Dear Parents and Friends,

Today is the feast day of St Monica who is the patron of mothers and of motherhood. Her love of God and family is a love that we strive to live out in our school’s vision and mission. There are five words that meant so much in St Monica’s life. These words were:

✧ **Patience** - St Monica waited and watched her son, Augustine, drift into a way of life that ignored God. She was patient and eventually he came back to the Catholic faith.

✧ **Endurance** - St Monica showed endurance in her marriage to a cruel man.

✧ **Charity** - St Monica was taught to always love the poor and the suffering.

✧ **Prayer** - The unceasing prayers of St Monica helped many including her husband and children.

✧ **Conversion** – Her constant prayers eventually brought her husband and son into the Catholic faith.

**Fathers’ Day**

A very happy Fathers’ Day on Sunday to all our fathers. You are such important people in the lives of our children and you deserve the best. We hope you are able to join us for a BBQ breakfast on Friday.

God bless you all.

Mrs Legrand
Principal
FROM THE REC........

To sum up William J Doherty’s advice:

**How to Expect and Get Respect**

1. **Respect Your Child.** Let your children express their own opinions, tastes, and values — if they do so respectfully.

2. **Expect respect.** Respect should be an expectation in your family because without it, little else will go well. Use terms such as "respect," "disrespect," "polite," and "rude" to develop a common language of respect.

3. **Explain your new policy on respect to your children.** If they’ve been previously allowed to get away with disrespect, many children are unaware that they are being disrespectful. Meet with your kids at a quiet time to explain your new policy.

4. **Tune your ears to the sound of respect and disrespect.** Sometimes parents fail to recognize the sound of their child’s disrespect because they may be focusing too much on the content of what is said (interruptions, accusations, name-calling) and not listening to the child’s tone of voice. A raised voice is not necessarily a sign of disrespect, but attacking, intrusive, sarcastic, and mean words and tone are.

5. **Nip disrespectful behaviour in the bud.** Respond immediately by saying sharply: “That was disrespectful.”

6. **Use a special tone of voice in response to disrespect** that communicates to your child, “You’re in dangerous territory — back off immediately.”

7. **Use time-outs for non-cooperation when the child will not stop the disrespectful behaviour.** After pointing out the disrespectful behaviour in a firm voice, if your child continues, give a warning that a time-out will be enforced if they don’t stop. If that doesn’t work, enforce the time-out. Don’t allow a nasty conversation to continue. With a teen, you may want to walk away from the conversation rather than try to enforce a time-out against physical opposition. The key is to pronounce the behaviour as disrespectful and end the conversation rather than letting it escalate.

8. **Be firm but keep your cool.** Confident parenting is almost always calm, clear, focused, and assertive in times of conflict.

9. **Combine zero tolerance with a long-term view.** Challenge every disrespectful behaviour—without exception — because that’s the only way your child will understand your expectations and the meaning of the behaviour you want to extinguish. Don’t expect an immediate cessation of rudeness, but a steady decrease towards zero.

10. **If the problem is chronic and these strategies don’t work, consider seeking family therapy** to focus on your parenting skills. If you and your spouse or co-parent can’t agree on a parenting style, consider getting professional help.

**Review of Religious Education Curriculum**

Yesterday a letter was sent home to all families asking for your feedback on the Religious Education Curriculum that we follow in the Parramatta Diocese. You are asked to participate in an online survey starting on September 2nd.

All staff members will take part in a similar survey, as will the students in Years 5 and 6. Your participation is voluntary but your responses will help give the feedback necessary for possible change.

Mrs Leanne Ryan
Religious Education Coordinator

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**NETBALL NEWS**

What a wonderful day we had at the Netball Gala day at Penrith last Tuesday. We took 7 teams from Grades 4 to 6, who all displayed excellent sportsmanship and were beautifully behaved.

A special thank you to all the parents and grandparents who came along and managed or supported our teams with enthusiasm.

A huge thank you to our Bede Polding umpires who remained positive and cheerful throughout the day: Nicole Chatterton, Nicola Palamara, Elyse Popplewell, Alicia Bastin, Chelsy Smith, Melise Clisby, Julia Malvagna.

Mrs Helen Harper
Netball Coordinator

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**PARRAMATTA DIOCESAN ATHLETICS CARNIVAL**

Congratulations to the children who will represent the school and diocese at the NSWGPS MacKillop trials on Tuesday 17th September at Homebush Bay.

- Angelina Parkes – 100m
- Sophie Balmforth – 200m & Long Jump
- Jasmine Howard – 800m
- Ryan Lawrence – Long Jump (SWD), Shot Put (SWD), Discus (SWD), 100m (SWD), 200m (SWD).

We wish you all Good Luck.

Miss Judy Gray
Sports Coordinator
**Fathers’ Day Stall**

**Thursday 29th August**

A reminder the Fathers’ Day Stall will be held this Thursday 29th August.

All gifts will be $6.00. It would be greatly appreciated if children could please bring the exact money and a plastic bag for their gift.

Children who wish to purchase a gift will go to the Fathers’ Day Stall on Thursday. Once the children have visited the stall there will be the opportunity for children to buy extra gifts for pops, grandfathers, uncles etc…

Extra gifts will also be available to purchase on Friday 30th August 8.30am-9am and 3pm -3.30pm in or near the school hall.

**Please Note:** there will be no IOU’s.

**Fathers’ Day Breakfast:**

If you are attending the Father’s Day Breakfast on Friday 30th August at 7.30am please RSVP by Wednesday 28th August (tomorrow).

Thank you for your ongoing support.
The Fundraising Committee

**CAKE RAFFLE**

**Week 7 – Thursday 29th August**

| Kinder White | Mia St John |
| Kinder Blue  | Maya Hoffmann |
| 1 White      | Bryce Rielly  |
| 1 Blue       | Olivia Toulson |
| 2 White      | Alyssa Muscat |
| 2 Blue       | Kyle Hubbard  |
| 3 White      | Jackson Howard|
| 3 Blue       | Jacob Cilia   |
| 4 White      | Amber Muscat  |
| 4 Blue       | Cody Oppy     |
| 5 White      | Shelby Kingcott|
| 5 Blue       | Mikayla Muscat|
| 6 White      | Mitchell Ducksbury|
| 6 Blue       | Kayla Gatt    |

**HAPPY BIRTHDAY:**

To students celebrating their birthday this week:
Chloe Horne    Jack Leabeater
Sophie Beedham Cameron Attard
Jordan Waites

**CANTEEN ROSTER**

Thank you to the following parents who will be working in our canteen this week. We appreciate the time and effort you give to our students. If you are unable to attend on your rostered day in the canteen, please contact Lyn on 45885405

| Wednesday August 28 | Katie O’Sullivan |
| Friday August 30    | Rebecca Fitzsimons & Nicole Davidson |
| Monday September 2  | Leanne Attard & Sue Hoeflake |

**PENRITH LIBRARY HOLIDAY ACTIVITIES**

During the September school holidays, Penrith City Library will present an exciting mix of puppets, art and science workshops.

**Family Shows:**
- Puppet Show with Dennis Murphy on Wednesday 25th September
- Captain Flash and the Fantastic Flying Machine with Em’s Entertainment on Wednesday 2nd October

**Workshops:**
- Planetarium workshop with Skyworks – Thursday 26 September
- Art Book Camp with Annette Carter – Friday 27 September
- Embroidery workshop – Tuesday 1 October

**Teen Activity:**
- CSI Crime Lab with Fizzics Education – Thursday 3 October

**Activity at St Mary’s Corner:**
- Pass the Poetry please, family show – Tuesday 1 October.

All presenters are experienced professionals in their fields and in working with children.

For more details go to [www.penrithcity.nsw.gov.au](http://www.penrithcity.nsw.gov.au)
Email: ebarry@penrithcity.nsw.gov.au
Or phone 47327891

**STEEPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED**

On the last Tuesday of each month CatholicCare Solo Parent Ministry invites those who have been separated or divorced to an evening for sharing and support. The emphasis is on personal development, growth and goals for a hope-filled future. Shared personal experiences are prompted by the questions: “How well are you stepping beyond? What do you want to step beyond? What are you currently stepping beyond? What have you learned as you keep stepping beyond?”


**BEREAVEMENT SUPPORT GROUP - GLENBROOK**

CatholicCare Solo Parent Ministry is commencing an eight session Bereavement Support Program in Glenbrook for men or women who have suffered the death of their spouse or long term partner. They will be held on every second Wednesday commencing 4th Sept from 10.30am – 12.30pm at each fortnight we will take a different aspect of grief and have some input, reflection, sharing and discussion about how grief is affecting you and how you are working through it. You do not have to commit to the whole 8 Sessions when you come; you may just prefer to come to Sessions that particularly seem fitted to your need. The first topic is “The Physical Effects of Grief”.

Details and Registration: soloparentministry@ccss.org.au or Phone: 99330205.
Family Astronomy Night - Saturday 31 August (7pm – 9pm)

Supernovae & Supernova Remnants
The ‘death’ of certain types of stars in the universe and what becomes of them after the catastrophic explosion. Investigating the reasons behind detonation, progenitor stars and the various types of remnants that are left behind.

This night will not only include the multimedia presentation but also a 3D astronomy movie and viewing of the night sky through the University’s 0.6 metre and 0.25 telescopes. Our programs run regardless of the weather.

Cost: $15 adult, $10 child/concession and $40 family.
Bookings are essential: Book online: www.uws.edu.au/observatory, What’s On
Enquiries: Phone (02)4736 0135 or email r.mccourt@uws.edu.au