



# St Finbar's Primary School

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School Principal: Ms Donna McFadzean

Parish Administrator: Fr Porathur Joy MS

School Community Newsletter

Edition 2

18<sup>th</sup> February, 2015

Dear St Finbar's Glenbrook Community,

Many of you would have read this extract in the Parish "Barra" on the weekend. I thought I would share this with the community members who may have not had a chance to read this background knowledge about the Liturgical Season of Lent.

**ASH WEDNESDAY AND GOOD FRIDAY** are days of fast and abstinence. • The law of fasting binds those who have completed their 18th year, until the beginning of their 60th year. • The law of abstinence from meat binds those who have completed their fourteenth year (CCL 97,1251- 52).

Lent is also a penitential season of prayer, self-denial and helping others. In this way the whole church prepares for Easter with those who are to be baptised or received into the Church. During Fridays in Lent you are expected to do some penitential act, e.g. abstaining from meat is one of the options, as is attending Mass.

## What does it mean to "fast"?

To fast is to do without food. Its purpose is to experience the effects of not eating. It also serves to be a penance or a sacrifice - for the purpose of strengthening us. When we don't eat, for even a little while, we get hungry. When we get hungry, we have a heightened sense of awareness. When we eat too much, we have a sluggish feeling; when we fast, we have a feeling of alertness.

Fasting is a wonderful exercise whenever we want to sincerely ask for grace from God. It is not that our fasting "earns" God's attention, but by fasting, we clarify our thinking and our feeling. It is purifying and prepares us to pray more deeply.

Catholics are required to fast on only two days of the year - Ash Wednesday and Good Friday. On these days, fasting means something very specific and limited. It means that one eats only one full meal in a day, with no food in-between meals. It is understood that two other meals, if one eats three meals a day, should not total one full meal. One might fast in a more complete way, i.e., eating only a portion of a single meal.

Yours In Christ,

Donna McFadzean



*Faith, Truth, Knowledge*

## **From the Assistant Principal's Desk**

Michael Grose from Parenting Ideas explains that there are three types of parents. There are those who walk in front of their kids; there are those who walk behind their kids; and those who walk beside their children.

‘Walk in front’ parents love to lead the way. “Let’s go” is their mantra. This is the style for task-oriented, busy, enthusiastic types. I was this type of parent when my kids were young. It’s the style I default to. The trouble was, I may have thought I was leading but my children didn’t always follow!

‘Walk behind’ parents usually push their kids hard. “Come on” is their mantra. This is the style for parents with high expectations and parents with a lot on their plate. This style is exhausting as you always seem to be pushing harder than you want. It’s doubly hard when kids are resistant.

‘Walk beside’ parents do a great deal with their children. “Let’s do it” is their mantra. This is the style preferred by relationship-driven, inclusive types. This was my wife’s preferred style. She was a hands-on parent who spent much of her time teaching, talking and explaining to kids. This style is time-consuming, and can make it hard for parents to have their own time.

Effective parents adapt to different situations, and different children. There will be times when you should be a ‘walk in front’ parent, just as there are times when your kids will want you to be a ‘walk beside’ parent, particularly when life doesn’t go their way.

There are times, and some kids, who need to be pushed hard. They need someone to ‘walk behind’ them and push like mad. You may have been one of these types of kids yourself.

You may prefer one style but try not to get stuck in that style. Remember, great parents are adaptable, rather than inflexible. Try practicing different styles so you get used to how each style feels. You’ll also discover the styles that your kids feel most comfortable with.

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## **Swimming**

As a result of our Swimming Carnival at the end of last year, a squad of St Finbar’s students have been selected to swim in the Zone Swimming Carnival. Congratulations to these students: Benjamin B, Aidan B, Nathaniel C, Eddie C, Phoebe H, Imani J, Scarlett J, Chelsea K, Hunter K, Eloise L, Finlay M, Riley M, Andy R, Darcy R, Lachlan S, Alexander W, Noah P, George W, Mia B, Neve B and Jemma W. We would like to wish these students all the best for Tuesday. Good luck!

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## WHAT IS READING RECOVERY?

Reading Recovery is an early literacy intervention that provides one to one teaching for children who need greater assistance in learning to read and write following their first year of school.

Reading Recovery is a daily, individualised intervention delivered by a specialist teacher that engages children in reading books and writing their own stories. It enhances children to quickly 'catch up' to the average level of their class.

Reading Recovery builds on the strengths of each child and encourages them to become independent, strategic readers and writers.

The Reading Recovery teacher works closely with the principal, classroom teacher and support staff to ensure the best possible learning outcomes for children on the program.

*Mrs Kerrie Wasson (Leader of Learning/Reading Recovery Teacher)*

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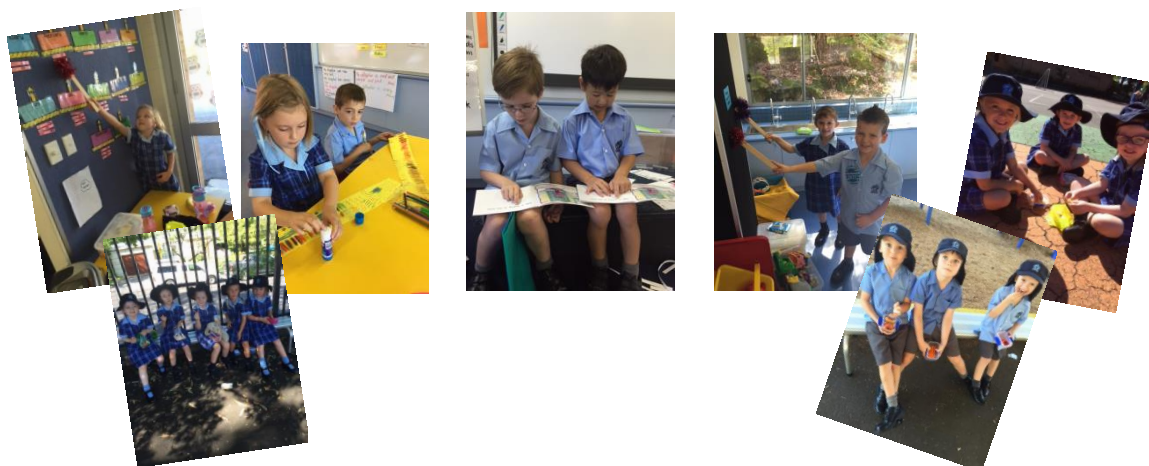
## KINDERGARTEN ARE WORKING HARD IN LITERACY GROUPS

Kindergarten have begun Literacy Groups and are developing excellent independent skills. We have been making mini books using our Sight Words.

We have been learning to read levelled Reading Books.

We have been developing our fine motor skills making Indian head bands. "i....i.....Indian"

When we finish Literacy Groups each day we enjoy our Crunch n Sip.



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## HEAD LICE

There has been outbreak of head lice in the school. You are therefore asked to please check your child/children's hair. For advice on treatment please contact your local pharmacist.

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**Jubilee Celebration.** As part of our Jubilee Celebrations this year, Fr PJ and Fr. Maurice McNamara are commencing family visits to our parishioners. If they call at your home, please make them welcome and offer them any assistance they require in a spirit of Christian charity.

### **Facebook**

St Finbars is now on Facebook.

Please search St Finbars Primary, Glenbrook and hit the like button to keep up the latest news and events.

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### **Community News**

**St. Dominic's College** will be holding an Open/Information Day at the College on Sunday 8<sup>th</sup> March between 10am – 3.00pm.

Information Sessions: 10.00am and 1.00pm

Organised Tours commence: 10.30am and 1.30pm

Any enquiries please contact Mrs Tyrrell

On 0247311933 ext 125

info@stdominics.nsw.edu.au

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### **KEN GATES TENNIS COACHING ACADEMY**

Enrolling now Pro Kennex Junior Tennis Coaching Clinic. For further information Phone 0419297237.

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**KIDS YOGA** - Ages 7 – 10, Friday at 4pm at Glenbrook Yoga Space –Enquiries to Suzanne: 0413 923791 Email: [snellis2@bigpond.net.au](mailto:snellis2@bigpond.net.au). [www.glenbrookyogospace.com](http://www.glenbrookyogospace.com)

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### **FREE AUTISM WORKSHOP FOR FAMILIES IN BLACKTOWN**

Like all school aged students, children with autism spectrum disorder benefit from strong, positive relationships between home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and full time carers in your local community.

Details for the upcoming 2 day workshop:

**Dates:** March 3<sup>rd</sup> and 4<sup>th</sup> 2015

**Venue:** Blacktown Workers CLub

**Cost:** FREE- including resources, lunch, morning tea and refreshments.

Full details and online registrations at [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

This workshop is funded as part of an Australian Government Department of Education initiative to support school age children with ASD across Australia.

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### **POSITIVE PARTNERSHIPS**

Free two day workshop and information sessions for parents and carers of school age students on the autism spectrum. For more information, please contact [parentcarer@autismspectrum.org.au](mailto:parentcarer@autismspectrum.org.au) or call 1300 881 971. Please visit [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

### **LOST AND FOUND**

Pair of rosary beads and silver cross and chain. Contact the school office.

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<b>UPCOMING EVENTS</b>	
16/2/15 – 20/2/15	Meet and Greet
20/2/15	Gymnastic Program (students wear sport uniform)
18/2/15	Ash Wednesday
24/2/15	Zone Swimming Carnival – Glenbrook Pool (as per Squad enclosed in newsletter)
27/2/15	Diocesan Swimming Carnival Gymnastic Program (students wear sport uniform)
6/3/15	Stage 2 Assembly (Parish Hall) 9.15am Gymnastic Program (students wear sport uniform)
13/3/15	Gymnastic Program (students wear sport uniform)
15/3/15	Catholic Schools Week Open Day- Mass/BBQ/Open Classrooms
20/3/15	NSWCPS Swimming Carnival Gymnastic Program (students wear sport uniform)
27/3/15	Stage 1 Assembly (Parish Hall) 9.15am Gymnastic Program (students wear sport uniform)
2/4/15	Last day of school for children
3/4/15	Good Friday
20/4/15	Student return for Term 2

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***New Families to complete and return to the School Office***

**NEWSLETTER SURVEY**

Family Name \_\_\_\_\_ Eldest Child's Class \_\_\_\_\_

I wish to receive a paper copy of the school newsletter

OR

I do not require a paper copy of the school newsletter

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Please return to the school office

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