



St Angela's Primary School

Castle Hill

SHINE

Newsletter
Vol. 1 No. 28

Sending Home Information and News about Education
Ministry of Our Lady of the Rosary Parish, Kellyville

10th September, 2020
Term 3, Week 8

Dear Parents,

Who do we want to be close to in life? It's a question worth asking. Who were your friends two years ago? What about five years ago? Are you still close to the same people or has your group of friends changed? As we grow and change, sometimes the friends we need change. It might just be because we're involved in different activities or it might be that we have developed different interests than the friends we used to have.

At any age, having friends provides support and promotes mental health and wellbeing. Children's friendships are very important for their social and emotional development. Through friendships children learn how to relate with others. They develop social skills as they teach each other how to be good friends. Most children want to have friends.

Learning positive friendship skills can help children socially so they feel happier and more confident. Friendships require give and take. By sharing toys, time, games, experiences and feelings, children learn that they can have their social needs met and can meet the needs of others. Since friendships develop through this kind of mutual exchange, close friendships are usually based on well-matched needs. Children's friendship needs and skills change as they grow. Similarly, children's ideas about friendship change as they develop. This is reflected in the different kinds of activities that children like to spend time doing with their friends at different ages.

It is important that as parents we are aware that all children go through friendship conflicts. Even usually popular children experience rejection sometimes. While friends generally cooperate and communicate more with each other than with other children, they also have conflicts with each other more often, but usually manage to settle them without upsetting the friendship. Talking friendship problems through with your child helps them to think about what has happened, how they feel about it and what to do next. Thinking things through like this helps to build your child's resilience.

It is important for children to realise that all relationships including friendships have misunderstandings. Healthy friendships and relationships rely on being able to mend when things go wrong. When we show children that friendships can be repaired we are giving them a very special gift.

"Together we can do so much"
Leanne Nettleton
PRINCIPAL



TRAFFIC AROUND THE SCHOOL

Thank you for your care in the streets around the school and the courtesy shown to our neighbours. For those parents who use Orleans Way in the morning please:

- follow the signage and only pull up in the parking zones, not in the NO PARKING signed section. When you pull up in this area you are impeding access to the school for pedestrians and blocking traffic driving along Orleans Way

For those parents who use Orleans Way in the afternoon please:

- be mindful of our neighbours property and access to their driveways. It is illegal to park across a driveway and to drive across the nature strip of our neighbours

COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath



Loss of smell



Loss of taste

Stay Safe



Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand sanitiser



Cover your nose and mouth when coughing and sneezing with a tissue or your elbow. Put the tissue in the bin and wash your hands



twitter.com/StAngelasChill

website: www.stangelaschill.catholic.edu.au

40 Harrington Avenue, Castle Hill NSW 2154
Phone (02) 9407 6400

email: stangelas@parra.catholic.edu.au

facebook.com/StAngelasChill



Safety Online

As parents it is a challenge to ensure that our children are safe online at all times, especially when they want to be like their friends. As a rule of thumb, parents are advised to be vigilant in the following ways:

- Restrict access to social media apps such as TikTok, Facebook and Snapchat. The e-safety commissioner advises that such apps should not be used by children under the age of 13 years.
- Supervise your child whenever they are playing online games. These games all provide the opportunity for strangers to connect with other players.
- Set up parent management of any messenger-like apps such as, Messenger Kids and Youtube kids, so that you are always aware of what your child is doing online.

Please visit <https://www.esafety.gov.au/parents> for the most up to date online advice also please see the attachment "How to Keep your Child Safe Online"

Peer Support Week 8 – Good Winners

In Peer Support this week children will be focusing on the skills of winning in a friendly way and coping with losing. The children will participate in various activities and discuss how to accept the outcome of a game, no matter what it is, in a friendly way in order to maintain those friendships.

During the week encourage your child to practise these skills in all aspects of life - whether it be weekend sport or choosing what to watch.



Happy birthday to members of our St Angela's community who will celebrate their birthday this coming week;

September

Tuesday 15th
Camila Diaz

Wednesday 16th
Lachlan Burden
Chelsea Mowbray

Thursday 17th
Jacob Crawford

Friday 18th
Dylan Putra
Victoria Taouk

Saturday 19th
Rhys Wilson

Sunday 20th
Lucas Merhi

Celebrating Our Gifts

*Week 8 student awards will be presented tomorrow
Friday 11th September.*

Sent Home This Week:

Emailed: Additional Father's Day Gifts, Year 6 Pyjama Day, St Angela's COSHC-Vacation Care, Year 5 Parent Survey, Year 3 Religion

Hard Copy: Letter to 4 Blue Parents

Upcoming Dates



TERM 3

Week 9

Monday 14th September

8:30am Yr 5 Powerful
Voices Prayer at assembly

Dance Fever Competition
for Years 3-6

Tuesday 15th September

Year 2 Science Incursion
Light & Sound

Wednesday 16th September

Yr 6 Pyjama Mufti Day

Yr 3 Mercy Reflection day

7pm Confirmation
Ceremony

Thursday 17th September

9:40am Yr 6 Debate - Hall

Athletics Day Years 3-6

7pm Confirmation
Ceremony

Friday 18th September

Peer Support

7pm Confirmation
Ceremony

DANCE FEVER

Dance Fever Extravaganza

Grade 3 - 6 students will participate in a Dance Fever competition at St Angela's on Monday 14th September. Dance Fever judges will be attending to judge the competition. Infants K - 2 Dance Fever Showcase will be during their lessons on the same day under the Big Top. This will be a mufti day for all the students and they are invited to wear their 'Fancy Dance Attire'. Students are asked to wear appropriate outfits and footwear for school ie, comfortable, modest with no high heels. Each grade will compete separately with COVID safety measures in place. This is a student only event.

Sports Uniform

As the children are moving into their summer uniform it is timely to remind parents of the following sports uniform guidelines. Please take the opportunity over the school holidays to ensure that your child's sports uniform conforms to these guidelines - in particular the appropriate footwear as outlined below.

- Summer Sports Uniform (Boys and Girls)
- Regulation bottle green shorts
- Regulation lemon sports polo shirt
- White socks ankle length - **NO sockettes**

Black sneakers are not permitted with the school uniform. Sports shoes are to be predominantly white, low cut runners. No high top basketball style runners are permitted.

Please keep in your prayers

*Our prayers are extended to the Honore family, Sierra (KB),
due to the passing into eternal life of her Grandfather.*

Religious Education

Sunday, 13 September 2020: Twenty-Fourth Sunday in Ordinary Time - Year A Gospel

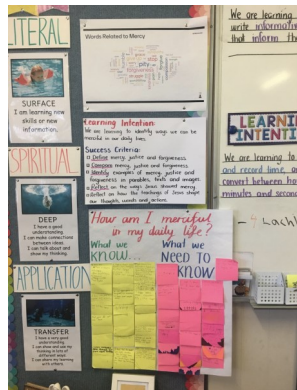
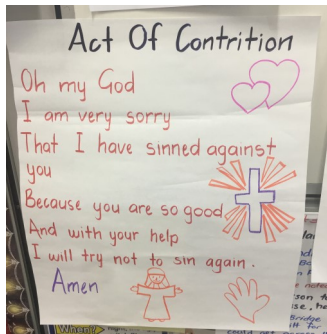
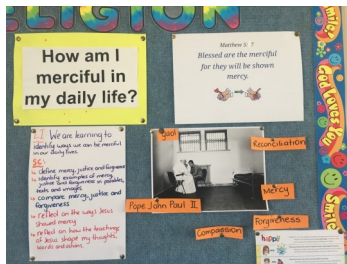
Mt 18:21-35

A reading from the holy Gospel according to Matthew
I tell you that you forgive not seven times but seventy times seven.

Living the Gospel – Just like Peter

Throughout the gospels, Peter is a fantastic example of the common person. He has insights of faith at times but usually messes it up with his next breath. His question in this week's gospel is one that any one of us might ask. I try to do what's right, but how long do I have to hang in there? There has to be a limit to patience with someone who keeps upsetting me, surely? Jesus shows us that if we operate from a motivation of compassion and a desire to constantly build relationships that are life-giving for both parties, then there is no end to the number of times that we try to re-build that relationship.

This term our students in Year 2 and Year 3 reflected on this Gospel passage about Jesus' when *Peter went up to Jesus and said, 'Lord, how often must I forgive my brother if he wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times.* Our students explored how they see this in the lives of modern saints such as when Pope John Paul II. Fr Alejandro came to visit and connected the message of the parable of the unforgiving servant to how God gives us the grace of mercy likened to a fountain that is overflowing so we too are asked to show others mercy, compassion and forgiveness in our daily lives.



As you reflect on the message of the gospel for your family, we encourage you to have the conversation about how you can be forgiving and merciful, and what it means to you when you are shown mercy and forgiveness.

Birthday of the Blessed Virgin Mary - On Tuesday - 8th September, Kindergarten Yellow led our school in morning prayer to remember and honour Mary on the feast of her birthday. Thank you Mr Stagnitta for preparing your beautiful class.



Jocelyn Williams
Religious Education Coordinator



RUOK? DAY
10 September 2020

Learn what to say at ruok.org.au



1. Ask



2. Listen



3. Encourage action



4. Check in

R U OK? Seeks to create a world where we're all connected. We're never too young to look out for one another and meaningfully connect.

A range of circumstances can lead to a child feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- Being bullied
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

Be aware of certain behaviours and signs that can indicate a child might be struggling. The first think to look for is changes in behaviour. When people feel low, they often:

- Withdraw from their friends or their family
- Lash out at people and get angry or upset really easily, including towards the people they care about
- Cry or become emotional
- Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as the middle of the day)
- Have a changed appetite. They could be eating more than usual, or less.

Children cannot be expected to fix someone's problems, nor know the best way to help and support. However they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking 'Are you OK?' is a key life skill.

Support Services for Students and Parents

As part of the pastoral care program provided by the Catholic Education Office, counselling is available to students and their parents, if required. Our Counsellor, Mrs Karina Greenfield, is at St Angela's from Monday to Wednesday. Mrs Greenfield works with children who may require support, coping and managing due to some of life's challenges, including loss of a loved one, divorce, dealing with friendships, behaviour (home and/or school), anxiety, depression, anger etc. Counselling opportunities can be discussed with Mrs Nettleton, Mrs Yager or your child's class teacher.