# St Nicholas of Myra School

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Email: stnicholas@parra.catholic.edu.au

Website: http://www.stnicholaspenrith.catholic.edu.au Term 1 Week 5



Mon 1 March - Fri 5 March CATHOLIC SCHOOLS WEEK

Mon 1 March 9:10am - Parent Group Meeting via Zoom

Lunch & Fruit break Stage 3 Disco (with Crazy Sock and Crazy Hair) prepaid participants

> 4pm and 6pm Twilight Tours 2022 Kindergarten Enrolments

Tues 2 March Lunch & Fruit break Stage 1 Disco (with Crazy Sock and Crazy Hair) prepaid participants

Wed 3 March
Lunch & Fruit break
Early Stage 1
Disco (with Crazy Sock
and Crazy Hair) prepaid participants

Thurs 4 March Lunch & Fruit break Stage 2 Disco (with Crazy Sock and Crazy Hair) prepaid participants

Fri 5 March Mother's Day Mufti—Day Gold Coin (via Qkr! App) and Gift donation

Mon 8 March—Fri 12 March Personalised Plans Parent Engagement Meetings

Tues 9 March Captivate Drumming

Thurs 11 March

Dear St Nicholas of Myra Families,

Last week, we feasted on pancakes for Shrove Tuesday and then commemorated the beginning of the Lenten season with Ash Wednesday. As we have entered into the first week of Lent, Project Compassion is challenging us to BE MORE.....

How can we BE MORE ...?

- ....more prayerful....?
- .....more giving .... (not just of money but time, effort, positivity)?
- ....more kind....?
- .... more forgiving...?
- .....more helpful (without being asked)...?
- ....more willing...?
- .....more green...(eco friendly)..?
- ....more involved....?
- ....more aware....?

Here are some different ways to BE MORE or FAST - hopefully you can try one or two and see if it makes a difference to your lives and the lives of others around you.

**BE MORE CONTEMPLATIVE (Fast from Noise)** - How often do we have background noise accompanying us? We hear it as we drive, maybe while doing housework, even at the shopping centre. Silence can be a rare gift, and in the silence we can open ourselves up to God's words to us.

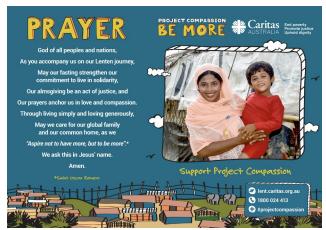
BE MORE EMPATHETIC (Fast from Gossip) - Pope Francis was quoted as saying "It is so rotten, gossip. At the beginning it is like candy. But at the end, it fills the heart with bitterness." These days, with social media, harmful gossip and bullying can go viral in minutes. Think about how you would feel if you knew people were talking about you or your child the way you may have at a social gathering or online. When we fast from gossip, we can focus on our own words and try to ensure they are kind, loving and empathetic.

**BE MORE and have a go! (Fast from Excuses)** - There is a saying: excuses are like belly buttons - everyone has one! Excuses hold us back from taking risks and growing as a person. It's okay to have a go and mess up. Remember the scripture "With God, all things are possible." (Mt 19:26)

This Lent, let us consider how we can 'BE MORE' for our neighbours around the world.

Anita Knezevic

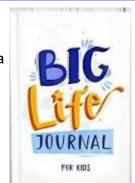
Principal



This text is from the Big Life Journal which offers practical ways in which to support your child when they say they are bad at things.

Alexandra the Chief Creator of Big Life Journal shares her reflections. "When I was a child, I could never say I'm bad at Math." My parents would quickly say, "Don't say that!" or "No, you're not!"

They meant well but I remember feeling so bad about this - like I did something wrong. Every time my body would tense up, blood would rush to my face. I'd feel guilty and unheard. But most of all - it didn't change the way I felt. I still felt bad at math. Simply saying "Don't say that," or "You're not stupid!" only dismisses the child feeling.



It really matters how we respond to our child's negative self-talk. But the problem is it's often hard to know exactly what to say at the moment. Here are some ideas you can try:



#### **Opening Mass**

Thank you to all of those who joined us on Friday 12 February both virtually and in person as we celebrated the start of our school year. The theme for our Mass was: Together We Grow. As a school community we are continuing to strive to meet our goals, learning goals and school goals and work together to flourish as individuals.





### 2021 School Leaders



Isabel Mrsic	Matthew Fidler
Odessa Gibbs	Georgia Taylor

## 2021 Sport Leaders



Freeman	Willow Alexander	
Bradman	Mark Danil	Skyla Hill
Hackett	Benjamin Dela Paz	Jayden Mendonca

### **2021 Mission Team**



Kinder	Isaiah Tuitu'u
Year 1	Olivia Nkemka
Year 2	Harrison Donaldson
Year 3	Sophia Yang
Year 4	Nevaeh-Rae Suluape
Year 5	Leo Alexander & Amisha Nagaretnam
Year 6	Jeremy Kennedy & Alena Terepo

**2021 SRC**Student Representative Council



Kinder	Audrey Burgess
Year 1	Parv Gulati
Year 2	Anna Dissanayake
Year 3	Harmoni Hill
Year 4	Brian Nguyen
Year 5	Sofia Campora- Kaal
Year 6	Lachlan Mueller

# Religious Education

#### What are we Learning in Religious Education?

Religious Education in the Diocese of Parramatta has undergone much change in the last two years. This year, using experiential learning through student inquiry, students will engage with one Learning Cycle (unit of work) from the Draft New Curriculum each term.

#### Early Stage 1 - "Who is my Friend?"

Students in Early Stage One are new to school and forming new friendships. Students wonder about Jesus' friendships. They are learning about the person of Jesus and what it means to develop a friendship with Him.

#### Stage 1 - "How can I show love towards my neighbour?"

In this unit students will explore how we can follow the example of Jesus by showing love and care for our neighbour in words and actions.

#### Stage 2 - "Why do people sometimes do the wrong thing?"

In this unit, students will be exploring why people sometimes do the wrong thing. The unit will provide students with an opportunity to understand the teachings of Sacred Scripture and Tradition on an informed conscience, appreciate our words and actions that have consequences in our daily life and understand how to live their life through the lens of an informed conscience.

#### Stage 3 - "What does it mean for humans to think about their thinking?"

In this unit students will be introduced to philosophy, where they will begin to explore the importance of philosophy for truth seeking, and decision making. Students will begin to make meaning between Sacred Scripture, philosophy and daily life, as well as begin to construct a personal philosophy for decision making and being responsible for care of self and others.

#### **Catholic Schools Week**

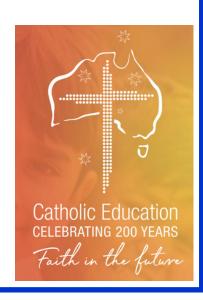
The theme for 2021 is 'Celebrating 200 years of Catholic Education'.

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.

During Catholic Schools Week, we take the opportunity to highlight not only the best of what we do, but also what happens in our schools every day.

# Celebrating 200 Years of Catholic Education

On Thursday 18 February the national launch for the bicentenary of Catholic Education took place virtually. Take a look at the launch via the following Youtube clip: <a href="https://www.youtube.com/embed/n5JesV9raOU">https://www.youtube.com/embed/n5JesV9raOU</a>



## Throwback Thursday

Over the year the Mission Team will be investigating, interviewing and adding historical information to the newsletter as we celebrate 200 years of Catholic Education. This week Leo and Amisha from Year 5 interviewed Mr Simpson who attended St Nicholas of Myra as a student.

#### **Interview with Mr Simpson**

What is your connection to St Nicholas of Myra Primary School? I attended St Nicholas from Kindergarten to Year 6. My family and I were part of sporting teams and learning teams.

What was your favourite subject and why? I liked H.S.I.E /History and Geography because we learnt about the Gold Rush and we did lots of projects about it and I really enjoyed that kind of learning.

What was a characteristic of your favourite teacher? The best characteristics of my teacher was they were a little funny but really strict.

What is your favourite memory of St Nicholas of Myra? The playground although it looks very different now because in front of the church was a concrete playground which we played on.

What games did you play on the playground? I used to play bullrush and we were allowed to run on the concrete. A couple of days a week we got to go down to the infants playground (which is now our normal playground) but it was all grass. It had play equipment like monkey bars and slides. We generally played soccer when we were on the grass.

**What excursions did you go on?** We went to Featherdale one year I was here. Probably my favourite one was when we went to Bathurst and learnt about the Gold Rush although I did not find any gold.

What kind of technology did you have at school? We had great technology at school they were called encyclopaedias (so they were books that you opened and they had lots of information in them). We had pencils and rulers but not much else so we had no technology.

How has the school changed? It has changed quite a lot over the years. The building that I'm sitting in now (Stage 3 classroom) used to be a single story building. It just used to be Stage 1 and Kindy. The playground was big with a lot of grass and Year 5 and 6 rooms were over in the old Parish buildings across the road. The office was up in the music studio. We didn't have a hall back then and the canteen was up in the primary playground where the Parish now sells religious items after church. The dungeon was really scary until you got to about Year 6 because every year, Year 6 used to have a fete and would put black curtains all over the windows and they used to dress up as monsters. People paid \$0.50 just to go down there and the Year 6 students used to scare them. It was kind of like a haunted house but you weren't allowed down there during school time. The only reason you could go down there is because of the school fete. Everyone lined up near the church and the infants used to have to walk all the way down here (current school) to get to their learning everyday. The school fete was on every year and I had so much fun. I had so much fun at St Nicholas being a student that I decided to come back and be a teacher at the school.

# Celebrating the success of one of our past students

Nevine Idris

Congratulations!



# Project Compassion Donate to Project Compassion using the Qkr! app today!

#### First Week of Lent (school week beginning Monday 22 February)

We begin our annual Lenten Project Compassion journey by learning about the story of Jamila and her family. Jamila, 22, is a Rohingya woman, living in the world's largest refugee camp in Cox's Bazar, Bangladesh. A single mother, she fled armed conflict in Myanmar to save herself, her elderly mother and eight-month-old baby.

With the support of Caritas Australia, through Caritas Bangladesh, Jamila was able to access emergency food and shelter. She also received counselling, emotional support and learnt sewing skills, to help her earn an income. Jamila now feels less alone, with a sense of community around her. She is able to 'Be More' to her little family.

860,494 people remain in the densely populated camps, in desperate need of humanitarian assistance, especially due to COVID-19. (UNHCR). Watch a short film about Jamila's story here:

#### https://www.caritas.org.au/week-1-jamila-video

"Aspire not to have more, but to be more." Please support Project Compassion: lent.caritas.org.au







today using the Qkr! App. Every little bit helps.

**Donate** 











#### **Shrove Tuesday**

Thank you to all of the parents for supporting this parent group fundraiser. Thank you to Taryn Merenda for her assistance in organising these delicious pancakes. We were able to raise \$161.60. Thank you to Mary and the staff for distributing these out so our students wouldn't miss out due to COVID-19 parental restrictions on site.



#### Ash Wednesday Liturgies

Thank you to all the parents and carers who joined us virtually for the Ash Wednesday liturgies. All students received the ashes and thought deeply about how they could BE More! during Lent. We encourage you to put your compassion into action this Lent through your prayer, fasting and almsgiving by supporting Project Compassion. Normally at this time of the year we hand out boxes for students to collect coins and raise money for Caritas. As we have moved to a cashless school we have set up on the Qkr! Masterpass App a donation link. Alternatively you can donate through the Caritas Australia website at:

#### https://www.caritas.org.au/donate/autumn-appeal/







# **General News**

#### 2022 Kindergarten Enrolments and Catholic Schools Week Twilight Tours

Each year in Catholic Schools Week (CSW), we hold two twilight tours one at 4 pm and the other at 6 pm. This year it will be held on *Monday 1 March 2021*.

COVID practices will be put in place and we recommend the wearing of masks during this tour. This will allow the Principal and Assistant Principal to be protected and speak without a mask making it easier for you to hear our tour. However, depending on the numbers of mask wearers we may still opt to wear one as we also have families to keep safe and protect. Of course social distancing is required.

Each person will be required to sign in and we are limited to a size of 30 people. You will be required to register via a QR code. If you are unwell or have any symptoms we ask you to keep everyone safe by refraining from attending.

We accept enrolment applications at any time.

However it is after our Twilight Tours, when we begin making appointments for the 2022 Kindergarten Enrolment Interviews. The School Enrolment Officer will contact you to make an interview time with one or both parents and the enrolling child attends. COVID check ins and practices are in place. Again if you would like to wear a mask during this enrolment interview that would be preferable.

Current St Nicholas of Myra families who have a child commencing school in 2022 are encouraged to complete an enrolment form as soon as possible to avoid disappointment. Enrolment forms can be found online at - <a href="https://ceo-web.parra.catholic.edu.au/enrolment/02-Form-A-Enrolment-Application.pdf">https://ceo-web.parra.catholic.edu.au/enrolment/02-Form-A-Enrolment-Application.pdf</a> or in the school office.

#### Attendance and H.E.R.O Awards

School attendance plays a critical role in enhancing the lives of students in schools. Every day of attendance adds to a student's achievement and success at school. There continues to be a focus on attendance across the Diocese. We aim to raise awareness about the importance of attendance and to promote a healthy attendance culture. We are aiming for an above 90% attendance rate.



St Nicholas Attendance H.E.R.O awards will continue in 2021. H.E.R.O stands for Here Everyday, Ready On time. Students will be recognised twice a term for perfect attendance (no partial or full absences). For example, in a ten week term, students will receive an award if they have 100% attendance in weeks 1-5 and weeks 6-10. These students will also be acknowledged in Newsletters.

We realise some absences are unavoidable due to health problems or other circumstances. It is for this reason that we have made the Attendance H.E.R.O awards to recognise attendance for half of the term, rather than based on the attendance of a whole term.

#### Student Led Conferences

Thank you to the parents/carers for your partnership and active engagement in your child's learning this week. Thank you to the students for preparing and leading these learning conferences with your teachers and parents.

Now the real work must begin - achieving your goals!



#### Term 1 A Disco - A - Day Fundraiser

After consultation with the Parent Chairperson, we have come up with an alternative for a disco which is COVID safe. As we consistently aim to reduce co-mingling between stages, we have decided to do "A Disco - A - Day" during Catholic Schools Week. The cost is \$5 for entry into the hall, a zooper dooper and pkt of baked sea-salt chips. The students who do not wish to participate are on the playground as usual in full school uniform. Please ask your child if they would like to attend this fundraiser in school; they will eat their lunch/ fruit break as usual and then those students who have paid will be walked to the hall for their disco. There



will be teacher supervision during this event however if your child wants to leave the disco they will be able to do so. We will be having a disco photo booth as well.

Pre-payment was required via the **QKr! App by 11am Wednesday 24 February** and is taken as the parent's permission for their child to enter the disco. No entries can be taken after this deadline.

Monday	Tuesday	Wednesday	Thursday
Stage 3 Disco at Lunch and Fruit Break.	Stage 1 Disco at Lunch and Fruit Break.	Early Stage 1 Disco at Lunch and Fruit Break.	Stage 2 Disco at Lunch and Fruit Break.
We picked Stage 3 first so they could role model the fun and sensible approach to this event.  Normal school uniform to be worn with Crazy Hair and/or Crazy Socks. Normal school shoes or sneak-	Normal sports uniform to be worn with Crazy Hair and/or Crazy Socks. Normal school shoes or sneakers allowed.	Normal school uniform to be worn with Crazy Hair and/or Crazy Socks. Normal school shoes or sneakers allowed.	Normal school uniform to be worn with Cra- zy Hair and/or Crazy Socks. Normal school shoes or sneakers allowed.

**FRIDAY** is the usual Mother's Day **MUFTI** for ALL with a gold coin donation via the Qkr! app and a 2/2 donated 2/2 gift. 2/2 \* 4 ate ate ate ate ate ate ate ate

#### **Parent Group**

Our next Parent Group Meeting will be on **Monday 1 March at 9:10am via Zoom due to COVID-19**. This usually lasts for one hour. Our Parent Group is pivotal and important for many of the events that make our school a community. *If you would like to be a part of this meeting you will be required to email the school by 1pm Friday 26 February so we can then send you a link.* 

#### Label me please!



This term we have already had a large number of students misplace hats and jackets along with lunchboxes and drink bottles. We ask that you clearly label your children's items so they can easily be returned. Check your child's bag each day to ensure they have only their belongings and not that of another student. If they do have another child's item, please send it back with your child. Thank you for your cooperation, we appreciate your support.

### Label me please!



# Learning

#### **PBS4L Playground Initiative**

PBS4L is Positive Behaviour Support for Learning. It is a school wide positive behaviour support approach that aims to develop both social and learning outcomes. It supports teaching school expectations in which students strive to "Be Safe," "Be Respectful" and "Be a Learner."

Safe
Respectful
Learrer

At lunch and fruit break, students receive a token when they are seen to be following playground expectations. Students place the token into their stage box outside of the office. When receiving a token, teachers will name the observable behaviour. Some of these observable expectations may include:

- here is your token for being safe when you were walking on the concrete
- · you were being respectful when you took your turn to be out
- you were being a learner when you asked about the rules before playing
- · you were being respectful when you included Jon into the game
- · you were being respectful when you handed the ball back
- you were being respectful when you put your rubbish in the bin



Each fortnight there is a new playground initiative. The initiative encourages students to be safe and respectful on the playground by following a focus expectation. Students receive a double points token from teachers on duty when they are seen to be following the expectation.

This fortnight, Weeks 5-6, the PBS4L playground initiative is: I can play the correct game in the correct area. The stage with the most tokens at the end of week 6 will receive reward time towards an activity of their choosing for their stage.

Congratulations to **Stage 2** who were the winners for the Week 1- 4 round of the playground initiative! The students in Stage 2 will vote for a game within their class group for their reward time.

#### **Buddy Bench**

This week students are participating in a PBS4L lesson with their stages about our new Buddy Bench.

#### What is a Buddy Bench?

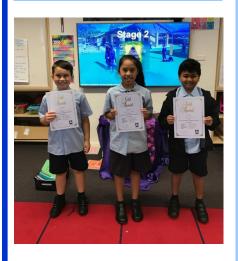
A Buddy Bench is our yellow seat in the playground that students can go and sit at when they find that they don't have someone to play with. This seat is located in front of the old kindergarten classroom. The purpose of the Buddy Bench is to support all students in feeling connected with their peers when in the playground. During the lesson, students will discuss the expectations when using the Buddy Bench as well as when they see a person sitting on the bench. Thank you to students in the SRC



who have filmed a role play about using the Buddy Bench as a resource for these lessons. We look forward to sharing what the students have learnt from these lessons!

# Awards Assembly - Fri 19 Feb

Gold Awards		
1	Lincoln STEEN	
1	Naoelle TIPLER	
2	Alana DEOLIVEIRA	
2	Amos INGEGNERI	
2	Anna DISSANAYAKE	
2	Annabella CHRISTIE	
2	Esha NATH	
2	Michael REALES	
2	Thomas FALZON	
3	Knox CURREY	
3	Michael NAGARETNAM	
4	Nevaeh-Rae SULUAPE	
5	Amisha NAGARETNAM	
5	Xavier ISAAC	
6	Georgia TAYLOR	
6	Jeremy KENNEDY	



Silver Awards		
1	Ashton HADCHITI	
1	Auri PALMA	
1	Bridget Cara DELA PAZ	
1	Courtney HERBERT	
1	Elloise FLOOD	
1	Isabella TRAN	
1	Lincoln STEEN	
1	Naoelle TIPLER	
1	Natalie ROZARIO	
1	Sofia BURGESS	
2	Alana DEOLIVEIRA	
2	Amos INGEGNERI	
2	Andros SOURLAS	
2	Anna DISSANAYAKE	
2	Annabella CHRISTIE	
2	Daniella TAMER	
2	Esha NATH	
2	Ethan TEUMA	
2	Levi FENECH	
2	Michael REALES	
2	Olivia ANDERSON	
2	Sophie EDWY-SMITH	
2	Thomas FALZON	
3	Brayden WATTS	
3	Knox CURREY	
3	Michael NAGARETNAM	
4	Hailey LAU	
4	Nevaeh-Rae SULUAPE	
5	Amisha NAGARETNAM	
5	Jayden TEUMA	
5	Leo ALEXANDER	
5	Maryam YAMAYAN	
5	Xavier ISAAC	
6	Georgia TAYLOR	
6	Jeremy KENNEDY	
6	Skyla HILL	

Merit Awards		
K	Demuni DESILVA	
K	Felix DYKE	
K	Lucas GAYAGAY	
K	Robert WOOD	
1	Cassandra RIBEIRO	
1	Juleina LOTONUUBROWN	
1	Naoelle TIPLER	
1	Parv GULATI	
2	Alana DEOLIVEIRA	
2	Andros SOURLAS	
2	Karthik CHIKKA	
2	Michael REALES	
3	Lachlan MCINTOSH	
3	Madison HERRERO	
3	Marcus RICHARDSON	
3	Nicholas FALZON	
4	Adrian BURDANOWSKI	
4	Angelo ISAAC	
4	Grace MEYER	
4	Holly RIGO	
5	Amisha NAGARETNAM	
5	Jacob WHITE	
5	Nox HILL	
5	Xavier ISAAC	
6	Brendan LESLIE	
6	Jeremy KENNEDY	
6	Lachlan MUELLER	
6	Odessa GIBBS	



Truth Through Learning

# **Sporting News**

#### 2021 Nepean Zone Swimming Carnival

On Monday 15 February students from St Nicholas competed against students in the Nepean Zone at the 2021 Zone Swimming Carnival.

All of the students showed excellent sportsmanship and represented the school with pride. Congratulations to all the students who competed with special mention to Nicholas and Christian Falzon who will represent the Nepean Zone at the 2021 Parramatta Diocesan Swimming Carnival on 9 March.

2021 St Nicholas Representative Students

Nevaeh Coulton	Mark Danil	Christain Falzon
Samara Coulton	Byron Faapoi	Nicholas Falzon
Ella Herbert	Jeremry Kennedy	Nox Hill
Abby McIntosh	Lachlan McIntosh	Amisha Nagaretnam
Aubrey Parker	Jacob White	John Wood

Further details regarding 2021 carnivals and Primary Gala days will be communicated once the events are confirmed. All 2021 events will be subject to NSW government and CEDP advice and regulations.













### AFL SEASON LAUNCH

28/03/21 2pm to 5pm Greygums Oval Cranebrook

#### Want to try AFL?

#### Come join us at Training!

Under 9 Mixed Thursday 5:30pm
Under 10 Girls Thursday 5:30pm
Under 11 Mixed Tuesday 5:30pm
Under 13 Boys Tuesday 5:30pm
Under 14 Girls Tues & Thurs 5pm
Under 15 Boys Tues & Thurs 5:30pm
Under 16 Girls Tues & Thurs 5pm







# NSW PARENT/CARER ONLINE WORKSHOP



Join us for an online workshop where you will have the opportunity to listen, share and learn with parents and carers who support young people on the autism spectrum, from across New South Wales.

This online workshop is for parents, fulltime carers and grandparents. Join other families to learn more about autism and ways to strengthen the home-school partnership.

During the online workshops, we will cover three topics:

- diversity of autism
- · understanding behaviour
- working together with your child's school

Location:
New South Wales
via zoom online

Date: Tuesday 9th March 2021

Time

Wed 9:30 AM - 2:30 PM (AEDT)



For more information and to register, visit <a href="www.positivepartnerships.com.au">www.positivepartnerships.com.au</a> or contact Laura Owens <a href="mailto:lauraowens@autismspectrum.org.au">lauraowens@autismspectrum.org.au</a>

### Correspondence

- Disco-A-Day Fundraiser
- © Important Information about Student Led Conference Zoom Links
- Disco-A-Day Reminder
- Mother's Day Mufti Day Fundraiser
- Head Lice Case at School



### XAVIER COLLEGE Llandilo

**Xavier College Open Night** 

Tuesday 2 March 2021 from 4pm - 6pm.

Prospective 2022 students and families are welcome to attend.

Tours and application forms available on the night.

### 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



We have limited places for our school tours on 8 - 10 March. Visit our Eventbrite booking page to secure your tickets.

https://cccopentours2021.eventbrite.com.au

