



NEWSLETTER

ST MONICA'S PRIMARY SCHOOL

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WEBSITE: WWW.STMONICASRICHMOND.CATHOLIC.EDU.AU

PRINCIPAL:

MRS MELISSA BEGGS

ASSISTANT PRINCIPAL:

MRS ANNEMARIE BOND

PARISH ADMINISTRATOR:

FR GAYAN THAMAL

Term 3 Week 2

Tuesday July 26, 2022

Dear parents and carers,

Welcome to Term 3!

It has been wonderful seeing our students return to school ready to learn and reconnect with their peers. Only 12 months ago we began remote learning in Term 3 in an extended lockdown.

The holidays brought difficult times to our local area and to many of our families here at St Monica's. Our thoughts and prayers have been with all those who have been impacted by the repeated flooding. If you and your family find yourselves in need or in a difficult position, please reach out. Something truly unique about St Monica's and the Hawkesbury area is the sense of family and community, with offers of help and support.

We Are All Learners

At St Monica's, we know that we are all learners, looking for opportunities to expand our knowledge, skills and understanding. Our teachers are also always learning, regularly engaging in professional reading, professional learning meetings, coaching and mentoring and classroom in-situ learning with school leaders and Teaching Educators to ensure that we remain at the forefront of education for our students. On Monday our teachers participated in learning of the new Mathematics K-2 syllabus in preparation for 2023. This opportunity allowed our teachers to explore the structure, content and instructional approaches for quality teaching and learning. We will continue this learning with the new English syllabus at our staff development day next term.



NAIDOC Week Celebrations



Last week Stage 2 led us in the celebration of NAIDOC Week acknowledging the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. We have grown in understanding of our Aboriginal and Torres Strait Islander cultures through stories, dance, artwork and classroom activities. We joined together in prayer to show respect and reconciliation. The students also created a 'Sea of Hands' that we created in our gardens.



We have an exciting term ahead, with Science Week, Book Week, incursions, gala days, Grandparents celebrations, school masses and Father's Day celebrations to name a few! These events require an enormous amount of time and dedication to put together. We are blessed at St Monica's to have staff who always go the extra mile to make these events extra special for our students and school community. Our first assembly will be held on Friday of week 3. Please keep your eye on the parent calendar which can be found on our school website for upcoming events.

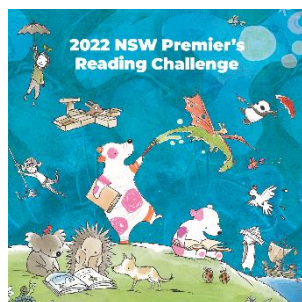
"Together, may we give our children the roots to grow and the wings to fly". H.W Beecher

Have a wonderful week ahead!

Annemarie Bond
Assistant Principal

What's Happening at St Monica's...

Diary Dates	
Tues Jul 26	P&F Meeting Postponed
Wed Jul 27	Busways Visit
Wed Aug 3	Hot Dog Day Years Kindy -2 P&F Meeting 9am Second Hand Uniform Shop Open 2.30 – 3.15pm
Fri Aug 5	Assembly 2.15pm
Wed Aug 10	Hot Dog Day Years 3-6 Second Hand Uniform Shop Open 2.30 – 3.15pm



How many books has your child read for the NSW Premier's Reading Challenge? Have you logged them yet?

Remember you only have until the end of Friday 19th August to get those entries logged!

Congratulations to the students below who now join the growing list of children who have finished the NSW Premier's Reading Challenge List for 2022.

Henry Hughes, Elijah MacKinnon, Henry Matthias, Lucas Nankervis, Agstaya Sangwan, Heath Barglik and Sydney Barglik.

"Happy Reading!"
Melissa Beggs
Principal



Parent and Friends (P&F) Update

On Wednesday of Week 3 (August 3rd) at 9am, the P&F general meeting will be held in the library. This is an opportunity to hear what the P&F (as part of the parent body) have been up to and to hear from Mrs Beggs all the wonderful things that are happening with our children and school. There is also time to discuss any general business items and ideas. We hope to see you then!



COMMONWEALTH SCHOOL DATA COLLECTION NOTICE

The Australian Government Department of Education, Skills and Employment (the department) would like to advise all parents and guardians that it collects certain information about your child's school, its staff, and student body. Please see the attached notice for more information. [2022 Census Privacy Notice \(1\).pdf](#)

SPORTS NEWS

Congratulations to the Stage 3 Soccer Boys who participated in the Parramatta Diocesan Soccer Gala Day during week 10 of last term. They showed great sportsmanship throughout the day and played some amazing soccer. Thank you to the parents who came along to support. We were all very proud of their efforts.

Mrs Buccini
PE Teacher



REC NEWS

Grandparents Day at St Monica's

As many would be aware, this past weekend, our Church celebrated Grandparents. Traditionally, we celebrate the gift of Grandparents during Book Week, when we also celebrate the Feast Day of our patron, St Monica. Families are invited to join us on Friday, August 19th for a Liturgy, book parade and Book Fair. More details will follow in upcoming newsletters.

Here is one of the prayers published by the Vatican, for Grandparents.

PRAYER FOR A BLESSING ON A LONG LIFE

God of mercy, you have given your children the gift of long life, and they ask for your blessing. Let them feel the tenderness and strength of your presence. As they look back to the past, let them rejoice in your mercy. As they look to the future, may they persevere in hope that does not fade. To you be praise and glory for ever. Amen.

UNIFORM AND HAIR STYLES

A reminder of the school uniform and hair grooming expectations at St Monica's. The school uniform should promote our school as a centre of excellence creating a sense of belonging for students and a positive identity for the school community. Unfortunately, many students have returned to school this term in colourful jackets, scarves and hair accessories. Please support the children in wearing the correct uniform and school colours each day. Lost uniform items can be found in the large bin behind the office building near the student entrance.

Hair Styles

One of the latest 'on trend' hairstyles for boys is quite long and unkept. A reminder that **all** students are required to have hair pulled back and tied away from their face. Thank you for your support in this matter.

BUILDING CHILD SAFE COMMUNITIES

All volunteers must complete the building child safe online training module prior to volunteering at the school. This training module helps to reduce potential risk to children and to inform you of the standards of behaviour and other requirements that must be adhered to as part of our strategy to build child-safe communities. The module can be completed via the CEDP website or by using this [link](#).



Thank you to the parents and carers who completed the '**Tell Them From Me**' survey last term. The responses from our parent community, our students and staff help to identify strengths and areas for improvement, assess the impact of current initiatives and inform future programs and policies at St Monica's.



Congratulations to the children who received a Blue Awards Morning Tea with Mrs Beggs in Week 10 -

Kindergarten – Joaquin C, Florence F, Sally P, Alana V, Eve W, Scarlett B, Nikala P, Tobias B, Beau B

Stage 1 – Madison E, Xavier J, Jude B, Alex Z, Brodie R, Ava H, Beau S, Lucas W, Sofia P, Callie V-R

Stage 2 – Keegan O, Kruze C, Jayden V, Mackenzie R, Max S, Braxton M



YEAR 6 FUNDRAISING

Year 6 will be holding two Foodie **Fundraising** days this term. These fundraising events will contribute towards an end of year gift purchased by the Year 6 students for our school.

THE FOODIE FUNDRAISING DEAL - \$10.00

(includes the choc top ice cream and the hot dog lunch pack.)

Thursday 11th August 2022 - Vanilla ChocTop Ice cream - \$2.00

(includes the choc top ice cream ONLY)

Thursday 8th September 2022 - HOT DOG THURSDAY - \$8.00

The Hot Dog Lunch Pack will consist of:

- a hot dog
- a juice popper/water

(hot dog lunch only- NO ICE CREAM included)

A note will be going home this week.

We will be following all current health regulations regarding Covid-19 to ensure the safety of all students.

Thank you for your continued support.

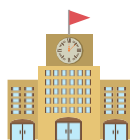
Stage 3 Teachers and Year 6 Students



PACKING HEALTHIER LUNCHBOXES

Our school is committed to supporting all children to live healthy and happy lives. By encouraging children to eat healthy everyday foods at school, together we can make a big difference to a child's health and their ability to learn.

Why lunchboxes?



1/3

Of a child's dietary intake occurs at school.



GOOD NUTRITION

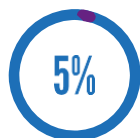
Improves behaviour and concentration in the classroom.



EVERYDAY FOODS

Give children energy to play, grow and learn.

However



ONLY 5%

Of primary school aged children eat enough vegies daily.



ALMOST 1/2

Of children's lunchboxes are made up of sometimes foods e.g. chips, muffins, muesli bars.



1 IN 4

Australian children are above a healthy weight.

What does a healthy lunchbox look like?

A healthy lunchbox, full of everyday foods, includes:



Crunch&Sip@:

Vegetables or a piece of fruit.

Recess:

Vegetables or a piece of fruit + 1-2 everyday snacks.

Lunch:

Sandwich / wrap / roll with everyday fillings or alternative such as pasta or fried rice.

Drink:

Water and/or reduced fat plain milk.



It's Back!! Motiv8 Sports Clinic- Week 2 Term 3 - Still time to book in!



Fried rice muffins



Ingredients

1 cup jasmine rice, cooked and cooled
100g cooked chicken, shredded
¼ cup frozen peas
¼ cup frozen corn
1 small red capsicum, finely chopped
2 spring onions, thinly sliced
2 garlic cloves, crushed
2 eggs, lightly beaten
2 tbsp reduced-salt soy sauce
¼ cup wholemeal flour
Olive oil spray



Method

Preheat oven to 200°C. Lightly spray a 12-cup muffin tray with olive oil.

Add chicken, peas, corn, capsicum, spring onion, garlic, egg, soy sauce and flour to the rice and stir to combine. Spoon mixture evenly into the muffin tray. Lightly press with the back of spoon and spray with a little more oil.

Bake for 20 to 25 minutes or until golden and just firm to touch. Stand for 10 minutes then carefully remove.

Preparation time: 20 minutes **Cooking time:** 25 minutes **Diet and Allergies:** [Dairy Free](#), [Nut Free](#)

Serves: 12 - 0.25 serves of vegetables per muffin

Free webinar

Popular apps

eSafetyparents



Learn about TikTok, Instagram, Snapchat and YouTube to help your children stay safe online.

Join **eSafety's** expert education and training team for a **FREE** live webinar designed for parents and carers of young people aged 8 to 13.

It will include case studies, research and targeted advice so you can support the young people in your life to have safe, enjoyable online experiences.

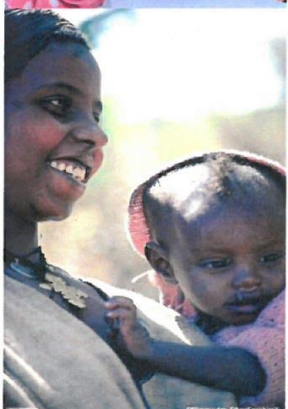
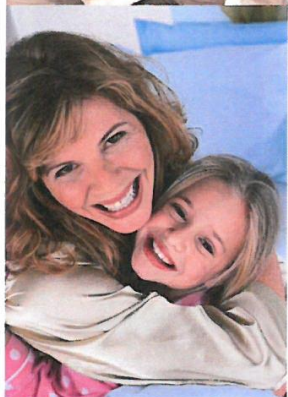
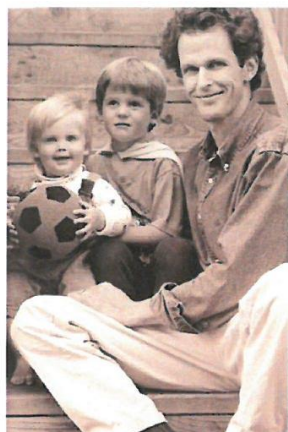
Dates: (Australian Eastern Standard time)

Monday 1 August: 12:30 to 1:30 pm

Tuesday 16 August: 7:30 to 8:30 pm

Thursday 25 August: 12:30 to 1:30 pm

Register now: esafety.gov.au/parents/webinars



Parent Connect Group

FREE GROUP FOR DADS & MUMS OF CHILDREN

AGED 0—8YRS **WITH FREE CHILDCARE**



This facilitated group is for parents in the Hawkesbury caring for children aged 0-8yrs who have limited contact with other parents or are new to the Hawkesbury . The group strives to break isolation and be a vehicle for developing friendships through meeting regularly to share common experiences and gain information that strengthens participants capacity to parent effectively. The group will operate in the centre from 10am -12noon fortnightly on Mondays during school terms with free childcare provided by RCSI through Hawkesbury Community Outreach. Through the group participants will:

- Enjoy uninterrupted parent to parent adult company
- Give children an opportunity to play with other children without parents present
- Build relationships that sustain parents outside group time
- Plan and enjoy discussions and activities of interest to parents
- Learn information relevant to parenting and local services

Dates the group will operate in 2022 Terms 3 and 4 on

MONDAYS 10am—12 noon:

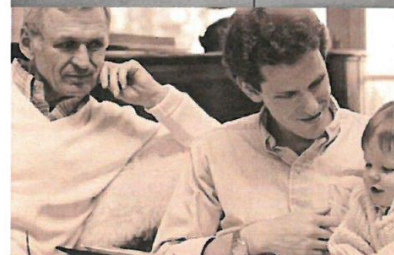
Term 3	Topic
25/07/2022	Canvas Painting
08/08/2022	First Aid tips
22/08/2022	Toddlers & Dealing with Tantrums
05/09/2022	Macramé & craft
19/09/2022	Self-esteem for Mums
Term 4	Topic
10/10/2022	Intro to Yoga
24/10/2022	Book Club
14/11/2022	Homemade gift ideas
28/11/2022	Christmas decorations & cards, and survival tips
05/12/2022	Christmas Party



To register and **book childcare** please call
Brittany on 4588 3504

or email : familysupport@rcsi.ngo.org.au

making a difference



Richmond Community Services Inc

Richmond Community Services Inc. Also provide the following services to residents of the Hawkesbury area:

Tools for Parents Project: Groups and courses

For parents with children aged 0-12 years; free childcare.

Bookings: 4588 3502

Neighbour Aid:

Provides a volunteer visiting service for isolated, frail aged people

Ph: 4578 3934

Community Development:

Provides assistance to local residents to identify and respond to community needs. Support Groups and workshops and lots of other activities.

Ph: 4588 3502 or drop in Monday - Thursday

Neighbourhood Centre:

An ideal venue for community Meetings and private functions.

Hall and Office Hire:

Ph: 4588 3501



...Family Supportsupports families....



Hawkesbury Family Support Service Richmond Community Services Inc

20 West Market Street
P O Box 260
Richmond
NSW 2753

Phone: 02 4588 3504

Fax: 02 4578 3322

E-mail: familysupport@rcsi.ngo.org.au

www.rcsi-neighbourhoodcentre.org



Hawkesbury Family Support Service

**A service providing
support and
information to
families with
children 0-18 yrs**



Tel 02 4588 3504

About this service...



Are you having trouble coping in your family?

Do you need someone to talk to, someone who will really listen to you?

All families need extra support at different times.

Why would I want or need a Family Support Worker?

- Maybe you are having difficulty coping
- Worried about your child/children
- Had a new baby and feeling down
- Having money problems
- Wanting some information about parenting
- Going through separation
- Recently moved and isolated

How would a Family Support Worker be able to assist my Family?

- Working out a plan together on how best to help your family



- Giving you emotional support and strategies to deal with issues
- Helping you get in touch with other services
- Accessing Support groups to meet other parents
- Counselling and SandPlay session options

Who can use the service?

Parents caring for dependent children 0-18yrs

How can I speak with a Family Support Worker?

- You can come into the centre or telephone
- Home visits can be arranged for you
- All information you give us is strictly confidential

Family Support Services work on building on individual and family strengths and helping each family set and achieve its own goals.

The aim of the service is to assist people to have confidence in their own matters, by offering support and practical assistance in a caring environment.

GROUPS: Our regular group program includes **Parent Connect** for parents of 0-8 year old children, - and many others that are advertised in the local press, at our centre and that you can see/download on our website:

www.rcsi-neighbourhoodcentre.org

Family Support is open:

**Monday, Tuesday,
Wednesday & Thursday
9.00 a.m. - 4 p.m.**

Telephone:

02 4588 3504

Email:

familysupport@rcsi.ngo.org.au

This program is funded by the NSW Department of Community Services and our private funders.

**Hawkesbury Family Support Service
Richmond Community Services Inc**

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