun Food Day of 2020, we raised \$214.90.

# Learning

## **Celebration of Learning!**

Stage 3 Assembly

Thank you to the many parents/carers who attended this great celebration of our Stage 3 learners and the prayer they led particularly their singing of We are one! Read more Teen Ranch reflections below!

### **Teen Ranch Student Reflections:**

One warm, breezy Wednesday morning as the clouds were slowly going up and the stars were going down, a team of young stage 3's were rolling their big suitcases down the curved stairs of their house to get to school. Arriving at school, there was a huge herd of people running down the stairs with their suitcases full of clothes, pillows, sheets and sleeping bags. Ms Knezevic, Mrs Khoury, Mr Simpson, Mrs Smith, Mrs Camilleri, Mr Cappadona and Mr Suluape were great to make this experience safe but fun. It may have been pouring with rain while we were there but we still managed to do every activity, including; horse riding, canoeing, swimming, giant swing, bush walk and free time.

My favourite activity was canoeing. It was really hard trying not to fall in, even though my group tried to- we got to swim in the freshwater anyway! My second favourite activity was the giant swing and Ms Knezevic still holds the title of 3 years+ 'Screaming Champion'!

Thank you Ms Knezevic and teachers for giving up your family time just to give us the best time of our lives and the fun in the sun. **Rachel**

At teen Ranch it was loads of fun and the food was great- I enjoyed it a lot! In my group, we did the challenge course first and used our communication skills to overcome obstacles in our way. Then came swimming, which was really cool because it was pool games and they were really fun. We also had the best weather for it, hot and sunny! **-Ian**

"Bonnie and Rhiarna, you are in cabin 7." I was so excited to hear that Rhiarna and I were in a cabin together! As we got to our cabin, I bagged the top bunk and we then made our beds until we heard the bell ring for morning tea. Morning tea was delicious honey joys. After this we got free time and then it was time for lunch. We had sandwiches with meat, sauce and salads. Then we got told our first activity, our group had canoeing. It was really fun. We got time in the canoe and got to swim also. We began paddling on the same side and suddenly Ishan began rocking the canoe which is when our canoe capsized- we all fell in the water! As I came up from the water, Rhiarna said, "BONNIE! There is a huge spider on your head!" So I quickly washed it off because I didn't want to get bitten and then we got to swim. We went back to the cabin to get changed and my next activity was horse riding. We needed long pants. Then we walked over to horse riding and my horse was called Patchy. She was very good and horse riding was my favourite activity. We also got to groom the horses! **-Bonnie**

Teen ranch was a great time and it was one of the best excursions of my life. One of my favorite activities was the crate climbing. It was so much fun, I loved it. All of the students loved the giant swing and the queen of it was Ms Knezevic. We all had a great time and the food was great. I think everyone loved Teen Ranch - **Georgia**

At Teen Ranch I loved the pasta on the first night because it was really good. I loved the chicken burgers because it reminded me of McDonalds. It smelt and tasted like it. I loved the eggs, toast and hash browns that were for breakfast. This is because it tasted like the best eggs I have ever had. The chocolate mousse for dessert was so yum AND it had chocolate chips on it! The only improvement I could make is seconds for dessert! - **Odessa**



Teen Ranch



Truth Through Learning

# Library

Each week your child visit the Library which is located in the hall. During this time we share a book and the children are introduced to different styles of literature.

The past few weeks we have been learning about Melvin Dewey. Children use the Dewey system in the Library to help them locate their books.

The Library is open first break Wednesday and Thursdays. This is a time for passive play. Chess, boardgames, lego, drawing or just chilling out reading.

## Who is Melvil Dewey?



- Melvil Dewey was a librarian in the 1800's.
- He taught classes to other librarians
- He was very inventive.
- He made up the Dewey Decimal System that libraries use all over the world!



## Library Visits

Kinder - Wednesday

Stage 2 - Wednesday

Stage 1 - Thursday

Stage 3 - Thursday

A Library Bag is required if you wish your child to borrow a book. A plastic shopping bag will suffice.



If your shoes are uncomfortable you don't enjoy wearing them or you may not wear them as much. Just like a book. Please support your child when they are trying to choose a book that it is a good fit for them. Reading needs to be enjoyable. Magazines, cookbooks, comics are also a great resource for reading.

Books are like shoes:

they need to be a good fit

for YOU!



# Awards 21 February 2020

Gold Awards	
1	Josiah COLLENTINE
1	Harrison DONALDSON
2	Knox CURREY
2	Lilah SURENNE
2	Marcus RICHARDSON
2	Harmoni HILL
3	Zain DANIL
3	Noah EDWY-SMITH
4	Jayden TEUMA
5	Jayden MENDONCA
5	Kalai BEEDLE

Silver Awards	
1	Josiah COLLENTINE
1	Harrison DONALDSON
2	Cindy GUO
2	Max HANLEY
2	Knox CURREY
2	Lilah SURENNE
2	Lachlan MCINTOSH
2	Avaleigh FAUCETT
2	Marcus RICHARDSON
2	Brayden WATTS
2	Jadey LAU
2	Sophia YANG
2	Nicholas FALZON
2	Harmoni HILL
3	Zain DANIL
3	Zain DANIL
3	Noah EDWY-SMITH
4	Jayden TEUMA
4	Amisha NAGARETNAM
4	Leo ALEXANDER
5	Benjamin DELA PAZ
5	Isabel MRSIC
5	Skyla HILL
5	Odessa GIBBS
5	Georgia TAYLOR
5	Jayden MENDONCA
5	Matthew FIDLER
5	Kalai BEEDLE
6G	Ian GERALDEZ
6G	Bonnie RIGO
6G	Nishelle NAGARETNAM
6G	Samuel RICHARDSON

Merit Awards	
K	Jake MEYER
K	Chris YANG
K	Sofia BURGESS
K	Olivia NKEMKA
1	Anna DISSANAYAKE
1	Karthik CHIKKA
1	Sophia ZHAO
1	Jake HANNAFORD
2	Knox CURREY
2	Lilah SURENNE
2	Scarlett PARKES
2	Sophia YANG
3	Zain DANIL
3	Hannah REBERNIK
3	Everlyn STEEN
3	Byron HANLEY
4	Sofia CAMPORA-KAAL
4	Xavier ISAAC
4	William DOUGLAS
4	Dominic KASSOUF
5	Brendan LESLIE
5	Weskerr ALAMGIR
5	Georgia TAYLOR
5	Alena TEREPO
6B	Joseph EZEKIEL
6B	Maddison REYNOLDS
6B	Joshua CHRISTIAN
6B	Chelsea SHARPE
6G	Ian GERALDEZ
6G	Ishan SWARUP
6G	Keeva LEMAIRE
6G	Hayley TEUMA

## Summer Reading Challenge

4	Jacob WHITE
6B	Lara WHITE
6G	Hayley TEUMA





*Truth Through Learning*

# Sport

## ZONE SWIMMING

On Tuesday 18 February, 22 students from St Nicholas of Myra represented our school in the Zone Swimming Carnival and Glenbrook Pool. A huge effort was on display from all our swimmers as they competed in various events throughout the day. Congratulations to the following students on their participation and sportsmanship behaviour - Maddison Reynolds, Ella Herbert, Zachary Herrero, Richard Reales, Ava-leigh Faucett, Nevaeh Coulton, Jacob White, Audrey Sullivan, Lara White, Nishelle Nagaretnem, Christian Falzon, Amisha Nagaretnem, Scarlett Parkes, Lachlan McIntosh, Julian Falzon, Abby McIntosh, Aubrey Parker, Nicholas Falzon, Mark Danil, Marina Broz, Willow Alexander and Chelsea Sharpe.

It was fabulous to see three of our swimmers progress through to the Diocesan Swimming Carnival- congratulations to Julian Falzon, Christian Falzon and Nicholas Falzon on your success.

**Mrs Hinchliff**



## Parramatta Diocese Soccer Trial

On Tuesday 25 February, I, Keeva LeMaire went to Kellyville, to trial for the Parramatta Diocese. It was about 12: 30 when the phone in the classroom rang and I was called down to the office. All my friends wished me luck and I was off.

When I arrived in Kellyville the fields were packed with boys trialling for the team. Once the boys finished the girls started their trials. First they marked the role and gave us our bibs. I was lucky number 7 yellow. The selectors put yellow and green in a field and red and blue in another. I started up really nervous but once I got the feel of playing I was fine. In the first game, I played defender. At the end of the game we had tied nil all. None of us had scored. The next game was against blue. They were really hard! We ended up losing 5 to 1 but I was the one who scored our 1 goal. We all started a giant game of soccer with most of the girls on the field. Then it was time to go back to our parents. It was about 10 mins before they came back to announce the people that had made it into the team. I held my breath. I was so nervous. After what felt like ages I heard the woman call out yellow 7! I had made the team! It was so cool! I couldn't wait to tell all my friends the news.

This was one of the best achievements I have made in my life.

I am Keeva LeMaire and I made it into Parramatta Diocese soccer team to represent my school!

## Correspondence

- ☺ 2020 School Fee Information
- ☺ 2020 School Fee Statement
- ☺ Pancake Day Order Form

## St Nicholas of Myra Parish

326 High St Penrith  
4721 2509

### Mass Times

Saturday Vigil 6:00pm  
Sunday 7:00am, 8:30am, 10:00am &  
6:00pm

### Weekday Masses:

Monday 9.30am  
Tuesday 6:45am, 9.30am  
Wednesday 6:45am, 9:30am  
Thursday 9:30am  
Friday 6:45am, 12:10pm

At St Nicholas of Myra we have a 'No hat no play' policy. If your child has forgotten their hat we **DO NOT** have spares in the office. All children need to remember to bring their hats to school. They should be clearly labelled.



EMMAUS  
WE WALK WITH JESUS

### Emmaus Catholic College

**OPEN NIGHT**  
Tuesday 3rd March, 2020

Students will be showcasing what occurs in the learning environment at Emmaus Catholic College

General Information  
5pm – 5.30pm

Tours of the College  
5.30pm – 8.00pm

Venue: Sr Patricia Tully Centre (Hall)  
87-109 Bakers Lane, Kemps Creek

*Enrolment Applications will be available on the night*

Contact: 02 9670 8300

## BE BUS AWARE

Bus Safety Week - 24 February to 1 March 2020

**We all have a part to play in bus safety**



BeBusAware.com.au

## 2021 ENROLMENTS

FOR GIRLS YEARS 7-12

Open Night: Monday 9th March 2020

4:30pm - 7:30pm

.....  
Come along and see for yourself why girls are  
so happy to learn at Caroline Chisholm College.  
.....

**Tours of the college: 4:30 - 7:30pm**

**Principal's information sessions:**

**5:30pm & 6:30pm**

Further information can be obtained on our  
website and Facebook pages.



[www.cccglenmorepark.nsw.edu.au](http://www.cccglenmorepark.nsw.edu.au)

90-98 The Lakes Drive Glenmore Park

Enrolment packages can be obtained by

contacting the college on:

4737 5500

Follow us on  

CAROLINE  
CHISHOLM  
COLLEGE





Parents Representative Council  
SUPPORT | CELEBRATE | EDUCATE



PRC  
Diocese of Parramatta  
Partners in Learning  
Partners in Faith



MENTAL  
HEALTH  
FIRST AID  
Australia

### UNDERSTANDING MENTAL HEALTH

Learn the skills to make a difference

Out of every 30 students in Australia, 7 are dealing with mental health issues  
2 will ask for help ..... 5 will suffer in silence

This presentation will focus on giving parents information on how they can identify and help the 5 that suffer in silence. Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves. Mental health problem is a broad term that includes developing mental illness, symptoms of a diagnosable illness, substance misuse, and adverse life events which are having an impact on functioning.

Depression, Anxiety, Behavioral disorders, Mood Disorders, Personality Disorders, Suicide, Drugs, Eating Disorders, Self-Injury, Panic Attacks, Stress, Substance Abuse



PRC  
Diocese of Parramatta  
Wellbeing

Our guest speaker for the evening is:  
**JANE ARMSTONG**  
Mental Health First Aid Instructor

Register FREE now: [www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)



St John Paul II  
Catholic College

**Monday, 2<sup>nd</sup> March 2020**  
Doors open: 6:15pm for 7:00pm (2 hours)  
PRC Annual General Meeting  
(will be held prior to guest speaker)  
AGM will take approximately 20 minutes  
**St John Paul II Catholic College**  
**85 Hambleton Rd, Schofields NSW 2762**



Catholic Education  
Diocese of Parramatta

Light supper and refreshments will be provided, and a lucky door prize will be up for grabs!

[www.prc.catholic.edu.au](http://www.prc.catholic.edu.au)  @prcparra  @prcparra