



St Angela's Primary School

Castle Hill

SHINE

Newsletter
Vol. 2 No. 60

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

22nd July, 2021
Term 3, Week 2

We acknowledge the Darug people, the traditional custodians on whose land we educate our students.

Dear Parents,

Over this last week and next we will have recognised, remembered and witnessed some amazing feats of mankind. On July 11 Richard Branson was able to achieve a lifelong dream of being on board the successful Virgin Galactic commercial flight that flew to the edge of space. On 20th July we commemorated the American astronauts Neil Armstrong (1930-2012) and Edwin "Buzz" Aldrin (1930-) who became the first humans ever to land on the moon. On Wednesday 21st July, Jeff Bezos successfully completed his 10 minute flight into space. This Friday we will celebrate the Opening of the long awaited for 2020 Tokyo Olympic Games.

What do each of these accomplishments have in common? Men and women, who were / are determined to see their dreams come true through grit and perseverance.

"I've wanted to go to space since I was a kid, and I want to hopefully enable hundreds of thousands of other people over the next 100 years to be able to go to space," (Sir Richard)

"What we need to do is always lean into the future; when the world changes around you and when it changes against you - what used to be a tail wind is now a head wind - you have to lean into that and figure out what to do because complaining isn't a strategy." (Jeff Bezos)

"My dad had a passion for rugby and put me in my first team when I was four. I have never looked back." (Lachlan Andrews, Former St Angela's student, Tokyo 2020 Olympics, Rugby 7's Team)

I think we're going to the moon because it's in the nature of the human being to face challenges.
(Neil Armstrong)

During this pandemic time we can become overwhelmed by the many changes that have been forced upon us and that take us out of our routine lives. However we can also approach the pandemic with the same attitude and mindset that our olympians, explorers and entrepreneurs demonstrate in their successes and failures. We can demonstrate to our children how we can be resilient during lockdown and discuss with them, that while we may have been forced to take on or let go of certain habits or routines, this may not be such a bad thing and in fact may be something that we would like to continue once the restrictions are relaxed. We can remind our children that to be successful at acquiring a new skill or knowledge, for instance during remote learning, we must practice and rehearse that skill many times and this includes experiencing many many failures. Consider how many years of space exploration have been invested into each and every Moon or Mars landing or journey into space by NASA or Jeff Bezos and Richard Branson; or how many tackles have been missed and games have been lost in Lachlan Anderson's career on his way to being selected in the 2020 Olympic Team.

It is clear from the interactions that the staff are having with parents and students via phone calls and Zoom meetings that parents, you really are doing such a great job of maintaining your children's resilience and building their capacity to take on the challenges that they seem to be presented with on a daily basis.

Congratulations and thank you for the strong partnership that you are maintaining with the school during this challenging time. A time that calls on so much resilience, strength and courage.

Remote Learning

As you are aware Remote Learning will continue in Week 3. NSW Health has reinforced that parents and carers in Greater Sydney **must keep children – of all ages, across primary school and secondary school – at home** unless they need to be at school. Thank you for carefully considering whether your family needs your children to be at school under these guidelines. Also, in accordance with the government guidelines, St Angela's is using a skeleton staff across the school during remote learning, with **most staff working from home** and children mainly being supervised within groups and not grades if they need to attend school.

Week 3 Attendance Register

To assist the school with arrangements for Week 3 please complete this form, [Week 3 Attendance](#) for Week 3 (Monday 26th July to Friday 30th July) **ONLY** if you need your child to be at school. The **form closes at 5:00pm Friday** - please ensure that you have completed it by then.

Learning Schedules

The staff is truly appreciative of the positive feedback received from parents and students about the Learning Schedules. Week 3 Learning Schedules will be shared with families at 4:00pm on Sunday 25th July on Seesaw (K-2) or Google classroom (Yrs 3-6).

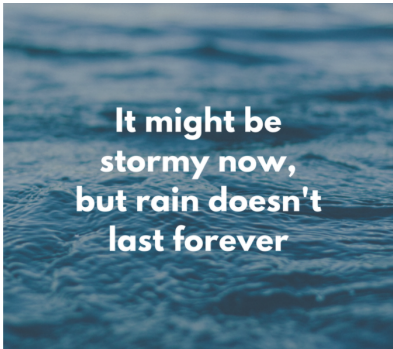
Attendance

It is a mandatory requirement that teachers record daily attendance of students.

During Remote Learning, teachers are monitoring the students engagement with their Learning Schedules and their work submission on Seesaw and Google Classroom so that they can validate students' attendance. If your child is sick or unable to complete class work on a particular day, please inform the class teacher so that their attendance can be correctly recorded as an absence. If the teacher's notice that your child has not engaged in the learning they will be in touch to inquire as to the reason for this and to offer support if needed. Please do not hesitate to contact me or Mrs Yager if you would like any support.

Together we can achieve so much!"

Leanne Nettleton
PRINCIPAL
St Angela's Primary
Castle Hill 2154



**It might be
stormy now,
but rain doesn't
last forever**



Olympics Mufti



This Friday, 23rd July is the Opening Ceremony for the 2021 Olympic Games in Tokyo. We are inviting the students to celebrate diversity, sporting achievement, health, and reaching for the stars! They are invited to dress in the colours of their country of origin or dress as their favourite Olympian for those on a class zoom or attending school. Please send a photo via email to stangelas.parra.catholic.edu.au to be shared on facebook.

Olympic Athlete

TOKYO 2020

With the official TOKYO 2020 Olympic Games Opening Ceremony scheduled for Friday, back here in Australia we will be cheering on a former student from St Angela's, Lachlan Anderson competing with the Rugby Sevens Australian Olympic Team for [#Tokyo2020Olympics](https://twitter.com/Tokyo2020Olympics).

We congratulate Lachlan on this achievement and wish him all the best in his quest for GOLD!



EXCITING DAYS AHEAD and
 CONGRATULATIONS!



COVID-19 Financial Assistance during lockdown 2021

All families have received a letter today from CEDP describing financial assistance during lockdown 2021. Please read this letter and do not hesitate to contact the school to discuss your options for fee support or deferment. To ensure that this process is fair and aimed at those most in need, you may be required to provide supporting documentation about your circumstances. If you still have questions or concerns following initial discussions with the school, please contact the Community Liaison team at cl@parra.catholic.edu.au.

Communication

Compass will be our primary parent communication tool for day-to-day operational matters, upcoming events, notices and notifications so it is essential that all parents download the app.

Compass can be accessed by downloading the free Compass App.

Installing the app keeps families informed with real-time communications and can be downloaded to your mobile device, including a tablet, from the App Store (iPhone / iPad) OR Google Play (Android).

It's a great way to keep informed when it matters!

Please contact the school office if you need assistance.

Behavioural changes in kids during isolation

Children's routines have changed dramatically within a matter of weeks. Along with the likelihood that they're no longer going to school or daycare, they're unable to socialise with their friends too.

Just as adults around the world are turning to technology to stay in touch, whether it's via videoconference for work, or Facetime to catch up with friends, kids need to be afforded the same ability to stay in touch with their social networks. Clinical psychologist Dr Aliza Werner-Seidler, from the Black Dog Institute, says socialising with friends is an incredibly important aspect of children's lives.

Advice for parents with younger kids

When it comes to younger children, Dr Aliza says parents can expect behavioural changes as they pick up on their parents' feelings of anxiety and worry more than we realise. They're also likely to be confused about their routines changing. "They don't have the social skills to tell you what they're feeling so you're more likely to see changes in their behaviour than what they're saying. Younger kids will be looking up to their parents to know which boundaries have changed and which ones are still in place."

Establish a new routine

Children thrive off routine. They want to know what's happening and that their parents are still in control. Try to work out how your new routine will work and then stick to it. Most importantly of all – explain your new routine to your child so they know what to expect next. After a bit of time with a new routine you'll be surprised by how well kids can adapt.

2. Stick to your rules

Obviously you'll want to be compassionate towards your children over this time. You can do this by giving them lots of cuddles and reassuring them. But try to stick to your discipline and rules as much as possible. If they are displaying challenging behaviours, it's an opportunity for you to let them know that things haven't changed at home and the rules still apply.

Some COVID Reminders

- Students should not attend school if unwell, even with mild [symptoms of COVID-19](#). Any student with any COVID-19 symptoms will be sent home and should not return until they have received a negative test result and are symptom-free. In circumstances where children have other medical reasons for recurring symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.
- Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested immediately and self-isolate until a negative result is received. Locations of testing clinics are available [here](#).
- Please continue to monitor the [NSW government COVID-19 News and updates webpage](#) for locations where there may have been exposure to COVID-19 and adhere to the advice as appropriate.

Thank you
for wearing a
face mask inside.



HELP NSW STAY COVID SAFE

For the latest information about COVID-19 visit [nsw.gov.au](https://www.nsw.gov.au)





Religious Education

SUNDAY

25

JUL

2021

Gospel

Jn 6:1-15

Jesus feeds five thousand.

Gospel Reflection

In the readings for Ordinary Time, we take a break from the sequence of readings from the Gospel of Mark for a few weeks and this week's reading begins a diversion into chapter 6 of the Gospel of John. The whole of John 6 is an extended discourse that explores the image of Jesus as the Bread of Life. The chapter and the discourse begin with this week's miraculous feeding of the multitude. As this event occurs in each of the four gospels there is a compelling argument that there is some basis in fact or, at the very least, that the metaphoric image of Jesus feeding a crowd was an enduring one in Christian communities.

Jesus is described as testing the disciples, asking them where they might be able to purchase bread for the crowd. Phillip is overwhelmed at the thought of spending a fortune on enough bread for more than 5,000 people. A small boy nearby had a few loaves of bread and a couple of fish. Jesus took the bread and fish, gave thanks and then had the disciples begin to distribute the food. When everyone had eaten their fill, the disciples collected twelve hampers of leftovers. Some commentators suggest that the twelve baskets represent the twelve tribes of Israel – indicating that the message of Jesus will be enough to feed and sustain the whole of Israel. Having witnessed this miracle the people have a sudden insight into who they think Jesus might be – the promised Messiah come to free them from their Roman oppressors. Wary of the crowd's mistaken understanding of what the Messiah is to be, Jesus literally heads for the hills to avoid being made a political figurehead for the people.

Living the Gospel – Plenty for all

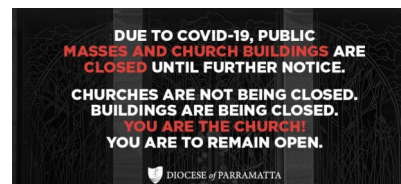
The feeding of the multitude is a profoundly political statement. Quite simply, there is sufficient food in our world to ensure that no one should ever be hungry. Sadly, the distribution of that food is such that there are some in our world whose bellies are expanding from an excess of food while others' are distended from the lack of it. We can easily feed the entire world. It is the responsibility of those of us in the developed world with more than we need to bring about a more equitable distribution with those who don't even have enough to live.

Different View – A miracle of sharing

Some scripture scholars suggest that the real miracle of the feeding of the multitude was not so much a multiplication of meagre resources by Jesus but rather a personal response by individuals within the crowd. It is suggested that upon seeing the willingness of Jesus (and the small boy whose food it was) to share the small amount of food available, everyone dug into their pockets and pulled out the small amount of food they also had and shared it with one another. The miracle was a breaking through from selfishness and isolation to a spirit of sharing and community.

Source: GregSunter@LiturgyHelp

OLOR Parish Bulletin: Fr Alejandro invites everyone to keep up to date with the latest news from the parish as we stay connected to our wider Christian community during these challenging times.



A Kitchen Prayer

Lord,
may this room
always be filled with
food, family and friends.
May the meals warm our hearts
and nourish our bodies, just as the
bread of your Word satisfies our souls.
May we forever feast at the table
of your abundant peace
and provision.
Amen.

garmentsofsplendor.com

Let us continue to pray with our families and as a community we thank God for the gifts He has given us.

Let us keep in our prayers our brothers and sisters who are less fortunate than us.

St Angela, pray for us.

St Mary of the Cross MacKillop, pray for us.

God Bless
Jocelyn Williams
Religious Education Coordinator

Alpha

"Seen everything on Netflix? Tired of lockdown? Try something new! Come and see what Alpha is all about. The Alpha series, running on Zoom. Thursdays 7:30pm starting July 29. For more details, contact the OLOR Parish: admin@olorparishkellyville.org.au"



Ride a Bike
OR SKATEBOARD



ASK FOR HELP



Blow
Bubbles

Color
Paint
Draw



CREATE ART!

Listen to MUSIC



PLAY a
BOARD GAME

MAKE &
PLAY
WITH
SLIME



Practice
Gratitude



WEAVE,
KNIT OR
CROCHET

Use Kind &
Compassionate
Self-Talk



Make a
Scrapbook
OR Collage



PRACTICE
YOGA



Hug
or
Climb
a Tree

KICK
BOUNCE
OR THROW
a BALL



JOURNAL OR
WRITE A LETTER



Take Slow,
Mindful Breaths



Cuddle or Play
with Your Pet



Drink
Water



Smile & Laugh



EAT
Healthy

50 COPING SKILLS for kids



Forgive
Let Go
Move On



Cook
or
Bake



Use
Aromatherapy
(Smell something good)



SAY Positive
Affirmations



Sing
and/or
Dance



Get Plenty
of
SLEEP



TAKE A SHOWER
OR BATH



STRETCH



Go on a
Hike,
Walk
or
Run



Garden or
Do Yardwork



Visualize
a Peaceful Place



Try or
Learn
Something
New



READ a Book
or Magazine



Take
GOOD
CARE
of the
Earth



Look At or Take
PHOTOGRAPHS



USE a STRESS BALL
(or other fidget tool)



DO a PUZZLE



Cry



DRINK
A WARM
CUP OF TEA



Clean,
Declutter
or Organize



Create
ORIGAMI



Get a
HUG



EXERCISE



Play Outside



JUMP on a
Trampoline



Rest,
Take a Break, OR Nap



Do
Something Kind



BUILD
Something



TALK to Someone
You Trust



2021 NSW PREMIER'S READING CHALLENGE

Some Interesting PRC Statistics for 2021 so far.....

245 students have completed the challenge so far and they have read **7552** books in total.

Remember we have a goal of 100% participation in the PRC! Keep reading everyone.

	Term 3 Week 1 2020	Term 3 Week 1 2021	Term 3 Week 2 2020	Term 3 Week 2 2021
Number of students who have completed challenge	181	236	193	245
Total Number of books read	6229	7296	6384	7552

Congratulations to the following students who are new to complete the Premier's Reading Challenge:

Jobe Fee KY, Elanor Gandajana 1G, Claire Ison 1B, Zara Naidu 1B, Holly McGaulley 3B, Borui Zhang 3B, Jake Perkins 4Y, Jacob Nasso 5Y, Amelia Rowlandson 5G, Olivia Miletic 6Y

Which grade will win the movie and popcorn party?

Grade	Percentage of students who have complete the challenge
K	41%
1	47%
2	39%
3	49%
4	63%
5	23%
6	24%



In week 3 we are pulling 7 names out. One from every grade. For your chance to win a prize, finish the Premier's Reading Challenge get your name in the barrel.



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

July

Tues 27th
Daniel Bell
Gabriella Fernandes
Kiara Krishnan
Oliver Mares

Fri 30th
Isabella Sultana

Wed 28th
Tiahna Barjacoba
Emma Houghton Boreham
Neil Verghese

Sat 31st
Dean Alcock
Charlize Barnett
Chloe Buckley
Flynn Wilson

August

Thurs 29th
Hillary Roditis
Bronte Solomon
Ella Solomon

Sun 1st
Xavier Gordon

**DISCOVER A
MERCY EDUCATION
AT OLMC PARRAMATTA**

Limited places available for Year 7 2022

Contact 8838 1222 or enrolments@olmc.nsw.edu.au
www.olmc.nsw.edu.au

MERCY / COMMISSION / JUSTICE / DIGNITY / EXCELLENCE / HOSPITALITY / STEWARDSHIP / SERVICE

Sent Home This Week:

Emailed:

Scheduled Events that have been Postponed, Commonwealth School Data Collection Notice, Zoom Survey, Letter from Mrs Nettleton regarding Heightened Restrictions announced today, Remote Learning Week 2 and Premier's expectations for Remote Learning 19th-30th July

Push Notifications through Compass:

Whole School; Scheduled Events that have been Postponed, Commonwealth School Data Collection Notice, Letter from Mrs Nettleton regarding Heightened Restrictions announced today, Remote Learning Week 2 and Premier's expectations for Remote Learning 19th-30th July, Friday 23rd Let's Celebrate the Opening of the Tokyo Olympic Games, CEDP COVID 19 Communications to Parents 21 July 2021, Letter from CEDP Executive Director Greg Whitby

Kinder, Year 1: Kinder and Year 1 Zoom

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