



St Finbar's Primary School Newsletter

Be Safe Be Respectful Be A Learner

Dates To Remember

21 August

Health Harold Life
Education visit this week

21 August

Assembly – Stage 2
Parish Hall 2:10pm

22 August

Parish Mass – Kinder 9am
in the Church.

22 August

Netball Gala Day

24 August

Book Fair Character
Parade

1 September

Father's Day Breakfast
and Liturgy 8:30am
Bottom Playground

Contact Us

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Email:
stfinbars@parra.catholic.edu.au

Dear St Finbar's Community,

This week we celebrated the feast of St Mary of the Cross MacKillop - Australia's first saint. This is particularly significant to our community as Mary MacKillop founded the Sisters of St Joseph.

Historically, the parish of St Finbar's is closely associated with the first railway that was built through the Glenbrook Gorge tunnel. The hundreds of Irish men working on this tunnel wanted a Catholic education for their children. Thanks to the strong commitment of parents and the parish, the little Church of St Finbar, built in 1912, became a makeshift school. The Sisters of St Joseph ran the school until the building of the tunnel was finished and the workers moved on.

Following the end of the Second World War, the population of Glenbrook increased and in 1954 a small wooden building was erected and became St Finbar's. Again, the Sisters of St Joseph stepped in to educate the 40 founding students.

It is with great pleasure that I announce that Lisa Samojlowicz has been appointed Principal at Our Lady of the Nativity at Lawson. We congratulate Lisa on this achievement and send her our blessings as she takes on this leadership role. As a result of this appointment, St Finbar's Glenbrook will be advertising for a permanent Assistant Principal commencing in 2018.

You may be wondering where a number of staff have been over the last couple of weeks? The answer to this is that they have been involved in a number of collaborative learning experiences with other colleagues in the Diocese. Stage 2 and Stage 3 along with myself, have been attending a six day gathering led by international experts in the area of Project Based Learning. We have also been selected as one of the few schools on the system who will receive a personal visit and be offered further one on one coaching. We are excited about this opportunity as it is recognition of the high quality learning program that is provided at St Finbar's and that we are being recognised internationally for the way we are catering for students and equipping them for their future. We have also had staff attending Writing professional development as well as Numeracy as these experiences enhance our school goals for 2017. Please be assured that the

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Fr Jolly Chacko

Address :

46 Levy Street

Glenbrook NSW 2773

Phone: 4739 8928



students still continue with their regular program when they have a replacement teacher. Where possible we try to ensure that there is consistency in who is replacing the teacher. We have also had a number of staff members off sick at the moment and we want them to fully recover before returning to work.

Over the next couple of weeks, including the school holidays, St Finbar's will be involved in some major building works. The works involve some resurfacing of the playground, ceiling and skylight repairs and roof repairs in Stage 3. The replacement of the roof on the library, security doors in the office area, walkway roofing replaced from outside the Kinder room to the staffroom, window cleaning as well as some other cosmetic work. The shade cloth on the basketball court seating area is also being replaced. We thank Catholic Education Diocese of Parramatta for their support of this project. As a result of this work, there may be times when we will need to change entrance access. We will communicate any changes via Skoolbag where possible. We thank you in advance for your support of this process.

As the weather starts to warm up, I hope that many of our students, staff and their family members, who have been unwell will start to recover. We understand that children get sick and we support you in making the decision to keep your child at home in order not to spread infections. Stay warm and well!

Yours in Christ,

Donna McFadzean
Principal

From the Assistant Principal

Dear Parents and Caregivers,

We are committed to developing and nurturing the Catholic faith by providing a Christian environment, which values and respects the uniqueness and dignity of each individual.

We believe that behaviour management provides opportunities that ensure students are able to feel secure and safe whilst realising their academic potential.

Our policy outlines clear expectations for student behaviour that have been derived from the Positive Behaviour Support for Learning (PBS4L) framework. PBS4L is an evidence-based proactive system that establishes expectations where teachers reinforce positive behaviour. It provides a common language and purpose in relation to behaviour. The framework aims for a consistent approach when dealing with student behaviour.

PBS4L is a CEDP initiative that St Finbar's is employing in order to respond to students' social needs. As part of the framework, data will be collected to inform teaching and learning around social skills and behaviours. Our school aim is for students to become safe, respectful learners in society.

All members of our school community understand the part they play in ensuring acceptable behaviour and from this our school community has identified the following school wide expectations:

- I am safe
- I am a learner
- I am respectful

At St Finbar's, we explicitly teach students expectations so that there is a clear and universal understanding by the whole school community. The teaching has a positive focus, describing and modelling the quality behaviour we want from our children.

Voice of Youth

We would like to congratulate all the students in Year 6 who recently presented their Voice of Youth Speech.

Special congratulations must go to Thomas Hackett, Dasha Tioukavkin and Millie De Mattia and Jorja Vermaak who will be representing St Finbar's at the Voice of Youth Blue Mountains Cluster Final next week.

Luceat Lux Vestra,

Ben Ticehurst
Assistant Principal

Attendance

Did you know

Your child's best learning time is the start of the school day just a little bit late doesn't seem much but

He/she just missing,	That equals ..	Which is ...	and over 13 years of schooling that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour 40mins per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

every learner
every day 



^^ AUGUST BIRTHDAYS ^^

Harrison Bohan - Kinder
Briar-Rose Wade - Year 2
Samuel Caetan - Year 2
Michael Martland - Year 2
Taj Collins - Year 1
Eloise Lorking - Year 5
Phoenix Eggins - Year 2
Isobel Reece - Year 2
Ashelle Cremona - Year 4
Alana Callaghan - Year 1
Angus Dawson - Year 3
Keira Vermaak - Year 4
Rachel Martland - Kinder
Bronagh McKeown - Year 3
Zara Lewis - Year 3
Ethan Cameron - Year 3

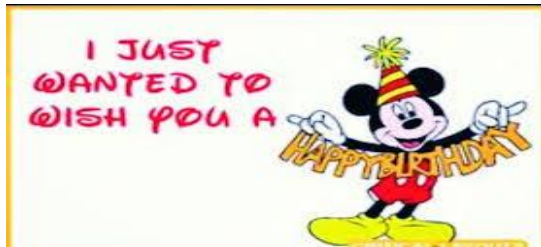


Remember our calendar can always be viewed through the Skoolbag App or on the School Website.

**10th August
Zone Athletics
Carnival**

**24th August
Book Fair
Character Parade**

**1st September
Fathers Day Breakfast
and
Liturgy 8:30am**



Award Congratulations

Aidan Jackson, Declan Apps, Katia Apps, Ella Boyer, Edmund Cameron, Nicholas Casha, Holly Clifford, Lara Cramer, Ashlee Cremona, April Darby, James Docker, Ethan Donnelly, Maiya Edwards, Xavier Eggins, Finn Gerlach, Michael Gibbeson, Daniel Gibson, Rosalie Good, Bailey Heyman, Matilda Howard, Grace Incorvil, Lochlann Kelly, Zachary Kershaw, Alexandra Larsen, Callan Loughman, Michael Martland, Connor O'Leary, Rachita Pathak, Keira Price, Liam Price, Paige Roberts, Olivia Rogers, Nathan Sammour, Anna Santoro, Jacob Shouha, Ruby Shouha, Dasha Tioukavkin, Alexandra Toole, Evie Walker, George Walker
Darcy Waring

CONGRATULATIONS



Religion News

Feast Day of St Mary of the Cross Mackillop

On Tuesday 8th August, Kindergarten led our school community celebrating the feast day of Mary of the Cross Mackillop. St Mary MacKillop is especially important to us as she is Australia's first saint. We often think of Saints as being people who lived long ago and lived devout lives of meditation and prayer. The communion of saints however is full of many different people who lived lives devoted to God in many different ways. St Mary shows us that in our modern age, through our work and commitment to God we too can aspire to a saintly life.



Ever-generous God,
You inspired St Mary MacKillop
to live her life faithful
to the Gospel of Jesus Christ
and constant in bringing hope
and encouragement
to those who were disheartened, lonely, or needy.
With confidence in your generous providence
and joining with St Mary MacKillop,



we ask that you grant our request....(name your request).
We ask that our faith and hope
be fired afresh by the Holy Spirit so that we too,
like Mary MacKillop, may live with courage,
trust, and openness.
Ever-generous God, hear our prayer.
We ask this through Jesus Christ.
Amen.



Feast of the Assumption

Next Tuesday 15th August, is the Feast of the Assumption. We will gather as a school community at 9.15am in the church to celebrate the raising of Mary to heaven, body and soul, at the end of her earthly life.

Within the celebration of the Feast of the Assumption, we can reflect on the role of our Blessed Mother Mary, in the mystery of our own salvation. We believe that Mary was free of all sin. The Archangel Gabriel recognized her as "full of grace", "blessed among women" and "one with the Lord." Mary had been chosen to be the Mother of our saviour. By the power of the Holy Spirit, she conceived our Lord Jesus Christ, and through her, true God became also man, "The Word became flesh and dwelt among us." We see Mary's life as the faithful servant of God who shared closely in the birth, life, death and resurrection of our Lord. We can see that the promises our Lord has given each of us, of sharing eternal life, including a resurrection of the body, were fulfilled in Mary.

Prayer for the Assumption of Mary

Father in heaven,
all creation rightly gives you praise,
for all life and all holiness come from you.
In the plan of your wisdom
she who bore the Christ in her womb
was raised body and soul in glory to be with him in heaven.
May we follow her example in reflecting your holiness
and join in her hymn of endless love and praise.

We ask this through Christ our Lord.
Amen.



Dates for your diary

Father's Day Breakfast and Liturgy - Friday 1st September
St Finbar's Day Celebration - Friday 22nd September

Parish Mass every Tuesday

Throughout the term each class joins the St Finbar's Parish community for Mass on a Tuesday at 9am. Kindergarten will be going to Mass on Tuesday 22nd August. We invite all parents and parishioners to join us.

Yours in Faith,

Natalie Platt
REC

PBS4L and Bounceback

What do we teach each day in PBS4L?

Each day the students at St Finbar's are involved discussing what it looks like, sounds like and feels like to be safe, respectful and a learner in the different areas of the school. The lessons can be tailored to meet the needs of the cohort of children.

Over the last couple of weeks everyone at St Finbar's has been focusing on how we can be safe, respectful and a learner during our afternoon routines of waiting for our parents or the bus to arrive. We have seen a huge improvement in the way the children are leaving the school grounds safely.



Stage 1 said "We can be safe by waiting on the waiter's seat for our parents to come pick us up. We can also be safe by sitting in our bus lines and waiting for our bus to arrive."

You can also help your child get the best out of their involvement with PBS4L and Bounce Back! if you reinforce the key messages they are learning. Children need to not only be aware of the agreements and how to act in various situations, they need time to practise and rehearse these skills numerous times.

Emotions

We all experience a range of emotions every day. Our feelings are necessary for us to survive and co-exist harmoniously with others. Without pleasant feelings (e.g. feeling pleased, proud, excited, loving) we would not learn what makes us happy and what we want to strive for. Experiencing a lot of pleasant feelings can help children become more resilient and bounce back more quickly from a difficulty or setback.



But unpleasant feelings are also important too. Without unpleasant feelings as warnings (e.g. fear, worry and anger) we would be less able to protect ourselves from possible danger or to stand up for ourselves. Some unpleasant feelings (e.g. embarrassment, disappointment and sadness) also motivate us to think deeply about some of the difficult and challenging situations we sometimes have to cope with (e.g. failing, loss and rejection). This type of reflection helps us to learn from our experiences and become more able to make good decisions and problem solve.

Our unpleasant emotions can sometimes 'hijack us' and we react to them by behaving in ways that alienate others or work against us. Learning how to express their emotions in a positive and assertive way helps children to feel more in control when things are difficult for them.

Key messages to communicate to your child about their feelings

Talking to someone else can help.

When you are feeling sad or disappointed it can be helpful to talk to someone you trust about how you are feeling. They can help you to check whether or not you are seeing things clearly and help you to solve problems.

Don't let yourself be 'hijacked' by your feelings.

'Hijacked' means that your feelings have taken you over and you are no longer in charge.

If your feelings are taking over, you need to go to a quiet place or do something that will help you calm down (e.g. throw a basketball through a hoop, play music or play with a pet).

If you don't calm down, you can't think of the best way to deal with how you are feeling. Your anger should never be expressed in a way that hurts others, property or yourself.

Correctly naming your feeling can help you to manage it better.

Being able to name your feeling helps you to feel more in control. For example if you know that you are feeling angry, then you also realise that you need to calm yourself down and speak up for yourself in a calm but strong way. If you can correctly name what you are feeling as 'disappointment' rather than 'anger', then you realise that it is not helpful to feel so upset and it's easier to calm down.

You need to ask 'Did they really mean it?'

Sometimes we get upset and angry over something that a person has done, but it was just an accident or they were a bit thoughtless and they did not mean to hurt us or hurt our feelings. Before responding in an angry way, you need to think about whether their actions were deliberate and intended to harm you or just an accident or mistake.

Unhelpful thinking makes you feel worse.

Unpleasant feelings can get worse because of the unhelpful things you say to yourself about them. No person and no event makes you feel a certain way. Sometimes it is understandable that you feel angry or sad because of what's happened but that event or person hasn't made you have that feeling. One of the best ways to be in control of your feelings is to use more helpful thinking and 'self-talk'.

Sometimes we have mixed emotions about the same thing.

Talking with your child about their mixed feelings will help them to make sense of their different feelings (e.g. they can feel pleased about being given a part in the school play but also nervous).

You can change a bad mood into a good mood.

It's normal to sometimes feel sad, lonely, disappointed, angry or worried. You can help yourself feel a little better if you do something physical (e.g. walking, or sport), something that creates positive feelings (e.g. playing with your pet, making or drawing something or looking at photographs taken on a holiday) or do something kind or helpful for someone else.

In order to understand others, you need to learn to work out how they are feeling.

This is called empathy. Trying to understand other people's feelings, and letting them know that you do understand and care—this is important for making and staying friends and for supporting other people.

(Due to the need to support the children with their emotions, parent information about Emotions will be continued over the next couple of newsletters.)

The Bounce Back program will be taught alongside our PBS4L program, teaching the children how to act and be resilient in various situations throughout the day.

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

Woolworths Earn and Learn

St Finbar's is participating in the Woolworths Earn and Learn Competition that is currently running.

Think of our school when you or your family and friends are shopping at Woolworths next. There are some great rewards that we can earn for our school.

We have sticker sheets available at the school office for the tokens. There is a box placed at Woolworths in the Lennox Centre at Emu Plains where tokens can be dropped in or they can be handed in at the school office.



School Photos

Academy Photography have put the Student Cabinet, Year 6, Whole School and the Whole School muck up photographs taken on the 6th June 2017 on line for parents to view and order if you wish to do so.

To access photos, please visit: www.academyphoto.com.au and go to "Products for Parents" "Order Online". You will need to enter the following 8 digit shoot key: **JW36T6DX**

Photographs are \$20 each and will be available online for six months, alternatively you may contact Academy Photography's office on 1300 766 472 to place their order by phone.

Book Parade

The St Finbar's book parade for Book Week will be held on Thursday, 24th August on the Infant's Playground. The parade will commence at 9:15am. All students are invited to dress as a character from a favourite book.



We hope to see you there!

Illness and Hygiene :

There is a lot of sickness around. It is a timely reminder for us to encourage our children on the importance of good hygiene procedures both at home and school.

If you could please have the conversation with your children about hand washing, using tissues regularly to clear their nose, covering their mouth when coughing or sneezing and so on, it would be appreciated.



We thank you for your support.

St Finbar's Parish Playgroup

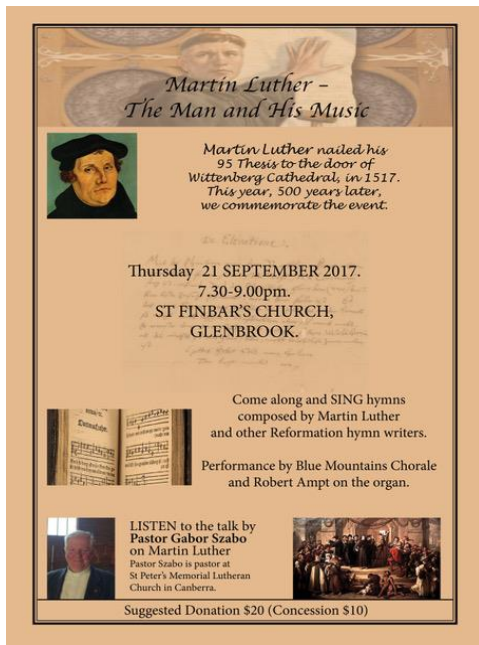
St Finbar's Playgroup/Parents and Carers Morning Tea
9:15-11:30 Wednesdays St Finbar's Parish Hall, Levy St

All welcome for a play and cup of tea/coffee. Meet local families in a relaxed and warm Environment. Come for just an hour or stay longer and bring a piece of fruit for a shared morning tea. Gold coin donation.

Contact Gabrielle Lynch for any enquiries
0481 150022



Parish News



*Martin Luther -
The Man and His Music*

Martin Luther nailed his 95 Theses to the door of Wittenberg Cathedral, in 1517. This year, 500 years later, we commemorate the event.

Thursday 21 SEPTEMBER 2017.
7.30-9.00pm.
ST FINBAR'S CHURCH,
GLENBROOK.

Come along and SING hymns composed by Martin Luther and other Reformation hymn writers.
Performance by Blue Mountains Chorale and Robert Ampt on the organ.

LISTEN to the talk by Pastor Gabor Szabo on Martin Luther. Pastor Szabo is pastor at St Peter's Memorial Lutheran Church in Canberra.

Suggested Donation \$20 (Concession \$10)

FREE FAMILY EVENT
A program of Spiritual Enrichment for families on the theme of the World Meeting of Families 2018
Gospel of the Family: Joy for the World
Sunday 27 August 2017
1pm – 3.15pm
Mass available 11am
BYO Picnic Lunch
Mt Schoenstatt Family Hall – 230 Fairlight Road, Mulgoa
Register : 8838 3460 or lmf@parra.catholic.org.au

2017 FAITH IN MARRIAGE SEMINAR
Men, Women & the Mystery of Love
Dr Edward Sri
St Patrick's Cathedral hall Parramatta
Friday 8th September, 2017
7.30pm Sharp
Sponsored by Parousia Media and
Life Marriage & family Office
Diocese of Parramatta
Register 8838 3460 or lmf@parra.catholic.org.au

Community Announcements

Glenbrook Athletics Centre - Family, Fun & Fitness

Season 2017/2018 Starts Late September - Saturday Morning Competition -

Registrations: Glenbrook Oval

Saturday August 26th and Saturday September 2nd 9am – 1pm

Proof of Age for New Registrations, Registrations Online from August 1st

For any information or how to register please Visit Facebook or website. www.glenbrooklac.org

Safety around our School

It has been brought to our attention that parents are parking across the main driveway entrance on Levy Street to drop their children off in the morning or pick up quickly in the afternoon. We ask that you do not stop on the driveway or across it please. It is dangerous with vehicles trying to enter and exit as well as students and families crossing the path.

Thank you for helping to keep our community safe.

Guess who's back,
back again...



Tell your friends!

MON TUE WED THU FRI



ON TIME, EVERY DAY

Partial absences = missed learning.
Let students know that every day
counts by recognising punctuality,
good and improved attendance.

.....
every learner **every** day

**How can you promote a healthy
attendance culture in your school?**

Visit www.parra.catholic.edu.au/everylearnereveryday
to find out more.

every learner
every day



Catholic Education
Diocese of Parramatta