



St Finbar's Primary School Newsletter

Be Safe Be Respectful Be A Learner

Dates To Remember

20 March 2:10pm

School Assembly – Parish Hall

23 March

Captivate Rehearsal 1

31 March

Mufti Day and Easter Egg Collection

School Disco 4:30pm – 6pm in the Parish Hall

3 April

School Cross Country

6 April

Holy Week Liturgy – Stations of The Cross 11:30 Commences in the Church

7 April

Stage 3 Touch Football Gala Day

TERM 2

24 April

STAFF DEVELOPMENT DAY

25 April 2017

ANZAC Day March – Starts at Glenbrook Park 10am

Contact Us

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Glenbrook NSW 2773

Email:

stfinbars@parra.catholic.edu.au

Dear Families and Friends of St Finbar's,

Last year, one of our school goals was to develop as writers and engage with authentic audiences. Our 2016 Stage 2 students decided to write letters of support to Colin Sieders, a Paralympian, who lives in Yellow Rock in the Blue Mountains. Colin was competing in his first Games, racing in the canoe, 200m sprint (KL1).

On Friday last week, we were lucky enough to have our letters answered. Colin and AJ Reynolds, two Paralympians, visited our school to thank our Stage 2 and 3 students for their letters of support. During their visit Colin and AJ spoke to the students about resilience and the importance of developing a growth mindset.

Both of these athletes had overcome significant set backs in their lives. Colin was 15-years-old when he was involved in the first of two major car accidents. A friend's mum was driving him and a teammate to soccer when she drove over black ice, causing the car to veer off the road and into a pole.

With the left side of his pelvis torn out of his body, Colin then underwent 30 major operations. On top of his damaged pelvis, he also had a compact fracture in his left femur, which partially paralysed his leg. He was in hospital for 51 weeks including 88 days in intensive care.

After nearly a year, Colin returned home in a wheelchair, but having been in hospital for so long, it did not take him long to contract an infection causing gangrene, resulting in the removal of muscle in the right side of his leg, lower back and abdominal muscles. It took five years for him to learn to walk with crutches, and eventually, with 30 per cent use of his left leg, to walk unaided.

At 17-years-old, Colin became the first V8 supercar driver in the world with a disability when he joined his family's V8 Supercars team, Sieders Racing Team. He enjoyed a successful career as a V8 driver until a second car accident in 2011 put him back in a wheelchair.

Parish : Fr Jolly Chacko

Address :

46 Levy Street

Glenbrook NSW 2773

Phone: 4739 8928



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Colin broke bones in his knee but due to the way he had been walking over the last eight years, his hip compressed a nerve, meaning he is unable to stand for more than 10 minutes and can only walk with the assistance of crutches.

AJ, a mum-of-two, lived with chronic pain, depression and an addiction to prescription medication for nearly 20 years due to complex regional pain syndrome, eventually opting to have her leg amputated in 2012. This brave decision led her to Paralympic sport, which she says gave her a newfound confidence and better quality of life.

Despite these traumatic experiences, AJ and Colin have demonstrated what it means to have a growth mindset. Having a growth mindset means that you can train your brain, by challenging yourself, to become the best that you can be.

Your brain is like a muscle and you can train your brain to become smarter. It allows you to see problems as a challenge rather than something that can not be overcome. With a growth mindset, people believe that new abilities can be developed through practice. You develop a love of learning and find ways to find opportunities to challenge yourself and grow. Failure is part of learning and through feedback you can develop your abilities and efforts to succeed.

Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behaviour of thousands of children, Dr. Dweck coined the terms fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement.

I would like to thank AJ and Colin for their time and sharing their personal experiences with us.

Luceat Lux Vestra,

Ben Ticehurst
Assistant Principal



A t t e n d a n c e

Every Learner, Every Day

Our School Attendance Rate

92.2%

Keep up the great attendance!

Teachers know from experience what research now confirms – there's a direct link between school attendance and academic achievement. Each day, our students are building on learning from the day before, which means that every day away from school makes it harder to catch up and can impact everyone in the classroom.

As educators, we know that poor school attendance doesn't just impact student learning. Attending school every day helps students to build resilience, develop important connections and establish healthy habits that will follow them into work and life.

ANZAC DAY MARCH, Tuesday 25th April

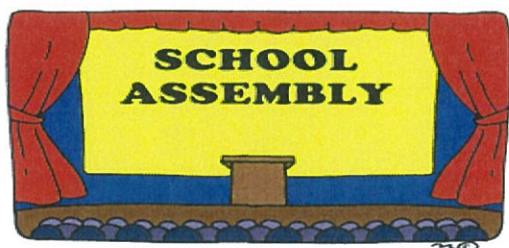
The parade will form up in the Glenbrook Park, adjacent to the Park/Euroka Street intersection, at 10am and will march off at 10:20am to the Glenbrook War memorial, where the service will begin at 10:30am. Please fill in the note that was sent home last week if you would like to participate.



STAFF DEVELOPMENT DAY

Monday 24th April, 2017

There will be no supervision for students on this day.



Monday 20th March, 2017

at 2:10pm in the Parish Hall

Everyone is welcome !



St Finbar's Students will showcase their Dance Fever talent on

Friday 31st March, 2017

Kinder : 2:10pm to 2:40pm

Stage 1 : 2:40pm to 3:10pm

Stage 2 : 12:10pm to 12:50pm

Stage 3 : 12:50pm to 1:30pm

The students are very excited to demonstrate what they have learnt in Term 1.

Everyone is welcome to attend.

[From Mrs Platt](#)

Project Compassion 2017 - Love Your Neighbour

<http://www.caritas.org.au/projectcompassion>

The theme for Project Compassion 2017 is "Love Your Neighbour".

This year, Project Compassion demonstrates how love for our neighbours can transform lives. For more than 50 years, Caritas Australia has been privileged to work together with our neighbours – our most vulnerable sisters and brothers in First Australian communities and in many other countries. Working with our partner agencies in those communities, we have developed the strength to combat poverty, promote justice and uphold the dignity of every person.

Throughout Project Compassion 2017, inspiring stories from the Philippines, Timor-Leste, Australia, Vietnam and Fiji will be shared, highlighting the importance of working hand in hand with communities around the world.

You shall love your neighbour as yourself. Matt 22:39

I would like to thank families who have already filled their Project Compassion boxes and returned them to school! You inspire all of us this Lent to reach out to those who are less fortunate. Could all Project Compassion boxes be returned to the school by Friday 31st March.

Catholic Schools Week

A big thank you to everyone for a fabulous Catholic School's Week! It was great to join together as a school community and explore the theme for 2017, "Learning Connected". The children loved having all of the parents in the room for the open classrooms. They enjoyed sharing how learning looks today in the 21st century. The children also participated in the Liturgy of the Word, exploring each others family crests and experiencing the opportunity to reflect on the scripture passage through their prayer journals. A big thank you to all of the teachers who prepared the display boards to showcase the learning that occurs in our school to the wider community.

Children, teachers and parents shared what they love about St Finbar's Primary School. We are very blessed to be part of such a vibrant and loving community.

St Finbar's is a welcoming place. It is very inclusive and everyone gets a turn. Darcy Year 5

I love learning at St Finbar's. I love learning how to be more like Jesus. Matilda Year 1

St Finbar's is a nice place to come to learn. Every year with have the opportunity to work with a range of different teachers to help us with our learning. Talluah Belle Year 4

God Bless,

Natalie Platt
REC



PBS4L and Bounce Back Update!

What can you do to help your child develop and live by good values?

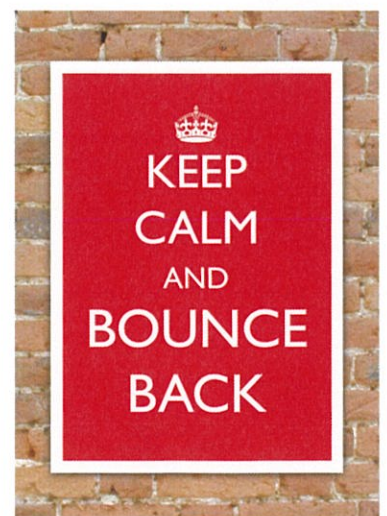
- Give your child positive feedback when they act honestly (e.g. when they tell the truth, own up to what they have done, avoid the temptation to keep something that belongs to someone else, and when they try to identify who owns something they have found that doesn't belong to them).
- Play age-appropriate board and card games with your children. This provides an opportunity for you to reinforce playing fairly by following the rules of a game and not cheating. Playing games with your children also provides an opportunity for them to practise social skills such as being a good winner and loser.
- Help them to develop kindness and a sense of fairness towards others who are less fortunate than themselves. Model for them some ways to support others who are in need.
- Encourage your child to appreciate and return the kindnesses and favours they receive from others.
- Present different people's points of view when talking problems through with your child. This helps them gain a sense of what's fair for everyone involved.
- Give your child regular chores and give them positive feedback when they do these without being reminded. Stress that people will trust and respect you more when you behave responsibly.
- Model cooperative behaviours for your child by working with them on a project (e.g. building a model) or task (e.g. tidying up the garage). Comment on how and why things went well (e.g. you both did a good share of the work, each did the part they were good at and each respected what the other person did).
- Provide opportunities for your child to socialise with their extended family, neighbours and friends, and participate in community groups such as clubs and sporting teams. Emphasise the importance of being friendly and accepting differences in people and discuss with your child how they might do this in each situation. Show them by example too.
- Never give up! Sometimes there is a 'sleeper effect' and values that your child didn't seem to 'take up' at an earlier age pop up in their behaviour when they are older.

Key messages to communicate to your child about 'bouncing back'

Life is mainly good but now and then everyone has a difficult or unhappy time. Things always get better even though sometimes they may take a bit longer to improve than you would like. It is important to stay hopeful and expect things to get better.

You will feel better and have more ideas about what to do if you talk to someone you trust about what's worrying or upsetting you.

Unhelpful thinking isn't necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.



Unhelpful thinking	Helpful thinking
I made a mistake, I'm really dumb. Jake doesn't like me. I must be a jerk.	<p>I made a mistake but everyone makes mistakes sometimes. Jake doesn't like me but other kids like me.</p> <p>No one is perfect. We all make mistakes and find out there are some things we can't do well.</p> <p>If you can find something positive or funny in a difficult situation, no matter how small, it can help you to cope better.</p>

We all need to take fair responsibility for the things we did or didn't do that contribute to a difficult or unhappy situation. However we should not over-blame ourselves because circumstances, bad luck or what others did may have contributed to the difficult situation too.

If a situation can't be changed you just have to accept it and live with it.

Don't make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen. When something goes wrong it usually only affects one part of your life. Concentrate on the things in your life that are still going well.

At St Finbar's we agree to be safe, be respectful and be a learner.

Parish News

Variety Concert for Cambodia

A wonderful night of music, song and dance will be held in our Parish hall on Saturday 18 March, commencing at 7.30pm. Previous concerts have been greatly enjoyed by our enthusiastic audiences. Cost is \$20 per person, \$40 per family (concessions available). Supper is provided. To book, phone Doug on 0403 303 943 or online <http://tinyurl.com/z9utmml>. Tickets are available at the door – see flyer in the Narthex.

RETREATS : **Retreat Day for Families - Time for Us to prepare our Hearts for Lent.**

Shrine Time in 2017 - Young Adults 18-35

When: 4th Sunday of every month 2017, 7.30pm-8.30pm followed by social gathering.

What: 1 Holy Hour with prayer, reflection, meditation, praise & worship. 2017 is devoted to Praying for Vocations and Devotion to Mary as per our Holy Father's intentions for the next WYD.

Where: In the Shrine at Mount Schoenstatt, 230 Fairlight Road, Mulgoa 4773 8338

Why: Mary, honoured as the Mother Thrice Admirable, offers 3 graces in the Shrine, this monthly event is a unique opportunity to experience them regularly:

- Discover your HOME in the hearts of Jesus and Mary
- See breakthrough TRANSFORMATION in your life
- Get your spiritual boost to be an authentic WITNESS.

Formation for Young Adults 18-35 - Love of Mary. Love of the Church. Love of the Mission of Christ

When: 3rd Sunday of every month 2017

What: 12pm - Lunch - bring a plate to share, followed by formation and prayer - concludes by 3pm

Where: Mount Schoenstatt, 230 Fairlight Road, Mulgoa 4773 8338

Why: Want to know what it means to be human? Want to become an authentic Christian? If Yes, then join us for formation in the Schoenstatt Spirituality.

Schoenstatt Shrine Open Times: The Shrine is open 7 days a week, 365 days a year, 7am to 8pm, for quiet personal prayer and reflection. Come and enjoy the peace and grace of the Shrine and our beautiful rural surroundings. You are always welcome to bring your family and friends and share lunch in the grounds.

Community Announcements



ST COLUMBA'S CATHOLIC COLLEGE

Year 7, 2018 Information Evening

Wednesday 22nd March, 2017

- Session 1:
3.45pm Register for tour
4.00pm Tour of the facilities
5.00 - 5.30pm Address by the Principal
- Session 2:
5.45pm Register for tour
6.00pm Tour of the facilities
7.00 - 7.30pm Address by the Principal

Bookings are not required.
Please register at the College Library upon arrival.

- Tours will begin at 4.00 and 6.00pm sharp to enable visitors to view all of the College facilities.
- Prospectus and enrolment application forms will be available on the night.

Enquiries: Sandra O'Brien, Enrolments Secretary 4754 8907

St Columba's Catholic College 168 Hawkesbury Road, Springwood 2777
Phone: (02) 4754 1022 Email: stcolumbas@parra.catholic.edu.au
Web: www.stcolumbaspringwood.catholic.edu.au



Theatresports Workshop



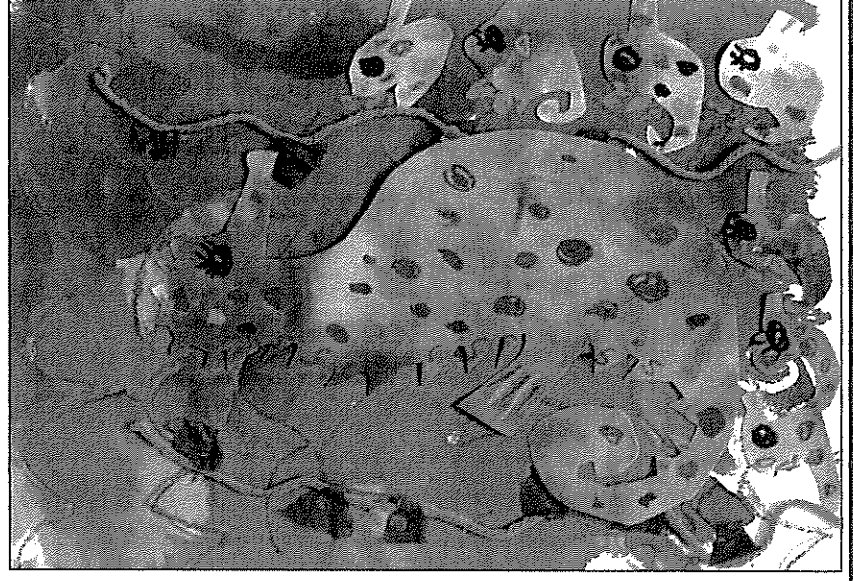
Saturday 22 April
10am to 4pm at Springwood Library
Ages 16+ | Cost \$20
Book and pay at any Blue Mountains Library branch
Call 4780 5750 for info

IMPRO AUSTRALIA
THE HOME OF THEATRESPORTS®

LIBRARY
Springwood

Blue Mountains Library

April School Holiday Program 2017



For more information

contact Children's Services

4723 5036

BOOKINGS ESSENTIAL

Bookings can be made at

any Branch Library. NO

Bookings taken on phone.

Payments must be made

when booking. No refunds

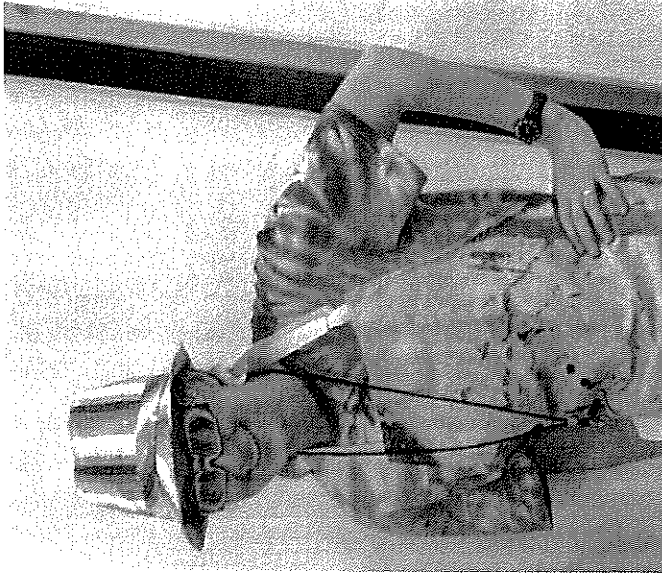
are available unless

program is

cancelled by the Library.



**BLUE MOUNTAINS
LIBRARY**



Tutor: Naomi Oliver

Naomi Oliver has worked as an exhibiting artist for over a decade, specialising in digital media, installation and a number of handicrafts. She has exhibited her artwork and collaborated with artists in both Australia and internationally, and was an artist-in-residence at Arteles Creative Centre in Hämeenkyrö, Finland in 2011. She has shown her work in the Museum of Contemporary Art and the Art Gallery of NSW, and this year has ambitious projects in Mosman Art Gallery and Parramatta Lanes Festival. Oliver works as a regular art tutor for children and has experience hosting art and new media classes for teens and adults.

April SCHOOL HOLIDAY PROGRAM 2017

Tuesday 11 April @ Blaxland Library
Ribbon Star Weaving with Naomi

Learn out how to create a colourful 8-sided star by weaving ribbons in an intricate pattern.

10.30am -12 noon. 8-12 yrs

\$6.00 per child. Bookings essential
 All materials provided

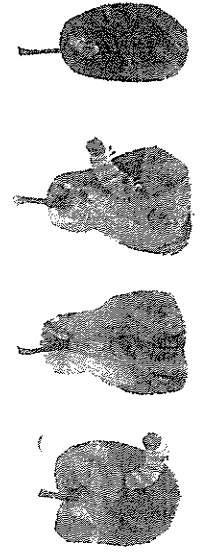


Wednesday 12 April @ Katoomba Library
The Very Hungry Caterpillar's Artworks with Naomi

Learn how to create artworks in the style of much-loved children's author and illustrator Eric Carle.

10.30am -12 noon. 6-12 yrs

\$6.00 per child. Bookings essential

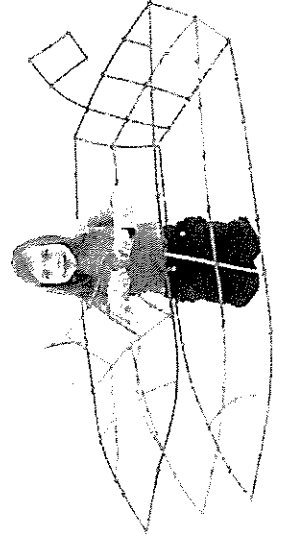
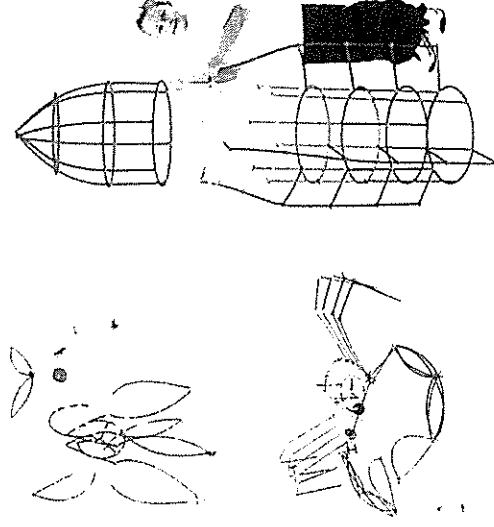


Thursday 13 April @ Springwood Library/ HUB
FREE FAMILY FUN with Naomi

Drop in and spend time creating and designing a sculpture with straws.

From 10.30am -12 noon.

All materials provided.



Wednesday 19 April @ Katoomba Library
Clay animals with Naomi

Using air-drying clay, unleash your creativity and make some of your favourite animals to take home!

10.30am - 12 noon. 6 -12yrs

\$6.00 per child. Bookings essential
 All materials provided

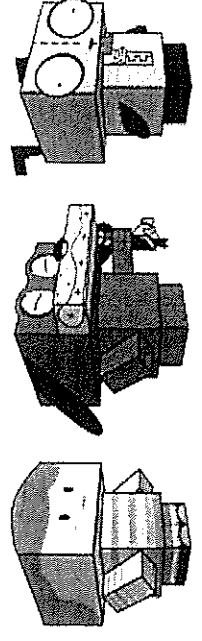


Thursday 20 April @ Springwood Library/ HUB
3D Papercraft with Naomi

Learn papercraft techniques to create a host of 3D characters and animals. Geometry was never so fun!

10.30am -12 noon. 6-12 yrs

\$6.00 per child. Bookings essential
 All materials provided



MON

TUE

WED

THU

FRI

every learner every day

ABSENCES ADD UP!



=



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MISSING MORE
THAN**1**YEAR OF
LEARNING IN**12**

YEARS

DID YOU KNOW

**1 IN 6**

PRIMARY STUDENTS ARE NOT
ATTENDING SCHOOL REGULARLY!

EACH DAY MISSED:

- Puts your child behind and makes it harder for them to catch up
- Can lead to lower achievement in reading, writing and numeracy
- Can lead to gaps in learning and social connections

WHAT PARENTS CAN DO



GOOD HABITS BEGIN EARLY



Good attendance starts in Kindergarten and sets students up for success in their school life



SCHOOLS ARE THERE TO HELP

If you're having attendance issues with your child, speak to your school about ways to address it.

every learner
every day 


Catholic Education
Diocese of Parramatta